



TRAVELING WITH NARCOLEPSY



Toolkit created by:

project**sleep**



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WELCOME!

We are so glad you are here. This toolkit is designed for people living with narcolepsy and their loved ones to offer new tools, tips, and perspectives on navigating narcolepsy. Project Sleep created this toolkit as part of the **Narcolepsy Nerd Alert** series.

Narcolepsy Nerd Alert is an educational series diving deeper into specific topics relevant to narcolepsy. Throughout the year, Project Sleep broadcasts events featuring stories, insights, and expertise from people with narcolepsy, researchers, clinicians, and other community members.

After each broadcast, we create a corresponding toolkit (like this one!) to capture our collective knowledge to help others down the road. Quotes featured throughout the toolkit are from panelists and audience members.

PLEASE NOTE

The **Narcolepsy Nerd Alert** series is intended for educational and awareness purposes and is not a substitute for medical attention. If anything in this toolkit sparks questions for you about your medical management, please bring those questions to your doctor.



TRAVELING WITH NARCOLEPSY

Traveling with narcolepsy can feel daunting when there are medications, unpredictable symptoms, and irregular routines to consider, but it can also encourage us to think creatively and look for experiences that other travelers may overlook. With thoughtful preparation, you can create enjoyable travel experiences while honoring your needs.

On World Narcolepsy Day 2025, our panelists celebrated by sharing experiences, challenges, and insights from their travels. This toolkit brings together tips, stories, and lessons from panelists and community members around the world to help you feel informed and supported for your next adventure.

- Watch the **Traveling with Narcolepsy** video or listen to the podcast: www.project-sleep.com/narcolepsy-nerd-alert-traveling-with-narcolepsy/
- Learn more about the **Narcolepsy Nerd Alert Series**: www.project-sleep.com/narcolepsy-nerd-alert/



**What's your favorite place you've visited?
Where do you dream of going next?**



MEET OUR GUESTS



Anna Marr is an LA-based actor, writer, and voiceover artist. She has written for Vulture, Montage, Show-Score, and non-profits like Project Sleep and performed at venues across the country, including the Old Globe and Joe's Pub. She's also a proud Story Pirate. Walking through Peanut Butter, her award-winning comedic short based on her experiences navigating the NYC comedy scene while living with narcolepsy and cataplexy, was an Official Selection of Geena Davis's Bentonville Film Festival, among others. A trained Rising Voices writer, Anna hopes to change the way narcolepsy is portrayed in the media. Originally from Ohio, she now lives in California with her husband and very portable dog.



Lauren Thomas is a patient advocate living with type 1 narcolepsy with cataplexy. After 14 years of misdiagnosis, Lauren received her diagnosis of narcolepsy at the age of 29. Lauren joined Project Sleep's Board of Directors in 2024 but has been involved with the organization since 2020, sharing her story at the White House Sleep Equity Convening, and participating in a panel discussion at the Writers Guild of America West about sleep in Hollywood. Lauren lives in Brooklyn, NY. She enjoys volunteering in her community, attending concerts, and is a huge basketball fan.



Farah Hasan, MS is a Sleep Education Specialist at Project Sleep. She is also a patient advocate with the Rising Voices program and has shared her story about being diagnosed with idiopathic hypersomnia at age 21 after more than 15 years of experiencing symptoms. She holds a Master of Science in Health Science Education from McMaster University in Hamilton, Ontario, Canada, where she conducted research on the efficacy of using virtual reality headsets to teach clinical anatomy and developed curriculum proposals for sleep health education initiatives for parents of adolescent children. Farah lives in Toronto, Ontario.

MEET THE HOST



Julie Flygare, JD, currently serves as President & CEO of Project Sleep. She was diagnosed with narcolepsy with cataplexy in 2007 while in law school. Julie is an internationally recognized patient-perspective leader, an accomplished advocate, and the award-winning author of *Wide Awake and Dreaming: A Memoir of Narcolepsy*.



BEFORE YOUR TRIP

When planning your trip, think carefully through your priorities: what do you need in order to be well and to enjoy your trip?

