



In the upcoming Diagnostic and Statistical Manual of Mental Disorders, fifth edition, text revision (DSM-5-TR), narcolepsy subtypes were updated to better harmonize with the International Classification of Sleep Disorders, 3d edition (ICSD 3) and International Classification of Diseases, 11th edition (ICD-11).

Rationale for Change

A proposal recommending changes to the current five DSM-5 categories of narcolepsy was approved by the DSM Steering Committee, APA Assembly and Board of Trustees. The changes were implemented to harmonize the DSM narcolepsy subtypes with the three subtypes of narcolepsy designed in ICSD 3 and ICD-11.

DSM-5 narcolepsy subgroups were updated to incorporate robust data regarding disease pathophysiology and disease stability. They will also include common clinical presentation of the disease (narcolepsy without cataplexy and without hypocretin deficiency).

DSM is the manual used by clinicians and researchers to diagnose and classify mental disorders. The American Psychiatric Association (APA) will publish DSM-5-TR in 2022.

APA is a national medical specialty society whose more than 37,400 physician members specialize in the diagnosis, treatment, prevention, and research of mental illnesses, including substance use disorders. Visit the APA at www.psychiatry.org. For more information, please contact APA Communications at 202-459-9732 or press@psych.org.

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