

See what others living with narcolepsy say has helped them in managing day to day, preparing for visits with their healthcare professionals, and building out their support network.

### Managing Day to Day



“Keep a **consistent sleep schedule.**”

- Sean

“**Schedule naps** during the day.”

- Matt

“Practice **mindfulness or yoga** to reduce stress.”

- Leah

“**Avoid screen time** before bed.”

- Katie

### Preparing for an Appointment



“Be an **advocate** for yourself.”

- Leah

“**Track** your symptoms.”

- Ijeoma

“Make a **list of questions and/or concerns** before your visit.”

- Katie

“**Bring someone with you** to your appointment.”

- Sean

### Finding Your Support Network



“Find the right **sleep specialist.**”

- Scott

“**Find a counselor** who you can speak candidly with.”

- Matt

“**Connect with people** who have been diagnosed, either online or in person.”

- Sharon

“**Being open and honest with your friends and family** is incredibly important.”

- Emily

Visit [KnowNarcolepsy.com](https://www.knownarcolepsy.com) for more tools and resources