

The Burden & Science of Chronic Insomnia Disorder



10%¹
(~25 million)²

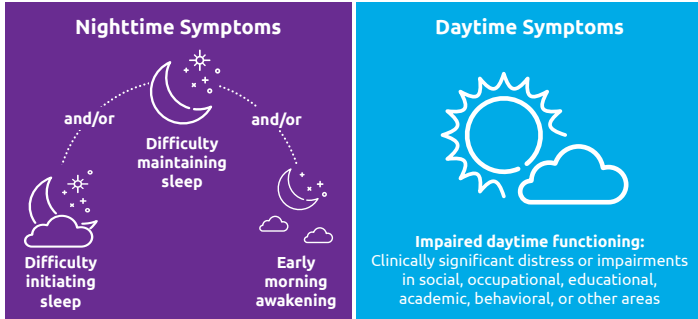
of US adults experience chronic insomnia disorder

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

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



≥3 nights/week for ≥3 months

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

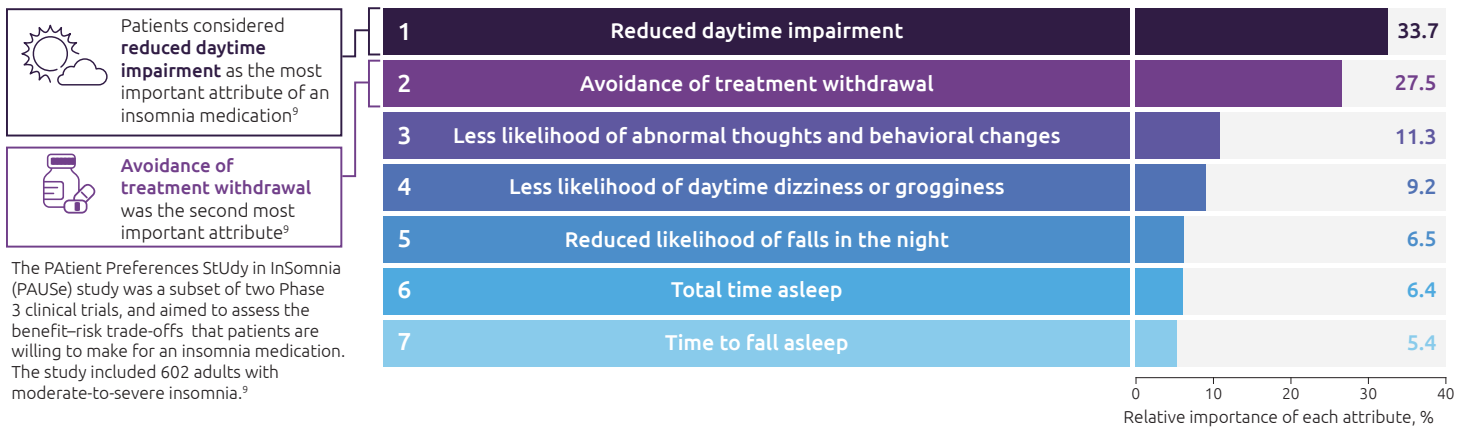
Orexin is a key component of the wake-promoting system, which is most active during the day⁷



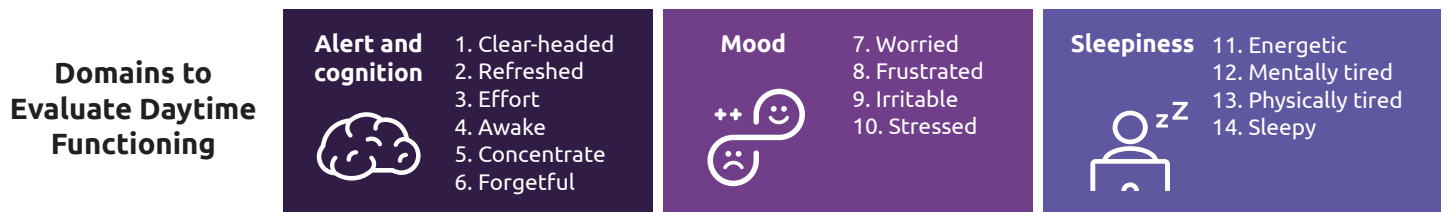
GABA inhibits wakefulness and is a key component of the sleep-promoting system⁷

Targeting the orexin system may suppress excessive wakefulness⁸

Evaluating Daytime Functioning in Chronic Insomnia Disorder



The Insomnia Daytime Symptoms and Impacts Questionnaire (IDSIQ)



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.

References:

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