



WORLD
NARCOLEPSY
DAY SEPTEMBER 22



You're Invited!

For World Narcolepsy Day (September 22nd), you're invited to host a trivia event in your community! This toolkit will guide you with everything you need to host your World Narcolepsy Day Trivia game. Using the provided script, it should take you and your participants about 1-1.5 hours to complete. Difficulty Level: Moderate to Challenging, with questions ranging from sleep science to pop culture. Appropriate for all ages but may be more challenging for younger participants. People can play in teams or as individuals.

What's Enclosed:

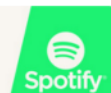
- Trivia Script for Host
- Host Scoresheet
- Team Scoresheets
- Team Answer Cards

What You'll Need:

- ☐ Printer & scissors to prep materials
- ☐ Calculator (or phone) to tally scores
- ☐ Pens or pencils for each team
- ☐ Optional: Prize for winning team
- ☐ Optional: Music to play after each round while participants work on their answers. Playlists provided!

Where to Play:

- Classroom at school
- Conference room at work
- Local bar or community center
- Your living room (in pajamas!)



Search Apple Music or Spotify for
World Narcolepsy Day Trivia playlist!

Provided by: **projectsleep**

Project Sleep is a 501(c)(3) non-profit organization raising awareness of sleep health, sleep equity and sleep disorders. We proudly partner with other patient advocacy organizations around the world to co-host World Narcolepsy Day (Sept. 22 annually) to raise critical awareness for narcolepsy on a global scale. Get involved tagging @project_sleep and using #WorldNarcolepsyDay.

Last Updated: Sept. 2023

WORLD NARCOLEPSY DAY TRIVIA TOOLKIT

- Print this TOOLKIT, which includes:
 - TRIVIA SCRIPT for host - We'll walk you line-by-line what to say throughout the trivia game. Read the entire script **in advance**. Email Project Sleep any questions: info@project-sleep.com
 - HOST SCORESHEET for you to track scores
 - TEAM SCORESHEETS for each team to track their own score (6 included in toolkit, if you anticipate more than 6 teams, print extra)
 - TEAM ANSWER CARDS for teams to write down their answers. Pre-cut big sheets so each team has at least 8 small answer rectangles. (6 big sheets included in toolkit, if you anticipate more than 6 teams, print extra.)

Host Scoresheet

[illegible]

Team Scoresheet



WORLD MARALEPSY DAY

YOU CAN MARALEPSY online at www.maralepsy.com or you can go to the event in person. The event is free and open to all. It is a chance to learn more about the world of maralepsy and to meet the people who are making a difference in the world. The event is held on the 1st of May every year.

