



Nicole Jeray
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PWN



Symptom On-set



Going Pro - 1993



Not diagnosed....

Rookie year - 1993

- Lots of changes!
- Exciting!

On Tour!



Still not diagnosed....



Travelling
New Friends
New Places
New Experiences!

Still not diagnosed....

Struggles



Still not diagnosed....

1996 - Diagnosed





EAT.
SLEEP.
GOLF.



Post-Diagnosis

A close-up photograph of a beach covered in dark grey, smooth pebbles of various sizes. A single, larger, reddish-brown rock stands out prominently in the center-right area. The lighting is soft, highlighting the textures of the stones.

Lose my Pro card

1999 – Hit Rock Bottom

Depressed



Got a dog!





What can you do when you put your mind to it?

Went on a diet



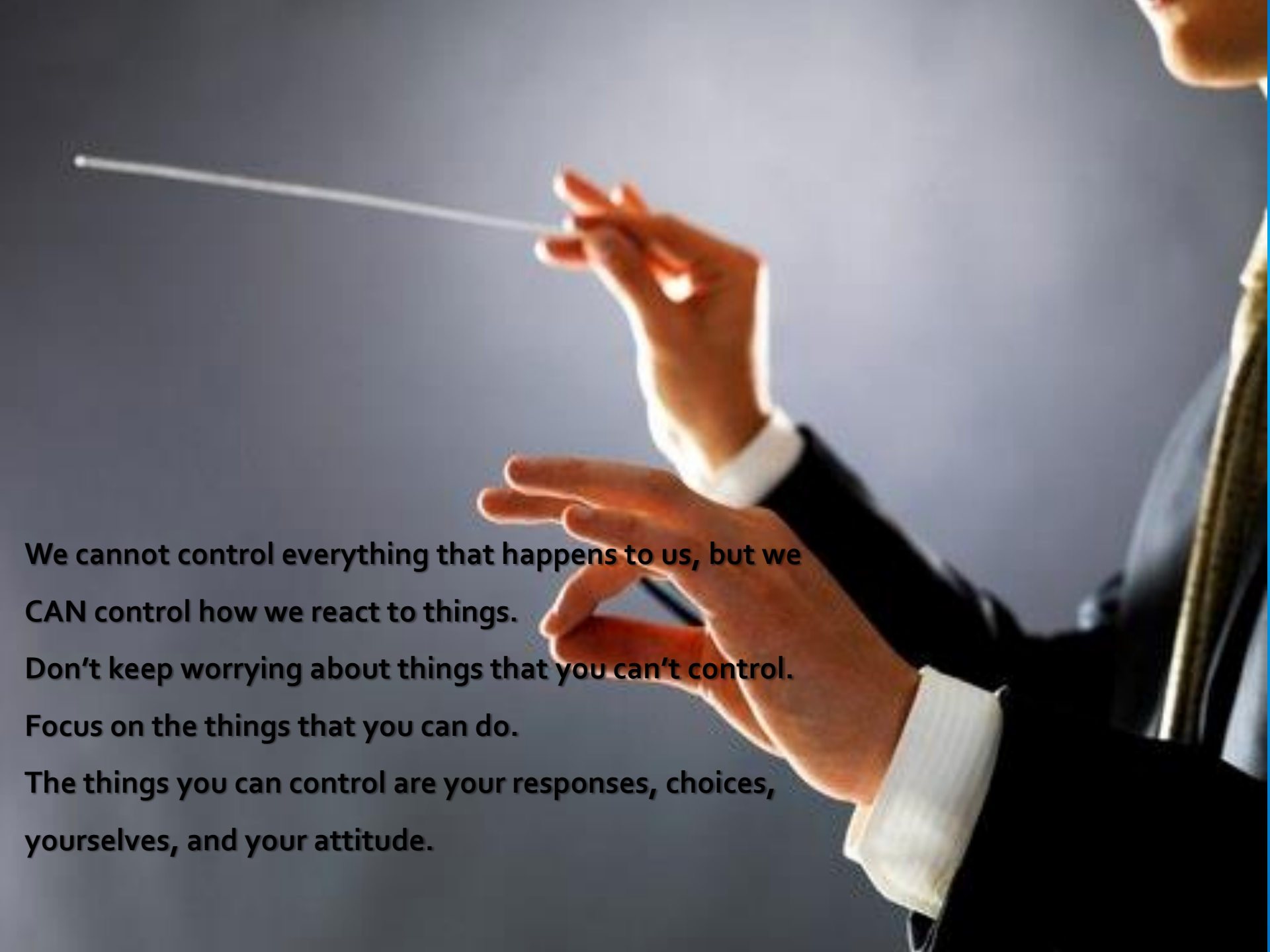
Houston, Texas

- Host Housing – too far to drive!
- Host knows sleep specialist!
- Adjust in my medication
- **I start feeling so much better!**
- **Learned about Narcolepsy Network**





2000 - Narcolepsy Network Conference



We cannot control everything that happens to us, but we CAN control how we react to things.

Don't keep worrying about things that you can't control.

Focus on the things that you can do.

The things you can control are your responses, choices, yourselves, and your attitude.

Healthy Habits





Water!



Xyrem

Importance of a GOOD doctor!



Exercise



Yoga



Allies



Self-Understanding



.....but I was still so, so, tired.

- 2001 – Earned back my Pro Card**
- **Rejoined the LPGA Tour**





Holding it together....

Positive Steps

- Added medication
- Naps
- Continued with Healthy Habits!





Giving back



Inspiring Others



Chicago



Do you ever wish you didn't have narcolepsy?



Do you ever wish you didn't have narcolepsy?

Shaped me

Shaped who I am as a golf pro

Develop my Voice

Understanding

Patience

Tolerance

Appreciate Life, family, friends

Prepared me for the future!

25+ year career – perseverance!!!



Persevere, dig deep, keep a good attitude and drink plenty of water! Remember to pace yourself and set priorities!