

ARLINGTON COUNTY, VIRGINIA

Proclamation

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SUDDENLY SLEEPY SATURDAY

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 25; and

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

NOW, THEREFORE, I, Katie Cristol, Chair of the County Board in Arlington, Virginia, do hereby proclaim March 12, 2022, as

SUDDENLY SLEEPY SATURDAY

in Arlington, as a day dedicated to raising awareness of narcolepsy and to encourage our residents to learn more about this disorder.



Katie Cristol
Chair