

# Narcolepsy DSM-5 Criteria

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In the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), the diagnostic criteria for narcolepsy is as follows:

A. Recurrent periods of an irrepressible need to sleep, lapsing into sleep, or napping occurring within the same day. These must have been occurring at least three times per week over the past 3 months.

B. The presence of at least one of the following:

1. Episodes of cataplexy, defined as either (a) or (b), occurring at least a few times per month:
  - a. In individuals with long-standing disease, brief (seconds to minutes) episodes of sudden bilateral loss of muscle tone with maintained consciousness that are precipitated by laughter or joking.
  - b. In children or in individuals within 6 months of onset, spontaneous grimaces or jaw-opening episodes with tongue thrusting or a global hypotonia, without any obvious emotional triggers.
2. Hypocretin deficiency, as measured using cerebrospinal fluid (CSF) hypocretin-1 immunoreactivity values (less than or equal to one-third of values obtained in healthy subjects tested using the same assay, or less than or equal to 110 pg/mL). Low CSF levels of hypocretin-1 must not be observed in the context of acute brain injury, inflammation, or infection.
3. Nocturnal sleep polysomnography showing rapid eye movement (REM) sleep latency less than or equal to 15 minutes, or a multiple sleep latency test showing a mean sleep latency less than or equal to 8 minutes and two or more sleep-onset REM periods.

Specify whether:

- **G47.411 Narcolepsy with cataplexy or hypocretin deficiency (type 1):** Criterion B1 (episodes of cataplexy) or Criterion B2 (low CSF hypocretin-1 levels) is met.
- **G47.419 Narcolepsy without cataplexy and either without hypocretin deficiency or hypocretin unmeasured (type 2):** Criterion B3 (positive polysomnography/multiple sleep latency test) is met, but Criterion B1 is not met (i.e., no cataplexy is present) and Criterion B2 is not met (i.e., CSF hypocretin-1 levels are not low or have not been measured).
- **G47.421 Narcolepsy with cataplexy or hypocretin deficiency due to a medical condition.**
- **G47.429 Narcolepsy without cataplexy and without hypocretin deficiency due to a medical condition.**

**Coding note:** For the subtype narcolepsy with cataplexy or hypocretin deficiency due to a medical condition and the subtype narcolepsy without cataplexy and without hypocretin deficiency due to a medical condition, code first the underlying medical condition (e.g., G71.11 myotonic dystrophy; G47.429 narcolepsy without cataplexy and without hypocretin deficiency due to myotonic dystrophy).

Specify current severity:

- **Mild:** Need for naps only once or twice per day. Sleep disturbance, if present, is mild. Cataplexy, when present, is infrequent (occurring less than once per week).
- **Moderate:** Need for multiple naps daily. Sleep may be moderately disturbed. Cataplexy, when present, occurs daily or every few days.

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**Reference:** American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>