

## Idiopathic Hypersomnia: Diagnosis and Management

Resource	Address
Blachier M, Dauvilliers Y, Jaussent I, et al. Excessive daytime sleepiness and vascular events: The Three City Study. <i>Ann Neurol</i> . 2012;71:661-667.	<a href="https://pubmed.ncbi.nlm.nih.gov/22271307/">https://pubmed.ncbi.nlm.nih.gov/22271307/</a>
Bock J, Covassin N, Somers V. Excessive daytime sleepiness: An emerging marker of cardiovascular risk. <i>Heart</i> . 2022;108:1761-1766.	<a href="https://pubmed.ncbi.nlm.nih.gov/35102000/">https://pubmed.ncbi.nlm.nih.gov/35102000/</a>
Dauvilliers Y, Bogan RK, Arnulf I, Scammell TE, St Louis EK, Thorpy MJ. Clinical considerations for the diagnosis of idiopathic hypersomnia. <i>Sleep Med Rev</i> . 2022;66:101709.	<a href="https://pubmed.ncbi.nlm.nih.gov/36401976/">https://pubmed.ncbi.nlm.nih.gov/36401976/</a>
Dhillon K, Sankari A. Idiopathic hypersomnia. <i>StatPearls</i> . Last updated July 31, 2023.	<a href="https://www.ncbi.nlm.nih.gov/books/NBK585065/">https://www.ncbi.nlm.nih.gov/books/NBK585065/</a>
Heo YA. Calcium, magnesium, potassium and sodium oxybates (Xywav®) in sleep disorders: A profile of its use. <i>CNS Drugs</i> . 2022;36:541-549.	<a href="https://pubmed.ncbi.nlm.nih.gov/35357671/">https://pubmed.ncbi.nlm.nih.gov/35357671/</a>
Johns MW. A new method for measuring daytime sleepiness: The Epworth sleepiness scale. <i>Sleep</i> . 1991;14:540-545.	<a href="https://pubmed.ncbi.nlm.nih.gov/1798888/">https://pubmed.ncbi.nlm.nih.gov/1798888/</a>
Junnarkar G, Allphin C, Profant J, et al. Development of a lower-sodium oxybate formulation for the treatment of patients with narcolepsy and idiopathic hypersomnia. <i>Expert Opin Drug Discov</i> . 2022;17:109-119.	<a href="https://pubmed.ncbi.nlm.nih.gov/34818123/">https://pubmed.ncbi.nlm.nih.gov/34818123/</a>
Monderer R, Ahmed IM, Thorpy M. Evaluation of the sleepy patient: Differential diagnosis. <i>Sleep Med Clin</i> . 2017;12:301-312.	<a href="https://pubmed.ncbi.nlm.nih.gov/28778229/">https://pubmed.ncbi.nlm.nih.gov/28778229/</a>
Morse AM, Dauvilliers Y, Arnulf I, et al. Long-term efficacy and safety of low-sodium oxybate in an open-label extension period of a placebo-controlled, double-blind, randomized withdrawal study in adults with idiopathic hypersomnia. <i>J Clin Sleep Med</i> . 2023;19:1811-1822.	<a href="https://pubmed.ncbi.nlm.nih.gov/37409509/">https://pubmed.ncbi.nlm.nih.gov/37409509/</a>
Neikrug AB, Crawford MR, Ong JC. Behavioral sleep medicine services for hypersomnia disorders: A survey study. <i>Behav Sleep Med</i> . 2017;15:158-171.	<a href="https://pubmed.ncbi.nlm.nih.gov/26788889/">https://pubmed.ncbi.nlm.nih.gov/26788889/</a>
Pascoe M, Bena J, Foldvary-Schaefer N. Effects of pharmacotherapy treatment on patient-reported outcomes in a narcolepsy and idiopathic hypersomnia cohort. <i>J Clin Sleep Med</i> . 2019;15:1799-1806.	<a href="https://pubmed.ncbi.nlm.nih.gov/31855165/">https://pubmed.ncbi.nlm.nih.gov/31855165/</a>
Ramm M, Boentert M, Lojewsky N, et al. Disease-specific attention impairment in disorders of chronic excessive daytime sleepiness. <i>Sleep Med</i> . 2019;53:133-140.	<a href="https://pubmed.ncbi.nlm.nih.gov/30508781/">https://pubmed.ncbi.nlm.nih.gov/30508781/</a>
Saad R, Prince P, Taylor B, Ben-Joseph RH. Characteristics of adults newly diagnosed with idiopathic hypersomnia in the United States. <i>Sleep Epidemiol</i> . 2023;3:100059.	<a href="https://www.sciencedirect.com/science/article/pii/S2667343623000045">https://www.sciencedirect.com/science/article/pii/S2667343623000045</a>
Schneider LD, Stevens J, Husain AM, et al. Symptom severity and treatment satisfaction in patients with idiopathic hypersomnia: The Real-World Idiopathic Hypersomnia Outcomes Study (ARISE). <i>Nat Sci Sleep</i> . 2023;15:89-101.	<a href="https://pubmed.ncbi.nlm.nih.gov/36937782/">https://pubmed.ncbi.nlm.nih.gov/36937782/</a>

Stevens J, Schneider LD, Husain AM, et al. Impairment in functioning and quality of life in patients with idiopathic hypersomnia: The Real-World Idiopathic Hypersomnia Outcomes Study (ARISE). <i>Nat Sci Sleep</i> . 2023;15:593-606.	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10404411/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10404411/</a>
Thorpy MJ, Krahn L, Ruoff C, et al. Clinical considerations in the treatment of idiopathic hypersomnia. <i>Sleep Med</i> . 2024;119:488-498.	<a href="https://pubmed.ncbi.nlm.nih.gov/38796978/">https://pubmed.ncbi.nlm.nih.gov/38796978/</a>
Trotti LM. Idiopathic hypersomnia. <i>Sleep Med Clin</i> . 2017;12:331-344.	<a href="https://pubmed.ncbi.nlm.nih.gov/28778232/">https://pubmed.ncbi.nlm.nih.gov/28778232/</a>
Trotti LM, Ong JC, Plante DT, Friederich Murray C, King R, Bliwise DL. Disease symptomatology and response to treatment in people with idiopathic hypersomnia: Initial data from the Hypersomnia Foundation registry. <i>Sleep Med</i> . 2020;75:343-349.	<a href="https://pubmed.ncbi.nlm.nih.gov/32950878/">https://pubmed.ncbi.nlm.nih.gov/32950878/</a>
Vernet C, Arnulf I. Narcolepsy with long sleep time: A specific entity? <i>Sleep</i> . 2009;32:1229-1235.	<a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737581/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2737581/</a>

### Resources and Societies

Resource	Address
American Academy of Sleep Medicine (AASM)	<a href="https://foundation.aasm.org/">https://foundation.aasm.org/</a>
Hypersomnia Foundation. Idiopathic Hypersomnia.	<a href="https://www.hypersomniafoundation.org/ih/">https://www.hypersomniafoundation.org/ih/</a>
National Sleep Foundation	<a href="https://www.thensf.org/">https://www.thensf.org/</a>
Sleep Foundation. Idiopathic Hypersomnia.	<a href="https://www.sleepfoundation.org/hypersomnia/idiopathic-hypersomnia">https://www.sleepfoundation.org/hypersomnia/idiopathic-hypersomnia</a>

All URLs accessed August 13, 2024