Design Your Discussion

From symptoms, to treatment, to goals, living with narcolepsy may feel like a lot to juggle.

Taking time to reflect on your wants and needs can help you be a more active member of your healthcare team. Use this guide to help you prepare for your next appointment.

Dig Into the Details

Take a moment to answer the questions below and consider what may be getting in your way when it comes to managing excessive daytime sleepiness (EDS) or cataplexy in narcolepsy.

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In my day-to-day routine, EDS or cataplexy in narcolepsy (check all that apply)	How would you feel if your EDS or cataplexy in narcolepsy were better managed?
O Makes it harder to maintain relationships or a social life	
Creates challenges when it comes to work or school	
Affects my daily activities or routine	
Other:	
When it comes to treatment, I am (check all that apply)	What do you want out of a treatment for
Frustrated with my treatment because	EDS or cataplexy in narcolepsy?
Having a hard time finding what works for me	
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Concerned about stimulants or the potential for abuse	

Put It All Together Nice work! You've thought about what may be in your way when it comes to your wants and needs for managing EDS or cataplexy in narcolepsy. Now, put it all together so that you can share it with your healthcare provider at your next appointment.



Today I'd like to talk with you about how I'm doing and how a treatment	may neip me get closer to where it
like to be. In my day-to-day routine, EDS or cataplexy in narcolepsy	[use your answers from 1]
If my EDS or cataplexy in narcolepsy were better managed, I'd feel	[use your answer from 2]
When it comes to treatment, I am	I want
[use your answer from 4]	ataplexy in narcolepsy. I'd like to talk
about my treatment options.	

Ask Away Great job! You have a clearer picture of what you want to get out of treatment and what you want to discuss with your healthcare provider.

Here are a couple of questions that you may want to ask your healthcare provider. You can also write in some of your own questions on the lines below.

 What treatment options are available for me? How might they help me get closer to where I want to be? 		
My questions are:		

Keep Talking Take this guide with you to your next appointment. Continue the conversation with your healthcare provider about what you want out of a treatment for excessive daytime sleepiness (EDS) or cataplexy in narcolepsy.

