



Tara

Living with narcolepsy
Taking WAKIX since 2020

Tips for College Students Living With Narcolepsy

Indication

WAKIX is a prescription medicine used to treat excessive daytime sleepiness (EDS) or cataplexy in people 6 years of age and older with narcolepsy.

Important Safety Information

Do not take WAKIX if you are allergic to pitolisant or any ingredient in WAKIX, or if you have severe liver disease.

WAKIX can cause a change in the electrical activity of the heart known as QT prolongation. This is a heart rhythm problem that can lead to an abnormal heartbeat. You have a higher chance of getting QT prolongation if you have certain heart or other medical conditions, or if you take WAKIX with certain medicines. Tell your healthcare provider right away if you have a change in your heartbeat or if you feel dizzy or faint while taking WAKIX.

Tell your healthcare provider about all your medical conditions, including if you have any heart, liver, or kidney problems, or problems with blood levels of your electrolytes, such as potassium or magnesium.

Tell your healthcare provider about all the medicines you take or plan to take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Taking WAKIX with certain medicines may cause side effects or affect the way each other works.

Hormonal birth control methods may not work while taking WAKIX. Use an alternative non-hormonal birth control method during treatment with WAKIX and for at least 21 days after stopping WAKIX.

Please see Important Safety Information throughout and accompanying [Full Prescribing Information](#).



Practice good sleep hygiene

Take short naps during the day. Do your best to go to bed at the same time every night and wake up at the same time every morning.



Learn your sleepiness schedule

Pay attention to the times of day when you usually feel less sleepy, and use these times for important classes or studying.



Communicate your needs

Be open with your roommates, friends, classmates, and professors, and don't be afraid to ask for help if you need it.



Lean on your friends

Seeking out support from your friends can help you navigate the challenges that come with being a college student living with narcolepsy. That's what friends are for!



Take advantage of campus resources

Many colleges have accessibility centers that can help you understand what resources are available to you and how to ask for what you need.



Embrace technology

If you have trouble staying awake and alert in class, ask if you can record lectures with a phone, tablet, or other device. Or try using sensory input items if they help you stay awake.



Connect with advocacy and support groups

Join a support group to meet other college students who are living with narcolepsy. Advocacy organizations like [Narcolepsy Network](#), [Project Sleep](#), [PWN4PWN](#), and [Wake Up Narcolepsy](#) also have tips for navigating the education system as a person living with narcolepsy.



Give yourself grace

When living with narcolepsy, some days may be better than others. Focus on the positive and the things you *can* do. You've got this!

These tips were shared by adult college students living with narcolepsy. This information does not take the place of talking with your healthcare provider. Always talk to your healthcare provider about any symptoms you may be feeling.



Tara Recent college graduate,
healthcare worker, dog mom

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Important Safety Information

Tell your healthcare provider if you are pregnant or planning to become pregnant. You are encouraged to enroll in the WAKIX pregnancy registry if you become pregnant while taking WAKIX. The registry collects information about the health of you and your baby. To enroll or obtain information from the registry, call 1-800-833-7460.

The most common side effects of WAKIX include insomnia, nausea, and anxiety in adults; and headache and insomnia in children. These are not all the possible side effects of WAKIX. Call your healthcare provider for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. You can also report negative side effects to Harmony Biosciences at 1-800-833-7460.

Please see Important Safety Information throughout and accompanying [Full Prescribing Information](#).

Hear Tara's story at WAKIX.com/why-wakix