

# 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 include excessive daytime sleepiness, cataplexy (sudden, brief loss of muscle tone triggered by strong emotions), sleep disruption, sleep paralysis, and hypnagogic or hypnopompic hallucinations (vivid dreamlike events). There are two main types of narcolepsy, Type 1 (with cataplexy) and Type 2 (without cataplexy).

*Wake Up Narcolepsy is a 501(c)(3) non-profit dedicated to accelerating narcolepsy research. We work with patients, caregivers, clinicians, researchers, and educators through education and awareness, research grants, fundraising, support groups, and more. Finding A Cure Quicker, Stronger Together.*



## FAST FACTS

- Typical onset between ages 10 and 20
- Up to 50% of patients are undiagnosed
- Affects relationships, safety, school, and career
- Average of 6 physician visits before diagnosis
- Treatment can help, but there is not yet a cure

## DIAGNOSIS

Narcolepsy can be misdiagnosed as laziness, ADHD, depression, sleep apnea, epilepsy, or other mental health disorders. Diagnosis includes sleep history screening and two sleep tests.

## TREATMENT

Symptoms can be managed through medication and lifestyle changes like sleep hygiene, diet, exercise, and support groups.

## YOUTH

A student with narcolepsy can succeed with understanding, support, and accommodations from the school and teachers.

Visit our website for more information!  
[www.wakeupnarcolepsy.org](http://www.wakeupnarcolepsy.org)