

IDIOPATHIC HYPERSOMNIA (IH)

Change is possible with XYWAV®

XYWAV is the first and only FDA-approved treatment for adults with IH and the only low-sodium* oxybate

*XYWAV contains 131 mg of sodium at the maximum recommended nightly dose.

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 throughout and full [Prescribing Information](#), including [BOXED Warning](#), and [Medication Guide](#).

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There’s more to IH than excessive daytime sleepiness

If you have trouble getting up in the morning, problems focusing, and find yourself sleeping for long amounts of time, you may be ready to talk to your doctor about your IH.

Sleep inertia

Severe grogginess or confusion when waking up regardless of how much sleep you get or how many alarms you set—feeling disoriented, irritable, or even clumsy when waking up and for hours afterward.

Cognitive impairment

Difficulty focusing, trouble thinking clearly, or memory problems due to excessive daytime sleepiness—often described as “brain fog.”

Long sleep time

Ability to sleep for many hours of the day—sometimes for 11 hours or more.



“When I was first diagnosed with IH, my treatment plan focused on excessive daytime sleepiness, but I also needed help managing my other IH symptoms.”

— Casey, living with IH

Real patient compensated for their time. Individual results may vary.

Important Safety Information (continued)

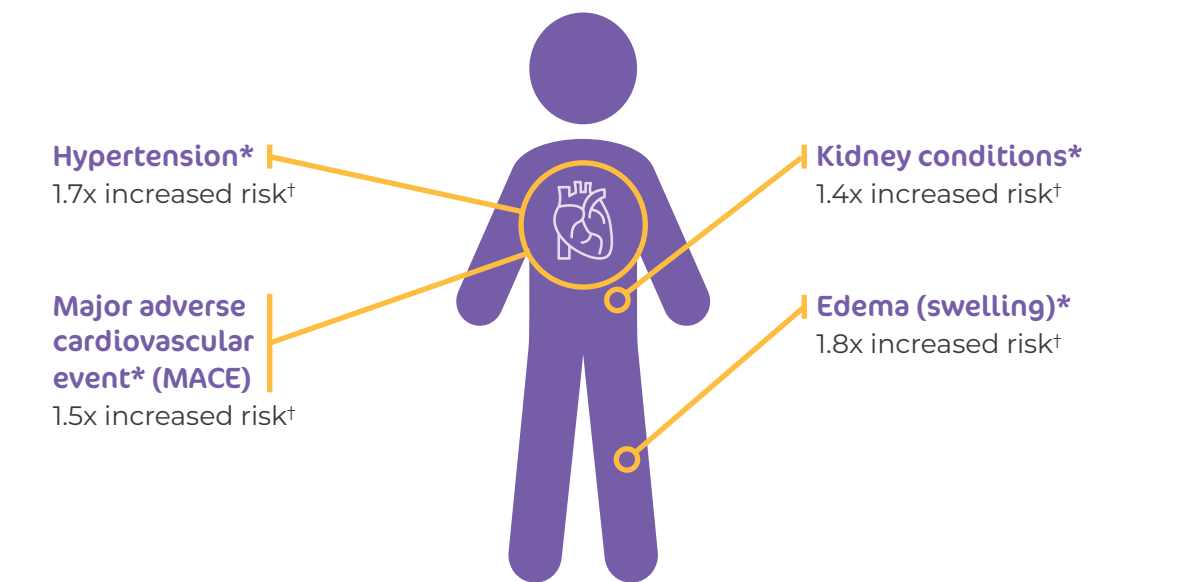
Do not take XYWAV if you take other sleep medicines or sedatives (medicines that cause sleepiness), drink alcohol, or have a rare problem called succinic semialdehyde dehydrogenase deficiency.

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Consider your heart health when managing your IH

It's been shown that people with IH have an elevated risk for heart, metabolic, and kidney diseases compared to people without IH



MACE: ie, heart failure, ischemic stroke, myocardial infarction, unstable angina, or coronary revascularization procedures.

*Based on a retrospective observational analysis of 11,951 people with IH and 59,755 people without IH matched by age, sex, race/ethnicity, geographic region, and payer type who had continuous insurance coverage between the years of 2016 and 2024.

†Hazard ratios.

Why does sodium matter?

One risk factor for cardiovascular disease is sodium consumption. Reducing excessive sodium intake can help reduce the risk for high blood pressure, heart disease, and stroke.

Important Safety Information (continued)

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.

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Why consider XYWAV?

