

The Monthly Wake Up



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Dear Community Members,

This past year has brought both unprecedented challenges and remarkable progress. Through it all, Wake Up Narcolepsy (WUN) remains grateful to the community we serve and those who support us.

As awareness of Narcolepsy, Idiopathic Hypersomnia and other sleep disorders increases, our community grows, and so too does our commitment to furthering our reach and expanding our network. We are especially proud of the inaugural Bridging Perspectives Convening, which brought lived experience and expert

professionals together for meaningful dialogue about traditional challenges and future opportunities. This exchange would not have been possible without the participants' commitment and vulnerability.

This year, we awarded the inaugural Monica Gow Research Grant, honoring more than 15 years of dedication to advancing research. We also proudly celebrated Nazir Stackhouse as he raised awareness through the NFL's My Cause My Cleats campaign. Time and again, donors, advocates and partners strengthened our collective mission.

We have plans for continued outreach expansion in 2026, including the launch of a volunteer-driven grassroots program, Community Catalysts. This is being thoughtfully designed to respond to interest in deepening awareness in your local communities. It is your voice, experience, time and commitment that will propel our mission forward in 2026 and beyond. As one volunteer recently shared, **"It is rewarding to be a part of something bigger than myself, bigger than my diagnosis."** Additionally, WUN has plans to increase education related to the prevalence of comorbid conditions with Narcolepsy - such as cardiometabolic health, mental health and wellness, Sleep Apnea and more.

As we close out the year, we invite your ongoing partnership and support. Year-end giving propels our mission and enables us to provide vital programming to our community. Personal donations also help WUN to direct grant funding toward critical Narcolepsy research. I invite your personally meaningful contribution to this year's fundraising campaign. Every gift - regardless of size - strengthens our community and fuels the work ahead. Donations can be made online here.

Thank you for being part of this extraordinary community. Your voice, your presence and your commitment make all the difference.

Tammy Anderson



Tammy Anderson
WUN Executive Director



2025 SPECIAL RESEARCH UPDATE

In 2025, WUN donated \$170k to Narcolepsy research. This brings the total donated since inception to \$1.77 million!

Driving research towards improved treatments and a cure is a crucial part of WUN's mission. The importance of scientific discovery and supporting innovative investigations through sustained research investment has never been greater. In honor of co-founder Monica Gow, we are excited to announce the establishment of a new annual research grant!

The [Monica Gow Research Grant](#) celebrates her commitment to investing in research and improved patient outcomes. Her transformative impact and leadership for over 15 years shaped WUN and reinforced the organization's long-term commitment to supporting individuals with Narcolepsy and Idiopathic Hypersomnia.

The recipient of the inaugural grant is [Dr. Anna Wani](#), a pediatric sleep medicine specialist and associate professor at UT Southwestern Medical Center. Her passion for serving the sleep community and research focus on better supporting her patients aligns perfectly with the grant's purpose.

Congratulations to all 2025 WUN grant recipients:

[Dr. Emmanuel Mignot, Stanford University](#)

[Dr. Thomas Scammell, Beth Israel Deaconess Medical Center](#)

[Dr. Kiran Maski, Boston Children's Hospital](#)

[Dr. Alicia Roth, Cleveland Clinic](#)

[Dr. Christian Burgess, University of Michigan](#)

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.



MY CAUSE MY CLEATS CAMPAIGN

We are honored to share that Green Bay Packers defensive lineman Nazir Stackhouse has selected Wake Up Narcolepsy as his cause for this year's My Cause My Cleats campaign.

Nazir, who lives with Narcolepsy, is using his platform to spread awareness, challenge misconceptions and inspire others who are navigating this condition. You can learn more about the campaign here.

Thank you, Nazir, for shining a spotlight on the Narcolepsy community and for using your cleats to help amplify our mission!

REGISTER FOR 2026 NATIONAL SUMMIT

Registration is now open for the 2026 WUN National Summit on April 25th in Chicago, Illinois! This no-cost, one-day hybrid summit is for people with Narcolepsy, IH, their families, educators, clinicians, researchers and those looking to learn more. The summit format offers an interesting mix of individual speakers, panels and workshops.

Both in-person & virtual attendees will hear from experts including:

[Dr. Bruce Corser, Sleep Management Institute](#)

[Dr. Christopher J. Allen, Quality Sleep & Neurology PC](#)

[Dr. Nicole Eugene, Texas A&M University-Victoria](#)

[Dr. Alicia Roth, Cleveland Clinic](#)

On Saturday, coffee, continental breakfast, lunch, snacks & day of parking are all included so make sure you register now!

DECEMBER BLOG AVAILABLE NOW

Announcing the final edition of the year for Narcolepsy Perspectives! *"Because here's the truth: the holidays should not be a test of endurance. For us, they are an opportunity to practice radical self-respect, educate those around us and reclaim joy on our own terms."* Check out "Surviving the Holidays with Narcolepsy," by Tasha Hill, RN, now available on our website!



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 31st

Deadline for tax-deductible donations for 2025

January 2nd

Family Weekend 2026 Registration Opens

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 at revitalyz.com/eligibility

CRYSTAL-1 STUDY

NOW RECRUITING adults (ages 18-65) with narcolepsy type 1 (NT1), narcolepsy type 2 (NT2), and idiopathic hypersomnia (IH) in the U.S. and Canada. If you have further interest in this study as a potential participant, please see details at crystal1study.com.

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 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.