## 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]

### 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[^2]

### 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]

### Driving and Occupational Safety

**Have you ever** felt sleepy or fallen asleep while driving or operating a motor vehicle?[^1][^8]

### Productivity

**Has narcolepsy affected your...**

- Academic performance?[^5]
- Employment and career?[^2]

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