

IDIOPATHIC HYPERSOMNIA SEVERITY SCALE (2/2)

8. In general, how do you feel after a nap?

- (3) very sleepy
(1) awake

- (2) sleepy
(0) wide awake

9. During the day, while carrying out activities that are not very stimulating, do you ever struggle to stay awake?

- (4) very often (at least twice a day)
(2) sometimes (2-3 times a week)
(0) rarely

- (3) often (4-7 times a week)
(1) rarely (once a week or less)

10. Do you consider that your hypersomnolence has an impact on your general health (ie, lack of energy, no motivation to do things, physical fatigue on exertion, decrease in physical fitness)?

- (4) very significant
(2) moderate
(0) no impact

- (3) significant
(1) minor

11. Do you consider that your hypersomnolence is a problem in terms of your proper intellectual functioning (ie, problems with concentration, memory problems, decrease in your intellectual performance)?

- (4) very significant
(2) moderate
(0) no problem

- (3) significant
(1) minor

12. Do you consider that your hypersomnolence affects your mood (for example, sadness, anxiety, hypersensitivity, irritability)?

- (4) very severely
(2) moderately
(0) not at all

- (3) severely
(1) slightly

13. Do you consider that your hypersomnolence prevents you from carrying out daily tasks properly (family-related or household tasks, school, leisure, or job-related tasks)?

- (4) very significantly
(2) moderately
(0) not at all

- (3) significantly
(1) slightly

14. Do you consider that your hypersomnolence is a problem in terms of your driving a car?

- (4) very significant
(2) moderate
(0) no problem/I do not drive

- (3) significant
(1) minor

Interpreting IHSS Scores

Patients' IHSS scores will range from 0 to 50, with higher scores indicating more severe IH symptoms. A score of 22 or below is typical for people without any sleep disorder. Additionally, a cutoff score of 26 can reliably discriminate between treated and untreated patients with IH.¹

Sources: 1. Dauvilliers Y, Evangelista E, Barateau L, et al. Measurement of symptoms in idiopathic hypersomnia: the Idiopathic Hypersomnia Severity Scale. *Neurology*. 2019;92(15):e1754-e1762. 2. Dauvilliers Y. Idiopathic hypersomnia severity scale. 2018. Accessed March 2021. <http://links.lww.com/WNL/A854> IHSS © Yves Dauvilliers, 2018.

TOTAL SCORE