



Narcolepsy 101

Narcolepsy

- Narcolepsy is a sleep disorder that causes individuals to struggle with sleep and wake regulation.
- There are two types of narcolepsy type I & type II.
- 1 in 2000 people have narcolepsy



Type I

- Narcolepsy type I is also known as narcolepsys with cataplexy
- Caused by low levels of hypocretin cells



Type II

- Narcolepsy type II is also known as narcolepys without cataplexy
- Cause remains unknown
(Cleveland Clinic, 2025).



Symtoms

- Cataplexy
- Excessive daytime sleepiness (EDS)
- Sleep paralysis
- Sleep related hallucinations
- Amnesia or forgetfulness
- Automatic movements
- Sleep attacks



Diagnosis

- Sleep Study
- Multiple sleep latency Test (MSLT)
- Lumbar Puncture (Spinal Tap)



Treatment

- Prescription medication
- Sleep hygiene
- Additional life style changes



Narcolepsy *IS NOT*

"being lazy"

hopeless funny "Just tired"

Narcolepsy *IS*

chronic

rare

disabling

misunderstood