



# The Monthly Wake Up

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## Message from Wake Up Narcolepsy Founder

### *Greetings,*

After years of dedicating myself to the mission and growth of Wake Up Narcolepsy (WUN), I am retiring from my role as Executive Director. This decision has been made with thorough consideration and planning to guarantee continuity in WUN's programs and mission.

Having excelled as WUN's Assistant Director, Tammy Anderson has been appointed Executive Director. I will remain on staff through the end of the year before transitioning to Founder Emeritus.

Tammy has demonstrated her exceptional leadership and I can assure you all that the organization will be in very capable hands. As a fellow parent of someone with Narcolepsy, her heart is truly in her work. Our shared goals and values will continue to drive Wake Up Narcolepsy forward. I am thrilled to witness the new milestones that we will achieve together.

When David and I founded this organization nearly 16 years ago, it was out of dedication to improving the lives of people with Narcolepsy through education, awareness and research. We still hold that passion and will always be a part of WUN. David will remain on the WUN Board of Directors.

Reflecting on our journey, I am filled with immense pride and gratitude for the unwavering support and generosity from our community. All of your contributions have been instrumental in making WUN what it is today.

As I step back, I am confident that under Tammy's leadership, we will continue to bring Narcolepsy out of the shadows and into the light!

*Thank you for your ongoing belief in our mission. I invite you to learn more and get to know Tammy in the upcoming months.*

**- Monica Gow**



*Monica Gow*  
WUN Founder &  
Executive Consultant

## Celebrating Tammy & Monica!

### Congratulations!

**TAMMY  
ANDERSON**

WUN Executive Director



"I am deeply passionate about serving the community and welcome everyone to find their place at Wake Up Narcolepsy. As Executive Director, I am committed to honoring the tradition of greatness that has defined this organization since the beginning, and I look forward to working together to create a brighter future for all."

As Assistant Director, Tammy Anderson has already made a substantial impact on WUN's initiatives, including growth in the organization's outreach, partnerships and support offerings.

She also has a personal commitment to the cause as a parent of a child with Narcolepsy.

After nearly 16 years of service, Monica Gow has announced her retirement.

Under her leadership, WUN has grown to be a trusted voice in the community and has forged essential partnerships to advance understanding and support for the often misunderstood condition.

### Thank You!

**MONICA  
GOW**

WUN Founder &  
Executive Consultant



"I am filled with hope and gratitude as I transition to this new chapter. Tammy has proven herself as a dedicated and visionary leader, and I have every confidence that under her guidance, WUN will continue to flourish. I am thrilled to witness the new milestones that we will achieve together."

## 2024 Family Weekend Recap

Wake Up Narcolepsy's 2024 Family Weekend took place October 18th – 20th at the Center for Courageous Kids (CCK) in Scottsville, Kentucky!

Speakers at this weekend-long camp were Dr. Luis Ortiz and Kelsey Biddle. Kelsey's friend and fellow medical student, Lilly Montesano Scheibe, also spoke on her experience. Attendees were excited to engage with 3 people living with Narcolepsy also working in the medical field.

Thank you CCK and everyone who made this possible! Volunteers included Ella Walsh from Ireland and Solomon Briggs who helped with photography. The 2025 session will be in March so keep an eye out for dates coming soon!



Thank you to our 2024 sponsors:



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## 2024 Sleep Advocacy Forum Recap

WUN representatives Tammy Anderson and Cara Weaver attended the 2024 Sleep Advocacy Forum, an annual event organized by Project Sleep to bring sleep advocates and policymakers together in Washington, DC!

Tammy and Cara learned from and shared with other groups in attendance. They also joined in advocating for sleep on Capitol Hill through meetings with members of congress!

Thank you to Project Sleep for another great event!

## Recent Community Events



### Syracuse WUN Town Hall

Baldwinsville, NY - November 9th



### Cincinnati WUN Town Hall

Cincinnati, OH - November 16th

*Thank you to volunteers who made these events possible!*

*Thank you to our sponsors:*



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## Brown Bag Webinar Series

Thank you, Dr. Ingram & Dr. Mundt, for a wonderful webinar to close out our 2024 series!

The recording will be available soon. We hope everyone enjoyed this year's topics and we'll see you in 2025!

*Thank you to our BBW sponsors:*



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## Register for 2025 National Summit



### 2025 NATIONAL SUMMIT

This no-cost in-person & remote event has something for everyone!

-  Saturday, April 26th
-  All Day
-  Raleigh-Durham, North Carolina

FEATURING LEADING EXPERTS IN THE FIELD:



**DR. AATIF M. HUSAIN**  
Duke University Health System





**DR. LUIS ORTIZ**  
Johns Hopkins All Children's Hospital



**DR. SHELBY HARRIS**  
NY Sleep and Psychology

## Donate to WUN's End of Year Giving



### HELP US FINISH 2024 STRONG!

Your donation allows us to continue offering

### LIFE-CHANGING PROGRAMS & RESOURCES

at no-cost to those living with Narcolepsy & their loved ones.

Visit [WakeUpNarcolepsy.org](https://WakeUpNarcolepsy.org) or connect with us on Instagram, Facebook, Twitter, LinkedIn, Tik Tok, Threads or YouTube.

## Upcoming Events

**November 24th**  
*WUN's 16th Anniversary*

**December**  
*Family Weekend 2025*  
*Registrations opens!*

**December 3rd**  
*Support WUN for*  
*GivingTuesday!*

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**Interested in planning a  
2025 WUN Town Hall in  
your local community?**

*Visit [wakeupnarcolepsy.org/  
get-involved](http://wakeupnarcolepsy.org/get-involved)*

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## ONGOING

*Weekly support groups for  
people with Narcolepsy &  
Idiopathic Hypersomnia (IH)*

## Clinical Trials

### Narcolepsy & Pregnancy Research Survey

*Narcolepsy researchers are conducting a survey study of adults with type 1 narcolepsy and recent pregnancies in order to assess the impact of narcolepsy on pregnancy, and vice versa. The study team consists of narcolepsy researchers at Beth Israel Deaconess Medical Center, including Dr. Maggie Blattner, Dr. Thomas Scammell, and Kelsey Biddle.*

*[Learn more below](#)*

### Participants Needed for New Narcolepsy Clinical Trial with Superior Clinical Research

*Superior Clinical Research in North Carolina is recruiting participants for a groundbreaking narcolepsy study. If you or someone you know is living with narcolepsy, this is an opportunity to contribute to important research that could lead to better treatments and improved quality of life.*

*[Learn more below](#)*