



WSCN

Wellness,
Sleep &
Circadian
Network

IMPACT REPORT FY26

JULY 1, 2025 – JUNE 30, 2026

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Message from the Board Chair

This year marked an important chapter in the evolution of the Wellness, Sleep & Circadian Network, Inc. (WSCN).

Building on our history in sleep apnea advocacy and patient support, WSCN continued to expand its focus to reflect a broader understanding of sleep and circadian health and their profound influence on health, daily functioning, and quality of life across all 24 hours. This evolution is grounded in a clear belief: people deserve trusted information, meaningful support, and a voice in the research, care, and decisions that affect their lives.

Throughout FY26, we strengthened the foundation needed to advance that vision. We invested in our organizational infrastructure, expanded collaborations, and began shaping a long-term strategy that connects research, education, advocacy, and lived experience. At the same time, WSCN continued to deliver direct support to patients, translate complex science into practical information, elevate patient perspectives, and bring together stakeholders from across the sleep and circadian health ecosystem.

The impact highlighted in this report reflects progress across four interconnected areas: empowering patients and communities, translating science into practice, creating a stronger sleep and circadian health ecosystem, and advancing advocacy and systems change. These areas will guide WSCN as we build toward our 2030 goal of becoming a trusted global knowledge hub and patient-centered platform for sleep and circadian health.

This progress would not have been possible without the patients, caregivers, clinicians, researchers, advocates, collaborators, sponsors, volunteers, staff, and Board members who contributed their experience, expertise, and support. Each has helped WSCN become a stronger, more connected, and more responsive organization.

We are proud of what was accomplished this year, and even more energized by what lies ahead. Together, we are building a future in which sleep and circadian health are more fully understood, more effectively addressed, and recognized as essential to helping people live better and thrive.

With gratitude,



Anne Marie Morse, DO

Board Chair

Wellness, Sleep & Circadian Network, Inc.

Who We Are

The Wellness, Sleep & Circadian Network, Inc. (WSCN) translates sleep and circadian science into practical tools, trusted resources, education, and community-based support that help people navigate diagnosis, treatment, daily life, and health across all 24 hours. We bring together patients, caregivers, clinicians, researchers, advocates, industry partners, and community leaders to improve access, elevate lived experience, and strengthen collaboration in the sleep and circadian health ecosystem.

Improving sleep and circadian health is not simply about better nights; it is about helping people own every minute of the day. Through patient assistance, peer mentorship, education, community building, leadership development, and advocacy, WSCN works with the global community to challenge the status quo and advance sleep as an essential pillar of health.

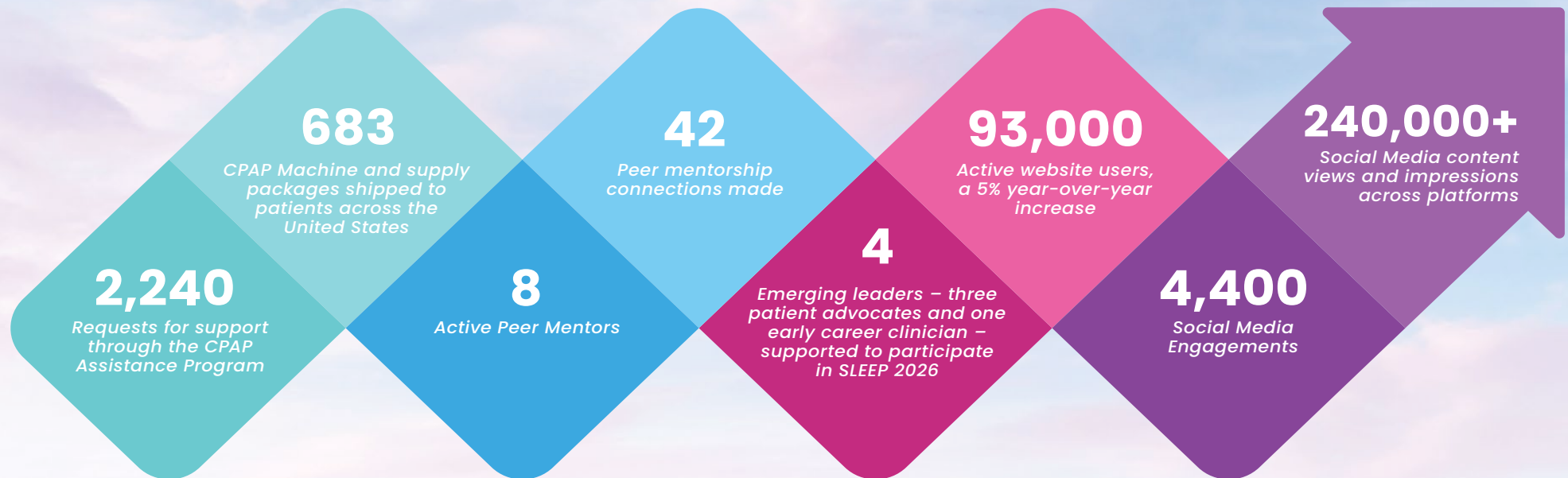
WSCN helps people overcome barriers to care through practical assistance, trusted information, and lived-experience support. To date, we have distributed more than 20,000 CPAP machines and supplies. WSCN Mentors supported more than 40 mentees, and the WSCN team responded to more than 3,000 patient inquiries, helping people navigate diagnosis, treatment, and daily life.

