

Could You Have Cataplexy?

Did you know?



Nearly
2 out of 3

people with narcolepsy may also have **cataplexy**, the sudden onset of weak or paralyzed muscles, usually brought on by strong emotions or certain situations.

What can cataplexy feel like in adults living with narcolepsy?

People living with narcolepsy who have **cataplexy** may experience it in different ways. Cataplexy can cause people with narcolepsy to collapse completely but more often occurs in specific areas of the body, like:



Knees buckling



Hand weakness
(dropping objects)



Jaw sagging

Cataplexy may be experienced in different ways, like:

- Muscle weakness or heaviness
- "Spells" of muscle weakness
- Slurred speech
- Drooping of the head, face, or eyelids
- Going slack-jawed
- Losing muscle control
- Clumsiness
- Loss of grip or dropping things



It's not always obvious to people that these experiences of cataplexy are related to narcolepsy.

Talk with your healthcare provider if you have experienced any of these signs of cataplexy, and discuss how your cataplexy may be affecting you.

For adults living with narcolepsy

Could cataplexy be interfering with your life?

Do you...



Experience sudden periods of muscle weakness with strong emotions or in certain situations?



Notice weakness in your face or neck, like jaw sagging or eyelids drooping?



Ever feel your knees buckle or give out?



Sometimes drop things or feel clumsy?

If you answered yes to any of these questions...



Talk with your healthcare provider to see if you could be experiencing cataplexy.

For more information, visit LivingWithNarcolepsy.com



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