TEAM 10/10/10

QUESTION	Points
1	5
2	5
3	5
Score for Team 10/10/10	15

Team 10/10/10 15

TEAM 11/11/11

QUESTION	Points
1	5
2	5
3	5
Score for Team 11/11/11	15

Team 11/11/11 15

TEAM 12/12/12

QUESTION	Points
1	5
2	5
3	5
Score for Team 12/12/12	15

Team 12/12/12 15

TEAM 13/13/13

QUESTION	Points
1	5
2	5
3	5
Score for Team 13/13/13	15

Team 13/13/13 15

TEAM 14/14/14

QUESTION	Points
1	5
2	5
3	5
Score for Team 14/14/14	15

Team 14/14/14 15

TEAM 15/15/15

QUESTION	Points
1	5
2	5
3	5
Score for Team 15/15/15	15

Team 15/15/15 15

TEAM 16/16/16

QUESTION	Points
1	5
2	5
3	5
Score for Team 16/16/16	15

Team 16/16/16 15

TEAM 17/17/17

QUESTION	Points
1	5
2	5
3	5
Score for Team 17/17/17	15

Team 17/17/17 15

TEAM 18/18/18

QUESTION	Points
1	5
2	5
3	5
Score for Team 18/18/18	15

Team 18/18/18 15

TEAM 19/19/19

QUESTION	Points
1	5
2	5
3	5
Score for Team 19/19/19	15

Team 19/19/19 15

TEAM 20/20/20

QUESTION	Points
1	5
2	5
3	5
Score for Team 20/20/20	15

Team 20/20/20 15

TEAM 21/21/21

QUESTION	Points
1	5
2	5
3	5
Score for Team 21/21/21	15

Team 21/21/21 15

TEAM 22/22/22

QUESTION	Points
1	5
2	5
3	5
Score for Team 22/22/22	15

Team 22/22/22 15

TEAM 23/23/23

QUESTION	Points
1	5
2	5
3	5
Score for Team 23/23/23	15

Team 23/23/23 15

TEAM 24/24/24

QUESTION	Points
1	5
2	5
3	5
Score for Team 24/24/24	15

Team 24/24/24 15

TEAM 25/25/25

QUESTION	Points
1	5
2	5
3	5
Score for Team 25/25/25	15

Team 25/25/25 15

TEAM 26/26/26

QUESTION	Points
1	5
2	5
3	5
Score for Team 26/26/26	15

Team 26/26/26 15

TEAM 27/27/27

QUESTION	Points
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Team Answer Cards

LEARNER'S NAME _____	TEACHER'S NAME _____
 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI	 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI
LEARNER'S NAME _____	TEACHER'S NAME _____
 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI	 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI
LEARNER'S NAME _____	TEACHER'S NAME _____
 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI	 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI
LEARNER'S NAME _____	TEACHER'S NAME _____
 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI	 T.C. MİLLÎ EĞİTİM BAKANLIĞI KUTUPAYI KUTUPAYI

Pre-cut these into 8 small rectangles in advance.

- Other MATERIALS you'll need:
 - PRINTER & SCISSORS to prepare materials
 - CALCULATOR (or PHONE) to tally scores
 - PENS or PENCILS one for each team
 - MUSIC (*optional*) - it's suggested to play a song after each round, while the teams work on their answers. Search "World Narcolepsy Day Trivia" on Spotify or Apple Music for our playlist, or choose your own tunes!)
 - *SMALL PRIZE (optional)* for the winning team, something like a bag of chocolates/candy, a card game like UNO, or a small gift card to a local business or restaurant.



TRIVIA SCRIPT FOR HOST

The following is a script for the host to use. All the questions, answers, and additional information is provided for context.

(The areas written in red are notes for the HOST and should **NOT** be read aloud as part of the script.)

THE SCRIPT BEGINS HERE:

Welcome everyone to Trivia at [Establishment]. My name is [name], and I'm your host tonight.

This Trivia is in honor of World Narcolepsy Day, held annually on Sept. 22nd, this is a day dedicated to raising awareness of narcolepsy on a global scale. We're so glad you're here. This trivia was created by Project Sleep, a non-profit organization dedicated to raising awareness about sleep health, sleep equity, and sleep disorders.

This game lasts about an hour or so, and it's free to play.

I have all the materials you need to play up here at my table, so step right up and get your stuff and I'll be right back to cover the instructions to play the game.

Also, you have a chance to get 1 bonus point before the game even starts! Bring me a social media post tagging @project_sleep and using the hashtag #WorldNarcolepsyDay. However, you must bring this to me before we start our first question.

Once again, I'll be back in a few minutes to cover the instructions and materials to play the game.

(Give players a few minutes to get their materials and get situated)

Let's go ahead and get started by covering our materials and instructions for the game.

First up are your larger sheets of paper. These are your team score sheets. Think of it as a road map for the evening! It's a tool for you to keep track of the game as we play. You'll see how many points each question is worth listed here.

You can write absolutely anything you want on this paper, it's yours to keep.



TRIVIA SCRIPT FOR HOST

In the top left corner you will see a box that says Round 1. Each round will have its own category and there will be three questions for each category.

You'll want to write down the category and your answers here to help keep track of the game.

For example, tonight's first category is: IN THE SLEEP LAB.

Right next to where you've written down the category, you'll see a column that says "points." Those are the points for the round. So your team can earn a max of 10 points in our first few rounds.

If your team should get the answer wrong, we will not count those points against your score. Just make sure you turn in an answer for every question, even if it's a guess.

Next up are the smaller rectangles, those are your answer cards. You should have about 8. You'll use one per round.

There are 3 questions per round. First, I will read all three questions out loud TWICE. You may want to jot down the questions as I read them. After I read the questions twice, I'll play music for about 3 minutes while you discuss with your teammates. You can always ask me to repeat a question.

