

NARCOLEPSY

raising awareness

The Jack & Julie
NARCOLEPSY SCHOLARSHIP

About the Scholarship:

Project Sleep's **Jack and Julie Narcolepsy Scholarship** supports students with narcolepsy and fosters awareness of this often misunderstood condition within high school and collegiate settings. In 2015, Project Sleep will award **three scholarships of \$1,000** each to high school seniors who plan to attend a four-year university and who exemplify courage and hope while living with narcolepsy. In 2014, the Graham family partnered with narcolepsy spokesperson, Julie Flygare to establish this scholarship program, the first-ever for students with narcolepsy.

Program by:



Important Dates:

Jan. 1, 2015:

✓ Scholarship Announced

April 1, 2015:

✓ All Applications Due

June 1, 2015:

✓ Recipients Chosen

Fall 2015:

✓ Recipients Enter College

What is Narcolepsy?

Narcolepsy is a neurological disorder of the sleep/wake cycle, affecting 1 in 2,000 people, including 200,000 Americans.

Children as young as 3 years old can develop narcolepsy, yet patients often go undiagnosed or misdiagnosed for 3 to 15 years after symptom onset.

Experts state that, “For children with narcolepsy, the stigma of increased daytime sleep can affect social acceptance and increases risks of future psychiatric disorders, potential obesity, and depressive symptoms.”

Greater awareness of narcolepsy will decrease misconceptions and lead to quicker diagnoses.

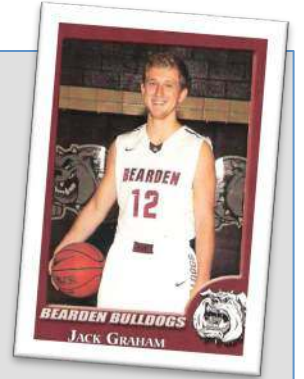
Please read full application for details.

Any questions may be sent to:

narcolepsyscholarship@gmail.com

Meet Jack:

Jack was diagnosed with narcolepsy at age 15, although his symptoms developed earlier. Jack faced challenges in the classroom, yet with diagnosis and treatment, he excelled in high school as a student athlete. Jack is now a freshman at the University of Arizona, where he is thriving academically and was chosen as the intramural basketball chairman. In his spare time he enjoys cheering on the Wildcat basketball team. The adversity Jack faced inspired his family to look for ways to support other young students with narcolepsy.



Meet Julie:



Julie Flygare is the founder of Project Sleep and author of “Wide Awake and Dreaming: A Memoir of Narcolepsy”. She was diagnosed with narcolepsy at age 24, during her second year of law school. After graduating, Julie dedicated herself to raising awareness about narcolepsy and sleep. Read her blog at www.julieflygare.com.

Meet the 2014 Recipients:



Meet Kendra:

Kendra attended high school in Minnesota. She was diagnosed with narcolepsy with cataplexy at

age 15, during her freshman year of high school. Kendra has been actively involved with swimming, speech, and national honor society. She's also a die-hard hockey fan who loves the Minnesota Wild and Minnesota Gophers Men's Hockey Team. She is currently attending the University of St. Thomas (St. Paul, MN) and plans to major in neuroscience.

Meet Jacob:



Jacob attended high school in Michigan and was diagnosed with narcolepsy at age 11 after

participating in a clinical trial for sleep apnea patients. He was lucky to receive a proper diagnosis shortly after his symptoms appeared. With the help of treatment, Jacob has excelled in school and played four years of high school football. He also visited six of the seven continents before entering college. Jacob is now participating in the honors program at The Ohio State.

Join us!

This scholarship program is funded entirely by generous individuals who envision a brighter future for narcolepsy.

