



## Worldwide Step Up For Sleep 2024 Recap

**October 2, 2024** - Back in August, Wake Up Narcolepsy (WUN) announced Worldwide Step Up For Sleep. The global campaign was designed to raise awareness and vital funds around World Narcolepsy Day 2024 while also encouraging people to be active.

86 participants registered across 3 countries and 26 states, tracking over 9,075 active minutes and raising \$2,015!

There were also weekly challenges for participants. Winners included:

- Week One: Megan Kelly for sharing how she's #SteppingUpForSleep
- Week Two: Kristin Gagnon for recruiting 4 new participants in one week
- Week Three: Sarah Wolf for tracking 252 active minutes, with runner-up Fiona Mobbs at 236.4 minutes in one week
- Week Four: Sarah Wilton for raising \$100 in one week
- Ultimate Challenge: Sophia Miller for raising \$310 in September
- Special Recognition: Monique Myers for raising \$575 after starting in August

Worldwide Step Up For Sleep Ambassador Belle Hutt posted mini workouts under 5 minutes on her Instagram throughout the month as inspiration. Check out [her page](#) for more information.

Awareness sponsors include Jazz Pharmaceuticals, Avadel Pharmaceuticals, Harmony Biosciences, Axsome Therapeutics, and Centessa Pharmaceuticals.

Learn more about other ways WUN celebrated World Narcolepsy Day 2024:

- [Updated WUN Impact Statement](#)
- [Translated Resource Launch](#)
- [Shop Repurpose Partnership](#)
- [Boston Red Sox WUN Town Hall](#)