

# In Narcolepsy, Cataplexy Manifestations May Differ Widely<sup>1</sup>



## Cataplexy commonly affects the head and neck<sup>1,2</sup>

- Abrupt interruption of smile or facial expression<sup>2</sup>
- Muscle weakness in the face or neck<sup>1,2</sup>
- Drooping of the eyelids (ptosis)<sup>2</sup>
- Mouth opening<sup>2</sup>
- Tongue protrusion<sup>2</sup>
- Positive motor phenomena (facial jerks, grimaces)<sup>1,2</sup>



## Patients may also describe other manifestations of cataplexy<sup>3-6</sup>

- Leg weakness or knee buckling<sup>3-5</sup>
- Arm or shoulder weakness<sup>4,5</sup>
- Loss of grip or "clumsiness"<sup>3,5,6</sup>

Research indicates that involvement of facial muscles is an early and reliable marker of cataplexy in patients with narcolepsy, regardless of age<sup>2,7</sup>

## Cataplexy can be triggered by a wide range of emotions or situations<sup>1,4,5,8</sup>

### Emotions

- Laughter
- Excitement
- Surprise
- Anticipation
- Anger
- Stress
- Embarrassment
- Fear

### Situations

- Telling or listening to a joke
- Recalling an emotional event
- Being startled
- Unexpectedly meeting a friend
- Sexual intercourse



Learn more about assessing for cataplexy in your patients with narcolepsy

# Cataplexy Occurs in Up to Two-Thirds of People With Narcolepsy but May Be Hard to Recognize<sup>1,9-11</sup>

Patients may not report cataplexy because they may not realize their muscle weakness is not normal<sup>12,13</sup>

- Patients may knowingly or unknowingly avoid situations that could trigger symptoms<sup>14-16</sup>
- Patients may suppress their own emotions to avoid triggering cataplexy<sup>14-17</sup>
- Cataplexy may develop years after EDS, and manifestations may evolve over the course of the disorder<sup>18,19</sup>

## Questions to ask your patients at every visit:

### Do you...



Experience sudden periods of muscle weakness with strong emotions (e.g., fear, laughter, surprise) or in certain situations?<sup>1,4,8</sup>



Notice weakness in your face or neck, like mouth opening or droopy eyelids?<sup>1,2</sup>



Ever feel your knees buckle or give out?<sup>3-5</sup>



Sometimes drop things or feel clumsy?<sup>3,5,6</sup>

## If your patients answer yes to any of these questions...

Talk to them about what cataplexy is and assess how it might be affecting their daily lives

EDS, excessive daytime sleepiness.

**References:** 1. American Academy of Sleep Medicine. *International Classification of Sleep Disorders*. 3rd ed. Darien, IL: American Academy of Sleep Medicine; 2014. 2. Pizza F et al. *Sleep*. 2018;41(5). doi: 10.1093/sleep/zsy026. 3. Thorpy M, Morse AM. *Sleep Med Clin*. 2017;12(1):61-71. 4. Overeem S et al. *Sleep Med*. 2011;12(1):12-18. 5. Anic-Labat S et al. *Sleep*. 1999;22(1):77-87. 6. Morse AM. *Med Sci (Basel)*. 2019;7(12):106. 7. Huang B et al. *Sleep Med*. 2021;77:261-269. 8. Lividini A et al. *J Clin Sleep Med*. 2021;17(7):1363-1370. 9. Thorpy M. *CNS Drugs*. 2020;34(1):9-27. 10. Ruoff C, Rye D. *Curr Med Res Opin*. 2016;32(10):1611-1622. 11. Thorpy M et al. *Sleep Med*. 2015;16(1):9-18. 12. Heidebreder A et al. *Curr Treat Options Neurol*. 2020;22:13. 13. Overeem S. In Baumann CR et al, eds. *Narcolepsy: Pathophysiology, Diagnosis, and Treatment*. Springer. 2011:283-290. 14. Parmar A et al. *Curr Neurol Neurosci Rep*. 2020;20(9):38. 15. Pillen S et al. *Curr Treat Options Neurol*. 2017;19(6):23. 16. de Zambotti M et al. *J Sleep Res*. 2014;23(4):432-440. 17. Tucci V et al. *Sleep*. 2003;26(5):558-564. 18. Sturzenegger C et al. *J Sleep Res*. 2004;13(4):395-406. 19. Almenessier AS et al. *Nat Sci Sleep*. 2019;11:231-239.



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