

Date

RE:
DOB
MR #

To Whom It May Concern:

_____ is a child I follow with narcolepsy. Narcolepsy is a disorder which results in episodes of profound sleepiness, particularly when the individual is in a quiet, non-stimulating environment. Children with narcolepsy require special arrangements at school and I recommend that _____ have a plan set up to make sure that his/her needs are met. _____ should be placed in a smaller classroom and should be placed at the front of the classroom if at all possible. The learning environment should be kept as stimulating as possible. Some children with narcolepsy do well with a 30-45 minute nap which should be scheduled at the same time each day. If _____ is having problems maintaining wakefulness at school, then I would recommend that a quiet, darkened place outside of the classroom be made available for him/her to take a 30-minute nap. In addition, because of problems with fatigue, _____ should be allowed a prolonged time for written examinations, particularly SAT type exams. A 10-15 minute break should be allowed every hour and a longer time to complete the exam given these breaks.

I appreciate your help in meeting with this child's educational needs. If you need more information, please do not hesitate to contact our office at 555-1212.

Sincerely,

Yawny B. Good, MD
Assistant Professor
Division of Pulmonary and Sleep Medicine