



## 2021-2022 Sleep Research Program for Advancing Careers (SOAR)

<b>ISSUE DATE:</b>	February 8, 2021
<b>APPLICATION DUE DATE:</b>	March 29, 2021 by 11:59 pm ET
<b>AWARD SELECTION NOTIFICATION:</b>	By June 25, 2021
<b>START OF SOAR FELLOWSHIP:</b>	August 2, 2021
<b>MID-YEAR GRANT WRITING SYMPOSIA DATES AND VENUE:</b>	<p><b>In Person:</b> January 21-22, 2022 Miami, FL</p> <p>OR</p> <p><b>Virtual:</b> January 21-22, 2022 Zoom Meeting</p>
<b>END OF SOAR FELLOWSHIP:</b>	June 8, 2022
<b>AMOUNT OF AWARD:</b>	<p>Selected SOAR fellows will be awarded:</p> <ul style="list-style-type: none"> <li>• Discretionary funds of up to \$3,000</li> <li>• A travel scholarship that includes travel, lodging, and food expenses paid by the AASM Foundation for the mid-year grant writing symposia</li> <li>• A travel scholarship that includes travel, lodging, and registration expenses paid by the AASM Foundation for SLEEP 2022</li> </ul>
<b>LINK TO APPLICATION:</b>	<a href="https://www.grantrequest.com/SID_5880?SA=SNA&amp;FID=35072">https://www.grantrequest.com/SID_5880?SA=SNA&amp;FID=35072</a>

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In an effort to expand the field of sleep medicine with highly qualified researchers that will lead breakthrough discoveries in circadian science and sleep research, the AASM Foundation is committed to the growing and supporting the pipeline of sleep scientists by investing in the research careers of new investigators through mentorship and grantsmanship training opportunities.

The Sleep Research Program for Advancing Careers is to launch the research careers of sleep and circadian investigators. By the end of the 10-month Sleep Research Program for Advancing Careers, early career investigators will have the skills and resources necessary to successfully apply for a National Institutes of Health, Veteran Affairs, AASM Foundation career development grant, or equivalent award.

## **CURRICULUM**

The tentative 2021-2022 Sleep Research Program for Advancing Careers curriculum can be found below.

[2021-2021 SLEEP RESEARCH PROGRAM FOR ADVANCING CAREERS CURRICULUM](#)

## **FUNDING INFORMATION**

The Sleep Research Program for Advancing Careers provides a travel scholarship for the 2022 Mid-Year Grant Writing Symposia in Las Vegas, NV and SLEEP 2022 in Charlotte, NC. It will also provide discretionary funds of up to \$3,000 to be used towards activities and/or training for developing and submitting a competitive application to the funding agency of their choice.

Given the ongoing COVID-19 pandemic and restrictions on travel, in-person events may be held virtually. Selected applicants will be notified if the in-person events will need to be held virtually at the start of program.

## **ELIGIBILITY**

The following individuals are eligible to apply:

- Physicians (MD or DO) who are board-eligible or board-certified in sleep medicine by a member board of the American Board of Medical Specialties or American Osteopathic Association and have completed their sleep medicine fellowship within the past 10 years, or who are currently enrolled in an ACGME-accredited sleep medicine fellowship program are eligible to apply.
- Researchers (PhD or other similar doctoral degree) who are within 10 years of completing their post-doctoral training or who are current post-doctoral fellows.

- Must members of the American Academy of Sleep Medicine.

## INELIGIBILITY

The following individuals are NOT eligible to apply:

- Individuals who have received a career development award (NIH K grant, VA Career Development Award, AASM Foundation Career Development Award, or equivalent), or independent research funding (NIH RO1 or equivalent) are not eligible to apply.

