

WHEREAS; according to the National Institute of Neurological Disorders and Stroke (NINDS), narcolepsy is a chronic neurological disorder that affects the brain's ability to control sleep-wake cycles; and

WHEREAS; narcolepsy can affect people of all ages, with symptoms like excessive daytime sleepiness, disturbed nighttime sleep, and sleep paralysis, often beginning in childhood, and while it is estimated to affect approximately 200,000 people in the United States, the condition remains underdiagnosed and frequently misdiagnosed, according to the Narcolepsy Network; and

WHEREAS; narcolepsy impacts people neurologically, socially, and emotionally, and symptoms can lead to accidents, injuries, and difficulties in learning and working; and

WHEREAS; according to Cleveland Clinic, there are two types of narcolepsy, Type 1, which includes cataplexy and is caused by the loss of brain cells in the hypothalamus, the part of the brain that regulates the body's sleep-awake cycle, and Type 2, which has no known cause; and

WHEREAS; while there is currently no cure for narcolepsy, lifestyle changes such as maintaining a regular sleep and nap schedule, exercise, and medication can be beneficial in managing symptoms, according to NINDS; and

WHEREAS; today, the state of Wisconsin joins all individuals affected by narcolepsy, advocates, and organizations across the state and country in spreading awareness of narcolepsy and working to support all those impacted by the condition;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim March 7 2026 as

NARCOLEPSY AWARENESS DAY

throughout the State of Wisconsin and I commend this observance
to all our state's residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 26th day of February 2026.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State