Questions to consider:

- ***Will you stay in one place, or in multiple different cities?*** Visiting multiple cities means more time and energy spent on logistics.
- ***What is the main goal or purpose of your trip?*** Is it rest, exploration, or quality time? Plan your itinerary around that purpose.
- ***Do the weather and climate affect your symptoms?*** For example, if the heat worsens your daytime sleepiness, a tropical vacation may be more enjoyable in winter.

Anna planned an ambitious honeymoon in Japan, without realistically accounting for narcolepsy. Carrying lots of luggage and visiting a different city every 2-3 days meant constant movement, catching bullet trains, and other logistics which were far more exhausting than she anticipated. It wasn't until she stayed in one hotel for three nights in Kyoto that she finally felt settled.

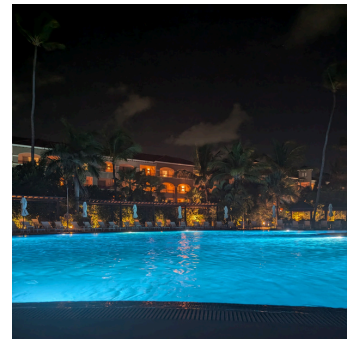
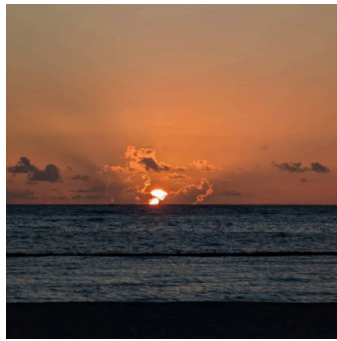


A Japanese garden on a sunny morning, where Anna was able to rest and recharge.

“ I think that it would have really served me well to stay in a location for longer.

- Anna

Farah and her husband intentionally chose a very low-activity honeymoon. They were exhausted from the wedding and decided that the purpose of the trip was rest, not exploration. Farah briefly felt guilty seeing the tours and activities being advertised, but ultimately appreciated the restorative downtime.



Farah and her husband enjoyed sunrises on the beach, the tropical views, and lounging by the pool at night during their honeymoon in Punta Cana.

Tips for building your itinerary:

- Plan a buffer day after arriving at your destination to recover from travel before your scheduled activities start.
- If you're traveling with others, communicate early about your needs, challenges, and how you prefer to be supported.
- Prioritize activities that you don't want to miss, but also keep flexible time for rest, unexpected situations, and spontaneous adventures.
- Consider creating a "pacing plan" to keep track of important details for your trip. See the Appendix for an example.

When traveling for conferences, Julie keeps a buffer day to adjust to the new place and time zone. She might enjoy a museum or other leisurely morning activity, but returns to her hotel when she starts feeling tired.

When Farah visited Chicago for the first time, her husband planned an activity-packed day to explore the city together, but when they arrived, someone mentioned a Harry Potter pop-up shop. As big fans, they immediately rearranged the day around visiting the shop. This reminded Farah that even with thoughtful planning, it's important to leave flexibility for spontaneous, meaningful experiences.



There's something that I didn't anticipate. I really want to do it. Where do I adjust elsewhere to maintain my energy levels so that I can actually enjoy it?

- Farah



LODGING

Regardless of what type of accommodations you choose, you'll want a place where you feel safe, comfortable, and can get a good night's sleep.

Read reviews carefully when booking hotels, hostels, or rentals. To avoid situations that might disrupt her sleep, Anna always searches for specific terms: *sleep*, *noise*, *smoke*, *sound*, and *smell*. Additionally, Julie suggests sorting the reviews to see the most recent entries first. For example, if the air conditioning hasn't worked lately, or there's ongoing construction on the property, you might choose another option.



Request early check-in or late check-out, if possible. After a long day of travel, many people feel drained and just want to take a shower and a nap, so it can be frustrating to arrive at your hotel only to find that your room won't be ready for several hours.

