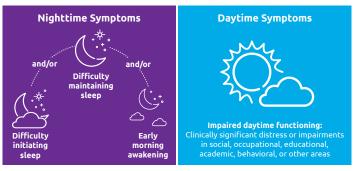


The Burden & Science of Chronic Insomnia Disorder



of US adults experience chronic insomnia disorder

DSM-5 criteria for insomnia include both nighttime and daytime impacts⁵



≥3 nights/week for ≥3 months

Chronic insomnia disorder can coexist with comorbidities such as^{3*}:

 Depression Anxiety Hypertension

Insomnia is a disorder that should be treated independently even when comorbid with other conditions⁴

Overactivity of the wake system is thought to contribute to chronic insomnia disorder⁶

Orexin is a key component of the wake-promoting system, which is most active during the day⁷

GABA inhibits wakefulness and is a key component of the sleeppromoting system7

Targeting the orexin system may suppress excessive wakefulness⁸

Evaluating Daytime Functioning in Chronic Insomnia Disorder

	Patients considered reduced daytime impairment as the most important attribute of an insomnia medication ⁹ Avoidance of treatment withdrawal was the second most important attribute ⁹	1	Reduced daytime impairment	33.7
		2	Avoidance of treatment withdrawal	27.5
		3	Less likelihood of abnormal thoughts and behavioral changes	11.3
		4	Less likelihood of daytime dizziness or grogginess	9.2
		5	Reduced likelihood of falls in the night	6.5
The PAtient Preferences StUdy in InSomnia (PAUSe) study was a subset of two Phase 3 clinical trials, and aimed to assess the benefit–risk trade-offs that patients are willing to make for an insomnia medication. The study included 602 adults with		6	Total time asleep	6.4
		7	Time to fall asleep	5.4

0 10 20 30 40 Relative importance of each attribute %

The Insomnia Daytime Symptoms and Impacts Questionnaire (IDSIQ)

Domains to **Evaluate Davtime** Functioning

moderate-to-severe insomnia.9



Mood 7. Worried 9. Irritable

8. Frustrated 10. Stressed



The IDSIQ is the first patient-reported outcome tool to assess daytime functioning. Validated according to FDA guidelines and with

input from insomnia patients, this 14-item questionnaire uses a daily recall period of "during the daytime today"10

*This is not a comprehensive list of possible comorbid conditions.

Developed by Buysse et al of the University of Pittsburgh and as amended by Idorsia Pharmaceuticals Ltd. IDSIQ is a registered trademark of Idorsia Pharmaceuticals Ltd. FDA = Food and Drug Administration.

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