



# The Monthly Wake Up

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## Message from WUN Executive Director

***Dear community members,***

I am deeply moved by the warm welcome I received from our incredible community as I stepped into the role of Wake Up Narcolepsy (WUN) Executive Director. It is because of you that we have been able to continue our vital work without missing a beat!

My passion continues to grow as I reflect on 2024 and look forward to 2025. The entire WUN team would like to express our immense gratitude for the unwavering support that has carried us through remarkable achievements and transitions. Earlier this month, we celebrated #GivingTuesday, where your contributions fueled our progress.

This year, we have made unprecedented strides by donating \$235,000 to Narcolepsy research, bringing us to a total of \$1.6 million donated since 2008! This funding is crucial as we work towards improved treatments and a cure, ensuring options are available for those in need.

Our programs flourished, reaching more individuals and making a significant impact in the lives of those affected by Narcolepsy. Our local community events spread across North America, making 12 stops this year alone. We listened closely to your feedback, tailoring each event to fit attendees' needs.

As we look to the new year, I am filled with hope and excitement for what lies ahead. Our vision is clear as we continue to build upon Monica's legacy and bring WUN to even greater heights.

*Happy Holidays to you and your loved ones! May this season be filled with joy and well-deserved rest.*

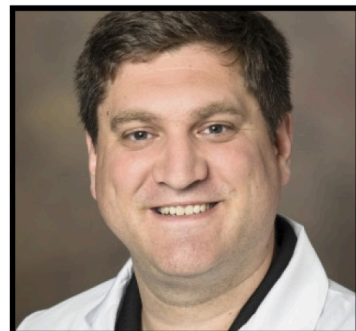
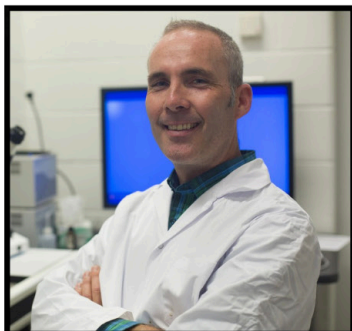
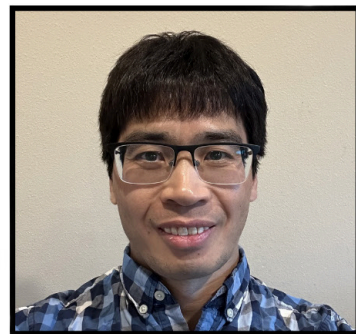
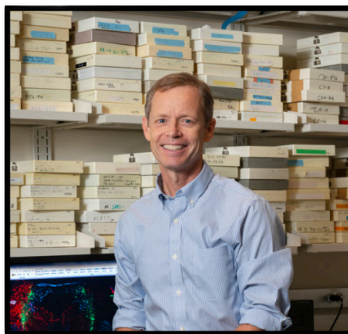
**- Tammy Anderson**



*Tammy Anderson*  
WUN Executive Director

## 2024 Research Update - WUN's Impact

In 2024, Wake Up Narcolepsy (WUN) donated  
**\$235,000** towards advancing research



This brings the total donated since inception to...

**\$1.6 MILLION**

THANK YOU to everyone who made this possible!

