

At the Heart of Narcolepsy's mission is to raise awareness of the increased risk for certain cardiovascular diseases for those living with narcolepsy. When managing this sleep disorder, understanding how your disease impacts your heart health is important. To learn more visit: MoreThanTired.com



A key part of the initiative is a video series providing expert perspectives on health and narcolepsy. Each video features experts such as a sleep specialist, registered dietitian and patient with narcolepsy who discuss the relationship between narcolepsy, heart health and ways to modify your risk for heart disease.

Fast Facts About Narcolepsy



Narcolepsy is a debilitating neurological disorder affecting **one in 2,000 people in the U.S.** and poses more challenges than simply falling asleep at inconvenient times.¹



About **70% of patients with narcolepsy also suffer from cataplexy** – a sudden, brief loss of muscle control triggered by strong emotions like embarrassment, laughter, surprise or anger.^{2,3}

Narcolepsy Impacts More Than Sleep – It Impacts Heart Health, Too

People with narcolepsy are more likely to have other health conditions than the general population. For example, they have a **2.6x higher risk for heart failure** and a **2.5x higher risk for stroke** compared to people without narcolepsy.* With a higher risk of certain comorbidities, it is important for people with narcolepsy to consider their overall health and how it relates to their condition.

Comorbidities in people with narcolepsy can include:

• High Blood Pressure

• High Cholesterol

• Stroke

• Heart Attack

• Heart Failure

• Diabetes

Luckily, There Are Ways to Reduce This Risk



Some risk factors for cardiovascular disease are considered 'modifiable,' which means you may be able to limit their impact on your health. **Not smoking, being active, eating a heart-healthy diet and watching your sodium intake** are all important things to consider as a patient with narcolepsy.



Sodium can come from a few sources, such as **food, drink and certain prescriptions and over-the-counter medications**. Patients with narcolepsy can take steps to help manage their risk for cardiovascular disease by monitoring their sodium intake, as sodium is a modifiable risk factor.

Living with narcolepsy is more than managing your symptoms — don't sleep on heart health.
Learn more at: MoreThanTired.com

*Odds ratio. A study compared 9,312 people with narcolepsy vs 46,599 people without.^{4,5}

References
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4. Ohayon, M. M. (2013). Narcolepsy is complicated by high medical and psychiatric comorbidities: a comparison with the general population. Sleep Medicine, 14(6), 488-492
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