

## **Abstract**

**Title:** The exercise program for patients with narcolepsy

**Objectives:** The aim of this work is to evaluate the effectiveness of exercise intervention in a group of nine selected patients with narcolepsy.

**Methods:** Measurements of body composition by electrical bioimpedance and measurement of functional capacity by spiroergometry were used for data acquisition. Further survey was used to obtain information on subjective feelings of patients and their motion mode.

**Results:** Patients were able to complete a program of exercise intervention. After completing the program, five of the nine patients had a lower weight of 0.4 to 10.6 kg, while seven of the nine patients significantly improved cardiorespiratory fitness differences in  $VO_2$  peak values of 1.5 - 10 ml / min.kg. Only some patients maintained an exercise mode after completion of the intervention program.

**Keywords:** The exercise program, narcolepsy, obesity, lifestyle diseases, quality of Life