The treatment and management of narcolepsy involves lifestyle changes and medications.

The goals of treatment include:

- Improving daytime alertness
- Minimizing or eliminating troublesome symptoms such as cataplexy, hallucinations at the beginning or end of sleep, and sleep paralysis

Treatment involves the following:

Lifestyle changes
Medications

At this time, there are no surgical procedures for the treatment of narcolepsy.

REFERENCES:
