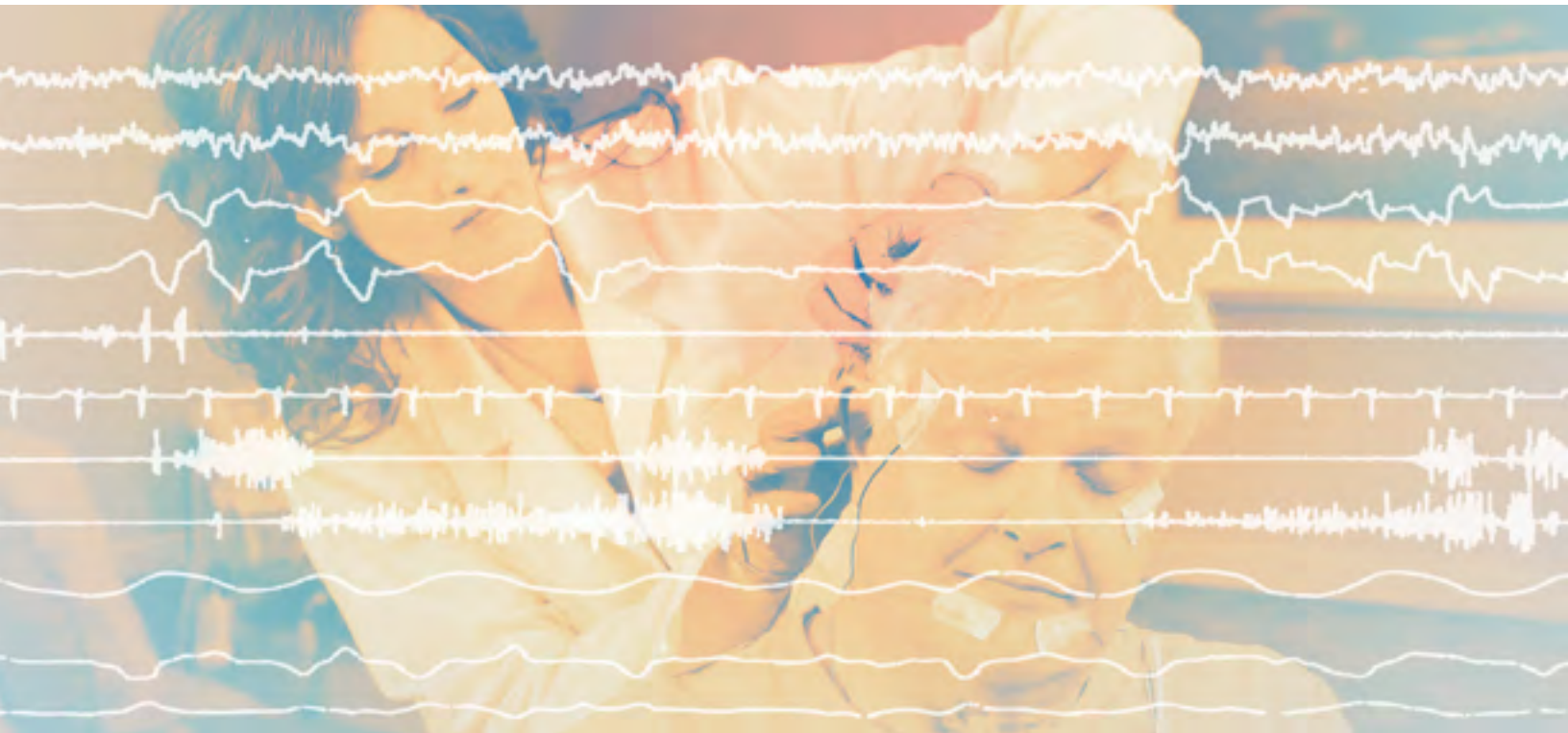




AMERICAN SLEEP MEDICINE FOUNDATION

2015 Annual Report

The leading foundation promoting sleep research and education



Message from the President



Merrill S. Wise, MD
President

As president of the American Sleep Medicine Foundation (ASMF) for the past three years, I have had the privilege of leading the Foundation through a period of strategic analysis and significant growth.

Given the continuous changes in the health care landscape and the practice of sleep medicine, the ASMF board of directors has been focused on fine-tuning the Foundation's awards program. Our goal is to ensure that our awards promote positive outcomes while fostering research that targets the most critical needs of the sleep field.

