

Smith-Magenis Syndrome Awareness Day

November 17th

Today, November 17th, is world Smith-Magenis Awareness Day! I hope this worksheet will be a fun way for you to learn about **Smith-Magenis Syndrome (SMS)**! **Don't forget to tell your friends and family about SMS!!**

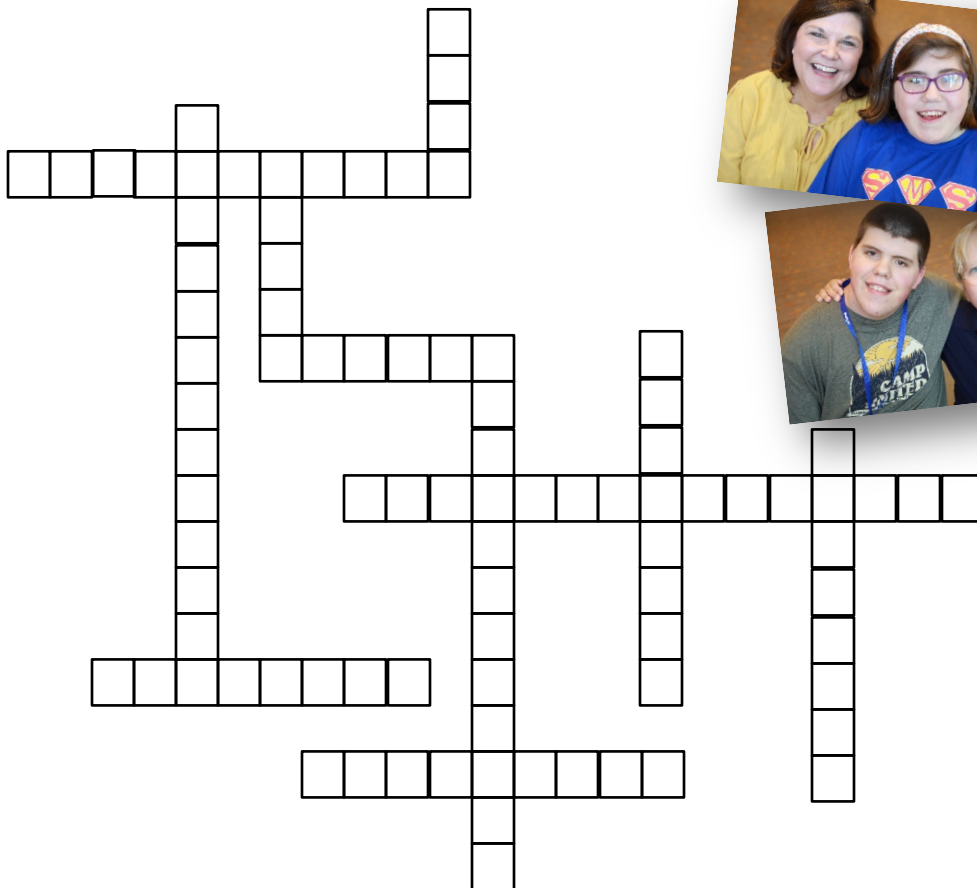


What is Smith-Magenis Syndrome?

Chromosomes are what make you...well you! They tell you whether a person is a boy or a girl, if you have blue eyes or brown eyes, if your hair is brown or blonde, etc. People with Smith-Magenis Syndrome (SMS) are missing a little piece of one of their **chromosomes**, chromosome 17. Because they are missing this little piece of chromosome 17, they may look a little different and it might be harder for you to understand them. It may take them a little longer to learn than you do. They also might have **special needs**, have a hard time controlling their **behavior**, and need extra help with things that you can do easily.

One of the hardest parts of SMS is the sleeping pattern. People with SMS have an inverted **circadian rhythm**, which means their brains want them to **sleep** during the day and stay awake at night. Many families have to make special accommodations to make sure people with SMS have a safe place at night to sleep...and sometimes play...so that they don't wake everyone else up. Despite some of these struggles, people with SMS have endearing personalities and give the best **hugs!!**

Not a lot of people have SMS. In fact, only 1 in every 25,000 babies is born with SMS. SMS is considered a rare syndrome, so spreading awareness about it is really important! There are organizations throughout the world that are working together to support people with SMS and their families. **PRISMS** (Parents and Researchers Interested In Smith-Magenis Syndrome) is the largest organization that is dedicated to providing information and support to families, sponsoring **research** and raising **awareness** of SMS. For more information on SMS, please visit www.prisms.org.



Fill in the crossword puzzle:

Hugs	Smith-Magenis
Syndrome	Chromosomes
Behavior	Circadian Rhythm
Sleep	PRISMS
Research	Awareness
Special Needs	