To avoid this situation, Farah consistently requests early check-in when booking her lodging. Similarly, if early mornings are a challenge, you may want to request a late check-out to avoid rushing to pack and leave your room, or worse, a fee for overstaying your reservation. Online bookings often have a place for notes and requests, or you can make your request over the phone. Though it's not guaranteed, making the hotel aware of your request in advance can help them prioritize your needs.

Sharing a room may save money, but can impact sleep quality.

When traveling with friends, Lauren prefers to have her own room. She adds, "If I am sharing a room with someone, I need to have a very frank conversation with them about my sleeping and nap needs to make sure we're on the same page."



While hostels and dorm-style sleeping are generally more affordable than traditional hotels, they usually involve sharing space with other travelers. Panelists and community members shared tips and experiences:

- Consider purchasing a travel safe or lock box for medications and personal documents.
- Some hostels may have private bedrooms available. Additionally you can look for gender-specific dorm rooms, lockable storage, and privacy curtains on the beds.
- Search through agencies, such as Hostelling International (HI), which have specific safety requirements and policies. Always read the reviews.
- Because she experiences hypnagogic hallucinations in new sleeping environments, Julie would not choose a hostel.

TRANSPORTATION TO YOUR DESTINATION

There are a variety of ways to get to your destination. While this discussion focused on air travel, many of the ideas still apply if you're traveling by train, boat, or bus.

Choosing your transit schedule thoughtfully makes a big difference, especially if you take nighttime medication. Lauren says, "Personally, I don't like to take red-eye flights if I'm traveling solo. My nighttime medication knocks me out for an extended period and that doesn't always feel safe."

Typical travel advice may say to take the early flight because it's cheapest or to maximize time at your destination by traveling overnight, but Julie points out that with narcolepsy, it may be better to take the whole day to travel.





Daytime schedules may be easier to manage, especially if mornings are tough for you. Don't feel pressured to take the cheapest or earliest option, even if you're coordinating with a group. Lauren pointed out that if the boarding time is very early in the morning, she has a higher chance of missing the flight. She says, "I definitely try to be realistic, even if I'm traveling with a group of friends—if they're determined to take the first flight out in the morning, I'll just have to say, 'I'll meet you there.' I have to do what's best for me and my body."

Seat choice:

- Window: best for uninterrupted naps
- Aisle: easiest if you need to move or use the restroom often
- Avoid rows that don't recline (i.e. the back of the plane and sometimes emergency exit rows)
- For long flights, consider budgeting for upgraded seats that allow you to fully recline or lie flat.



For their honeymoon, Anna and her husband tried to get upgraded to business class using airline rewards points, hoping she would be able to lie flat and sleep. Unfortunately those seats were not available, and she ended up in regular seats for the 12-hour flight. She barely slept, leaving her feeling dysregulated and struggling for days after arrival.

“Knowing how much it affected me to have a 12-hour flight in which I maybe slept half an hour, I might have chosen somewhere closer... The longer the flight, the more it might be necessary for me to be able to lie down flat.

- Anna



Travel can be exhausting, and you may need to rest in a less-than-ideal spot. Farah always brings a “**nap kit**” with a neck pillow, earplugs, and eye mask. Remember to **pack snacks** (especially if medication must be taken with food).

If you feel nervous about navigating an airport, train station, or other transportation hub on a tight schedule, **look for a map** before leaving home. Many airports have apps with detailed maps showing security checkpoints, gate locations, and various services that they offer, such as disability services desks, service animal relief areas, and food courts.

And finally, be ready for delays or cancellation. That might mean carrying food in case stores and restaurants are closed, your nap kit, and extra medication in case the trip is longer than expected.



Anna with her “nap kit” on the plane, trying to get some sleep.

“ I just got my first neck pillow and it was a game-changer!

- Stephanie

TRAVELING FOR WORK

If your trip is for work, convenience and rest are essential. It *is* possible to balance your needs and professional obligations!

Farah previously worked as a university recruitment officer and traveled frequently for this role. Along the way she would take photos with her school’s mascot, Mac the Marauder, as a fun way to document her trips. She has also traveled extensively to attend research conferences.



