Narcolepsy Severity Scale (NSS)

For your answer, please consider mainly the signs of your illness during the last month.

Item NSS01: Did you experience an irresistible need to sleep during the day? If yes, how many episodes?
005: >1 episode per day
004: >1 episode per week
003: > 1 episode per month
002: >1 episode per year
001: <1 episode a year
000: Never

Item NSS02: Are you worried about falling asleep (without noticing it, suddenly,...) during the day?
003: Very worried
002: Worried
001: Not very worried
000: Not worried at all

Item NSS03: How important is the disruption of your work/activities caused by these daytime sleep attacks?
003: Very important
002: Important
001: Moderately Important
000: Not important at all/I did not have daytime sleep attacks

Item NSS04: How important is the disruption of your social and family life by these daytime sleep attacks?
003: Very important
002: Important
001: Moderately important
000: Not important at all/I did not have daytime sleep attacks

Item NSS05: How do you feel generally after one of such daytime sleep attacks?
000: Very refreshed/no new sleep attack
001: Refreshed
002: Tired
003: Very tired
Item NSS06: After a daytime sleep attack, how much time will pass before the next daytime sleep attack?
005: < 1 hour
004: Between 1 and 3 hours
003: Between 3 and 6 hours
002: Between 6 and 8 hours
001: > 8 hours
000: I do not usually have another daytime sleep attack before bedtime

Item NSS07: To what extent do these sudden daytime sleep attacks affect your ability to drive a car?
003: Very much
002: Much
001: Not too much
000: Not at all/I do not drive for other reasons

Item NSS08: How frequently do you have episodes of generalized cataplexy when experiencing emotions (laughter, intense pleasure, surprise) (generalized cataplexy = loss of muscle tone all over, collapse or cannot move)
005: >1 episode a day
004: >1 episode a week
003: >1 episode a month
002: >1 episode a year
001: <1 episode a year
000: Never, no generalized cataplexy

Item NSS09: How frequently do you have episodes of partial cataplexy (only face, neck, arms, or knees) when experiencing emotions?
005: >1 episode a day
004: >1 episode a week
003: >1 episode a month
002: >1 episode a year
001: <1 episode a year
000: Never, no partial cataplexy

Item NSS10: How much is your work, social or family life affected by these episodes of cataplexy?
003: Very much
002: Much
001: Not very much
000: Not at all/no cataplexy
Item NSS11: How frequently do you have hallucinations when falling asleep or waking up?
005: >1 episode a day
004: >1 episode a week
003: >1 episode a month
002: >1 episode a year
001: <1 episode a year
000: Never, no hallucinations

Item NSS12: To what extent are you bothered by these hallucinations?
003: Very bothered
002: Bothered
001: Not very bothered
000: Not bothered at all/no hallucination

Item NSS13: How frequently do you experience sleep paralysis when falling asleep or waking up
005: >1 episode a day
004: >1 episode a week
003: >1 episode a month
002: >1 episode a year
001: <1 episode a year
000: Never, no sleep paralysis

Item NSS14: To what extent are you bothered by these sleep paralysis episodes?
003: Very bothered
002: Bothered
001: Not very bothered
000: Not bothered at all/no sleep paralysis

Item NSS15: Currently, how disturbed is your nighttime sleep?
003: Very much
002: Much
001: Not too much
000: Not at all