

Sleep Telemedicine: Expanding Access to Quality Care¹⁻³

Telemedicine is well suited for long-term management of chronic disorders, such as narcolepsy⁴

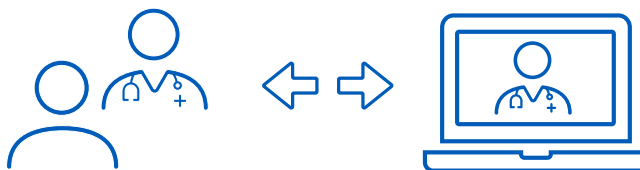


American Academy of Sleep Medicine (AASM) Recommendations for Telemedicine Best Practices

- Offer patients the choice of traveling for an in-person visit or utilizing technology for a virtual visit¹
- Ensure that both the provider and the patient are situated in quiet, private, Health Insurance Portability and Accountability Act (HIPAA)–compliant environments¹⁻³
- Consult state and federal regulations regarding online prescribing¹⁻³

Applying AASM clinical recommendations for telemedicine

Mirror clinical care standards for telemedicine services to those of in-office visits^{3,5,6}



Assess patients with narcolepsy using:

- Clinical interview⁶
- Validated scales (eg, the Epworth Sleepiness Scale [ESS])^{5,6}

[Find more resources here](#)

References: 1. American Academy of Sleep Medicine Telemedicine Implementation Task Force. *Sleep Telemedicine Implementation Guide* 2. American Academy of Sleep Medicine; 2021. 2. Shamim-Uzzaman QA, et al. *J Clin Sleep Med*. 2021;17(5):1103-1107. 3. Singh J, et al. *J Clin Sleep Med*. 2015;11(10):1187-1198. 4. Watson NF, et al. *J Clin Sleep Med*. 2017;13(1):127-135. 5. Morgenthaler TI, et al. *J Clin Sleep Med*. 2015;11(3):279-291. 6. Krahn LE, et al. *J Clin Sleep Med*. 2015;11(3):335-355.



Harmony Biosciences and logo are trademarks of
Harmony Biosciences Management, Inc. and are used herein by permission.
© 2025 Harmony Biosciences. All rights reserved.
US-NAR-2500008/Mar 2025