

# Healthy Habits for Living With Narcolepsy

**KNOW**  
narcolepsy®  
*There's More to Know!*

Living with narcolepsy can be challenging, but there are things you can do that may help lessen the impact of your symptoms.



Maintain a regular sleep-wake schedule



Exercise regularly



Schedule daytime naps



Avoid caffeine in the evening



Avoid alcohol



Avoid smoking



Eat a healthy dinner several hours before bedtime and avoid late-night snacks



Visit **KnowNarcolepsy.com**  
to hear tips from others living with narcolepsy.