Through digital resources, educational programming, and a growing online community, WSCN translates complex science into accessible guidance and practical tools. These efforts connect people with trusted information and peer support, convene diverse perspectives, address gaps in care, reduce stigma, and help people move from knowledge to action.

WSCN also supports patients, caregivers, clinicians, researchers, and advocates in becoming leaders in sleep and circadian health. Through the Pathways to Vitality Scholars Network and other learning opportunities, we expand access to the field and help turn lived experience, clinical insight, and scientific curiosity into leadership, advocacy, and meaningful change.



FY26 at a Glance



Strategic Progress

FY26 was a year of meaningful progress as WSCN strengthened its foundational programs while expanding its reach across the broader sleep and circadian health landscape. Guided by four strategic pillars, WSCN worked to increase access to trusted information and support, translate emerging science into practical resources, connect people and organizations across the field, and elevate patient and caregiver voices.

The following highlights demonstrate how WSCN advanced these priorities through direct assistance, peer support, educational resources, leadership development, community engagement, strategic partnerships, and advocacy.



AWAKE
PEER MENTOR PROGRAM

 **CPAP**
Assistance Program

 **The Pathways
to Vitality
Scholars Network**

PLIR 
Patient Leadership in Research





Pillar 1: Empower Patients & Communities

WSCN expands access to education, tools, support, and strengthens community engagement, amplifying the voices of patients, caregivers, and the community.

Providing Assistance to Patients



AWAKE Peer Mentors are people on CPAP therapy who have faced their own challenges, and can support others by sharing their lived experience. The WSCN Peer Mentors are trained, and provide free, individualized support to people who are beginning CPAP therapy or experiencing challenges with treatment. During FY26, volunteer mentors supported 43 people with sleep apnea.

Mentors meet monthly with WSCN staff to share experiences, discuss participant needs, and identify opportunities to strengthen and expand peer support.



The AWAKE Peer Mentor Program is an opportunity for me to offer insight and assistance to people trying to get acquainted with their CPAP routine that I didn't have at the beginning of my sleep apnea journey. Having someone available to offer wisdom from lived experience means everything.

— Eugena Brooks, WSCN Peer Mentor



WSCN's CPAP Assistance Program helps people with sleep apnea overcome financial and access barriers to treatment by providing affordable CPAP machines and essential supplies.

During FY26, the program shipped 683 machine and supply packages to patients across the United States with more than 20,000 CPAP machines and supplies provided to people in need since the start of the program.



"I just wanted to take a moment to express my gratitude. I am trying to get a job and have hypertension so being able to sleep restfully is so important. I don't know what I would have done without your program. Having a good night's sleep is so important. Thank you."

— Leah Stites, CPAP machine recipient

Expanding Reach and Engagement Through Social Media

WSCN used social media to increase access to trusted sleep and circadian health information, elevate lived experience, and help people engage more confidently in their health and care. During FY26, WSCN's social media content generated approximately 4,400 engagements and over 240,000 content views and impressions across platforms.

