

# KNOW Tips for Navigating Narcolepsy Through Changing Times

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

From workplace transitions to holiday stress, adjusting to a different daily routine can be hard for people living with narcolepsy. Some may see a change in their symptoms or struggle to adapt to a new routine. Learn some of the timely tips others have found helpful for living with narcolepsy during challenging times.

Get some exercise.



Keep a regular sleep-wake schedule.



Schedule short naps throughout the day.

Be kind to yourself when transitioning to a different working environment.



Prioritize important tasks when you are most awake and alert.



Talk to your healthcare provider about any changes in your symptoms.



Communicate your needs to those you live with.



Opt for telemedicine appointments when possible and treat them just like in-person appointments.

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