

# 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 misunderstood condition within high school and college settings. In 2016, Project Sleep will award **five scholarships of \$1,000** each to high school seniors who will attend a four-year university in the fall of 2016, and who exemplify courage and hope while living with narcolepsy. In 2014, the Graham family partnered with narcolepsy spokesperson, Julie Flygare to establish this first-ever scholarship program dedicated to students with narcolepsy.

Program by:



### Important Dates:

**Jan. 1, 2016:**

✓ Scholarship Announced

**April 1, 2016:**

✓ All Applications Due

**June 1, 2016:**

✓ Recipients Chosen

**Fall 2016:**

✓ 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.

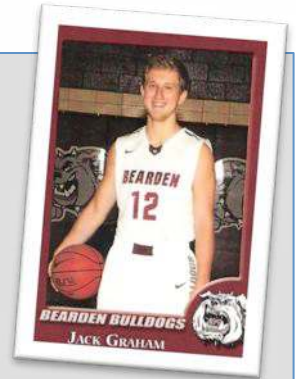
Please read full application for details.

Any questions may be sent to:

[narcolepsyscholarship@gmail.com](mailto: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 sophomore at the University of Arizona, where he is thriving academically and playing intramural basketball. 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, J.D. 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. Read her blog at [www.julieflygare.com](http://www.julieflygare.com).

# Hello from College!

Here are a few of our past recipients. Meet them all at:  
[project-sleep.com/hello-from-college](http://project-sleep.com/hello-from-college)



“Diagnosed with narcolepsy and cataplexy at age 7, I never really encountered anyone else my age with narcolepsy. Through the Jack & Julie Narcolepsy Scholarship, I have come to know that **I am not alone.**”

–Katie Blankenship

Dominican University of California  
JNS Recipient 2015



“Receiving the Jack & Julie Narcolepsy Scholarship showed me the **immense support people with narcolepsy** have for each other in accomplishing our goals.”

–Jacob Zeiher

Ohio State University  
JNS Recipient 2014



“This scholarship not only blessed me financially but also spiritually and **I am forever grateful.** I hope one day to pay it forward and give back to another individual with narcolepsy.”

–Kenya Gradnigo

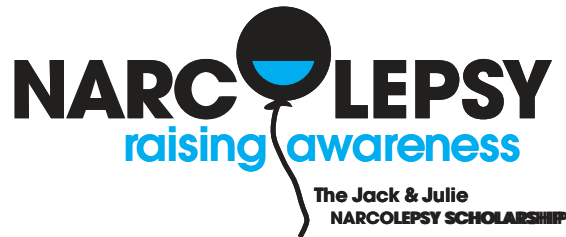
Northwestern State University of Louisiana  
JNS Recipient 2015

## Join us!

We are a small non-profit supporting big dreams! Partner with Project Sleep, a 501(c)(3) non-profit organization, to honor students with narcolepsy while raising critical awareness in high schools and colleges across the country. Your **tax-deductible gift** will give more students the opportunity to receive this scholarship in the years to come. Please support us online at [www.project-sleep.com/donate](http://www.project-sleep.com/donate) or mail a check to the address below. *Thank you!*

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

[www.project-sleep.com/narcolepsy-scholarship](http://www.project-sleep.com/narcolepsy-scholarship)



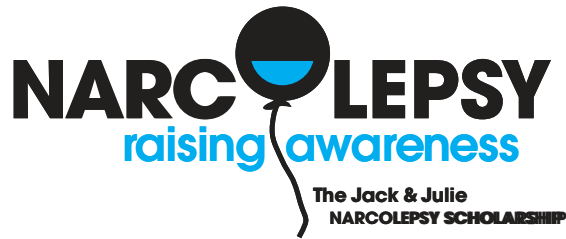
## Narcolepsy Scholarship Application 2016

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Project Sleep will award five scholarships in the amount of \$1,000 each. Recipients will be chosen based on criteria including essay response, academic achievements, leadership and extra-curricular activities such as school and community activities, volunteer work and job experience.

1. Applicant must be a high school senior who **will attend a four-year university starting in the fall of 2016.**
2. Applicant **must** have a signed letter from an accredited sleep specialist or neurologist with confirmed narcolepsy diagnosis.
3. The following must be included in your scholarship package submission or your application will be considered incomplete: (Transcripts 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)
  - A portrait-style 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. Please include any honors, officer or leadership roles held in these activities.
  - ACT or SAT exam results.
  - One personal essay. Please write an essay on the topic below (500 word minimum – 1000 word maximum):

*If you could go “back in time” and speak to yourself on the day you were diagnosed with narcolepsy, what would you say? What advice or perspective would you share with your younger self? Please write a letter to yourself on your diagnosis day.*



## Release Authorization 2016

Project Sleep may use pictures, likenesses and names of the scholarship recipients for publicity purposes. Additionally, we may republish the winners' materials for subsequent marketing or awareness campaigns.

- If awarded a Jack & Julie Narcolepsy Scholarship (JJNS), I give permission for the use of my image, likeness, name or materials to be used by Project Sleep. This content might be used for purposes such as press releases, marketing or awareness efforts.
- If awarded this scholarship, I agree to provide a brief update and photo from college to Project Sleep in the fall of 2016.
- I will attend a **four-year university starting in fall 2016**. If my plans change, I will inform Project Sleep **immediately** at [narcolepsyscholarship@gmail.com](mailto:narcolepsyscholarship@gmail.com) and I understand that this may affect my scholarship eligibility. If awarded a JJNS scholarship, I agree to provide a copy of my four-year college acceptance letter.

### Applicant Signature:

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2015

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

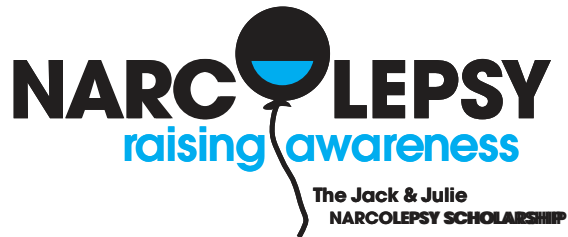
### Parent/Guardian Signature: (Only required if applicant is under the age of 18)

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2015

Signature: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_



# Application 2016

## Instructions:

All application materials must be postmarked by April 1, 2016.

Please send completed application along with all attachments to:

Jack and Julie Narcolepsy 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