Campaign highlights included:

Owning All 24 Hours

Accessible content helped audiences understand how sleep and circadian health affect the brain, heart, mood, daily functioning, and overall well-being.

Elevating Patient Voices

Patient stories and interviews highlighted the realities of living with sleep disorders, navigating diagnosis and treatment, while demonstrating how lived experience informs research and care.

Sharing Trusted Clinical Perspectives

Clinicians translated complex topics into understandable information and shared practical insights to help people recognize concerns, ask informed questions, and communicate with their healthcare providers.

Providing Timely, Practical Education

Posts shared approachable information about healthy sleep habits, common sleep disorders and symptoms, treatment options, the connections among sleep, chronic conditions, and overall health, and when to seek additional support.

CONTENT VIEWS
56,700

CONTENT VIEWS
18,700

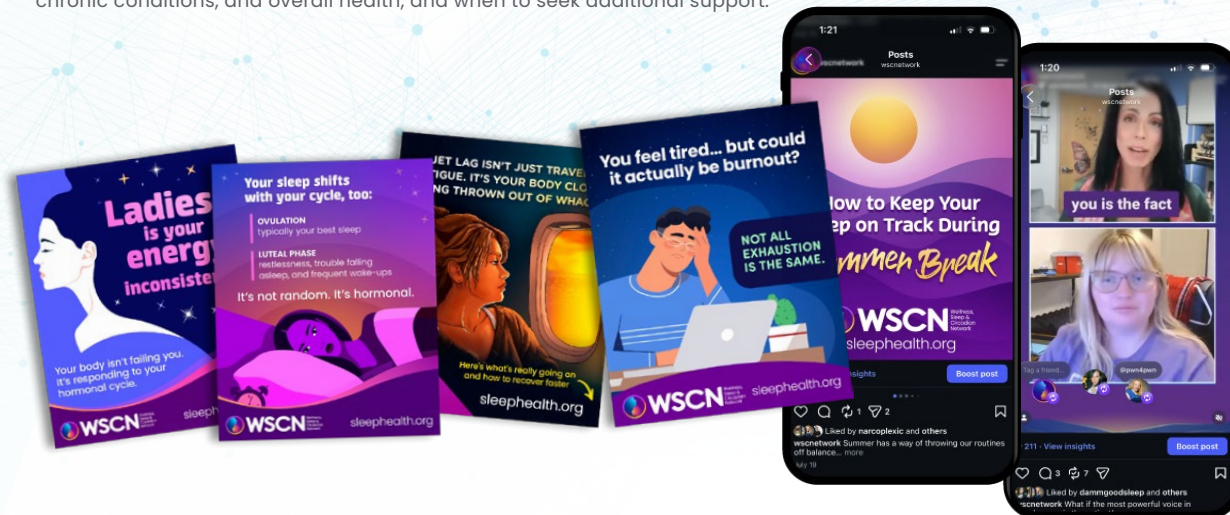
CONTENT VIEWS
9,300

POST IMPRESSIONS
156,000

Growing the Community

In June 2026, WSCN relaunched its online community as the WSCN Sleep & Circadian Health Community.

With **1,800 members** and growing, the moderated group provides a space to share research and trusted resources, learn about available support, and connect with people living with sleep disorders and others interested in sleep and circadian health.





Pillar 2: Translate Science into Practice

WSCN accelerates the translation of sleep and circadian research into practical tools, education, and frameworks that patients, clinicians, researchers, and communities can use.

Expanding Educational Content

During FY26, WSCN developed educational resources across several key themes: navigating healthcare and preparing for clinical visits; understanding sleep disorders and diagnostic testing; beginning and adapting to treatments such as CPAP and CBT-I; recognizing and managing excessive sleepiness; and exploring the connections between sleep, circadian health, sexual health, and overall well-being. Resources were tailored for patients, caregivers, and clinicians to support informed conversations, shared decision-making, and better care.



Bridging Research, Clinical Practice, and Lived Experience

Patient Stories and Perspectives

Stories help connect people across the healthcare ecosystem. WSCN launched a blog this year to elevate lived experience, helping patients feel less isolated while giving clinicians, researchers, industry, and policymakers greater insight into how sleep conditions and treatments affect daily life.

Patient Leadership in Research

WSCN's Patient Leadership in Research (PLIR) program prepares patients to contribute meaningfully to research. Through a structured 12-week curriculum, participants learn about research methods, scientific processes, and their roles as patient research partners. The program helps participants offer informed feedback throughout the research lifecycle while helping researchers incorporate patient perspectives more effectively. To date, WSCN has trained 23 people through the PLIR program and presented a poster highlighting the program at SLEEP 2026.

Patient- and Clinician-Directed Resources

WSCN listens to patients and clinicians to identify unmet educational needs, reviews available evidence, and translates complex information into practical, accessible resources. Sleep and sexual health is one example from this year. Patients identified it as an important but often overlooked concern, while clinicians shared that these conversations can be difficult to initiate. In response, WSCN developed complementary resources for patients and clinicians that present evidence, offer practical guidance, and provide prompts to help begin conversations and connect people with appropriate support.

Sharing Patient & Clinician Resources

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It's Not Coincidence... It's CIRCADIAN

Why Sleep Matters for Women's Health

Sleep is your body's nightly repair crew. When your circadian rhythms stay in sync, every system benefits — from your heart and hormones to your mood and metabolism. When those rhythms are disrupted, risks rise for conditions like diabetes, depression, overweight, obesity and heart disease.

Key Life Stages & Challenges

Menstrual Cycle	Hormonal changes across the month related to periods can result in a cycle of irregular sleep wake quality and patterns
Pregnancy	Changing hormones and increasing weight and discomfort can greatly impair sleep and this can increase risks for mom and baby
Menopause	Between hot flashes and increase risk for sleep apnea and other sleep problems due to reduced hormones — a good night's sleep feels like a dream

Stop accepting anything less than the best version of your weight challenges, waking feeling unrested, moodiness, irritability, dysfunction can be a sign of a sleep or circadian disorder! Tap into your fountain of youth by **OWNING ALL 24 HOURS!**

Do I have a sleep problem?

How can I keep my rhythm healthy?

Join our community and unlock your full potential!
sleephealth.org

I'm tired all day — does that explain you desire?

It can. Excessive daytime sleepiness (EDS) often means sleep is not getting the attention it deserves. In women, EDS also indicates a potential for health issues. Excessive daytime sleepiness can also be a sign of hormonal imbalances that affect sleep. Circadian rhythm disorders can impact sleep, mood, and health.

Can treating a sleep disorder improve sex?

Although not an end-all and be-all, it is a critical piece of research. Improved sleep, improved mood, and improved sex life can lead to a more satisfying relationship.

Could my medications be causing both sleep and sexual side effects?

Yes — many medications (some antidepressants, antidepressants, and others) can cause both sleep and sexual side effects. Talk to your doctor about your medications with your health practitioner as a possible culprit.

Is hormone dysfunction from sleep?

Improving sleep and circadian health when women have sleep issues can lead to better mood and improved sexual desire or performance. Sleep should be treated and treated per circadian patients.

When should I seek help?

When you realize that you feel concerned about your sexual health, it is a problem worth discussing with your provider. There's no shame in wanting a healthy sex life!

Sleep & Sexual Dysfunction Stats

Circadian Rhythm Dysfunction	TESTOSTERONE DEFICIENCY: +2.5x likelihood	INCREASING DEFICIENCY: +1.5x likelihood
Each + hour	+14% likelihood	
Insomnia & Sexual Dysfunction	Q Woman	85.0% NO MEDICATION
Don't smoke on your of		

What to Expect from Your Care Team

Your CTR team typically includes your physician and your female medical professional (FMP). Identify your own experience (CMT) provider. Identify your own experience (CMT) provider.

Looking for More Support?

WSCN has online resources to help you on your journey.

Getting Started with CPAP Therapy

A BEGINNER'S GUIDE

Beginning CPAP therapy is a big step, and it's completely natural to feel uncertain at first. That's why every night you use your CPAP is a night closer to better sleep, renewed energy, and better health.

Visit our FAQ section on our AWAKE Peer Mentorship program for answers to common questions.

Our free peer mentorship program connects you with experienced mentors who can support you on your journey, so you don't have to do it alone.

