

# SWISS NARCOLEPSY SCALE (SNS)<sup>1,2</sup>

**Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Created to assess individuals who may have narcolepsy with cataplexy.**

*Please circle the number that best describes each situation.*

**Q1.** How often are you unable to fall asleep?

- |                 |   |   |  |                         |
|-----------------|---|---|--|-------------------------|
| <b>1.</b> Never | <b>2.</b> Rarely<br><i>(less than once a month)</i> | <b>3.</b> Sometimes<br><i>(1-3 times a month)</i> | <b>4.</b> Often<br><i>(1-2 times a week)</i> | <b>5.</b> Almost always |
|-----------------|---|---|--|-------------------------|

**Q2.** How often do you feel bad or not well rested in the morning?

- |                 |   |   |  |                         |
|-----------------|---|---|--|-------------------------|
| <b>1.</b> Never | <b>2.</b> Rarely<br><i>(less than once a month)</i> | <b>3.</b> Sometimes<br><i>(1-3 times a month)</i> | <b>4.</b> Often<br><i>(1-2 times a week)</i> | <b>5.</b> Almost always |
|-----------------|---|---|--|-------------------------|

**Q3.** How often do you take a nap during the day?

- |                 |                                       |                            |                            |                        |
|-----------------|---------------------------------------|----------------------------|----------------------------|------------------------|
| <b>1.</b> Never | <b>2.</b> I would like to, but cannot | <b>3.</b> 1-2 times a week | <b>4.</b> 3-5 times a week | <b>5.</b> Almost daily |
|-----------------|---------------------------------------|----------------------------|----------------------------|------------------------|

**Q4.** How often have you experienced weak knees/buckling of the knees during emotions like laughing, happiness, or anger?

- |                 |   |   |  |                         |
|-----------------|---|---|--|-------------------------|
| <b>1.</b> Never | <b>2.</b> Rarely<br><i>(less than once a month)</i> | <b>3.</b> Sometimes<br><i>(1-3 times a month)</i> | <b>4.</b> Often<br><i>(1-2 times a week)</i> | <b>5.</b> Almost always |
|-----------------|---|---|--|-------------------------|

**Q5.** How often have you experienced sagging of the jaw during emotions like laughing, happiness, or anger?

- |                 |   |   |  |                         |
|-----------------|---|---|--|-------------------------|
| <b>1.</b> Never | <b>2.</b> Rarely<br><i>(less than once a month)</i> | <b>3.</b> Sometimes<br><i>(1-3 times a month)</i> | <b>4.</b> Often<br><i>(1-2 times a week)</i> | <b>5.</b> Almost always |
|-----------------|---|---|--|-------------------------|

**This screening tool is not intended to make a diagnosis or take the place of talking with a healthcare professional.** Only a healthcare professional can evaluate your symptoms and make a diagnosis. This copyrighted material is reproduced with permission of the authors. Unauthorized copying, printing, or distribution is strictly prohibited.

1. Bassetti CL. Spectrum of narcolepsy. In: Baumann CR, Bassetti CL, Scammell TE, eds. *Narcolepsy: Pathophysiology, Diagnosis, and Treatment*. New York, NY: Springer Science+Business Media; 2011:309-319. 2. Sturzenegger C, Bassetti CL. The clinical spectrum of narcolepsy with cataplexy: a reappraisal. *J Sleep Res*. 2004;13(4):395-406.