



**YOUNG INVESTIGATORS**  
RESEARCH FORUM

March – June 2022



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Welcome to the 14th Annual AASM Foundation Young Investigator's Research Forum (YIRF)! The YIRF 2022 program is anticipated to occur in Bethesda, the first in-person gathering of YIRF trainees since 2019. At the same time, by virtue of our experiences with virtual gatherings, we are pleased to offer an expanded overall program, with proposed virtual gatherings before and after the live meeting. The YIRF represents an incredible opportunity for early-career sleep and circadian scientists covering key facets for academic success and personal growth.

We aim to offer a warm and nurturing environment for trainees to network with one another and with established leaders in sleep and circadian research. Trainees will have opportunities to present research ideas and sculpt those ideas into successful grant applications. A mock grant review is intended to help trainees understand how grants are assessed. Along the way, trainees will have opportunities to meet federal funding agency program officers, key allies in grant success, and learn about funding opportunities outside the NIH and VA. Through discussions on diversity, mentorship, preparing talks, aspects of career advancement, and perseverance, we hope to imbue renewed confidence in your ability to thrive in sleep and circadian academia.

I wish to express enormous gratitude to the YIRF 2022 faculty, from those who have served since the YIRF's inception to those joining us for the first time. I recognize that your participation requires a great commitment of your time and resources, and I laud your passion for training our early-career scientists and sharing your experiences. The trainees have so much to benefit from you all!

To the trainees, a hearty congratulations on your participation in the YIRF 2022! As an alumnus of the 2014 YIRF, I can attest that this forum was incomparably useful and fun, and it served as a springboard for my own research achievements. In a letter of support, my own mentor, Dr. David M. Rapoport, wrote that "all successful research groups must foster trainees in order to grow, develop and, most importantly, to renew themselves." You represent the best of early-career scientists to bring these goals to fruition for the sleep and circadian field, and I hope the AASM Foundation YIRF can serve as a conduit to your successes!

I very much look forward to meeting you all and working with you this year!

Sincerely,



Andrew W. Varga, MD, PhD

Chair, Young Investigators Research Forum, 2022



## Course Description

This research forum is aimed at providing guidance, tactics, and strategies to better position early career investigators for a successful career in sleep research. The aims are to:

1. Foster the pursuit of circadian and sleep research in early career investigators who are committed to focusing their research in basic, translational, clinical or population sleep and circadian science.
2. Disseminate vital information required for pursuing a career in circadian and sleep science
3. Serve as a primer for obtaining grant funding
4. Provide an opportunity to network and establish extramural research mentorship

The Young Investigators Research Forum will provide an opportunity for collegial interaction with other early career investigators and established senior investigators across the broad spectrum of sleep research, as well as with scientific and program officers from federal funding agencies.

The Young Investigators Research Forum consists of didactic presentations, leadership workshops, small group sessions covering 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 fellows, postdoctoral fellows, and junior faculty.

## Learning Objectives

Upon completion of the Young Investigators Research Forum, trainees will be able to:

- Understand how to build a successful career in sleep research, including how to 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 ACCME by the American Academy of Sleep Medicine. The American Academy of Sleep Medicine is accredited by the Accreditation Council for Continuing Medical Education (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 14.75 AMA PRA Category 1 Credits™**. Physicians should only claim only 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.

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# Meet the Trainees



## **Bharat Bhushan, MS, PhD, CCSH (he/him)**

*Senior Scientist and Assistant | Lurie Children's Hospital and Northwestern University*  
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After completing his Master's degree in Plan Biotechnology, Dr. Bhushan wanted to explore the field of Biotechnology, but this desire transformed into a challenge when he could not pin down a disease or a clinical issue to dedicate his career. He started working as a research assistant in a laboratory that was dedicated to research on breast cancer. While working with a group of clinicians and scientists who were dedicated to study obesity, Dr. Bhushan was introduced to obstructive sleep apnea (OSA) and decided to do a PhD in exploring genetic, metabolic and endocrinology aspects of OSA. He also completed his postdoctoral fellowship a lab dedicated to studying the sleep deprivation and sleep fragmentation. Dr. Bhushan currently studies the metabolic aspects of OSA and changes after surgical intervention. In the future, he hopes to explore the impact of family situation on sleep and metabolic alterations.

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## **Yeilim Cho, MD (she/her)**

*Sleep Medicine Fellow | University of Washington*  
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Dr. Cho is a family medicine physician with broad experience in primary care and community health. Upon completing residency training in traditional family medicine, she worked as an academic hospitalist for a high acuity long-term care hospital. While taking care of chronically and acutely ill patients on the front line, she developed a particular interest in the role of sleep in recovery and rehabilitation. Dr. Cho is now pursuing clinical sleep training at the University of Washington. Her research and clinical areas of interest encompass 1) addressing sleep-disordered breathing in the inpatient setting and 2) exploring novel ways to deliver sleep care in people with special needs. Under the mentorship of Dr. Lourdes DelRosso, Dr. Cho is currently leading research projects related to sleep-disordered breathing in children with Down syndrome. Her goal is to become a clinician investigator in the emerging field of sleep and rehabilitation.

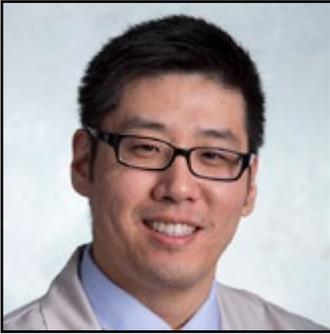
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## **Joon Chung, PhD (he/him)**

*Post-Doctoral Fellow | Brigham and Women's Hospital, Harvard Medical School*  
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Dr. Chung has a PhD in sociology from Emory University and is currently a post-doctoral fellow in the Division of Sleep and Circadian Disorders at Brigham and Women's Hospital, Harvard Medical School. He approaches sleep health from an epidemiological perspective. His current research focuses on the social causes and health consequences of sleep health in the general population, with emphasis on community settings and sleep disparities.



### Paul Chung, DO (he/him)

*Sleep Medicine Fellow | Northwestern University*  
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Dr. Chung's overall goal is to better understand and characterize subtypes of OSA and develop personalized treatment modalities to improve sleep symptoms, quality of life, and attenuate the negative effects on long-term cardiovascular and neurologic outcomes. His current research focus is in characterizing OSA using neurophysiological data from polysomnograms and evaluating for associations with long-term cardiovascular outcomes. His mentors for this project include Drs. Phyllis Zee and Lisa Wolfe at Northwestern University and Dr. Susan Redline at Harvard

University. He is currently a sleep medicine fellow at Northwestern University. He will continue gaining research experience the following year through a T32 training grant with plans to enroll into the Master of Science in Clinical Investigation program.

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### Danielle Clarkson-Townsend, PhD, MPH (she/they)

*Postdoctoral Research Fellow | Brigham and Women's Hospital/Harvard Medical School*  
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Dr. Clarkson-Townsend's career path is motivated by a keen curiosity and drive to understand the molecular mechanisms of disease caused by environmental exposures. She was inspired early in her doctoral studies to pursue a cross-disciplinary PhD research program in vision science, molecular epidemiology and chronobiology. However, during this time, Dr. Clarkson-Townsend developed an increasing interest and appreciation for the role of sleep in development, health, and disease and is now building upon previous training to develop expertise in light wearables and measurement in

epidemiological studies to conduct mechanistic analyses of light, sleep, and multi-omic data.

