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### Message from WUN Executive Director

**Greetings,**

June has been an incredibly productive month. The Wake Up Narcolepsy team attended SLEEP 2023 conference in Indianapolis where we met with health care providers, industry, people with Narcolepsy and had time to be together as a team. As a virtual organization, we interact through video calls so having our team together was an incredible opportunity to share ideas about other ways we can make a positive impact for our patient community. Interactions at this conference confirmed that Wake Up Narcolepsy is the leading national Narcolepsy advocacy organization for patient resources. Our robust website, resources, education platforms and 1-1 touch points all support our patient community as they navigate their way through diagnosis, finding a doctor and living with Narcolepsy.

Dr. Thomas Scammell of Harvard Medical School presented at our June Brown Bag Webinar on Understanding the Differences between Narcolepsy Type 1, Type 2 and Idiopathic Hypersomnia. The highly attended session was packed with information and lots of questions were answered throughout. This is a relevant topic in the Hypersomnia world. If you didn’t catch the session, be sure to watch the recording on WUN’s YouTube channel and subscribe while you’re at it!

Looking ahead, I invite you to Dream With Us! Wake Up Narcolepsy will be hosting Dream With Us events where local communities will engage with each other in person. Keep an eye out for events in your local area! If you would like to volunteer or share ideas, please reach out at info@wakeupnarcolepsy.org and someone from our team will be in touch with you.

- Monica Gow
APSS Trip Recap

WUN had an amazing time making connections, educating about Narcolepsy and sharing our mission and programs with the community at APSS SLEEP 2023!

We were able to host a physician breakfast and attend many events with our sponsors.

If you were able to attend and stopped by to see us, be sure to be on the lookout for the resources you requested in an email soon!

Webinar Recordings

Did you know that Wake Up Narcolepsy has recordings of our monthly Brown Bag Webinars available on YouTube?

Head over to our channel to check them out. Latest topic:

Understanding the Differences Between Narcolepsy Type 1, Type 2 and Idiopathic Hypersomnia

by Dr. Thomas Scammell
September Conference & Patient Summit

September 9th, 2023 in Rochester, MN, is Wake Up Narcolepsy’s annual conference and patient summit! Join us in person or virtually to hear from speakers of all backgrounds regarding Narcolepsy. There will also be a specific “Teen Track” for those attending including activities to bond with other teens with Narcolepsy.

WAKE UP NARCOLEPSY
2023 NATIONAL CONFERENCE

September 9th - The Kahler Grand Hotel, Rochester, MN

KEYNOTE SPEAKER
9:05 - 9:50 AM
Medications for Narcolepsy: Present & Future
MICHAEL H. SILBER, M.B., CH.B

SPEAKER 1
9:50 - 10:35 AM
Narcolepsy Symptoms & Diagnosis
MITHRI JUNNA, MD

SPEAKER 2
10:45 - 11:30 AM
Person with Narcolepsy Co-Presentation
NICOLE JERAY

BREAKOUT SESSION 1
12:30 - 1:30 PM
Transition of Care from Pediatrics to Adult  JULIE BAUGH
Pregnancy, Parenting with Narcolepsy  MELISSA LIPFORD, MD
Patient Perspective  EMILY ROBINSON

BREAKOUT SESSION 2
1:40 - 2:40 PM
Mental Health & Narcolepsy
BHANUPRAKASH KOLLA, MD
Medical Comorbidities & Narcolepsy
DIEGO Z. CARVALHO, MD, MS
Comorbid Sleep Disorders & Narcolepsy
ERIK ST. LOUIS, MD

INDUSTRY SPEAKERS
2:50 - 3:20 PM

WUN BREAKOUT SESSION
3:25 - 4:30 PM
Youth Breakout  TARA O’CONNOR
PWN Breakout  TBA
Parents/Loved Ones Breakout  ANNE SAMARAWICKRAMA

FREE HYBRID EVENT - JOIN US: IN PERSON OR VIRTUAL
BREAKFAST, LUNCH & PARKING INCLUDED

THANK YOU TO OUR SPONSORS

Visit WakeUpNarcolepsy.org or connect with us on Instagram, Facebook, Twitter, LinkedIn or YouTube.
New Support Group!

Living with Narcolepsy - Comorbidities
Starting July 3rd - Every Monday @ 7pm ET
Register & Learn More @ heypeers.com/organizations/2

Full Support Group Schedule

ONLINE SUPPORT GROUPS

GROUP all times in ET DAY
- Living with Narcolepsy (Comorbidities) 7pm Mon.
- Parents of PWN 8:15pm Mon.
- College and Careers with Narcolepsy 7pm Tues.
- Pregnancy & Parenting with Narcolepsy 8pm Tues.
- Living with Narcolepsy 7pm Wed.
- Living with Narcolepsy (West Coast) 10pm Wed.
- Living with Narcolepsy (Canada) 6:30pm Thurs.
- Living with Narcolepsy (LGBTQIA+) 4pm Fri.
- Living with Narcolepsy 1:30pm Sat.

Thank you to our generous sponsors

Register for a Support Group today by scanning the QR Code, or go to www.WakeUpNarcolepsy.org or https://heypeers.com/organizations/2

Visit WakeUpNarcolepsy.org or connect with us on Instagram, Facebook, Twitter, LinkedIn or YouTube.
Newsletter Name Winner!

In our April edition, we had a contest to help us rename our newsletter.

We’re happy to announce that our winner is Syd Vincent with the submission of “The Monthly Wake Up!”

Thank you to Syd and everyone else who entered our contest. We’re very excited to move forward with this newsletter and continue to spread awareness and education through our monthly editions.

2nd Annual Wicked Cornhole Tournament

Wake Up Narcolepsy
2023 CORNHOLE TOURNAMENT
To Support “Send A Kid to Camp” Fundraiser

Saturday
August 19th
4pm
Worcester Country Club,
2 Rice Street
Worcester, MA

$150 per Team
of 2, includes
tournament,
food, drink &
music

Proceeds will send up to 30 kids with Narcolepsy to Courageous Center for Kids Camp - Sept 22nd-24th 2023

Register with the QR code or visit tinyurl.com/WUN-Cornhole
June 30th - July 3rd
WUN attending National Association of School Nurses Conference

July 3rd
First meeting of NEW SUPPORT GROUP: Living with Narcolepsy - Comorbidities at 7pm ET

August 19th
2nd Annual Wicked Cornhole Tournament

September 9th
Wake Up Narcolepsy 2023 National Conference & Patient Summit

ONGOING
Weekly support groups for people with Narcolepsy and Idiopathic Hypersomnia

RaiseUp & SunUp Studies:
Now Enrolling - Clinical Research Studies for Narcolepsy
Visit narcolepsystudies.com

CATNAP® Pediatric Narcolepsy Registry
The Narcolepsy Assessment Partnership - Recruiting Now
Visit catnap.healthie.net

POLARIS Clinical Development Program
Visit polaris.nlspharma.com/polaris-clinical-program/

Visit WakeUpNarcolepsy.org or connect with us on Instagram, Facebook, Twitter, LinkedIn or YouTube.