Agenda

- Intro
- Live Session!
- Impact Stories
What the HECK is #nchat?

Who are we?
What are we doing?
Why are we doing it?
Intro: What Do We Talk About?

- Anything and everything!
  - Medications
  - Symptoms and treatments
  - Suggestions for successful living with Narcolepsy
  - How to support a PWN
  - Funny stories
  - Finding support- support groups, doctors, etc.
Live Session!

- We have other PWN standing by waiting to chat along with us!
- https://twitter.com/search?f=tweets&vertical=default&q=%23nchat&src=saved
Impact Stories!

- We asked people to share what #nchat means to them. Here are some of their stories:
  - Mike: @SleepyistMike
  - Cat: @catthoma
  - Melanie: @Dreamer_782
  - Amanda: @THEAdnAmA
  - @narcolepsyZzzzz
  - Keith: @keith_harper
  - Anonymous
Mike: @SleepistMike

- Narcolepsy has and will always control my life.
- Without it, I would not have met this amazing community.
- #nchat has given me a purpose and reason to keep on learning and growing.
- I hope I am still moderating #nchat in another 20 years
Cat: @catthoma

- Diagnosis was confusing.
- Finding support was challenging
- #nchat has turned into something amazing.
- No longer alone
- Get to work with Mike!
Melanie: @Dreamer_782

- Finding #nchat has been a lifesaver.
- Connecting with other PWN every month and learn from each other is priceless.
- If it wasn’t for #nchat I would feel alone and isolated.
Amanda: @THEAdnAmA

- Narcolepsy can be extremely isolating.
- After being diagnosed, I was relieved that there were probably others like me.
- I found my home on Twitter during the #nchat sessions.
- #nchat is family.
After discovering #nchat several years ago, it quickly became a lifeline.

All my stress melts away during #nchat.

I always look forward to the latest #nchat posts as it manages to be a beacon of light in the usually dark, nightmarish world of living with narcolepsy.

The sense of belonging and exchange of information as a result of #nchat have been nothing short of amazing over the years!
Keith: @keith_harper

- #nchat is an amazing resource for people with narcolepsy
- Enables you to connect with PWN from around the world.
- Mike, Cat, and Heather do a fantastic job of facilitating
- #nchat on Twitter allows anyone to follow along, even if you’re not tweeting
Annoymous

#nchat to me is where I can share my unique experiences living with narcolepsy with cataplexy; i.e. Pregnancy and parenting.
Conclusion: How To Follow Us

- Cat Thoma: @catthoma
- Mike Heil: @SleepyistMike
- Heather Bertics: @stridesagainstN

- First Saturday of the month!
- 5pm ET on Twitter! Just follow #nchat!!