Farah and Mac catching a flight, enjoying a view of Lake Superior, and visiting the Terry Fox National Historic Monument in Thunder Bay, Ontario.

Choose accommodations near your events. If an event is held in a hotel, it may be preferable to stay there, rather than at a different hotel in the area, even if there is a price difference.

Farah pointed out that if you stay in the hotel that is hosting the event, you have the option to go to your room and nap between sessions rather than leaving the venue. When she could not stay in the conference hotel, Farah sometimes relied on “hotel nap buddies”— coworkers who generously offered their rooms when she needed a quick nap.

Farah found it helpful to **openly communicate with colleagues** about her needs. She recommends making them aware of times of day when you may struggle more than usual, planning time to nap, and asking for support in practical ways such as a call or knock at the door to wake up before sessions.

“ For me the difference is night and day between staying in the hotel where the conference is happening versus down the street.

- Farah



MEDICATIONS

One of the most important parts of preparing for international travel is understanding regulations around your medications in the places you plan to visit. Rules for carrying prescription medications, especially controlled substances, can vary widely from country to country.

Do your research early. Check the embassy websites or official databases for your destination and any countries where you'll have layovers (see the Resources section for more information). Even if you won't be leaving the airport, rules may still apply. In some countries you'll have to submit an application and a doctor's letter before you can bring medications in legally. Leave ample time to get these documents in order and for the application to be processed before you leave home.



Medication names may vary. Countries' official websites can be confusing, and medications may even be listed under a different name. For example, Julie didn't see Xyrem on a list, but then she noticed that it actually was there under the name "GHB," which isn't used in the US.

“ Once I learned that there were rules in certain countries about where you can bring your medication and where you can't, or applying for special exemptions, then I became really concerned about this topic.

- Julie

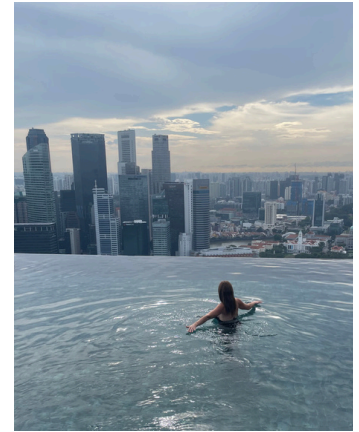
“ I've traveled so much and NEVER heard about applying on a website for certain countries! So thank you!

- Dee



Just 10 days before a trip to Singapore, Julie learned that her medications would be classified as “dangerous drugs” there. She had to submit an online application and obtain a doctor’s letter. The website said the process could take up to two weeks, but fortunately, she received approval in time for her planned departure date.

Initially, Julie had planned a layover in Tokyo, but she discovered that the Japanese government has similar restrictions and would also require her to complete an application, even though she was only passing through the country for a few hours. In the end, she changed her plans and took a direct flight.



Julie, in a rooftop pool, overlooking downtown Singapore.



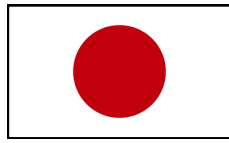
Lauren, attending her cousin’s wedding in Trinidad.

When Lauren was preparing for a family vacation in Trinidad for her cousin’s wedding, she discovered that her medication is banned there. She researched the customs requirements and learned that she would need a doctor’s note and a copy of the prescription. Upon arrival in Trinidad, the customs agents reviewed her documents and found no issues, so Lauren was able to enter without any trouble.

Anna prepared for a trip to Japan by reading extensively about other people’s experiences on Reddit. She learned that certain medications (like Xanax) are strictly prohibited, even with a prescription. She did choose to bring modafinil with thorough documentation but did not apply on the official website because the rules were unclear. Upon arrival at Japanese customs, her medications were taken for review in a separate room, but then returned to her with approval.



