

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** **SEPTEMBER 22**

1. JOIN THE CLOUD CAMPAIGN

Share your message with the world! Participate in our social media campaign by printing the cloud, snapping a pic and sharing on socials using #WorldNarcolepsyDay and tagging @project_sleep.

2. WEAR THE GEAR WITH PRIDE

Get your official World Narcolepsy Day 2020 gear today and sport it with pride. Project Sleep is selling t-shirts and hats as a fundraiser at <https://charitees.org/project-sleep/>.

3. PARTICIPATE IN ACTIVITIES

Project Sleep, along with other organizations around the world, will host a wonderful line-up of online activities leading up to and on World Narcolepsy Day. Check our Calendar of Activities to get involved!

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

Update your Facebook profile photo using our World Narcolepsy Day FB Frame. Spread the facts! Leading up to World Narcolepsy Day, use our action toolkit and graphics to post on social media using #WorldNarcolepsyDay and tagging @project_sleep 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