

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 hashtags: #LivingwithIH #LivingWithIdiopathicHypersomnia **or share it without a photo*
- 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? There are some really relatable and powerful stories on our **Living with IH webpage** that you are encouraged to share.
- 4 **Share the Idiopathic Hypersomnia Awareness Week® posters.** There are a whole range of different posters that you can share that will help raise awareness.
- 5 **Change your Facebook profile picture and cover photo.** Go to the IH awareness Week® [Facebook page](#) to download images.
- 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!
- 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