YOUNG INVESTIGATORS
RESEARCH FORUM

April 10-12, 2019

BETHESDA MARRIOTT SUITES

6711 Democracy Boulevard

Bethesda MD, 20817

Congratulations again on being the top early career sleep researchers in the country selected to attend this intensive career-building and networking research forum.

It is my pleasure to welcome you to the AASM Foundation 2019 Young Investigators Research Forum in Bethesda, Maryland. The AASM Foundation is excited to offer this important educational event to early career sleep research investigators during this pivotal time of the ever-changing world of sleep and circadian research funding. This is an opportunity for you to further your skills in grantsmanship and shape your sleep and circadian research interests into fundable projects.

During this forum, you will participate in sessions led by a broad spectrum of established mid-career and senior investigators covering topics on scientific writing, stewardship, understanding the various opportunities for funding and collaboration, and advanced navigation through the academic environment. Whether you are a post doc, clinical fellow, or junior faculty, we hope that the information, resources, and advice you obtain during this forum are useful once you return to your institution and empower you take the next step in your research career.

In addition to the sessions, you will have a unique opportunity to meet with National Institutes of Health program officers from various institutes eager to share with you information on funding mechanisms within their institute, whom to contact, where to find collaboration opportunities, and how to apply for grants that integrate sleep and circadian research with the NIH mission.

I would like to express special appreciation to our faculty who are devoting their time to equip you, as the future of sleep and circadian research, with all the tools necessary for a productive and successful career. Their enthusiasm and support are invaluable during this forum.

Finally, thank you for taking the time out of your busy schedule to join us in what I know will be a research forum rich in collegial interactions and excitement for enhancing your career in sleep and circadian research.

Sincerely yours,

Alberto Ramos, MD, MSPH
Chair, 2019 Young Investigators Research Forum

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Course Description

There is a projected future shortage of clinical sleep researchers, and research funding is difficult to obtain. This retreat is aimed at providing guidance, tactics, and strategies to better position young investigators for a successful career in clinical sleep research. The aims are to:

- Foster the pursuit of clinical research in sleep medicine by junior faculty and fellows training in sleep medicine
- Disseminate vital information required for pursuing a career in research
- Serve as a primer for obtaining grant funding
- Provide an opportunity to network and establish extramural research mentorship

The Young Investigators Research Forum (YIRF) will provide an opportunity for collegial interaction with other young investigators and established senior investigators across the broad spectrum of clinical sleep research, as well as with National Institutes of Health (NIH) scientific and program officers.

The YIRF will consist of didactic presentations, workshops, and small group sessions covering study design, presentation skills, grantsmanship, a mock grant review, and the mentor-mentee relationship. As active participants, you will have the opportunity to present your current research, provide feedback on each other's research proposals and review a grant.

Target Audience

Clinical residents and fellows, postdoctoral fellows, and junior faculty.

Learning Objectives

Upon completion of the YIRF, attendees will be able to:

- Understand how to build a successful career in sleep research, including how to effectively write scientific papers, foster collaborations and develop mentorship relationships
- Understand the policies and various mechanisms for sleep research funding
- Gain insight on the grant peer review structure and process
- Further develop specific aims for a grant proposal

Continuing Medical Education Credits

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education AC-CME by the American Academy of Sleep Medicine. The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Sleep Medicine designates the **AASM Young Investigators Research Forum as live activity for a maximum of 11.25** *AMA PRA Category 1 Credits™*. Physicians should only claim the credit commensurate with the extent of their participation in the activity. The AMA Council on Medical Education mandates that accredited providers only offer *AMA PRA Category 1 Credits™* to physicians. Non-physicians will be provided with a letter of attendance indicating the number of *AMA PRA Category 1 Credits™* awarded for the sessions they attended.

PRE-FORUM				
Time	Presentation Title	Speaker	Room	CME hours
Completed prior to forum	**The NIH Review Process Webinar**	Christopher O'Donnell, PhD	Online	1.00

WEDNESDAY, APRIL 10				
2:00 PM - 2:15 PM	**Welcome and Introduction**	Alberto Ramos, MD, MSPH	Patriot Room	

Plenary Session: Aspects of Being a Good Scientist				
2:15 PM - 2:45 PM	**Who Are You? Building Your Professional Brand**	Michael V. Vitiello, PhD	Patriot Room	0.5
2:45 PM - 3:30 PM	**Speed Networking - Round 1**	All faculty and attendees	Patriot Room	
3:30 PM - 4:00 PM	**Specific Aims Do's and Don'ts**	Andrew W. Varga, MD, PhD	Patriot Room	0.5
4:00 PM - 4:30 PM	**Writing and Submitting a Scientific Paper**	Ronald Szymusiak, PhD	Patriot Room	0.5
4:30 PM - 4:45 PM	**Break**			
4:45 PM - 5:30 PM	**Speed Networking - Round 2**	All faculty and attendees	Patriot Room	
5:30 PM - 6:00 PM	**Good Scientist or Successful Academic: Finding the Right Balance**	Neomi Shah, MD	Patriot Room	0.5
6:00 PM - 6:30 PM	**Getting The Most Out Of The Mentor/Mentee Relationship**	Lynn Marie Trotti, MD, MSc	Patriot Room	0.5
6:30 PM - 7:15 PM	**Break**			

Academic Career Q&A				
7:15 PM - 9:15 PM	**Service and Funding Opportunities Dinner and Academic Career Q&A**	All faculty and attendees	Patriot Room	

THURSDAY, APRIL 11 (MORNING)

Time	Presentation Title	Speaker	Room	CME hours
7:00 AM - 7:45 AM	**Continental Breakfast**		Independence Room	
7:45 AM - 8:00 AM	**Today's Agenda**	Azizi Seixas, PhD	Independence Room	
Plenary Session: National Institutes of Health				
8:00 AM - 8:30 AM	**Update on NIH Policies**	Michael Twery, PhD	Independence Room	0.5
8:30 AM - 9:00 AM	**Sleep Funding Mechanisms at the NIH**	Aaron Laposky, PhD	Independence Room	0.5
9:00 AM - 9:30 AM	**NIH Grant Competition**	Michael Twery, PhD	Independence Room	0.5
9:30 AM - 9:40 AM	**Break**			
9:40 AM - 9:55 AM	**Who's Who at the NIH?**	Michael Twery, PhD	Independence Room	0.25
9:55 AM - 11:25 PM	**NIH Institutes and Offices Panel**	Representatives from various Institutes and Centers of the NIH	Independence Room	
11:25 AM - 11:35 AM	**Break**			
11:35 AM - 12:05 PM	**Small Group Session I**	Attendees and NIH representatives	Independence Room	
12:05 PM - 12:35 PM	**Small Group Session II**	Attendees and NIH representatives	Independence Room	
12:35 PM - 1:15 PM	**Lunch**		Independence Room	

THURSDAY, APRIL 11 (AFTERNOON)

