



Narcolepsy and Commercial Motor Vehicle Driver Safety

Findings of Evidence Report



Federal Motor Carrier Safety Administration

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Key Questions Considered for Narcolepsy and CMV Driver Safety

- **Key Question 1:** Are individuals with narcolepsy (with or without cataplexy) at an increased risk for a motor vehicle crash when compared to comparable individuals without the disorder?
- **Key Question 2:** Do currently recommended treatments for narcolepsy reduce the risk for a motor vehicle crash?



Narcolepsy - Findings

Key Question 1 - Currently available evidence:

- Supports the contention that drivers with narcolepsy are at significantly increased risk for a motor vehicle crash when compared to otherwise similar individuals who do not have the disorder.

Strength of Evidence: Strong

- The estimated magnitude of increased risk is RR (Risk Ratio) = **6.15** (95% CI: 3.50, 10.78).

Stability of Evidence: Moderate



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Narcolepsy - Findings

Key Question 2 - Currently available evidence suggests that:

- Amphetamines and/or methylphenidate or other pharmaceuticals may be effective in improving symptoms of EDS in individuals with narcolepsy.
- The vast majority of individuals on such treatments do not return to normal levels of daytime sleepiness.

Strength of Evidence: Low to Moderate



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Narcolepsy and Crash Risk - Summary

- Available evidence supports the position that narcolepsy is associated with a significantly increased risk of occurrence of crashes in CMV and non-CMV drivers with or without treatment.
- Existing pharmacotherapy does not return the vast majority of individuals with narcolepsy to normal levels of daytime sleepiness.



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