

Could it be a sleep disorder?



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Excessive daytime sleepiness (EDS)

EDS is defined as difficulty staying alert and awake or an increased desire to sleep during the daytime, which may present as drowsiness, irritability, memory problems, trouble focusing, and difficulty making decisions.^{1,2}

1. American Academy of Sleep Medicine. *International Classification of Sleep Disorders – Third Edition, Text Revision*. 2023. 2. Schwartz JRL, et al. *Prim Care Companion J Clin Psychiatry*. 2009;11(5):197–204.

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Consider narcolepsy or idiopathic hypersomnia

EDS is a hallmark symptom of central disorders of hypersomnolence, including narcolepsy and idiopathic hypersomnia.^{1,2}

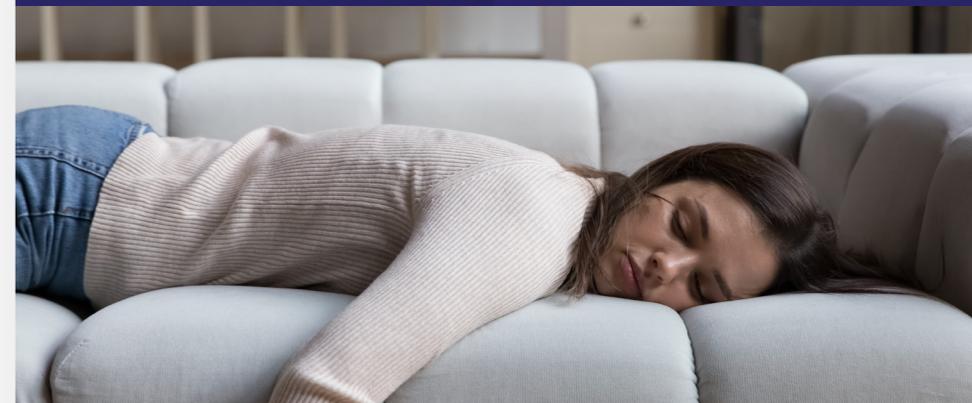
Beyond EDS, additional symptoms and clinical features can help differentiate between narcolepsy, idiopathic hypersomnia, and other medical or psychiatric conditions.³

If a patient complains of EDS, consider a sleep disorder in your differential diagnosis.

Flip over to learn more about the differential diagnosis of narcolepsy and idiopathic hypersomnia.

1. American Academy of Sleep Medicine. *International Classification of Sleep Disorders – Third Edition, Text Revision*. 2023. 2. Kretzschmar U, et al. *J Sleep Res*. 2016;25:307-313. 3. Dauvilliers Y, et al. *Sleep Med Rev*. 2022;66:101709.

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If you suspect a sleep disorder may be the underlying cause of your patient's EDS, objective testing by a sleep specialist can confirm or rule out the diagnosis.

		Initial Complaint of EDS				
Possible cause	Idiopathic Hypersomnia	Narcolepsy Type 1	Narcolepsy Type 2	OSA	ISS	MDD or BPD
Demographics						
Age onset	Often in adolescence or early adulthood	Often in adolescence or early adulthood	Typically in adolescence	Usually in middle age or older	Any	Usually in adolescence or early adulthood
Sex	♀ > ♂	♀ ≈ ♂	♀ ≈ ♂	♀ < ♂	♀ ≈ ♂	♀ > ♂
BMI	Average	Often high	Average	Usually high	Average to high	Often high
Daytime symptoms						
Sleep attacks	Rarely or sometimes	Yes	Often	Rarely	Rarely	Rarely
Cataplexy	No	Usually	No	No	No	No
Sleep inertia	Often (severe)	Sometimes	Sometimes to often	Sometimes to often	Sometimes to often	Sometimes to often
Naps	Unrefreshing	Refreshing	Refreshing	Unrefreshing	Refreshing	Unrefreshing
Depressive symptoms	Sometimes	Common	Common	Sometimes	Sometimes	Yes
Nighttime symptoms						
Nocturnal TST	Often long (≥10 hours)	Often disrupted	Often disrupted	Normal	Reduced (week/days)	Variable
Snoring	Rarely	Sometimes (obesity)	Sometimes (obesity)	Usually	Rarely	Rarely
Nightmares, hallucinations	Sometimes	Frequent	Frequent	Rarely	Sometimes	Rarely
Lifestyle, work and school						
Planned sleep period	Long or normal	Normal	Normal	Long or normal	Short	Long or normal
Electronic devices at bedtime	Rarely	Rarely	Rarely	Rarely	Often	Sometimes
Diagnostic testing	↓ PSG + MSLT (incl. extended sleep recording)	↓ PSG + MSLT	↓ PSG + MSLT	↓ PSG + OCST	↓ Trial of behavior modification	↓ Trial of psychiatric treatment
	↓ Hypocretin normal	↓ Hypocretin low	↓ Hypocretin not low	↓ Trial of CPAP	↓ PSG + MSLT (if required)	↓ PSG + MSLT (if required)

BMI, body mass index; BPD, bipolar disorder; CPAP, continuous positive airway pressure; EDS, excessive daytime sleepiness; ISS, insufficient sleep syndrome; MDD, major depressive disorder; MSLT, Multiple Sleep Latency Test; OCST, out-of-center sleep testing; OSA, obstructive sleep apnea; PSG, polysomnography; TST, total sleep time.

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