



WORLD
NARCOLEPSY
DAY **SEPTEMBER 22**



Help us elevate narcolepsy awareness by creating a custom photo and sharing it to social media! Choose your background, add your photo and customize with stickers!

Photo Booth Tips

✓ TURN SCREEN BRIGHTNESS UP

Turn your screen brightness up on your phone or computer when you're taking a photo (you can also upload a photo.) This helps brighten images!

✓ GOOD LIGHTING IS KEY

Make sure you have good lighting on your face. You can turn on the lights in your room or take your photo/s facing a window with natural sunlight.

✓ TAKE PHOTO/S IN FRONT OF A SOLID COLOR WALL

Choose a solid color wall that doesn't match the color shirt you are wearing. This makes removing the wall and replacing it easier for our virtual booth!

✓ USE SAFARI OR FIREFOX

For the best experience, we recommend using Safari or Firefox internet browsers.

✓ CUSTOMIZE WITH STICKERS

Have fun with customizing your photo by adding digital stickers at the end!



Share To Social

TAG @PROJECT_SLEEP ←

USE #WORLDNARCOLEPSYDAY ←

Need help coming up with a caption?
Feel free to use the prompts below:

Share where you're located + why you're spreading awareness about narcolepsy

Share a common misconception about narcolepsy + why awareness is important

Take a photo! Questions? Visit www.themisgif.com/virtual-help-desk



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Help us elevate narcolepsy awareness by creating a custom video message and sharing it to social media! Choose your prompt, practice what you'll say and record your video!

Video Booth Tips



TURN SCREEN BRIGHTNESS UP

Turn your screen brightness up on your phone or computer when you're recording a videos. This helps brighten images!



GOOD LIGHTING IS KEY

Make sure you have good lighting on your face. You can turn on the lights in your room or take your video facing a window with natural sunlight.



RECORD YOUR VIDEO IN FRONT OF A NICE BACKGROUND

Wherever you record your video will be the background. Be mindful of what area you choose.



USE SAFARI OR FIREFOX

For the best experience, we recommend using Safari or Firefox internet browsers.



ENABLE YOUR CAMERA & MICROPHONE

If you're prompted to enable your camera and microphone, allow this. Tip: It's easiest to capture videos on your phone.



SPEAK CLEARLY & LOUDLY



WATCH/LISTEN TO EXAMPLES



Share To Social

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USE #WORLDNARCOLEPSYDAY

Video Prompts

Share where you're located and why narcolepsy awareness matters to you

Share how long your path to diagnosis was and what gives you hope for the future

Record a video! Questions? Visit www.themisgif.com/virtual-help-desk