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### Mattina A. Davenport, PhD (she/her)

*Post-Doctoral Scientist | Nationwide Children's Hospital/Ohio State University*  
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Dr. Davenport received her PhD in School Psychology with an emphasis in Quantitative Research from the University of Missouri-Columbia and completed her internship at Children's Hospital of Philadelphia in 2021. She is a Post-Doctoral Scientist within the Center for Child Health Equity and Outcomes Research at Nationwide Children's Hospital. Her current qualitative and observational research projects is focused on improving the identification of pediatric sleep disorders in Black youth. Her ultimate

goal is to inform the development of high-impact digital health solutions that are equitable, personalized, scalable, and delivered in real-time to improve the sleep health of Black youth. Building on her prior training in pediatric sleep medicine and ambulatory assessment methods, she hopes to pursue K23 training in machine learning and sleep epidemiology to enhance the scientific rigor of her pediatric sleep research program and provide a strong foundation upon which she can launch an independent career.



### Jessica R. Dietch, PhD (she/her)

Assistant Professor | School of Psychological Science, Oregon State University  
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Dr. Dietch is an assistant professor of psychology at Oregon State University where she directs the Sleep Health Assessment, Intervention, and Dissemination research lab. She completed her PhD in clinical health psychology at University of North Texas, clinical internship at Durham VA, and postdoctoral fellowship at Stanford University/VA Palo Alto. Dr. Dietch is a licensed clinical psychologist and board-certified in behavioral sleep medicine. Her current research focus is on developing and disseminating cognitive behavioral

interventions for sleep disorders (e.g., insomnia, nightmares, shift work disorder), examining sleep in special populations, and developing and evaluating measures of sleep health. Some of her current projects include: examining sleep health in people with Moebius syndrome, and in transgender youth initiating gender-affirming hormone therapy, adapting cognitive behavioral therapy (CBT) for insomnia for shift-working nurses, and developing a provider training platform for CBT for nightmares.

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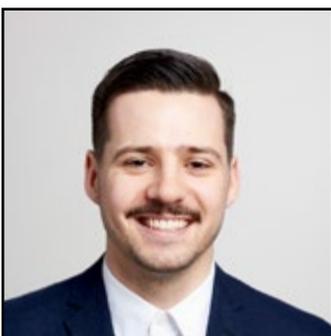
### Elizabeth J. Dotson, PhD (she/her)

Post-Doctoral Fellow | Naval Postgraduate School  
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Dr. Dotson's graduate and post-doctoral research has been focused on sleep and performance among varied shift-working populations. Her experience in both laboratory-based and real-world operational settings have facilitated a broader understanding of sleep research. This research ranges from shift related performance impairment in nurses and police officers to examining the impact of strategic light exposure on circadian entrainment in military populations (Sailors, medivac aircrews, Marines). As a result of this diverse work, she has developed a keen interest in the interactions between shiftwork,

performance, and cognition. The ultimate goal of her research is to provide evidence-based recommendations for sleep health and shift scheduling in order to provide the safest and healthiest future for shift-workers, both military and civilian.

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### Pierre-Olivier Gaudreault, PhD (he/him)

Post-Doctoral Fellow | Icahn School of Medicine at Mount Sinai  
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@pogaudreault

Dr. Gaudreault completed his PhD in clinical neuropsychology at the Université de Montréal, Canada, exploring the implications of the white matter connectivity in sleep spindles characteristics. He is currently a postdoctoral fellow in Dr. Rita Z. Goldstein's laboratory at the Icahn School of Medicine at Mount Sinai. His expertise/research interests include the use of multimodal techniques (e.g., EEG, diffusion MRI, Actigraphy, tDCS) to evaluate the association between the anatomical connectivity and functions

of brain networks implicated in drug addiction, sleep and cognitive health. By combining his clinical interests and research expertise, he is now exploring how brain abnormalities and disrupted sleep/wake cycle may contribute to the symptomatology of addiction. For instance, the upcoming Phase 2 clinical trial assessing repeated tDCS to reduce craving in cocaine use disorder will include waking EEG data but also objective measures of the sleep/wake cycle.



### Kevin Gipson, MD, MS (he/him)

*Instructor | Harvard Medical School and Massachusetts General Hospital*  
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Dr. Gipson is a sleep medicine physician and pediatric pulmonologist who specializes in the care of infants, children, and adolescents with respiratory and sleep disorders. Dr. Gipson received his medical degree from Louisiana State University School of Medicine in New Orleans in 2012 and completed a residency in general pediatrics at Children's Hospital New Orleans in 2015. He completed fellowship training in pediatric pulmonology at Massachusetts General Hospital in 2018 under the mentorship of

Dr. Bernard Kinane, and then completed a fellowship in sleep medicine at Stanford University in 2019 under the mentorship of Dr. Christian Guilleminault. His research interests include sleep in children and adolescents with obsessive compulsive disorder, tic disorder, and body-focused repetitive behaviors.

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### Joshua Gonzalez, PhD (he/him)

*Postdoctoral Researcher | Oregon Health & Science University*  
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Dr. Gonzalez is a postdoctoral researcher in the laboratories of Dr. Nicole Bowles and Dr. Steven Shea at Oregon Health & Science University. He received his PhD from Michigan Technological University in integrative physiology with a focus in autonomic cardiovascular control. His graduate research focused on how short-term fasting influences autonomic balance and the acute influence of e-cigarettes on arterial pressure and peripheral sympathetic activity in humans. As a postdoc, Dr. Gonzalez's research

focuses on sleep and circadian physiology and how one's socio-cultural context may augment how an individual processes stress and the concomitant impact on sleep. His long-term goals are to investigate the intersectional impact of circadian rhythms, race, and sleep on hypertension and autonomic dysfunction as a principal investigator.

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### Seyni Gueye-Ndiaye, MD (she/her)

*Post-Doctoral Fellow | Brigham and Women's Hospital/Harvard Medical School*  
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Dr. Gueye-Ndiaye is a physician-scientist with research interests in understanding the intersections between pediatric sleep disordered breathing (SDB), asthma and health disparities. She trained in Pediatric Pulmonology at New York-Presbyterian, Weill Cornell Medicine and in Sleep Medicine at Beth Israel Deaconess Medical Center, Harvard Medical School (HMS). She then enthusiastically entered the NHLBI-funded/T32 Post-Doctoral Fellowship Program in Sleep, Circadian and Respiratory Neurobiology, at Brigham and Women's Hospital (BWH), HMS and joined the lab of Dr.

Susan Redline, Director of Sleep Medicine Epidemiology at BWH. Her current research project involves evaluating the relationship between neighborhood-level factors, home indoor air quality and SDB with the Environmental Assessment of Sleep Youth (EASY) cohort, an observational study in which participants undergo extensive in-home evaluation for pediatric SDB risk factors. Her long-term career goal is to become an independent clinical investigator and leader in pediatric sleep medicine and sleep health disparities research.



### Shahab Haghayegh, PhD

*Research Fellow | Harvard Medical School/Brigham and Women's Hospital*  
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Dr. Haghayegh is a biomedical engineer with an interdisciplinary background. His research interests lie in the area between health sciences and data science. He received his PhD in Biomedical Engineering from The University of Texas at Austin. Prior to that, he received three master's degrees in Engineering, Statistics, and Mechanical Engineering, and a bachelor's degree in Mechanical Engineering. His research areas include digital health, artificial intelligence in medicine, sleep medicine, circadian rhythm, biostatistics, and wearable devices.

