

The Monthly Wake Up



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Dear Community Members,

As we move toward the end of the year, it's important to continue to prioritize self care. Listening to your body's needs can often fall to the background during a busy holiday season, but intentionally recharging and setting boundaries can help you show up in meaningful ways.

At our recent Bridging Perspectives Convening, one of the sentiments shared was the power of support and feeling understood. Whether it be through resources like Wake Up Narcolepsy (WUN)'s online support

groups or just communicating with a loved one, asking for help is a wonderful first step. We know it takes a lot of courage to get started, but that is why we are here. Our community is built of incredibly dedicated and open individuals who will welcome you no matter where you are in your journey. If you haven't already tried attending, I would encourage you to look into the options available. Each one has a unique environment and culture, so feel free to try several groups until you find the right fit for you.

As always, please reach out with any questions that may be holding you back from trying our programs. We are dedicated to helping everyone feel less alone. The importance of this only heightens as we shift seasons, where colder weather may contribute to higher levels of isolation. I'd like to draw attention to two additional resources: our October blog "Narcolepsy: Seasons of Sleep," where Tasha Hill explores how symptoms vary at different times of year, and our November webinar "Navigating the Holidays with Narcolepsy," where Dr. Roth will share practical strategies for preserving mental health during this season.

This month's mission moment showcases the impact support groups can have and how quickly it can happen. After their first meeting, an attendee's mom instantly noticed a difference, saying, "*I can tell you've found your people.*"

Tammy Anderson



Tammy Anderson
WUN Executive Director



WORLDWIDE STEP UP RECAP

Thank you to everyone who participated in this year's campaign designed to raise Narcolepsy awareness and critical funds while also encouraging participants all over the globe to get active!

Together, 60 participants registered across **3 countries** and **20 states**, tracking over **28,000 active minutes** and raising **\$3,010!**

There were also weekly challenges. Congratulations to:

- **Timothy Wang** for winning the week 1, 2 & 4 challenges
- **Amanda Solodyna** for winning the week 2 challenge
- **Atticus Anderson** for winning the week 3 & ultimate challenges

BRIDGING PERSPECTIVES RECAP

The inaugural Wake Up Narcolepsy (WUN) Bridging Perspectives Convening took place on September 26th at the Aloft Boston Seaport District!

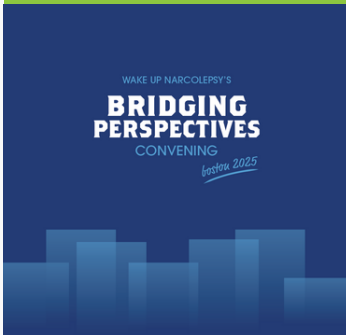
The event was designed to bring together different voices within the Narcolepsy community in a way that cultivated collaboration and increased understanding. Attendees varied from those living with the disorder, their loved ones, healthcare professionals and industry members.

One of the key pieces of the gathering was the insights from our wonderful online support group facilitators. They were able to share personal experiences while also touching on common misconceptions, concerns and sentiments they hear each week in groups. This, paired with the expertise of other featured panelists, led to truly engaging conversations about meaningful change.

The impact of this inaugural event was clear throughout the day and expressed by attendees, speakers and industry members alike. Check out the opening video and full recap available now. Thank you to everyone who made this possible!

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WUN TOWN HALLS

WUN Town Halls are local events in North America tailored to the community and planned by staff and volunteers!

Thank you to everyone who attended our recent events in Dallas-Fort Worth and Ottawa! There are upcoming events in the following places:

Phoenix, Arizona - November 8th

Syracuse, New York - November 16th

Check out more information and RSVP by visiting our website!

BROWN BAG WEBINARS

Thank you to Dr. Thorpy for a incredible webinar on "Understanding & Managing Cataplexy!" Missed the live discussion? Don't worry! The recording is now available.

Have you registered for the remaining 2025 webinars?

TODAY, October 23rd - 2pm ET

Advocating with Confidence in the Educational System

Kim Hindery | Child Neurology Foundation

Do you ever feel unsure about how to advocate for your child's educational needs? This webinar will walk through various components, sharing practical strategies. Register today & bring your questions for Kim!

November 12th - 2pm ET

Navigating the Holidays with Narcolepsy

Alicia Roth, PhD | Cleveland Clinic

The holidays can be both wonderful and overwhelming, especially for those living with Narcolepsy. Join Dr. Roth as she shares practical strategies to maintain good sleep habits and protect your mental health so you can make the most of this season.

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

**UPCOMING EVENTS**

October 23rd - 2pm ET

October BBW: Advocating with Confidence in the Educational System

November 8th - 9am-11am MT

Phoenix WUN Town Hall

November 12th - 2pm ET

November BBW: Navigating the Holidays with Narcolepsy

November 16th - 10am - 12pm ET

Syracuse WUN Town Hall

NARCOLEPSY & IH FOCUS GROUPS

Share your voice in upcoming WUN Focus Groups, facilitated by independent medical affiliates of our organization. We are welcoming participation from: Young adults living with Narcolepsy/IH (ages 18–25), Support people (family, friends and loved ones of those living with Narcolepsy/IH) and women and men living with Narcolepsy/IH.

THE ALBA STUDY

Is it time to rethink the daily routine for those living with idiopathic hypersomnia (IH)? Clinical research may help find new possibilities. The ALBA Study is seeking ways to awaken the potential in people with IH. Visit sleepdisorderstudies.com/WUN to learn more.

OSA RESEARCH FROM HOME

On behalf of Sanguine Biosciences, we're sharing a new at-home research opportunity for those diagnosed with Obstructive Sleep Apnea. You can help advance research from the comfort of your own home. To learn more or sign up, visit studies.sanguinebio.com/condition/osa/?campaign=WUN_osa or call 855-836-4759 to speak with a research coordinator and see if you qualify.

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