

WHAT CAN YOU DO TO HELP RAISE AWARENESS?

IDIOPATHIC HYPERSOMNIA AWARENESS WEEK®

- 1 **Download a sign**, take a photo of yourself holding it and share it on social media with the hashtag: #LivingWithIdiopathicHypersomnia
- 2 Stories by people living with IH are powerful awareness raising tools. **Share your story with your local media and online platforms.** You can also share your **stories and perspectives** with us.
- 3 Not comfortable sharing your story? **Share the IHAW Media Release** with your local media and online media platforms. Tell them why the Idiopathic Hypersomnia awareness Week® is important.
- 4 **Share the Idiopathic Hypersomnia Awareness Week® posters.** And other **posters and stories** by people living with IH.
- 5 **Change your profile picture and cover photo.** You can also add a "Facebook Frame" to your Facebook profile picture. Go to the IH awareness Week® webpage for more information.
- 6 **Help educate and raise awareness.** Go to the IH Awareness Week® webpage for resources you can download and share.
- 7 **Buy a IHAW TShirt,** take a photo of yourself wearing it and share it during the IHAW. This is a great way to raise awareness! TShirts are available from the HA Store.
- 8 **Get some friends together and host a event.** A cake sale, trivia night, or a walkathon are great ways to help raise funds and awareness! Let us know about your event and we will help promote it.
- 9 Help us help you. **Make a donation.** **Facebook fundraisers** are also a great way to help raise funds. Select Hypersomnolence Australia when you are asked to "Select Charity".

For more details go to the **Idiopathic Hypersomnia Awareness Week®** webpage
or contact us at ihaweek@gmail.com

hypersomnolenceaustralia.org.au/ihawarenessweek