

FOR
PATIENT



SLEEP/CATAPLEXY DIARY

Recording sleep times and any disturbances can help your doctor determine whether your sleepiness is caused by insufficient sleep or something else, such as narcolepsy.¹ Because cataplexy is the most specific symptom of narcolepsy, it's important to document any events.² See the back of this page to learn how to look for cataplexy.

Use this diary for a week before your next appointment to help your doctor evaluate your symptoms and potentially make a diagnosis.

Name: _____

DOB: _____

Sleep Diary ³							
Start date: _____	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week: (M/Tu/W/Th/F/Sa/Su)	_____	_____	_____	_____	_____	_____	_____
Awake at:	_____	_____	_____	_____	_____	_____	_____
	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Did you take any naps today? How many?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
	_____	_____	_____	_____	_____	_____	_____
Fell asleep at:	_____	_____	_____	_____	_____	_____	_____
	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
Number of times awake during the night:	_____	_____	_____	_____	_____	_____	_____
For how long were you awake when you woke up during the night?	_____	_____	_____	_____	_____	_____	_____

Cataplexy Diary							
Start date: _____	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day of week: (M/Tu/W/Th/F/Sa/Su)	_____	_____	_____	_____	_____	_____	_____
Did you experience any cataplexy events?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N
If so, how many events?	_____	_____	_____	_____	_____	_____	_____
Describe each event:	_____	_____	_____	_____	_____	_____	_____
Did you experience any strong emotions (such as laughter or anger) just prior to the events?	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N	Y/N

Cataplexy may be difficult to notice, especially in children and adolescents.
Turn this page over to find out what cataplexy can look or feel like.



LOOKING FOR CATAPLEXY

Cataplexy is a sudden feeling of weakness in your legs, arms, head, or face.^{2,5} Cataplexy can be a sign of narcolepsy, so it's important to know if you, or your child, has it.⁴

Cataplexy can be different for each person, particularly depending on age.⁴ Usually cataplexy happens with strong emotions, such as surprise, anger, or laughter.^{2,4} Young children may experience cataplexy events that affect their face without any strong emotional triggers.²

Some examples of cataplexy events are^{5,6}:



Falling down or feeling weak in the legs



Feeling weak in the arms or like you can't move your arms



Noticing your face or head doing unusual things

- Tongue sticking out
- Mouth opening
- Lip chewing, licking, or biting
- Eyes closing
- Eyes rolling
- Head dropping
- Feeling like you can't hold your head up
- Head swaying

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5. Wang YG, Benmedjahed K, Lambert J, et al. Assessing narcolepsy with cataplexy in children and adolescents: development of a cataplexy diary and the ESS-CHAD. *Nat Sci Sleep*. 2017;9:201-211.
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