

7 WAYS TO GET INVOLVED

Narcolepsy is a chronic neurological condition affecting about 3 million people worldwide, yet because of low awareness, a majority of those living with the condition are currently undiagnosed. Raise your voice with Project Sleep today!



**WORLD
NARCOLEPSY
DAY** **SEPT 22, 2019**

1. MAKE YOUR MARK

Show the world that narcolepsy impacts people everywhere! Participate in our social media campaign by printing the sign, snapping a pic and sharing on socials using #WorldNarcolepsyDay.

2. HOST A GET-TOGETHER

Organize your own event in your community. A picnic, brunch, potluck, or sign-making party are fun ways to bring friends and colleagues together. Share your story and distribute fact sheets.

3. PARTICIPATE IN #NCHAT

#Nchat is a monthly Twitter conversation that connects people with narcolepsy worldwide. Join in this special #WorldNarcolepsyDay #Nchat on Sunday, Sept. 22nd at 5:00 p.m. EST.

4. SHARE YOUR STORY

Personal health stories are invaluable public education tools. Contact local media and radio outlets. Write about your experience via an online publishing platforms like Medium.

5. CREATE A FB FUNDRAISER

Give your friends and social networks a unique opportunity to support your experience by hosting a Facebook Fundraiser to raise critical funds for Project Sleep!

6. GET SOCIAL

Spread the facts! Leading up to World Narcolepsy Day, use our action toolkit and graphics to post on social media using #WorldNarcolepsyDay to educate your social networks.

7. DONATE

Make a meaningful gift to support Project Sleep's efforts today. Your generosity helps us further critical awareness and advocacy programming throughout the year.

projectsleep

www.project-sleep.com/worldnarcolepsyday