Time	Presentation Title	Speaker	Room	CME hours
Presentations of Specific Aims				
1:15 PM - 3:30 PM	**Group 1:** **Sleep Physiology and Biomarkers**	Moderators: Ronald Szymusiak, PhD; Andrew W. Varga, MD, PhD	Executive Boardroom	
1:15 PM - 3:30 PM	**Group 2:** **Behavioral Models and Sleep Interventions**	Moderators: Jason C. Ong, PhD; Jennifer L. Martin, PhD; Michael V. Vitiello, PhD	Patriot Room A	
1:15 PM - 3:30 PM	**Group 3:** **Sleep Patient-Centered Outcomes Research and Implementation Science**	Moderators: M. Safwan Badr, MD, MBA; Lynn Marie Trotti, MD, MSc	Patriot Room B	2.25
1:15 PM - 3:30 PM	**Group 4:** **Population Sleep Health and Big Data**	Moderators: Alberto Ramos, MD, MSPH; Azizi Seixas, PhD; Neomi Shah, MD	Democracy Room	
Plenary Session: Other Funding Sources				
3:30 PM - 4:00 PM	**Foundations and Other Funding Sources to Support Your Research**	Jennifer L. Martin, PhD	Independence Room	0.5
4:00 PM - 5:30 PM	**Break**			
5:30 PM	**Meet in Lobby and Board Shuttle**			
6:00 PM - 8:30 PM	**Seasons 52** **11414 Rockville Pike** **North Bethesda, MD 20852**			

FRIDAY, APRIL 12

Time	Presentation Title	Speaker	Room	CME hours
7:00 AM - 8:00 AM	**Continental Breakfast**		Independence Room	
Mock Grant Review Session: Study Sections				
8:00 AM - 10:15 AM	**Study Section A**	Chair: M. Safwan Badr, MD, MBA Faculty: Jason C. Ong, PhD; Neomi Shah, MD	Patriot Room A	
8:00 AM - 10:15 AM	**Study Section B**	Chair: Jennifer Martin, PhD Faculty: Andrew W. Varga, MD, PhD; Azizi Seixas, PhD	Patriot Room B	2.25
8:00 AM - 10:15 AM	**Study Section C**	Chair: Ronald Szymusiak, PhD Faculty: Lynn Marie Trotti, MD, MSc	Executive Boardroom	
8:00 AM - 10:15 AM	**Study Section D**	Chair: Michael Vitiello, PhD Faculty: Alberto Ramos, MD, MSPH	Democracy Room	
10:15 AM - 10:30 AM	**Break**			
Plenary Session: The Academic Environment				
10:30 AM - 11:00 AM	**Negotiating for an Academic Position: The Art of the Deal**	Jason C. Ong, PhD	Independence Room	0.5
11:00 AM - 11:30 AM	**Academia Survival Guide**	M. Safwan Badr, MD, MBA	Independence Room	0.5
11:30 AM - 12:00 PM	**Summary**	Alberto Ramos, MD, MSPH	Independence Room	

Faculty Directory

M. Safwan Badr, MD, MBA

Wayne State University School of Medicine

Dr. M. Safwan Badr is a Professor and Chairman of Internal Medicine at Wayne State University School of Medicine and Staff Physician at the John D. Dingell VA Medical Center. He completed a residency in Internal Medicine at Cook County Hospital in Chicago, followed by clinical and research fellowships in Pulmonary, Critical Care and Sleep Medicine at the University of Wisconsin, Madison. Dr. Badr is an internationally known sleep disorders researcher and research mentor with current funding from the Department of Veteran Affairs, Department of Defense and National Institutes of Health. He has mentored numerous trainees and junior faculty members who have launched successfull academic careers. Additionally, Dr. Badr is invested in outstanding medical education. He was the founding director of the Wayne State University School of Medicine Sleep Medicine Fellowship program and he teaches and mentors students in multiple departments across the medical school.

Jennifer L. Martin, PhD

President, AASM Foundation · University of California, Los Angeles and VA Greater Los Angeles Healthcare System

Dr. Jennifer Martin is an Associate Professor at the University of California, Los Angeles and Associate Director for Clinical and Health Services Research at the Veterans Affairs Greater Los Angeles Healthcare System. Dr. Martin received her PhD in clinical psychology from the University of California, San Diego, completed her internship in Clinical Psychology at Brown University and her post-doctoral fellowship in Geriatrics at the University of California, Los Angeles. She has a strong research program, funded both by the NIH and VA, in the areas of sleep, aging and women Veterans' health. Her research foci include implementation of evidence-based treatments for sleep disorders, patient adherence and sleep health and has been involved in multiple research studies testing novel behavioral treatments for sleep apnea, insomnia and other sleep disorders. Dr. Martin currently serves on the Board of Directors for the American Academy of Sleep Medicine (AASM) and is the President of the AASM Foundation.

Jason C. Ong, PhD

Northwestern University

Dr. Jason Ong is an Associate Professor in the Department of Neurology at Northwestern University, Feinberg School of Medicine. He received his PhD from Virginia Commonwealth University and completed a fellowship in Behavioral Sleep Medicine at Stanford University. Dr. Ong's primary research interest involves non-pharmacological treatments for sleep disorders, including cognitive-behavioral therapy (CBT) and mindfulness meditation. Additional research interests include the impact of sleep disturbance on chronic health conditions such as migraine headaches. He also has a clinical practice where he delivers CBT for insomnia and provides psychosocial support for patients with narcolepsy.

Alberto Ramos, MD, MSPH

Chair, 2019 Young Investigators Research Forum · University of Miami Miller School of Medicine

Dr. Alberto Ramos is Associate Professor of Clinical Neurology and Research Director of the Sleep Disorders program at the University of Miami, Miller School of Medicine. Dr. Ramos's research is aimed at the intersection between sleep disorders, cerebrovascular disease and neurocognitive aging in population-based studies. Dr. Ramos completed a diversity supplement grant from the NIH/NINDS, aimed to determine the sleep disorders associated to stroke risk factors and cognitive decline in the Northern Manhattan Study. He is also an investigator of the Hispanic Community Health Study/Study of Latinos (HCHS/SOL), where he serves as a primary consultant for Sleep Research at the Miami field site. Dr. Ramos is supported by NIH/NIA to evaluate sleep phenotypes, neurocognitive decline and incident dementia in HCHS/SOL. He is also supported by NIH/NHLBI to determine the sleep phenotypes that predict cardiovascular disease in HCHS/SOL. He was the site-PI for the Sueño study-Sleep as a Risk Factor for Disease in HCHS/SOL – Field Center at the University of Miami. This NHLBI ancillary study evaluated the determinants of abnormal sleep patterns with actigraphy and their effect on cardiometabolic diseases. Dr. Ramos was also the principal investigator of an HCHS/SOL ancillary study evaluating sleep apnea and cerebral hemodynamics as an early marker of cerebrovascular risk at the Miami field site. Dr. Ramos is a Fellow of the American Academy of Sleep Medicine.

