



State of North Carolina

ROY COOPER
GOVERNOR

SUDDENLY SLEEPY SATURDAY

2023

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

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

WHEREAS, narcolepsy is an under-recognized and underdiagnosed condition; on average, it takes a patient over six years to be diagnosed with narcolepsy after first experiencing symptoms; 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 between the ages of 15 and 25; 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 their comorbidities and treat additional underlying health concerns; and

WHEREAS, the State of North Carolina encourages residents, organizations, and healthcare providers across our state to recognize and raise awareness for the thousands of individuals affected by this condition;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim March 11, 2023, as "**SUDDENLY SLEEPY SATURDAY**" in North Carolina, and commend its observance to all citizens.



Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this eighth day of March in the year of our Lord two thousand and twenty-three and of the Independence of the United States of America the two hundred and forty-seventh.