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### Catherine M. Heinzinger, DO (she/her)

*T32 Research Fellow | Cleveland Clinic*  
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@DrHeinZzinger

Dr. Heinzinger is a research scholar on the NIH T32 Training Grant: Supporting Multidisciplinary Achievement in Respiratory Research Training (PI: Dr. Raed Dweik) and a clinician at the Cleveland Clinic Neurological Institute Sleep Disorders Center, as well as a graduate student in the Clinical Research Scholars Program at Case Western Reserve University in Cleveland, OH. She is board-certified in Family Medicine and Sleep Medicine since completing her Family Medicine residency at Stamford Hospital in Stamford, CT and her Sleep Medicine fellowship at the Cleveland Clinic. Dr. Heinzinger's research interests are cardiovascular consequences of dysfunctional sleep pathophysiology. Under the mentorship of Dr. Reena Mehra, she is currently investigating the longitudinal relationships of sleep disordered breathing and sleep architectural disruption with incident atrial fibrillation and stroke. Her next career development steps are to continue coursework in biostatistics and epidemiology, increase her publication record, and attain independent funding.

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### Darian Lawrence-Sidebottom, PhD (she/her)

*Postdoctoral Researcher | Naval Postgraduate School*  
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Dr. Lawrence-Sidebottom's research seeks to understand and mitigate the negative effects of sleep loss on cognition and well-being. In 2020, she obtained her PhD in Neuroscience from Washington State University under the mentorship of Dr. Hans Van Dongen. Using in-laboratory studies in healthy adults, her dissertation investigated the role of reduced attention in decision-making errors during sleep deprivation. In previous collaborative projects, she has 1) developed a novel rat task designed to measure cognitive flexibility impairments in sleep-deprived rodents, and 2) investigated factors that mediate the relationship between sleep loss and poor metabolic health. Her current post-doctoral research with Dr. Nita Shattuck (Naval Postgraduate School) uses laboratory and field studies in the military to develop and test strategies for reducing fatigue and improving readiness. Dr. Sidebottom's long-term goal is to implement fatigue countermeasures more effectively by identifying the primary determinants of individual differences in the consequences of sleep loss.



### Renske Lok, PhD (she/her)

*Post-Doctoral Fellow | Stanford University*

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Dr. Lok's graduate training, conducted at the University of Groningen under supervision of professor Beersma, focused on circadian research. Because of the circadian nature of human sleep, it had to be considered for all experiments conducted during her graduate training. This sparked her interest in sleep, which is why she decided to pursue a postdoctoral fellowship at Stanford University Center for Sleep Sciences and Medicine, trained by Dr. Jaime Zeitzer. Here, Dr. Lok is developing skills to study concepts of human sleep. Her training is focused on a combination of basic and translational sleep science, in which the team works to assess the association between sleep patterns and various diseases, as well as the influence of light exposure on human sleep. Future career development plans include extending her international and US based, clinically oriented network as well as increasing her knowledge concerning various funding opportunities.

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### Leyden Lozada, MD

*Pediatric Pulmonologist and Sleep Staff | Ochsner Health*

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Dr. Lozada received her medical degree from Universidad Autonoma de Santo Domingo in Dominican Republic. She completed her pediatric pulmonology fellowship at SUNY Downstate Health Sciences University. She completed her sleep medicine fellowship at the Cleveland Clinic. Her current research interests are sleep related breathing disorders in obese patients, particularly OSA and cardiopulmonary outcomes with related comorbidities and therapy options.

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### Jennifer M. Mundt, PhD (she/her)

*Assistant Professor | Northwestern University*

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@JenMundtPhD

Dr. Mundt's program of research focuses on behavioral interventions for sleep disorders, with a particular interest in developing treatments for central disorders of hypersomnolence (CDH) and NREM parasomnias. She is currently furthering the work of Dr. Jason Ong (with his support and mentorship) in developing cognitive behavioral and mindfulness-based interventions for CDH. Since Dr. Ong's departure from Northwestern University, she has assumed the role of contact PI (MPI Dr. Phyllis Zee) for his feasibility study of a mindfulness-based intervention for narcolepsy (R34AT009551). Dr. Mundt is currently writing a proposal to conduct an RCT of cognitive behavioral therapy for hypersomnia (CBT-H), which will build upon a prior feasibility study of CBT-H. Additionally, in collaboration with Dr. Kelly Baron, she is leading a systematic review of the literature on behavioral treatments for NREM parasomnias (CRD42021230360) which will lay the groundwork for developing a model for behavioral treatment of these conditions.

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### **Amrita Pal, PhD (she/her)**

*Postdoctoral Scholar | University of California Los Angeles*  
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Dr. Pal's is a postdoctoral scholar at UCLA with Dr. Paul M. Macey as her mentor. She is a neurobiologist working on autonomic dysfunction and stress markers of OSA. Earlier, Dr. Pal was a postdoctoral neuroscientist with Dr. Daniele Ortu working on development of Tinnitus treatment using reinforcement learning. Her dissertation was on identifying the neural markers of exercise on cognition at UNT Denton. Her future career development plans in sleep research includes understanding the role of early life stress on development of comorbid insomnia and obstructive sleep apnea in women.

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### **Anthony N. Reffi, PhD (he/him)**

*Post-Doctoral Fellow | Thomas Roth Sleep Disorders & Research Center, Henry Ford Health System*  
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Dr. Reffi is a clinical psychologist with expertise in trauma and posttraumatic stress disorder (PTSD). He began his career working with World Trade Center responders at Stony Brook University before earning his PhD with a focus in trauma psychology at Northern Illinois University. Through his clinical work delivering first-line treatments for PTSD, he became interested in the role of sleep in trauma recovery and is currently studying this intersection as a postdoctoral fellow at the Thomas Roth Sleep Disorders and Research Center in Michigan. His ongoing projects include identifying sleep-related risk and maintenance factors for PTSD among trauma-exposed populations, including public safety personnel and downtown Detroit residents. Ultimately, he plans to expand this program of research on sleep and trauma to also include his longstanding interest in mindfulness and meditation.

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### **Katharine Simon, PhD (she/her)**

*Postdoctoral Fellow | University of California, Irvine*  
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[@KateSimon805](#)

Dr. Simon is a postdoctoral researcher in the Sleep and Cognition Lab at UC Irvine and licensed clinical psychologist. Dr. Simon received her B.A. at UC Berkeley where her interest in the science of sleep and development was sparked while working as a research assistant for Drs. Matt Walker, Allison Harvey, and Joseph Campos. She obtained her clinical psychology doctorate at the University of Arizona under the guidance of Drs. Lynn Nadel, Rebecca Gomez, and Richard Bootzin. Her graduate work focused on sleep and memory in early development, memory reconsolidation, and targeted memory reactivation for forgetting. She then completed her clinical psychology internship and postdoctoral fellowship in Pediatric Consultation-Liaison at the Children's Hospital of Orange County. Dr. Simon's current primary research interests are the mechanisms underlying sleep and memory formation across development and creating targeted sleep-based interventions for cognition and mental health.

