



Wake Up Narcolepsy Launches Second Year of Worldwide Step Up For Sleep

August 13, 2025 - Are you looking for ways to celebrate World Narcolepsy Day, taking place September 22nd, 2025?

We're excited to announce the second year of Worldwide Step Up For Sleep! The global campaign is designed to raise Narcolepsy awareness and critical funds while also encouraging participants all over the globe to get active.

The campaign will run for the entire month of September, offering the opportunity to track their physical activity, fundraise, participate in weekly challenges and compete with friends to rise to the top of leaderboards.

The weekly challenges as well as the ultimate challenge can be found below, so mark your calendars to make sure you don't miss them! Full details can be found on the activities page after registering.

To register for Worldwide Step Up For Sleep, visit <https://p2p.onecause.com/worldwidestepup>

Week One Challenge: Whether you're walking, running, biking or doing yoga, start off strong! The participant who tracks the longest continuous movement session this week will receive a WUN apparel item of their choice.

Week Two Challenge: Encourage others to help you reach your goal! The participant who receives the most individual donations this week will win a WUN apparel item of their choice.

Week Three Challenge: It's time to get active! The participant who tracks the most active minutes this week will win a WUN apparel item of their choice.

Week Four Challenge: We're in the home stretch for #WorldwideStepUp! The individual who raises the most money in a 24-hour period this week will receive a WUN apparel item of their choice.

Ultimate Challenge: The individual with the most consecutive active days logged during the month of September will win two WUN apparel items of their choice.



2025 Awareness Sponsors include Avadel Pharmaceuticals, Harmony Biosciences, Jazz Pharmaceuticals, Centessa Pharmaceuticals, Axsome Therapeutics and Takeda Pharmaceuticals.