Azizi Seixas, PhD

Vice Chair, 2019 Young Investigators Research Forum · NYU Langone Health

Dr. Azizi Seixas is an Assistant Professor at NYU Langone Health, in the Department of Population Health and Department of Psychiatry. Dr. Seixas's research broadly focuses on three areas: 1) population health disparity: understanding multilevel determinants and consequences of health behaviors (sleep, physical activity, diet, and stress), brain and mental health, 2) cardiometabolic health disease disparities using machine learning and simulation modeling, and 3) precision and personalized behavioral medicine: developing adaptive, group-tailored, and personalized behavior modification interventions, with the use of machine learning analytical tools, mobile health, and artificial intelligence, to improve health and well-being.

Neomi Shah, MD, MPH

Icahn School of Medicine at Mount Sinai

Dr. Neomi Shah is an Associate Professor of Medicine at the Icahn School of Medicine at Mount Sinai. Dr. Shah has extensive experience in sleep apnea and cardiovascular (CV) disease research, specifically leveraging advanced CV imaging and existing collaborations with many NIH funded cohort studies, such as the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) and the Multi-ethnic Study of Atherosclerosis (MESA). Over the past several years she has designed and lead many multidisciplinary projects on sleep apnea and CV disease, which include a NHLBI funded K23, American Sleep Medicine Foundation funded award, NHLBI funded R03 and NHLBI funded R01. Additionally, she has mentored various clinical investigators throughout her career and was recently selected to be the Mentoring Champion for the Division of Pulmonary, Critical Care and Sleep Medicine at Mount Sinai by the Department of Medicine.

Ronald Szymusiak, PhD

David Geffen School of Medicine, UCLA

Dr. Ronald Szymusiak is a Professor in the Departments of Medicine and Neurobiology at the UCLA David Geffen School of Medicine and a Research Career Scientist at the V.A. Greater Los Angeles Healthcare System. He is currently Editor-in-Chief of the journal SLEEP. His laboratory investigates the basic neurobiological organization of hypothalamic and brainstem circuits that regulate sleep and arousal, brain mechanisms underlying sleep homeostasis and interactions between sleep regulatory circuits and neuroendocrine and behavioral responses to stress.

Lynn Marie Trotti, MD, MSc

Emory University School of Medicine

Dr. Lynn Marie Trotti is an Associate Professor of Neurology at Emory University in Atlanta, GA. Dr. Trotti received her MD from Baylor College of Medicine and completed her Neurology residency, Sleep fellowship, and Master of Science in Clinical Research at Emory University. She investigates novel treatments for and pathophysiology of idiopathic hypersomnia, narcolepsy, and hypersomnolence due to neurologic disorders (e.g., Parkinson's disease). She is currently funded by a K23 from NINDS to evaluate functionalneuroimaging correlates of sleepiness and sleep inertia in hypersomnolent patients, and by a Strategic Research Award from the AASM Foundation. Her clinical practice focuses on patients with treatment-refractory hypersomnolence and on the interface of sleep and movement disorders. She has previously served as Vice-Chair and Chair of the YIRF.

Andrew W. Varga, MD, PhD

Icahn School of Medicine at Mount Sinai

Dr. Andrew Varga is an Assistant Professor in Medicine in the Mount Sinai Integrative Sleep Center and Division of Pulmonary, Critical Care, and Sleep Medicine at the Icahn School of Medicine at Mount Sinai. He received his PhD in neuroscience from the Baylor College of Medicine and MD from New York Medical College. He completed a sleep medicine fellowship at the NYU Langone School of Medicine.

Dr. Varga's research interest is understanding the molecular mechanisms of synaptic plasticity as it pertains to learning and memory, how sleep architecture and sleep disruptions influence risk for Alzheimer's disease in terms of cognitive outcomes, modulation of clinical biomarkers of neurodegenerative processes, and development of frank neuropathology, with current funding from the National Institutes of Health, Alzheimer's Association, and Merck.

Michael V. Vitiello, PhD

Department of Psychiatry and Behavioral Sciences, University of Washington, Seattle

Dr. Michael Vitiello is a Professor of Psychiatry & Behavioral Sciences, Gerontology & Geriatric Medicine, and Biobehavioral Nursing at the University of Washington, Seattle. He is an internationally recognized expert in sleep, circadian rhythms and sleep disorders in aging. His research efforts, funded by the National Institutes of Health, focus on the causes, consequences and treatments of disturbed sleep, circadian rhythms and cognition in older adults. He is the author of over 500 scientific articles, reviews, chapters, editorials and abstracts. Some of his most current work focuses on improving the sleep of osteoarthritis patients with co-morbid insomnia to reduce both their osteoarthritis-related symptoms such as pain, fatigue and depression, and their healthcare utilization and related costs.

Dr. Vitiello is the Editor-in-Chief of Sleep Medicine Reviews, and a member of the editorial boards of Heart and Mind, Neurobiology of Sleep and Circadian Rhythms and Sleep Medicine. He is a Fellow of the Gerontological Society of America and a founding member of the Society of Behavioral Sleep Medicine, the International Sleep Science and Technology Association, and the International College of Geriatric Psychoneuropharmacology.

Young Investigator Directory

Ritwick Agrawal, MD, MS

Assistant Professor · Baylor College of Medicine

Dr. Agrawal is an Assistant Professor at the Baylor College of Medicine where he has been a faculty member since 2014. Dr. Agrawal completed his sleep medicine fellowship at Drexel University and medical school at King George's Medical University. He also specializes in pulmonary and critical care medicine. Currently, his research focuses on understanding the role of platelets activation in obstructive sleep apnea-induced inflammation. He has worked with researchers in several other disciplines, particularly those specializing in platelet physiology, functional microbiomes and post-traumatic stress disorders. He is also serving in the American College of Chest Physicians sleep medicine steering committee. His current mentors are Amir Sharafkhaneh, MD, PhD., Rolando Rumbaut, MD, PhD and Vinod Vijayan, PhD. With enough preliminary data, his goal is to be competitive in federal (VA, NIH) as well as societies' (AASM/ACCP/ATS) grant funding. Ultimately his long-term career goal is to achieve the skills need to be an independent researcher.

Mansoureh Barzegar

Graduate Student · Louisiana State University of Health Science Center-Shreveport · mbarze@lsuhsc.edu

After completion of her master's degree, Ms. Barzegar had the opportunity to extensively collaborate in several research projects back in her home country (Iran). Her training in research continued under the guidance of Dr. Shile Huang at LSUHSC-S, USA as a research associate. Currently, for her PhD training under Dr. Steven Alexander's supervision, she is working in the area of neurology with a focus on endothelial and stem cell biology related to stroke injury. Working with their colleagues in neurology, they developed a fairly sophisticated and simplified model of OSA which they are applying as a risk factor of stroke. Furthermore, she is particularly excited to get the chance to investigate the role of OSA on vascular alterations that may result in the progression of neuroinflammation and worsening of stroke damage and vascular disease, as she has had a long-standing interest in the etiology of stroke and cerebral vessel dysfunction.

