



The Monthly Wake Up

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Message from WUN Executive Director

Greetings,

As February comes to a close, Wake Up Narcolepsy (WUN) is gearing up for a busy March and April. February 29th is Rare Disease Day and March 10th - 16th is Sleep Awareness Week 2024! Each year, we host a contest to spread Narcolepsy awareness and this year, #NarcolepsyInSixWords is back! Check out the official information for rules.

On March 15th, World Sleep Day, we will host an Instagram Live Q&A with Vincent Arthur, an iRacing eSports and Carolina Pro Late Model Series Driver living with Narcolepsy. We have also partnered with Vincent for an online racing series, where his car will be sporting WUN colors!

Thank you to everyone who made our first WUN Town Halls possible. We are looking forward to the upcoming 2024 events. If you're interested in learning more, reach out to wuntownhall@wakeupnarcolepsy.org

Our first Brown Bag Webinar of 2024, "Narcolepsy 101" was full of wonderful information and the recording is now available. Thank you to Dr. Scammell for answering the audience questions live! Registration is now open for our March webinar "Narcolepsy & Maternal Health."

Don't forget to register for our NO-COST 2024 National Summit. Spots are filling up fast! If you're looking for something to wear to the event, check out our awareness apparel! There are familiar favorites and new designs available.

Thank you for your ongoing support. We are very grateful for our community!

- Monica Gow



Monica Gow
WUN Co-Founder &
Executive Director

Recap of WUN Town Halls



San Marcos, Texas - 12/02 WUN Town Hall & Paint Party

Hosted by Katy & Robby from 3Z Realty
Thank you to all the volunteers that made this event possible!



Hopkinton, Massachusetts - 12/03 Holiday WUN Town Hall

Thank you to all the volunteers that made this event possible!



Denver, Colorado - 12/09 Holiday WUN Town Hall

Hosted by Terry & Theresa Heckmaster
Thank you to all the volunteers that made this event possible!

Upcoming WUN Town Halls

Tennessee WUN Town Hall 03/23 - 11am CDT

Nashville Public Library North Branch
1001 Monroe St, Nashville, TN 37208

Hosted by Wake Up Narcolepsy
Discussion facilitated by Matt Horsnell

RSVP:

wuntownhall@wakeupnarcolepsy.org

Thank you to our sponsors: 

Toronto WUN Town Hall 04/06 - 10am EDT

Toronto Public Library - Barbara Frum Branch
20 Covington Rd, Toronto, ON M6A 3C1

Hosted by Wake Up Narcolepsy
Guest speaker Brian J. Murray

RSVP:

wuntownhall@wakeupnarcolepsy.org

Thank you to our sponsors: 

Summit Updates

If you're not registered already...

Make sure you register soon to secure your spot! Don't miss out on this amazing opportunity to connect with the community and hear from renowned speakers!

If you are registered...

Make sure to download the event app! It's the easiest way to make the most out of your experience. You'll have access to the latest schedule, speaker information and announcements!

Thank you to our sponsors:



Awareness Apparel

Looking for something to wear to the National Summit? Want to spread Narcolepsy awareness wherever you go?

Check out our awareness apparel available now on Bonfire! **Shop now at bonfire.com/store/wake-up-narcolepsy**



#NarcolepsyInSixWords Contest

DESCRIBE
NARCOLEPSY
IN SIX
WORDS

We want to hear from you!

Submit your entry
by March 4th for
a chance to win!

Contest open to people with
Narcolepsy & loved ones.

OFFICIAL CONTEST DETAILS BELOW.

To enter, email sleepweek@wakeupnarcolepsy.org
by March 4th with:

- Your name
- Six words to describe Narcolepsy
- A photo
- Any social media handles you want us to tag

Thank you to our awareness sponsors:



World Sleep Day Q&A



Vincent Arthur is an iRacing eSports and Carolina Pro Late Model Series Driver living with Narcolepsy.

Every Tuesday at 8:30pm ET, he competes in an online racing series called the National Oval Racing Association Cup Series. The races in this series are broadcast live on YouTube and the season kicked off yesterday, February 20th!

For the 2024 NORA Cup Series, Wake Up Narcolepsy (WUN) has partnered with Vincent to spread Narcolepsy awareness as he races! The car features WUN colors and the logo!

We are also excited to announce a Sleep Awareness Week event taking place on World Sleep Day, March 15th!

Join us on Instagram Live at 12pm ET for our 3rd Celebrity Q&A, where Vincent Arthur is going to be answering questions about his experience with Narcolepsy!

Thank you to our awareness sponsors:




Recording - Narcolepsy 101

Brown Bag NARCOLEPSY WEBINAR SERIES



Narcolepsy 101

 Thomas Scammell, MD

 February 8th

 2pm ET

*Pre-registration required

Thank you to Dr. Scammell for a wonderful webinar and for answering so many live questions!

The full recording can be found on the Wake Up Narcolepsy YouTube channel!

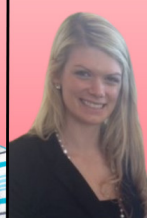
THANK YOU TO OUR 2024 SPONSORS:  Avadel.  Takeda.  paladin

Upcoming Brown Bag Webinar


Register now for our March 14th webinar where you can learn all about Narcolepsy & Maternal Health!


This is a great opportunity to ask the experts, so make sure you bring your questions for the live Q&A!

Brown Bag NARCOLEPSY WEBINAR SERIES



Narcolepsy & Maternal Health

 Katie Sharkey, MD, PhD
Ashley Starr Frechette, PWN
Emily Clegg Barker, PWN
Kelsey Biddle, PWN

 March 14th

 2pm ET

*Pre-registration required



THANK YOU TO OUR 2024 SPONSORS:  Avadel.  Takeda.  paladin

Rare Disease Day

Today, Wake Up Narcolepsy supports



RARE DISEASE DAY®

February 29th, 2024

Learn more at RareDiseaseDay.org

Narcolepsy is considered a rare disorder as it affects approximately 1 in every 2,000 people.

By raising awareness about rare conditions, you can help decrease the stigma and increase education about their complexities!

Thank you to our awareness sponsors:



Narcolepsy & Heart Health

February is American Heart Month and WUN is raising awareness by launching the new webpage, Narcolepsy & Heart Health!

The new webpage has highlights of the amazing resources made available by the AHA, including the recent scientific statement, "Impact of Sleep Disorders and Disturbed Sleep on Brain Health," fact sheets and discussion guides.

Thank you again to the American Heart Association for the opportunity to spread awareness through the sleep community and for your incredible resources!

Upcoming Events

February 29th

Rare Disease Day 2024

March 10th - 16th

Sleep Awareness Week 2024

March 14th - 2pm ET

*March Brown Bag Webinar:
Narcolepsy & Maternal Health*

March 15th - 12pm ET

*World Sleep Day Instagram Live
Q&A with Vincent Arthur*

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 IH*

Clinical Trials

**Narcolepsy & Physical
Activity Survey**

*This research study aims to look at
whether physical activity has an
effect on levels of excessive
daytime sleepiness for individuals
with narcolepsy types 1 and 2.*

Learn more below

*Questions? Contact
Ciara Oakley - oakleyci@mail.gvsu.edu*

**IQVIA Survey and
Interviews in
Narcolepsy and IH
with Xywav**

*IQVIA is currently looking for adults
(≥18 years of age) who have been
diagnosed with narcolepsy or IH
currently taking Xywav® to take
part in a paid research study.*

See if you qualify below

*Questions? Contact
SleepSurveyandInterview@IQVIA.com*

Thank you to our Sponsors:

Gold Sponsor:  Avadel.