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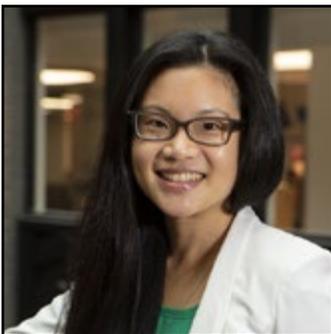
### Eunjini Lee Tracy, PhD (she/her)

*NIH T32 Post-doctoral Scholar | University of Pittsburgh*  
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Dr. Tracy received her Master of Education in Human Development and Psychology from Harvard University and her Doctor of Philosophy in Human Development and Family Studies from the University of Wisconsin–Madison. Her research program addresses the ways that stress, sleep and circadian rhythm, and couple and family relationships shape trajectories of healthy aging and disease. As a postdoctoral scholar at the University of Pittsburgh, Dr. Tracy examined the homeostatic sleep drive and circadian rhythmicity in older adults with insomnia and retired shift workers under the mentorship of Drs. Daniel Buysse and

Martica Hall. Her long-term career goal is to apply a family systems perspective to a critical health problem including cardiovascular diseases (CVD). Her family systems perspective focuses on the effects of the relationship quality, which is a key interpersonal process, and sleep and circadian rhythms, which are both important shared biobehavioral processes with relevance to CVD risk.

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### Jenna Wong, PhD (she/her)

*Senior Research Fellow | Harvard Medical School & Harvard Pilgrim Health Care Institute*  
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Dr. Wong is an epidemiologist and Senior Research Fellow at Harvard Medical School & Harvard Pilgrim Health Care Institute. Her research interests are in leveraging novel sources of real-world data, combined with established epidemiologic data sources, to evaluate the effectiveness and safety of approved and unapproved medications for insomnia. She is working towards becoming an independent research investigator in sleep and establishing an innovative and impactful research program that builds upon

her interests in insomnia pharmacotherapy, expertise in epidemiology and machine learning, and experience using electronic health data. She is fortunate to be mentored by Dr. Darren Toh (pharmacoepidemiology) and Dr. Suzie Bertisch (sleep), and she is excited to connect with other researchers and senior leaders in sleep at the 2022 Young Investigators Research Forum.

## Meet the Faculty



### Carmela Alcántara, PhD

*Associate Professor of Social Work | Columbia University*

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Dr. Alcántara is an Associate Professor and Associate Dean for Doctoral Education at Columbia School of Social Work. She received a BA in Psychology and Sociology from Cornell University, a PhD in Clinical Psychology from the University of Michigan and completed a postdoctoral fellowship in social epidemiology at the Harvard School of Public Health. Her research examines the social determinants of sleep, mental health, and cardiovascular health, and the development of community-engaged and evidence-

based behavioral interventions to promote health equity.

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### Indu Ayappa, PhD

*Professor of Medicine | Icahn School of Medicine at Mount Sinai*

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Dr. Ayappa is Professor of Medicine at the Icahn School of Medicine at Mount Sinai. She is a biomedical engineer by training. Her research interests are in understanding the pathophysiology of obstructive sleep apnea, understanding the variability in excessive daytime sleepiness in patients with sleep apnea, and in the development of diagnostic tools and treatments for sleep apnea. Her currently funded projects are to understand the mechanism and outcomes of OSA in World Trade Center dust exposed subject, and examine the role of sleep and sleep apnea in Alzheimer's Disease. A major

focus of her work is the training and mentoring of young scientists in sleep medicine.

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### M. Safwan Badr, MD, MBA

*Chair of Internal Medicine | Wayne State University*

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Dr. Badr is Professor and Chair, Department of Internal Medicine at Wayne State University School of Medicine, and a 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 and an MBA at the University of Tennessee. Dr. Badr also served as the President of the AASM from 2013-2014. He currently serves on the Board of Directors for the American Board of Internal Medicine

(ABIM). Currently, Dr. Badr has research funding from the Department of Veteran Affairs, Department of Defense and National Institutes of Health. Dr. Badr 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.



### Suzanne Bertisch, MD, MPH

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Dr. Bertisch is an Associate Physician and Clinical Director of Behavioral Sleep Medicine at Brigham and Women's Hospital, and an Assistant Professor of Medicine at Harvard Medical School. Her research focuses on 1) adapting sleep health interventions to a variety of community and clinical populations and 2) examining the impact of sleep and sleep disorders disorders influence on pain and cardiometabolic health, for which she has won several awards. Dr. Bertisch has also published on

national patterns of use of treatments of insomnia and has coled innovations aimed to improve the diagnosis and treatment of sleep disorders in the primary care setting. Her research has been supported by NIH, PCORI, the AASM Foundation, Harvard Catalyst, as well as other foundations and industry partners.

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### Jonathan Lipton, MD, PhD

*Assistant Professor of Neurology | Boston Children's Hospital*  
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Dr. Lipton received his MD and PhD degrees from the Albert Einstein College of Medicine, performing graduate work with Dr. Scott Emmons studying the genetics of motivational behavior. After a residency and chief residency in Child Neurology and fellowship in Sleep Medicine at Boston Children's Hospital and Harvard Medical School, he completed post-doctoral studies with Dr. Mustafa Sahin, investigating circadian rhythm dysfunction in models of neurodevelopmental disease. He has received research support from the Howard Hughes Medical Institute, Shore Foundation,

Tuberous Sclerosis Alliance, Hearst Foundation, American Academy of Neurology, American Sleep Medicine Foundation, the DoD, and the NIH and was the recipient of the Sleep Research Society's Young Investigator Award.

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### Kiran Maski, MD, MPH

*Assistant Professor of Neurology | Harvard Medical School*  
[Kiran.Maski@childrens.harvard.edu](mailto:Kiran.Maski@childrens.harvard.edu)

Dr. Maski is an Assistant Professor at Harvard Medical School and child neurologist and sleep medicine specialist at Boston Children's Hospital. She is an advocate for pediatric narcolepsy in promoting awareness of this condition among health care providers and schools. Dr. Maski recently served as the Co-Chairperson of the American Academy of Sleep Medicine Task Force for the Treatment of Central Nervous System Hypersomnias (2019-2021) and is a member of the medical advisory boards for Wake Up Narcolepsy and the Hypersomnia Foundation. Her current clinical research is focused on

neurophysiological biomarkers that improve diagnostic delays and predict treatment outcomes in CNS Disorders of Hypersomnolence. She has received grant support from the National Institutes of Health (K23), American Academy of Neurology, American Sleep Medicine Foundation, Wake Up Narcolepsy, BCH Research Council Fund and Jazz Pharmaceuticals, Inc. Dr. Maski is alumna of the Young Investigators Research Forum and is currently serving as Vice Chair of the Young Investigators Research Forum 2022



### James Timothy McKenna, PhD

*Assistant Professor of Psychiatry | Harvard Medical School*  
[James\\_mckenna@hms.harvard.edu](mailto:James_mckenna@hms.harvard.edu)

Dr. McKenna is presently an Assistant Professor in the Department of Psychiatry at Harvard Medical School, Research Health Scientist at the VA Boston Healthcare System, and Director of the Neuroanatomy Section of the Laboratories of Neuroscience at the VA Boston Healthcare System. Dr. McKenna's research in the rodent model employs neuroanatomical, neurochemical/pharmacological, electrophysiological, optogenetic, and behavioral methods. His research provides a basis for the understanding of sleep-wake neural regulation, human sleep disorders, as well as cognitive dysfunction seen in select psychopathologies. He has taught students and peers as a classroom instructor and bench scientist, and his recent educational contributions include lectures and course direction at Harvard Medical School and the VA Boston Healthcare System.

