

Asking Your Patients About the Impact of Narcolepsy

These questions may help you gain insight into the impact of ongoing symptoms on your patients living with narcolepsy.



Daily Activities

How has narcolepsy affected your ability to...

- Practice hygiene and self care (e.g., bathing)?^{1,2}
- Watch a program or movie without dozing?^{2,3}
- Sit and read without feeling sleepy?^{3,4}
- Stay awake during a conversation?⁵



Neurocognitive Functioning

Do you find that you have trouble...

- Remembering things or concentrating?⁶
- Making decisions?⁴
- Staying focused on a task?^{4,7}



Driving and Occupational Safety

Have you ever felt sleepy or fallen asleep while driving or operating a motor vehicle?^{1,8}



Mood and Mental Health

Have you experienced any effects on your mood or mental health, like...

- Depression, anxiety, or ADHD symptoms?^{9,10}
- Sadness, embarrassment, or irritability?^{1,2}
- Being unable to experience a full range of emotions?¹



Social Functioning

How do your symptoms affect your...

- Interactions with family and friends?¹
- Ability to make and keep plans?¹¹
- Interpersonal or intimate relationships?²



Productivity

Has narcolepsy affected your...

- Academic performance?⁵
- Employment and career?⁵

Tell your patients there's more to know about the impact of their symptoms at [KnowNarcolepsy.com](https://www.knownarcolepsy.com)

1. Maski K, Steinhart E, Williams D, et al. Listening to the patient voice in narcolepsy: diagnostic delay, disease burden, and treatment efficacy. *J Clin Sleep Med*. 2017;13(3):419-425. 2. Daniels E, King MA, Smith IE, Shneerson JM. Health-related quality of life in narcolepsy. *J Sleep Res*. 2001;10(1):75-81. 3. Johns MW. A new method for measuring daytime sleepiness: the Epworth Sleepiness Scale. *Sleep*. 1991;14(6):540-545. 4. Thorpy M, Morse AM. Reducing the clinical and socioeconomic burden of narcolepsy by earlier diagnosis and effective treatment. *Sleep Med Clin*. 2017;12(1):61-71. 5. Ahmed IM, Thorpy MJ. Clinical evaluation of the patient with excessive sleepiness. In: Thorpy MJ, Billiard M, eds. *Sleepiness: Causes, Consequences and Treatment*. Cambridge, UK: Cambridge University Press; 2011:36-47. 6. Ahmed I, Thorpy M. Clinical features, diagnosis and treatment of narcolepsy. *Clin Chest Med*. 2010;31(2):371-381. 7. Fronczek R, Middelkoop HA, van Dijk JG, Lammers GJ. Focusing on vigilance instead of sleepiness in the assessment of narcolepsy: high sensitivity of the Sustained Attention to Response Task (SART). *Sleep*. 2006;29(2):187-191. 8. American Academy of Sleep Medicine. *International Classification of Sleep Disorders*. 3rd ed. Darien, IL: American Academy of Sleep Medicine; 2014. 9. Thorpy MJ, Dauvilliers Y. Clinical and practical considerations in the pharmacologic management of narcolepsy. *Sleep Med*. 2015;16(1):9-18. 10. Filardi M, Pizza F, Tonetti L, Antelmi E, Natale V, Plazzi G. Attention impairments and ADHD symptoms in adult narcoleptic patients with and without hypocretin deficiency. *PLoS One*. 2017;12(8). doi: 10.1371/journal.pone.0182085. 11. Broughton RJ, Guberman A, Roberts J. Comparison of the psychosocial effects of epilepsy and narcolepsy/cataplexy: a controlled study. *Epilepsia*. 1984;25(4):423-433.