Once you've decided on your answers to all 3 questions in each round, write all three answers on an answer card and bring up to me.

(A song can be played each round while teams work on the answers. This music will make it easier for the teams to talk amongst themselves and not be overheard.)

Please put your cell phones away while playing tonight, there is **no looking up answers online**. If we find you looking up answers, we'll have to disqualify your team.

Lastly, let's discuss talking at your table. We love enthusiasm but please don't shout out answers to questions right away, it's best to wait until I start the music to discuss your answers with your teammates.

That being said, when I announce the answers, that's a great time to cheer if you got an answer right or when I call out your team name. If anyone has any questions, feel free to come on up and ask me during the music.

TRIVIA SCRIPT FOR HOST

Alright, let's get started. Your first category is: IN THE SLEEP LAB

Now for the questions:

1. The stage of sleep when the most vivid dreaming takes place is called REM sleep. What does the acronym REM stand for?
2. What natural hormone is produced in the brain in response to darkness?
3. While people often view sleep as a waste of time, it's actually a set of critical biological processes. In terms of survival, a human can go longer without food than without sleep. Scientists estimate humans can survive about **30-60 days** without food, but how many **days** is the longest recorded period a person has gone without sleep?

(Read the questions **TWICE**, then play a song for about **3 minutes** giving teams enough time to discuss, write answers and submit to you. As answer cards are submitted, start scoring them to keep up.)

(When reading the answers, first re-read the question, then reveal the answer and read context outloud. The context contains hints that feed into later questions, so people are rewarded for paying attention.)

The Answers for category 1, IN THE SLEEP LAB are:

1. The stage of sleep when the most vivid dreaming takes place is called R.E.M. sleep. What does the acronym R.E.M. stand for? **Answer: Rapid eye movement**
 Context: During rapid eye movement (REM) sleep, our brains are very active with thoughts and emotions running through our brains, believed to be the basis of our dreams. This active form of sleep was named after the distinct jerking of our eyes from side-to-side behind closed eyelids. Researchers are still trying to figure out *whether* these rapid eye movements are random or if they could reflect us shifting our gaze in our "dreamworld." Also during REM sleep, our bodies are paralyzed so that we do not act out our dreams, as that would be quite dangerous. Did you know that we spend about one-third of our lives asleep, and about one-quarter of that time in dream sleep? So, you spend 8% of your entire life dreaming!

TRIVIA SCRIPT FOR HOST

2. What natural hormone is produced in the brain in response to darkness?

Answer: Melatonin

3. While people often view sleep as a waste of time, it's actually a set of critical biological processes. In terms of survival, a human can go longer without food than without sleep. Scientists estimate humans can survive about **30-60 days** without food, but how many **days** is the longest recorded period a person has gone without sleep?

Answer: According to the Guinness World Records, in 1986, Robert McDonald went 453 hours 40 minutes, that's just shy of 19 days without sleep. We'll accept answers between 18-20 days.

Context: The Guinness World Records stopped accepting new submissions to this particular challenge in 1997 due to "inherent dangers associated with sleep deprivation." After only three or four nights without sleep, a person will start to hallucinate and longer periods of sleep deprivation lead to delusions, paranoia, and psychosis.

(BE SURE TO KEEP TRACK THE SCORES ON THE HOST SCORESHEET, if you're having a hard time keeping up, you can always play extra music to give yourself time.)

Moving on to Round 2

Your category for round 2 is: NARCOLEPSY BASICS

Now for the questions:

1. While people often say "I've never met someone with narcolepsy," it's estimated that this neurological condition actually impacts 1 in how many people worldwide? This one is multiple choice, is it:
a). 1 in 200,000, b). 1 in 2,000 c). 1 in 20,000
2. How many **hours** would the average person have to stay awake for in order to feel the same level of sleepiness that a person with narcolepsy experiences on a daily basis?

TRIVIA SCRIPT FOR HOST

3. One lesser-known symptom of narcolepsy involves striking, sudden episodes of muscle paralysis or weakness usually triggered by emotions such as laughter, surprise, or anger. The severity of this weakness may vary from buckling of the knees to falling down. What is this symptom called? This is multiple choice, is it:
a.) Cataplexy b.) Catatonia c.) Catalpa d.) Cataphoria

(Read questions twice, play a song, and start scoring as responses are submitted.)