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### Sairam Parthasarathy, MD

*Professor of Medicine | University of Arizona*  
[spartha1@arizona.edu](mailto:spartha1@arizona.edu)  
[@sai\\_sparthamd](https://twitter.com/sai_sparthamd)

Dr. Parthasarathy is Professor of Medicine, Chief, Division of Pulmonary, Allergy, Critical Care and Sleep Medicine, Director for the UAHS Center of Sleep & Circadian Science, and Medical Director for the Center for Sleep Disorders at the University of Arizona. His current research is supported by the NIH/NHLBI, PCORI, American Academy of Sleep Medicine Foundation and industry funding. His research focuses on sleep and breathing in both ambulatory patients with sleep disorders, critically ill patients, and survivors of critical illness. Additionally, he is principal investigator for the Arizona RECOVER Cohort that aims to study the long-term consequences of SARS-CoV-2 infection. He is committed to training and fostering young scientific investigators in the pursuit of sleep and circadian science.

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### Susan Redline, MD, MPH

*Peter C. Farrell Professor of Sleep Medicine | Brigham and Women's Hospital*  
[sredline@bwh.harvard.edu](mailto:sredline@bwh.harvard.edu)  
[@SusanRedline](https://twitter.com/SusanRedline)

Dr. Redline is the Farrell Professor of Sleep Medicine at Harvard Medical School, Professor of Epidemiology at Harvard TH Chan School of Public Health, and Director of the Programs in Sleep and Cardiovascular Medicine and Sleep Medicine Epidemiology at Brigham and Women's Hospital. Dr. Redline's research includes epidemiological studies and clinical trials designed to 1) elucidate the etiologies of sleep disorders, including the role of genetic and early life developmental factors; and 2) understand the cardiovascular and other health outcomes of sleep disorders and the role of sleep interventions in improving health. She leads the Sleep Reading Center for a number of major NIH multicenter studies and founded and co-directs the National Sleep Research Resource ([www.sleepdata.org](http://www.sleepdata.org)), an international sleep data sharing repository that has focused on making research data easily searchable and accessible, including complex physiological signals captured by overnight sleep studies.



### Amita Sehgal, PhD

*John Herr Musser Professor | University of Pennsylvania*  
[amita@penmedicine.upenn.edu](mailto:amita@penmedicine.upenn.edu)  
[@amitaseh](#)

Dr. Sehgal is the John Herr Musser Professor in the neuroscience department at the Perelman School of Medicine at the University of Pennsylvania. Dr. Sehgal wants to understand the molecular and cellular networks that drive rhythmic behaviors such as sleep. Sehgal and her team work primarily in the fruit fly, *Drosophila melanogaster*, but also translate their findings to mammalian models, especially mice. Their major goals are to elucidate the mechanisms that confer a circadian (~24-hour) periodicity

on much of behavior and physiology as well as to understand how and why the drive to sleep is generated. They have identified genes and circuits that underlie the homeostatic drive for sleep, and ongoing studies are revealing new mechanisms and cellular functions for sleep.

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### Andrew W. Varga, MD, PhD

*Assistant Professor in Medicine | Icahn School of Medicine at Mount Sinai*  
[andrew.varga@mssm.edu](mailto:andrew.varga@mssm.edu)

Dr. 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 neurology residency at the Harvard/BIDMC program, and 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. Dr. Varga is an alumni of the Young Investigators Research Forum and is currently serving as Chair of the Young Investigators Research Forum 2022.

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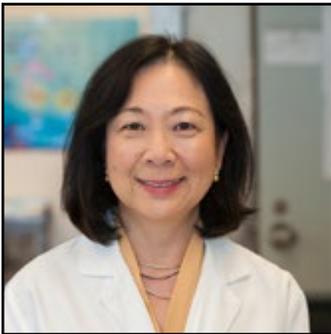
### **Kenneth Wright, Jr., PhD**

*Professor of Distinction | University of Colorado*  
[Kenneth.Wright@colorado.edu](mailto:Kenneth.Wright@colorado.edu)

Dr. Wright is a Professor of Distinction in the Department of Integrative Physiology and Director of the Sleep and Chronobiology Laboratory at the University of Colorado Boulder. He has over 25 years of experience in the sleep and circadian fields, has led individual and multicenter/team research grants and has participated in multicenter clinical trials. His research is aimed at explaining the physiology of sleep and circadian rhythms in humans, understanding the health and safety consequences of sleep and circadian disruptions, such as, metabolic dysregulation, impaired cognition,

and compromised performance, and applying knowledge gained to develop sleep and circadian medicine based countermeasures to improve public health and safety. Dr. Wright is committed to training the next generation of leaders in the sleep and circadian field. He maintains a large undergraduate, graduate and postgraduate training program in sleep and circadian physiology at University of Colorado Boulder.

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### **Phyllis C. Zee, MD, PhD**

*Benjamin and Virginia T. Boshes Professor in Neurology | Northwestern University  
Feinberg School of Medicine*  
[p-zee@northwestern.edu](mailto:p-zee@northwestern.edu)  
@PhyllisZee

Dr. Zee is the Benjamin and Virginia T. Boshes Professor in Neurology and Professor of Neurobiology at Northwestern University. She is also the Director of the Center for Circadian and Sleep Medicine (CCSM) and Chief of the Division of Sleep Medicine at Northwestern University's Feinberg School of Medicine. As Director of CCSM, Dr. Zee oversees an interdisciplinary program in basic and translational sleep and circadian

rhythm research, and findings from her team have paved the way for innovative approaches to improve sleep and circadian health. Dr. Zee practices sleep medicine at Northwestern Medicine's CCSM in downtown Chicago, and is the founder of the first circadian medicine clinic in the US, where innovative treatments are available for patients with circadian rhythm disorders.

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# Meet our Guest Speakers



## Nancy A. Collop, MD

Professor of Medicine | Emory University

[nancy.collop@emory.edu](mailto:nancy.collop@emory.edu)

@ncollop

Dr. Collop is the director of the Emory Sleep Center. She holds a primary appointment in the Emory School of Medicine as Professor of Medicine in the Division of Pulmonary, Allergy, Critical Care Medicine and Sleep Medicine and is the Associate Director for Sleep Medicine; and holds a secondary appointment as Professor of Neurology. She is currently the Editor-in-Chief of the *Journal of Clinical Sleep Medicine* and the Section Editor of Sleep Medicine for UpToDate. She has authored over 175 manuscripts, case reports, book chapters, monographs along with numerous editorials, commentaries and letters. She lectures internationally, nationally and regionally on a variety of sleep topics. At Emory, Dr. Collop has developed an interdisciplinary program in sleep medicine which involves enhancing not only the clinical care of patients with sleep disorders but research and educational endeavors needed to move the specialty of sleep medicine forward.

