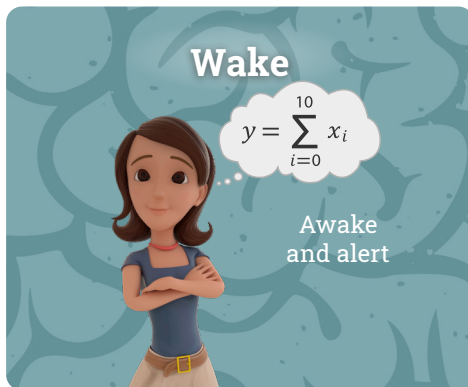


There Are Three Separate States of Wakefulness and Sleep



Normally, the states of wakefulness and sleep occur one at a time. People can usually:

- Stay awake all day
- Stay asleep at night, switching between non-REM sleep and REM sleep in a regular pattern

Several chemicals in the brain affect wakefulness and sleep.

Many naturally occurring chemicals in the brain, including hypocretin (sometimes called orexin) and histamine, play important roles in wakefulness and sleep. During the day, these two chemicals work together to help people stay awake and alert and prevent non-REM sleep and REM sleep from happening.

What Happens in People Living With Narcolepsy?

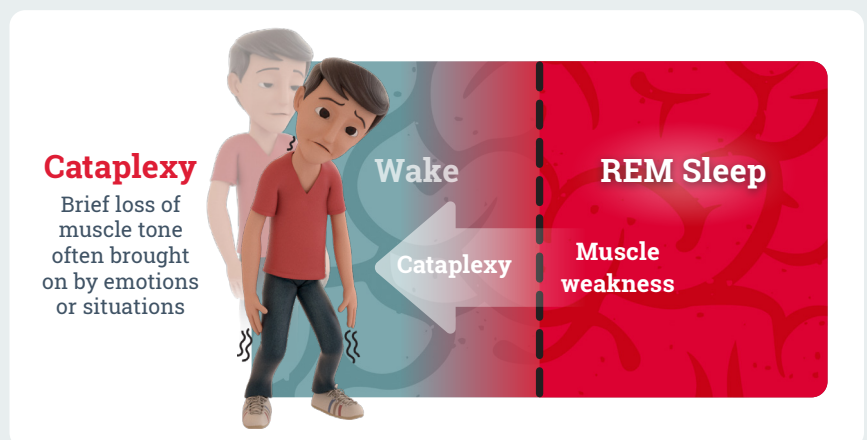
Most people with narcolepsy have very low levels of hypocretin—sometimes too low to be detected. Without hypocretin, histamine and other naturally occurring chemicals in the brain don't work well enough, and states of wakefulness and sleep can happen at the wrong time.

People living with narcolepsy may:

- Feel sleepy or fall asleep during the day (**excessive daytime sleepiness**)
- Wake up many times throughout the night (**disrupted nighttime sleep**)

The boundaries between wakefulness and sleep may also break down.

- Some parts of REM sleep can occur during wakefulness and cause symptoms like **cataplexy**, **sleep paralysis**, and **hypnagogic hallucinations**



Visit [KnowNarcolepsy.com](https://www.knownarcolepsy.com) for more tools and resources