

**Event:** Suddenly Sleepy Saturday—A Day for Narcolepsy Awareness

**Organization:** Narcolepsy Network

**Requestor Name:**

**Address:**

**Phone:**

**Email:**

**Date Recognized:** March 9, 2024

**Date Needed By:** March 8, 2024

### **Narcolepsy**

Narcolepsy is a sleep disorder that impacts one in approximately 2,000 people in the United States. While the cause of narcolepsy is not completely understood, current research points to a combination of genetic and environmental factors that influence the immune system. As a sleep disorder, narcolepsy leads to frequent periods of uncontrollable extreme daytime sleepiness, as well as episodes of muscle weakness in many cases. The complex, lifelong condition affects a wide range of populations, from children to the elderly, and presents a broad scope of severity. This disorder is grossly misunderstood and often unrecognized, even by those within the medical field. It can often take years after the first symptoms appear before narcolepsy is correctly diagnosed.

### **Narcolepsy Network**

Narcolepsy Network is a national non-profit organization which is dedicated to assisting individuals with narcolepsy and related sleep disorders. Their mission is to provide services to educate, advocate, support, and improve awareness of this sleep disorder.

### **Suddenly Sleepy Saturday**

Suddenly Sleepy Saturday falls on the day before Americans turn their clocks ahead one hour for daylight savings time, this year on March 9, 2024, is a time when even those who do not have narcolepsy may experience sudden sleepiness or daytime drowsiness, just as people with narcolepsy do every day.