

# NARCOLEPSY

raising awareness

The Jack & Julie  
NARCOLEPSY SCHOLARSHIP

## About the Scholarship:

Project Sleep's **Jack and Julie Narcolepsy Scholarship** supports students with narcolepsy and idiopathic hypersomnia and fosters awareness within high school and college settings. In 2019, Project Sleep plans to award **15 scholarships of \$1000 each**, including ten scholarships for students with narcolepsy and five for students with idiopathic hypersomnia supported through a collaboration with the **Hypersomnia Foundation**. High school seniors diagnosed with narcolepsy or idiopathic hypersomnia planning to attend a four-year university starting in fall 2019 are encouraged to apply.

Program by:



### Important Dates:

**Jan. 3, 2019:**

✓ Scholarship Announced

**April 1, 2019:**

✓ All Applications Due

**June 1, 2019:**

✓ Recipients Chosen

**Fall 2019:**

✓ Recipients Enter College

## What is Narcolepsy? Idiopathic Hypersomnia?

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

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.”

Idiopathic hypersomnia is a chronic neurological disorder marked by an insatiable need to sleep that is not erased by a full night’s slumber.

Greater awareness of these conditions will decrease misconceptions and stigma – and lead to quicker diagnoses.

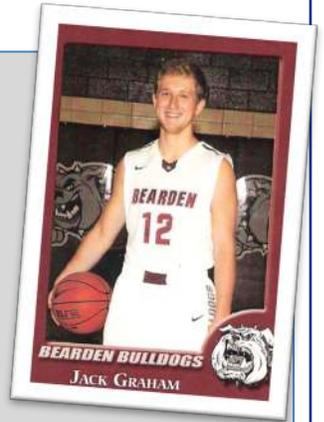
**Please read full application for details.**

**Any questions may be sent to:**

**[narcolepsyscholarship@gmail.com](mailto:narcolepsyscholarship@gmail.com)**

### Meet Jack:

Jack was diagnosed with narcolepsy at age 15, with symptoms developing earlier. He faced challenges in the classroom, yet diagnosis and treatment helped him excel in high school and college. Most recently in 2018, Jack graduated from the University of Arizona, with a major in Economics and minors in Business Administration and Psychology. He is currently working in software sales in San Diego, CA. The adversity Jack faced in school inspired his family to co-found this scholarship with Julie Flygare.



### 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).

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

# Hello from College!

*Here are a few of our past recipients.*



“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  
JJNS 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  
JJNS 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  
JJNS Recipient 2015

## Thank you for your support!

**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. Please support us online at [www.project-sleep.com/donate](http://www.project-sleep.com/donate). *Thank you!*

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



## Narcolepsy Scholarship Application 2019

In 2019, Project Sleep will award 15 scholarships in the amount of \$1,000 each including five scholarships to students with idiopathic hypersomnia (supported through a collaboration with the Hypersomnia Foundation). Recipients will be chosen based on criteria including essay response, academic achievements, leadership and other school and community activities, volunteer roles and job experiences.

1. Applicant must be a high school senior diagnosed with narcolepsy or idiopathic hypersomnia who **will attend a four-year university starting in the fall of 2019.**
2. CHECKLIST: The following **must** be included in your submission for your application to be considered complete: (Transcripts and doctor's letter can be sent in separately.)
  - 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)
  - Signed letter from an accredited sleep doctor or neurologist with confirmed diagnosis (can re-purpose a letter created for another purpose like school accommodations)
  - Official transcripts of grades completed through the most recent semester
  - Release authorization (Page 2 of this packet)
  - A portrait professional-style headshot photo – Do not send photo from a copier
  - A list of extra-curricular activities including but not limited to clubs/organizations, employment and community projects/teams - Please include any honors, officer or leadership roles
  - ACT or SAT exam results (screenshot from ACT/SAT website is acceptable)
  - One personal essay response to the topic below (500 word min – 1000 word max):

***If you could go back in time and speak to yourself on the day you were diagnosed, 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 2019

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 2019.
- I will attend a **four-year university starting in fall 2019**. If my plans change, I will inform Project Sleep **immediately** at [narcolepsyscholarship@gmail.com](mailto:narcolepsyscholarship@gmail.com) and I understand that this affects scholarship eligibility. If awarded a scholarship, I agree to provide a copy of my four-year college acceptance letter.

### Applicant Signature:

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2019

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

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

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

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

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2019

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

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

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



# Application 2019

## Instructions:

All application materials must be postmarked by April 1, 2019 – NO EXCEPTIONS.

Please send completed application materials to:

Project Sleep  
PO Box 70206  
Los Angeles, CA 90070

## Applicant Information:

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Diagnosis:  Type 1 Narcolepsy with cataplexy  
 Type 2 Narcolepsy without cataplexy  
 Idiopathic Hypersomnia

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ I identify my gender as: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Street

Phone Number: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email: \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_ Parent's Email: \_\_\_\_\_

High School: \_\_\_\_\_ Graduation Date: \_\_\_\_\_

ACT or SAT Exam Results: \_\_\_\_\_

Applicant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature\*: \_\_\_\_\_ Date: \_\_\_\_\_

\*Only required for those under the age of 18