The answers for round 2 are:

1. While people often say “I’ve never met someone with narcolepsy,” it’s estimated that this neurological condition actually impacts 1 in how many people worldwide?
a. 1 in 200,000, b. 1 in 2,000 c. 1 in 20,000

Answer is b.) 1 in 2,000

Context: Narcolepsy isn’t all that rare, but unlike movies, the symptoms are often hard to detect. The condition impacts 1 in 2,000 people or about 200,000 Americans and 3 million people worldwide, yet the majority of people living with narcolepsy today are undiagnosed and without treatment and support.

2. How many **hours** would the average person have to stay awake for in order to feel the same level of sleepiness that a person with narcolepsy experiences on a daily basis? **Answer: Between 48-72 hours, so we’ll accept answers anywhere between 48-72 hours.**

3. One lesser-known symptom of narcolepsy involves striking, sudden episodes of muscle paralysis or weakness usually triggered by emotions such as laughter, surprise, or anger. The severity of this weakness may vary from buckling of the knees to falling down. What is this symptom called? (Multiple choice: a.) Cataplexy b.) Catatonia c.) Catalpa d.) Cataphoria

Answer: a.) Cataplexy

Context: As previously mentioned, during REM sleep at night, we become paralyzed so that we do not act out our dreams. However, for people with narcolepsy who have this symptom “cataplexy,” feeling certain emotions like laughter or surprise can trigger that same muscle paralysis of dream sleep, usually only experienced at night when we are asleep, but when the

TRIVIA SCRIPT FOR HOST

person is awake. Cataplexy can be scary and uncomfortable. This paralysis may last for a few seconds to several minutes but the person remains fully conscious (even if unable to speak) during the episode.

(Tally scores, if you need extra time, play a minute of music.)

Alright, that brings us to the end of round 2 and before we move on, I'd like to give everyone their point totals in no particular order, so you all know where you stand. Make sure the points you have match up with what I call out.

(Announce the scores.)

Round 3 Category is HISTORY:

The questions for round 3 are:

1. It's speculated that this famous medieval Italian poet and philosopher may have had narcolepsy?
2. What Underground Railroad leader and operative is believed to possibly have had narcolepsy?
3. REM sleep was first discovered the same year that DNA's double helix structure was discovered. What year was this?

(Read questions twice, play a song, and start scoring as responses are submitted.)

The answers for round 3 are:

1. It's speculated that this famous medieval Italian poet and philosopher may have had narcolepsy? **Answer: Dante Alighieri** (or just "Dante" is an acceptable answer)
Context: In the Divine Comedy, Dante complains that he is "full of sleep," and he experiences sudden wake-dreaming transitions, short and refreshing naps, visions and hallucinations, episodes of muscle weakness and falls that are triggered by emotions. Italian narcolepsy specialist, Dr. Giuseppe Plazzi wrote a paper suggesting that these experiences sound similar to symptoms of narcolepsy.

TRIVIA SCRIPT FOR HOST

2. What Underground Railroad leader and operative is believed to possibly have had narcolepsy. **Answer: Harriett Tubman**

Context: While scholars debate what exact medical condition Harriette Tubman had, many historians believe that the “lethargy” and bouts of “deep slumber” she experienced could have been narcolepsy. It’s also reported that she had “visions” or “vivid dreams” that could have been another narcolepsy symptom: vivid hallucinations that occur upon falling asleep or waking up.

3. REM sleep was first discovered the same year that DNA’s double helix structure was discovered. What year was this? **Answer: 1953**

Context: While both discoveries took place in 1953, the discovery of DNA’s double helix structure was celebrated and those researchers went on to win a Nobel Peace Prize, the discovery of REM sleep went largely unnoticed at the time, even though we now see this as the birth of modern sleep medicine. Before researchers discovered REM sleep, it was assumed that sleep was a passive state with the brain simply switching off at night like a desk lamp. After REM was discovered in 1953, scientists saw that the sleeping brain actually cycled between two distinct states—one characterized by deep, slow-wave sleep and the other active REM/dream sleep.

Moving on to Round 4.