The recipient profiles in this report provide two snapshots of how the ASMF awards are having a positive impact on both career development and scientific knowledge. In an effort to measure this success,

we are continuing to identify best practices among research foundations for benchmarking and outcome measurement.

We also have begun shifting the Strategic Research Award program toward more tightly focused health services research proposals that are aligned with clinical sleep medicine priorities. The most recent request for applications solicited proposals to study the role of telehealth/telemedicine, using the AASM SleepTM platform, in the evaluation and management of patients with sleep disorders.

ASMF Awards by Year



These efforts will enable us to maximize the impact of the 5-year, \$10-million commitment that the American Academy of Sleep Medicine (AASM) made in 2014 to accelerate the ASMF awards program. This generous funding has enabled the ASMF to solidify our portfolio of career development awards, which support the work of young and mid-level physician scientists. It also has allowed us to increase the reach of our focused projects awards, which address a variety of research, clinical, educational and humanitarian needs.

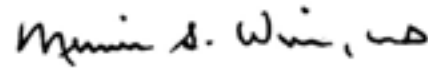
I am grateful for the strong support of the AASM, which underwrites all of the foundation's administrative expenses in addition to funding the vast majority of our awards program. I also appreciate

the generous support of our donors, and I encourage every AASM member to help the ASMF enhance sleep health for all by making a donation today.

Finally, as I conclude my term as ASMF president, I extend a warm welcome to my successor, Jennifer L. Martin, PhD. I am confident that Dr. Martin's leadership will help the ASMF succeed in its mission to be the leading foundation promoting sleep research and education.

Thank you for promoting sleep health by supporting the ASMF.

Sincerely,



Merrill S. Wise, MD
President

Incoming President

Jennifer L. Martin, PhD, CBSM, FAASM is a clinical sleep psychologist who is board-certified in behavioral sleep medicine by the American Board of Sleep Medicine (ABSM). Dr. Martin is Associate Professor of Medicine at the David Geffen School of Medicine at UCLA and directs the Insomnia Treatment Program at the VA Greater Los Angeles Healthcare System, where she has an active research program focused on sleep disorders in U.S. military veterans, women's health and geriatrics. Dr. Martin received her PhD in clinical psychology from the University of California, San Diego, as part of the SDSU/UCSD Joint Doctoral Program. She completed her clinical internship at Brown University and her post-doctoral fellowship in geriatrics at the University of California, Los Angeles.





Vision

The vision of the American Sleep Medicine Foundation (ASMF) is to enhance sleep health for all through research, education and humanitarian aid.

Mission

The American Sleep Medicine Foundation (ASMF) will be the leading foundation promoting sleep research and education by:

- Supporting the entry of young physicians and scientists into sleep research and academic sleep medicine
- Providing humanitarian aid to disadvantaged individuals with sleep disorders
- Funding strategic research
- Supporting research and other initiatives that educate the public about sleep, sleep disorders and the individual and public health consequences of inadequate or disturbed sleep

The American Sleep Medicine Foundation (ASMF) is a not-for-profit 501(c)(3) charitable and scientific organization that was established in 1998 by the American Academy of Sleep Medicine (AASM).

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2015–2016 ASMF Award Recipients

Strategic Research Award

Category I (Up to \$250,000)

Louise O'Brien, PhD

University of Michigan

Development and validation of a screening tool for SDB in pregnancy

Luis Buenaver, PhD

Johns Hopkins University

Cognitive behavior therapy for insomnia (CBT-I) in persons with traumatic brain injury (TBI)

Naresh Punjabi, MD, PhD

Johns Hopkins University

Diagnosing and managing sleep-disordered breathing in patients with decompensated congestive heart failure

Sanjay Patel, MD, MS

Brigham and Women's Hospital

Building a medical neighborhood for sleep medicine

Tiffany Braley, MD, MS

University of Michigan

Recognition and treatment of obstructive sleep apnea among Medicare beneficiaries

Robert Thomas, MD

Beth Israel Deaconess Medical Center

Polysomnographic markers of clinical sleep apnea outcomes

Beth Malow, MD

Vanderbilt University Medical Center

Behavioral sleep education for children with insomnia and autism spectrum disorders: partnering with community practices

THE GOALS OF THE STRATEGIC RESEARCH AWARD PROGRAM ARE to foster health services research and patient-oriented research in sleep medicine, improve outcomes, and demonstrate value.

