#LiftUsUp campaign
To help people better understand what it’s like living with narcolepsy, we started the #LiftUsUp campaign.
My name is Mo. You would call me crazy.

#LiftUsUp campaign
This campaign, initiated by Narcolepsy Network, wants to raise awareness about Narcolepsy.

The symptoms of this incurable disorder include falling asleep unexpectedly, extreme sleepiness throughout the day, disrupted sleep during the night, sudden loss of muscle control, amnesia and even hallucinations.

But the impact of narcolepsy in daily life reaches far beyond these symptoms. To help people better understand what it’s like living with narcolepsy we started the #LiftUsUp campaign. By sharing personal stories and insights you support approximately 200,000 people who live with Narcolepsy in the United States of America.

So watch, like and share our stories...
When narcolepsy lets us down, understanding lifts us up.

#LiftUsUp by liking and sharing  Like 8.1K  Share

We like to hear your story

By telling and sharing personal stories we help people better understand what it's like living with Narcolepsy. By clicking on the button below and uploading your story and picture we will create your own personal story page. It's easy, we love to hear from you.

My name is Kristy. You would call me a loner.

My name is Brittany. You would call me unadventurous.

My name is Shametius. You would call me lazy or clumsy.

My name is Fern. You would call me unstable.
My name is Karl. You would call me lazy.

My name is Melody. You would call me worthless.

My name is Taiwo. You would call me disinterested.

My name is Rachel. You would call me driven.

My name is Rachel. You would call me drunk.

My name is Jessica. You would call me mom, nicki.

My name is Cyn. You would call me unmotivated.

My name is Freddie. You would call me eccentric.

Want to know more?
Narcolepsy Network

Want to know more?
Narcolepsy Network

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Want to know more?
Narcolepsy Network
9,897 clicks

4% CTR

586,357 adviews

2,185 reactions

762 shared stories
308,622 unique reach
High engagement
Where
Our goals

1. Raise awareness by liking and sharing the campaign video’s and getting the message across.

2. Ask patients to post their own personal story to increase the engagement of the campaign.

3. Growing the number of fans on Narcolepsy Network Facebook page.
Research

Creating a path to understanding
When narcolepsy lets us down, understanding lifts us up.
Our goal is to provide a supportive environment to share experiences, not only related to narcolepsy, but in living your life to the fullest.
Our goal is to provide a supportive environment to share experiences, not only related to narcolepsy, but in living your life to the fullest. **We want to hear your unique story and hope you’ll join the conversation.**
My name is Fern. You would call me Unstable.
Narcolepsy makes me feel crazy and lazy. I constantly have to explain why I am having trouble listening, why I can't go out at night, and why I am exhausted. I feel judged by others when I am struggling because I look normal, and I am high functioning. I can tell that even people who know I have Narcolepsy have judgements about which medications I should take, or how much my illness affects me. Every day is marathon, and I have to live not knowing if my body can keep up with my mind and ambition. Narcolepsy invades my life and disables me but most people would think nothing was wrong with me. I work full time as a school counselor and have to go to bed as early as 7pm somedays. My limited energy requires careful planning to get through my week. I have to carefully organize my various medications, meals, and clothes ahead of time in order to allow me to be awake and function in my responsibilities and relationships day to day. My husband is my hero. He helps me manage my medication, regulate my sleep cycle, challenge my self doubt, and care for me when my body is weak and exhausted. He is always willing to drive, take me to appointments, and rescue me when I run out of energy unexpectedly. He celebrates my accomplishments, and never judges me for my limits. He walks through the challenges of Narcolepsy with me, not from the sidelines. Everyday he lifts me up.

Brittany lives with narcolepsy. The symptoms of this incurable disorder include: falling asleep unexpectedly, extreme sleepiness throughout the day, disrupted sleep during the night, sudden loss of muscle control and even hallucinations.

But the impact of narcolepsy in daily life reaches far beyond these symptoms.
Support the campaign

Post your own story
now at our booth or at home online

Share the movies
to spread the message
Support the campaign
With #LiftUsUp #NNCon17

▸ Fill in the paper
▸ Take a selfie
▸ Share on social with #LiftUsUp #NNCon17
Support the campaign
With #LiftUsUp #NNCon17
Thank you