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SPEAKER'S BIO:

Julie Flygare, JD is the founder of Project Sleep, a new non-profit organization to raise awareness about sleep health and sleep disorders. She is a leading narcolepsy spokesperson, award-winning author, runner and blogger diagnosed with narcolepsy with cataplexy in 2007. Julie received her B.A. from Brown University in 2005 and her J.D. from Boston College Law School in 2009. In 2013, her book, "[Wide Awake and Dreaming: A Memoir of Narcolepsy](#)," won the First Prize Biography/Autobiography Award at the San Francisco Book Festival.

Julie has spoken about narcolepsy to scientific researchers, doctors, nurses, college and medical school students, NIH, FDA and CDC representatives. She is the creator of the NATIONAL SLEEP WALK and the NARCOLEPSY: NOT ALONE international campaign. Julie currently serves on NIH's Sleep Disorder Research Advisory Board and lives in Los Angeles, CA.



PAST SPEAKING ENGAGEMENTS:

- Harvard Medical School, The Neurobiology of Disease Course (April 2008, April 2012)
- Seminars in Brain and Behavior, Boston area neuroscientists (December 2008)
- Narcolepsy Network Conference (October 2009, 2010, 2011, 2012, 2013)
- Southern Sleep Society Conference (March 2012, March 2013)
- Nurses and Pharmacists Training, Express Scripts (April 2012)
- Narcolepsy Care Line Training, Patient Advocate Foundation (July 2012)
- InnovationPharm Rare Disease Roundtable (July 2012)
- Drug Safety Team Training, Jazz Pharmaceuticals (August 2012)
- Caring Voice Coalition's Weekend Wellness Retreat (September 2012)
- Social Media for Pharma Conference (April 2013)
- APSS SLEEP Meeting (June 2013)
- BRPT Symposium (September 2013)
- Kentucky Sleep Society Conference (October 2013)
- Florida International University Medical School (October 2013)
- Florida International University – Keynote Speaker of Undergraduate Diversity Day (October 2013)
- CROWN Summit Conference (January 2014)
- UCLA Medical School (January 2014)

PRESENTATION TOPICS:

- **“De-bunking the Narcolepsy Myth”** – Julie’s inspiring personal journey with Narcolepsy from collapsing to the ground paralyzed to running the Boston Marathon and becoming a vocal advocate (45 minutes - 1 hour)
- **“Is Courage Contagious?”** - There's a saying, "We are only as sick as our deepest secrets." This presentation explores how Julie overcame insidious shame and self-guilt associated with her invisible chronic illness to empower herself and others to live out loud and proud despite misunderstanding and prejudice. (45 minutes - 1 hour)
- **“What Patients Want”** – The Patient's Perspective on Drug Development, Social Media and Online Engagement (30-45 minutes)

PRAISE FOR JULIE’S PRESENTATIONS:

“I found Julie’s talk to be spectacular. Julie is gifted with delivery style. She is especially gifted in emphasizing aspects of the condition which convey the sense of ‘with just a very few neuronal changes, there go I,’ and the terrific emotional aspects of the syndrome. The more Julie can be out there, the better recognition of a serious medical problem will be.”

- Ron Harper, MD, Professor
UCLA Medical School

"I attended two of Julie's sessions at the conference. It was almost like hearing a motivational speaker, I imagine. She was so inspirational."

- Julie Ann Fain, College Student
NN Conference

"On October 22, 2013, Julie Flygare was the keynote speaker at Florida International University's 12th Annual Diversity Day program. Over 150 students were captivated by her moving story. The students listened intently because Julie's story is fascinating and she relates to the audience with a down-to-earth speaking style, humor, and poise. Now a national spokesperson for narcolepsy, Julie is an excellent choice to help students understand the importance of standing up for oneself and being a catalyst for change. She exemplifies empowerment as she models educating others and not allowing misconceptions, biases and prejudices to limit her. In addition to learning about narcolepsy, Julie Flygare inspired our students to find the good in the bad and to find joy despite adversity. She was the highlight of our program!"

- Diann Newman, Ed.D. Assistant Dean
Florida International University

"Julie Flygare brings a face to a condition students think of as either esoteric or comical. The students were visibly moved by her story, and actively engaged in questions to better understand her experience."

- Margaret Stuber, MD, Assistant Dean and Professor
UCLA Medical School

Please contact Julie at REMRunner01@gmail.com to discuss schedule and speaker's fee arrangements.

Available for book signing receptions, cocktail hours & events!

