



Information about Narcolepsy

Narcolepsy is a neurological disorder characterised by sudden sleep attacks. It develops in adolescence and persists throughout life. It is caused by the brain's inability to regulate sleep-wake cycles normally. People with narcolepsy experience an uncontrollable urge to sleep during the day, regardless of how much rest they have had at night. Once someone with narcolepsy has the urge to sleep they will fall asleep for periods lasting from a few seconds up to an hour. Drug therapy has proven to be of assistance, along with common-sense methods such as taking short naps during the day and ensuring quality sleep at night.

Adults with narcolepsy have problems including:

- Emotional fluctuations.
- Loss of coordination.
- Excessive and overwhelming daytime sleepiness, especially when sitting still for long periods of time.
- Disorientation and dizziness.
- Problems remembering things and concentrating.
- Narcolepsy can lead to depression and anxiety due to the disruption it has on all aspects of life.

Ways staff can assist:

- Allow students to get up and walk about if they feel the need.
- Allow the students' time to take short naps. There are rest spaces at the City, Epsom and Tamaki campuses.
- Keeps students stimulated – this overrides the sleepiness.
- Give students opportunities to talk with you early in the semester.
- Where necessary, seek advice from Disability Services or Student Health.

Information has been sourced from:

National Institute of Neurological Disorders and Stroke
<http://www.ninds.nih.gov/disorders/narcolepsy/narcolepsy.htm>

Narcolepsy Support Group
<http://www.narcolepsy.org.nz/>

CONTACTS FOR MORE INFORMATION OR SUPPORT

Disability Services

Room 036 Basement
ClockTower Building
22 Princes Street
Auckland
Ph: +64 9 373 7599 ext 82936
Fax: +64 9 308 2354

www.eo.auckland.ac.nz

www.disability.auckland.ac.nz

disabilities@auckland.ac.nz

University Medical Services

City Campus Clinic
Level 3, Student Commons Building
2 Alfred Street
Ph: +64 9 373 7599 ext 87681

Grafton Campus Clinic
The "White House"
151 Park Rd
Ph: +64 9 373 7599 ext 86962

Tamaki Campus Clinic (Registered Nurse Clinic only)
Building 730.110
Morrin Road
Ph: +64 9 373 7599 ext 86677

Epsom Campus Clinic
R Block, Gate 4
60 Epsom Avenue, Epsom
Ph: 373 7599 ext 48526

Student Learning Centre

Ph: +64 9 373 7599 ext 88850
slc@auckland.ac.nz

The University of Auckland encourages partnerships between Faculties, student services and students, to support students to achieve their academic potential.