

GLOSSARY

Cataplexy – A sudden change in muscle tone (loss or activation) that is often triggered by strong emotions (e.g, fear, anger, stress, joy, laughter), resulting in involuntary movements in one or more parts of the body

Excessive daytime sleepiness (EDS) – Difficulty staying awake or alert with an intense need to sleep during the day

Fatigue – A general lack of energy or weariness, but with the ability to remain awake

Hypocretin – A chemical produced by neurons in the hypothalamus that aids in the control of sleep and wakefulness; also known as orexin

Idiopathic hypersomnia (IH) – A neurological condition that results in excessive daytime sleepiness, despite longer than normal sleep duration (i.e., 10+ hours per 24-hour period)

Multiple sleep latency test (MSLT) – A diagnostic test that helps to assess excessive daytime sleepiness (EDS) by determining how quickly someone falls asleep, and when REM occurs

Narcolepsy – A neurological sleep disorder that results in excessive daytime sleepiness (EDS) and the inability to regulate sleep-wake cycles, with or without cataplexy (type 1 and type 2, respectively)

Orexin – A chemical produced by neurons in the hypothalamus that aids in the control of sleep and wakefulness; also known as hypocretin

Polysomnogram (PSG) – An overnight sleep study that records brain and muscle activity, breathing, and eye movement to determine when REM sleep occurs

Prior authorization – A process used by some health insurance companies that requires the review and approval of a specific procedure, service, or drug before it is prescribed

Secondary narcolepsy – A type of narcolepsy that occurs after injury to the hypothalamus, as a result of brain trauma or infection

Sleep apnea – Abnormal breathing during sleep. There are three types of sleep apnea: obstructive sleep apnea (OSA), central sleep apnea (CSA), and mixed sleep apnea

Sleep paralysis – An inability to speak or move that occurs temporarily between sleep and wakefulness

Step therapy – An approach to prescribing medications where the patient must try the insurance company's preferred medication first