

NARCOLEPSY EDUCATION AND SUPPORT GROUPS

Narcolepsy Education

- American Academy of Sleep Medicine: <https://aasm.org/>
- Hypersomnia Foundation: <https://www.hypersomniafoundation.org>
- Know Narcolepsy <https://knownarcolepsy.com>
- Narcolepsy Network: <https://narcolepsynetwork.org>
- National Sleep Foundation: www.sleepfoundation.org
- NORD (National Organization for Rare Disorders): www.rarediseases.org
- Project Sleep: www.project-sleep.com
- Sleep Health Education Harvard: <https://sleep.hms.harvard.edu/education-training/public-education/sleep-and-health-education-program/sleep-health-education-1>
- Wake Up Narcolepsy: <https://www.wakeupnarcolepsy.org>

Safety Resources

- Guide to Drowsy Driving: <https://sr22insurance.net/the-ultimate-guide-to-drowsy-driving/>
- Narcolepsy Safety: <https://healthysleep.med.harvard.edu/narcolepsy/living-with-narcolepsy/safety>
- Sleep/Cataplexy Diary: <https://www.narcolepsylink.com/static/media/sleep-cataplexy-diary.pdf>

Sleep and Meditation Apps

- Calm: <https://www.calm.com>
- Headspace: <https://www.headspace.com>
- Insight Timer: <https://insighttimer.com>

School and Work Resources

- Narcolepsy Goes to School: <https://www.facebook.com/WakeUpNarcolepsyNarcolepsyGoestoSchool/>
- Navigating School with Narcolepsy: <https://project-sleep.com/wp-content/uploads/2021/08/Navigating-School-with-Narcolepsy-Toolkit.pdf>
- Wake Up and Learn: <https://wakeupandlearn.org/>
- Job Accommodation Network: <https://askjan.org/disabilities/Sleep-Disorder.cfm>
- Narcolepsy at Work: <https://healthysleep.med.harvard.edu/narcolepsy/living-with-narcolepsy/at-work>
- Narcolepsy Network for Employees: <https://narcolepsynetwork.org/resources/for-employees/>

Financial Resources

- AASM Financial Assistance: <https://sleepeducation.org/patients/financial-assistance/>
- Needy Meds: <https://www.needymeds.org/>
- Jack & Julie Narcolepsy Scholarship: <https://project-sleep.com/narcolepsy-scholarship/>

Navigating Health Insurance

- Consumer Assistance Program: www.cms.gov/ccio/resources/consumer-assistance-grants#statelisting
- Employee Benefits Security Administration: www.dol.gov/agencies/ebsa/about-ebsa/ask-a-question/ask-ebsa
- State Health Insurance Assistance Program: www.seniorsresourceguide.com/directories/National/SHIP/

Other Resources

- ClinicalTrials.gov: <https://www.clinicaltrials.gov/>
- Find a Sleep Center: <https://sleepeducation.org/sleep-center/>
- More Than Tired Find a Sleep Specialist: <https://www.morethantired.com/find-a-narcolepsy-sleep-specialist/>
- NIH Sleep Health: <https://www.nhlbi.nih.gov/health-topics/education-and-awareness/sleep-health>