

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