



**FOR PATIENTS, HEALTHCARE PROVIDERS,
AND RESEARCHERS**



www.hypersomniafoundation.org/top-resources/

Top 10 Hypersomnia Foundation Resources for Patients

1. **Healthcare Provider Directory** to help you find an experienced hypersomnia provider near you.
2. **Comprehensive treatment information**, including medicine and non-medicine options for idiopathic hypersomnia and narcolepsy.
3. **Hypersomnia medicine interactions with hormone treatments**, such as hormone replacement, gender-affirming therapy, and birth control.
4. **Parenthood and pregnancy considerations** for people who have hypersomnias.
5. **Health insurance**: choosing policies; accessing and affording medicine; appealing insurance denials for medicine and other health insurance claims.
6. **Currently-recruiting research studies** for people with hypersomnias.
7. **Education essentials for students** living with hypersomnias: seeking accommodations, tips for coping, and resources for family/supporters.
8. **Preparing for emergencies, hospitalization and anesthesia**: hypersomnia medicine and symptoms may affect anesthesia and hospitalization decisions.
9. **Disability insurance**: planning, filing and appeals.
10. **Stay in touch** to get the latest news and events.



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Top 10 Hypersomnia Foundation Resources for Healthcare Providers

1. **Treatment information**, both pharmaceutical and non-pharmaceutical, for idiopathic hypersomnia and narcolepsy, including a link to the IHSS (Idiopathic Hypersomnia Severity Scale) to help monitor treatment response.
2. **Hypersomnia medicine interactions with hormone treatments**, such as hormone replacement, gender-affirming therapy, and hormonal birth control (pills, rings, implants, etc.), including details about dosage adjustments.
3. **Insurance appeals**, including lists of peer-reviewed journal articles by medicine.
4. **Preparing patients for emergencies, hospitalization, and anesthesia.**
5. **Parenthood and pregnancy considerations**, including medicine and injury risks.
6. **CME links** to learn more about hypersomnias.
7. **Diagnosis information** and resources.
8. **Provider directory** – join now so new patients can find you.
9. **Hypersomnia Foundation brochures** to hand to patients (free to download or order).
10. **Guide for Sleep Study Centers.**

Top 5 Hypersomnia Foundation Resources for Researchers

1. **Currently-Recruiting Research Studies** for participants with IH, narcolepsy, KLS, etc. HF can list your study and help you recruit participants.
2. **Research Award Program.** Learn more about HF grants for IH-related research.
3. **Guides for researchers and research and sleep study centers** working with people who have hypersomnias.
4. **IH Summary: Characteristics & Diagnostic Criteria.** Access and print HF's medical advisory board-vetted summary, or contact us to request copies.
5. **Stay in touch** to get the latest news and events.