

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

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.



Advancing the Knowledge of Narcolepsy to Find a Cure

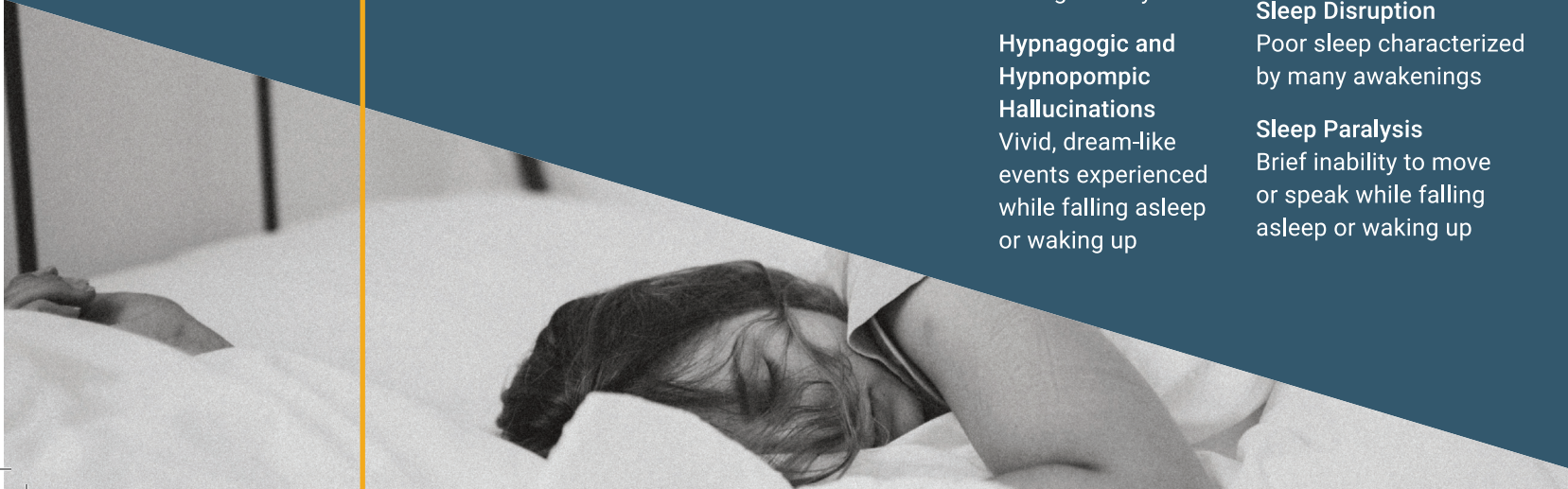
Narcolepsy is an incurable neurological sleep disorder where the brain is unable to regulate typical sleep-wake cycles.

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
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**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)

Inability to stay awake and alert during the day

Hypnagogic and Hypnopompic Hallucinations

Vivid, dream-like events experienced while falling asleep or waking up

Cataplexy

Sudden, brief loss of muscle tone triggered by strong emotion

Sleep Disruption

Poor sleep characterized by many awakenings

Sleep Paralysis

Brief inability to move or speak while falling asleep or waking up

DIAGNOSIS

Narcolepsy can be misdiagnosed as laziness, ADHD, depression, sleep apnea, epilepsy, and other mental health disorders.

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

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.

**Up to 50% of
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cases may be
undiagnosed.**