Jennifer Blankenship, PhD

Postdoctoral Fellow · University of Colorado Anschutz Medical Campus

Dr. Blankenship is a second-year postdoctoral fellow at the University of Colorado with a background in clinical exercise physiology (mentors: Ed Melanson, PhD; Josianne Broussard, PhD; and Corey Rynders, PhD). She received her PhD from the University of Massachusetts Amherst where she studied the impact of short bouts of physical activity on waking and nocturnal glycemic control in type 2 diabetes. She pursued a postdoctoral fellowship to study the impact of exercise on sleep and nocturnal metabolism. Dr. Blankenship's current project is focused on understanding the impact of exercise timing (morning vs. evening) on sleep quality and nocturnal fat oxidation. Overall, her long-term career goal is to develop an independent research program investigating biological mechanisms that drive the interaction between physical activity, sleep, metabolism, and chronic disease risk.

Omonigho Michael Bubu, MD, MPH, PhD

Postdoctoral Fellow · New York University Langone Health

Dr. Bubu is a physician-scientist with a research focus that examines age-related and age-dependent sleep changes and their relationships with neurodegenerative diseases that affect cognition. His broad background and experience in translational sleep-medicine research and the public-health academia, includes specific training in medicine, neurology, neuro-epidemiology and public-health. His mentors are Drs. Jean-Louis and Osorio. Dr. Bubu plans to build a research career that focuses on identifying mechanisms that underlie disturbed sleep (e.g. reduced slow wave sleep (SWS)) and sleep disorders (e.g. obstructive sleep apnea (OSA)) as a possible causal risk factor for Alzheimer's disease (AD) related disparities; identify additional physiologic risks (e.g. SWS, OSA, vascular burden) as a complement for other imaging biomarkers in assessing risk of cognitive-decline in older minority adults with preclinical AD; and ultimately design and test feasible, affordable, accessible culturally tailored interventions aimed at increasing sleep quality, reducing OSA, and controlling hypertension as novel therapeutic targets for AD prevention.

Gwendolyn Carlson, PhD

VA Advanced Fellow in Women's Health · VA Greater Los Angeles Healthcare System

Dr. Carlson completed her bachelor's degree from Drake University, majoring in psychology. She completed her Ph.D. in clinical psychology from the University of Nevada, Reno in 2018. Dr. Carlson's research interests include: health risk behaviors, health decision making, risk factors for experiencing potentially traumatic events, and posttraumatic stress disorder (PTSD). Dr. Carlson is currently an Advanced Fellow in Women's Health within the VA Greater Los Angeles Healthcare System and receives mentorship from Dr. Jennifer Martin. Dr. Carlson's current research examines the relations among trauma exposure, insomnia symptoms, and PTSD symptoms among women veterans. Dr. Carlson is specifically interested in insomnia symptoms as an early point of intervention and prevention in the development and maintenance of PTSD symptoms among women veterans.

Christopher Carosella, MD

Fellow, Sleep Medicine · Johns Hopkins University

Dr. Carosella is currently a sleep medicine fellow at the Johns Hopkins Hospital. He completed his residency in pediatric neurology and fellowship in epilepsy at the Cincinnati Children's Hospital Medical Center. His research interests are in the interactions between epilepsy and sleep, and vagus nerve stimulation associated sleep disordered breathing. His current research project is on Sleep Disordered Breathing Pre- and Post-Vagus Nerve Stimulator Implantation.

Amit Chopra, MD

Assistant Professor · Allegheny Health Network

Dr. Chopra completed his medical training from Sawai Man Singh Medical College, Jaipur, India in 2003. He gained clinical and research training at Imperial College London and King's College London prior to moving to USA in 2003. Dr. Chopra completed his Psychiatry residency in 2011 followed by fellowship training in the fields of Sleep Medicine and Deep Brain Stimulation (DBS) at Mayo Clinic, Rochester, MN. Dr. Chopra has been working at Allegheny Health Network as an Assistant Professor since 2013 and his research interests include the interface of mood disorders, sleep disorders and neurostimulation.

Ashley F. Curtis, PhD

Postdoctoral Fellow · University of Missouri

Dr. Curtis completed her PhD degree in Psychology, with a specialization in Brain, Behavior, and Cognitive Science and Neuroscience at York University in Toronto, ON, Canada. She is broadly interested in the bidirectional association between sleep and cognition, and how to improve these processes, particularly in older adults. Her dissertation work examined the effectiveness of environmental cues on improving attention and working memory in older adults. Dr. Curtis is currently a Postdoctoral Fellow under the mentorship of Dr. Christina McCrae in the Sleep Research Lab at the University of Missouri in Columbia, MO. She is currently involved in several clinical trials investigating the effectiveness of behavioral interventions for insomnia on behavioral and physiological sleep outcomes, pain, arousal, cognition and mood in healthy and patient (e.g., fibromyalgia, autism) populations across the lifespan.

Denise Dewald, MD

Fellow in Sleep Medicine · Case Western Reserve University

Dr. Dewald graduated from Washington University School of Medicine and completed a combined residency in internal medicine and pediatrics at the University of Illinois at Chicago. She worked as a primary care doctor and trained as a myofunctional therapist prior to going to sleep medicine fellowship at Case Western Reserve University. She has noticed patterns in the way that OSA patients use their tongues and how their palates are shaped that seem to correlate with how well they tolerate CPAP. Based on her observations, she has developed exercises that have helped the limited number of people who have tried them. She is working with Kingman Strohl, MD, to develop a clinical trial of her exercises to see if they can improve CPAP compliance. Her long-term goal is to correct sleep-disordered breathing in children, with the hope that doing so will restore normal facial and airway development, and thereby prevent adult OSA.

Sammy S. Dhaliwal, MSc

Predoctoral Fellow • George Washington University

Ms. Dhaliwal studied epidemiology and biostatistics, as well as health psychology, prior to her doctoral work in clinical and community psychology at the George Washington University. Her research focuses on women's health and sleep during times of reproductive transition, beginning with menopause under Hadine Joffe, MD, MSc, and now studying the perinatal period with Huynh-Nhu Le, PhD, Daniel Lewin, PhD, and Katie Sharkey, MD, PhD. Her dissertation is supported by an NIMH R36 grant. She sees her future work pertaining to sleep during the intersection of the pubertal and perinatal transitions, occurring in teen pregnancy. Clinically, Ms. Dhaliwal started a Perinatal Sleep Program, co-located within Primary Care Behavioral Health Services at Children's National Medical Center, where she treats sleep and mood disturbance among adolescent mothers and behavioral sleep concerns in early childhood. She aims to pursue post-doctoral training specializing in sleep and women's health.

