



Wake Up Narcolepsy (WUN) is a nonprofit organization dedicated to driving awareness, education and research towards improved treatments and a cure for Narcolepsy, a lifelong disorder of the central nervous system, characterized by the brain's inability to control sleep-wake cycles.

Here at WUN, we aim to provide valuable information, resources and support to individuals living with Narcolepsy, their families and healthcare professionals. With a mission to empower and educate, Wake Up Narcolepsy strives to make a difference in the lives of those affected by this often misunderstood condition.

This letter aims to assist people living with Narcolepsy in securing employment and appropriate accommodations in the workplace. More importantly, we also hope this letter helps potential employers understand that with appropriate accommodations, people with Narcolepsy can be productive and valuable employees in the professional setting. Below you will find an explanation of what Narcolepsy is and how to learn more about this disorder.

What is Narcolepsy? Narcolepsy is a lifelong disorder of the central nervous system, characterized by the brain's inability to control sleep-wake cycles. Individuals with Narcolepsy often experience excessive daytime sleepiness (EDS) and sudden, uncontrollable episodes of sleep called "sleep attacks." It is important for potential employers to understand that Narcolepsy is a medical condition, and individuals with Narcolepsy may require certain accommodations to ensure their safety, productivity and well-being in the workplace.

While Narcolepsy does present challenges, it does not define a person's ability to succeed in a professional setting. Many people with Narcolepsy are able to manage this condition through appropriate medical treatment and lifestyle modifications. By providing suitable workplace accommodations, individuals with Narcolepsy can not only thrive in such environments but also become invaluable assets to prospective employers. Please see the following/attached letter with specific accommodation requests.

To learn more about Narcolepsy and the ways in which individuals can thrive in the workplace with appropriate support, we encourage you to visit Wake Up Narcolepsy online at <https://www.wakeupnarcolepsy.org/about/what-is-narcolepsy/> Here you will find comprehensive information about Narcolepsy and valuable insights for employers trying to learn more about this condition.

We also encourage you to consult the Americans With Disabilities Act website [here](#) to learn more about your responsibilities as an employer in regards to providing reasonable accommodations for employees with disabilities.

Thank you for your time and willingness to learn more about Narcolepsy. The Narcolepsy community deeply appreciates your dedication to creating an inclusive and supportive work environment.

Sincerely,

Wake Up Narcolepsy