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## Reena Mehra, MD, MS

Professor of Medicine | Cleveland Clinic

[mehrar@ccf.org](mailto:mehrar@ccf.org)

@ReenaMehra0203

Dr. Mehra serves as Director of the Sleep Disorders Research program at the Cleveland Clinic and Professor of Medicine of the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University. She is an epidemiologist and physician scientist with over 15 years of experience of characterizing population-based relationships of sleep disorders and adverse health outcomes and translational science initiatives to characterize underlying mechanisms. She has mentored ~40 trainees many of whom have received national awards. Dr. Mehra has over 160 publications including in the *New England Journal of Medicine* and *JAMA Network Medicine* and has delivered >300 lectures. She has held leadership roles in national societies including Chairing committees in the American Academy of Sleep Medicine, American Thoracic Society, American Heart Association and NIH workshops and serves as Associate Editor for the *American Journal of Respiratory and Critical Care Medicine*.

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## Allan I. Pack, MBChB, PhD

John Miclot Professor of Medicine | University of Pennsylvania

[pack@pennmedicine.upenn.edu](mailto:pack@pennmedicine.upenn.edu)

Dr. Pack is the John Miclot Professor of Medicine at the University of Pennsylvania. He graduated from medical school in Glasgow and worked at the Royal Infirmary in Glasgow before relocating to the USA in 1976. Dr. Pack was the Founding Director of the Center for Sleep and Neurobiology and the Division of Sleep Medicine at the University of Pennsylvania. Dr. Pack's current main area of focus is on functional genomic approaches to sleep and its disorders. He uses mouse models in his work and translates findings to humans. A major component of his research relates to the pathogenesis and consequences of the common disorder, obstructive sleep apnea, and to the effects of sleep loss. He is engaged in genetic studies and has established international consortia. Research training is also a major commitment of Dr. Pack. He currently directs three T32 grants from NIH to support research training.



### Lawrence Baizer, PhD

*Program Director*

*National Heart, Lung, and Blood Institute, National Center on Sleep Disorders Research*  
[lawrence.baizer@nih.gov](mailto:lawrence.baizer@nih.gov)

Dr. Baizer is a Program Director in the National Center for Sleep Disorders Research at the National Heart, Lung and Blood Institute, where he manages extramural research projects in disorders of sleep and circadian rhythms. Dr. Baizer's recent efforts include promotion of investigations of the epidemiology and pathophysiology of the long-term effects of COVID-19 ('Long COVID' or Post-Acute Sequelae of COVID) through the RECOVER program. Before coming to the NIH, Dr. Baizer was an investigator at

the Neurological Sciences Institute of the Oregon Health and Sciences University, where his laboratory pursued NIH-funded investigations of molecular and genetic mechanisms of neuronal development. He received a PhD in Pharmacology from the University of Colorado Health Sciences Center and completed post-doctoral studies at Harvard Medical School.

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### Marishka K. Brown, PhD (she/her)

*Director*

*National Heart, Lung, and Blood Institute, National Center on Sleep Disorders Research*  
[marishka.brown@nih.gov](mailto:marishka.brown@nih.gov)

Dr. Brown is currently Director of the National Center on Sleep Disorders Research, a branch in the Division of Lung Diseases at the National Heart, Lung, and Blood Institute/ National Institutes of Health (NIH). Dr. Brown earned her PhD in Pharmaceutical Sciences from the University of Maryland-Baltimore for her studies using natural products and dietary supplements to alleviate age-related pathologies. Her interest in aging research led her to pursue a fellowship at the University of

Pennsylvania in the Center for Sleep and Circadian Neurobiology, studying the role of the unfolded protein response in age-related sleep changes. Prior to joining NHLBI, Dr. Brown was an AAAS Science and Technology Policy Fellow in the Office of Strategic Coordination/ Office of the Director at the National Institutes of Health.

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### Shilpy Dixit, PhD (she/her)

*Program Director | National Heart, Lung, and Blood Institute, National Center on Sleep Disorders Research*  
[shilpy.dixit@nih.gov](mailto:shilpy.dixit@nih.gov)

Dr. Dixit is Program Director for Prevention and Sleep Health in the National Center on Sleep Disorders Research (NCSDR), a branch in the Division of Lung Diseases at NHLBI. Dr. Dixit earned her Ph.D. in Cellular and Molecular Neuroscience from Vanderbilt University for her research on the detrimental effect of vitamin C deficiency in aging and neurodegeneration. Her interest in the comorbidities that contribute to neurodegeneration led her to a postdoctoral fellow in the Department of Medicine

at Vanderbilt University Medical Center where her research focus was seizure susceptibility associated with neurodegenerative injury and disease. The AAAS Science & Technology Fellowship brought Dr. Dixit to NCSDR where she strives to elevate the critical relationship between sleep and circadian rhythms biology and health outcomes through coordination across NIH and other Federal agencies, academia and public stakeholders.



### Amanda Hunt, PhD

*Program Manager | US Department of Veterans Affairs*  
[amanda.hunt@va.gov](mailto:amanda.hunt@va.gov)

Dr. Hunt is a Program Manager at the VA Office of Research and Development, where she handles a portfolio of brain injury, sensory systems disorders, and sleep and circadian rhythms. She has a PhD in circadian rhythm research from the University of Illinois at Urbana-Champaign.

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### Christopher Clarke, MPA (he/him)

*Principal Consultant | Allen Clarke Consulting*

Mr. Clarke is an experienced academic administrator with over 13 years of operational success in the public and private sectors. He is passionate about issues related to diversity, equity and inclusion and is skilled in the areas of organizational development, assessment, programming, evaluation and governance. He has been recognized as a 40 Under 40 by the Congressional Black Caucus Health Brain Trust for his leadership in the healthcare industry. As an educational practitioner, Christopher currently serves as Director in the Office of Multicultural Student Affairs at the University of Miami where he provides programs and services that challenge, motivate, and support ethnically diverse students, faculty and staff.

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### Kennedy Robinson, M.Ed. (she/her/hers)

*Training Manager & Facilitator | Allen Clarke Consulting*

Ms. Robinson is the Assistant Director of Multicultural Student Affairs at the University of Miami where she leads in the development of social justice trainings and initiatives, leadership development, student advocacy, program development, and advises over 30 multicultural student organizations. From the start of her career, Ms. Robinson has created countless training programs, strategies for inclusive communities, and intentional programmatic approaches that increased the support and development of multicultural and diverse populations. Ms. Robinson has been able to train community organizations, school systems, small business and more!

# 2022 PROGRAM

## YIRF 2022 Kick-Off Zoom Meeting

Meeting ID: 835 0148 8084 | Passcode: 375269 | March 22, 2022

### Getting the Most Out of the Young Investigators Research Forum 2022

2:00 – 2:15 pm ET	Andrew W. Varga, MD, PhD <i>Icahn School of Medicine at Mount Sinai</i> Chair, Young Investigators Research Forum 2022	
2:15 – 2:45 pm ET	<b>The NIH Review Process</b> Susan Redline, MD, MPH <i>Brigham and Women's Hospital</i>	0.5 Credits
2:45 – 3:15 pm ET	<b>Specific Aims Do's and Don'ts</b> Amita Sehgal, PhD <i>University of Pennsylvania</i>	0.5 Credits
3:15 – 3:45 pm ET	<b>Refining your NIH Biosketch</b> James Timothy McKenna, PhD <i>Harvard Medical School</i>	0.5 Credits
3:45 – 4:25 pm ET	<b>Discussion</b>	
4:25 – 4:30 pm ET	<b>Kick-Off Closing Remarks</b> Andrew W. Varga, MD, PhD	

## On-Demand Webinars | Available via [learn.aasm.org](https://learn.aasm.org)

### How AASM Foundation Funding Can Jumpstart and Sustain Your Research Career

Vanessa Gonzalez, MPH  
*AASM Foundation*

### Sleep Funding Mechanisms at the Sleep Research Society

Christine Davis  
*Sleep Research Society*

### Beyond NIH: Foundations and Other Funding Sources to Support your Research

Suzanne Bertisch, MD, MPH  
*Brigham and Women's Hospital/Harvard Medical School* 0.5 Credits

### Sleep Funding Mechanisms at the US Department of Veteran Affairs

Amanda Hunt, PhD  
*Veteran Affairs, Office of Research and Development* 0.5 Credits

### Sleep Funding Mechanisms at the Agency for Healthcare Research and Quality

Tamara Willis, PhD, MPH  
*Agency for Healthcare Research Quality* 0.5 Credits

### Sleep Funding Mechanisms at the National Institutes of Health

Lawrence Baizer, PhD  
*National Health, Lung and Blood Institute, National Center on Sleep Disorders Research* 0.5 Credits

## Aspects of Being a Good Scientist and Networking

The Bethesda Hotel | 8120 Wisconsin Ave, Bethesda, MD 20814 | April 20, 2022

12:00-1:30 pm ET

### Networking Brown Bag Lunch

2:00 – 2:10 pm ET

### Welcome and Intro to Aspects of Being a Good Scientist

Andrew W. Varga, MD, PhD  
Icahn School of Medicine at Mount Sinai  
Chair, Young Investigators Research Forum 2022

2:10 – 2:50 pm ET

### Sleep Researcher Elevator Pitches I

### Break 2:50 – 3:05 pm ET

3:05 – 4:10 pm ET

### Sleep Researcher Elevator Pitches II

### Break at 4:10 – 4:20 pm ET

4:20 – 4:50 pm ET

### Getting the Most Out of the Mentor/Mentee Relationships

Indu Ayappa, PhD  
Icahn School of Medicine at Mount Sinai

0.5 Credits

4:50 – 5:20 pm ET

### Diversity, Equity, and Inclusion in Sleep Research: What is Your Responsibility?

Carmela Alcántara, PhD  
Columbia University

0.5 Credits

### Break at 5:20 – 5:25 pm ET

5:25 – 5:55 pm ET

### Navigating the (bumpy) Path to Early Career Awards

Jonathan Lipton, MD, PhD  
Boston Children's Hospital

0.5 Credits

5:55 – 6:25 pm ET

### How to Give a Great Talk

Kenneth P. Wright, Jr., PhD  
University of Colorado, Boulder

0.5 Credits

### Break 6:25 – 7:00 pm ET

## Networking Dinner at 7:00pm ET

7:00 – 7:05 pm ET

### Preparing for Federal Funding Agency Day

Andrew W. Varga, MD, PhD

7:05 – 8:55 pm ET

### Academic Career Q&A

Kiran Maski, MD, MPH  
Boston Children's Hospital  
Vice Chair, Young Investigators Research Forum 2022

8:55 – 9:00 pm ET

### Day 1 Recap and Adjourn

Andrew W. Varga, MD, PhD

## Federal Funding Agency Day and Grant Proposal Blitz

The Bethesda Hotel | 8120 Wisconsin Ave., Bethesda, MD 20814 | April 21, 2022

7:00 AM ET

### Breakfast

7:45 – 8:00|  
am ET

### Welcome to Federal Funding Agency Day

Kiran Maski, MD, MPH (Vice Chair)  
Boston Children's Hospital

8:00 – 8:30  
am ET

### Update on NIH Policies

Shilpy Dixit, PhD  
*National Health, Lung and Blood Institute, National Center on Sleep  
Disorders Research*

0.5 Credits

8:30 – 9:00  
am ET

### NIH Grant Competition

Speaker TBD

0.5 Credits

### Break at 9:00 – 9:05 am ET

### Federal Funding Agency Short Presentations

Moderator: Marishka K. Brown, PhD

National Health, Lung and Blood Institute, National Center on Sleep Disorders  
Research

### Federal Funding Agency Representatives:

- Inna Belfer, MD, PhD  
*National Center for Complementary  
and Integrative Health*
- Shilpy Dixit, PhD  
*National Heart, Lung, and Blood  
Institute; National Center on  
Sleep Disorders Research*
- Lawrence Baizer, PhD  
*National Heart, Lung, and Blood  
Institute; National Center on  
Sleep Disorders Research*
- Mack Mackiewicz, PhD  
*National Institute of Aging*
- Ivana Grakalic, PhD  
*National Institute on Alcohol  
Abuse and Alcoholism*
- Roger Little, PhD  
*National Institute on Drug Abuse*
- Karen Teff, PhD  
*National Institute of Diabetes,  
Digestive and Kidney Disease*
- Aleksandra Vicentic, PhD  
*National Institute of Mental Health*
- Rina Das, PhD  
*National Institute on Minority  
Health and Health Disparities*
- Nancy Jones, PhD  
*National Institute on Minority  
Health and Health Disparities*
- Dana Schloesser, PhD  
*Office of Behavioral and Social  
Sciences Research*
- Amanda Hunt, PhD  
*Veteran Affairs Office of  
Research and Development*
- Carole Woodle, PhD  
*Veteran Affairs, Rehabilitation  
Research & Development Service*

9:05am – 10:50  
am ET

0.5 Credits

### Break at 10:50 – 11:00 am ET

11:00 – 11:30  
am ET

**Meet & Greet with Federal Funding Agency Representatives Small Group  
Session I**

11:30am – 12:00  
pm ET

**Meet & Greet with Federal Funding Agency Representatives Small Group  
Session II**

Networking Lunch Starts at 12:00 pm

**Grant Proposal Blitz: Specific Aims Presentations**

1:00 – 4:00 pm ET	Group 1	3.0 Credits
	Group 2	
	Group 3	
	Group 4	
	Group 5	

Break at 4:00 pm

**Shuttle Boarding at 5:30 pm**

**Networking Dinner at Seasons 52**  
11414 Rockville Pike, North Bethesda, MD 20852  
**6:00 – 8:00 pm ET**

## MOCK GRANT REVIEW AND THE ACADEMIC ENVIRONMENT

THE BETHESDAN HOTEL | 8120 WISCONSIN AVE., BETHESDA, MD 20814 | APRIL 22, 2022

7:00 am ET	<b>Breakfast</b>	
7:45 – 8:00 am ET	<b>Today's Agenda and Brief Mock Grant Review Refresher</b> Andrew W. Varga, MD, PhD	
<b>Mock Grant Review Session: Study Sections</b>		
	<b>Study Section A</b> Chair: Susan Redline, MD, MPH	
8:00 – 10:40 am ET	<b>Study Section B</b> Chair: Indu Ayappa, PhD	2.25 Credits
	<b>Study Section C</b> Chair: Kenneth P. Wright, Jr., PhD	
	<b>Study Section D</b> Chair: M. Safwan Badr, MD, MBA	
<b>Break at 10:40 – 10:45 am ET</b>		
10:45 – 11:15 am ET	<b>Negotiating for an Academic Position</b> Phyllis Zee, MD, PhD <i>Northwestern University Feinberg School of Medicine</i>	0.5 Credits
11:15 – 11:45 am ET	<b>Importance of How and When to Say No</b> Sairam Parthasarathy, MD <i>University of Arizona</i>	0.5 Credits
11:45 am – 12:15 pm ET	<b>Thriving in Academia</b> M. Safwan Badr, MD, MBA <i>Wayne State University</i>	0.5 Credits
12:15 – 12:30 pm ET	<b>Recap and Upcoming Events</b> Andrew W. Varga, MD, PhD (Chair)	
12:30 pm ET	<b>Adjourn and Travel Back Home</b>	

