



SIGNS OF NARCOLEPSY IN STUDENTS

*Narcolepsy in Children & Teens:
What to Watch For*



SLEEP RELATED SYMPTOMS


- ☐ Falls asleep during class or activities
- ☐ Always tired—even after a full night's sleep
- ☐ Wakes frequently at night
- ☐ Sleep paralysis or vivid dream-like hallucinations

BEHAVIORAL / EMOTIONAL CLUES

- ☐ Struggles to focus or stay engaged
- ☐ Becomes easily frustrated or emotional
- ☐ Experiences mood swings, anxiety, or depression
- ☐ Hyperactive behavior (as a response to fatigue)

OTHER WARNING SIGNS

- ☐ Sudden muscle weakness (cataplexy) after laughing or excitement
- ☐ Gaining weight without major lifestyle changes
- ☐ Difficulty waking up in the morning
- ☐ Declining academic performance



If you checked any of these, it's time to schedule an evaluation with a sleep specialist at CSMA. Early intervention = better recovery. As with any medical condition, always seek guidance from your medical provider.



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