The first and only FDA-approved treatment for adults with IH

XYWAV has been studied across several symptoms of IH that may affect you:



Excessive
daytime
sleepiness



Cognitive
impairment



Sleep
inertia



Long
sleep time



XYWAV is different

Unlike stimulants and wake-promoting agents that are taken during the day, XYWAV is different—it's taken at night.



If workarounds like setting multiple alarms and drinking extra coffee aren't working for you, take this quiz. The answers will help you talk to your doctor about how XYWAV may help.

Important Safety Information (continued)

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.

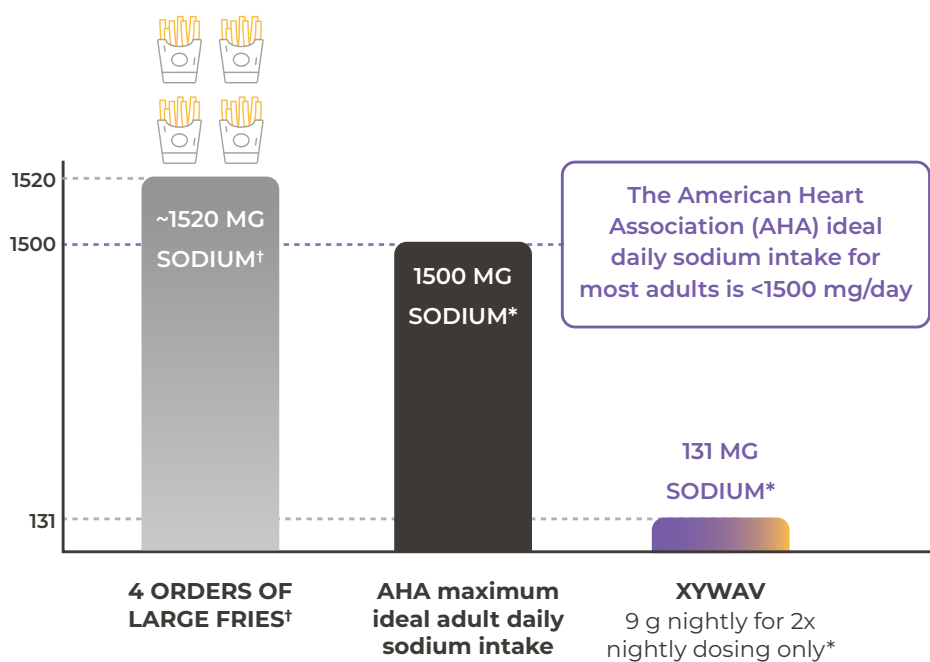
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Discover the only oxybate with low sodium*

At the maximum recommended dose of 9 g/night, XYWAV has ~1300 mg less sodium than the ideal daily sodium intake limit for most adults



Why does it matter? It is important to know the sodium levels of your medication and food, since consuming too much sodium increases your risk for heart disease.

*XYWAV contains 131 mg of sodium at the maximum recommended 9-g nightly dose.
†Based on an average of 380 mg of sodium in 1 large serving of french fries according to a 2012 USDA analysis of 3 fast-food chains.

Important Safety Information (continued)

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.

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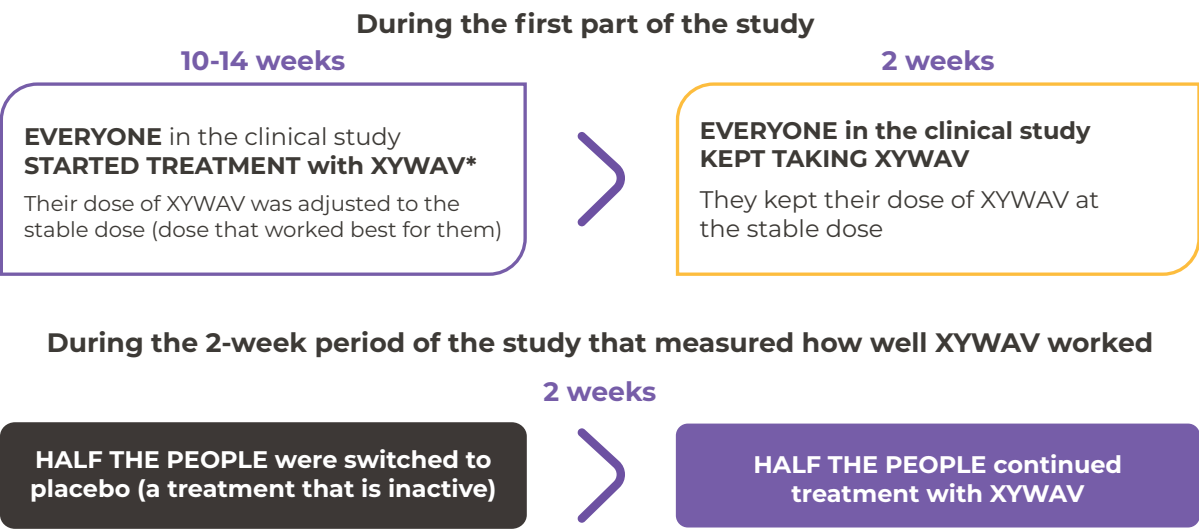
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Study results

How was XYWAV studied?

