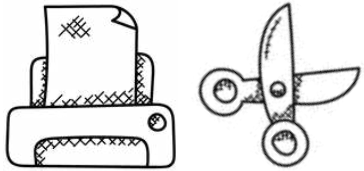


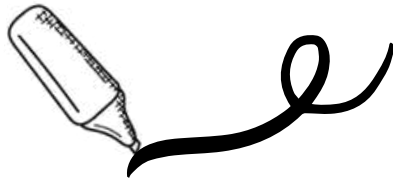
JOIN THE CAMPAIGN!

SHARE YOUR OWN MESSAGE TO RAISE NARCOLEPSY AWARENESS EVERYWHERE!




1. PRINT & CUT OUT

Print the sign and use scissors to cut along the dotted line.



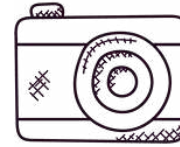
2. USE THICK MARKER

Use a thick marker to write a message of support or about your experience. Include your location next to the 

Example:

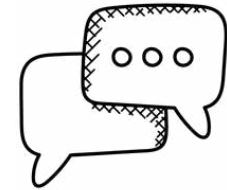
WE ARE NOT ALONE!

 **LOS ANGELES, CA, USA**



3. TAKE YOUR PHOTO

Choose a location for your photo and snap a pic! Outdoors, bright-colored walls, gardens or local monuments are great backgrounds!



4. SHARE ON SOCIAL MEDIA

Share your photo on social media using #WorldNarcolepsyDay and tagging @project_sleep. Engage with other campaign participants!

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. On World Narcolepsy Day (September 22), get involved and raise your voice online using #WorldNarcolepsyDay.



**WORLD
NARCOLEPSY
DAY** **SEPTEMBER 22**

 project sleep

Project Sleep is a 501(c)(3) non-profit raising awareness of sleep health and sleep disorders. We proudly partnered with 23 other patient organizations around the world to establish World Narcolepsy Day.

CUT ALONG DOTTED LINE!



WORLD NARCOLEPSY DAY

SEPTEMBER 22



Please use a thick marker!

PROJECT-SLEEP.COM/WORLDDNARCOLEPSYDAY

project[★]sleep