

STATE OF MAINE

**IN THE YEAR OF OUR LORD
TWO THOUSAND TWENTY-THREE**

**JOINT RESOLUTION RECOGNIZING SATURDAY, MARCH 11,
2023 AS SUDDENLY SLEEPY SATURDAY, A DAY FOR
NARCOLEPSY AWARENESS**

WHEREAS, narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles; and

WHEREAS, narcolepsy affects an estimated 1 in every 2,000 Americans; and

WHEREAS, narcolepsy is an often unrecognized and undiagnosed condition; and

WHEREAS, the symptoms of narcolepsy, especially when undiagnosed, can lead to accidents, injuries and problems with learning and working; and

WHEREAS, narcolepsy affects people neurologically, socially and emotionally; and

WHEREAS, narcolepsy affects people of all ages, with onset typically occurring between 15 and 25 years of age; and

WHEREAS, on average, it takes a patient over 6 years to be diagnosed with narcolepsy after first experiencing symptoms; and

WHEREAS, research shows that narcolepsy patients have an increased prevalence of high blood pressure, cardiovascular disease and diabetes; and

WHEREAS, narcolepsy patients need trained providers to address the patient's disorder and treat additional underlying health concerns; and

WHEREAS, Narcolepsy Network is a national organization created to promote awareness of the disease and provide support for those who suffer from narcolepsy; now, therefore, be it

RESOLVED: That We, the Members of the One Hundred and Thirty-first Legislature now assembled in the First Regular Session, on behalf of the people we represent, take this opportunity to recognize Saturday, March 11, 2023 as Suddenly Sleepy Saturday, a day to raise public awareness of narcolepsy.