

# 7 WAYS TO GET INVOLVED

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



## 1. MAKE YOUR MARK

Participate in our Narcolepsy: Not Alone® campaign by snapping a photo holding a sign reading "Narcolepsy: Not Alone" to share on socials using #NarcolepsyNotAlone and tagging @project\_sleep.

## 2. COUNTDOWN TO WORLD NARCOLEPSY DAY

World Narcolepsy Day takes place on September 22nd annually. It's never too early to start planning a WND get-together in your community. 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 the first Saturday of each month on Twitter at 5:00 p.m. ET using the hashtag #Nchat.

## 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 platform 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. FIND COMMUNITY

There are many ways to connect with community. We recommend following patient-driven non-profit organizations like Project Sleep, Narcolepsy Network, Wake Up Narcolepsy and the Hypersomnia Foundation in the US. See our World Narcolepsy Day page for international groups.

## 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.