## REVIEW CRITERIA AND PROCESS

The AASM Foundation Research Fellowship Committee will evaluate and score all submitted applications. Factors that will be taken into consideration include:

1. **Contribution to Science:** Clear commitment to an academic sleep research career through publication and project efforts, and training to date.
2. **Research Goals:** Current or planned research is scientifically sound.
3. **Career Plan:** Focused future career goals in sleep research. Clear career development award/grant identified and how submitting grant application at the end of the Sleep Research Program for Advancing Careers will facilitate advancement in sleep research.
4. **Mentoring Expectations/Needs:** Clear need for mentoring through the SOAR. Plan and expectations for how SOAR mentor will help fill gaps in knowledge, skillset, and abilities.
5. **Appropriateness:** How participation in the SOAR will enhance the applicant's career trajectory in successfully applying for extramural career development funding.

## APPLICATION

### **Step 1: AASM Foundation Grant Request registration**

To apply for the Sleep Research Program for Advancing Careers, you must register on [AASM Foundation Grant Request](#). Please refer to the [AASM Foundation Grant Request User Access Guide](#) for guidance on setting-up an account.

### **Step 2: Complete application**

## **ACCESS THE 2021-2022 SLEEP RESEARCH PROGRAM FOR ADVANCING CAREERS APPLICATION**

### APPLICATION CHECKLIST

Form	Page/Word Limit
<input type="checkbox"/> <b>Face page</b> A. Applicant B. Institution	

<input type="checkbox"/> <b>Biographical Sketch</b> A. Personal Statement B. Positions and Honors C. Contribution to Science D. Research Support	5 pages, max
<input type="checkbox"/> <b>Research Goals</b> A. Specific Aims Page	1 page, excluding citations
<input type="checkbox"/> <b>Career Plan</b>	2 pages
<input type="checkbox"/> <b>Mentoring Expectations/Needs</b>	2 pages
<input type="checkbox"/> <b>Budget and Budget Justification</b>	
<input type="checkbox"/> <b>Letters of Support</b> A. Current or former mentors B. Department Chair or Fellowship Director	1 page per letter

## APPLICATION COMPONENTS

### Face Page

Enter the applicant's information and institution.

### Biographical Sketch

Upload the applicant's biographical sketch in the NIH required format. Please use the following link to create an NIH-format Biosketch:

<http://www.ncbi.nlm.nih.gov/sciencv/> (5 pages, max).

The following sections must be present in the NIH-format Biosketch:

#### A. Personal Statement

Briefly describe why your experience and qualifications make you particularly well-suited for a career in sleep research. (100 words, max)

#### B. Positions and Honors

List in chronological order previous positions, concluding with the present position. List any honors. Include present membership in any professional organizations, editorial boards, institutional or governmental boards and in particular any AASM task forces or committees.

#### C. Contribution to Science

Include a list of your publication(s) here. We realize that applicants are early-career scientists. Applicants with one or two publications should summarize the key findings of their paper(s) and the importance for this section. Applicants with no publications should describe their contributions to projects that didn't or haven't yet

resulted (including in-progress projects) in authorship on a manuscript (*e.g., I used this method, I conducted the literature review for this paper, I cared for all the animals in this lab, etc.*). If an applicant has no actual research or thesis experience, he or she should describe their training to date.

#### **D. Research Support**

List all funded ongoing and completed research projects with the source of funding, dates of funding, and title of project. Briefly indicate the overall goals of the projects and your role on the project (PI, Co-Investigator, Graduate Student, etc.). Do not include number of person months or direct costs.

#### **Research Goals**

Submit a 1-page document from a current or future research proposal. It should address one or more important unanswered scientific questions related to sleep and/or sleep disorders. The document must have the following components:

- Identified research gap
- Long-term goal of your project
- Central hypothesis
- Aims of your project
  - List the hypothesis for each aim and how it will be tested
  - Expected outcomes/deliverables

Alternately, you may submit a formal specific aims page that you have already developed.

#### **Career Plan**

Describe future career goals and objectives, particularly as they relate to a career in sleep research. Briefly describe why your experience and qualifications make you well-suited for a career in sleep research. Also include the grant mechanism you are interested in applying for or if you are undecided. Additionally, describe how participating in the Sleep Research Program for Advancing Careers will facilitate your career trajectory and include a timeline for submission of your targeted career development grant.

