

SWISS NARCOLEPSY SCALE^{4,5}

This tool was created to screen individuals for narcolepsy with cataplexy. Please answer the questions below by choosing the appropriate number.

Q1. How often are you unable to fall asleep?

1. Never 2. Rarely (less than once a month) 3. Sometimes (1-3 times a month) 4. Often (1-2 times a week) 5. Almost always

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

1. Never 2. Rarely (less than once a month) 3. Sometimes (1-3 times a month) 4. Often (1-2 times a week) 5. Almost always

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

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

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

1. Never 2. Rarely (less than once a month) 3. Sometimes (1-3 times a month) 4. Often (1-2 times a week) 5. Almost always

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

1. Never 2. Rarely (less than once a month) 3. Sometimes (1-3 times a month) 4. Often (1-2 times a week) 5. Almost always

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Share your responses with your doctor. Your doctor will use the scoring instructions below to calculate your score.

Scoring and Interpretation

A narcolepsy diagnosis should be established by a sleep specialist with a clinical interview and a nighttime polysomnogram (PSG) followed by a Multiple Sleep Latency Test (MSLT) performed under standardized conditions.²

TOTAL SNS SCORE

Scoring

Frequency for each behavioral complaint is rated on a 5-point scale, from 1, indicating “never,” to 5, indicating “almost always.” Each question is weighted by a positive or negative factor, with the score calculated using the following validated equation: $(6 \times Q1 + 9 \times Q2 - 5 \times Q3 - 11 \times Q4 - 13 \times Q5 + 20)$.^{4,5}

SNS SCORING CALCULATOR

For each question, write the patient’s rating, then multiply by the weighting factor and enter the result. Follow the equation to calculate the total score.

Question	Patient Rating	Weighting Factor	Score Calculation
Q1	_____	x 6 =	_____
Q2	_____	x 9 =	_____
Q3	_____	x 5 =	_____
Q4	_____	x 11 =	_____
Q5	_____	x 13 =	_____
TOTAL			<div style="text-align: center;"> + 20 <input style="width: 60px; height: 20px;" type="text"/> </div>

Interpretation

An SNS score <0 is suggestive of narcolepsy with cataplexy.^{4,5} The SNS is not validated to screen for narcolepsy without cataplexy.

References

1. Johns MW. A new method for measuring daytime sleepiness: the Epworth sleepiness scale. *Sleep*. 1991;14(6):540-545.
2. American Academy of Sleep Medicine. *International Classification of Sleep Disorders*. 3rd ed. Darien, IL: American Academy of Sleep Medicine; 2014.
3. Johns M, Hocking B. Daytime sleepiness and sleep habits of Australian workers. *Sleep*. 1997;20(10):844-849.
4. 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.
5. Sturzenegger C, Bassetti CL. The clinical spectrum of narcolepsy with cataplexy: a reappraisal. *J Sleep Res*. 2004;13(4):395-406.