The category for round 4 is: MYTHOLOGY

Now for the questions:

1. What is Nyx the goddess of?
2. In Greek mythology, Hera, the wife of Zeus called on what god to help trick Zeus, by putting him to sleep.
3. In Scandinavian folklore and Nordic legends, what is the name of the creature associated with sleep and nightmares?

(Read questions twice, play a song, and as responses are submitted, start scoring.)

The answers to round 4 are:

1. What is Nyx the goddess of? **Answer: The night**
2. In Greek mythology, Hera, the wife of Zeus called on what god to help trick Zeus, by putting him to sleep. **Answer: Hypnos (or Somnus is an accepted answer from Roman mythology)**
3. In Scandinavian folklore and Nordic legends, what is the name of the creature associated with sleep and nightmares? **Answer: Mare or Mara**
Context: The word “nightmare” is derived from this word “mare” or “mara” a mythological demonic night spirit or goblin said to sit on the chests of sleepers during dreams, creating the sensation of breathlessness, panic, oppression, or stress. In some cultures this was called an incubus, and in other cultures, it was referred to as an “old hag” witch-like character pressing down on sleepers’ chests.

That brings us to the end of round 4 and takes us to our Halftime Question.

The halftime question is played a little differently. We’re going to give you 2 points for each correct response.

The HALFTIME category is: ANIMALS

Halftime Question: What animals can sleep standing up? List FIVE.

(Read question twice, play a song, and start scoring as responses are submitted.)

The possible answers to the halftime question are:

- 1. (Some) birds**
- 2. Camels**
- 3. Cows**
- 4. Deers**
- 5. Donkeys**
- 6. Gazelles**
- 7. Rhinos**
- 8. Zebras**

TRIVIA SCRIPT FOR HOST

9. Horses

10. Elephants

11. Giraffes

12. Flamingo

13. Penguins

14. Bison/Buffalo

15. Sheep

Context: Some animals, like horses and zebras, have a special ability to lock their limbs called a “stay apparatus,” to stay standing while asleep. However, this does not mean horses sleep *all* night standing. During slow-wave and REM sleep, the horse has to lie down because its muscles will be in a state of weakness that no “stay apparatus” can prop up. Interestingly, flamingos can sleep and stand on only one leg, which uses less muscle activity than standing on two legs. When the flamingo’s body is supported by one leg, the shifted weight forces the ankle joint of their standing leg to lock into position. And penguins are unique aquatic animals that can sleep in the ocean, on the water surface, on their bellies or while standing up. When they do sleep standing up, they tend to sleep on one leg and tuck their other leg beneath their warm feathers.

(Finish tallying scores, play a little music if you need extra time.)

Now that we're done with our halftime question and before we move on I'd like to give everyone their point totals so you all know where you stand. You've got a block on your team score sheet where you can add up your points so far.

Once again in no particular order...

(READ SCORES FROM MAIN SCORE SHEET)

For the next two rounds the point amounts are increasing, questions are now worth 3, 7, and 10, making each round worth 20 points. As always, I will repeat each question twice.

Time to move on to round 5.

Round 5, the category is: BEDTIME STORIES

Now for the questions:

TRIVIA SCRIPT FOR HOST

1. What popular Disney adaptation of a classic story takes place in the dream of a child?
2. While narcolepsy often develops in children or young adults, in Sleeping Beauty, Maleficent's curse states that Aurora will prick her finger on a spinning wheel and fall into a deep sleep on this birthday?
3. What Hans Christian Anderson story is about a character that is put to the test to prove she is a princess, while sleeping in an uncomfortable situation?

(Read questions twice, play a song, and as responses are submitted, start scoring.)

The answers to round 5 are:

1. What popular Disney adaptation of a classic story takes place in the dream of a child? **Answer: Alice in Wonderland**
2. While narcolepsy often develops in children or young adults, in Sleeping Beauty, Maleficent's curse states that Aurora will prick her finger on a spinning wheel and fall into a deep sleep on this birthday? **Answer: 16th**
3. What Hans Christian Anderson story is about a character that is put to the test to prove she is a princess, while sleeping in an uncomfortable situation? **Answer: Princess and the Pea**

Round 6, the category is: POP CULTURE

1. In what movie is Rowan Atkinson's character not able to keep up with others because of his "narcolepsy"?
2. What late night TV host has narcolepsy?
3. What best-selling young-adult book series and Disney TV series have two main characters with narcolepsy?

