Checklist for Therapeutic Use Exemption (TUE) Application:  
**Intrinsic Sleep Disorders**  
*Prohibited Substances: Stimulants*

This Checklist is to guide the athlete and their physician on the requirements for a TUE application that will allow the TUE Committee to assess whether the relevant ISTUE Criteria are met.

Please note that the completed TUE application form alone is not sufficient; supporting documents **MUST** be provided. A *completed application and checklist DO NOT guarantee the granting of a TUE*. Conversely, in some situations a legitimate application may not include every element on the checklist.

### TUE Application form must include:
- All sections completed in legible handwriting
- All information submitted in English, French or German
- Where the medical reports are not in English, French or German, a translated summary of all the key information (including key diagnostic tests) must be submitted with the application
- A signature from the applying physician
- The Athlete’s signature

### Medical report should include details of:
- Medical history: include comments on history of  
  1. excessive daytime sleepiness, and duration  
  2. cataplexy  
  3. Sleep behaviour/apnoeas (witnessed by partner)  
  4. any medical or psychiatric conditions that could account for hypersomnia
- Findings on examination:  
  1. assessment of neurologic and psychiatric signs/symptoms to exclude other causes  
  2. a negative drug screen
- Interpretation of symptoms, signs and test results by a specialist physician
- Diagnosis (must differentiate between narcolepsy, idiopathic hypersomnia, sleep apnoea and hypopnea syndrome) by a medical specialist in sleep disorders
- Stimulant prescribed (prohibited in-competition) including dosage, frequency, administration route
- Use of and response to other treatments including behavioural changes, naps, CPAP, antidepressants (not essential to have trialled prior to the use of stimulants)

### Diagnostic test results should include copies of:
- Night time polysomnography
- Multiple Sleep Latency Test
- Brain imaging: not mandatory