Restrictions and guidelines around medications used to treat narcolepsy can vary widely from country to country. For example:



Japan

- Some medications (e.g. methylphenidate) are illegal, even with a valid US prescription
- For other medications, you must submit an application form, medical certificate, and photos of medication/packaging



United Kingdom

- Prescription stimulants and antidepressants are legal
- For many medications, special permission is not required
- A doctor's letter is usually recommended but not required

A few practical tips:

- Count your medications at least a month before your trip. That way you'll have time to request early or partial refills if needed.
- Always pack medications in original, labeled containers.
- Carry a doctor's letter and copies of prescriptions. (See the Appendix for a sample doctor's letter)
- Keep medications in your carry-on bag, not in checked luggage.
- If you're traveling with kids or a group, consider a secure storage method such as a lockable bag.
- Bring only what you need for the duration of your trip, plus a few days' worth in case of delays.
- Do not mail medications to your destination.



Definitely keep an eye on your medication schedule because you never want to be without, especially in an unfamiliar place.

- Lauren



DURING YOUR TRIP

By listening to your body and making sure your needs are met, it is possible to enjoy a trip while honoring your narcolepsy.

IN TRANSIT

Travel days can be stressful and tiring, especially with narcolepsy. While the discussion focused on air travel, these tips may be helpful whether you're catching a plane, train, or boat to reach your destination.

Accepting help is a sign of strength! **Sunflower lanyards** signal invisible disabilities to staff in many airports. Learn more about this initiative and order your own lanyard here: www.hdsunflower.com



Tell gate agents if you might fall asleep while waiting to board;

they can wake you when it's time. Lauren shared that in the past she has fallen asleep at the gate and missed flights while traveling alone. Now, she alerts the gate agents, asking them to tap her when boarding begins. She has found that airline staff have always been willing to help, leading to positive experiences.

Preboard with other passengers with disabilities if you prefer extra time and space to get settled. Make sure to arrive at your gate before the scheduled boarding time and listen for announcements from the gate agents.

Lauren shared that she regularly uses pre-boarding because regular boarding crowds could trigger her cataplexy. Trying to board quickly, getting her bag in an overhead bin, and standing in a cramped, warm space could trigger symptoms. Pre-boarding allows her to settle into the flight without pressure.



Find a place to rest or nap. Between long walks and sometimes long waits, many travelers need to rest and it's not uncommon to see passengers sleeping in airport terminals. For personal safety, Farah tries to choose nap spots that are "reasonably busy and well lit." Make sure to keep your luggage close by, with the most important items on your person.

“ I'll usually put my leg through a backpack loop, and carry-on bags can make for really nice footrests as well.

- Farah



If you need a quiet space to rest, some airports have yoga or meditation rooms available. For complete privacy, you could look for nap pods or "Minute Suites" for rent.

Request a wheelchair escort. Lauren shared that at times when she was too tired to walk through the airport, she requested a wheelchair escort.

- This could be helpful if cataplexy is a major challenge.
- Prioritize your needs and safety. Panelists discussed internalized ableism and the incorrect assumption that wheelchairs are only for people who cannot walk at all.
- You may have to request a wheelchair before going through security. Look at the airport policies before traveling and locate the disability services desk.



AT YOUR HOTEL OR OTHER LODGING

If you arrive before your room is ready and need to nap, Anna suggests finding a lounge chair by the hotel pool.

In most hotels, you can **request a wake-up call** from the front desk using the hotel room phone. You may also be able to request a knock on your door to make sure you're awake if you have an important commitment.

“ If there's something I'm worried I'm going to miss, I will request a physical knock on my door to make sure I get out of bed, open the door, say I'm awake, and then go about my day.

- Lauren

If you are sharing a room, you can usually **request two queen beds** instead of a king bed. Many hotels also have pull-out sofas and cots available.



On a religious pilgrimage with her family, Farah stayed in a hotel room with four separate single beds—a surprising set-up that she loved. Previously she had always shared a bed with her sister, which was not ideal for sleep. Having her own bed allowed her to sleep comfortably on her own schedule.

Communicate with your travel partner(s) about your medication schedule if you have alarms in the middle of the night. Lauren shared that on group trips (like bachelorette parties), she often prefers her own room so that she can manage sleep and medication without disturbing others or being disturbed. If she must share a room, Lauren has a very frank conversation beforehand about her sleep schedule, nighttime alarms, and nap routine so that everyone is fully informed when they decide on room arrangements.



