

## **NARCOLEPSY:** **WHAT YOU NEED TO KNOW**

- Life-long neurological condition without a cure
- Affects sleep/wake cycles & increases REM - causes both sleepiness during the day and difficulty sleeping at night
- Other symptoms: cataplexy, hallucinations, sleep paralysis
- A normal person would have to stay awake 48-72 hours to feel the same level of sleepiness
- Affects approx. 1 in 2000 people (0.05% of population)

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