

Inability to wake up, maintain energy for chores/responsibilities alone creates sense of dependence

Responsibilities requiring unscheduled waking (i.e., caring for infants at night) can be extremely difficult

Sleep inertia can affect family routines (i.e., waking/ dressing children for school)

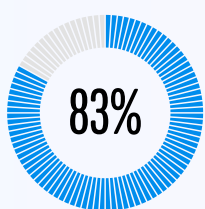
Risk of falling asleep at the wheel may make driving uncomfortable and increase risk of accidents

## PATIENTS WITH IH EXPERIENCE NEGATIVE IMPACT ON COGNITIVE FUNCTIONS

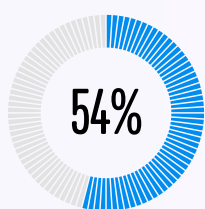
Patients with IH may experience attention difficulties, which negatively impact their memory causing mistakes in a habitual activities and tasks

Patients often describe their difficulties with attention and cognition as "brain fog"

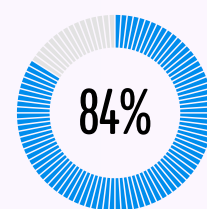
BASED ON DATA FROM THE HYPERSOMNIA FOUNDATION'S ONLINE REGISTRY



83% of patients with IH experienced brain fog



54% of patients with IH who received a treatment experienced brain fog within the past 30 days



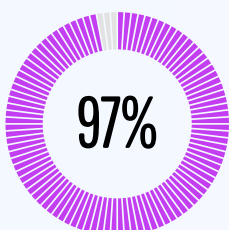
84% of patients with IH who received a treatment experienced brain fog daily when symptoms worsened

Trotti LM, et al. Sleep Med. 2020;75:343-349; Maski K, Schneider L. Recognizing the Unique Burden of Idiopathic Hypersomnia in Your Patients. [https://www.sleepcountshcp.com/pdf/IH\\_Medical\\_Expert\\_Panel\\_Overview.pdf](https://www.sleepcountshcp.com/pdf/IH_Medical_Expert_Panel_Overview.pdf)

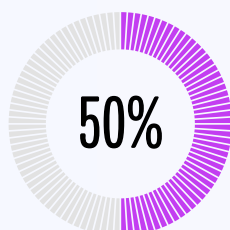
## JOB PERFORMANCE OF PATIENTS WITH IH IS NEGATIVELY IMPACTED BY IH

In a study that used a questionnaire of patients with IH (n=30), patients reported negative impact of IH on several aspects of their life, including job performance, career success, and the risk of getting fired

