



ATHLETES & PRESCRIBING PHYSICIANS PLEASE READ

USADA can grant a Therapeutic Use Exemption (TUE) in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.

Included in this document is a checklist of items necessary for a complete TUE Application. (Please be aware that the TUE Committee may ask for additional information while evaluating TUE Applications). It is important that the TUE Application include all the documentation outlined in the checklist below. Please reference the included guidelines for details related to types of diagnoses, specific laboratory tests, and more.

U.S. ANTI-DOPING AGENCY

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TUE APPLICATION CHECKLIST – SLEEP DISORDERS

- Complete and legible TUE Application form
- Copies of all relevant examinations and clinical notes from the original diagnosis through present
 - Please note, the athlete should be evaluated by a specialist
 - Please include notes specific to:
 - Narcolepsy
 - Cataplexy
 - Sleep apnea
 - Any psychiatric conditions that could account for hypersomnia
 - Diagnosis must differentiate between narcolepsy, idiopathic hypersomnia, sleep apnea, etc. by a medical specialist in sleep disorders
- Copies of all laboratory results/reports related to the diagnosis:
 - Nighttime polysomnography
 - Multiple Sleep Latency Test (MLST)
 - Drug screen, while not required, is beneficial for TUE application purposes.
 - Brain imaging (if applicable)
- A statement from the physician explaining why the Prohibited Substance is needed
 - Please explain why permitted alternative treatments were not effective or not appropriate/indicated for treatment

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