Distraction is a problem. There's a simple, distraction-free, step-by-step protocol to help you get used to wearing a CPAP mask.

We offer additional learning materials, information, and resources on our website.

Visit our CTR website to learn more about the program, and sign up for help.

sleephealth.org
888-293-3650

Sleep IS Neurology

Whole Health | Evidence-Based Science | Online Community

SCAN FOR MORE INFO

sleephealth.org

WSCN

Wellness,
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Circadian
Network

AWAKE
SLEEP 2023
ZZZ
Ooh
Ooh
Ooh



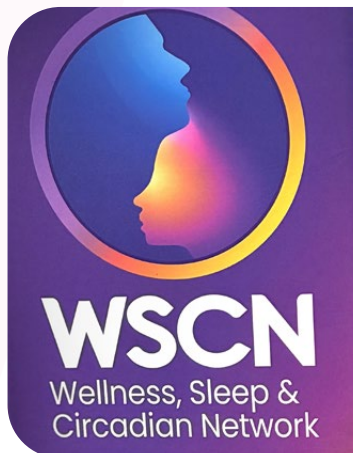
Pillar 3: Build the Sleep & Circadian Health Ecosystem

WSCN convenes and connects researchers, clinicians, industry, advocates, patients, caregivers, and community leaders to strengthen the global sleep and circadian health landscape.

Developing Emerging Leaders

The Pathways to Vitality Scholars Network, is a global initiative that provides financial support to help participants attend conferences, engage in research and education, deepen their expertise, and grow as informed leaders. The network's inaugural Dawn Award recognized early-career clinician Dr. Shikha Mistry and supported her attendance at SLEEP 2026, where she connected with patients, researchers, experts, and peers and brought key insights back to her clinical practice.

Through the Bridge to Knowledge initiative, WSCN also supported three patient advocates in attending SLEEP 2026. They contributed to roundtable discussions, explored emerging research and treatments, and elevated patient priorities.



The Pathways to Vitality Scholars Network

Reflection from Dr. Mistry:

"One of the most meaningful experiences at the conference wasn't a lecture; it was spending time with hypersomnia advocates and hearing their stories.

As physicians, we spend a great deal of time reviewing sleep studies, prescribing medications, and following treatment guidelines. Conferences like this are an important reminder that behind every diagnosis is a person navigating work, school, family life, and relationships while living with a chronic sleep disorder.

Listening to advocates share their experiences reinforced the importance of partnering with patients, understanding their goals, and continuing to push for better treatments and greater awareness of central disorders of hypersomnolence."

—Dr. Shikha Mistry
Ohio Sleep Medicine Institute

Connecting the Field

WSCN serves as a neutral convener, connecting patients, caregivers, clinicians, researchers, advocates, community organizations, and industry partners around shared priorities. During FY26, WSCN strengthened national and international relationships and explored collaborations across sleep equity, patient engagement, research, professional education, and global sleep health. WSCN also engaged diverse audiences at five conferences: World Sleep 2025, the American Academy of Neurology (AAN) Annual Meeting, the American College of Osteopathic Family Physicians (ACOFP) Convention, #BeyondSleepy, and SLEEP 2026. Together, these activities expanded WSCN's network and created meaningful opportunities for patients and caregivers to help shape research, care, education, and innovation, shared decision-making, and better care.



Dr. Anne Marie Morse (WSCN Board Chair), Tara O'Connor (Patient Advocate), Lola Broomhall (Program Manager), Meg Langley (Chief Operating Officer), and Liz Johnson (Finance Director).



Meg Langley (Chief Operating Officer), Lola Broomhall (Program Manager), Tara O'Connor and Rachel Nesmith (Patient Advocates)



Lola Broomhall (Program Manager), Dr. Anne Marie Morse (WSCN Board Chair), and Liz Johnson (Finance Director)



Lynn Grisco (Board Member), Meg Langley (Chief Operating Officer) and Valerie Person (Program Manager)



Pillar 4: Advance Advocacy & Systems Change

WSCN elevates the role of sleep and circadian health in policy, healthcare delivery, research, workforce development, public awareness, and population health.