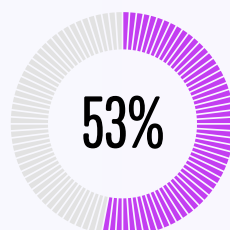
### JOB PERFORMANCE OF PATIENTS WITH IH



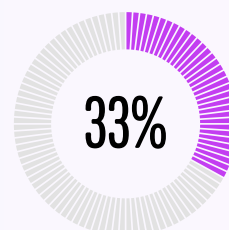
97% Reduced job performance



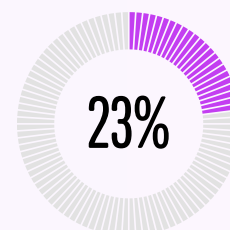
50% Prevented promotion



53% Reduced earnings



33% Worry of job dismissal



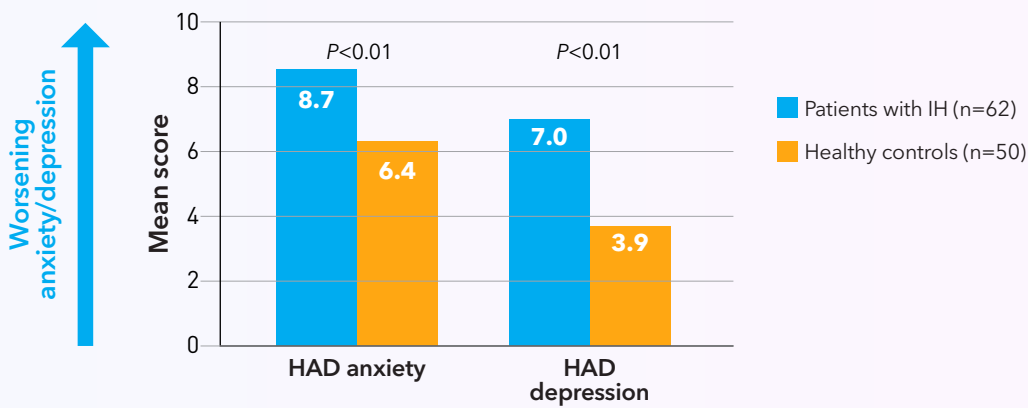
23% Actual job dismissal

Broughton R, et al. Sleep Res. 1978;7:229-233; Maski K, Schneider L. Recognizing the Unique Burden of Idiopathic Hypersomnia in Your Patients. [https://www.sleepcountshcp.com/pdf/IH\\_Medical\\_Expert\\_Panel\\_Overview.pdf](https://www.sleepcountshcp.com/pdf/IH_Medical_Expert_Panel_Overview.pdf)

## MENTAL HEALTH OF PATIENTS WITH IH IS NEGATIVELY IMPACTED

- Patients with IH may experience anxiety or depression
- Patients with IH described experiencing several mental health symptoms, including:
  - sad mood
  - lost interest
  - Irritability
  - social isolation
  - concentration issues
  - anxiety

### HAD SCALE SCORES IN PATIENTS WITH IH COMPARED WITH CONTROLS



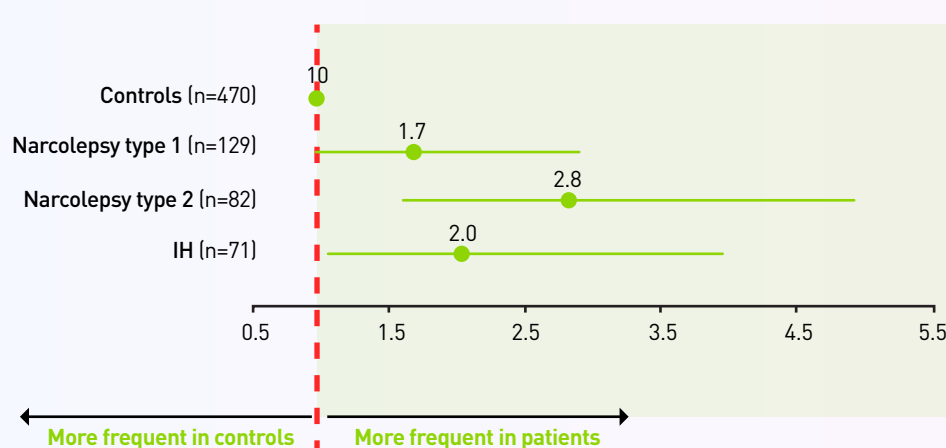
HAD, Hospital Anxiety and Depression. \*Conducted using an in-person interview and a standardized questionnaire for all patients being monitored for 48 hours with suspected IH in a single hospital between 2005 and 2008.

Vernet C, et al. J Sleep Res. 2010;19(4):525-534; Neikrug AB, et al. Behav Sleep Med. 2017;15(2):158-171; Maski K, Schneider L. Recognizing the Unique Burden of Idiopathic Hypersomnia in Your Patients. [https://www.sleepcountshcp.com/pdf/IH\\_Medical\\_Expert\\_Panel\\_Overview.pdf](https://www.sleepcountshcp.com/pdf/IH_Medical_Expert_Panel_Overview.pdf)

## PATIENTS WITH IH EXPERIENCE HIGHER PREVALENCE OF DRIVING ACCIDENTS THAN HEALTHY INDIVIDUALS

A cross-sectional study of compared patients with IH with healthy controls reported that patients with hypersomnolence disorders have a significantly higher prevalence of driving accidents compared with healthy controls

### DRIVING ACCIDENTS IN THE PAST 5 YEARS



\*Adjustment for gender, age, unmarried status, coffee intake, and energy drink consumption.

Pizza F, et al. PLoS One. 2015;10(6):e0129386; Maski K, Schneider L. Recognizing the Unique Burden of Idiopathic Hypersomnia in Your Patients. [https://www.sleepcountshcp.com/pdf/IH\\_Medical\\_Expert\\_Panel\\_Overview.pdf](https://www.sleepcountshcp.com/pdf/IH_Medical_Expert_Panel_Overview.pdf)