



MARCH 12-14 2021

#SleepIn2021

Warwick Resident Raising Money to Shed Light on the Importance of Sleep Health

Sleep In 2021 aims to raise awareness about sleep health, while supporting Project Sleep, a non-profit organization dedicated to

Warwick, RI, February 22nd, 2021 - Richelle Topping, a 33 year-old Warwick resident living with narcolepsy, is raising money through Project Sleep's Sleep In. The weekend of March 12-14th All funds raised will go to Project Sleep, a non-profit organization dedicated to improving public health through education, advocacy, and awareness efforts.

In March of 2020, Richelle was diagnosed with Narcolepsy. "I had suspected there was something wrong for years. Although the diagnosis wasn't a surprise, I was wholly unprepared for how much my life was going to change."

In addition to raising money for Project Sleep, Richelle plans to use the fundraiser to promote the importance of sleep and rest. Much misinformation about narcolepsy exists in both popular culture and the general public's understanding: from thinking that someone with narcolepsy must be great at sleeping to the idea of someone suddenly falling asleep without warning. This makes life more difficult for those living with narcolepsy and makes the path to diagnosis more difficult. By sharing her story, Richelle hopes to clear up some common misunderstandings as well as pave the way for quicker recognition and diagnosis.

Richelle will celebrate Sleep In weekend by sharing information about the importance of rest, sharing tricks that she uses to get a good night's sleep, and by spending plenty of time in bed!

NARCOLEPSY IS...

a chronic neurological disorder that affects both the ability to sleep normally and the ability to stay awake. Symptoms can include excessive daytime sleepiness, interrupted sleep at night, sleep paralysis, hallucinations, and cataplexy.

Links

- [Fundraising Page](#)
- [Participation Announcement](#)



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Project Sleep has been an amazing resource for me since my diagnosis. Having the opportunity to connect with other people who have experienced what I'm currently struggling with has taught me so much that would have taken years to learn on my own. They have helped me to feel less alienated, and given me a community that I can turn to when my friends and family are unable to understand what I'm going through.

