

# 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 to 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](https://www.knownarcolepsy.com)  
to hear tips from others living with narcolepsy.



Know Narcolepsy is a registered trademark of Harmony Biosciences.  
Harmony Biosciences name and logo are registered trademarks.  
© 2023 Harmony Biosciences. All rights reserved.  
US-NAR-2200190/May 2023