

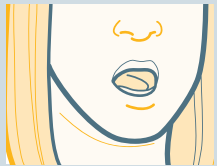
What is cataplexy?

A Quick Reference Guide

Cataplexy is the most specific symptom of narcolepsy, although not everyone who has narcolepsy experiences cataplexy.

It's triggered by certain emotions, including laughter, anger, embarrassment, surprise, stress, or even sexual arousal, and may be different for everyone. These emotions can cause sudden muscle weakness, which may be partial or full and can last anywhere from a few seconds to 15 minutes.

Cataplexy is characterized by a variety of symptoms; not all of them are obvious and severe.



Slurred speech

Muscles controlling your speech are affected



Slacked jaw

Muscles in your jaw are affected



Loosened grip

Muscles in your arms are affected, resulting in apparent clumsiness and/or dropping objects



Drooped head

Muscles controlling your head movement are weakened



Buckled knees

Muscles in your knees are weakened, causing involuntary bending



Collapsed but conscious

Severe cataplexy characterized by extreme muscle weakness

Answers to the following questions can help your doctor better assess your cataplexy.

Have you ever experienced partial or full cataplexy symptoms?

Partial (only certain muscles such as arms, neck, or face are affected) or full (collapsing to the ground).

How many cataplexy episodes do you have per week? How long does an episode last?

Do you know what triggers your cataplexy events?

Track your symptoms daily and make note of what you were doing and where you were when they occurred. Be sure to make your loved ones aware of your cataplexy events, as they can provide support.

Do you avoid certain situations because of your cataplexy, like driving or carrying hot beverages?

Talk to your doctor to learn more about managing your cataplexy.



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