

# 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



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.

