

## XYREM vs Baclofen

Written by F. Ascencion. Original 20<sup>th</sup> January 2016, revised 20th June 2023

I'm not sure if we should compare the both but okay.

(That's what I wrote a year ago in January 2016)

Now I know and believe we can and should compare Xyrem with Baclofen.

Xyrem needs great discipline and commitment but when followed all recommendations the change of succeeding is a lot higher then on baclofen (this might chance with any upcoming baclofen R type)

But the side effects as anxiety on Xyrem could be a good reason to try Baclofen instead. Baclofen has a low price which makes it affordable for a lot of people to give it a try. I can see advantages for college/university kids that still like to party and don't want to be an outsider.

(social life is VERY important at that age)

Baclofen might be more suited for parents with young children. Especially single mothers. But it's a fairy tale you can't respond to emergencies when on Xyrem.

So far I still feel like Xyrem does slightly more for C than baclofen.

But baclofen does help controlling C too. Probably because of the restful sleep both medications give you.

Personally I would prefer to not use daytime stimulants since that can work against the quality sleep and energy you gain at night. If you do you can expect a longer time needed to catch up with your sleep debt. But I'm very aware this will depend on personal circumstances and some need stimulants for daytime jobs and other obligations.

Xyrem will knock you out. Perfect for people with insomnia.

Baclofen will never do that. When you can't sleep, you'll need something else besides the baclofen. We have 14 years of experience now on Xyrem.

Two years on baclofen. So again...it's hard to compare and say what's better.

I think the most important thing is finding out first what works for you.

Any PWN without quality sleep will do whatever it takes to get that sleep.

Doctors, scientists and researchers looking into baclofen are encouraged to look into the baclofen data, collected in our Narcolepsy register. Hosted by CoRDS. Based at Sanford Research.

A Non for Profit research institution hosting several rare disease registers. More info at

<http://pwn4pwn.org/narcolepsy-register/>

Any PWN trying baclofen, successful or not, is urged to fill in our questionnaire by clicking on the following link: <https://cordsconnect.sanfordresearch.org/BayaPES/sf/screeningForm?id=SFSFL>

This document is a patients opinion and will be revised when needed.

The word Xyrem has not been replaced by Oxybate during revision on purpose.

Although most reported here can count for all Oxybate products, there was only experience with Xyrem in this specific case.