CLÍNICA VIVALDI · FREE SHEET · SLEEP-WAKE

Narcolepsy

Irresistible sleep attacks during the day, often with cataplexy (sudden loss of muscle tone with intense emotions). It's a neurological disorder.

COMMON SIGNS

- Sleep attacks during the day
- Muscle weakness when laughing or emotional
- Sleep paralysis or hallucinations when falling asleep

TIPS FOR YOU

1. Diagnosis at a sleep clinic
2. Scheduled naps
3. Psychological support to adjust

FOR FAMILY AND FRIENDS

1. Respect their scheduled naps
2. Don't let them drive if they have sleep attacks

WHEN TO ASK FOR HELP

1. See a sleep clinic
2. If you fall asleep while driving, don't drive

TO OBSERVE AND NOTE DOWN

☐ I get irresistibly sleepy during the day
☐ I fall asleep in unexpected situations
☐ When I laugh or feel emotional, my legs go weak
☐ When falling asleep or waking up I can't move
☐ I have very vivid images when falling asleep
☐ I sleep badly at night
☐ Short naps help me
☐ This started a while ago and isn't getting better

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/narcolepsia
- Spanish Sleep Society: information for patients: https://ses.org.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com