

Supporting patients with narcolepsy to stay on treatment



Narcolepsy is a sleep disorder that is often misunderstood. Characterized by severe and persistent daytime sleepiness, it can cause impairments in school, work, and social settings as well as heighten the risk of serious accidents and injuries.¹

Narcolepsy affects 200,000 people in the United States and 3 million worldwide²

CHALLENGE

Patients on treatment with a highly regulated medication for narcolepsy needed to follow a complex medication plan, track symptoms, and assess progress with their healthcare team.

Research showed that these patients were facing many treatment barriers, including isolation, disengagement, and potential side effects. Research also showed that they were motivated by symptom improvement.

SOLUTION

A digital app to motivate patients and support treatment adherence

Atlantis Health designed and developed an innovative digital app to help patients automate a multi-dose treatment schedule that would track and highlight symptom improvement over time.

This proprietary app helped patients to plan and schedule daily doses and meals, set alarms and notifications to support consistent bedtime and wake-up times, and create progress reports to email to their HCPs. Content driven by evidence-based principles of behavioral science, such as goal setting and self-monitoring, ensured long-term effectiveness.

RESULTS

PATIENT SATISFACTION

4.3 out of 5 On a scale of 1 to 5, 5 being most helpful

“I feel more organized and more in control.”

SUPPORTS ADHERENCE AND PERSISTENCE

11% lower reported symptoms after 12 weeks of app use

“It’s easy to report my progress to my doctor.”

References:

1. Suni E. Sleep Foundation. Narcolepsy: What it is, its cause, and the steps that can help manage it. Updated February 17, 2021. Accessed January 9, 2022. <https://www.sleepfoundation.org/narcolepsy>
2. Narcolepsy Network. Narcolepsy Fast Facts. Accessed January 9, 2022. <https://narcolepsynetwork.org/about-narcolepsy/narcolepsy-fast-facts/>