

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/store/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 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 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.