Strategic Research Award

Category II (Up to \$100,000)

Megan Crawford, PhD

Rush University Medical Center

CBT-I for comorbid insomnia in chronic migraine: a proof of concept study using an online platform

David Plante, MD

University of Wisconsin

A multidimensional assessment to improve the evaluation and treatment of hypersomnolence

Matt Bianchi, MD, PhD

Massachusetts General Hospital

Nationwide analysis of insurance guidelines for polysomnography: comparison with AASM and cost-effectiveness modeling

Renée Shellhaas, MD

University of Michigan

Sleep analysis in neonates with spinal dysraphism

Sarah Honaker, PhD, CBSM

Indiana University

Evidence based diagnosis and management of pediatric obstructive sleep apnea syndrome in primary care

2015–2016 ASMF Award Recipients

THE PHYSICIAN SCIENTIST TRAINING

AWARD supports research training for physicians who wish to pursue careers as physician scientists in sleep medicine.

Physician Scientist Training Award *(Up to \$75,000)*

Andrew Braun, MD

Johns Hopkins University

Utilizing sleep to reduce energy expenditure in cystic fibrosis

Cathy Goldstein, MD

University of Michigan

Sleep and circadian contributions to in vitro fertilization

THE BRIDGE TO SUCCESS AWARD

provides “bridge funding” to mid-level and senior investigators in sleep and biological rhythms who have re-applied for research support.

Bridge to Success *(Up to \$75,000)*

Andrew Varga, MD

NYU School of Medicine

Mechanisms of sleep dependent motor learning and memory

Vsevolod Polotsky, MD, PhD

Johns Hopkins University

The role of the carotid body in type 2 diabetes in sleep apnea

Richard Schwab, MD

University of Pennsylvania

Effect of OSA and chronic intermittent hypoxia on cerebral metabolic O₂ consumption

THE AMERICAN BOARD OF SLEEP MEDICINE (ABSM)

JUNIOR FACULTY RESEARCH AWARD

assists new faculty in the development of a career in academic sleep medicine.

ABSM Junior Faculty Research Award *(\$50,000/\$75,000)*

Suzanne Bertisch, MD, MPH

Beth Israel Deaconess Medical Center

Sleep duration and sleep disturbance as a trigger of migraine

Andrew Varga, MD, PhD

NYU School of Medicine

Sleep apnea effects on memory: consequences and mechanisms

Daniel Combs, MD

University of Arizona

Neurocognitive impairment in children with congenital heart disease and sleep-disordered breathing

2015–2016 ASMF Award Recipients

FOCUSED PROJECTS can involve outcomes, quality metrics or other aspects of health services research and may include small pilot research, humanitarian or educational projects.

Focused Projects Award

(Up to \$20,000)

Eric Kezerian, MD, MPH

University of Southern California

Drug-induced sleep endoscopy and surgical outcomes: an international, multicenter cohort study

Kristi Pruiksma, PhD

University of Texas Health Science Center at San Antonio

A pilot randomized controlled trial of treatment for trauma-related nightmares in active duty military personnel

Megan Petrov, PhD

Arizona State University

Sleep-related determinants of stroke: a case-sibling study

Akiko Sataoh, PhD

Washington University in St. Louis

Hypothalamic control of sleep quality and its impact on aging

Maida Lynn Chen, MD

Seattle Children's Hospital

Circadian assessment and sleep intervention in children (CASIC)

Nancy Maxwell

Sweet Dreamzzz, Inc.

Early childhood sleep education program: long-distance program delivery & enhanced parent outreach with Brooklyn, NY Head Start Center

Kiran Maski, MD

Boston Children's Hospital

Improving narcolepsy awareness and screening among pediatric health care providers

Matthew Butler, PhD

Oregon Health & Science University

Sex differences in sleep apnea and novel sleep measures to predict cardiovascular risk

Neomi Shah, MD, MPH

Montefiore Medical Center

Measuring coronary plaque activity using cardiac gated PET-CT with ¹⁸F-NaF in individuals with and without sleep apnea

Shruti Paranjape, MD

Johns Hopkins University

Treatment of pulmonary cachexia with high flow nasal insufflation

Sandeep Khot, MD & Martha Billings MD

University of Washington

Maximizing use of continuous positive airway pressure in stroke patients with obstructive sleep apnea during inpatient rehabilitation

Rachel Rowe, PhD

University of Arizona

Investigating the dynamic relationship between sleep and pathological inflammation

Mirja Quante, MD

Brigham and Women's Hospital

Identifying motivating factors for healthy sleep in at-risk adolescents

Continued on page 8.

