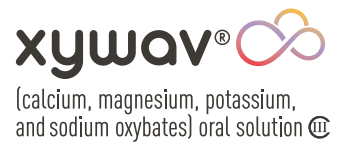


How do you experience Idiopathic Hypersomnia (IH) each day?



Idiopathic Hypersomnia can affect you in many ways—from how much sleep you get, to how you feel when you're awake, and even when you're trying to wake up.

This quiz helps you create a list of the ways Idiopathic Hypersomnia could be impacting you—some of which you may not have even realized. It may also help you and your doctor decide if XYWAV could be right for you. Bring the completed quiz to your next doctor's appointment where you can discuss your symptoms and learn more about managing your IH.

Let's talk about how much you sleep (including both at night and any naps):

- A typical amount (around 7-8 hours each day).
- More than a typical amount (more than 8 hours each day).
- Less than a typical amount (less than 7 hours each day).

Let's talk about waking up:

- I sleep through multiple alarms.
- I often need someone else's help to get out of bed.
- I feel groggy or confused as I try to wake up.
- I feel disoriented, irritable, or even clumsy.
- It can take up to a few hours before I can get going.

Let's talk about your symptoms during the day:

- I feel sleepy despite getting plenty of sleep.
- Any time I wake up, I feel exhausted.
- I find it hard to concentrate and remember things because of my sleepiness.

At my next doctor's visit I want to learn about:

- I'd like to learn about XYWAV, the first and only FDA-approved treatment for adults with Idiopathic Hypersomnia.
- I'm interested in hearing more about the multiple symptoms of Idiopathic Hypersomnia that XYWAV can help treat, including excessive daytime sleepiness, sleep inertia, long sleep time, and cognitive impairment.
- I'd like to know about the twice- or once-nightly dosing options for XYWAV.

Let's talk about any additional questions you may have:

- What are the possible side effects of XYWAV?
- How long could it take for XYWAV to start working for me?
- What did the XYWAV study of adults with Idiopathic Hypersomnia show?
- What financial or patient support is available if my doctor and I find that XYWAV is appropriate for me?

XYWAV® (calcium, magnesium, potassium, and sodium oxybates) oral solution, 0.5 g/mL total salts (equivalent to 0.413 g/mL of oxybate) is a prescription medicine used to treat idiopathic hypersomnia (IH) in adults.

IMPORTANT SAFETY INFORMATION

WARNING: Taking XYWAV with other central nervous system (CNS) depressants such as medicines used to make you fall asleep, including opioid analgesics, benzodiazepines, sedating antidepressants, antipsychotics, sedating anti-epileptic medicines, general anesthetics, muscle relaxants, alcohol, or street drugs, may cause serious medical problems, including trouble breathing (respiratory depression), low blood pressure (hypotension), changes in alertness (drowsiness), fainting (syncope), and death.

The active ingredient of XYWAV is a form of gamma-hydroxybutyrate (GHB). Abuse or misuse of illegal GHB alone or with other drugs that cause changes in alertness (or consciousness) has caused serious side effects. These effects include seizures, trouble breathing (respiratory depression), changes in alertness (drowsiness), coma, and death. Call your doctor right away if you have any of these serious side effects.

Because of these risks, you have to go through the XYWAV and XYREM REMS to have your prescription for XYWAV filled.

Please see additional Important Safety Information on reverse side and full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#) on XYWAV.com.

Ask about JazzCares[®]

When you have a conversation with your doctor about managing your Idiopathic Hypersomnia symptoms with XYWAV, make sure to ask about JazzCares. This program may provide savings and support every step of the way. Jot down any notes from your doctor's visit here.

IMPORTANT SAFETY INFORMATION (continued)

Do not take XYWAV if you take other sleep medicines or sedatives (medicines that cause sleepiness), drink alcohol, or have a rare problem called succinic semialdehyde dehydrogenase deficiency.

Keep XYWAV in a safe place to prevent abuse and misuse. Selling or giving away XYWAV may harm others, and is against the law. Tell your doctor if you have ever abused or been dependent on alcohol, prescription medicines, or street drugs.

Anyone who takes XYWAV should not do anything that requires them to be fully awake or is dangerous, including driving a car, using heavy machinery, or flying an airplane, for at least 6 hours after taking XYWAV. Those activities should not be done until you know how XYWAV affects you.

XYWAV can cause serious side effects, including the following:

- **Breathing problems, including** slower breathing, trouble breathing, and/or short periods of not breathing while sleeping (sleep apnea). People who already have breathing or lung problems have a higher chance of having breathing problems when they use XYWAV.
- **Mental health problems, including** confusion, seeing or hearing things that are not real (hallucinations), unusual or disturbing thoughts (abnormal thinking), feeling anxious or upset, depression, thoughts of killing yourself or trying to kill yourself, increased tiredness, feelings of guilt or worthlessness, or difficulty concentrating. Tell your doctor if you have or had depression or have tried to harm yourself. **Call your doctor right away if you have symptoms of mental health problems or a change in weight or appetite.**
- **Sleepwalking.** XYWAV can cause sleepwalking, which can cause injuries. Call your doctor if this occurs.

The most common side effects of XYWAV in adults with IH include nausea, headache, anxiety, dizziness, insomnia, decreased appetite, hyperhidrosis (excessive sweating), vomiting, dry mouth, diarrhea, fatigue, somnolence, parasomnia (a sleep disorder that can include abnormal dreams, abnormal rapid eye movement sleep, sleep paralysis, sleep talking, sleep terror, sleep-related eating disorder, sleepwalking and other abnormal sleep-related events), and tremor.

XYWAV can cause physical dependence and craving for the medicine when it is not taken as directed. These are not all the possible side effects of XYWAV.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see additional Important Safety Information on reverse side and full Prescribing Information, including **BOXED Warning, and Medication Guide on XYWAV.com.**