

# Narcolepsy

healthysleep.med.harvard.edu/narcolepsy

Harvard Medical School | Division of Sleep Medicine | Sleep and Health Education

## Ullanlinna Narcolepsy Scale

### INSTRUCTIONS

- For each item, select one answer.
- Add up your points.
- A total score above 14 is suggestive of narcolepsy with cataplexy.

Note: This scale has not been validated in people who have narcolepsy without cataplexy.

1. When laughing, feeling glad or angry, or in an exciting situation, have the following symptoms suddenly occurred?

	Never	1–5 times during lifetime	Monthly	Weekly	Daily or almost daily
Knees buckling	0	1	2	3	4
Mouth opening	0	1	2	3	4
Head nodding	0	1	2	3	4
Falling down	0	1	2	3	4

2. How fast do you fall asleep in the evening?

>40 minutes	31–40 minutes	21–30 minutes	10–20 minutes	<10 minutes
0	1	2	3	4

3. Do you take naps during the day?

No need	I want to but cannot sleep	2 days or less each week	3–5 days each week	6–7 days each week
0	1	2	3	4

4. Do you fall asleep unintentionally during the day?

	Never	1–5 times during lifetime	Monthly	Weekly	Daily or almost daily
Reading	0	1	2	3	4
Travelling	0	1	2	3	4
Standing	0	1	2	3	4
Eating	0	1	2	3	4
Other unusual times	0	1	2	3	4

**Source:** Hublin C, Kaprio J, Partinen M, Koskenvuo M, Heikkilä K. The Ullanlinna Narcolepsy Scale: validation of a measure of symptoms in the narcoleptic syndrome. J Sleep Res 1994; 3:52–59. Used with permission.