

<b>Clinical Policy Title:</b>	Narcolepsy/Catalepsy
<b>Policy Number:</b>	RxA.848
<b>Drug(s) Applied:</b>	Sunosi, Xywav, Wakix, sodium oxybate, Lumryz, Xyrem
<b>Original Policy Date:</b>	9/12/2024
<b>Last Review Date:</b>	12/11/2025
<b>Line of Business Policy Applies to:</b>	All lines of business (except Medicare)

## Criteria

### I. Initial Approval Criteria

#### A. Excessive somnolence with narcolepsy (Sunosi, Xywav, Wakix, Sodium Oxybate, Lumryz, Xyrem) (must meet all):

1. Excessive somnolence with narcolepsy confirmed through sleep lab evaluation (e.g., polysomnography or multiple sleep latency test);
2. Trial and failure of BOTH of the following, unless contraindicated or clinically significant adverse events are experienced (a and b);
  - a. Amphetamine, methylphenidate, or dexamethylphenidate;
  - b. Armodafinil or modafinil.

#### B. Excessive somnolence due to obstructive sleep apnea (Sunosi) (must meet all):

1. Excessive somnolence with obstructive sleep apnea confirmed through sleep lab evaluation (e.g., polysomnography or multiple sleep latency test);
2. Trial and failure of BOTH of the following, unless contraindicated or clinically significant adverse events are experienced (a and b);
  - a. Amphetamine, methylphenidate, or dexamethylphenidate;
  - b. Armodafinil or modafinil.

#### C. Idiopathic hypersomnia (Xywav) (must meet all):

1. Diagnosis confirmed through sleep lab evaluation (e.g., polysomnography or multiple sleep latency test);
2. Trial and failure to BOTH of the following, unless contraindicated or clinically significant adverse events are experienced (a and b):
  - a. Amphetamine, methylphenidate, or dexamethylphenidate;
  - b. Armodafinil or modafinil.

#### D. Cataplexy (Xywav, Wakix, sodium oxybate, Lumryz, Xyrem only) (must meet all):

1. Diagnosis of cataplexy confirmed by one of the following (a or b):
  - a. Sleep lab evaluation (e.g., polysomnography and/or multiple sleep latency test);
  - b. Lumbar puncture showing cerebrospinal fluid hypocretin-1 level  $\leq 110$  pg/mL;
2. Trial and failure of two of the following drug classes, unless contraindicated or clinically significant adverse events are experienced (a, b, or c):
  - a. Tricyclic antidepressant (e.g. amitriptyline, desipramine, and imipramine);

This clinical policy has been developed to authorize, modify, or determine coverage for individuals with similar conditions. Specific care and treatment may vary depending on individual need and benefits covered by the plan. This policy is not intended to dictate to providers how to practice medicine, nor does it constitute a contract or guarantee regarding payment or results. This document may contain prescription brand name drugs that are trademarks of pharmaceutical manufacturers that are not affiliated with RxAdvance.

- b. Selective serotonin reuptake inhibitor (e.g. fluoxetine, sertraline, and paroxetine);
- c. Venlafaxine.

**Approval Duration**

**All Lines of Business (except Medicare):** 12 months

**II. Continued Therapy Approval**

**A. All Indications in Section I (must meet all):**

- 1. Member is currently receiving medication that has been authorized by RxAdvance or the member has met initial approval criteria.

**Approval Duration**

**All Lines of Business (except Medicare):** 12 months

**References**

- 1. Maski K, Trotti LM, Kotagal S, et al. Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine clinical practice guideline. Journal of Clinical Sleep Medicine. 2021. Available at: Accessed February 14, 2025.
- 2. Kapur VK, Auckley DH, Chowdhuri S, et al. Clinical Practice Guideline for Diagnostic Testing for Adult Obstructive Sleep Apnea: An American Academy of Sleep Medicine Clinical Practice Guideline. Journal of Clinical Sleep Medicine. 2017. Available at: <https://jcsm.aasm.org/doi/10.5664/jcsm.6506>. Accessed February 14, 2025.

Review/Revision History	Review/Revision Date	P&T Approval Date
Policy established.	9/12/2024	9/12/2024
Separated medications based on FDA-approved indications.	2/13/2025	
Policy reviewed.	12/11/2025	12/11/2025