The answers to round 6 are:

TRIVIA SCRIPT FOR HOST

1. In what movie is Rowan Atkinson's character not able to keep up with others because of his "narcolepsy"? **Answer: "Rat Race"**
Context: In this 2001 comedy, Rowan Atkinson plays an Italian man with narcolepsy who is one of six money-crazed contestants chasing after a \$2 million prize. In the movie, Atkinson's character falls asleep standing and starts snoring, to humorous effect. This is an inaccurate portrayal of narcolepsy's sleepiness, since in real-life, narcolepsy's sleepiness is often more subtle and hard to see. Generally, humans (unlike horses), are unable to stay standing while asleep. Movies like Rat Race may lead people to misunderstand what narcolepsy "looks like" and not believe they could possibly have this condition, assuming, "that's just a joke about someone falling asleep standing."
2. What late night TV host has narcolepsy? **Answer: Jimmy Kimmel**
3. What best-selling young-adult book series and Disney TV series have two main characters with narcolepsy? **Answer: "The Mysterious Benedict Society"**
Context: Both the books and TV series feature an eccentric man named Mr. Benedict and his evil identical twin, Mr. Curtain. Both have narcolepsy and their symptoms play into the plot.

This brings us to our Final Round of the night.

Our Final Round is played differently. In this round YOU can decide how many points your team earns by wagering anywhere from zero to 20 points.

The biggest difference is that if your team answers incorrectly, your wagered points will be DEDUCTED from your final score.

So bid wisely! So that you can wager wisely here is everyone's scores, this time in order. This is your last chance to check my math before the game's over.

(Read scores from the scoresheet)

(NOTE TO HOST: There are two FINAL QUESTIONS available in case there is a tie-breaker, Host has discretion to either choose which category/question to ask, or offer choice to the team with the lowest score, or poll all teams, etc. Please make a note as to which question was used, because if there is a tie for winner, you will need to ask the other question.

TRIVIA SCRIPT FOR HOST

The script for you to use in the case of a tie is included below the final questions.

Before I read our Final question tonight, I want to thank everyone for coming out for trivia in honor of World Narcolepsy Day.

Final Category is: (TERMINOLOGY) or (DOGS)

Question for TERMINOLOGY is multiple choice. Listen closely:

The term "narcolepsy" comes from the French word "narcolepsie." The French term was first used in 1880 by Jean-Baptiste-Édouard Gélinau, who put together the Greek term "narkē" (N-A-R-K-E) and the term "lepsis" (LEPSIS). The second term, "lepsis" means "attack," but what does the term "narke" translate to? **This one is multiple choice:**

A) Night B) Stupor C) Darkness D) Dead

(Read question twice, play a song, and as responses are submitted, start scoring.)

The answer is: B.) Stupor

Context: Narkē means stupor, which is defined as a state of near-unconsciousness or insensibility, or an excessively deep state of unresponsiveness. The same root term "narke" is also the origin of the term narcotic, meaning "i make numb" referring to drugs with numbing or paralyzing properties. Since 1880 when Gélinau first coined the term narcolepsy over a 140 years ago, researchers have learned a lot about what causes narcolepsy, but more research is needed and public perceptions of narcolepsy remain often inaccurate. That's why we're so glad you're here!

The Question for DOGS is:

At least 15 breeds of dogs are identified to have canine narcolepsy, but so far, only a few dog breeds have an inheritable (or familial) version, passing narcolepsy down to their puppies. Name one of the familial narcolepsy breeds?

(Read question twice, play a song, and as responses are submitted, start scoring.)

The answer is: Doberman pinschers, Labrador retrievers, Dachshund/Doxin



TRIVIA SCRIPT FOR HOST

Context: Similar to humans, dogs with narcolepsy experience cataplexy, often collapsing with muscle weakness when excited by play or their favorite food. Interestingly, canine narcolepsy has played a huge role in our understanding of human narcolepsy. A colony of doberman pinschers living with narcolepsy at Stanford University played a key role in helping researchers to discover that both canine and human narcolepsy are related to a disruption or loss of a previously unknown neurotransmitter called hypocretin (or orexin). This series of ground-breaking discoveries took place between 1998-2001.

