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.\(^6,7,8\)

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: