

### American Academy of Sleep Medicine Foundation

Enhancing sleep health through research, education & humanitarian aid

2017 Annual Report

# From the President: Introducing the new AASM Foundation

Jennifer L. Martin PhD, CBSM, FAASM, President

The field of sleep medicine is always evolving in new and exciting ways, and so are we. The American Sleep Medicine Foundation has undergone some major changes recently, including the adoption of a new name: We are now the American Academy of Sleep Medicine Foundation (AASM Foundation). This new name reaffirms our vital connection to the members of the AASM, and to the millions of patients suffering from sleep disorders.

To go with our new name, we have redesigned our website and launched a new awards management system. Take a moment to visit **foundation.aasm.org**, where you can read about projects we support, look at open Requests for Applications (RFAs) and "Donate" to support the AASM Foundation. In fact, member donations are critical to helping us achieve our goals of improving care for patients with sleep disorders and supporting early career investigators in sleep medicine and sleep research.

Twenty years after the AASM Foundation was formed presents the perfect time to take a look at our strategic goals. This year, we initiated a strategic planning process. Given the evolving nature of the research funding climate, emerging therapies for sleep disorders, and the needs of early-career investigators interested in studying sleep, our goal is to align our vision and mission, award programs, and fundraising strategies to the needs of patients and providers in sleep medicine. We anticipate having this plan in place by the summer of 2018, and to be revisiting it often as the needs of the field – and our patients – change.

The AASM Foundation is on solid financial footing, and we have supported more than \$12 million in research, career development and humanitarian awards since 1998. We remain committed to these overarching themes. Again, visit our website for up-to-date information about funding opportunities at foundation.aasm.org.

I want to highlight the new projects we supported in 2017. These awards span a wide range of topics such as delivering cognitive behavioral therapy for insomnia via telemedicine, new options for treating sleep apnea, screening and treating sleep disorders in pediatric populations, and more. We believe each one of these areas will improve quality of care for our patients. The recipient profiles in this report spotlight the work of Younghoon Kwon, MD, from the University of Virginia and Jessica Levenson, PhD, from the University of Pittsburgh. I am thrilled that the AASM Foundation is a part of supporting these promising early-career investigators and their work.

The 2017 video contest for high school students adopted the theme, "Sleep Recharges You." We received more than 90 student video submissions from around the country, and the three winners were awarded cash prizes, which they shared with their schools.

This past year was marked by exceptional sleep research and advances in sleep science that were fostered by support from the AASM Foundation. Fourteen posters and 9 oral presentations at SLEEP 2018 were supported by the AASM Foundation. We provided humanitarian aid to four AASM-accredited sleep centers affected by Hurricanes Harvey, Irma and Maria in Florida and Puerto Rico.

The work we have done this year could not be accomplished without the dedication of the AASM Foundation board of directors, the volunteers who contribute their time to serve on our awards review committees, our outstanding staff, and our generous donors. In addition to providing an annual block grant to the AASM Foundation, the AASM covers all of our administrative costs. This means that 100% of your contribution will directly support research and career development. I am grateful to our board of directors, who demonstrated their belief

in our mission by making generous donations themselves. I am also grateful to the more than 300 other AASM members who contributed.

I hope you will visit our new website, learn more about our important work, and support the AASM Foundation with a donation of any size. Looking forward to 2018, we will continue to invest in what matters most to patients with sleep disorders and to the providers and centers that provide their care. Together, we can improve sleep health for all.

Sincerely,

Jennifer L. Martin, PhD, CBSM, FAASM





### Vision

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

#### Mission

The AASM Foundation 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
- 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
- Providing humanitarian aid to disadvantaged individuals with sleep disorders



The AASM Foundation 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).

### 2017-2018 AASM Foundation Board of Directors

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### 2017 – 2018 AASM Foundation Award Recipients

The following awards for the 2017 – 2018 program cycle were issued by the AASM Foundation during 2017.

# Strategic Research Award - Up to \$250,000 over 3 years or \$100,000 over 2 years

The goals of the Strategic Research Award program are to foster health services research and patient-oriented research in sleep medicine, to improve patients' outcomes and to demonstrate value.

#### Robert Auger, MD | Mayo Clinic

A Placebo-Controlled Trial of 'Blue Blocker' Eyewear for Pediatric/Adolescent Delayed Sleep-Wake Phase Disorder

#### Melissa Knauert, MD, PhD | Yale University

Light Patterns, Circadian Abnormalities and Delirium in Medical Intensive Care Unit Patients

#### Jason Ong, PhD | Northwestern University

BSM for Hypersomnia: A Proof of Concept Study

#### Leslie Swanson, PhD | University of Michigan

The Clinical Utility of DLMO in the Treatment of Delayed Sleep-Wake Phase Disorder: A Randomized Trial

#### Sara Mariani, PhD and Susan Redline, MD Brigham and Women's Hospital

Identification of Optimal, Evidence-Based Definitions of Apnea and Hypopnea Leveraging the National Sleep Research Resource

#### Emerson Wickwire, PhD | University of Maryland

Demonstrating the value of board certification in sleep medicine: Trends in diagnosis and impact on quality of care and economic outcomes among Medicare beneficiaries, 2006-2013

# Physician Scientist Training Award - Up to \$75,000 for 1 year

The Physician Scientist Training Award supports mentored research training for physicians who wish to pursue careers as physician scientists in sleep medicine.

#### Melissa Lipford, MD | Mayo Clinic

Effects of Treating Sleep Apnea-Induced Hypoxia with Low-Flow Oxygen in Acute Stroke Patients: A Randomized Pilot Study

Omar Mesarwi, MD | University of California, San Diego Mechanisms of Liver Fibrosis in OSA

### Bridge to Success Award for Early Career Investigators and Bridge to Success Award for Mid-Career/ Senior Investigators - Up to \$75,000 for 1 year

The Bridge to Success Award provides "bridge funding" to early-career, mid-career and senior investigators in sleep and biological rhythms who need "bridge" funding while re-applying for research support.

Ina Djonlagic, MD | Beth Israel Deaconess Medical Center Sleep Disturbances in Preclinical Alzheimer Disease

# ABSM Junior Faculty Research Award - Up to \$75,000 over 2 years

The American Board of Sleep Medicine (ABSM) Junior Faculty Research Award assists new faculty in the development of a career in academic sleep medicine.

#### Raj Dedhia, MD | Emory University

Hypoglossal Nerve Stimulation Therapy and Withdrawal on Blood Pressure and Vascular Function in Patients with OSA

### 2017 – 2018 AASM Foundation Award Recipients Continued

The following awards were issued by the AASM Foundation during 2017.

## Focused Projects Award for Junior Investigators and Focused Projects Award - Humanitarian/Educational - Up to \$20,000 for 1 year

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

**Karen Bonuck, PhD** | **Albert Einstein College of Medicine** Expanding Surveillance of Sleep Problems and Risk Factors for Speech-Language Impairment in Young Children

**Sejal Jain, MD** | **University of Arizona** Improving Screening for Sleep Disorders in Children with Epilepsy among Pediatric Providers

**Younghoon Kwon, MD** | **University of Virginia** Evaluation of a Novel Physiological Marker in Sleep Apnea

Jessica Levenson, PhD | University of Pittsburgh Development of a Targeted Intervention for Insufficient Sleep among Typically-Developing Adolescents Susan Redline, MD | Brigham and Women's Hospital Developing Educational Resources and Increasing Sustainable Patient Engagement with Electronic Health Platforms for Sleep Apnea: a Patient Based Participatory Research Study

**Geoffrey Rulong, MD** | **Cincinnati Children's Hospital** Custom 3-D Printed Non-invasive Ventilation Mask for Children with OSA

Michael Yurcheshen, MD | University of Rochester Interrater Reliability of In-Person vs. Telemedicine Evaluation for Obstructive Sleep Apnea

2017 AADSM/AASM Foundation Dental Research Award - Up to \$100,000 or \$30,000 for 1-2 year

The AADSM/AASM Foundation Dental Research Award is aimed to foster research and advance the field of dental sleep medicine.

**Benjamin Pliska, DDS** | **University of British Columbia**Determinants of Occlusal Changes in Oral Appliance Treatment of OSA – A Randomized Controlled Trial

Allen Firestone, DDS | The Ohio State University Multifactorial Approach to Increasing Oral Appliance Adherence in OSA Treatment

### 2017 High School Video Contest

The AASM Foundation invited high school students to participate in the 2017 AASM Foundation "Sleep Recharges You" High School Video Contest, which focused on motivating teens to prioritize the importance of sleep in their lives. The contest is open to U.S. high school students in grades 9 - 12.

The 2017 contest was entered more than 90 students, who competed from across the country for the grand prize of \$1,000, second-place prize of \$500, and People's Choice prize of \$250. Each prize is split evenly between the winning student and his or her school.

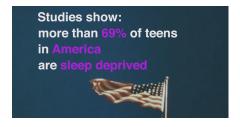


#### 1st Place

#### **David Yates**

David is a junior at Ralston Valley High School in Arvada, CO.

https://www.youtube.com/watch?time continue=14&v=aU52NdLdtwc



### 2nd Place

#### Dugan Studebaker

Dugan is a senior at Wheaton Academy in West Chicago, IL.

https://www.youtube.com/watch?time\_continue=1&v=wVCnja0\_fRc



### People's Choice

#### Adhi Gopal

Adhi is a sophomore at Clear Lake High School in Houston, TX.

https://www.youtube.com/watch?time continue=12&v=UqSPCeqFikE

### Jessica C. Levenson, PhD

#### Addressing teen sleep health through targeted research

AASM member Jessica C. Levenson, PhD, has always found working with adolescents to be exciting. After completing a federally-funded postdoctoral program on Translational Research Training in Sleep Medicine, she joined the University of Pittsburgh faculty and sought the opportunity to develop engaging strategies to work with adolescents to improve their sleep, thereby improving their broader health and functioning during a time of major developmental changes.

After being struck by the pervasiveness of insufficient sleep in teens, Dr. Leveson applied for the Focused Projects Award to address the need for sleep health programs for adolescents through focused research efforts.

Her project, "Development of a targeted intervention for insufficient sleep among typically- developing adolescents," received a 2017 Focused Projects Award. The goal of the project is to involve various stakeholders (e.g., youth, parents, clinicians, administrators, and adolescent health advocates) in the design and initial assessment of the feasibility of a sleep promotion program delivered to 13 to 15-year-olds who report insufficient sleep.

"Many of the psychological, social, and environmental contributors to insufficient sleep are modifiable, including electronic media use, bedtime, and extracurricular involvement," said Dr. Levenson, who is a clinical psychologist and faculty member within the Department of Psychiatry at the University of Pittsburgh. "I've been working with various stakeholders to learn about these modifiable contributors to insufficient sleep, as well as ways to effectively motivate adolescents to change their sleep habits."

This is important because insufficient sleep among adolescents is highly prevalent and associated with serious consequences for health and well-being. Inadequate sleep often goes under-recognized, yet sleep is a modifiable health behavior, and the adolescent period is a key time to establish healthy sleep habits.

"This AASM Foundation award is a tremendous opportunity to collect preliminary data on the contributors to insufficient sleep among adolescents based on stakeholder input; methods of modifying these factors; the development of a sleep promotion program; and the feasibility and acceptability of this program," said Dr. Levenson. "The data will support future applications to test the effectiveness of this program."

Dr. Levenson submitted the qualitative findings from her AASM Foundation-supported research to the 2018 Meeting of the Association of Behavioral and Cognitive Therapies (ABCT). If accepted, she will serve as chair of this symposium and as one of the speakers. She plans to submit the finalized intervention protocol findings for publication in a peer-reviewed journal.



"The opportunities afforded by the AASM Foundation are critical to the advancement of science related to sleep health."

- Dr. Levenson

### Younghoon Kwon, MD

#### Exploration of cardiovascular markers and sleep apnea risk

AASM member Younghoon Kwon, MD, completed his sleep fellowship at Hennepin County Medical Center in Minneapolis, Minnesota. Now practicing sleep and cardiovascular medicine, Dr. Kwon is intrigued by the overlap in his patient population between the two disciplines, especially from a sleep apnea standpoint.

Currently serving as an assistant professor in the Cardiovascular Division at the University of Virginia School of Medicine, Dr. Kwon is researching sleep-cardiovascular interactions and the health care delivery aspects of sleep in cardiology practice. He is interested in studying strategies to determine high-risk features of sleep apnea so that treatments such as continuous positive airway pressure (CPAP) therapy, the most widely used but not the most convenient option, can be selectively recommended to asymptomatic patients with cardiovascular risks. With encouragement from co-investigators and a desire to jump-start his research career, Dr. Kwon was motivated to apply for an award from the AASM Foundation.

"It is inspiring to know that there exists a foundation comprised of members themselves who are dedicated to supporting research within the sleep community," said Dr. Kwon. "Not many academic societies have opportunities like the AASM Foundation's award programs."

His project, "Evaluation of a novel physiological marker in sleep apnea," received a 2017 Focused Projects Award. The goal of the project is to investigate circulation time derived from polysomnography. Dr. Kwon and his team will develop an automated circulation time measurement program, after which they will examine the distribution and the characteristics of circulation time within and across the participants from the Multi-Ethnic Study of Atherosclerosis (MESA) Sleep dataset.

This study will provide important information about the utility of this measurement as a physiologic marker for the adverse impact of sleep apnea on the cardiovascular system. Through this AASM Foundation-funded study, they will be able to evaluate reference data to see how circulation time measured during a sleep study is related to subclinical cardiovascular measures.

"We are also testing an automated algorithm that may enable us to conveniently measure circulation time throughout the study without manual efforts," said Dr. Kwon. "My hope is to develop a larger scale research proposal using results from this study."

Dr. Kwon will be presenting some of the findings from the study at SLEEP 2018. He also hopes to submit his work to a peer-reviewed journal soon.



"I am very proud to belong to an organization that values research and provides grants to members committed to moving the field forward."

- Dr. Kwon

#### Disaster Relief Fund

The AASM Foundation Disaster Relief Fund was established in 2005 through the generous donations of AASM members, industry and the AASM. These funds are intended to aid sleep centers that have lost their ability to operate and provide patient care due to devastating damages to their facilities in the wake of natural disasters.

This invaluable financial assistance offered to affected sleep centers helps to ensure that medical care remains available to the sleep patients that need it, even in these times of crisis. Based on AASM members alerting us about the scope and extent of the needs in their local communities and centers, resources can be directed to these areas to aid in recovery of sleep center operations so that local patient care services can resume as quickly as possible.

### Previous Funding Assistance

Disaster Relief Funds were made available to AASM accredited sleep centers during the aftermath of several natural disasters, including:

- August 2005 Hurricane Katrina struck the Gulf Coast states with devastating force, lashing the coast with 140-mile-per-hour winds and producing overwhelming floods. It was one of the most destructive natural disasters in U.S. history.
- January 2010 A catastrophic earthquake devastated much
  of Haiti impacting nearly one-third of the country's total
  population. Over one million were left homeless in the immediate aftermath and urban areas were left devastated by
  the earthquake and its aftershocks.
- August October 2017 Hurricanes Harvey, Irma and Maria hit several Southern states and Puerto Rico causing deadly flooding and displacing thousands of people from their homes and communities.



# ST. THOMAS SLEEP CENTER

St. Thomas, Virgin Islands

"On behalf of the St. Thomas Sleep Center, we would like to extend our gratitude to the American Academy

of Sleep Medicine. As you know, the Virgin Islands sustained catastrophic damage from two Category 5 Hurricanes last September. Functioning as the only AASM accredited sleep center in the Territory, the St. Thomas Sleep Center incurred significant damage when our roof was torn off by 180 mph + winds. Although we are insured, after now more than six months, we have not yet heard from our insurance company. The Academy's generous assistance has enabled us to begin to rebuild and resume helping the people of the United States Virgin Islands. We are all most appreciative of the support that the Academy has extended to us."

Adam M. Shapiro, M.D., M.A.S., F.A.C.S.



#### EENA Comprehensive Neurology & Sleep Center Boynton Beach, FL

"It is with great gratitude that I write this letter to acknowledge receipt of the disaster relief check. These funds

were timely and much needed to help alleviate the financial burden imposed by the effects of hurricane Irma. The funds were used to repair in-lab sleep equipment and computers that were affected either by power surges and/or water damages, pay for IT tech support to retrieve lost data and restoration, and complete emergency repairs of interior damages to the facility. Thank you for the support of the Foundation."

Staff at EENA

### 2017 – 2018 Award Review Committees

### Investigator-Initiated Award Review Committee

Strategic Research Awards Focused Projects - Humanitarian/ Educational

M. Safwan Badr, MD (Chair) Indu Ayappa, PhD Constance Fung, MD Christina McCrae, PhD Louise O'Brien, PhD Daniel O'Hearn, MD Megan Petrov, PhD David Plante, MD David Rapoport, MD Kathleen Sarmiento, MD Jaspal Singh, MD Kingman Strohl, MD Rochelle Zak, MD

### Career Development Award Video Contest Review Committee

**ABSM Jr. Faculty Award Bridge To Success Awards** Focused Projects – Jr. Investigators **Physician Scientist Training Award** 

Indu Ayappa, PhD (Chair) Michelle Cao, DO Daniel Combs, MD Louise O'Brien, PhD Ruth O'Hara, PhD Susheel Patil, MD, PhD Susan Redline, MD Renee Shellhaas, MD Ronald Szymusiak, PhD Robert J. Thomas, MD Lynn Marie Trotti, MD

# High School **Review Committee**

Lourdes DelRosso, MD (Chair) Shelley Hershner, MD Romy Hoque, MD Shahrokh Javaheri, MD Tomasz Kuzniar, MD, PhD` Brian Palen, MD Anita Valanju Shelgikar, MD Andrew Spector, MD Saiprakash B. Venkateshiah, MD Scott Williams, MD



"The Foundation's grants and awards have been instrumental in expanding the pool of researchers in sleep medicine by attracting new investigators and sustaining the careers of existing researchers. It has enabled new investigators to obtain the training/mentorship and preliminary data to competitively apply for federal grants and has provided bridging grants to senior investigators to maintain their research programs."

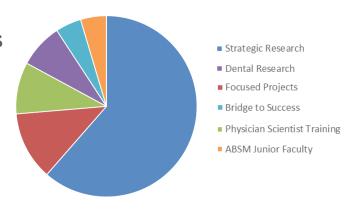
- Indu A. Ayappa, PhD Associate Professor Ichan School of Medicine at Mount Sinai

### Financial Report

Since our establishment by the American Academy of Sleep Medicine (AASM) in 1998, the AASM Foundation has provided more than \$12 million in funding to support 188 sleep research projects. A recent expansion of the awards program was funded by a 5-year, \$10 million commitment made by the AASM in 2014. The AASM Foundation awarded funding for 20 projects totaling more than \$1.625 million across six distinct award categories in 2017.

### 2017 AASM Foundation Awards

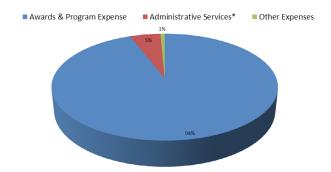
Program	Awards	Funding
Strategic Research	4	\$998,756
Focused Projects	10	\$198,755
Physician Scientist Training	2	\$150,000
Dental Research	2	\$128,239
Bridge to Success	1	\$74,940
ABSM Junior Faculty	1	\$75,000
TOTALS	20	\$1,625,690



### 2017 Expenses & Revenue

The AASM Foundation is committed to minimizing its expenses to maximize the amount of money available for awards. In 2017 the expenses for the awards program composed 94% of overall AASM Foundation expenditures. However, because the AASM provides the funding for all administrative costs, every dollar donated to the AASM Foundation directly supports the awards program. In 2017 the AASM Foundation received \$42,274 in member and public donations.

\*All administrative services were donated in full by the AASM.



