DO YOU FEEL TIRED ALL THE TIME?

It's normal to feel tired sometimes. But people with narcolepsy struggle to stay awake and alert more often than not. It's called excessive daytime sleepiness, and when it happens regularly in patients with narcolepsy, it can affect their job and enjoyment of friends and family.

MISUNDERSTOOD, MISDIAGNOSED

It is estimated that 1 in 2,000 people in the U.S. have narcolepsy. >50% of people living with narcolepsy don't know they have it.

COMPLICATED PATH FOR PEOPLE WITH NARCOLEPSY

It is estimated that patients had an average of 6 physician visits before receiving a diagnosis of narcolepsy. Years it can take for patients to receive a narcolepsy diagnosis after the initial onset of symptoms is 10+.

5 COMMON SYMPTOMS

Not all 5 symptoms must be present to be diagnosed with narcolepsy.

1. Excessive daytime sleepiness: uncontrollable urge to sleep, often at inappropriate times
2. Weakening of muscles with strong emotions like laughter
3. Poor-quality sleep at night: falling asleep easily, but having trouble staying asleep
4. Feeling unable to move or speak while falling asleep or waking up
5. Vivid, often frightening dream-like experiences while falling asleep or waking up

IF ANY OF THESE SYMPTOMS SOUND FAMILIAR, A SLEEP SPECIALIST CAN HELP

VISIT MORETHANTIRED.COM TO:

- Recognize symptoms
- Find a sleep specialist near you
- Hear from people with narcolepsy
- Get help preparing to talk to a doctor