

# Living with Narcolepsy is a Daily Struggle.<sup>1,2,4</sup> It Impacts Family, Relationships, Work and School<sup>1,2</sup>

Many in the survey found it difficult to live a normal life.<sup>1</sup>



**86%**

reported that narcolepsy is a life-changing disease<sup>1</sup>



**4 in 5**

said that living with narcolepsy is a daily struggle<sup>1</sup>



**76%**

said that narcolepsy has affected important moments in their lives<sup>1</sup>



**37%**

reported having failed a class at school or withdrew from a class<sup>1</sup>

## Nearly All People Surveyed Agree There is More To Be Done<sup>1</sup>

Managing narcolepsy is a lifelong journey. There is a clear need for improved communication and more education.<sup>1,2</sup>

**Even with treatment, people living with narcolepsy continue to feel the impact of their symptoms.<sup>1,2</sup>**

**More than half surveyed (54%)**

said narcolepsy controls their lives, instead of them controlling narcolepsy.<sup>1</sup>



**40%**

said they **do not** usually discuss with their healthcare professionals **how narcolepsy affects their daily lives<sup>1</sup>**

**94%**

felt that **new treatment options are needed<sup>1</sup>**

**88%**

felt that **people in general do not understand how disruptive narcolepsy is on day-to-day life<sup>1</sup>**

**94%**

felt that **more education is needed<sup>1</sup>**

### REFERENCES:

1. Data on file: Versta Research on behalf of Harmony Biosciences, LLC. Burden of Illness, Patient Survey. (April 2018).
2. Thorpy M, Morse AM. Reducing the clinical and socioeconomic burden of narcolepsy by earlier diagnosis and effective treatment. *Sleep Med Clin.* 2017;12(1):61-71.
3. American Academy of Sleep Medicine. International classification of sleep disorders. 3rd ed.; 2014.
4. Dauvilliers Y, Siegel JM, Lopez R, Torontali ZA, Peever JH. Cataplexy—clinical aspects, pathophysiology and management strategy. *Nat Rev Neurol.* 2014;10(7):386-395.
5. Silber MH, Krahn LE, Olson EJ, Pankratz VS. The epidemiology of narcolepsy in Olmsted County, Minnesota: a population-based study. *Sleep.* 2002;25(2):197-202.

To learn more, visit [www.KnowNarcolepsy.com](http://www.KnowNarcolepsy.com)