

# 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. BECOME AN AMBASSADOR

Be a leader in raising awareness! Project Sleep's World Narcolepsy Day Ambassadors participate in activities, raise funds, and spread the word about narcolepsy in their local communities.

## 2. WEAR YOUR SHIRT WITH PRIDE

This year's t-shirt design is "out of this world!" Get your official Project Sleep World Narcolepsy Day shirts for the whole family today: <https://www.bonfire.com/world-narcolepsy-day-2021/>.

## 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 out our events 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. VISIT THE VIRTUAL PHOTO BOOTH

From Sept. 1 - 22, visit our World Narcolepsy Day Virtual Photo Booth for some fun photos! Share your photo on social media using #WorldNarcolepsyDay and tagging @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](http://www.project-sleep.com/worldnarcolepsyday)