

Swiss Narcolepsy Scale

Answer each question with the appropriate response and calculate your score.
A score of <0 is suggestive of narcolepsy with cataplexy.^{1,2}

	Circle one number on each line.				
	Never	Rarely (less than once a month)	Sometimes (1-3 times a month)	Often (1-2 times a week)	Almost always
How often are you unable to fall asleep?	1	2	3	4	5
How often do you feel bad or not well rested in the morning?	1	2	3	4	5
How often have you experienced weak knees/buckling of the knees during emotions like laughing, happiness, or anger?	1	2	3	4	5
How often have you experienced sagging of the jaw during emotions like laughing, happiness, or anger?	1	2	2	4	5
	Never	I would like to, but cannot	1-2 times a week	3-5 times a week	Almost daily
How often do you take a nap during the day?	1	2	3	4	5

Diagnosis of narcolepsy with cataplexy should be established by clinical interview and sleep laboratory testing.³

References

1. Bassetti CL. Spectrum of narcolepsy. In: Baumann CR, Bassetti CL, Scammell TE, eds. *Narcolepsy: Pathophysiology, Diagnosis, and Treatment*. New York, NY: Springer Science+Business Media; 2011:309-319.
2. Sturzenegger C, Bassetti CL. The clinical spectrum of narcolepsy with cataplexy: a reappraisal. *J Sleep Res*. 2004;13(4):395-406.
3. American Academy of Sleep Medicine. *The International Classification of Sleep Disorders*. 3rd ed. Darien IL: American Academy of Sleep Medicine; 2014.