TRAVELING WITH OTHERS

Traveling with friends and loved ones can be a great way to spend quality time together and to share new experiences. It's important to keep open communication and prioritize your needs in order to enjoy the trip in a safe and healthy way.

“ When you travel you do what's best for you, not necessarily what the entire group is trying to do.

- Lauren

You may need to nap or rest at times when others do not. Anna suggests giving them permission to go explore without you. After overextending herself on one trip, she learned the importance of having a pre-trip conversation about nap needs and expectations. Inspired by a blog, she now makes a list before the trip of activities that she absolutely wants to do together, and activities her travel partner can do solo while she is napping.

It's important to set expectations and communicate about your energy level and symptoms **before** difficult situations arise. When visiting family, Anna recommended explaining your needs not just to your travel partner, but also to family members, especially if they knew you before your narcolepsy diagnosis and have expectations that may not fit your current needs.

“ Yes! It's okay to split from the group for your health.

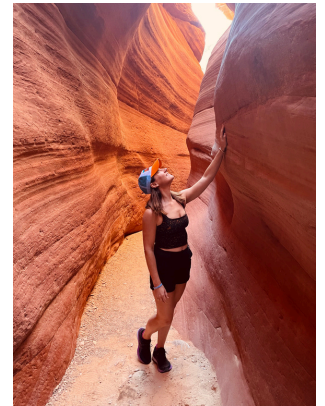
- Emma



TRAVELING SOLO

Solo travel gives you the opportunity to explore at your own pace and make meaningful memories in new places. There are many ways to ensure your safety and comfort when traveling alone.

Group tours are a great way to explore your destination. Julie gave the example that she didn't feel safe hiking alone in Utah. But then she discovered **structured small-group tours** through TripAdvisor. She especially loves half-day morning tours, which end by midday so she can return to her hotel to take a nap. Exploring with a guide and small group allows her to safely do things she wouldn't do alone.



Julie hiking in Kanab, Utah.

Be realistic about your energy, nap needs, and what you will enjoy. Full day tours may be too long for some people, but Julie mentions taking naps between activities if she is on a full day tour with bus/van rides between locations.

Most tours list activity level, accessibility considerations, and recommended participants. Julie pointed out that **tours designed for older adults** are often great for people with narcolepsy because they require little exertion, and are informative and safe.

You can look for **relaxing, low-energy activities**. Anna shared a story of a calm, seated day tour in Japan that included a scenic train ride and a river float. This excursion made Anna feel energized for the first time during the trip.



Anna and her husband enjoying a relaxing river float in Japan.



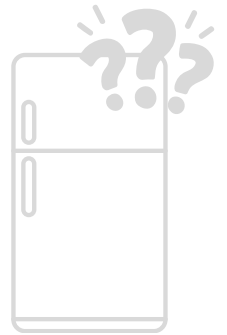
AFTER YOUR TRIP

Travel can be draining. It's important to plan ahead and pace yourself when returning to your usual routines at home.

Before leaving for your trip, think about what you'll need when you return. Adjusting to your normal day-to-day schedule will be easier if you have the essentials already available (like food and clean laundry).

A **buffer day** after the trip to recover before returning to work and usual routines can be very beneficial, especially if you're returning home from a different time zone.

Frozen, microwavable meals can be helpful so you don't have to go grocery shopping immediately after getting home. Julie shared a story about returning home from Singapore to an empty fridge and wishing she had frozen meals, because going to the grocery store took all of her energy the next day.



Seek support if you need it. It's okay to ask for help with unpacking while you recover from travel.

Take time to reflect on the trip. What worked well? What would you do differently in the future?

“ I've been trying to come back on Saturdays after long trips so I have Sunday to recover.

- Caitlin



RESOURCES

Here are some of our favorite resources. We look forward to hearing what our fellow #NarcolepsyNerds find helpful for navigating travel with narcolepsy.

