

# Could You Have Cataplexy?

## Did you know that...



Nearly  
**2 out of 3**

people with narcolepsy may also have **cataplexy**, the sudden onset of weak or paralyzed muscles?

**Cataplexy** is usually brought on by strong emotions or certain situations. It can cause people with narcolepsy to collapse completely but more often affects specific areas of the body. Here are some examples:



**The legs**  
(knees buckling)



**The hands**  
(hand weakness)



**The face**  
(jaw sagging)

## People may use different words to describe their cataplexy, like:

- Muscle weakness
- "Spells" of muscle weakness
- Drooping of the head, face, or eyelids
- Going slack-jawed
- Losing muscle control
- Clumsiness

## It's not always obvious to people that their cataplexy is related to narcolepsy.

Talk to your healthcare provider if you have experienced any of these signs of cataplexy. They can help you understand what it is and how to know if you might have cataplexy.



# Living with **narcolepsy?**

## Could cataplexy be interfering with your life?

### Do you...



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



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



Ever feel your knees buckle or give out?



Sometimes drop things or feel clumsy due to hand weakness?

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



**Talk to your healthcare provider about your experiences with cataplexy and understand how it might be affecting your daily life.**

For more information visit [LivingWithNarcolepsy.com](https://LivingWithNarcolepsy.com)



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