

The Monthly Wake Up



IN THIS EDITION:

- Message from Director
- Recaps & Recordings
- Family Weekend
- Season of Giving
- HCP Resources
- Events & Clinical Trials

Dear Community Members,

During this season of gratitude, I am filled with deep appreciation to all who enable WUN to deliver vital and meaningful programs to the Narcolepsy community. Donations power our work and allow us to evolve to meet changing needs. We are able to offer our programs at no cost to participants thanks to your generosity. From gifts of \$5 to \$5,000, we invest every dollar carefully to ensure we deliver the best in education and support to those in need. To make a donation, please use this form.

Perhaps you know of someone else who might like to support WUN? When we share our experiences, we inspire others' generosity. Here are some ways WUN turns donations into hope:

- Our National Summit brings hundreds of people together in-person and virtually to deliver the latest in education and research while making meaningful connections
- We listen and respond. The best example would be this year's inaugural Bridging Perspectives Convening in Boston. The voices of those living with Narcolepsy and IH were amplified, impacting care providers, industry and family members
- We offer ten focused online support groups that are attended by hundreds each year
- Our Brown Bag Webinars bring experts in treatment and care to individuals all over the world – live and recorded sessions are viewed thousands of times
- In-person community events bring people together to learn, share and uplift one another
- We provide annual research grants to advance treatments and a cure

It is an honor and a privilege to see WUN's impact on community members. *"After seeing our child slip away, she is herself again. Her light is back on, the joy has returned, and now, seeing her connect with others who understand and get her, she's so happy. We were afraid we'd never see that again."*

Thank you for your past support, and please consider WUN in your year-end giving plans this fall. Charitable gifts can be made securely through this online form.

Tammy Anderson



Tammy Anderson
WUN Executive Director



ADVOCACY & ENGAGEMENT SPONSORS:

Avadel Pharmaceuticals,
Jazz Pharmaceuticals,
Alkermes, Axsome
Therapeutics, Knight
Therapeutics & Takeda
Pharmaceuticals

BBW SPONSORS:

Avadel Pharmaceuticals,
Harmony Biosciences,
Alkermes & Takeda
Pharmaceuticals



HCP RESOURCE SPONSORS:

Avadel Pharmaceuticals,
Jazz Pharmaceuticals &
Takeda Pharmaceuticals

WUN TOWN HALLS

This year, we held 11 local events in the US and 2 in Canada. Each location had a unique atmosphere designed to meet community needs. Attendees and volunteers found connection through sharing stories and listening to others, leaving with a sense of belonging. Thank you to everyone who helped with our final events in Phoenix and Syracuse! More information on 2026 events is coming soon.

SAVE THE DATE: 2026 FAMILY WEEKEND

Our 2026 Family Weekend is set for March 27th-29th! Join us at The Center for Courageous Kids in Scottsville, Kentucky, for a weekend of connection, learning and fun for kids and teens living with Narcolepsy and their families—all at NO-COST! Registration will open soon so make sure to sign up for updates on our website!

BROWN BAG WEBINARS

Thank you to Dr. Roth for a incredible webinar on “Navigating the Holidays with Narcolepsy” to close out our 2025 series! Missed the live discussion? Don’t worry! The recordings from all of our previous webinars are available now. We hope everyone enjoyed this year’s sessions and we’ll see you for more in 2026!

SEASON OF GIVING

Year-end gifts to WUN help sustain and grow our unique and vital programs. Thank you for helping us to bring hope and support to all those affected by Narcolepsy and Idiopathic Hypersomnia (IH). Your donation can be made securely through this [donation link](#). For over 15 years, individual gifts of all sizes have ensured our continuity of awareness, education and advancement of research. Thank you.

HEALTHCARE PROFESSIONAL RESOURCES

Did you know that we have a dedicated webpage just for HCPs? Explore CME opportunities and no-cost office resources to find the best tools for you and your Narcolepsy patients! Learn more by visiting our website today.

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****December**

Family Weekend 2026 Registration Opens

December 3rd

Support WUN for GivingTuesday!

IMPACT OF LOW SODIUM OXYBATE ON TOTAL SLEEP TIME IN PATIENTS WITH IH

Stanford University and Mayo Clinic have partnered to evaluate the efficacy of low sodium oxybate on total sleep time in patients with idiopathic hypersomnia. Learn more here.

VALIDATION OF THE SITUATIONAL SLEEPINESS SCALE

In efforts to modernize clinical measurements of sleepiness, Stanford physicians partnered with the UK biobank to develop the Situational Sleepiness Scale. Learn more here.

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.

THE KYRA STUDY

The KYRA Study is exploring options for those with narcolepsy without cataplexy (sudden loss of muscle tone) and is currently enrolling participants. Visit sleepdisorderstudies.com/WUN to learn more.