

Your Symptom Snapshot

Capture your narcolepsy symptoms to discuss with your healthcare provider

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Why Track My Sleep Pattern and Symptoms?

It can be helpful to take notes on how you're feeling. Tracking your symptoms may help you notice patterns worth discussing with your healthcare provider, which may make it easier to identify ways to help manage your narcolepsy symptoms.

What Do I Track?

Narcolepsy is about more than feeling sleepy during the day, and your symptoms may be different day-to-day. Keep an eye on how you're feeling overall, including:

- **Sleep Quality**

How often you wake up throughout the night and how refreshed you feel in the morning, regardless of how long you slept

- **Excessive Daytime Sleepiness**

How often you felt tired throughout the day

- **Other Narcolepsy Symptoms**

This may include sleep paralysis, hallucinations, sudden muscle weakness (cataplexy), brain fog/memory lapses, trouble concentrating, etc

- **Habits That Impact Symptoms**

How much caffeine and/or alcohol you consume, level of physical activities throughout the week, any late-night meals, consistent routines in place, and how often you use screens in the evening (tablets, phones, laptops, etc)

When Do I Use My Tracker?

Set the goal of filling out your tracker every day, even partial entries are helpful. It should only take a few minutes. However, if you miss a day, try to pick back up the following day.

- When you notice symptoms throughout the day (and in what context)
- If you are struggling to sleep at night
- How you feel when you wake up

Sample Entry:

Day	Tuesday
Date	12/08/2026
How did I sleep last night? How many times did I wake up throughout the night?	10 pm bedtime, woke up at 3 AM from bad dream, tossed and turned until 5 AM, woke up at 7 AM feeling sleepy
My AM symptoms: a. Sleepiness (1-7) b. Other narcolepsy symptoms	a. 5 - wanted to nap during my work break b. Brain fog when I woke up
My PM symptoms: a. Sleepiness (1-7) b. Other narcolepsy symptoms	a. 5 - waited an extra hour to fall asleep b. Took me longer to fall asleep at night
Planned/unplanned naps: a. How many? b. How restorative did they feel?	a. No unplanned naps b. N/A
Did I take any medications today? a. Timing b. Dose c. Effects	Yes, I got all my medications in a. 9:30 AM b. Took a 20-mg dose of my stimulant c. Felt awake for the first half of the day, but felt sleepy by 3 PM
Any other notes (try to include timestamps)? a. Caffeine intake? b. Physical activity?	a. 1 cup of coffee at 3:30 PM b. 30-minute walk at 8:00 AM
How did my symptoms impact my day?	Harder to do everyday tasks because I felt so sleepy

Not everyone has the same daytime schedule. When using this tracker, think of "AM" as whatever window of time you choose to be awake and "PM" as the time you have set aside for sleep.



Save your completed tracker to use during discussions with your healthcare provider.

Use the QR code to download a new tracker whenever you need it.

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Any other notes (try to include timestamps)? a. Caffeine intake? b. Physical activity? c. Other							
How did my symptoms impact my day?							

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