Brynn K. Dredla, MD

Instructor of Neurology • Mayo Clinic

Dr. Dredla attended medical school at Sanford School of Medicine, University of South Dakota. She graduated from Neurology Residency as Chief Resident at Mayo Clinic, Jacksonville, FL. She attended sleep medicine fellowship at University of Michigan and completed a medical educational fellowship through the University of Michigan's CoMET program. She joined Mayo Clinic in 2017 in the department of pulmonary and sleep medicine with joint appointment in neurology. She performed research on REM sleep atonia with the use of STREAM evaluation through the mentorship of Dr. Ronald Chervin and Dr. Cathy Goldstein. Her current research interests are on use of automated REM Sleep without atonia evaluation and features of REM sleep behavior disorder in neurodegenerative conditions. Her current mentor is Dr. Pablo Castillo.

Justina Gamache, MD

Sleep Medicine Fellow • University of Washington

Dr. Gamache obtained her medical degree from Brown University and completed an internal medicine residency at Olive View-UCLA Medical Center. She is currently a Sleep Medicine Fellow at the University of Washington where she has spearheaded a research project to investigate how HIV infection and air pollution impacts the risk for sleep disordered breathing and overall sleep quality in Kenyan adolescents with and without HIV. She plans to continue research in the field of sleep medicine and global health.

Stephanie Griggs, PhD, RN

Postdoctoral Fellow • Yale University School of Nursing

Dr. Griggs has an acute care pediatric nursing background and over 7 years of teaching experience in clinical and academic settings. She completed a PhD in Nursing from UMass Medical in 2017 and is currently a T32 funded postdoctoral fellow in Self and Family Management in Complex Chronic Conditions at Yale University. She is working with Drs. Grey and Redeker on her current project to characterize sleep and glycemic control in young adults with type 1 diabetes. Her long term goal is to become an independent investigator focused on developing, implementing, and testing Sleep Self-Management with Diabetes Self-Management Education interventions and improving clinical outcomes for young adults with T1D.

Jessica L. Hamilton, PhD

Postdoctoral Scholar • University of Pittsburgh

Dr. Hamilton is a postdoctoral scholar with a NHLBI T32 Translational Research Training Grant in Sleep Medicine at the University of Pittsburgh. She received her PhD in Clinical Psychology from Temple University and completed her clinical internship at Western Psychiatric Institute and Clinic in August 2017. Broadly, Dr. Hamilton's research takes a developmental psychopathology approach to examine the interplay between social stress and sleep in adolescents at risk for depression and suicide. Her work applies ambulatory assessment methods to examine the natural context of these dynamic processes in real time, which will inform the development of accessible, personalized, and real-time prevention and intervention programs. Dr. Hamilton plans to apply for a career development award and foundation grants to identify features of social media use that impact adolescent sleep and explore causal mechanisms in these relationships and risk for adolescent suicidal ideation and behavior.

Mojdeh Heavner, PharmD, BCCCP, BCPS

Assistant Professor · University of Maryland Baltimore

Dr. Heavner received a Doctor of Pharmacy from University of Maryland Baltimore. Subsequently, she completed residencies in pharmacy practice and critical care/solid organ transplant at Yale-New Haven Hospital. She worked as a clinical pharmacy specialist, supervisor of clinical pharmacy, and director of the critical care pharmacy residency program at Yale-New Haven Hospital for several years before making the leap to academia. Currently, Dr. Heavner is an assistant professor at University of Maryland School Baltimore, where she teaches critical care-related topics in a variety of required and elective courses in the PharmD curriculum. She practices as a clinical pharmacy specialist in the Medical Intensive Care Unit at University of Maryland Medical Center. She is interested in the clinical impact of sleep disruption in the intensive care unit and healthcare provider perceptions regarding sleep; she appreciates the guidance and support of her mentor, Dr. Emerson Wickwire, as she develops her research skills.

Steven Holfinger, MD, MS

Sleep Medicine Fellow · Ohio State University

Dr. Hofinger earned a master's degree in biomedical engineering from The Ohio State University prior to attending medical school at Wright State University in Dayton, OH. He completed an Internal Medicine residency at Riverside Methodist Hospital, Columbus OH and recently was board certified in IM. He is currently a sleep medicine fellow at Ohio State. Dr. Holfinger's research interests are clinical/translational science, especially in regard to highly prevalent diseases such as sleep apnea. Currently, his focus is in neural networking and prediction tools for OSA in EMRs. He plans on remaining at the Ohio State University as clinical faculty, where he hopes to expand his research into sleep education and finding novel ways to analyze polysomnogram data.

Erica Jansen, PhD, MPH

Research Assistant Professor · University of Michigan

Dr. Jansen was trained as a nutritional epidemiologist at the University of Michigan School of Public Health, where she completed an MPH and a PhD in the Department of Epidemiology. Her early work focused on how childhood diet and nutritional environments could affect pubertal development and cardiometabolic risk. As her research evolved, she was fascinated to learn that sleep could play an integral role in these relationships. In her postdoctoral work under the mentorship of Dr. Ron Chervin and Dr. Louise O'Brien at the University of Michigan, she has explored these questions using data from Mexico City and the US. Dr. Jansen's career goal is to pursue an academic research career studying the interplay of sleep and diet in relation to cardiometabolic health across the lifespan. As a part of this framework, she also seeks to understand the potential epigenetic pathways linking sleep disturbances with chronic disease.

Sonya S. Kaur, PhD

Post-doctoral Associate · University of Miami

Dr. Kaur graduated from the University of Texas at Austin with a PhD in Clinical Psychology. Her research interests during her training involved vascular risk factors for cognitive decline in middle aged adults. She completed a pre-doctoral clinical internship at the Henry Ford Health System, where she worked in a sleep medicine clinic. Her current research involves the role of sleep in cognitive aging. Future research plans involve exploring the neurobiological mechanisms for these relationships and examining the efficacy of sleep interventions for preventing cognitive decline.

Monica Kelly, PhD

Advanced Geriatrics Fellow · West Los Angeles VA Healthcare System

Dr. Kelly completed her PhD in Clinical Psychology at the University of Arizona under mentorship of Drs. Richard Bootzin, Patricia Haynes, and Sairam Parthasarathy. She is an Advanced Geriatrics Fellow at the West LA/Sepulveda VA with Dr. Jennifer Martin focusing on behavioral sleep medicine research including an intervention promoting PAP adherence in women veterans. Her research interests involve improving insomnia and sleep apnea interventions as well as increasing access to care for older adults and individuals that have been exposed to traumatic stress and injury. She is also interested in examining potential mediators of treatment outcomes, such as emotion regulation and cognitive functioning, in individuals with co-occurring trauma-related conditions. Dr. Kelly plans on applying for a career development award in the summer of 2019 to aid in her goal of developing as an independent clinical investigator researching sleep disorder treatment and stress-related processes in a VA or academic medical center setting.

David E. Kim, MD

Sleep Fellow · Johns Hopkins University

Dr. Kim is currently a sleep fellow at Johns Hopkins University. He obtained his medical degree and completed a residency in internal medicine from Michigan State University. Additionally, he completed a pulmonary critical care fellowship from Pennsylvania State University. His current research interests are on control of breathing, physiology of obstructive sleep apnea, epigenetics of sleep apnea and hypoxemia, and metabolic consequences of sleep apnea. He plans on pursuing an academic career in sleep medicine with a research focus in novel therapies for sleep apnea.

