

deoxyribonucleotides flanked by at least one LNA nucleotide on each of the 5' and 3' ends of the deoxyribonucleotides.

21. The single stranded oligonucleotide of claim **1**, further comprising phosphorothioate internucleotide linkages between at least two nucleotides.

22. The single stranded oligonucleotide of claim **21**, further comprising phosphorothioate internucleotide linkages between all nucleotides.

23. The single stranded oligonucleotide of claim **1**, wherein the nucleotide at the 3' position of the oligonucleotide has a 3' hydroxyl group.

24. The single stranded oligonucleotide of claim **1**, wherein the nucleotide at the 3' position of the oligonucleotide has a 3' thiophosphate.

25. The single stranded oligonucleotide of claim **1**, further comprising a biotin moiety conjugated to the 5' nucleotide.

26. A single stranded oligonucleotide comprising a region of complementarity that is complementary with at least 8 consecutive nucleotides of a PRC2-associated region of a UTRN gene, wherein the oligonucleotide has at least one of:

- a) a sequence that is 5'X-Y-Z, wherein X is any nucleotide and wherein X is anchored at the 5' end of the oligonucleotide, Y is a nucleotide sequence of 6 nucleotides in length that is not a human seed sequence of a microRNA, and Z is a nucleotide sequence of 1 to 23 nucleotides in length;
- b) a sequence that does not comprise three or more consecutive guanosine nucleotides;
- c) a sequence that has less than a threshold level of sequence identity with every sequence of nucleotides, of equivalent length to the second nucleotide sequence, that are between 50 kilobases upstream of a 5'-end of an off-target gene and 50 kilobases downstream of a 3'-end of the off-target gene;
- d) a sequence that is complementary to a PRC2-associated region that encodes an RNA that forms a secondary structure comprising at least two single stranded loops; and/or

e) a sequence that has greater than 60% G-C content.

27. The single stranded oligonucleotide of claim **26**, wherein the oligonucleotide has the sequence 5'X-Y-Z and wherein the oligonucleotide is 8-50 nucleotides in length.

28. A composition comprising a single stranded oligonucleotide of claim **1** and a carrier.

29. A composition comprising a single stranded oligonucleotide of claim **1** in a buffered solution.

30. A composition of claim **28**, wherein the oligonucleotide is conjugated to the carrier.

31. The composition of claim **30**, wherein the carrier is a peptide.

32. The composition of claim **30**, wherein the carrier is a steroid.

33. A pharmaceutical composition comprising a composition of claim **28** and a pharmaceutically acceptable carrier.

34. A kit comprising a container housing the composition of claim **28**.

35. A method of increasing expression of a UTRN gene in a cell, the method comprising delivering the single stranded oligonucleotide of claim **1** into the cell.

36. The method of claim **35**, wherein delivery of the single stranded oligonucleotide into the cell results in a level of expression of a UTRN gene that is at least 50% greater than a level of expression of the UTRN gene in a control cell that does not comprise the single stranded oligonucleotide.

37. A method increasing levels of a UTRN gene in a subject, the method comprising administering the single stranded oligonucleotide of any one of claim **1** to the subject.

38. A method of treating a condition associated with decreased levels of a UTRN gene in a subject, the method comprising administering the single stranded oligonucleotide of claim **1** to the subject.

39. The method of claim **38**, wherein the condition is a muscular dystrophy, including DMD, BMD, and myotonic dystrophy.

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