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<Date>

For Immediate Release

Saturday, March 11 Declared as Suddenly Sleepy Saturday

This day raises awareness for the sleep disorder narcolepsy

<Your City, State> -- <Your state> governor <governor's name> has signed an official proclamation designating Saturday, March 11, 2023 as Suddenly Sleepy Saturday. The purpose of the day is to raise awareness for narcolepsy, a sleep disorder which affects one in every 2,000 people in the United States.

Some of narcolepsy's key symptoms are excessive daytime sleepiness, sleep attacks, sudden micro-sleeps, sleep paralysis, and disrupted nighttime sleep. Historically, Suddenly Sleepy Saturday falls the day before Americans turn their clocks ahead for daylight savings time when even those who do not have narcolepsy may feel more drowsy than normal. If the U.S. Government passes the Sunlight Protection Act (establishing a permanent daylight savings time), Suddenly Sleepy Saturday will still be relevant as it typically falls the weekend before Sleep Awareness Week.

The proclamation was requested by <your name> of <your city>, who worked in collaboration with Narcolepsy Network, a nationwide nonprofit organization dedicated to supporting people with narcolepsy, raising awareness about narcolepsy, and promoting research for treatment and a cure for this serious neurological sleep disorder.

Optional paragraph: <Your last name> requested the proclamation because < in a few short sentences, tell why you decided to get involved by requesting a proclamation>.

For more information about narcolepsy and Narcolepsy Network, visit www.narcolepsynetwork.org.

Media Contact:

<Your Name>

<Your phone number>

<Your email address>

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Suddenly Sleepy Saturday is an awareness campaign that was started by Narcolepsy Network in 2005. Narcolepsy Network is a 501(c)(3) nonprofit organization that supports people with narcolepsy and their families through education, advocacy, and awareness. It is the only member-governed patient advocacy organization for narcolepsy in the United States as well as the longest standing narcolepsy organization. Narcolepsy Network is widely recognized for hosting the largest Annual Conference for people with narcolepsy in the U.S., offering a place for the narcolepsy community to connect in-person and learn from the world's leading narcolepsy experts.