PEARLS

Practical Evidence About Real Life Situations

What is the most effective treatment for daytime sleepiness in those suffering from idiopathic hypersomnia?

Clinical Question	How effective and safe are medications given for the treatment of daytime sleepiness in patients with idiopathic hypersomnia?
Bottom Line	Modafinil is effective for the treatment of several aspects of idiopathic hypersomnia symptoms. Two RCTs showed reductions in Epworth Sleepiness Scale (ESS) scores, the primary measure used in this review for daytime sleepiness. Objective sleepiness, as measured by the Maintenance of Wakefulness Test (MWT) sleep latency, also significantly improved with modafinil in these two studies. The available data were insufficient to determine whether clarithromycin is superior to placebo for the treatment of idiopathic hypersomnia. Further studies of this intervention would better clarify its effects.
Caveat	The increase in adverse events in the modafinil group did not reach statistical significance. The certainty of the evidence for the outcomes of interest ranged from high to low for modafinil and low for clarithromycin. This was mostly due to limited number of study participants leading to very low precision in the results. Dropout due to adverse event was not significantly different between modafinil and placebo groups.
Context	Idiopathic hypersomnia is a disorder of excessive daytime sleepiness, often accompanied by long sleep times or pronounced difficulty in awakening, in the absence of a known cause. The optimal treatment strategy for idiopathic hypersomnia is currently unknown.
Cochrane Systematic Review	Trotti LM, Becker LA, Friederich Murray C, Hoque R. Medications for daytime sleepiness in individuals with idiopathic hypersomnia. Cochrane Database of Systematic Reviews 2021, Issue 5. Art. No.: CD012714. DOI: 10.1002/14651858.CD012714.pub2. This review contains 3 trials with a total of 114 participants.

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Systematic review link:
https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD012714.pub2/full