

Suddenly Sleepy Saturday

A Day for Narcolepsy Awareness

WHEREAS, Narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles; and

WHEREAS, Narcolepsy affects an estimated 1 in every 2,000 Americans; and

WHEREAS, Narcolepsy is an under-recognized and under diagnosed condition; and

WHEREAS, The symptoms of narcolepsy, especially when undiagnosed, can lead to accidents, injuries, and problems with learning, and working; and

WHEREAS, Narcolepsy affects people neurologically, socially, and emotionally; and

WHEREAS, Narcolepsy affects people of all ages, with onset typically between the ages of 15 and 25; and

WHEREAS, Narcolepsy Network is a national organization created to promote awareness of the disease and support for those who suffer from narcolepsy.

NOW, THEREFORE, I (GOVERNOR'S NAME), Governor of the State of (STATE NAME), do hereby proclaim Saturday, March 11, 2023 to be Suddenly Sleepy Saturday, A Day for Narcolepsy Awareness.