Susan Manber (Chief Patient Officer) and Meg Langley (Chief Operating Officer) with Sleep Health Europe Coalition Members

Global Health Policy and Advocacy

WSCN strengthened its role in the international sleep and circadian health community through engagement with Sleep Health Europe. At its 2026 March launch event, WSCN contributed a patient-centered perspective to discussions that established coalition priorities around sleep literacy, recognition of sleep disorders as cardiovascular risk factors, and earlier screening for obstructive sleep apnea and chronic insomnia. The coalition also identified opportunities to improve access to diagnosis and care, strengthen data standards, and integrate patient voices into European sleep health policy and advocacy.

WSCN brought a global patient advocacy perspective to the discussion, emphasizing the importance of measurement, stronger sleep education for healthcare professionals, and greater attention to language and health literacy so patients are better equipped to discuss sleep with their providers. WSCN also called for long-term collaboration, encouraging organizations to move beyond short-term grants and pursue strategic partnerships that can generate sustained impact.



"There's no physical health without mental health. There's neither without sleep. But when's the last time your healthcare provider asked how you're sleeping at your physical? That's why we've tackled language and lexicon as a key aspect of what we're doing."

—Susan Manber, WSCN Chief Patient Officer



Coalitions and Collaborations

WSCN expanded its involvement in coalitions and collaborations that connect sleep and circadian health with broader areas of health and well-being. This work helps bring sleep into conversations related to our Across the Body FY26 priorities, including cardiovascular health, women's health, mental health, cancer, and neurology. Through participation in the Partnership for Advancing Cardiovascular Health and the Partnership for Women's Wellness Coalition, WSCN is helping integrate sleep into education, resources, advocacy, and broader health initiatives.

WSCN also strengthened relationships with patient advocacy organizations, including PWN4PWN and NAPS4Life, and research partners such as the Sleep Research Society. These collaborations bring together lived experience, research, clinical expertise, and advocacy to advance shared priorities, expand the reach of trusted information, and support long-term systems change.

"Working with WSCN gives us an important opportunity to bring the patient voice into broader conversations around sleep and circadian health. By combining our strengths, we can expand education, elevate lived experience, and create greater impact for the communities we serve."

—Jane E. Powell, CEO & Executive Director PWN4PWN



FY26 Across the Body Priorities



NEUROLOGY



CARDIOMETABOLIC



WOMEN'S HEALTH



MENTAL HEALTH



ONCOLOGY

Stories of Impact

The following highlights demonstrate how WSCN advanced strategic priorities through direct assistance, peer support, educational resources, leadership development, community engagement, strategic collaborations, and advocacy.



From Mentee to Mentor: How the AWAKE Peer Mentor Program Helped Paul Succeed with CPAP



When you talk to a mentor as passionate about CPAP therapy as Paul, it is hard to believe that he did not have an easy path to success. The startling reality is that he faced obstacles from the very beginning. Plagued by the side effects of poor sleep, Paul knew he had a problem; his doctor, however, was reluctant to test him for sleep apnea because he did not fit the stereotypical obstructive sleep apnea (OSA) patient profile. It was only Paul's insistence on a screening that led to a home sleep test.

The Turning Point:

Connecting with an AWAKE Peer Mentor

One thing that worked in Paul's favor was his determination to succeed. Motivated by a family tragedy – an older brother who died at 43 years old from untreated sleep apnea—as well as a deep desire to feel better, Paul went online in search of the answers and support. That's when he came across WSCN's AWAKE Peer Mentor program.

In connecting with a mentor who truly listened and understood the realities of life on CPAP, Paul finally found the practical advice, empathy, and encouragement he had been missing. Through weekly candid conversations and shared experiences, he learned not only how to solve technical issues like mask leaks and discomfort, but also how to develop the right mindset for long-term success.

Paying It Forward:

Becoming a Mentor

With ongoing support and the right equipment, Paul's nightly battles gradually turned into a routine he could manage—and even embrace. The combination of personalized mentorship and a better-fitting mask allowed him to overcome setbacks and ultimately achieve 100% compliance with his therapy. This experience inspired Paul to become a AWAKE Peer Mentor, to assist others in their CPAP journey.

