

# NARCOLEPSY

## 1. Cluster of narcoleptic symptoms

excessive daytime sleepiness  
cataplexy  
hypnagogic hallucinations  
sleep onset paralysis  
disturbed, disrupted sleep

## 2. Diagnosis of narcolepsy

+ clinical history  
NPSG, followed by a + MSLT  
narcolepsy vs. idiopathic hypersomnia  
serum levels of orexin/hypocretin

## 3. Demographics

## 4. Age of onset

## 5. Etiology

role of genetics  
environmental/acquired factors  
neurotransmitters, brain areas involved  
role of the immune system (autoimmune disorder?)

## 6. Treatment

cannot “cure” presently, but can treat symptoms  
in future, possibility of stem cell transplants?  
must tailor treatment to individual’s symptoms (one size does not fit all)  
medications: for sleepiness, for cataplexy (REM)  
lifestyle adjustments (at home, at work, driving, etc.)  
peer support groups (e.g. Narcolepsy Network)