

This worksheet allows you to keep track of your sleep, symptoms, treatments, and other relevant details so that you can share a more complete picture of your experience with your health care providers. With a better understanding of your narcolepsy experience, you and your health care providers can design and/or adjust a care plan tailored to your needs and goals.

Month & Dates:

| <i>Complete this section at night, before bed, indicating the QUANTITY and TIME OF DAY:</i> | | | | | | | |
|---------------------------------------------------------------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| Caffeinated beverages: | | | | | | | |
| Alcoholic drinks: | | | | | | | |
| Naps (include duration): | | | | | | | |
| Exercise (include duration): | | | | | | | |
| Cataplexy attacks: | | | | | | | |
| Can you identify what triggered the attacks? | | | | | | | |
| Level of sleepiness* throughout the day: | | | | | | | |
| What were you doing when sleepiness was the strongest? | | | | | | | |
| New medication or treatment taken: | | | | | | | |
| Bedtime: | | | | | | | |

***Sleepiness Scale:**

| | | | | |
|----------------------------|----------------------------------------|----------------------------------|------------------------------------|----------------------------------------|
| 1-2 | 3-4 | 5-6 | 7-8 | 9-10 |
| Alert and fully functional | Relaxed and awake, but not fully alert | Foggy, reduced level of function | Sleepy with the desire to lie down | Fighting sleep, unable to remain awake |

| <i>Complete this section after waking up in the morning:</i> | | | | | | | |
|--------------------------------------------------------------|-----|-----|-----|-----|-----|-----|-----|
| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
| Time awake: | | | | | | | |
| Did you wake up during the night? | | | | | | | |
| Time it took to fall back sleep: | | | | | | | |

Notes (Including other symptoms experienced throughout the week, such as sleep paralysis or hallucinations):