2015–2016 ASMF Award Recipients

Thien Thanh Dang-Vu, MD, PhD

Concordia University

Direct and mediating effects of short term exercise on sleep and recognition memory in young, sedentary adults: a pilot study

Ari Shechter, PhD

Columbia University

Blocking nocturnal blue light to treat insomnia: a pilot randomized controlled trial

Sara Jarvis, PhD

Northern Arizona University

Characterization of neural control of blood pressure in patients with obstructive sleep apnea and treatment emergent central sleep apnea

Ying Zhao, MD

Brigham and Women's Hospital

Sleep apnea screening in patients with heart failure and preserved ejection fraction

Craig Canapari, MD

Yale University

Testing and development of a sleep training mobile health application to address sleep problems in the first two years of life

Malika Atmakuri, MD & Edward Weaver, MD

University of Washington

Work productivity outcomes in patients with obstructive sleep apnea treated with CPAP

Shannon Sullivan, MD & Michelle Cao, DO

Stanford University

A national survey on sleep medicine in education in medical schools and primary residency programs



High School Video Contest

The American Sleep Medicine Foundation (ASMF) invited teens to participate in the 2015 ASMF “Sleep Story” High School Video Contest, which gives students an opportunity to help shine a light on the effects of sleep problems. The contest is open to high school students in grades 9-12 in the U.S.

This year’s contest was entered by 36 students, who competed from across the country for the grand prize of \$1,000, second-place prize of \$500, and third-place prize of \$250. Each prize is split evenly between the winning student and his or her school.

2015 Winners

1st Place

Gus Goetze

Barrington, Illinois
Barrington High School
11th grade

“The Importance of Sleep”

2nd Place

Tommy Derken

Barrington, Illinois
Barrington High School
11th grade

“A Day in the Life”

3rd Place

Sam Lubell

Glendale, California
Notre Dame High School
11th grade

“Sleep Deprivation”

1st

2nd

3rd



Click on a video to watch it on YouTube.

IDENTIFYING A STRATEGIC OPENING FOR A NEW LINE OF RESEARCH



“The award gave us the evidence to support clinical treatment with clarithromycin in carefully selected, treatment-refractory patients.”

– Dr. Trotti

AASM member Lynn Marie Trotti, MD, decided to study clarithromycin mostly by chance. A patient with refractory sleepiness was prescribed clarithromycin by her primary care physician for an infection, and subsequently she developed profound insomnia (when clarithromycin was combined with her other medications).

Following up on that observation with basic science colleagues, and then extending it to the clinical arena in patients with refractory hypersomnia, Dr. Trotti realized that clarithromycin had promise that needed to be tested in a randomized, controlled trial. Therefore, she applied for a 2010 Strategic Research Award from the American Sleep Medicine Foundation and received an award for her project, “Clarithromycin for the treatment of hypersomnia.”

The aim of the project was to assess the safety of clarithromycin for the short-term treatment of hypersomnia related to excess GABA-A potentiation and to evaluate the efficacy of clarithromycin as a wake-promoting agent in patients with GABA-related hypersomnia (GRH).

“The award gave us the evidence to support clinical treatment with clarithromycin in carefully selected, treatment-refractory patients,” said Dr. Trotti, who is an associate professor of neurology at Emory University in Atlanta, Georgia. “To date, it is one of only three published randomized, controlled trials of any treatment of sleepiness in idiopathic hypersomnia and the only one to use clarithromycin.”

Her research was published in 2015 in *Annals of Neurology*.¹ This study helped Dr. Trotti win the Hypersomnia Foundation’s Researcher of the Year Award in 2015, and it will serve as the preliminary data for future work on the mechanisms of clarithromycin in decreasing sleepiness.

“I encounter people with hypersomnolence from all over the country who have been treated with clarithromycin by their own sleep physicians,” Dr. Trotti said. “The ASMF project helped an enormous amount with the dissemination of the idea that this treatment may help with sleepiness in refractory patients.”

In her current research, Dr. Trotti continues to study the central disorders of hypersomnolence, and she has completed two foundation-supported, randomized controlled trials testing novel treatments for hypersomnolence. Currently, she is funded by the National Institutes of Health (NIH) through a mentored patient-oriented research career development award (K23) to evaluate functional neuroimaging correlates of sleepiness and sleep inertia.