Partner with us to honor students with narcolepsy while

raising crucial awareness in high schools and colleges across America. Your **tax-deductible donation** will allow us to offer more scholarships in the years to come. Please make a gift online at www.project-sleep.com/donate or mail a check to:

Project Sleep
Re: Jack & Julie Narcolepsy Scholarship
PO Box 70206
Los Angeles, CA 90070

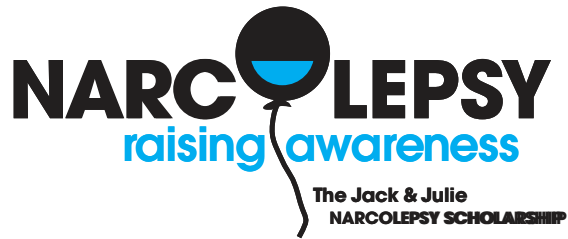


2015 College Scholarship Application

Three recipients will be awarded a scholarship in the amount of \$1,000.

Winners will be chosen based on criteria including academic achievements, leadership; and extra-curricular activities including school and community activities, volunteer work and job experience.

1. Applicant must be a high school senior planning to attend a four year university.
2. Applicant **must** have a signed letter from an accredited neurologist with confirmed narcolepsy diagnosis.
3. The following must be included in your scholarship package submission or your application will be considered incomplete: (Transcripts and references may be mailed in separately as needed)
 - Completed and signed scholarship application. Additional parent/guardian signature is required if the applicant is under the age of 18. (Page 3 of this packet)
 - Official transcripts of grades completed through the most recent semester.
 - Release authorization. (Page 2 of this packet)
 - An individual photo no larger than 5" x 7". Do not send photos from a copier.
 - A list of extra-curricular activities including but not limited to school clubs/ organizations, employment and community projects/ teams.
 - List of honors office or leadership positions held in class offices team sports or community related projects etc.
 - ACT or SAT exam results.
 - One personal essay. Please write a 500 to 1000 word maximum essay on the following topic:
There's a saying "I can do anything, but I can't do everything" Prioritizing one's time and energy is important for everyone, but perhaps especially important for students with narcolepsy. Please describe an experience or situation that helped you learn how to manage your time and energy to succeed.



Release Authorization

Project Sleep and the Jack and Julie Narcolepsy Scholarship may use pictures, likeness and names of the scholarship recipients for publicity purposes. Additionally we would like to potentially republish the winners' materials for subsequent advertising or publicity campaign.

- If awarded a Jack & Julie Narcolepsy Scholarship, I give permission for the use of my image, likeness, name or materials to be used by Project Sleep and the Jack & Julie Narcolepsy Scholarship. This content might be used for a variety of purposes such as press releases, advertising or social media.

Applicant Signature:

Dated this _____ day of _____, 2015

Signature: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent/Guardian Signature: (Only required if applicant is under the age of 18)

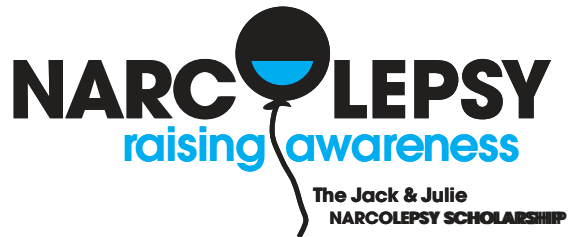
Dated this _____ day of _____, 2015

Signature: _____

Address: _____

City: _____ State: _____ Zip: _____

RE: Jack and Julie Scholarship



Application

Instructions:

All applications must be postmarked by April 1, 2015. Please send completed application along with all attachments requested to:

Jack and Julie Scholarship
1724 Emerson Park Drive
Knoxville, TN 37922

Applicant Information:

Date: _____

Name: _____ Age: _____ Date of Birth: _____

Home Address: _____
Street
_____ City State Zip

Phone Number: _____ Email: _____

High School: _____ Graduation Date: _____

ACT Exam Results: _____ SAT Exam Results: _____

Signatures:

Applicant Signature: _____ Date: _____

Parent Signature: _____ Date: _____

*Only required for those under the age of 18