

**Date submitting:** January 13, 2014

**Event:** Suddenly Sleepy Saturday- A day for Narcolepsy Awareness

**Organization:** Narcolepsy Network

**Requestor Name:** [REDACTED]

**Address:** [REDACTED]

**Phone:** [REDACTED]

**Email:** [REDACTED]

**Date Recognized:** March 08, 2014

**Date Needed By:** March 07, 2014

**Narcolepsy**

Narcolepsy is an autoimmune neurological sleep disorder, which leads to frequent periods of uncontrollable extreme daytime sleepiness, as well as episodes of muscle weakness in many cases. The complex, lifelong condition, affects a wide range of populations, from children to the elderly, and presents with a broad scope of severity. Narcolepsy is grossly misunderstood and often unrecognized, even by those within the medical field. It can also take an average of 13-14 years after first symptoms to appear before narcolepsy is correctly diagnosed.

**Narcolepsy Network**

Narcolepsy Network is a non-profit organization based in North Kingstown, RI, which is dedicated to assisting individuals with narcolepsy and related sleep disorders. Their mission is to provide services to educate, advocate, support and improve awareness of this neurological sleep disorder.

**Suddenly Sleepy Saturday**

Suddenly Sleepy Saturday, Narcolepsy Networks Awareness Day, falls on March 8, 2014, the day in which the clocks change to Daylight Savings Time and American's lose one hour of sleep. The day also marks the 6<sup>th</sup> day of the National Sleep Foundation's National Sleep Awareness Week. The annual public education and awareness campaign, which this year runs from March 2-9, 2014, aims to promote the importance of sleep to good health and the prevalence of undiagnosed sleep disorders.

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