

NAP Quick Start Pack

Beta — first release

Five short pages so NAP can be used on a bad day without reading anything end to end: what NAP means, the three-step method, permission to use one page at a time, how to choose that page, and where your answers live.

Free. No checkout, no email address, and no account.

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Before you start

This pack is educational planning support from lived experience. It does not diagnose, measure, assess or treat narcolepsy or anything else, it is not medical, legal or employment advice, and it never replaces your own clinician, pharmacist, or a professional who knows your situation. It promises no outcome.

The PDF contains no personal information and never will: it is the same file for everyone. If you type into the browser version, your words are saved in your browser on your device only, they are never sent to NAP, and the reset control on the page deletes them completely.

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What NAP means

Narcolepsy. Actually. Practical. — what this collection is, who wrote it, and what it deliberately does not try to be.

NAP stands for Narcolepsy. Actually. Practical. Actually, because most of what gets written about narcolepsy skips the part where you still have a job, a home, and people who need things from you. Practical, because a plan you cannot follow on a bad day is not a plan.

This pack is planning support. It is not a diagnosis, not a measurement, not a treatment, and not a test. It does not score you, and it cannot tell you what your narcolepsy is doing.

What made you open this today?

One line is enough. It is only for you.

Notice, Adjust, Prioritize

The three-step method every worksheet uses: notice how today actually is, adjust the plan to it, then prioritize what is left.

Every worksheet in NAP runs on the same three steps. Notice how today actually is, before deciding anything. Adjust the plan to that day rather than to the day you hoped for. Prioritize what is left.

Prioritize uses four decisions

- Protect — today's true essentials.
- Place carefully — needs the right window of the day.
- Flex — can move if the day changes.
- Postpone or release — not today, and that is a decision, not a failure.

Notice — how is today, actually?

Adjust — what has to change because of that?

Prioritize — what is left, and in which order?

How to use this without turning it into homework

Permission and practical rules for using one page at a time, leaving boxes blank, and never completing the toolkit for its own sake.

You are not meant to complete this pack. There is no streak, no score, and no finished state. On most days one page is the correct amount.

Leave boxes blank. Print the pages you like and ignore the rest. Write in the margins. A worksheet that becomes homework has stopped being useful, and it is allowed to be abandoned halfway.

One rule you are giving yourself about using this

For example: one page, only on the days I want it.

Choosing only the page you need today

A short decision path from how today feels to the single worksheet worth opening.

Find the sentence that matches today and go to that page. You do not have to work through anything in order, and one page is usually the right amount.

Everything listed here is free and open now. The rest of The NAP Life & Work Toolkit is in founder review and is not for sale.

Open now, free

- “I do not know where to start” — Choosing only the page you need today
<https://napactually.com/toolkit/what-do-i-need>
- “Today has more in it than I have” — Daily Capacity Map
<https://napactually.com/toolkit/sample/daily-capacity-map>
- “Today has already gone wrong” — Low-Energy Rescue Plan
<https://napactually.com/rescue-plan>
- “I am running on empty” — Low-Energy Rescue Plan
<https://napactually.com/rescue-plan>
- “I need to tell someone today is bad” — Difficult-Day Message
<https://napactually.com/toolkit/sample/difficult-day-message>
- “I do not know which page I need” — What do I need today?
<https://napactually.com/toolkit/what-do-i-need>

The one page worth opening today

Privacy and educational disclaimer

Where your answers live, what NAP never receives, and the plain statement that this is education and planning support rather than medical, legal, or employment advice.

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If you print this

- Printed pages hold whatever you write on them. Store them the way you would store any private note.
- US Letter is the primary size. It prints on A4 without loss when your printer scales to fit.

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