¹ Clarithromycin in γ -aminobutyric acid-related hypersomnolence: A randomized, crossover trial. *Ann Neurol*. 2015 Sep;78(3):454-65.

CATALYZING A CAREER IN SLEEP RESEARCH AS A PHYSICIAN-SCIENTIST

In 2012 AASM member Brendan P. Lucey, MD, transitioned from being on active duty in the United States Air Force to starting a career as a physician-scientist. He landed as junior faculty in the sleep medicine division in the department of neurology at Washington University School of Medicine.

Following discussions with his mentors, he focused on studying the relationships between sleep, aging and Alzheimer's disease. He also applied for the 2013 Physician Scientist Training Award from the American Sleep Medicine Foundation and received an award for his project, "Sleep and preclinical Alzheimer's disease."

"The award was ideal for me as a means to develop my research ideas and build a successful track record in the field," said Dr. Lucey.

His project plan was to measure multiple aspects of sleep in the homes of cognitively-normal and mildly cognitively-impaired older adults 65 years of age and older. The research design was to measure sleep using sleep diaries, activity, and a single-channel EEG device worn on the forehead for sleep staging. These tools would help him gather data on total sleep time, sleep efficiency, sleep stages, and other sleep parameters so that he could investigate relationships between sleep and different cognitive, functional and structural biomarkers of AD pathology, which he measured through cerebrospinal fluid (CSF) analysis, magnetic resonance imaging (MRI), and amyloid imaging.

Shortly after submitting his application, the company that made the single-channel EEG device he had planned to use went bankrupt. He found an alternative device that would allow him to continue the study, but it had not been validated against polysomnography. During his award period, he led a comparison study between the single-channel EEG device and polysomnography. His work was recently accepted for publication.

He continued the study and eventually obtained additional funding through a program project grant to extend the sleep assessments longitudinally. He hopes to submit results from the project for publication within the next year.

"The Physician Scientist Training Award from the American Sleep Medicine Foundation has been a catalyst for my current success in obtaining funding from the Washington University Clinical and Translational Science Award, National Institutes of Health, and other foundations," stated Dr. Lucey. "I am very grateful for the critical support I received from the ASMF at the start of my research career that laid the groundwork for continuing success."



“The award was ideal for me as a means to develop my research ideas and build a successful track record in the field.”

– Dr. Lucey

2016 Awards Program

APPLY
SOON

Focused Projects Award

Will be announced in July
Up to \$20,000 for 1 year

Focused Projects proposals can involve outcomes, quality metrics or other aspects of health services research but are not limited to these topics. Small pilot research projects, humanitarian projects, or educational projects also may be considered.

APPLY
SOON

ABSM Jr. Faculty Award

Will be announced in October
Up to \$75,000 over 2 years

Funded primarily by an endowment from the American Board of Sleep Medicine (ABSM), this award assists new faculty in the development of a career in academic sleep medicine. Physicians who are certified in sleep medicine and are within 10 years post sleep medicine fellowship and hold a faculty appointment are eligible to apply.

Physician Scientist Training Award

Announced in January
\$75,000 for 1 year

Through this award the ASMF seeks to provide research training for physicians who wish to pursue careers as physician scientists in sleep medicine.

High School Video Contest

Announced in January
Prizes of \$1,000, \$500, and \$250

NEW
This Year

The third-place winner was designated the "People's Choice" winner and was chosen by the general public through online voting.

Strategic Research Award

Announced in April
Up to \$250,000 over 3 years or \$100,000 over 2 years

NEW
This Year

A focused request for applications (RFA) specifically solicited proposals to study the role of telehealth/telemedicine, using the AASM Sleep™ platform, in the evaluation and management of patients with sleep disorders.

Bridge to Success Award for Early Career Development

Announced in January
\$75,000 for 1 year

This award provides "bridge funding" to promising sleep scientists who have applied for an entry level career development award such as a K grant from the NIH, a CDA-1 from the VA, or equivalent, but whose applications are unlikely to be within the funding cutoff. It gives them additional time and resources to collect further data and respond to the funding institution's critique, thereby increasing the chances of a successful grant resubmission.

Bridge to Success Award for Mid-Career/Senior Investigators

Announced in January
\$75,000 for 1 year

This award assists established sleep investigators who have been independently supported by the NIH or other government research grants for at least five years, but whose current grant proposals are unlikely to be funded. It provides support for one year of "bridge funding" to help an independent investigator stay in the field of sleep research while reapplying for external funding.