Daniel A. Lee, PhD

Postdoctoral Research Fellow · California Institute of Technology

Dr. Lee received his Ph.D. from the Johns Hopkins School of Medicine where he investigated mammalian hypothalamic physiology and development under the mentorship of Dr. Seth Blackshaw. He is currently conducting his postdoctoral fellowship with Dr. David Prober at the California Institute of Technology, where he investigates the genetic and neural circuit mechanisms of vertebrate sleep. Dr. Lee was involved in the first large-scale genetic screen for vertebrate sleep genes, and has identified that Neuropeptide VF and the neurons that express it, act as a novel neuropeptidergic sleep-promoting center in the vertebrate hypothalamus. The potential significance of his research has been recognized by a NIH K99/R00 Award, NARSAD Young Investigator Award, and a Sleep Research Society Outstanding Early Investigator Award. Dr. Lee is transitioning to a career as a principal investigator focused on sleep ontogeny, where he will examine the impact of sleep loss during development.

Xiaoyu Li, ScD

Postdoctoral Fellow · Harvard University

Dr. Li earned her doctoral degree in social epidemiology from Harvard T.H. Chan School of Public Health, together with a master's degree in biostatistics. She has been working with Dr. Susan Redline and Dr. Ichiro Kawachi to understand predictors and outcomes of suboptimal sleep. Specifically, her past research examined social, behavioral, and environmental determinants of sleep insufficiency across the lifespan, including social networks among adolescents, procrastination among young adults, and disaster experience among older adults. Dr. Li is currently investigating sleep disordered breathing's downstream health outcomes such as epigenetic age acceleration, hypertension, and diabetes in adults. Another project is looking at attributes of physical environment that contribute to suboptimal sleep in children. Her goal is to become an independent investigator and establish a research program that aims to identify contextual determinants of insufficient sleep and sleep disorders and associated health outcomes, using an integrated and varied set of methods.

Junjie Liu MD, PhD
Clinical Fellow in Sleep Medicine · Yale University

Before medical school, Dr. Liu completed graduate studies in physics and electrical engineering, and conducted neuroscience research using functional magnetic resonance imaging (fMRI) of the brain in humans and monkeys. With this background, together with his clinical training in internal medicine, led to his choice to specialize in sleep medicine. Dr. Liu is particularly interested in the interactions of obstructive sleep apnea (OSA) with brain functions and chronic kidney diseases (CKD). Currently, he is nearing the end of one-year clinical fellowship and plans to use his spare time to launch research projects with his mentor, Dr. Yaggi at Yale. In the next year, Dr. Liu will conduct fMRI of OSA patients during sleep, in order to understand the neural mechanisms of arousals associated with apneas and hypopneas. This project and his interests in OSA-CKD interactions will help prepare him to apply for research career development awards and become a physician scientist in sleep medicine.

Ivy Cheung Mason, PhD
Postdoctoral Research Fellow · Harvard University

Dr. Mason's interest in sleep and circadian research began in David Dinges laboratory as an undergraduate at the University of Pennsylvania. Over three years in the Dinges lab, she studied effects of human sleep deprivation on performance, body weight, and metabolic hormones, which culminated in an honors thesis jointly mentored by David Dinges and Siobhan Banks. During her doctoral studies at Northwestern University, she examined impacts of light exposure at different times of day on human sleep and cardiometabolic function via field and in-laboratory studies under the mentorship of Phyllis Zee. In her current postdoctoral fellowship in Frank Scheer's laboratory at Brigham and Women's Hospital, Harvard Medical School, she is leading a study on the role of meal timing and dietary habits on weight loss efficacy following bariatric surgery.

Anna Mullins, PhD, RPSGT
Postdoctoral Fellow · Icahn School of Medicine at Mount Sinai

Dr. Mullins completed her PhD in 2018 at The University of Sydney and the Woolcock Institute of Medical Research. She has a Bachelor of Science in Neuroscience and Psychology from The University of Western Australia and a Diploma in Health Administration from Curtin University. She is also a Registered Polysomnographic Technologist (RPSGT) and has worked in sleep, neurology and cardiology since 2003. Dr. Mullins currently works as a postdoctoral fellow at the Ichan School of Medicine at Mount Sinai within the department of Pulmonary, Critical Care and Sleep Medicine investigating memory, sleep apnea and risk of Alzheimer's disease. General research interests include using complex analysis of sleep physiology to facilitate a deeper understanding of sleep/wake biology and behaviour in sleep disordered populations and neurodegeneration. Specific interests include signal analysis methodology, high density EEG and neuromodulation.

Jennifer Newitt, MD
Pulmonary and Critical Care Medicine Fellow, Post-doctoral Scholar · University of Pittsburgh

Dr. Newitt earned a MD with Distinction in Research from Albany Medical College. Subsequently, she completed her residency in Internal medicine and Pediatrics at Indiana University School of Medicine. She is currently in her third year of Pulmonary and Critical Care Fellowship at the University of Pittsburgh with plans to complete a fellowship in sleep medicine next year. Patrick Strollo Jr., MD serves as her primary research mentor with a focus on the impact of sleep disturbance in patients with muscular dystrophy. She is currently completing a Certificate in Clinical Research. As a T32 post-doctoral scholar, she is analyzing data from a large international database to identify relationships between disordered sleep and progression of disease in muscular dystrophy that will be followed by more in-depth prospective studies. Her career development plan is to focus on clinical research to gain further understanding of sleep in muscular dystrophy to better inform clinical practice.

Ankit A. Parekh, PhD

Postdoctoral Fellow · *Icahn School of Medicine at Mount Sinai*

Dr. Parekh received his BS in Computer Engineering, MS and PhD in Mathematics from New York University. His academic training and graduate research work are in mathematical optimization and signal/image processing methods. With a handle on the development of advanced mathematical tools and an interest in sleep disorders, Dr. Parekh joined the Division of Pulmonary, Critical Care and Sleep Medicine at Icahn School of Medicine at Mount Sinai to work under the team of Dr. David M. Rapoport, Dr. Indu Ayappa and Dr. Andrew Varga. As a Postdoctoral Fellow under them, he is applying his expertise in signal/image processing and optimization in conjunction with his more recent research training in sleep neurophysiology to continue his investigation into understanding the pathophysiology of excessive daytime sleepiness in obstructive sleep apnea.

