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## Preface

We are delighted with the popularity of the first edition of *Narcolepsy: A Clinical Guide*. The fast pace of research in the field of sleep medicine, especially narcolepsy research, has motivated us to update our volume with a second edition. While essentially similar to the first edition, the second edition includes updated chapters, references, figures, and information reflecting the development within the field. Because many readers are familiar with the layout of the first edition, we have tried to change it as little as possible. Here is a summary of the main changes:

Various surveys in Europe have reported an increase in the incidence of narcolepsy after administration of adjuvanted vaccine for influenza. These findings, reported in this book, have implications for the administration of vaccinations in individuals generally and especially those who have a family history of narcolepsy.

The most recent ICSD and DSM-V diagnostic criteria of narcolepsy are discussed in detail.

New data on the evidence of comorbidities pose further challenges in managing the treatment of narcolepsy under complex conditions. The AWAKEN survey illustrated a gap in knowledge among professionals regarding narcolepsy, and another survey showed a lag of 8–10 years from the onset of symptoms and diagnosis of narcolepsy. These data further reinforce the idea of more educational initiatives directed toward physicians and also the general public, thus improving the quality of care provided to patients.

More information on improved treatment modalities and the exciting new discovery of the hypocretin/orexin system and its role in the etiology and treatment option in narcolepsy is now available, thus alleviating the misery and suffering for most patients with this disorder. It is noteworthy that research is in progress on the hypothesis that narcolepsy may be an autoimmune condition. Furthermore, development in the area of gene therapy and non-pharmacological management of narcolepsy are also discussed.

Recent studies showing the effects of medications during pregnancy and the importance of managing narcolepsy during and after pregnancy are discussed. These findings reinforce the complexity of managing narcolepsy and the importance of providing appropriate treatment to patients in special conditions.

The substantial economic and personal burden of having narcolepsy in the USA corroborates the findings in Europe. New data show low QOL in narcolepsy compared to the general population. The QOL in children is also

affected because of narcolepsy. The discussion on the positive effect of social support on the well-being of patients as well as the presentation on dreams and hypnagogic hallucinations further elucidates the complexity of managing narcolepsy and the importance of comprehensive management of this condition by a team of specialists. The latest studies on quality of life are more sophisticated in research design and statistical methodology and lend further credence and specificity to the deleterious effects of narcolepsy on QOL.

The definition of disability in narcolepsy, the rights of the disabled, and eligibility criteria for obtaining disability benefits are discussed along with case reports. The effect of the Affordable Care Act 2013 on healthcare delivery system is a major area of interest and concern to professionals as well as patients and is discussed in this volume. The involvement of other qualified professionals such as physician's assistants, nurses, social workers, and psychologists is likely to reduce costs and provide better follow-up and comprehensive care, thus enabling professionals to provide the highest quality of care that patients deserve.

In light of these new developments, this second edition of *Narcolepsy: A Clinical Guide* covers current thoughts and trends on narcolepsy. We have provided a disease-focused and patient- and family-centered approach to narcolepsy, in an attempt to provide a multidimensional management strategy. This book will benefit primary care physicians, sleep professionals, neurologists, psychiatrists, pediatricians, as well as psychologists, social scientists, and nurses—professionals who are interested in gaining knowledge about the clinical and the QOL issues derived from cutting-edge research in narcolepsy. Professionals will have up-to-date information with which to diagnose, treat, and make appropriate referrals. Researchers in the field of narcolepsy will have access to recent evidence-based research and pertinent literature on narcolepsy. Moreover, this book will appeal to patients who often inquire about support groups, new methods of managing their narcolepsy, and improving the quality of their lives.

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