- The efficacy and safety of XYWAV was studied in 154 people aged 19 to 75 with IH
- All people in the clinical study started treatment with XYWAV. Some participants continued taking their stimulant or wake-promoting agent along with XYWAV

Study design



*Not everyone completed the 10- to 14-week portion of the study.

This trial was double-blinded. That means neither the investigators who ran the trial nor the people in the trial knew who got XYWAV or who got placebo during the period of the trial that measured how well XYWAV worked.



“Treatment with XYWAV has improved my symptoms of IH. I have less sleep inertia in the mornings.

— Jennie, living with IH

Real patient compensated for their time. Individual results may vary.

Important Safety Information (continued)

XYWAV can cause serious side effects, including the following (continued):

- **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.**

Please see additional Important Safety Information throughout and full [Prescribing Information](#), including **BOXED Warning**, and [Medication Guide](#).

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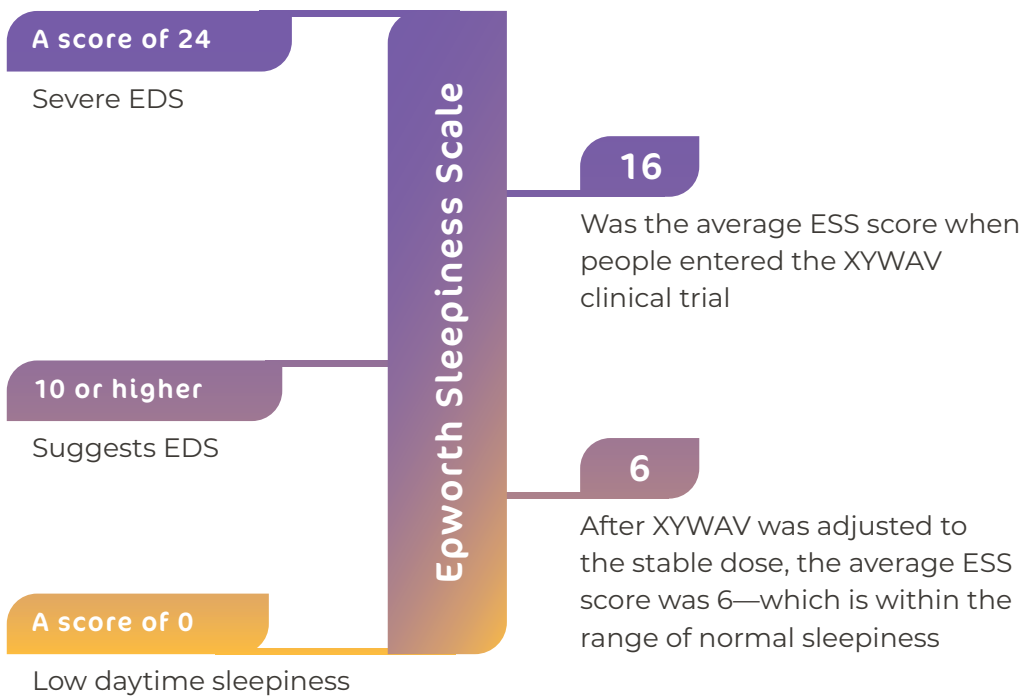
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Changes in excessive daytime sleepiness (EDS) were observed during the XYWAV clinical trial

- EDS is measured by a screener called the Epworth Sleepiness Scale (ESS)
- The ESS measures EDS on a scale from 0 to 24

During the first part of the trial:



Stable dose=the dose of XYWAV that worked best for each person.

Note: The information collected during the first part of the trial was not meant to measure how well XYWAV worked.

Important Safety Information (continued)

XYWAV can cause serious side effects, including the following (continued):

- **Sleepwalking.** XYWAV can cause sleepwalking, which can cause injuries. Call your doctor if this occurs.

