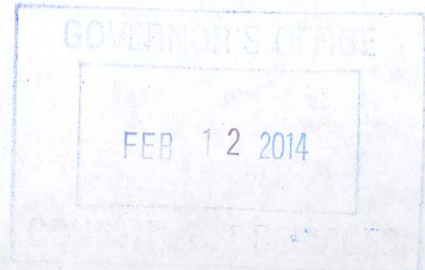




February 10, 2014

The Honorable Deval Patrick
Governor of Massachusetts
Office of the Governor
Massachusetts State House
Room 105
Boston, MA 02133



Dear Governor Patrick:

I am writing to ask you to proclaim that the week of March 2-9, 2014, will be **National Sleep Awareness Week** in Massachusetts. Wake Up Narcolepsy joins the National Sleep Foundation (NSF) in this annual weeklong campaign to celebrate the health benefits of sleep. The Week begins with the release of NSF's Sleep in America® poll on Monday, March 3, and ends with the return to Daylight Saving Time, when clocks move ahead one hour – and too many Americans lose an hour of sleep!

As a resident of Massachusetts and Executive Director of Wake Up Narcolepsy, I believe it is imperative that we all advocate for healthy sleep, as more and more medical research proves that this is a vital contributor to overall health, positive professional performance, and strong interpersonal relationships.

For people with narcolepsy, the most evident symptom – excessive daytime sleepiness (ESD) – is just one sign of the disease. Fragmented nighttime sleep – an equally oppressive symptom – makes it nearly impossible to achieve a good night's sleep and can intensify ESD.

Massachusetts has a strong history of support for its citizens' causes. I hope that, as a state, we will step forward to show our support for healthy sleep, which affects literally every man, woman, and child.

You can learn more about National Sleep Awareness Week at <http://www.sleepfoundation.org/event/national-sleep-awareness-week-2014>

With best regards,

A handwritten signature in black ink that reads "Monica Gow".

Monica Gow
Executive Director & Co-founder
508-259-1100

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