



Harmony Biosciences Recognizes World Narcolepsy Day 2026, Reflecting on Nearly a Decade of Commitment to the Sleep Community

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PLYMOUTH MEETING, Pa. -- Sept. 22, 2026 -- Harmony Biosciences today recognized World Narcolepsy Day, observed annually on September 22, by reflecting on nearly a decade of commitment to the narcolepsy and broader sleep-wake community. Since its founding in 2017, Harmony has worked alongside patients, caregivers, advocacy organizations and healthcare providers to help advance care, deepen understanding and elevate the voices of people living with narcolepsy and other sleep-wake disorders.

"Narcolepsy affected every part of my life before I found the right support system, from my career as a professional racecar driver, to my relationships, to my sense of self," said Vincent Arthur, a narcolepsy advocate and recipient of this year's Patients at the Heart Award. The award is part of Harmony's long-standing Patients at the Heart program, which has supported patient-centric organizations and community leaders working to address the comprehensive needs of people affected by sleep disorders and rare neurological diseases.

"Days like World Narcolepsy Day really matter because they shine a light on a condition that's often invisible to the outside world. And I'm grateful for organizations like Harmony that have remained committed to this community," Arthur added.

Changing Public Perception of Narcolepsy at South by Southwest with Axios

This year, Harmony Biosciences also continued that commitment by recognizing Project Sleep's [Hollywood & Sleep Initiative](#), which helps television and film writers and producers portray sleep health and sleep disorders more accurately. Project Sleep was recognized with a Patients at the Heart Award last year for leading this initiative with the University of Southern California's Norman Lear Center and Hollywood, Health & Society.

Harmony Biosciences and Project Sleep further spotlighted this initiative during a [South by Southwest panel hosted by Axios](#) earlier this year. The discussion featured Project Sleep President and CEO Julie Flygare, JD; actor and disability advocate R.J. Mitte; and public health expert Debra Patt, MD, PhD, MBA, who examined how film, television, and digital storytelling shape public understanding of medical conditions, with narcolepsy as the central case study.

"Narcolepsy is often treated as a punchline in film and television, and that portrayal has real consequences — it delays diagnosis, deepens stigma and discourages people from talking about their condition," said Flygare. "Our conversation with Axios helped move beyond stereotypes and show what living with narcolepsy really looks like."

Nearly a Decade of Commitment Through Patients at the Heart

"For nearly a decade, Harmony has been committed to advancing the needs of the sleep community by listening to patients, supporting advocacy partners and investing in programs that respond to real-world challenges," said Cate McCanless, Chief Corporate Affairs Officer of Harmony Biosciences. "Our Patients at the Heart program reflects that commitment in action. World Narcolepsy Day is a powerful reminder that behind every research effort, educational initiative and community program is a person navigating the daily realities of living with narcolepsy. We are proud to continue standing with this community today, and every day."

Launched in recognition of World Narcolepsy Day in 2019, Patients at the Heart has grown from an inaugural grant program for the narcolepsy community into a broader platform for supporting innovative, patient-centric initiatives across sleep disorders and rare neurological diseases. As Harmony looks ahead to its next decade of work, the company remains focused on deepening this commitment and continuing to find meaningful ways to put patients at the heart of everything it does.

Since launching Patients at the Heart in 2019, Harmony has supported nonprofit organizations working to address the comprehensive needs of people affected by sleep disorders and rare neurological diseases. Past award recipients have advanced programs focused on health literacy and self-advocacy, peer-to-peer support for people living with hypersomnia disorders, caregiver resources for families affected by Prader-Willi syndrome, and initiatives designed to reduce disparities and improve support across rare neurological disease and sleep disorder communities. Together, these efforts reflect Harmony's sustained commitment to listening to patients, caregivers and advocacy partners — and supporting programs that respond to the needs they identify as most meaningful.

About Harmony Biosciences

Harmony Biosciences is a pharmaceutical company dedicated to developing and commercializing innovative therapies for patients

with rare neurological diseases who have unmet medical needs. Driven by novel science, visionary thinking, and a commitment to those who feel overlooked, Harmony Biosciences is nurturing a future full of therapeutic possibilities that may enable patients with rare neurological diseases to truly thrive. Established by Paragon Biosciences, LLC, in 2017 and headquartered in Plymouth Meeting, Pa., we believe that when empathy and innovation meet, a better future can begin; a vision evident in the therapeutic innovations we advance, the culture we cultivate, and the community programs we foster. For more information, please visit www.harmonybiosciences.com.

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