Today, Paul attributes his success not just to perseverance, but to the support and empowerment that came from having someone in his corner every step of the way. "There's not a manual for this," Paul says. "I had to figure a lot of it myself. Mostly through talking to people who were willing to share. I owe a lot of my success to the AWAKE Peer Mentor program."

"We had a different sleep apnea diagnosis," Paul says, "but what we had in common was our use of the equipment. My mentor couldn't give me medical advice, but he could tell me what to do if I had a mask leak or encourage me to continue therapy and seek help when I was experiencing side effects."

"He told me something that I will never forget. He said, 'sleep apnea doesn't care about what it's doing to you on the inside—driving high blood pressure, creating the possibility of strokes, increasing your risk of car accidents. But the one thing that is in your control is your ability to use the machine and to be compliant so you can reap the benefits.' And I did feel the benefits. I'm not saying there weren't times when I wanted to quit therapy, but I now have good blood pressure, I'm so much more awake during the day, and I haven't gotten into car accidents in a long time (I used to get so drowsy during long drives as a sales rep). That keeps me going."

From Patient Experience to Powerful Advocacy

How WSCN Scholars Elevated the Patient Voice at SLEEP 2026

This year, WSCN supported three patient advocates in attending SLEEP 2026 to amplify the voices of people living with sleep disorders and keep patient perspectives at the center of conference conversations. Upon returning, the advocates were eager to share how the conference highlighted both the latest advances in sleep medicine and the hope and connection that come from learning, sharing, and advocating together.

Progress in Narcolepsy and Sleep Disorders

“Attending SLEEP 2026 was both encouraging and inspiring,” says Tara O’Connor, one of our patient advocates. “One of the things that surprised me most was seeing how much attention is now being given to narcolepsy, idiopathic hypersomnia, and insomnia. Historically, many discussions at sleep conferences seemed heavily focused on sleep apnea, so it was exciting to see greater recognition of other sleep disorders and the unique challenges faced by those living with them.”



Tara O'Connor (left) with fellow patient Sol Briggs at the WSCN booth – where many discussions were shared during SLEEP 2026

The Value of Patient Voices in Research and Education

The growing recognition of patient voices in research and education was another highlight of the conference. Advocates shared how meaningful it was to participate in discussions with researchers, clinicians, and industry partners, where their lived experiences could directly inform studies and the development of new treatments.

Opportunities for patients to join roundtable conversations and panels underscored the shift toward more collaborative, patient-centered care. By involving patients more deeply in research and medical training, the sleep medicine community is building stronger understanding and empathy, leading to care that better addresses the real needs of those living with sleep disorders.



Patient Advocates at SLEEP 2026

A central theme echoed by all three advocates was the hope inspired by advances in research on narcolepsy and sleep disorders.



Tara O'Connor
Patient Advocate at SLEEP 2026

"My biggest takeaway from SLEEP 2026 is that there is real progress happening. Narcolepsy and idiopathic hypersomnia are being discussed more frequently, more research is being conducted, and more people are paying attention to the needs of patients living with these conditions." —Tara O'Connor



Kerly Bwoga
Patient Advocate at SLEEP 2026

"Community is the foundation: new treatments are vital, but so is the ongoing support, awareness, and real connection we share as a community." —Kerly Bwoga



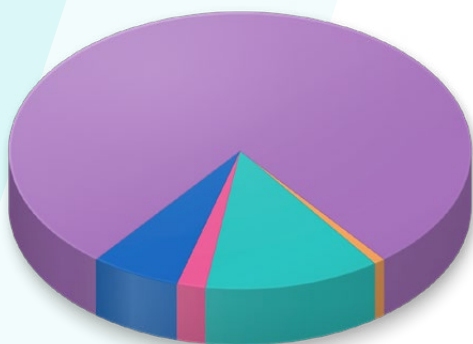
Rachel Nesmith
Patient Advocate at SLEEP 2026

"WSCN's generous support made it possible for me to attend #BeyondSleepy and SLEEP 2026, where I learned about promising new treatments and ensured the patient voice was heard. Their investment gave me hope, knowledge, and the opportunity to advocate for better care for everyone living with narcolepsy." —Rachel Nesmith

Looking ahead, advances in research and the development of new treatments offer hope for more effective therapies and improved outcomes. Together, the community can help shape a future with better care and quality of life for people with narcolepsy and other sleep disorders.

