

Title: Doing well in college with narcolepsy

The following are suggestions. Make changes and modifications to fit your situation and find out what works for you.

1. Time management

- (a) Don't wait until the last minute and then cram all night. Instead, study every day (two to three hours a day is a suggestion). This way, no late nights or cram sessions, and hopefully better grades. Start early.
- (b) Work hard, play hard. Make sure you get your studying in first, then have fun. You can do all the things you want to, just put in your two to three hours of studying.

2. Remove distractions

- (a) E-mail, TV, computer/internet (if possible), phone. Just for the two hours of studying, no distractions.
- (b) Switch your phone to vibrate, turn upside down. Let calls go to voicemail. Check after five minutes, if an emergency call back. If not, finish your studies.

3. Write down questions while you study, then go to office hours to ask your questions.

4. Try reading the assigned/corresponding chapters/material before class.

- (a) If you fall asleep in class, you will not be lost. Also, you will find that you are not scrambling to take notes because the material is not new. You will be more familiar with the material and you might feel more relaxed.
- (b) Take notes when you read. Then you come to class quite prepared.

5. My personal experience

- (a) In class, when I'm sleepy the first to go is movement, then vision. As a result, I had to rely on being an audio learner. I would close my eyes and listen. Since I read the material before class, I was already ahead.

6. Tell your professors at the beginning of the term

- (a) Professors might be skeptical when you ask for an extension on a paper or more time on an examination the day before. Let your professors know what accommodations you need at the beginning of the quarter/semester.

7. Balance

- (a) Study, work, social life, exercise, health, sleep and naps.
- (b) Prioritize and balance the things in your life.