



[Jazz Pharmaceuticals](#) invests in sleep health through drug development in narcolepsy and idiopathic hypersomnia and developing sleep measurement technology.

Using the Core Digital Measures of Sleep, we set a foundation of transparency in our measurement science. It allows us to ensure patient relevance while answering the necessary clinical questions.

Using the evidence reporting template will set us up for success in our development activities.

— Eric Nofzinger, MD

Senior sleep medicine consultant to Jazz Pharmaceuticals

The opportunity



- Idiopathic hypersomnia (IH) is a condition that leads to patients feeling tired and sleepy during the day, having difficulty waking up from sleep, and taking planned and unplanned naps during the day.
- Jazz Pharmaceuticals is conducting clinical trial investigations into IH and is interested in daytime sleeping behavior and its impact on nighttime sleep.

The impact



- ✓ Using the [Core Digital Measures of Sleep](#), Jazz Pharmaceuticals is confident that it is measuring both clinically relevant and patient-relevant aspects of sleep.
- ✓ Evidence reporting templates allow Jazz Pharmaceuticals to select a Digital Health Technology with appropriate evidence for the sleep parameters they choose and report on these parameters openly and transparently.

The resources



- The Core Digital Measures of Sleep offer a transparent way for Jazz to measure clinically relevant symptoms that are also important to patients. Total sleep time and other core measures like initial sleep onset latency can assess disrupted nighttime sleep.
- Jazz Pharmaceuticals also values the flexibility of the core measures. The core measure, total napping time, specifies possible deviations for assessing intentional and unintentional sleeping.
- Furthermore, additional measures can be built from the Core Measures: Sleep Measurement System, allowing Jazz Pharmaceuticals to develop and assess measures relating to “difficulty waking up” in a standardized and transparent way.
- Finally, evidence-reporting templates for this work allow for the traceability of decisions made in the research planning phase.

