



The Monthly Wake Up

Contents

1. Message from Director
2. Congrats, Tammy!
3. Brown Bag Webinar Dates
4. National Summit Schedule
5. Thank You!
7. Events & Clinical Trials

Message from WUN Executive Director

Greetings,

Happy New Year! I hope you all had a wonderful holiday season and that your year is off to a happy and healthy start.

Wake Up Narcolepsy (WUN) is starting off 2024 with exciting news! Tammy Anderson, former Program Manager, has been promoted to Assistant Director! Read more in this edition about Tammy's work with WUN.

Throughout the last few months of 2023, WUN raised \$53,000 for our End of Year Giving Campaign! I thank you for your generosity and dedication that allows us to continue bringing our programs and resources to the community at no cost, all while funding Narcolepsy research for better treatments and a cure.

As you may have seen on social media, we have also been announcing the dates for the first half of our 2024 Brown Bag Webinar Series. Join us to hear about the latest topics regarding Narcolepsy and have a chance to ask an expert your questions! The first webinar will take place on February 8th at 2pm Eastern Time and will be a Narcolepsy 101 presentation by Thomas Scammell, MD. Pre-registration is required so make sure you click here to secure your spot.

We have many other exciting events coming up, such as the 2024 Philadelphia Sleep Conference WUN representatives will be attending in March, and Wake Up Narcolepsy's own National Summit on April 27th in Redmond, WA! Check out the schedule featuring our keynote speaker, Emmanuel Mignot, PhD, MD, and many other amazing voices from the Narcolepsy community! Please join us in person. Virtual option available too.

Thank you again for your support & make sure to register for our exciting upcoming events!

- Monica Gow



Monica Gow
WUN Co-Founder &
Executive Director

Congratulations, Tammy!



Wake Up Narcolepsy (WUN) is excited to announce that former Program Manager Tammy Anderson has been promoted to Assistant Director, effective January 2024!

When her daughter was diagnosed with Narcolepsy at age 10, Tammy and her husband set out to find answers, treatments, therapies and ways that their daughter could live the fullest life possible. She has been involved with WUN since 2018 when their family first attended the

annual WUN Family Weekend at the Center for Courageous Kids!

“Tammy’s leadership and guidance have significantly contributed to Wake Up Narcolepsy over the past few years,” says WUN Co-founder and Executive Director Monica Gow. “We are thrilled about her transition to the role of assistant director.”

Prior to joining WUN, Tammy worked as a development director at a nonprofit and as a student advocate in public, private and home education settings, building upon her belief that every child deserves an education and opportunities that fit their individual needs and where they are most likely to succeed.

“It has been rewarding to see firsthand the impact of this important work,” Tammy said about her time at WUN. “I believe it changes lives. Stepping into this role, I’m eager to contribute even more meaningfully to our community’s growth and well-being.”

Read more on our website!

Save the Date - 2024 Webinars

Brown Bag NARCOLEPSY WEBINAR SERIES



February 8th **Narcolepsy 101**
2pm Eastern Time Thomas Scammell, MD

March 14th **Maternal Health**
2pm Eastern Time Katie Sharkey, MD, PhD
Ashley Starr-Frechette & Emily Barker

April 24th **Canada Medications & Access to Care**
2pm Eastern Time Laurel Charlesworth, MD & Kelsey Bingham

May 9th **Diagnostic Journey**
2pm Eastern Time Anthony Izzo, DO & Jason Todd, MD

REGISTER NOW
to secure your spot for the
February 8th webinar & ask
Narcolepsy expert
Dr. Scammell
your questions!

Thank you to our 2024 sponsors:



2024 National Summit Schedule

REGISTER NOW

to join us on
April 27th virtually or
in-person at the
Seattle Marriott
Redmond!

Take advantage of our group rate by
booking your room by March 29th!

Thank you to our 2024 sponsors:



9:00 - 9:45 AM

Keynote Speaker
EMMANUEL MIGNOT
MD, PHD

10:00 - 11:15 AM

People with Narcolepsy
Perspectives Panel

KATY SCRUTON,
BRIAN MAHN,
STEPHANIE MANULI,
TRE BURGE
MODERATOR: NICOLE JERAY

12:15 - 1:00 PM

Managing your Mental Health
MICHAEL GRANDNER
PHD, MTR, CBSM, FAASM

1:00 - 1:45 PM

Advocating for Yourself
ANNE MARIE MORSE
DO

1:45 - 2:30 PM

Sleep Inequities &
Inclusion Panel

TONY BENNAE RICHARD,
TATIANA MARIA CORBITT
MODERATOR: MICHAEL GRANDNER,
PHD, MTR, CBSM, FAASM

3:00 - 3:45 PM

Breakout Sessions:
Navigating Parenting &
Family Life with Narcolepsy
EMILY ROBINSON,
ELISA WIRKALA, TIM STROUD
MODERATOR: ANNE MARIE MORSE, DO
What to Know about
Narcolepsy
NICOLE JERAY,
EMMANUEL MIGNOT, MD, PHD

3:45 - 5:00 PM

Support Groups:
People with Narcolepsy
Loved Ones
Teens

*All times are in
Pacific Daylight
Time (PDT)

Thank You!

From the team at Wake Up Narcolepsy, we want to say a huge THANK YOU to everyone who helped us with our End of Year Giving Campaign!

Your generous donations help us:

- Accelerate Narcolepsy research
- Bring the 2024 National Summit to **500+ people** virtually & in-person
- Send **30 children with Narcolepsy & their families** to our annual Family Weekend Camp
 - Provide support to **50+ weekly attendees** of our **9 online Narcolepsy support groups**
- Spread education & awareness through **8 Brown Bag Webinars** where community members directly ask experts their questions

Thank you for helping us continue our mission of driving Narcolepsy awareness, education and research towards improved treatments and a cure! We couldn't do it without the ongoing support of our community.

Upcoming Events

February 8th - 2pm ET

*February Brown Bag Webinar:
Narcolepsy 101 by
Thomas Scammell, MD*

February 29th

Rare Disease Day 2024

March 14th - 2pm ET

*March Brown Bag Webinar:
Narcolepsy & Maternal Health*

March 22nd

*WUN attends the 2024
Philadelphia Sleep Conference!*

April 24th - 2pm ET

*April Brown Bag Webinar:
Canada Medications & Access to Care*

April 27th

2024 WUN National Summit

ONGOING

*Weekly support groups for
people with Narcolepsy and
Idiopathic Hypersomnia*

Clinical Trials

**Clinical Trial For Patients
18 to 65 with Narcolepsy
Type 2 or Idiopathic
Hypersomnia (IH) by
Alkermes Being
Conducted by Biotrial Inc.
in Newark, NJ**

*To help advance medical research,
participate, or refer a friend!*

Contact
luz.stevens@biotrial.com

**Northwestern
EXPLAIN-2 Study**

*The Behavioral Sleep Medicine Lab is
researching how relationships are
affected by idiopathic hypersomnia
and narcolepsy (IH/N). We are
recruiting adults (age 18 or older) who
have IH/N and want to participate
with a parent.*

**Email: Explain@northwestern.edu
Principal investigator: Jennifer
Mundt, PhD**