

Key Issues:

- Accommodations
- Managing medications
- Living at college vs. commuting
- Scheduling
- Social life
- Talking to others about N & C

1. Accommodations

- a. Great resource: <http://julieflygare.com/school-accommodations-narcolepsy/>
- b. Start the accommodations process early
 - i. Typically need a note from doctor confirming your need for accommodations
- c. Talk to other students with Narcolepsy to get an idea of what was useful for them
- d. Better to have more accommodations than you need in the event of an emergency
 - i. Example: Since my medication is crucial for being able to focus, if I run out, I can request an extension on a paper that might be due.
- e. Try not to “abuse” your accommodations
- f. Electronic pens

2. Medications

- a. Very important, especially in college when you need to be able to focus.
- b. Keep ALL medications in a safe place
 - i. You trust your roommate, but can you trust their friends who come by when you're in class?
 - ii. Store them out of sight
 - iii. Xyrem: A locked safe is a wise investment
- c. Daytime meds: Keep a few extra in your book bag in case you forget to take it before you leave your dorm or home for class
- d. Controlled-substances: talk to your doctor about the state laws on medication refills if you plan on going away for college
- e. Xyrem: can't be delivered to a school. If you plan to go away for college, keep this in mind. Xyrem *can* be delivered to FedEx stores instead, for pickup.

3. Living at college

- a. Xyrem: ask your college about accommodations regarding housing.
 - i. Single room
 - ii. First floor or room next to stair-well
 - iii. Room with bathroom
- b. I always informed the Resident Assistants on my floor about my cataplexy attacks, so they wouldn't be so alarmed if I had an attack in the hallway.

- c. Pros to having a roommate & pros to having your own room
 - i. Pros to a roommate: can help you get up and stop snoozing your alarm, help keep you from hiding out in your room to sleep all day, nice to have someone close who knows and understands
 - ii. Pros to single room: can nap whenever you want, won't be woken up by their alarm in the morning, won't have to tell about your narcolepsy
4. Commuting to school
- a. Remember to be very careful about driving when you might be tired
 - b. Online classes are a great option too! Especially if you also work.
5. Scheduling
- a. Time for naps between classes
 - b. Important accommodation to have: priority registration**
 - c. When are you at your most alert? Take your classes at that time.
 - d. Only take on what you can handle
 - e. A four year degree does not *need* to be completed in that time
 - i. It's perfectly OK to take your time!
6. Social life
- a. Remember, college is also supposed to be fun, for both students in dorms and commuters
 - b. Be careful not to isolate yourself from others
 - c. Getting involved is a good way to keep yourself happy and active
7. Talking about N&C to others
- a. Professors
 - i. Some feel this is important, others do not
 - ii. Personally, I *always* tell my professors after 1st class of the semester
 - iii. Up to you & what you are comfortable with
 - b. Friends
 - i. Some people are really afraid to share about their narcolepsy
 - ii. People may actually find your narcolepsy really *interesting* in college
 - iii. If you're nervous about it, practice with the friends you already have who know about it
8. Miscellaneous
- a. Medical alert bracelets
 - b. YAWN group on Facebook

My contact information:

Julie Fain

narcaplexy@gmail.com

Twitter: @narcaplexy