### **Annual Fundraising Campaign**



"If you believe that sleep medicine is vital to improving individual and population health (as I do), then you also need to be concerned about the health of sleep research. The AASM Foundation is one of our most important tools for nurturing the next generation of sleep and circadian researchers. Early support is crucial for the early success and long-term trajectories of our junior colleagues."

Daniel J. Buysse, MD Professor of Sleep Medicine, Professor of Psychiatry and Clinical and Translational Science University of Pittsburgh School of Medicine



"I give to the AASM Foundation because it's showing the way to the future of sleep research."

M. Safwan Badr, MD, MBA Professor and Chair, Department of Internal Medicine Wayne State University School of Medicine

Join us in our efforts to invest over \$2 million a year in research that is advancing the science and practice of sleep medicine.

Contributions help us invest more resources into the following areas:

Sleep health

- Sleep-related breathing disorders
- Hypersomnias

- Circadian sleep-wake disorders
- Insomnia

Telemedicine

Improving the health of the 23.5 million adults in the U.S. with obstructive sleep apnea is another crucial area of focus. Too many Americans remain undiagnosed and untreated, and we are the only foundation that has invested millions in the science and research needed to improve sleep health.

We have made great strides, but we can't do it alone. Gifts to our annual fundraising campaign will help us grow our programs while strengthening our commitment to sleep science and research.

### AASM Foundation **Donations**

January 1 -December 31, 2017

#### Diamond (\$10,000+)

American Academy of Sleep Medicine (\$2,000,000)

#### Emerald (\$5.000+)

American Academy of Dental Sleep Medicine

#### **Platinum (\$1.000+)**

M. Safwan Badr, MD Daniel Buysse, MD Kelly Carden, MD, MBA Madeleine Grigg-Damberger, MD Eric Olson, MD Timothy Morgenthaler, MD John Shepard, MD Patrick Strollo Jr., MD

#### Gold (\$500+)

Alejandro Chediak, MD Ronald Chervin, MD, MS Douglas Kirsch, MD David Kristo, MD Raman Malhotra, MD Kannan Ramar, MD Terri Weaver, PhD, RN Troy High School:

- · Esha Ghosalker
- Jane Kim
- Yejin Kim
- · Claire Yang

#### Silver (\$100+)

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Carolyn Welsh, MD Patrick Wever, MD John White, MD Merrill Wise, MD Manisha Witmans, MD Evelia Wong, MD Warangkhana Wongba, MD James Wyatt, PhD Shaoving Yang

#### Bronze (Under \$100)

Raiu Abraham, MD Pranshu Adavadkar, MD Sophia Ahmed, MD Mitchell Ahrens, MD Robert Aisenberg, MD Cathy Alessi, MD Malaz Almsaddi, MD Kenneth Anderson, MD Bay Area Sleep Evaluation Center, LLC Charles Atwood, MD Dennis Auckley, MD Jorge Avendano, MD Rajesh Balagan, DO Junhua Becc Genevieve Belgrave, MD Gideon Besson, MD Rakesh Bhattacharjee, MD Saadoun Bin-Hasan, MBBCh Michael Bonacum, DO Alice Bonitati, MD Tiffany Braley, MD Craig Brenner Lauren Broch, PhD Omar Burschtin, MD Edward Caldwell, MD Sandra Calleros, DDS

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P. Terrence Moore, MD Christian Morales, MD

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Marta Mur, MD

Stephen Nagy, MD Hiroshi Nakamura, MD

Benjamin Natelson, MD James Nelson, MD

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Bahram Nico, MD Jakdej Nikomborirak, MD

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Jan Ovesen, MD

David Palat, MD Agnieszka Palecki, MD

Christine Palicke, APN Jean Panagakos, MD

Sairam Parthasarathy, MD

Francisco Perez-Guerra, MD Raymond Perkins, MD

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A.C. Peter Powles, MD

Evan Restelli, DO Ravneet Riar, MD

Dominic Roca, MD

Miriam Rubin John Ruddy, MD

Craig Rundbaken, DO David Rve, MD

Larry Salberg, MD Rene Sanchez-Borrero, MD

Priscilla Sarinas, MD Richard Sater, MD

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