

Could it be idiopathic hypersomnia (IH)?

Confidence in a diagnosis of IH remains challenging for several reasons¹

Excessive daytime sleepiness (EDS) is a common symptom of many disorders

Ancillary symptoms overlap with other disorders

There is currently no validated biomarker for IH

Knowing the key symptoms and utilizing sleep testing can increase confidence in diagnosis of IH

Patient experienced EDS



EDS is an essential feature of IH²

Understanding key symptoms and other aspects of medical history are crucial when evaluating patients who present with EDS

Assess symptoms



In addition to EDS, patients with IH commonly report the following symptoms:

- ✓ **Profound sleep inertia:** prolonged difficulty waking up, with repeated returns to sleep²
Ask your patient: Is it extremely difficult for you, or even impossible, to wake up in the morning without several alarm calls or the help of someone close?³
- ✓ **Long unrefreshing naps:** of the patients who do nap during the day, the majority report taking naps longer than 60 minutes^{2,4}
Ask your patient: Do you feel refreshed after you nap?³
- ✓ **Prolonged sleep time:** ≥ 11 hours total sleep time per 24 hours²
Ask your patient: If you had no obligations or commitments to consider, how long would you prefer to sleep at night?³
- ✓ **Cognitive impairment:** attention deficits, difficulty concentrating, memory loss^{2,5}
Ask your patient: Is it hard for you to sustain focus or remember things?^{3,5}



Initiate sleep testing



If no clear cause of sleepiness is found or sleepiness persists after correction of other factors, sleep testing with polysomnography (PSG) and multiple sleep latency test (MSLT) should be considered.

PSG and **MSLT** are important in the workup of patients with possible IH, and are used to exclude other causes of EDS. If PSG and MSLT findings are not consistent with a diagnosis of narcolepsy type 1 or narcolepsy type 2, consider a diagnosis of IH.²

More information on the *International Classification of Sleep Disorders, 3rd Edition, Text Revision (ICSD-III-TR)* diagnostic criteria for IH, including PSG and MSLT measures, can be found on the next page.

ICSD-III-TR Diagnostic Criteria

The ICSD-III-TR helps objectively diagnose patients and provides more information in developing an appropriate treatment plan.

For a diagnosis of idiopathic hypersomnia, the following must be met²

ICD-10-CM codes⁶: G47.11 (with long sleep), G47.12 (without long sleep)



EDS daily for ≥ 3 months²



Cataplexy is **NOT** present²



PSG and MSLT findings are not consistent with a diagnosis of narcolepsy type I or 2²



At least one of the following²:

- MSLT shows a mean sleep latency of ≤ 8 minutes
- Total 24-hour sleep time is ≥ 660 minutes (typically 12-14 hours) on 24-hour PSG monitoring (performed after correction of chronic sleep deprivation), or by wrist actigraphy in association with a sleep log (averaged over at least 7 days with unrestricted sleep)



Insufficient sleep syndrome is ruled out²



Symptoms and signs are not better explained by a circadian rhythm sleep-wake disorder or other current sleep disorder, medical disorder, mental disorder, or medication/substance use or withdrawal²

Additional supportive clinical features include²:

Severe and prolonged sleep inertia

Long, unrefreshing naps (>1 hour)

REFERENCES

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5. Vernet C, Leu-Semenescu S, Buzare MA, Arnulf I. Subjective symptoms in idiopathic hypersomnia: beyond excessive sleepiness. *J Sleep Res*. 2010;19(4):525-534.
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