

Are you taking a twice-nightly oxybate like XYREM® (sodium oxybate) or XYWAV® (calcium, magnesium, potassium, and sodium oxybates) to treat your narcolepsy symptoms?

- Adhering to a treatment regimen can be challenging. Managing a consistent twice-nightly dosing schedule can be an added challenge for both you and your loved ones
- It is important to talk to your treatment team about how you're feeling and any challenges you are experiencing
- If you are taking a twice-nightly oxybate to treat your narcolepsy symptoms, take the quiz below and **discuss the results with your healthcare provider**

Fill in yes or no for the following statements that apply to your experience with twice-nightly oxybates.

- ☐ Y ☐ N Sometimes I need someone else to help me wake up to take the second dose
- ☐ Y ☐ N Every night I have to spend time preparing and planning the second dose of my twice-nightly oxybate treatment
- ☐ Y ☐ N When I wake up late to take my second dose, it impacts my morning schedule
- ☐ Y ☐ N When I skip my second dose, either by accident or on purpose, I feel an impact the next day
- ☐ Y ☐ N My sleep is interrupted by my narcolepsy treatment

How often do you skip or wake up late to take the second dose of your current treatment? (Circle one)

- 0 times per week
- 1-2 times per week
- 3-5 times per week
- 6 or more times per week

Discuss the answers above with your healthcare provider and ask about other options for treating narcolepsy.



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