



Narcolepsy: A Funny Disorder That's No Laughing Matter

Marguerite J. Utley

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This book provides accurate facts about all aspects of narcolepsy, a little-known neurological sleep disorder. It is estimated that 150,000-250,000 people in the U.S. have narcolepsy, but most of those have not yet been diagnosed. In the past, patients have seen an average of five or more physicians over a decade or longer before receiving a correct diagnosis of narcolepsy. As the public becomes better informed and more doctors are entering the field of sleep medicine, people are being diagnosed quicker and at an earlier age.

A wealth of information about narcolepsy is available on the internet, but this 166-page book is the most comprehensive, single source of information to be found. In addition to facts, the author relates her personal experiences with all the symptoms and describes how the disorder has impacted her life. It is an excellent reference source and a self-help book rolled into one.

People with narcolepsy usually have great difficulty reading a book without falling asleep. If anything can keep them awake, this book will. It is written in layman's terms, with a positive approach and amusing stories that encourage you to read on.

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