

**State of Vermont**  
**Executive Department**  
**A Proclamation**

**WHEREAS,** narcolepsy is a chronic neurological disorder caused by the brain's inability to regulate sleep-wake cycles; and

**WHEREAS,** narcolepsy affects an estimated 1 in every 2,000 Americans; and

**WHEREAS,** narcolepsy is an under-recognized and under-diagnosed condition; and

**WHEREAS,** the symptoms of narcolepsy, especially when undiagnosed, can lead to accidents, injuries, and problems with learning, and working; and

**WHEREAS,** narcolepsy affects people neurologically, socially, and emotionally; and

**WHEREAS,** narcolepsy affects people of all ages, with onset typically between the ages of 15 and 36; and

**WHEREAS,** on average, it takes a patient over ten years to be diagnosed with narcolepsy after first experiencing symptoms; and

**WHEREAS,** research shows narcolepsy patients have an increased prevalence of high blood pressure, cardiovascular disease, obesity diabetes, ADHD and mental health conditions; and

**WHEREAS,** narcolepsy patients need trained providers to address their comorbidities and treat additional underlying health concerns; and

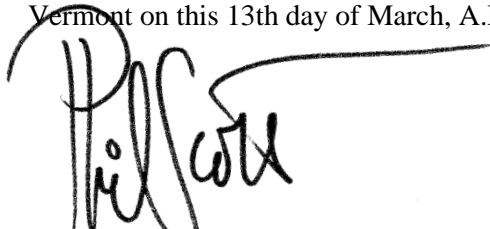
**WHEREAS,** Narcolepsy Network is a national organization created to promote awareness of the disease and support for those who suffer from narcolepsy.

**NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim March 11, 2023 as

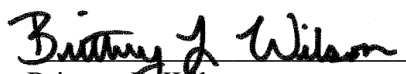
**SUDDENLY SLEEPY SATURDAY**

in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 13th day of March, A.D. 2023.

  
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Philip B. Scott  
Governor



  
Brittney J. Wilson  
Secretary of Civil and Military Affairs