IF THERE IS A TIE: Ask the question from the alternate category (Terminology or Dogs).

Before we go on, we do have a tie we have to resolve.

So this question is only for the teams that have a tie - (team name) and (team name). You have 30 seconds to submit an answer. Closest to the correct answer wins.

(ASK THE ALTERNATE QUESTION , then announce the winner and if you have a prize then award the prize)

(If you have another tie, use the following question:)

Different conditions have different colored ribbons for awareness, for example pink for breast cancer. What color ribbon is associated with narcolepsy?

The answer: Black

(Announce winner and if you have a prize then award the prize)

On behalf of myself and Project Sleep, thank you everyone for coming out to play our World Narcolepsy Day Trivia game.

Please help us spread the word by sharing photos from the game (without revealing answers) on social media to help us continue to spread the word, using hashtag #WorldNarcolepsyDay and tagging @project_sleep.

If you have any questions about narcolepsy, let me know. Thank you and have a great night!



WORLD
NARCOLEPSY
DAY SEPTEMBER 22

***** FOR HOST'S EYES ONLY – DO NOT LET PARTICIPANTS SEE! *****

World Narcolepsy Day Trivia - Answer Cheat Sheet

Round 1: In the sleep lab

- Question 1 Answer: **Rapid eye movement**
- Question 2 Answer: **Melatonin**
- Question 3 Answer: **Accept answers between 18-20 days**

Round 2: Narcolepsy facts

- Question 1 Answer: **b.) 1 in 2,000**
- Question 2 Answer: **Accept answers between 48-72 hours**
- Question 3 Answer: **a.) Cataplexy**

Round 3: History

- Question 1 Answer: **Dante Alighieri** (just Dante is acceptable)
- Question 2 Answer: **Harriett Tubman**
- Question 3 Answer: **1953**

Round 4: Mythology

- Question 1 Answer: **The night**
- Question 2 Answer: **Hypnos (or Somnus is acceptable)**
- Question 3 Answer: **Mare or Mara**

HALFTIME - Animals

1. (Some) birds (if participants write any specific bird type, accept as one correct answer)

2. Camels

3. Cows

4. Deers

5. Donkeys

6. Gazelles

7. Rhinos

8. Zebras

9. Horses

10. Elephants

11. Giraffes

12. Flamingo

13. Penguins

14. Bison/Buffalo

15. Sheep

Round 5: Bedtime stories

- Question 1 Answer: **Alice in Wonderland**
- Question 2 Answer: **16th**
- Question 3 Answer: **Princess and the Pea**

Round 6: Pop-culture

- Question 1 Answer: **Rat Race**
- Question 2 Answer: **Jimmy Kimmel**
- Question 3 Answer: **"The Mysterious Benedict Society"**

FINAL QUESTION & TIE-BREAKER OPTIONS:

Terminology Answer: **B.) Stupor**

Dogs: Acceptable Answer: **Doberman pinschers, Labrador retrievers, or Dachshund/Doxin**

Awareness Ribbon Answer: **Black**

TEAM SCORESHEET



WORLD NARCOLEPSY DAY SEPTEMBER 22

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ROUND 1	Points	Earned
	1	
	3	
	5	
Bonus point for posting photo	1	
Score For Round 1	10	

ROUND 2	Points	Earned
	2	
	3	
	5	
Score For Round 2	10	

ROUND 3	Points	Earned
	2	
	3	
	5	
Score For Round 3	10	

ROUND 4	Points	Earned
	2	
	3	
	5	
Score For Round 4	10	

TEAM NAME: _____

HALFTIME	Points	Earned
	2	
	2	
	2	
	2	
	2	
Score For Halftime	10	
Rounds 1 + 2 + 3 + 4 + HT =	50	

ROUND 5	Points	Earned
	3	
	7	
	10	
Score For Round 5	20	

ROUND 6	Points	Earned
	3	
	7	
	10	
Score For Round 6	20	

FINAL ROUND	Points	Earned
Wager from 0 - 20 points	20	
Total Score From All Rounds	110	

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