Ullanlinna Narcolepsy Scale (UNS)

**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 cutoff 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?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>1-5 times during Lifetime</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily or Almost Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knees Unlocking</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Mouth Opening</td>
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<td></td>
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<tr>
<td>Head Nodding</td>
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<tr>
<td>Falling Down</td>
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</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>Situation</th>
<th>Never</th>
<th>Monthly or less</th>
<th>Weekly</th>
<th>Daily</th>
<th>Several times Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading</td>
<td></td>
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<td>Travelling</td>
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<td>Standing</td>
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<tr>
<td>Eating</td>
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<td></td>
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<tr>
<td>Other Unusual</td>
<td></td>
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</tbody>
</table>

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## References


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## Representative Studies Using Scale
