

Wake Up Narcolepsy Announces Tammy Anderson as Executive Director

Organization Honors Founder Monica Gow's Inspiring 16 Year Legacy Serving the Narcolepsy Community

WORCESTER, MA, November 18, 2024 – Wake Up Narcolepsy (WUN), a nonprofit dedicated to driving Narcolepsy awareness, education and research, announced today that Tammy Anderson, previously Assistant Director, has been named Executive Director.

In her new role, Anderson will drive WUN's mission through enhanced community engagement, expanded resources for families and continued support for research. She will also lead WUN as it reinforces its commitment to educating the public, medical community and policymakers on the critical needs of the Narcolepsy community.

"I am deeply passionate about serving the community and welcome everyone to find their place at Wake Up Narcolepsy," said Anderson. "As Executive Director, I am committed to honoring the tradition of greatness that has defined this organization since the beginning, and I look forward to working together to create a brighter future for all."

After nearly 16 years of service, Former Executive Director Monica Gow has announced her retirement. She will remain involved with WUN. To ensure a smooth transition, she will support the team as Executive Consultant over the next few months and then transition to Founder Emeritus.

"I am filled with hope and gratitude as I transition to this new chapter. Tammy has proven herself as a dedicated and visionary leader, and I have every confidence that under her guidance, WUN will continue to flourish," said Gow. "I am thrilled to witness the new milestones that we will achieve together."

Since founding WUN alongside her husband David in 2008, Gow has been a passionate advocate for improving the lives of people with Narcolepsy through education, awareness and research. Under her leadership, WUN has grown to be a trusted voice in the community and has forged essential partnerships to advance understanding and support for the often misunderstood condition. The organization has flourished under her direction, growing from its grassroots beginnings to generating nearly \$6.5 million in revenue since its inception, a testament to her unwavering dedication and impact.

“It is an honor to carry forward Monica’s vision and passion. Her dedication has shaped WUN’s mission, and I am committed to building upon her legacy to create a world that understands and supports those impacted by Narcolepsy,” said Anderson.

Anderson first joined WUN as Patient Advocate & Program Manager in January 2022. As Assistant Director, Anderson has already made a substantial impact on WUN’s initiatives, including growth in the organization’s outreach, partnerships and support offerings. She also has a personal commitment to the cause as a parent of a child with Narcolepsy.

Mary Beth Guckian, Chair of WUN’s Board of Directors, added, “Monica’s commitment to WUN has been nothing short of inspiring. Her impact on this community will be felt for generations, and we are grateful that she will continue to play a role in our organization. We’re equally thrilled to welcome Tammy to her new role, where her empathy, experience and dedication will lead WUN into an exciting future.”

Prior to joining WUN, Anderson worked as a development director at a nonprofit and as a student advocate in public, private and home education settings.

Anderson is a graduate of Brigham Young University and currently resides in the foothills of Northern Utah with her family.

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About Narcolepsy

Narcolepsy is a lifelong disorder of the central nervous system, characterized by the brain’s inability to control sleep-wake cycles. It affects 1 in every 2,000 individuals with a genetic predisposition activated by an environmental trigger. Typical onset of Narcolepsy occurs between the ages of 10 and 20, but can also occur in young children. Symptoms vary from individual to individual, with some cases being more severe than others. For individuals with Narcolepsy, aspects of rapid eye movement (REM) sleep intrude on wakefulness, while wakefulness intrudes on their sleep.

Individuals with Narcolepsy may quickly enter REM sleep without first experiencing non-rapid eye movement (NREM) sleep at night and during the day. Some of the characteristics of Narcolepsy include cataplexy, sleep paralysis and hallucinations.

About Wake Up Narcolepsy

Founded in 2008, Wake Up Narcolepsy (WUN) is a 501(c)(3) nonprofit organization dedicated to driving Narcolepsy awareness, education and research toward improved

treatments and a cure. For more information, please visit <https://www.wakeupnarcolepsy.org/> or contact info@wakeupnarcolepsy.org.

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