



An interview with Jessica Davenport, “The Narcolepsy Whisperer”

Jessica Davenport, BS, is the founder and owner of Wellness Dreamer, a health and wellness company she created in 2017. She is a leading advocate for sleep health and sleep disorders in the South Florida area and has spent 10 years in the health and wellness industry.

Jessica holds a bachelor's degree in Wellness Leadership from the University of South Florida. She is a certified Health & Wellness Coach through Wellcoaches and a certified Personal Trainer through the American Council on Exercise. Jessica has held positions with a variety of companies ranging from a global human capital management (HCM) software company to one of the largest health insurance providers in the United States. Prior to founding Wellness Dreamer, she was the Wellness Specialist for a Credit Union Service Organization where she managed all the wellness programs for over 1700 employees.

Jessica is extremely passionate about health and wellness as a whole but has a particular and focused interest in sleep health and sleep disorders.

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If you ask her she'll tell you she's a "Sleep Geek". This interest stems from the fact that she knows exactly what it's like to be a sleepy person. Living with the invisible symptoms of multiple sleep disorders for over a decade, they culminated just prior to college and were eventually diagnosed as sleep apnea in 2007 and narcolepsy type II in 2010.

Because of her battle with sleep disorders, she felt the need to create more awareness in her own community. In 2014, in conjunction with Project Sleep, Jessica hosted the very first Sleep Walk Tampa Bay event. In 2015, she co-founded Sleep Tampa Bay, a grassroots organization dedicated to advocating for sleep health and sleep disorder awareness in the Tampa Bay area. Since 2015 Sleep Tampa Bay has hosted community events twice a year where they help others wake up to the importance of sleep and also how to recognize if they have a sleep disorders.

In 2017, Jessica united her 10 years of experience in the wellness industry with her personal experiences and passion for change to create Wellness Dreamer, a health and wellness company that offers one-on-one and group wellness coaching, consulting services for corporate wellness clients, personal training, and professional speaking services.

Links for podcast episode 34

[Email Jessica](#)

[Jessica on Instagram](#)

[Sleep Tampa Bay on Facebook](#)

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Book: Wide Awake and Dreaming: A Memoir:

<http://julieflygare.com/wide-awake-and-dreaming-memoir-narcolepsy/>

Bay News 9 video clip about Sleep Walk Tampa Bay 2014:

<https://plus.google.com/111601541880744382305/posts/84YKnt9d4vf>

Tampa Bay Times article about Sleep Walk Tampa Bay 2014:

<http://www.tbo.com/pinellas-county/sleep-walk-in-st-pete-raises-awareness-of-disorders-20140831/>

July 28, 2015 – Article about Sleep Walk Tampa Bay 2015:

<http://www.ospreyobserver.com/2015/07/second-annual-sleep-walk-tampa-bay-offers-family-friendly-fun-labor-day-weekend/>

Video of guest panel appearance for the Hypersomnia Foundation:

<https://www.youtube.com/watch?v=xBHc-xGpjPk>

May 2016 Three-part interview on healthy sleep with Dr. Joel Bennett:

Part 1 - <http://aceclifehealthtrust.com/healthy-sleep/>

Part 2 - <http://aceclifehealthtrust.com/healthy-sleep-part-2/>

Part 3 - <http://aceclifehealthtrust.com/healthy-sleep-part-3/>

[Madcap Narcolepsy Website](#)