

TALKING ABOUT IDIOPATHIC HYPERSONMIA (IH) WITH YOUR DOCTOR

Use these topics as a guide to discuss IH with your doctor and keep track of your symptoms

Whether or not you are taking a medication for your IH, it's important to keep your doctor updated on how you are feeling. There are some specific symptoms your doctor may want to know about. Be sure to tell him or her about any changes, good or bad, related to:



How you feel in the morning, or after waking up:

- How easy or difficult it is for you to wake up in the morning or after naps.
- If you feel angry, confused, or clumsy when you wake up—and how long this feeling lasts.
- How you feel after taking a nap.



How long or often you need to sleep:

- How long you sleep at night.
- How often you need to nap during the day.
- How long your naps are.



How your sleepiness affects your daily life:

- If your sleepiness affects your general health (energy level, motivation to do things, or makes you feel tired after doing things).
- If your sleepiness keeps you from doing tasks around the house, at school, or at work.
- If your sleepiness affects your relationships with loved ones or friends.
- How your sleepiness may affect your ability to drive.



How your sleepiness affects your memory or brain function:

- If you find yourself doing odd things, or someone has told you that you do things that don't make sense.
- If your sleepiness affects your ability to focus or remember.



Taking a medication for your IH? Your doctor will want to know about that, too.

He or she wants to understand what you like (or don't) about your current IH treatment. So be sure to talk about:

- How well your current medication is working for you. Is it helping?
- How long does it last before you feel sleepy again? How many times do you take it to get through your day?
- Does it work as well now as when you first started taking it?
- How do you *feel* when you take your medication? Do you experience any side effects?

Whether or not your IH is being treated, it's vital that you keep your doctor informed. Be sure to talk about your IH symptoms at every visit. If there have been changes in your sleepiness or how you feel, let them know.