



**MARCH 18-20, 2022**

#SleepIn2022

projectsleep

## Local Resident Participates in 8th Annual Sleep In

Sleep In 2022 aims to raise awareness about sleep health while supporting Project Sleep, a non-profit organization dedicated to educating and empowering individuals with sleep disorders

Richelle Topping, a 34 year-old Warwick resident living with narcolepsy, is participating in Project Sleep's 8th Annual Sleep In fundraiser, the weekend of March 18th - 20th. The event benefits Project Sleep, a non-profit organization dedicated to improving public health through education, advocacy, and awareness efforts.

Richelle was diagnosed with Narcolepsy in March of 2020. "The months after my diagnosis were difficult. Discovering Project Sleep gave me a community and sense of connection, helping me to adapt to all of the ways in which my life had changed."

Over the past summer, Richelle participated in Project Sleep's Rising Voices of Narcolepsy program, a course designed to train people with narcolepsy to effectively share their stories and raise awareness through public speaking.

In addition to raising money for Project Sleep, Richelle hopes to apply the skills she learned as a Rising Voices graduate 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."

The Sleep In takes place March 18th - 20th, 2022



**"PROJECT SLEEP  
GAVE ME A COMMUNITY  
AND SENSE OF  
CONNECTION"**



### CONTACT

**RICHELLE TOPPING**

richelletopping@gmail.com

401 222 9612

bit.ly/SleepInRichelle