Index:

<title>Narcolepsy Notebook: a window to the world of a sleep medicine specialist with Narcolepsy</title>

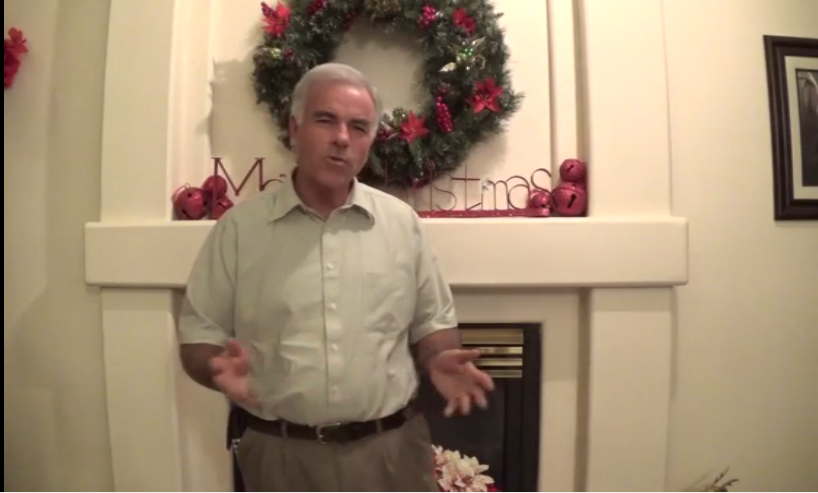
<meta name="description" content="Narcolepsy is a debilitating medical condition that effects a person's quality of life. Watch vlogs and read articles by Dr. Watkins, a nationally recognized sleep specialist and narcolepsy champion">

Graphics, Videos:

Logo Banner



Introduction video:

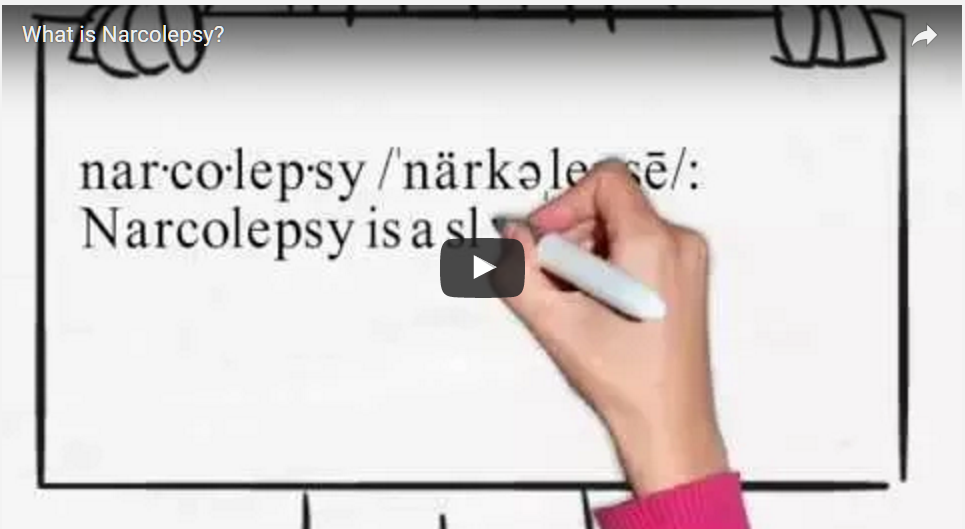


What is Narcolepsy?

<title>Narcolepsy Notebook: What is Narcolepsy</title>

<meta name="description" content="Narcolepsy is a disorder that's difficult for most to understand. Common misconceptions are propagated from the most brilliant physicians, researchers and especially Hollywood. The goal of Narcolepsy Notebook is to help dispel these myths and shed light on a hard to understand condition.">

Video:



**What is Narcolepsy?**

Narcolepsy is a neurological condition that causes patients to have excessive sleepiness during the day combined with recurring episodes of naps, particularly at inappropriate times. Narcoleptics usually first complain of feeling sleepy or tired all the time. Consequently, sufferers tend to fall asleep during the situations when most people would remain awake, like watching an exciting movie or driving. Narcolepsy can be an extremely dangerous disorder, primarily because the narcoleptic falls asleep at inappropriate times.

Narcoleptics usually experience one or more of the following four symptoms: excessive daytime sleepiness, cataplexy, sleep paralysis, and hypnagogic hallucinations. Symptoms can appear all at once or develop slowly over many years.

Cataplexy is a temporary decrease or complete loss of muscle control triggered by a strong emotion such as laughing, anger, or surprise. It can range from a weakness in the knees to a complete “rag doll” collapse to the ground. Patients, while essentially paralyzed, are fully conscious during these attacks. The frequency of cataplexy attacks varies by patient, but they usually do not last more than a few minutes.

Narcoleptics may also suffer from sleep paralysis, a brief loss of muscle control that occurs as they are drifting to sleep or awakening. While somewhat aware of the surroundings, patients are unable to move or speak. Paralysis usually disappears when the person is touched. Forty to 65% of narcoleptics experience sleep paralysis.

Vivid dream-like images and sounds experienced at sleep onset, called hypnagogic hallucinations, may also affect a person with narcolepsy. These visions can be very frightening because the person is partially awake, but unable to control the event. Emotions that usually accompany these images are fear, anxiety, and dread. Hypnagogic hallucinations affect between 50 to 70% of narcoleptic patients.

