

Have you talked with your healthcare provider about your narcolepsy treatment options?

- Starting a new treatment can be a big decision. It's important to talk to your healthcare provider about how you're feeling and any treatment challenges you are experiencing
- Remember to talk about your lifestyle, diet, exercise, and sleep when discussing treatment options with your healthcare provider
- Take the quiz below to help identify topics you may wish to **discuss with your healthcare provider**

Fill in yes or no for the following statements that apply to your narcolepsy treatment journey.

- ☐ Y ☐ N I continue to experience episodes of cataplexy and/or excessive daytime sleepiness (EDS)
- ☐ Y ☐ N I need to take frequent naps during the day because of my EDS
- ☐ Y ☐ N I sometimes miss out on daily activities because of my cataplexy or EDS symptoms
- ☐ Y ☐ N I am satisfied with my current treatment routine
- ☐ Y ☐ N I would like to discuss whether my treatment plan continues to support my goals

Discuss your responses with your healthcare provider to start or revisit a conversation about your symptoms and treatment goals