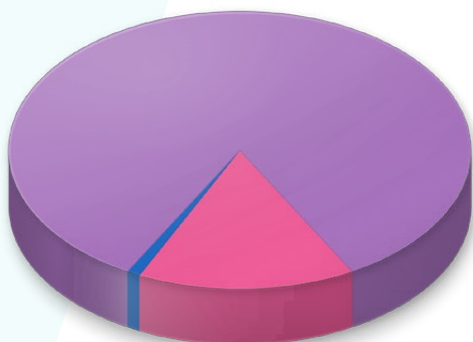
We are grateful to Resmed and Centessa Pharmaceuticals, whose support of the Pathways to Vitality Scholars Network helped patients and emerging leaders participate in SLEEP 2026, deepen their knowledge, build meaningful connections, and bring new insights back to their communities and work.





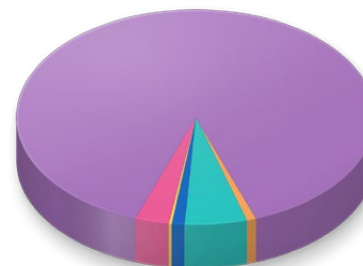
Revenue

- INDIVIDUAL DONATIONS: 6.28%
- CORPORATE CONTRIBUTIONS/SPONSORSHIPS: 2.02%
- PROGRAM SERVICE FEES: 12.31%
- INVESTMENT INCOME: 78.58%
- OTHER REVENUE: 0.81%



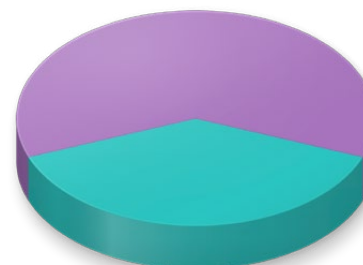
Expenses

- PROGRAM SERVICES: 83.82%
- MANAGEMENT & GENERAL ADMINISTRATION: 15.25%
- FUNDRAISING: 0.93%



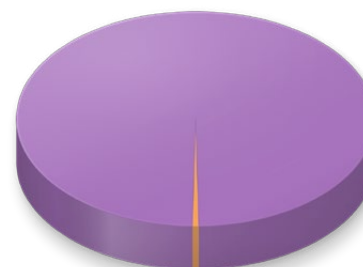
Assets

- CASH: 3.10%
- INVESTMENTS: 89.00%
- RECEIVABLES: 0.26%
- PREPAID EXPENSES: 1.14%
- INVENTORY: 0.88%
- EQUIPMENT/SOFTWARE: 5.62%



Liabilities

- PAYABLES: 61.69%
- PAYROLL LIABILITIES: 38.31%



Net Assets

- UNRESTRICTED: 99.44%
- RESTRICTED: 0.56%

Looking Ahead:

FY27 Priorities

In FY27, WSCN will build on the progress of the past year by expanding how people access trusted information, connect with one another, and participate in the sleep and circadian health community.

WSCN will launch a redesigned website that serves as an accessible hub for education, practical tools, patient stories, community support, and opportunities to engage. We will also grow the WSCN Sleep & Circadian Health Community, creating additional ways for people to exchange experiences, access trusted resources, and turn knowledge into action.

A new webinar and podcast series will bring together patients, caregivers, clinicians, researchers, and advocates to explore the many ways sleep and circadian health affect daily life. In the fall, WSCN will host a virtual kickoff event leading into the Experiential Expression & Education (ExEd) Summit in spring 2027, where diverse stakeholders will elevate lived experience, address gaps in care, and identify opportunities for collaboration and change. At the same time, WSCN will continue to strengthen and expand its patient assistance programs, providing access to affordable CPAP machines and supplies, and connecting mentees with trained peer mentors to support treatment, daily functioning, and overall health.



Join Us

Together, we can build a future in which everyone has access to the information, support, and community needed to improve sleep and circadian health.



Partner with us to expand education and community support



Sponsor a program that reaches patients, caregivers, and clinicians



Share your story to help shape research, care, and advocacy



Join our community to connect with others across sleep and circadian health



Donate to help patients access resources, equipment, and support



WSCN

Wellness,
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