



Sleep Awareness Week 2024 Wake Up Narcolepsy Schedule

March 9, 2024 - As Sleep Awareness Week 2024 approaches, taking place March 10th-16th, Wake Up Narcolepsy has very exciting plans to share with the community!

Starting on Sunday, March 10th, submissions for our #NarcolepsyInSixWords contest will be posted on our social media platforms once per day through Friday, March 15th. Vote for your favorite(s) by leaving a comment on [Instagram](#) and [Facebook](#) with the name or number you'd like to vote for! Votes can be cast through Sunday, March 17th at 11:59pm ET and the winner will be announced on Monday, March 18th!

Also throughout the week, new episodes of our limited podcast series, "Narcolepsy Nightcaps: Soothing Stories with Wake Up Narcolepsy" will be released each day! You'll hear voices from across the Narcolepsy community sharing bedtime stories. Tune in for classic favorites and original works!

On Tuesday at 8:30pm ET, tune in to the [YouTube broadcast](#) of Vincent Arthur's weekly race in the NORA 2024 Series, where his car has Wake Up Narcolepsy's logo and colors! We're rooting for you, Vincent!

On Thursday at 2pm ET, make sure you join us for our [March Brown Bag Webinar](#), "Narcolepsy & Maternal Health" with Katie Sharkey, MD, PhD, FAASM, FACP, Ashley Starr Frechette, MPH (PWN) & Emily Clegg Barker, PhD (PWN). This will be moderated by Kelsey Biddle, MD Candidate (PWN). Make sure you bring your questions to ask the experts!

On Friday, World Sleep Day, at 12pm ET, join Brian Mahn, WUN Volunteer and person with Narcolepsy, as he sits down with Vincent Arthur, iRacing eSports and Carolina Pro Late Model Series Driver living with Narcolepsy. We'll hear more about Vincent's diagnosis and experience, and we'll be sharing some of your related questions. This is taking place on [Instagram Live](#)!

Thank you to our [2024 awareness sponsors](#) for making this week of events possible! We hope the community is as excited as we are!