Finding a cure quicker, stronger together.

WUN has donated over $1 million to accelerate Narcolepsy research. Partnering with our community, sleep centers, and experts, we drive funding initiatives towards deeper understanding, better treatment options and ultimately a cure.

PROGRAMS WE OFFER
- Narcolepsy research funding
- Education events (webinars and in-person)
- Fundraising events
- Awareness & education campaigns
- Online support groups
- Camp for children

Narcolepsy is an incurable neurological sleep disorder where the brain is unable to regulate typical sleep-wake cycles.

FAST FACTS
- Typical onset is between ages 10 and 20
- Up to 50% of those with Narcolepsy are estimated to be undiagnosed
- Average of 6 physician visits before receiving a Narcolepsy diagnosis
- Narcolepsy affects academics and makes relationships more challenging
- There is no cure, but medications, lifestyle changes and other therapies can reduce many of its symptoms

Wake Up Narcolepsy
PO Box 60763 | Worcester, MA 01606
www.wakeupnarcolepsy.org

Wake Up Narcolepsy is a 501(c)(3) non-profit organization dedicated to advancing the knowledge of Narcolepsy to find a cure. We work with patients, caregivers, clinicians, researchers and educators to facilitate understanding and expertise.
Narcolepsy affects 1 in 2,000 Americans and 3 million people worldwide.

Narcolepsy is an incurable neurological sleep disorder where the brain is unable to regulate typical sleep-wake cycles.

Narcolepsy involves aspects of rapid eye movement (REM) sleep intruding on wakefulness and vice versa. Symptoms vary but can include:

- Excessive Daytime Sleepiness (EDS)
- Cataplexy: Sudden, brief loss of muscle tone triggered by emotion
- Sleep Paralysis: Brief inability to move or speak while falling asleep or waking up
- Hypnagogic and Hypnopompic Hallucinations: Vivid, dream-like events experienced while falling asleep or waking up
- Sleep Disruption: Poor sleep characterized by many awakenings

Current diagnosis tests are:
- Polysomnography (PSG): overnight sleep disorder test that records brain waves, blood oxygen level, heart rate, breathing, eye and leg movements
- Multiple Sleep Latency Test (MSLT): daytime sleep test the morning following a PSG that measures how fast a patient falls asleep (latency) and how quickly REM sleep begins

Up to 50% of Narcolepsy cases may be undiagnosed.

IMPACT

- Effect on relationships
- Education and professional limitations
- Public and personal safety (e.g., driving)
- Isolation and social exclusion
- Depression, anxiety, emotional well-being

TREATMENT

Symptoms can be managed through a range of medications and lifestyle changes including proper sleep hygiene, healthy diet, exercise, and support groups.