

Feeling **FAKE AWAKE**SM?

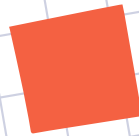
It may be time to discuss your narcolepsy symptoms with your healthcare provider.

Narcolepsy is a lifelong condition, and the way it affects you can change over time. Sharing your current experiences, goals, and symptoms with your healthcare team can help you find a treatment plan that's right for you.

TO DO:



REFLECT ON
YOUR NARCOLEPSY
EXPERIENCE



START THE
CONVERSATION
AT YOUR NEXT
APPOINTMENT



Prepare for your next visit

The purpose of this guide is to help you assess how you're feeling now and what your treatment goals are. Then, you can make the most of your appointment by sharing your experiences.

Before your next appointment, consider these steps:



Reflect on how you're feeling and whether your symptoms have room for improvement



Make a list of questions for your healthcare team



Determine your goals for the visit



Bring your completed symptom tracker



[Click here](#) or scan for a tool to keep track of your narcolepsy symptoms

Reflect on your narcolepsy experience

Tracking your narcolepsy symptoms can help you **decide what to discuss with your healthcare team**. Since narcolepsy affects you around the clock, be sure to note daytime and nighttime experiences.

Since my last appointment, how have my symptoms changed? Are there any new patterns developing?

Are there narcolepsy symptoms that we haven't discussed yet?

How am I feeling on a scale of 1 to 10 (with 10 being the best)? In what ways, if any, has narcolepsy impacted my everyday activities?

How do I feel when I wake up in the morning? (eg, groggy, refreshed, exhausted, etc.)

Do I find myself waking up over the course of the night? If so, how often?



"I needed a journal to write down and record all of the sleep habits that I had, to kind of show my healthcare provider exactly where my problems and struggles were coming from."

—Cory, living with narcolepsy

Start the conversation at your next appointment

After reflecting on your narcolepsy symptoms, use the prompts below to start the discussion with your healthcare provider. **Your healthcare team can guide you through the available treatment options** and help figure out what may work best for you. You can also use the space below to take notes before, during, and after your appointment.

Narcolepsy is impacting my life. Here's how: (eg, dozing while working or at school, experiencing frequent cataplexy attacks, disrupted sleep, etc.)

I am struggling with: (eg, taking both doses of my medication, excessive daytime sleepiness, etc.)

My goals for narcolepsy treatment (check all that apply):

- | | |
|---|--|
| ☐ Feel more alert at work or school | ☐ Something else: |
| ☐ Feel awake enough to spend time with family or friends | |
| ☐ Stay awake long enough to enjoy a hobby | |



Find more information about narcolepsy symptoms and tips from the narcolepsy community at FakeAwake.com.

Start the conversation at your next appointment

Based on my symptoms and goals, how well do you think my current medication is working for me?

How do you determine when I might need to change my treatment?

How can I adjust my daily habits to help manage my narcolepsy symptoms?

What other treatment options may be a fit based on my goals?

What changes, symptoms, or side effects should I look out for between appointments, and when should I reach out to you?

Add your own questions here:



There are options for treating narcolepsy. Use the questions above, and any others you may have, to explore potential treatment plans with your healthcare provider.