

LEARN MORE ABOUT LIVING WITH NARCOLEPSY

ABOUT EXCESSIVE DAYTIME SLEEPINESS (EDS):

- EDS is the inability to stay awake and alert during the day and is the symptom that is present in all people living with narcolepsy.^{1,2,3}
- EDS is characterized by **persistent sleepiness, regardless of how much sleep an individual gets at night.**^{1,2,3}
- Sleepiness with narcolepsy is more like a “**sleep attack**,” where an overwhelming sense of sleepiness comes on quickly. In between sleep attacks, individuals can have normal levels of alertness, particularly if doing activities that keep their attention.^{2,3}

References:

- ¹ Ahmed I, Thorpy M. “Clinical features, diagnosis and treatment of narcolepsy.” *Clin Chest Med.* 2010; 31(2): 371-381.
- ² National Institutes of Health. Narcolepsy. U.S. Department of Health and Human Services. May 2017. <https://catalog.ninds.nih.gov/pubstatic/17-1637/17-1637.pdf>. Accessed April 4, 2019.
- ³ National Institute of Neurologic Disorders and Stroke. Narcolepsy Fact Sheet. <https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Narcolepsy-Fact-Sheet>. Accessed July 1, 2019.
- ⁴ Thorpy M, Krieger, A. “Delayed diagnosis of narcolepsy: characterization and impact.” *Sleep Medicine* 2014; 15(5): 502-507
- ⁵ Silber MH, Krahn LE, Olson EJ, PankratzVS. “The epidemiology of narcolepsy in Olmsted County, Minnesota: a population-based study.” *Sleep.* 2002; 25(2):197-202.
- ⁶ American Academy of Sleep Medicine. *International Classification of Sleep Disorders.* 3rd ed.; 2014.
- ⁷ España RA, Scammell TE. “Sleep neurobiology from a clinical perspective.” *Sleep.* 2011; 34(7): 845-858.
- ⁸ Saper CB, Fuller PM, Pedersen NP, Lu J, Scammell TE. “Sleep state switching.” *Neuron.* 2010; 68(6):1023-1042

ABOUT NARCOLEPSY:

- Narcolepsy is a rare, chronic, debilitating neurologic disorder of sleep-wake state instability that impacts up to 200,000 Americans.^{1,2,3}
- Narcolepsy is mainly characterized by excessive daytime sleepiness (EDS) and cataplexy — its two cardinal symptoms — along with other manifestations of REM sleep dysregulation, which intrude into wakefulness.^{1,2} EDS is the symptom that is present in all people living with narcolepsy.²
- This disorder affects men and women equally, with typical symptom onset in adolescence or young adulthood; however, it can take up to a decade to be properly diagnosed.^{1,2,3,4,5}
- In most patients, narcolepsy is caused by the loss of hypocretin, a neuropeptide in the brain that supports sleep-wake state stability.^{6,7,8}