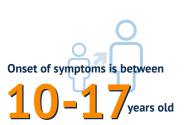
What is Narcolepsy?

Narcolepsy is a sleep disorder, involving irregular patterns in Rapid Eye Movement (REM) Sleep and significant disruptions of the normal sleep/wake cycle. Narcolepsy is defined as a **rare disease**, affecting fewer than **200,000** individuals in the U.S. Unfortunately, many individuals with narcolepsy remain undiagnosed and untreated.

Quick Facts













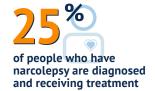
<mark>60</mark>%

of individuals with narcolepsy also have cataplexy, also a rare disorder, which is characterized by sudden episodes of muscle weakness or complete collapse often triggered by laughter, surprise, or other strong emotions

Misdiagnosis is Common







Is There a Treatment for Narcolepsy?

Narcolepsy has no cure. However, medicines, lifestyle changes, and other therapies can reduce many of its symptoms.







Why is Narcolepsy Hard to Diagnose?

Narcolepsy can be difficult to diagnose because some of its symptoms, such as sleepiness, are common to many conditions.

Symptoms of narcolepsy can include:

- Excessive daytime sleepiness
- Sleep attacks
- Cataplexy
- Sleep paralysis
- Hallucinations while falling asleep or upon awakening
- Disrupted nighttime sleep

Diagnosis

Physicians and sleep specialists may use the following methods to diagnose narcolepsy:

Nocturnal polysomnogram (PSG or sleep study)

Measures the electrical activity of your brain and heart, and the movement of your muscles and eyes

• Multiple sleep latency test (MSLT)

Measures how long it takes for you to fall asleep during the day

Spinal fluid analysis

Can determine a diagnosis of narcolepsy