

# STATE OF NORTH DAKOTA

## PROCLAMATION

### NARCOLEPSY AWARENESS DAY

MARCH 8, 2025

WHEREAS, Narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles and characterized by overwhelming daytime drowsiness and sudden attacks of sleep, and those diagnosed with narcolepsy often find it difficult to stay awake for long periods of time, regardless of the circumstances, causing serious disruptions in daily routine; and

WHEREAS, Narcolepsy affects an estimated 1 in every 2,000 Americans. It affects them neurologically, socially and emotionally; and

WHEREAS, Narcolepsy is an under-recognized and under-diagnosed condition that may affect people of all backgrounds and ages, with onset typically between the ages of 15 and 25; and

WHEREAS, the most frequent symptom of both NT1 and NT2 Narcolepsy is excessive daytime sleepiness. Other symptoms of both may include disturbed nighttime sleep, hypnagogic hallucinations, sleep paralysis and abnormal REM sleep; and

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

WHEREAS, on average, it takes a patient over six 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 Narcolepsy patients need trained providers to address their comorbidities and treat additional underlying health concerns.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim  
March 8, 2025, NARCOLEPSY AWARENESS DAY in the State of North Dakota.



  
Kelly Armstrong  
GOVERNOR

ATTEST:   
Michael Howe  
SECRETARY OF STATE