

LOCAL RESIDENT PARTICIPATES IN 9TH ANNUAL SLEEP IN FUNDRAISER

February 25, 2023

Cranston, RI

ABOUT RICHELLE

- Diagnosed with narcolepsy in 2020, after 18 years of symptoms
- Trained speaker with the Rising Voices of Narcolepsy program and has spoken at Brown University
- Works as a union camera assistant in the film industry
- This is her 3rd year participating in the Sleep In
- Top 5 fundraiser 2 years in a row

NARCOLEPSY IS...

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



MARCH 17-19, 2023

#SleepIn2023

projectsleep



Making Peace with Sleep

Richelle Topping, a 35 year-old Cranston resident living with narcolepsy, is participating in Project Sleep's 9th Annual Sleep In fundraiser, the weekend of March 17th - 19th. The event benefits Project Sleep, a non-profit organization dedicated to improving public health through education, advocacy, and awareness efforts.

In addition to raising money for Project Sleep, Richelle hopes to apply her skills as a speaker advocate to promote the importance of sleep and rest, as well as educating others about the realities of living with narcolepsy.

"The personal stories that I discovered through Project Sleep had a profound impact on me, and I'm excited to continue that tradition by sharing my own experiences. I'm looking forward to fundraising to give back to the sleep community!"

CONTACT

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