



**Jessica Davenport, “The Narcolepsy Whisperer” discusses sleep disorders, their diagnosis and surprisingly common mis-diagnoses, and how critical it is that we make getting quality sleep a priority.**

Jessica Davenport, BS, is the founder and owner of Wellness Dreamer, a health and wellness company she created in 2017. Jessica holds a Bachelors 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 worked in the health and wellness industry for 11 years and 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 PSCU, a Credit Union Service Organization where she managed all the wellness programs for over 1700 employees. In 2016, Jessica was instrumental in helping PSCU become one of the first companies in the US to receive the coveted Health Champion Designation from the American Diabetes Association.

Jessica is extremely passionate about health and wellness as a whole but has a particular interest in the areas of sleep health and diabetes. Her interest

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in sleep health stems from the fact that she knows exactly what it's like to be a sleepy person. Just prior to college Jessica began experiencing the invisible symptoms of multiple sleep disorders. She lived with these symptoms for over a decade until they 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, she co-founded Sleep Tampa Bay, a grassroots organization dedicated to advocating for sleep health and sleep disorder awareness in the Tampa Bay area. As for her passion for diabetes, it began during her time working as a health coach for an insurance company where she gained experience coaching many patients living with diabetes. But her passion for diabetes education and advocacy grew exponentially when her son was diagnosed with Type 1 diabetes in 2016, at the age of 6. Since her son's diagnosis Jessica has been working diligently to advocate for her son and for others who live with diabetes.

In 2017, Jessica united her 11 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 45**

[Email Jessica](#)

[Jessica on Instagram](#)

[Von Arx Family Foundation Southwest Florida Diabetes & Wellness Conference](#)

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[Sleep Tampa Bay on Facebook](#)

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/](http://aceclifehealthtrust.com/healthy-sleep/)

[Part 2 - http://aceclifehealthtrust.com/healthy-sleep-part-2/](http://aceclifehealthtrust.com/healthy-sleep-part-2/)

[Part 3 - http://aceclifehealthtrust.com/healthy-sleep-part-3/](http://aceclifehealthtrust.com/healthy-sleep-part-3/)

[Madcap Narcolepsy Website](#)