

The Monthly Wake Up



IN THIS EDITION:

- Message from Director
- Recent Recaps & Updates
- WUN Town Halls
- Brown Bag Webinars
- Events & Clinical Trials

Dear Community Members,

With March well underway, I'm reflecting on the incredible energy and dedication that have driven Wake Up Narcolepsy (WUN)'s recent awareness campaign. It's inspiring to see how much we've accomplished together and the impact we continue to make. We shone a light not just on Narcolepsy, but all sleep disorders, emphasizing the importance of healthy sleep. Your participation has been a powerful way to join hands in raising awareness.

Awareness matters because it fosters understanding, reduces stigma and builds a network of support. Each conversation sparked and story shared helps create a world where those with Narcolepsy and other sleep disorders feel seen and empowered. This spirit of togetherness continues to inspire us all at WUN.

This week, our team will take part in a training workshop to strengthen bonds and equip us to serve our incredible community even better. The workshop leads right into Family Weekend, a program dear to my heart as it was my own introduction to WUN and set me on the path to where I am today. For me, Family Weekend represents a space of connection and relief—where parents meet others who truly understand and children form lifelong bonds. These moments of unity are at the core of what we stand for.

That same spirit of connection shines in our ongoing "Mission Moments." At a recent WUN Town Hall, one participant shared heartfelt words about their family that deeply moved another community member. Touched, they expressed how much they wished for someone like that in their own life. Without hesitation, the participant replied warmly, "I'll be your family." Plans to meet were set in motion.

As another attendee beautifully put it, "These moments are what these events are all about—you find your people, and they become family."

Tammy Anderson



Tammy Anderson
WUN Executive Director

NARCOLEPSY NIGHTCAPS

Have you heard about season 2 of our limited podcast series featuring:

- Timothy Stroud
- Rachel Nesmith
- Dr. Shelby Harris
- Ella Walsh
- Daniel Gale

Visit WakeUpNarcolepsy.org/Narcolepsy-Nightcaps

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2025 AWARENESS CAMPAIGN RECAP

In case you missed it, WUN holds an awareness campaign contest each year during National Sleep Foundation's Sleep Awareness Week®!

This year, we asked for creative sleep slogan submissions and you did not disappoint. The community voted all week for their favorites and the **winner** was Sessa's entry of "**Sleep is a priority, not an indulgence**" with 70 total votes! Congratulations to Sessa, as well as the **runner up**, Brittany, whose entry of "**I wake up exhausted from sleep I didn't ask for**" had 57 total votes!

CANADIAN SLEEP SOCIETY CONFERENCE

WUN representatives were pleased to attend the CSS National Conference in Montreal this past weekend. David Gow, WUN Co-Founder and board member, introduced Dr. Mignot to the stage for his session, while volunteers Kelsey and Sophie taught other attendees about WUN. It was a very insightful event!

NATIONAL SUMMIT REMINDERS

The WUN National Summit will be here before you know it, so don't delay in getting the following things done!

If you're joining us in-person or virtually, make sure to:

- **Download the Whova app for access to event info**

If you're joining us in-person, you can also:

- **Book your hotel room by 04/03 at our group rate**
- **Order a t-shirt by 03/31 to receive it at the event**

In-person registration ends 04/12 so if you haven't registered yet, what are you waiting for? This is a no-cost event you won't want to miss whether you join us in Raleigh-Durham or online.



LOCATIONS:



Dayton, OH



Indianapolis, IN



Louisville, KY

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UPCOMING WUN TOWN HALLS

WUN Town Halls are local events in North America where people with Narcolepsy or other Central Disorders of Hypersomnolence, and their loved ones can meet! It is tailored to the community and planned by WUN staff members and volunteers.

Whether you have a sleep disorder or simply want to expand your knowledge, these are fantastic chances to connect with a supportive community and gain expert insights. Refreshments will be served! Learn more: Wakeupnarcolepsy.org/get-involved

BROWN BAG WEBINARS

Thank you to Dr. Maski for a wonderful webinar on "Pediatric Narcolepsy Medications & Symptom Management!"

Missed the live discussion? Don't worry! The recording will be available soon on our YouTube channel and website.

Have you registered for our upcoming webinar yet?

April 10th - 2pm ET

Demystifying Narcolepsy Clinical Trials

Bruce Corser, MD, FAASM | Sleep Management Institute

Are you curious about Narcolepsy clinical trials but unsure where to start? Join us as Dr. Corser shares his expertise and breaks down everything you need to know. From understanding what clinical trials are to learning how to get involved, he'll address common misconceptions and concerns.

Register today & bring your questions for Dr. Corser!

ONGOING:

Weekly **online support groups** for people with Narcolepsy, Idiopathic Hypersomnia and loved ones!

ONLINE SUPPORT GROUP SPONSORS:

Avadel Pharmaceuticals, Harmony Biosciences, Jazz Pharmaceuticals, Centessa Pharmaceuticals & Takeda Pharmaceuticals

**CHAMPION SPONSORS:**

Diamond:  **Avadel.**

Gold:  **HARMONY BIOSCIENCES**

Gold:  **Jazz Pharmaceuticals**

Silver:  **CENTESSA PHARMACEUTICALS**

UPCOMING EVENTS

March 21st-23rd

2025 Family Weekend

March 28th

WUN attends Philadelphia Sleep Conference

March 29th - 11am - 1:30pm CT

Dayton WUN Town Hall

April

National Volunteer Month

April 5th - 11am - 1:30pm CT

Indianapolis WUN Town Hall

April 10th - 2pm ET

April BBW: Demystifying Narcolepsy Clinical Trials

April 26th

2025 WUN Summit

REVITALYZ STUDY

REVITALYZ is a phase 3 clinical study looking at the efficacy and safety of a study drug for the treatment of idiopathic hypersomnia in adults. Learn more here!

DONATE TO WUN'S MISSION

With your support, WUN can continue to improve the lives of those living with Narcolepsy by:

- Funding research advancements
- Creating no-cost supportive resources and programs
- Increasing general awareness and education of Narcolepsy