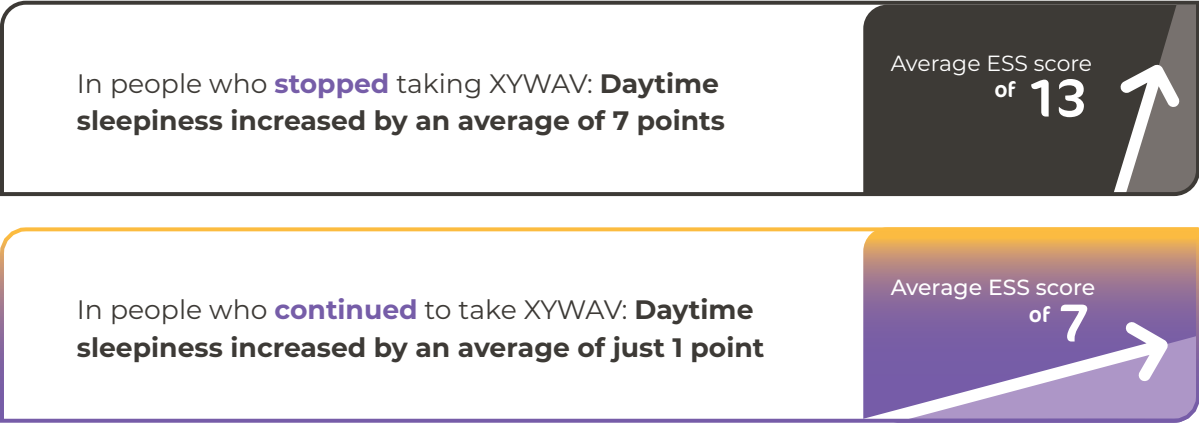
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During the 2-week period of the trial that measured how well XYWAV worked:

The average ESS score for people who continued XYWAV was **7 POINTS LESS** than for people who **stopped** taking XYWAV—for significantly less daytime sleepiness



The Epworth Sleepiness Scale is intended to measure EDS, a symptom of IH. It is not intended to make an IH diagnosis.

Results shown here used average scores, which were then rounded up or down. That’s why the difference between scores may not always appear to add up.

Everyone’s experience is different—ask your doctor about what to expect.

Important Safety Information (continued)

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.

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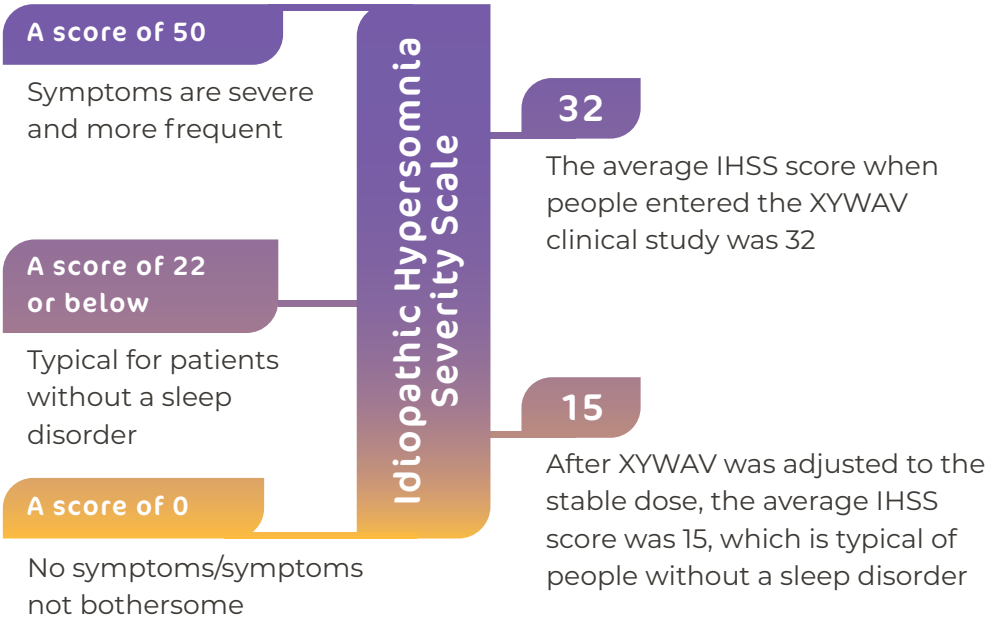
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Changes in other IH symptoms were also measured

- Severity and frequency of IH symptoms were measured by a screener called the IH Severity Scale (IHSS)
- The IHSS is a unique screener—it is the only one validated to measure multiple IH symptoms
- The IHSS asks participants to answer 14 questions related to the frequency and intensity of a range of symptoms—including excessive sleepiness, long sleep time, cognitive impairment, and sleep inertia
- The IHSS measures frequency and severity of IH symptoms on a scale of 0 to 50

During the first part of the study:



Note: The information collected during the first part of the trial was not meant to measure how well XYWAV worked.

