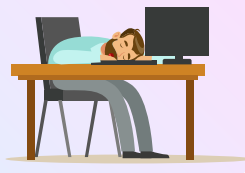


IHSS, which was developed in 2019, is a 14-item self-assessment questionnaire that measures the severity, frequency, and functional impact of the 3 key IH symptoms.

Prolonged, unrefreshing daytime and nighttime sleep



Impaired daytime alertness



Sleep inertia



Idiopathic Hypersomnia Severity Scale (IHSS)

On the basis of your symptoms during the past month:

- What for you is the ideal duration of night-time sleep (at the weekend or on holiday, for example)?
 - 11 hours or more
 - >9 hours and <11 hours
 - Between 7-9 hours
 - less than 7 hours
- Do you feel that you have not had enough sleep?
 - always
 - often
 - sometimes
 - never
- Is it extremely difficult, or even impossible to wake in the morning without several alarm calls or the help of someone close?
 - always
 - often
 - sometimes
 - never
- How long does it take you to feel you are functioning properly after you get up?
 - 2 hours or more
 - more than 1 hour but less than 2 hours
 - Between 30 minutes and 1 hour
 - less than 30 minutes
 - I feel I'm functioning properly as soon as I wake up
- After waking up, do you ever do or say irrational things, and/or are you very clumsy?
 - always
 - often
 - sometimes
 - never
- During the day, when circumstances allow, do you ever take a nap?
 - Very often, 6-7 times/week
 - often, 4-5 times/week
 - sometimes, 2-3 times/week
 - rarely, once a week
 - never
- What for you is the ideal length of naps?
 - 2 hours or more
 - more than 1 hour and less than 2 hours
 - less than 1 hour
 - no naps
- In general, how do you feel after a nap?
 - Very sleepy
 - sleepy
 - awake
 - wide awake
- During the day, while carrying out activities that are not very stimulating, do you ever struggle to stay awake?
 - Very often, at least 2x/day
 - often, 4-7x/week
 - sometimes, 2-3x/week
 - rarely, 1x/week or less
 - never
- Do you consider that your hypersomnolence has an impact on your general health?
 - Very significant
 - significant
 - moderate
 - minor
 - no impact
- Do you consider that your hypersomnolence is a problem in terms of your proper intellectual functioning?
 - Very significant
 - significant
 - moderate
 - minor
 - no problem
- Do you consider that your hypersomnolence affects your mood?
 - Very severely
 - severely
 - moderately
 - slightly
 - not at all
- Do you consider that your hypersomnolence prevents you from carrying out daily tasks properly?
 - Very significantly
 - significantly
 - moderately
 - slightly
 - not at all
- Do you consider that your hypersomnolence is a problem in terms of your driving a car?
 - Very significant
 - significant
 - moderate
 - minor
 - no problem/I do not drive

INTERPRETING THE IHSS SCALE

CLINICALLY RELEVANT SCORE RANGES

Mild = 0-12

Moderate = 13-25

Severe = 26-38

Very severe = 39-50

Cut off to discriminate IH and controls: 22