Another symptom of narcolepsy may include automatic behavior, or performing tasks and activities without recollection of the event. Essentially, it is a “black out” during wakefulness; the person may actually be asleep with his or her eyes open. Repeated nighttime awakenings, double vision, trouble concentrating, and memory loss are also common symptoms of narcolepsy.

**How Is Narcolepsy Treated?**

Although there is no cure for narcolepsy, treatment options are available to help reduce the various symptoms. Treatment is individualized depending on the severity of the symptoms, and it may take weeks or months for an optimal regimen to be worked out. Complete control of sleepiness and cataplexy is rarely possible. Treatment is primarily by medications, but lifestyle changes are also important. The main treatment of excessive daytime sleepiness in narcolepsy is with a group of drugs called central nervous system stimulants. For cataplexy and other REM-sleep symptoms, antidepressant medications and other drugs that suppress REM sleep are prescribed. Caffeine and over-the-counter drugs have not been shown to be effective and are not recommended.

In addition to drug therapy, an important part of treatment is scheduling short naps (10 to 15 minutes) two to three times per day to help control excessive daytime sleepiness and help the person stay as alert as possible. Daytime naps are not a replacement for nighttime sleep.

Ongoing communication among the physician, the person with narcolepsy, and family members about the response to treatment is necessary to achieve and maintain the best control.

About:

<title>Narcolepsy Notebook: a team dedicated to Narcolepsy</title>

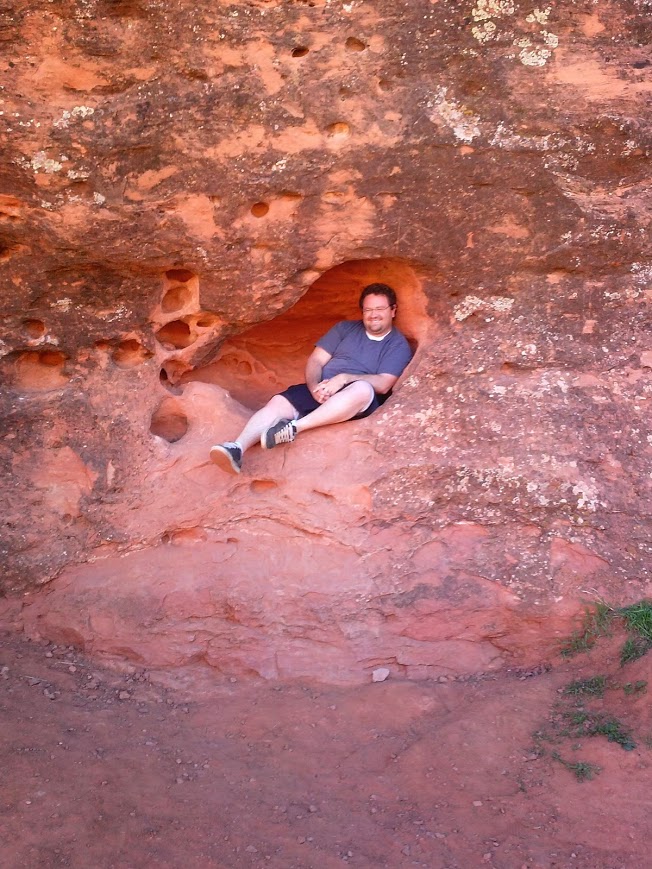
<meta name="description" content="Meet the narcolepsy notebook team. Learn more about the people who are the heart and soul helping to bring Narcolepsy into the light.">

Pics & Bios



Karston is another member of our team with Narcolepsy, though his path to diagnosis was far more difficult and painful than his other team members. Currently Karston is attempting to build a motivational marketing business and will fill that role perfectly for us as he will be posting motivational videos and blog posts.

Parker also carries a diagnosis of Narcolepsy but has been one of the lucky few that was diagnosed early in life. Ironically, he also works at a sleep clinic and his credentials stand for Registered Polysomnographic Technologist (RPSGT) and Registered Sleep Technician (RST). Parker is the developer of the site and will also create blog post as time permits.



Dr. Watkins attended medical school at the University of Nebraska in Omaha. Little did he know that while attending he suffered from Narcolepsy. Even with the challenges this undiagnosed disorder presented he was still able to graduate near the top of his class. Initially he started his practice in primary care but came to love the field of sleep medicine. The irony of the situation is that he was only diagnosed with Narcolepsy years after he shifted his practice to a full-time sleep medicine center. Dr. Watkins will be providing the majority of the video blog content for the site.

Archives:

<title>Narcolepsy Notebook: Oldies but Goodies</title>

<meta name="description" content="Watch or re-watch all your favorite videos by Dr. Watkins">

Old video done by Dr. Watkins on sleep disorders:



Guided meditation track provided by Karston.

Ask:

<title>Narcolepsy Notebook: You've got questions, we've got answers</title>

<meta name="description" content="Feel free to ask any of the team any questions you have about Narcolepsy or any other sleep disorder.">

This page contains a form allowing questions and comments to be emailed to the team. We will either respond by uploading a video answering the question, a blog post or a personal email depending on the nature of the comment/question.

Laughs:

<title>Narcolepsy Notebook: Laughter really is the best medicine</title>

<meta name="description" content="Two of the most recognizable symptoms of Narcolepsy can also be quite funny.">

Video of sequence from Rat Race:



Other funny stories/videos will be continually posted. Nothing will be posted without written consent from those involved.

Privacy Policy Page

Confirmation page when a question/comment is submitted