PATIENT ORGANIZATIONS

- Major US Organizations:
 - Hypersomnia Foundation www.hypersomnifoundation.org/
 - Narcolepsy Network www.narcolepsynetwork.org/
 - Project Sleep www.project-sleep.com/
 - Wake Up Narcolepsy www.wakeupnarcolepsy.org/
- International Organizations:
 - Listed on Project Sleep's World Narcolepsy Day webpage www.project-sleep.com/worldnarcolepsyday/

MORE RESOURCES

- ***The Project Sleep Podcast*** www.project-sleep.com/podcast/
- ***Narcolepsy 360*** - Podcast by Wake Up Narcolepsy www.wakeupnarcolepsy.org/podcast/
- **CDC Yellow Book** - Traveling with Prohibited or Restricted Medications www.cdc.gov/yellow-book/hcp/travelers-with-additional-considerations/traveling-with-prohibited-or-restricted-medications.html
- **International Narcotics Control Board** www.incb.org/incb/en/travellers/country-regulations.html
- **Template for letter from prescribing physician** www.cdc.gov/yellow-book/hcp/template-letters/index.html#cdc_report_pub_study_section_1-traveling-abroad-with-medications
- **Hidden Disabilities Sunflower Lanyard** www.hdsunflower.com



SLEEP HELPLINE

Project Sleep's Sleep Helpline™ is a nonprofit-led free national helpline providing personalized support and resources for people facing sleep issues and sleep disorders.

Contact the Sleep Helpline: 1-800-819-2043, helpline@project-sleep.com, or www.project-sleep.com/helpline/





APPENDIX

You may need a letter from your prescribing physician to legally bring medication into another country. The CDC provides the following template for healthcare providers:

[Healthcare Professional's Letterhead]
[Date]

To whom it may concern,
This letter serves to certify that [Patient's Full Name], [Date of Birth], is under my care and requires the following medications for their health condition(s) during travel:

[Medication Name]: [Dosage or Strength, Frequency, and Route of Administration]

[Medication Name]: [Dosage or Strength, Frequency, and Route of Administration]

[Patient's Full Name] has been diagnosed with a medical condition (or conditions) for which these medications are essential to manage symptoms and maintain health stability. The aforementioned medications have been prescribed based on thorough medical evaluation and are crucial for my patient to maintain their health while traveling.

It is important to note that some of these medications may be restricted or prohibited in certain countries. Therefore, I kindly request that my patient be allowed to carry these medications with them during travel without any restriction or interference.

Please do not hesitate to reach me at the contact information provided below should you require any further clarification or information regarding my patient and their medical condition(s) and required medications. Thank you for your attention to this matter.

Sincerely,
[Healthcare Professional's Full Name]
[Healthcare Professional's Title/Position]
[Healthcare Professional's Contact Information]



APPENDIX

A pacing plan is a good way to organize everything that you need to remember before, during, and after your trip. Here is a sample plan that you can fill out based on your needs and preferences.

Before Activity	During Activity	After Activity
<p data-bbox="349 619 711 888">Consider: time management, information gathering, communication, self-care/self-regulation strategies.</p> <p data-bbox="367 915 683 1102">E.g. your packing list, to-do list in preparation for the trip, dates and deadlines, and other reminders.</p>	<p data-bbox="768 619 1130 888">Consider: pacing, taking breaks, setting limits, communicating needs, maintaining self-care routines.</p> <p data-bbox="769 915 1105 1062">E.g. your trip itinerary, personal reminders about pacing and wellbeing, and more.</p>	<p data-bbox="1188 619 1550 888">Consider: prioritizing time for restoration, self-care, self-regulation strategies.</p> <p data-bbox="1198 915 1515 1062">E.g. a to-do list for when you return, people to contact for support, and other reminders.</p>



THANK YOU!

We are so grateful that you took the time to check out this toolkit!

Project Sleep is a 501(c)(3) nonprofit organization dedicated to raising awareness about sleep health and sleep disorders.

More resources at: www.project-sleep.com

