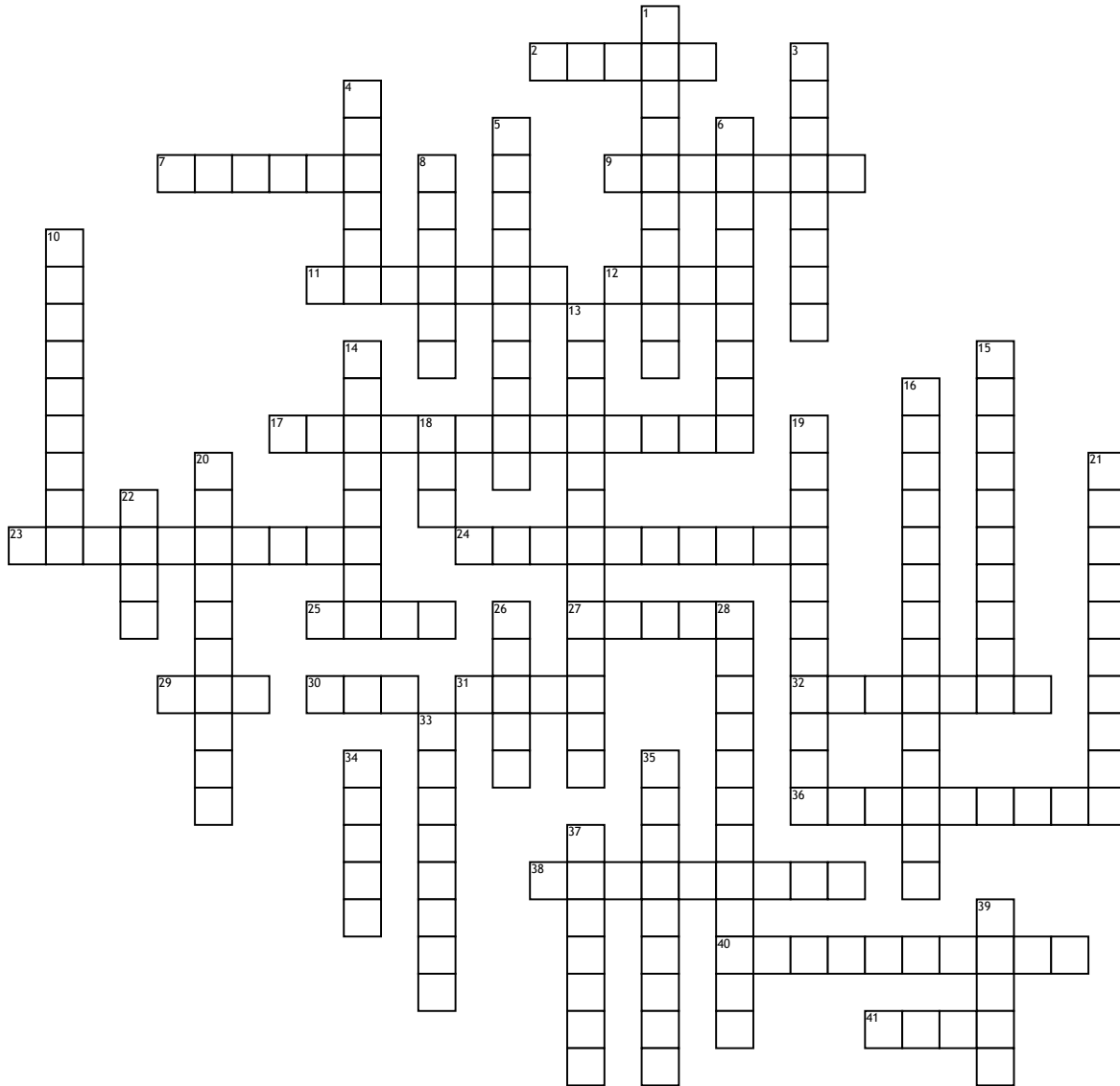


Narcolepsy 101



Across

- 2. It is important for a person diagnosed with Narcolepsy to be able to accurately differentiate feeling sleepy from feeling _____
- 7. Partial cataplexy can make your knees do this
- 9. It's hereditary
- 11. Another common mental health diagnosis in people with Narcolepsy
- 12. The average amount of time after onset of symptoms to a positive diagnosis of Narcolepsy is _____ years
- 17. Inaccurate media portrayal and lack of public awareness make many people with Narcolepsy feel this way.
- 23. Produced by neurons in the hypothalamus, regulates sleep/wake cycles
- 24. Current research indicates Narcolepsy Type 1 is caused by this type of reaction.
- 25. An episode of cataplexy is at risk for injury from this happening
- 27. Narcolepsy animal mascot
- 29. Stage of sleep in which dreams occur
- 30. This legislation requires employers to offer accommodations
- 31. It is estimated that 1 in every 2000 people have Narcolepsy, which classifies it in this frequency category of disease.
- 32. Physical discomfort experienced with fatigue

- 36. When a person with Narcolepsy appears awake but is actually asleep it is called this type of behavior
 - 38. Temporary, full or partial, loss of muscle control
 - 40. A brief unplanned nap
 - 41. Diagnostic test performed to confirm Narcolepsy
- Down**
- 1. One of the most common comorbid diagnoses with Narcolepsy.
 - 3. Cognitive functioning problems are commonly called this
 - 4. Another name...Produced by neurons in the hypothalamus, regulates sleep/wake cycles
 - 5. Many people with Narcolepsy have these frightening dreams
 - 6. No matter how much or how little people with narcolepsy sleep they usually do not wake up feeling this way.
 - 8. Establishing good sleep _____ is an important part of successfully managing life with Narcolepsy.
 - 10. A sleep doctor who treats narcolepsy is usually a specialist in this field
 - 13. Cataplexy causes temporary loss of muscle control but does cause loss of this.
 - 14. Excessive nighttime wakefulness, the flip side of Excessive daytime sleepiness
 - 15. This type of medication is often prescribed to help symptoms of excessive daytime sleepiness.

- 16. Dreams that intrude on the waking state while falling asleep or waking up are called hypnagogic or hypnopompic _____
- 18. A short scheduled daytime sleep, these are important in the management of Narcolepsy.
- 19. Too much sleepiness
- 20. Sleep disorder
- 21. Of unknown origin
- 22. Narcolepsy also occurs in this type of pet
- 26. Color of the Narcolepsy awareness ribbon.
- 28. Where hypocretin is produced in the brain
- 33. One of the most common triggers of cataplexy is
- 34. People with Narcolepsy experience very _____ dreams
- 35. Upon waking many people with narcolepsy often experience sleep _____.
- 37. Because People with Narcolepsy often have a chronic sleep deficit they feel this.
- 39. Restorative stage of sleep