## 2024 WUN Research Awards

**\$50,000 awarded to Emmanuel Mignot, MD, PhD at Stanford University**

**\$50,000 awarded to Thomas Scammell, MD at Harvard Medical School,  
Beth Israel Deaconess Medical Center**

**\$40,000 awarded to Guo Luo at Stanford University**

**\$30,000 awarded to Kiran Maski, MD, MPH at Boston Children's Hospital**

**\$22,000 awarded to Stefano Bastianini at University of Bologna**

**\$8,000 awarded to John Peever, PhD at University of Toronto**

**\$5,000 awarded to Jennifer Mundt, PhD, DBSM at University of Utah**

**\$5,000 awarded to Michael Grandner, PhD, MTR, CBSM, FAASM at  
University of Arizona**

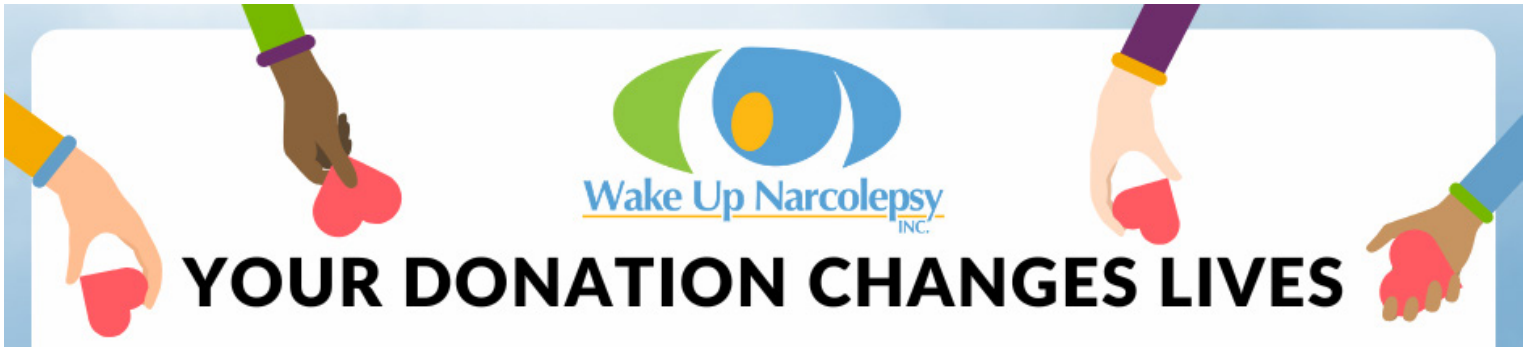
## AASM Foundation Grant Update

*WUN continued the partnership with AASM Foundation and awarded \$25,000 to co-fund a Strategic Research Grant for Central Disorders of Hypersomnolence for \$100,000. The cycle is one year and this grant was awarded in 2024 to:*


**Aaron Schokman, Bsc, Mphil, PhD at University of Sydney for his topic of  
Co-production and Psychometric Validation of a Patient Reported  
Outcome Measure of the Impact Narcolepsy has on the Daily Life of Adult  
Persons Living with Narcolepsy Type 1 and 2**

*The partnership will continue into 2025 with the co-funding of another grant. Thank you to Avadel Pharmaceuticals and Jazz Pharmaceuticals for making this possible!*

## Donate to WUN's End of Year Giving



**YOUR DONATION CHANGES LIVES**



**“Something truly amazing has come out of a disease that has taken over our lives so thank you to everyone who has made this weekend so special and amazing.”**

*-2024 WUN Family Weekend Attendee*

## Sleep Issues Are Heart Risks: Learn More

A diagnosis of neurologic sleep disorder can serve as an independent risk factor for developing heart disease, so reducing cardiovascular risks in other ways while managing your sleep disorder is essential. Visit [heart.org/sleepdisorders](https://heart.org/sleepdisorders) to learn more about your potential risks and how we're partnering with the American Heart Association to highlight this important link.

## Upcoming Events

*Happy Holidays from  
Wake Up Narcolepsy!*

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**December**

*Family Weekend 2025*

*Registration opens*

**February 13th**

*First Brown Bag Webinar of  
2025 series*

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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

**Improving Social and  
Relationship Health  
for Adolescents with  
Narcolepsy or IH**

*Boston Children's Hospital  
developed a website to help  
10 to 17 year olds with  
narcolepsy or idiopathic  
hypersomnia and their  
families better understand  
how their sleep disorder  
could affect their social  
health (e.g., with friends, at  
school with teachers), and  
strategies to improve these  
relationships. Study  
participants will receive a  
\$50 debit card after  
completing brief surveys.*

*[Learn more here](#)*