#### **Mentorship Expectations/Needs**

Rank the top three Sleep Research Program for Advancing Careers Mentors you would like to work with as part of the Sleep Research Program for Advancing Careers program. Include a plan describing the role of current mentors in your research (if any) and role of the Sleep Research Program for Advancing Careers mentor.

This plan should include:

1. The level of experience of all mentors.
2. The skills that you hope to be taught and knowledge to be gained with the Sleep Research Program for Advancing Careers mentor.

## Budget and Budget Justification

Complete a budget form if requesting discretionary funds to be used as part of the Sleep Research Program for Advancing Careers. Budget justification should include the rationale for each item listed in the budget form.

## Letters of Support

### A. Current or Former Mentors

Provide letters of support from your current or former mentors, if any. The letters of support from your current mentor(s) should describe their commitment to providing mentorship to you during your career development.

### B. Department Chair and/or Fellowship Director

Provide letters of support from your department chair or fellowship director. Fellowship director letter (if applicable) should speak to the applicant's candidacy for the SOAR program. Department chair letter should document that you will have protected time to participate in the Sleep Research Program monthly webinars, mid-year retreat, and SLEEP 2021.

## QUESTIONS

We encourage potential applicants to contact us early in the application process with questions. Eligibility questions may need to be reviewed by a member of the AASM Foundation Executive Committee, so please allow for at least a 1-week response time for eligibility questions. For all other inquiries, please allow a minimum of two business days for a response. Please note that questions received within 48 hours of an application deadline may not be answered before the deadline. Full applications must be completed and submitted through [AASM Foundation Grant Request](#). Instructions for required forms are available via the online submission system. The Application Checklist below shows required attachments to be uploaded.

## 2021-2021 SLEEP RESEARCH PROGRAM FOR ADVANCING CAREERS CURRICULUM

### AUGUST 2021

- SOAR Kick-Off Meeting  
August 16, 2021 at 3:00 – 4:00 pm ET
- Fellow/Mentor First Meeting – Goal Setting and Agreement

### SEPTEMBER 2021

- Webinar 1: Specific Aims  
September 14, 2021 at 3:00 – 4:00 pm ET

### OCTOBER 2021

- Webinar 2: Individual Components of a Research Plan  
October 19, 2021 at 3:00 – 4:00 pm ET

### NOVEMBER 2021

- Webinar 3: Candidate's Background Document/Personal Statement  
November 16, 2021 at 3:00 – 4:00 pm ET

### DECEMBER 2021

- Webinar 4: Individual Development Plan  
December 14, 2021 at 3:00 – 4:00 pm ET
- Submission of a SLEEP 2022 Abstract
- Peer-to-Peer Virtual Forum #1  
Date and time to be announced

### JANUARY 2022

- 2022 SOAR Mid-Year Grant Writing Symposia  
Miami, FL or Virtual: January 21-22, 2022
- Mid-Year SOAR Survey
- SOAR Progress Report #1

### FEBRUARY 2022

- Webinar 5: Mentoring Plan  
February 15, 2022 at 3:00 – 4:00 pm ET

### MARCH 2022

- Webinar 6: Budget Basics  
March 15, 2022 at 3:00 – 4:00 pm ET
- Leadership Training  
Date and time to be announced

### APRIL 2022

- Webinar 7: Career Goals and Objectives  
April 19, 2022 at 3:00 – 4:00 pm ET

### MAY 2022

- Webinar 8: Summary Statement and Preparing to Resubmit  
May 17, 2022 at 3:00 – 4:00 pm ET

### JUNE 2022

- SLEEP 2022  
Charlotte, NC: June 4-8, 2022
- SOAR End of Year Survey
- SOAR Final Progress Report

*All activities are to take place online, unless indicated otherwise. Dates are subject to change.*