NARCOLEPSY NETWORK

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

Event: ***Suddenly Sleepy Saturday***—A Day for Narcolepsy Awareness
Organization: Narcolepsy Network www.narcolepsynetwork.org
Requestor Name:
Address:
Phone:
Email:
Date to Recognize: Saturday, March 7, 2026
Proclamation Needed By: Friday, February 27, 2026

About 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. Narcolepsy has two types: Narcolepsy Type 1 (NT1) and Type 2 (NT2). Most people with NT1 have cataplexy; most people with NT2 do not. The most frequent symptom of both is excessive daytime sleepiness. Other symptoms of both may include disturbed nighttime sleep, hypnagogic hallucinations, and sleep paralysis. Narcolepsy is a complex, lifelong condition that 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 underrecognized, even by those within the medical field. It can often take years after the first symptoms appear before Narcolepsy is correctly diagnosed.

About Narcolepsy Network

Founded in 1986, Narcolepsy Network is a national nonprofit dedicated to supporting people impacted by Narcolepsy and Idiopathic Hypersomnia (IH). The organization's mission is to raise awareness, educate, advocate, and support people living with these sleep disorders. To learn more about Narcolepsy Network visit www.narcolepsynetwork.org.

About *Suddenly Sleepy Saturday*

Suddenly Sleepy Saturday was established in 2012 by Narcolepsy Network, a nonprofit dedicated to supporting people living with Narcolepsy and Idiopathic Hypersomnia (IH), to raise awareness of this chronic sleep disorder. Each year, *Suddenly Sleepy Saturday* falls on the day before Americans turn their clocks ahead one hour to begin Daylight Savings Time-this year on March 8, 2025. With the time change, even those who do not have a sleep disorder may experience sudden sleepiness or daytime drowsiness, just as people with Narcolepsy do every day.

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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 underdiagnosed condition; and

WHEREAS, Narcolepsy has two types: Narcolepsy Type 1 (NT1) and Type 2 (NT2). Most people with NT1 have cataplexy; most people with NT2 do not. The most frequent symptom of both is excessive daytime sleepiness. Other symptoms of both may include disturbed nighttime sleep, hypnagogic hallucinations, and sleep paralysis; 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, founded in 1986, supports and advocates for people living with Narcolepsy and other related sleep disorders; and

WHEREAS, Narcolepsy Network established *Suddenly Sleepy Saturday* in 2012 to generate public awareness of Narcolepsy; and

WHEREAS, *Suddenly Sleepy Saturday* falls each year on the day before Americans turn their clocks ahead one hour to begin Daylight Savings Time, leading even those without Narcolepsy to experience some of Narcolepsy's classic symptoms, such as excess daytime sleepiness.

NOW, THEREFORE, I (GOVERNOR'S NAME), Governor of the State of (STATE NAME), do hereby proclaim Saturday, March 7, 2026, to be ***Suddenly Sleepy Saturday***, A Day for Narcolepsy Awareness.