Narcolepsy type 1 (NT1) is a disorder with well-established markers and a suspected autoimmune aetiology. Other central disorders of hypersomnolence (CDH), or so-called Narcoleptic Borderland (NBL), lack specific markers and thus remain controversial in terms of diagnosis and management.

The International Swiss Primary Hypersomnolence and Narcolepsy Cohort Study (iSPHYNCS) addresses this lack of knowledge on CDH and aims at identifying new biomarkers for narcolepsy and NBL.

**RESULTS**

**Diagnosis**

- Narcolepsy type 1 (NT1)
- Narcolepsy type 2 (NT2)
- Insufficient sleep syndrome
- Idiopathic hypersomnia
- Hypersomnia associated with a Psychiatric disorder
- Excessive daytime sleepiness not otherwise specified

**Follow-up**

- How many 6-month follow-ups?
- How many 1-year follow-ups?
- How many 2-year follow-ups?
- How many patients completed the study?
- How many HCI completed the study?

**CONCLUSION**

The results show the feasibility of the ongoing international multicenter study. With its growing sample the iSPHYNCS study will deliver data that will shed a new light on our current understanding of Narcolepsy and its Borderland.