NARCOLEPSY NETWORK

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

MEDIA ADVISORY
Time Change Marks *Suddenly Sleepy Saturday*: A Day for Narcolepsy Awareness

DATE:
- Saturday, March 7, 2026
- The day before Daylight Savings Time begins

WHAT: *Suddenly Sleepy Saturday*, A day for Narcolepsy awareness

- *Suddenly Sleepy Saturday* was established in 2012 by Narcolepsy Network to raise awareness of the sleep disorder Narcolepsy.

- Throughout the U.S., people living with Narcolepsy aim to educate the public about the impact of living with this chronic disease. Individuals request official proclamations from state and municipal governments to commemorate *Suddenly Sleepy Saturday*.

WHY:
- *Suddenly Sleepy Saturday* is the day before the clocks are turned ahead one hour to begin Daylight Savings Time in the U.S.

- With the time change, many people experience symptoms that people with Narcolepsy live with every day, including the detrimental effects of excessive daytime sleepiness.

- Narcolepsy is a chronic neurological disorder affecting approximately 1 in 2,000 people in the U.S. That figure is likely much higher, given that some 50% of people with the disorder are undiagnosed.

- <add text about your personal journey and proclamation, if relevant>

ABOUT:

Narcolepsy Network, founded in 1986, is a nationwide nonprofit dedicated to supporting people impacted by Narcolepsy and Idiopathic Hypersomnia (IH). The organization's mission is to raise awareness, educate, and advocate and support people living with these chronic sleep disorders.

Resources:
- About Narcolepsy

CONTACT:

<Your Name>
<Your phone number>
<Your email address>