

Could it be NARCOLEPSY?

If these experiences sound familiar, it's worth **talking to your GP!**



1 Red flags

Narcolepsy affects everyone differently. You do not need to experience every symptom. Tick any that apply to you.



DAYTIME SYMPTOMS:

- ☐ I struggle to stay awake, even after a full night's sleep
- ☐ I have an **overwhelming urge to sleep** during the day
- ☐ I fall asleep unintentionally
- ☐ I need **frequent naps** just to get through the day
- ☐ My sleepiness makes it **difficult to work, study, drive or concentrate**



SLEEP-RELATED SYMPTOMS:

- ☐ I wake up feeling **unrefreshed**, even after a full night's sleep
- ☐ My sleep at night is broken or restless (**fragmented sleep**)
- ☐ I am sometimes unable to move or speak for a few moments as I'm falling asleep or waking up (**sleep paralysis**)
- ☐ I experience vivid dream-like visions, sounds or sensations as I'm falling asleep or waking up (**hypnagogic hallucinations**)



TRIGGERED BY EMOTIONS:

- ☐ My knees, jaw, face or head can suddenly go weak when I laugh, get excited or feel surprised (**cataplexy**)



If any of these experiences sound familiar, **talk to your GP.**

It could be a sign of narcolepsy.

Asking for further assessment is an important first step.

2 Before going to your GP consider:



Keeping a symptom diary for 1-2 weeks



Listing/filming examples of how it affects daily life



Bringing someone who has witnessed your symptoms

3 What to say to your GP

I've noticed **several of the symptoms** described in this guide. They are **affecting my daily life**, and I've learned they can occur in **narcolepsy**. Could I be referred to a **sleep medicine specialist** for further assessment?



4 What does a typical patient journey look like?



Notice symptoms



See your GP



Referral to a specialist sleep centre



Assessment & diagnosis



Treatment strategies & support

REMEMBER YOUR VOICE MATTERS

Speak up today for a better tomorrow. Early assessment can lead to the right support sooner.

eNAP

European Narcolepsy Alliance for Patients



For information on your national patient organisation, please visit: <https://narcolepsy.eu/awareness/#en>

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