Important Safety Information (continued)

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.

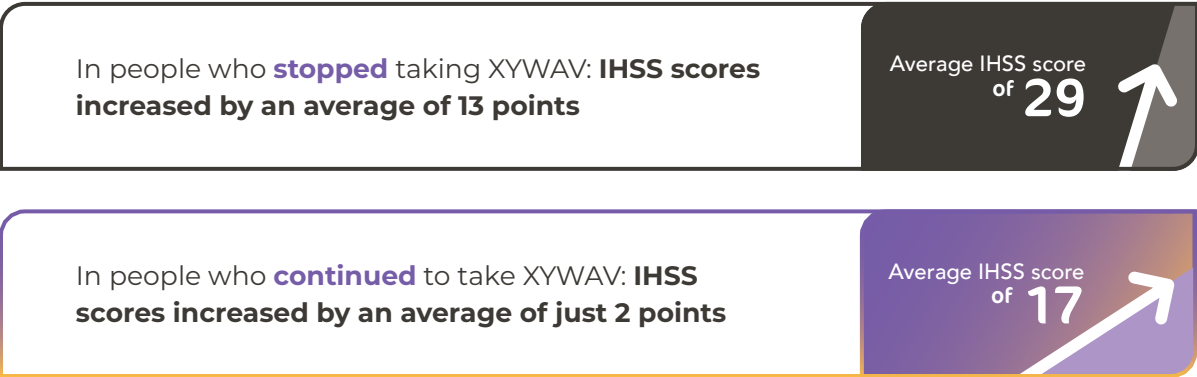
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During the 2-week period of the trial that measured how well XYWAV worked:

The average IHSS score for people who continued XYWAV was 12 points less than for people who stopped taking XYWAV, which indicated significantly less severe IH symptoms.



Results shown here used average scores, which were then rounded up or down. That's why the difference between scores may not always appear to add up.

Important Safety Information (continued)

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.

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Understanding the common side effects and safety of XYWAV

How was XYWAV studied?

The most common side effects in adults treated with XYWAV (occurring in $\geq 5\%$ of patients) were:

- Nausea
- Headache
- Anxiety
- Dizziness
- Insomnia
- Excessive sweating (hyperhidrosis)
- Decreased appetite
- Vomiting
- Dry mouth
- Diarrhea
- Fatigue
- Sleepiness (somnolence)
- Tremor
- Parasomnia

These are not all the possible side effects of XYWAV.

For patients who remained on treatment with XYWAV, these side effects tended to occur early and diminish over time.

Individualized dosing with twice or once nightly options

Your doctor will help find the dose that works best for you.

“After starting XYWAV and working it into my nightly routine, I could wake up to take the second dose of XYWAV.”

— Mark, XYWAV IH Ambassador

Real patient compensated for their time. Individual results may vary.

Save with XYWAV

\$0* You could pay as little as \$0 for XYWAV, if eligible, using the XYWAV Coupon Program.

Learn more about additional support through JazzCares®, a personalized support program that includes a team of nurses, pharmacists, and financial assistance experts committed to helping you at every step of treatment.

*Terms and conditions apply. Patient must be eligible, commercially insured, and enrolled in the XYWAV and XYREM REMS.

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“The advice I have for a patient beginning their journey: don’t give up. Persevere, and know there are other people out there that are dealing with what you’re dealing with.”

— Diana, XYWAV IH Ambassador

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IH is more than excessive daytime sleepiness

Talk to your doctor about all your symptoms of IH.

Doctor visits go by fast, and it can be tough to remember what you wanted to say. Your doctor may focus on your daytime sleepiness, but it’s important to bring up any other symptoms you may be having.

Talking with your doctor about your symptoms and how they’re impacting you is essential to finding the treatment that may help you. Use the resource below to prepare for a successful discussion.

Are you still feeling symptoms such as:

- Feeling excessively sleepy during the day, even after a full night of sleep
- Feeling severely disoriented, groggy, or confused when waking up
- Having trouble concentrating or remembering things
- Still experiencing symptoms, even if taking a daytime medication for excessive sleepiness



Tell your doctor about any treatments you’re taking or have tried, and discuss all your symptoms and the effects on your daily life. This is key to finding a treatment that may help.

Scan the QR code to uncover how IH may be affecting you and to receive a personalized list to discuss with your doctor.

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Be ready for your next appointment

Use this page to write down any questions or reminders you'd like to discuss with your doctor.

[illegible]

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It's time to talk to your doctor about XYWAV

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Cognitive impairment



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Long sleep time

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