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)