Rachel Rowe, PhD

Assistant Professor · *University of Arizona*

Dr. Rowe received her PhD in Neurobiology from the University of Kentucky College of Medicine and moved to Arizona where she received the Bisgrove Scholar Fellowship to complete her post-doctoral research. She is currently an Assistant Professor with the Translational Neurotrauma Research group at the University of Arizona College of Medicine—Phoenix, and the Barrow Neurological Institute at Phoenix Children's Hospital. Her research is focused on the ongoing struggle to maintain physiological homeostasis in the context of traumatic brain injury and aging. Specifically, she specializes in investigating the disruption of sleep mediated by central and peripheral inflammation. Identifying the role of inflammation in regulating sleep disturbances is expected to translate clinically to improved treatment of patients with brain injury by reducing the burdens of the injury that are associated with poor quality of life.

Nancy H. Stewart, DO, MS

Sleep Medicine Fellow · *University of Nebraska*

Dr. Stewart is a Sleep Medicine fellow at University of Nebraska, and recently graduated with her Master's in Public Health Studies from University of Chicago. She joined the University of Chicago Hospitalist Scholars and Medical Education fellowship following Internal Medicine training, to pursue research training, and developed an interest in hospitalized patient sleep. Family reasons moved her to Omaha, where she pursued Pulmonary/Critical Care and Sleep Medicine training. She is currently completing training in clinical Sleep Medicine. Her area of research is sleep in patients with pulmonary diseases. Currently, Dr. Stewart is working with her mentor in designing, implementing, and evaluating patient-level tools aimed at improving recognition of sleep disorders in patients with pulmonary disease, quality, safety, and value of patient delivered care.

Robert Stretch, MD

Fellow in Pulmonary & Critical Care Medicine · *University of California, Los Angeles*

Dr. Stretch is a clinician and health services researcher with industry experience as a programmer and software engineer. Currently a second-year pulmonary and critical care fellow, he will be joining the inaugural year of the AASM's blended sleep fellowship pilot program in July 2019. His primary research interest involves the use of machine learning techniques to develop novel predictive models related to sleep diagnostics. Dr. Stretch's existing work focuses on algorithms capable of automatically triaging patients to home sleep apnea testing (HSAT) versus in-lab polysomnography based on the pre-test probability of a non-diagnostic HSAT in order to reduce expenditure on testing while simultaneously improving patient outcomes. He has also developed population health management software that streamlines the sleep study referral process, automatically stores high-granularity test data for clinical and research purposes, interfaces with Noxturnal/Polysmith and EncoreAnywhere platforms, and enables implementation of the before-mentioned advanced predictive models into clinical workflows.

Samuel Andrew Taylor, Jr., MD, MS

Assistant Professor of Neurology · Virginia Commonwealth University

Dr. Taylor graduated from the University of Virginia School of Medicine. He subsequently performed his internship in Internal Medicine and residency in Neurology at the University of Virginia where he also served as Chief Resident. He underwent fellowship training in Sleep Medicine at the University of Michigan Sleep Disorders Center. He joined the faculty of the Virginia Commonwealth University (VCU) Department of Neurology following his fellowship training where he now serves as the Medical Director of the VCU Health Center for Sleep Medicine. While on faculty at VCU, he earned his Master of Science Degree in Clinical and Translational Sciences through the VCU Center for Clinical and Translational Research (CCTR). His research interests center around REM sleep-related sleep disorders and their sequelae such as REM sleep behavior disorder (RBD). However, his primary focus is the interplay of REM sleep physiology and obstructive sleep apnea (OSA), specifically REM sleep-predominant OSA.

Ivan H.C. Wu, PhD

CPRIT Postdoctoral Research Fellow · University of Texas MD Anderson Cancer Center

Dr. Wu received his PhD in clinical psychology at Michigan State University in 2017 and completed his pre-doctoral internship at the New Mexico VA Health Care System. Currently, he is a cancer prevention postdoctoral fellow at the University of Texas MD Anderson Cancer Center in the Health Disparities Research department. Broadly, his program of research seeks to identify social determinants of health disparities among racial/ethnic minority communities. He is currently conducting research to understand the effect of sleep on stress and lifestyle behaviors in the context of cancer prevention. Drawing on his clinical training and experience with CBT-I, he is delivering a brief sleep extension intervention for overweight/obese, sedentary, and sleep deprived African Americans in Houston, TX, to improve health outcomes and reduce health disparities.

Jason Lee Yu, MD

Sleep Medicine Fellow · University of Pennsylvania

Dr. Yu is currently a Sleep Medicine Fellow at the University of Pennsylvania. He completed a surgical residency in Otolaryngology at the University of Pennsylvania in 2018. His interests are in the surgical treatment of obstructive sleep apnea. Dr. Yu's current research is looking at outcomes of upper airway stimulation in treatment of obstructive sleep apnea. His future research plans are to use new technologies to characterize the changes in anatomy during obstructive sleep apnea in order to phenotype patients based on anatomical characteristics.

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Award Programs and Volunteering Opportunities

Career Development Awards

ABSM Junior Faculty Research Award

Provides mentored sleep and circadian research project support for early-career faculty who are physician scientists and certified in sleep medicine by a member of the American Board of Medical Specialties (ABSM).

Up to $100,000 per award for 2 years

Bridge to Success Awards for Early Career Investigators

Provides bridge funding to promising early-career sleep scientists who have applied for a career development award such as a K grant from the NIH, a CDA-1 from the VA, or equivalent and need additional time and resources in response to reviewer critiques.

Up to $100,000 per award for 1 year

Bridge to Success Awards for Mid-Career/Senior Investigators

Provides bridge funding to established sleep scientists who have been independently supported by the NIH or other government research grants while reapplying for external funding.

Up to $100,000 per award for 1 year

Focused Projects Award for Junior Investigators

Supports career development of junior investigators through mentored projects across a wide variety of topics and research questions relevant to sleep medicine.

Up to $20,000 per award for 1 year

Physician Scientist Training Award

Following a clinical sleep medicine fellowship, provides mentored research training during the gap year for physicians who wish to pursue careers as physician scientists in sleep medicine.

Up to $100,000 per award for 1 year

For more information on the AASM Foundation's award programs, visit **foundation.aasm.org**

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Award Programs and Volunteering Opportunities

Investigator-Initiated Awards

Strategic Research Award

Fosters health services research and patient-oriented research in sleep medicine, to improve patient outcomes and to demonstrate value. Awards are focused on specific topic areas that will advance the field of sleep medicine

Up to $250,000 over 3 years or $100,000 over 2 years

Community Sleep Health Award

Supports projects and initiatives that involve sleep health education, awareness, prevention, diagnosis, and treatment in effort to meet immediate sleep health needs in the community.

