
How to use this document: Copy and paste the text below into a word processing platform (Microsoft Word, Google Docs, etc). Fill in the information in brackets < > and send the completed news release to your local media. To find where to send your completed release, visit your paper or station's website. You'll either find an email address that you can send the release to or you'll be able to upload the release directly to the outlet's website.

<Date>

For Immediate Release

Saturday, March 9 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 9, 2024 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.

There are two major types of narcolepsy: Narcolepsy Type 1 and Narcolepsy Type 2. Key symptoms of both include excessive daytime sleepiness (EDS), disturbed nighttime sleep, hypnagogic hallucinations, and sleep paralysis. On top of these symptoms, Narcolepsy Type 1 involves cataplexy, and this is what distinguishes it from Narcolepsy Type 2.

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.



3242 NE 3rd Ave #1101, Camas, WA 98607
Toll-Free: 888-292-6522 Tel: 401-667-2523
www.narcolepsynetwork.org

Media Contact:

<Your Name>

<Your phone number>

<Your email address>

Suddenly Sleepy Saturday is an awareness campaign that was started by Narcolepsy Network in 2012. 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.