

**Purpose** The UNS is an 11-item scale designed to evaluate a variety of symptoms relating to narcolepsy, including frequency of daytime narcoleptic episodes, muscle weakness associated with powerful emotions, and nighttime sleep latency.

**Population for Testing** The scale has been validated with both patient and control populations. Comparison groups were included to ensure that the scale could accurately distinguish between symptoms of narcolepsy and those of other sleep or fatigue-related issues (e.g., apnea, depression, sleep deprivation). The scale was administered to individuals aged 17–72.

**Administration** Requiring between 5 and 10 min for completion, the UNS is a self-report, paper-and-pencil measure.

**Reliability and Validity** A preliminary psychometric evaluation of the UNS [1] demonstrated a specificity of 98.8% and a sensitivity of 100%

when a cutoff score of 14 is used. Additionally, a Chinese translation of the scale has been found to possess an internal consistency of .75 [2].

**Obtaining a Copy** An example of the scale's items can be found in the original article published by developers [1].

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**Scoring** Each item queries a symptom relating to narcolepsy – respondents use a scale ranging from 0 to 4 to indicate how frequently they experience those symptoms. Total scores can range from 0 to 44 with higher scores denoting greater narcoleptic tendencies. Developers suggest a cut-off score of 14 to achieve the greatest levels of sensitivity and specificity.

**Ullanlinna Narcolepsy Scale**

1. When laughing, becoming glad or angry or in an exciting situation, have the following symptoms suddenly occurred?

	Never	1-5 times during Lifetime	Monthly	Weekly	Daily or Almost Daily
Knees Unlocking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mouth Opening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head Nodding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Falling Down	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How fast do you usually fall asleep in the evening?

>40 min   31-40 min   21-30 min   10-20 min   <10 min

3. Do you sleep during the day (take naps)?

No need    I wanted but cannot sleep    Twice weekly or less  
 On 3-5 days weekly    Daily or almost daily

4. Do you fall asleep unintentionally during the day?

	Never	Monthly or less	Weekly	Daily	Several times Daily
Situation					
Reading	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Travelling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other Unusual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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**References**

- Hublin, C., Kaprio, J., Partinen, M., Koskenvuo, M., & Heikkila, K. (1994). The Ullanlinna narcolepsy scale: validation of a measure of symptoms in the narcoleptic syndrome. *Journal of Sleep Research, 3*, 52-59.
- Wing, Y. K., Li, R. H. Y., Ho, C. K. W., Fong, S. Y. Y., Chow, L. Y., & Leung, T. (2000). A validity study of Ullanlinna narcolepsy scale in Hong Kong Chinese. *Journal of Psychosomatic Research, 49*(5), 355-361.

**Representative Studies Using Scale**

- Hublin, C., Kaprio, J., Partinen, M., Koskenvuo, M., Heikkila, K., Koskimies, S., & Guilleminault, C. (1994). The prevalence of narcolepsy: an epidemiological study of the Finnish twin cohort. *Annals of Neurology, 35*(6), 709-716.
- Ervik, S., Abdelnoor, M., Heier, M. S., Ramberg, M., & Strand, G. (2006). Health-related quality of life in narcolepsy. *Acta Neurologica Scandinavica, 114*(3), 198-204.