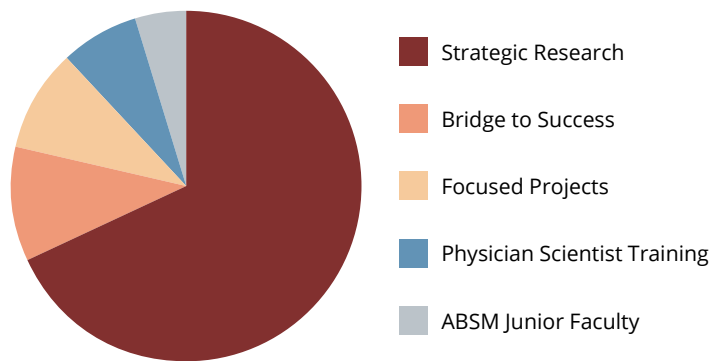
Financial Report

Since it was established by the American Academy of Sleep Medicine (AASM) in 1998, the American Sleep Medicine Foundation (ASMF) has provided more than \$9 million in funding to support 131 sleep research projects. The ASMF relies almost exclusively on direct funding from the AASM, which made a 5-year, \$10 million commitment in 2014 to fund an expansion of

the ASMF awards program. In 2015 the ASMF received \$39,270 in member and public donations. However, support from the AASM enabled the Foundation to fund 24 awards totaling \$2.124 million across five distinct award categories, which represents the highest number of awards and the most funding ever approved by the ASMF in a single year.

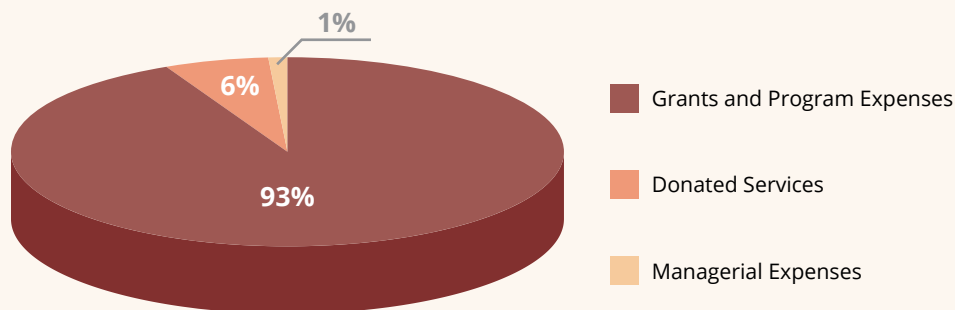
2015 ASMF Awards

Program	Awards	Funding
Strategic Research	7	\$1,449,482
Bridge to Success	3	\$225,000
Focused Projects	10	\$199,693
Physician Scientist Training	2	\$150,000
ABSM Junior Faculty	2	\$100,000
TOTALS	24	\$2,124,175



The ASMF is committed to minimizing its expenses in order to maximize the amount of money available for awards. In 2015 the expenses for the awards program composed 93% of overall ASMF expenditures. However, because the AASM provides the funding for all of the Foundation's administrative costs, every dollar donated to the ASMF directly supports its awards program.

2015 Expenses



2015 Donors

The American Sleep Medicine Foundation is grateful for the generous support of the following donors, who made contributions to the foundation between Jan. 1 and Dec. 31, 2015.

DIAMOND (\$10,000+)

American Academy of Sleep Medicine

EMERALD (\$5,000+)

American Academy of
Dental Sleep Medicine

Scott Lenobel

PLATINUM (\$1,000+)

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For a complete list of 2015 donors, including all Bronze donors, please visit the ASMF website at discoversleep.org/contributors.aspx.

Donate Today

Last year the ASMF received contributions from about 250 AASM members, other concerned individuals, and sleep disorders centers across the country. Join with them and support the ASMF by making a donation today!

Because the American Academy of Sleep Medicine provides the funding for all of the ASMF's administrative costs, every dollar you donate directly supports the ASMF awards program. The ASMF is a not-for-profit 501(c)(3) charitable and scientific organization. Your contribution should be fully tax deductible as allowed by law.

The easiest way to give is to visit www.discoversleep.org, where you can make an online contribution or download a donation form. You also can make a donation over the phone by calling 630-737-9700 or by sending an email to info@discoversleep.org.

Thank you for helping to enhance sleep health for all by giving generously to the ASMF.



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