

Current Diagnostic Criteria of IH According to the International Classification of Sleep Disorders - 3rd edition

IDIOPATHIC HYPERSOMNIA

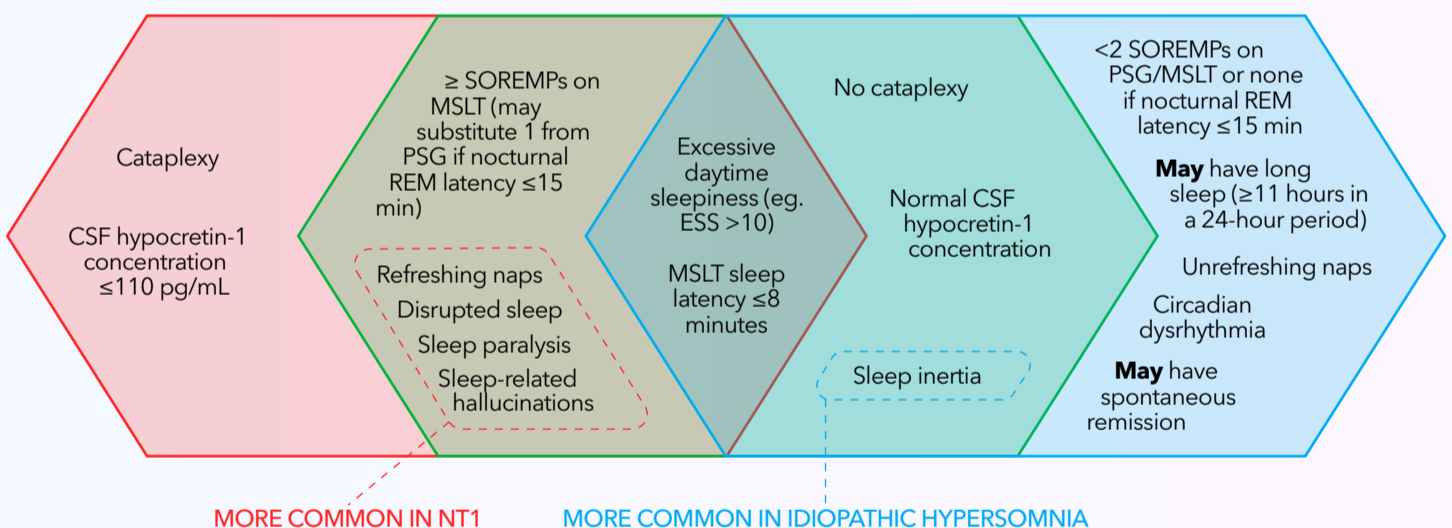
Criteria A-F must be met

- A. Daily periods of irrepensible need to sleep for ≥ 3 months
- B. MSLT shows < 2 SOREM
 - a. SOREM within 15 min of PSG preceding MSLT can be used as one SOREM
- C. Cataplexy is absent
- D. MSLT shows a mean sleep latency ≤ 8 min, or the total sleep time is ≥ 660 min on a 24-h PSG
- E. Insufficient sleep syndrome is ruled out
- F. Symptoms and MSLT findings are not better explained by other causes

ICSD. International classification of sleep disorders. 3rd ed. American Academy of Sleep Disorders: Darien, IL, USA; 2014

Differentiating IH from Narcolepsy Type 1 and Type 2

- Narcolepsy type 1 (NT1) and type 2 (NT2) share the same MSLT diagnostic criteria with IH but require two or more sleep onset rapid eye movement period (SOREMP)
- The presence of cataplexy or low cerebrospinal fluid (CSF) levels of hypocretin-1 are characteristics of NT1
- Distinguishing idiopathic hypersomnia from NT2 is more challenging
- Sleep inertia is more common and often more severe in IH compared with NT2



Dauvilliers Y, et al. Sleep Med Rev. 2022;66:101709.

NARCOLEPSY TYPE 1	NARCOLEPSY TYPE 2	IDIOPATHIC HYPERSOMNIA
Criteria A and B must be met	Criteria A-E must be met	Criteria A-F must be met
<ul style="list-style-type: none"> A. Daily periods of irrepensible need to sleep for ≥ 3 months B. Presence of one or both: <ul style="list-style-type: none"> a. Cataplexy with a mean sleep latency of ≤ 8 min and ≥ 2 SOREM on MSLT <ul style="list-style-type: none"> i. SOREM within 15min of PSG preceding MSLT can be used as one SOREM b. CSF hypocretin-1 concentration is ≤ 110 pg/mL or 1/3 mean value of normal subjects 	<ul style="list-style-type: none"> A. Daily periods of irrepensible need to sleep for ≥ 3 months B. Mean sleep latency of ≤ 8 min and ≥ 2 SOREM on MSLT <ul style="list-style-type: none"> a. SOREM within 15 min of PSG preceding MSLT can be used as one SOREM C. Cataplexy is absent D. Either CSF hypocretin-1 has not been measured, or levels are > 110 pg/mL or $> 1/3$ mean value of normal subjects E. Symptoms of MSLT findings are not better explained by other causes 	<ul style="list-style-type: none"> A. Daily periods of irrepensible need to sleep for ≥ 3 months B. MSLT shows < 2 SOREM <ul style="list-style-type: none"> a. SOREM within 15 min of PSG preceding MSLT can be used as one SOREM C. Cataplexy is absent D. MSLT shows a mean sleep latency ≤ 8 min, or the total sleep time is ≥ 660 min on a 24-h PSG E. Insufficient sleep syndrome is ruled out F. Symptoms and MSLT findings are not better explained by other causes

AASM. The International Classification of Sleep Disorders: Diagnostic and Coding Manual. 3rd ed. 2014