

# Narcolepsy

Narcolepsy is a sleep disorder that involves the body's central nervous system and is characterized by attacks of sleep. A person with narcolepsy is likely to fall asleep at inappropriate times and places. Daytime sleep attacks may occur with or without warning and can occur repeatedly in a single day. Nighttime sleep may be fragmented with frequent arousals. While there is not yet a cure, recent technology and pharmacology has allowed those with this sleep disorder to live normal lives.

## **Common narcolepsy symptoms include:**

- Cataplexy (loss of muscle control)
- Hallucinations
- Sleep paralysis
- Micro sleep is a very brief sleep episode during which you continue to function (talk, put things away, etc.), and then awaken with no memory of the activities.
- Nighttime wakefulness
- Rapid entry into REM sleep