

# Sleep Telemedicine: Expanding Access to Quality Care<sup>1-3</sup>

Telemedicine is well suited for long-term management of chronic disorders, such as narcolepsy<sup>4</sup>



## American Academy of Sleep Medicine (AASM) Recommendations for Telemedicine Best Practices

- Offer patients the choice of traveling for an in-person visit or utilizing technology for a virtual visit<sup>1</sup>
- Ensure that both the provider and the patient are situated in quiet, private, Health Insurance Portability and Accountability Act (HIPAA)–compliant environments<sup>1-3</sup>
- Consult state and federal regulations regarding online prescribing<sup>1-3</sup>

## Applying AASM Clinical Recommendations to Telemedicine

Mirror clinical care standards for telemedicine services to those of in-office visits<sup>3,5,6</sup>



Assess excessive daytime sleepiness (EDS) and cataplexy using:

- Clinical interview<sup>6</sup>
- Validated scales (e.g., the Epworth Sleepiness Scale [ESS])<sup>5,6</sup>

**Continue to the following page for insight on assessing EDS and cataplexy in narcolepsy**

# Regularly Assess for EDS and Cataplexy in All Patients With Narcolepsy<sup>6-8</sup>

## Identifying EDS can be challenging in clinical practice<sup>7,8</sup>

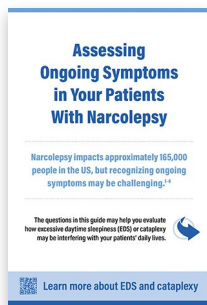
To understand how EDS may be interfering with your patients' daily lives...

- Consider asking questions like:
  - Do you fight to stay awake and alert throughout the day?<sup>9</sup>
  - Do you find you can't do certain activities because of your EDS?<sup>9,10</sup>
- Use validated scales like the ESS at every visit and document any change from baseline<sup>5,6</sup>

## Recognizing cataplexy is not always easy<sup>9,11</sup>

To understand how cataplexy may be interfering with your patients' daily lives...

- Consider asking questions like:
  - Do you experience sudden periods of muscle weakness with strong emotions (e.g., fear, laughter, surprise) or in certain situations?<sup>9,12,13</sup>
  - Do you notice weakness in your face or neck, like mouth opening or droopy eyelids?<sup>9,14</sup>
  - Do you avoid emotions or certain situations because of your cataplexy?<sup>11,15</sup>



Find more questions and insight on evaluating EDS and cataplexy in the [Ongoing Symptoms Guide](#)

EDS, excessive daytime sleepiness; ESS, Epworth Sleepiness Scale.

**References:** 1. American Academy of Sleep Medicine Telemedicine Implementation Task Force. *Sleep Telemedicine Implementation Guide 2*. American Academy of Sleep Medicine; 2021. 2. Shamim-Uzzaman QA et al. *J Clin Sleep Med*. 2021;17(5):1103-1107. 3. Singh J et al. *J Clin Sleep Med*. 2015;11(10):1187-1198. 4. Watson NF et al. *J Clin Sleep Med*. 2017;13(1):127-135. 5. Morgenthaler TI et al. *J Clin Sleep Med*. 2015;11(3):279-291. 6. Krahn LE et al. *J Clin Sleep Med*. 2015;11(3):335-355. 7. Morse AM. *Med Sci*. 2019;7(12):106. 8. Thorpy M, Morse AM. *Sleep Med Clin*. 2017;12(1):61-71. 9. American Academy of Sleep Medicine. *International Classification of Sleep Disorders*. 3rd ed. American Academy of Sleep Medicine; 2014. 10. Maski K et al. *J Clin Sleep Med*. 2017;13(3):419-425. 11. Pillen S et al. *Curr Treat Options Neurol*. 2017;19:23. 12. Overeem S et al. *Sleep Med*. 2011;12(1):12-18. 13. Lividini A et al. *J Clin Sleep Med*. 2021;17(7):1363-1370. 14. Pizza F et al. *Sleep*. 2018;41(5). doi: 10.1093/sleep/zsy026 15. de Zambotti M et al. *J Sleep Res*. 2014;23(4):432-440.



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