Up to $20,000 per award for 1 year

> For more information on the AASM Foundation's award programs, visit
>
> **foundation.aasm.org**

Volunteering opportunities

Award Review Committees

The Career Development Awards and Investigator-Initiated Awards Review Committees provide an evaluation of the scientific quality and potential impact of applications for AASM Foundation awards. The committees will provide award application critiques, summaries, and scores to the executive committee and board of directors to make final funding decisions. To volunteer, send a brief letter of interest with institutional affiliation and areas of interest/expertise in sleep medicine research, and a 5-page curriculum vitae (CV) or Biosketch to foundation@aasm.org

Development Council

The Development Council supports the development and implementation of fundraising initiatives with a focus on cultivating new donors while engaging existing donors to increase giving. If interested, contact giving@aasm.org

Research Fellowship Committee

The AASM Foundation Research Fellowship Committee supports the growth and pipeline of sleep and circadian scientists by providing mentorship, methodological education, grantsmanship, networking opportunities, and strategies to better position young investigators for a successful career in sleep research. The committee will develop a year-long research fellowship program to include the YIRF, social events at AASM and AASM Foundation events, and research-related activities for junior investigators. If interested, send a brief letter of interest with institutional affiliation and a 5-page curriculum vitae (CV) or Biosketch to foundation@aasm.org.

Programs and Service Opportunities

Journal of Clinical Sleep Medicine
REM: A Publication for Residents and Fellows

Publish your work in REM, the resident and fellow section of the Journal of Clinical Sleep Medicine (JCSM). JCSM is the official publication of the American Academy of Sleep Medicine and an essential resource for those practicing clinical sleep medicine. JCSM is indexed in MEDLINE along with other major indices like Scopus, Embase, and the Web of Science; its 2017 impact factor is 3.396 and 5-year impact factor is 4.216, making it one of the top-ranked journals focused on publishing science that can have a direct effect on the practice of sleep medicine. The purpose of the REM section is to provide a venue for physicians in training to gain experience submitting work to and reviewing manuscripts for a peer-reviewed journal. In addition, it provides a venue for early career researchers and clinicians to share their perspectives.

For more information on submitting manuscripts, visit: **jcsm.aasm.org/REM**

To sign up as a volunteer reviewer, contact: Jon Wendling at **jwendling@aasm.org**

AASM Committees and Task Forces

Throughout the year the AASM offers a variety of opportunities for members to become involved on a committee or task force, as course faculty or chair, and in positions of leadership. The volunteer appointments are approved by the Board of Directors in April with terms commencing in June at the annual SLEEP meeting.

For more information: **aasm.org/membership/volunteer/**

Mentorship Opportunities

AASM Mentor Program

The AASM Mentor Program is designed to connect aspiring professionals of the AASM with more experienced professionals in the sleep medicine field. The goal of the program is to generate a meaningful relationship between AASM members, where mentees receive guidance and direction from mentors in areas such as personal and professional development, knowledge and skill transfer, networking, and advancement.

For more information visit **aasm.org/mentorprogram**

Sleep Research Society and SRS Foundation Programs

SRS Mentor Mentee Award
The goal of the SRS Mentor Mentee Award is to link trainees with limited sleep/circadian mentoring options in their chosen field of interest to mentors that can provide rich, face-to-face opportunities in state-of-the-art research techniques and methods.

One Year Award: Up to $700 per award

For more information: sleepresearchsociety.org/awards/srs-mentor-mentee-program/

SRS/ASA Collaborative Mentor Mentee Award
The goal of the Sleep Research Society/Australasian Sleep Association International Mentor-Mentee Program is to link trainees from institutions with limited sleep/circadian mentoring options in their chosen field of interest to mentors that can provide rich, face-to-face opportunities in state-of-the-art research techniques and methods.

One Year Award: Up to $7,000 per award

For more information: sleepresearchsociety.org/awards/srs-mentor-mentee-program/

Grant Guidance with a Guru Award
Past Presidents of the Sleep Research Society have graciously offered their time and expertise to give directed guidance in the NIH Grant Writing process. This relationship is intended to last during the writing, review and revision process for one major NIH grant and may be accomplished through telecommunication or in-person visits.

One Year Award: Up to $500 per award

For more information: sleepresearchsociety.org/awards/srs-mentor-mentee-program/

Outstanding Early Investigator Award
This award recognizes an outstanding research effort by an early-stage investigator in the field of sleep research based on a single, original publication in a peer-reviewed journal. The candidate must be the first author; and the article must have been published or been accepted for publication in the previous year.

Annual Award: $1,000 per recipient

For more information: sleepresearchsociety.org/awards/outstanding-early-investigator-award/

SRSF Career Development Award
The SRS Foundation recognizes the challenges of transitioning from post-doctoral training to independent research funding. The goal of these mentored awards is to invest in promising early career researchers and assist with their transition into independence as junior investigators.

One Year Award: Up to $50,000 per award

For more information: sleepresearchsociety.org/foundation/srsf-career-development-award/

National Institutes of Health Sleep Research Point of Contacts

National Heart, Lung, and Blood Institute

Michael Twery, Ph.D.
Aaron Laposky, Ph.D.
Marishka Brown, Ph.D.

National Institute on Alcohol Abuse and Alcoholism

Soundar Regunathan, Ph.D.

National Institute of Aging

Mack Mackiewicz, Ph.D.

National Institute of Arthritis and Musculoskeletal and Skin Diseases

James Witter

National Cancer Institute

Ann O'Mara, Ph.D., R.N.
Paige Green, Ph.D., M.P.H.
Todd Horowitz, Ph.D.
Kara Hall, Ph.D.
Joanna Watson, Ph.D.
Dan Xi, Ph.D.

Eunice Kennedy Shriver National Institute of Child Health & Human Development

Alison Cernich, Ph.D.
Karen Lee

National Eye Institute

Tom Greenwell, Ph.D.

National Institute of Allergy and Infectious Diseases

Conrad Mallia, Ph.D.

National Center for Complementary and Integrative Health

Lanay Mudd, Ph.D.
Robin Boineau, Ph.D.

National Institute of Diabetes, Digestive and Kidney Disease

Karen Teff, Ph.D.
Corinne Silva, Ph.D.

National Institute on Drug Abuse

Harold Gordon, Ph.D.

National Institute of Mental Health

Aleksandra Vicentic, Ph.D.

National Institute on Minority Health and Health Disparities

Rina Das, Ph.D.
Nancy Jones, Ph.D.

National Institute of Neurological Disorders and Stroke

Janet He, Ph.D.

Office for Research on Women's Health

Gretchen Buckler, M.D.

National Institute of Nursing Research

Michelle Hamlet, Ph.D.
Yvonne Bryan, Ph.D.

Office of Behavioral and Social Sciences Research

Dana Schloesser, Ph.D.

For full NIH contact information, visit the NHLBI National Center on Sleep Disorders Research Inter-Agency Coordination

NIH Resources

Office of Extramural Research Career Development Awards
researchtraining.nih.gov/programs/ career-development

NHLBI Training & Career Development
nhlbi.nih.gov/grants-and-training/ training-and-career-development

RePORT (Research Portfolio Online Reporting Tools)
report.nih.gov

Center for Scientific Review
public.csr.nih.gov

Next Generation Researchers Initiative
grants.nih.gov/ngri.htm

Research Methods Resources
researchmethodsresources.nih.gov/

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https://learn.aasm.org

2019 AASM Foundation Young Investigators Research Forum

This link includes current versions of most session presentations. Check back for final versions.

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