**EDITOR PANEL ZOOM MEETING****MEETING ID: 814 5654 6136 | PASSCODE: 631722 | MAY 20, 2022****Wise Advice from Sleep Research Journal Editors**

Nancy Collop, MD

*Emory University*Editor-in-Chief; *Journal of Clinical Sleep Medicine*1:00 – 3:00 pm  
ET

Reena Mehra, MD, MS

*Cleveland Clinic*Associate Editor, *The American Journal of Respiratory and Critical Care Medicine*

Allan I. Pack, MBChB, PhD

*University of Pennsylvania*Editor-in-Chief, *SLEEP***INCLUSIVE LEADERSHIP WORKSHOP | May 24-25, 2022****Zoom Meeting – Day 1****Meeting ID: 874 4485 0445****Passcode: 128810****Zoom Meeting – Day 2****Meeting ID: 892 6467 1330****Passcode: 074967**May 24th  
1:00 – 2:30 pm  
ET**Inclusive Leadership Workshop – Part I**Christopher Clarke, MPA and Kennedy Robinson, M.Ed.  
*Allen Clarke Consulting*May 25th  
3:30 – 5:00 pm  
ET**Inclusive Leadership Workshop – Part II**Christopher Clarke, MPA and Kennedy Robinson, M.Ed.  
*Allen Clarke Consulting***SLEEP 2022 NETWORKING****THE WESTIN CHARLOTTE | 601 S COLLEGE ST, CHARLOTTE, NC 28202****JUNE 6, 2022**12:30 – 1:45 pm  
ET**AASM Foundation YIRF and SOAR Networking Lunch at SLEEP 2022**

# Research Grant Programs



## American Board of Sleep Medicine Junior Faculty Research Grant \$100,000 for two years.

Supports early career physician scientists with faculty appointments who are committed to academic careers by providing funding for mentored research projects in basic, translational, clinical or population sleep and circadian science

*Applications Open: November 2022 and May 2023*



## AASM Foundation and CHEST Foundation Research Grant in Sleep Medicine

**Up to \$30,000 for one year.**

Focused on topics that advance sleep medicine and ultimately improve patient outcomes. Projects also need to demonstrate how they will have a positive impact on the lung and/or sleep health of a community.

*Application Open: February 2022*



## Bridge to Success Grant for Early Career Investigators \$100,000 for one year.

Provides 'bridge' funding to promising early-career sleep scientists who have applied for a career development grant such as a K-award grant from the NIH, a Career Development Grant from the VA, or an equivalent career development grant from another federal or non-federal entity.

*Applications Open: November 2022 and May 2023*



## Bridge to Success Grant for Mid-Career Senior Investigators \$100,000 for one year.

Targeted to mid-level and senior investigators in sleep and circadian science research who need 'bridge' funding while re-applying for research support.

*Applications Open: November 2022 and May 2023*



## COVID-19 Relief Funding for AASM Foundation Grant Recipients

**Up to 10% of the original grant amount with a maximum of \$10,000.**

Relief funding for active projects that have been impacted by the unanticipated effects of the COVID-19 pandemic.

*Due Date: First Monday of every month*



## Diversity Supplement Grant

Up to 20% of the parent AASM Foundation research grant with a maximum of \$50,000 for 8 weeks – 3 years.

Supports mentored sleep and circadian research training of individuals who are traditionally underrepresented in US science.

*Due Date: First Monday of every month*



## Focused Projects Grant for Junior Investigators

**\$40,000 for one year.**

Provides seed funding for mentored research projects in an effort to jumpstart an early career investigator's research career in basic, translational, clinical or population sleep and circadian science.

*Applications Open: November 2022 and May 2023*



## Focused Projects Grant for Junior Investigators – Insomnia Biomarkers

**\$50,000 for 18 months.**

Supports mentored projects that will identify, evaluate and/or validate biomarkers to support insomnia (disorder) differential diagnosis and clinical treatment response. This grant is supported by Eisai, Inc.

*Applications Open: November 2022 and May 2023*



## Focused Projects Grant for Junior Investigators – National Sleep Research Resource

**\$40,000 for one year.**

Supports mentored projects that will use the National Sleep Research Resource (NIH/NHLBI Grant Number HL114473) and address one or more important unanswered scientific questions related to sleep and/or sleep disorders.

*Applications Open: November 2022 and May 2023*



## Physician Scientist Training Grant

**\$100,000 for one year.**

Supports outstanding sleep medicine physicians by providing them the opportunity of a protected research training experience for a mentored research project in basic, translational, clinical or population sleep and circadian science upon completion of their clinical training.

*Applications Open: November 2022 and May 2023*

# COMMUNITY PROGRAMS



## Community Sleep Health Grant

**Up to \$20,000 for one year.**

Supports projects that will serve a targeted population and will have an impact on sleep health within the community.

*Due Date: First Monday of every month*



## Disaster Relief Fund

**Up to \$5,000 of relief funds**

Aids 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.

*Applications accepted year-round.*



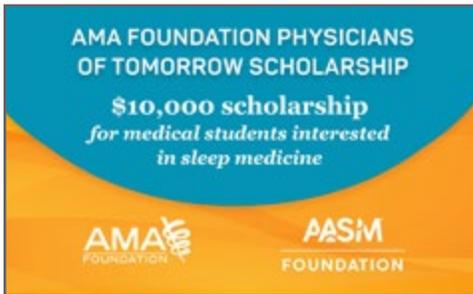
## Sleep Champion Award

**\$5,000 award and complimentary registration for a representative to attend SLEEP 2023**

Celebrates successful community-based sleep health services and education provided by non-profit organizations (must be nominated by an AASM member).

Nominations Open: January 2023

# TRAINING PROGRAMS



## AMA Foundation Physicians of Tomorrow Scholarship \$10,000 scholarship

The AASM Foundation has partnered with the AMA Foundation to fund a scholarship for medical students who are interested in pursuing a career in sleep medicine, maintain academic excellence and demonstrate financial need.

*Applications Open: December 2023*



## Sleep Medicine Fellow Funding Grant Up to \$130,000 per grant for one year.

Provides funds to start or maintain a one-year sleep medicine fellowship position in an Accreditation Council for Graduate Medical Education accredited program that was included in the National Resident Matching Program sleep medicine fellowship match.

*Applications Open: October 2022*



## Sleep Research Program for Advancing Careers Up to \$3,000 and travel scholarships.

Mentoring program for early career sleep investigators. Provides discretionary funds, as well as a travel scholarship to a grant writing symposia and annual SLEEP meeting.

*Applications Open: February 2023*



## Young Investigators Research Forum Travel scholarship

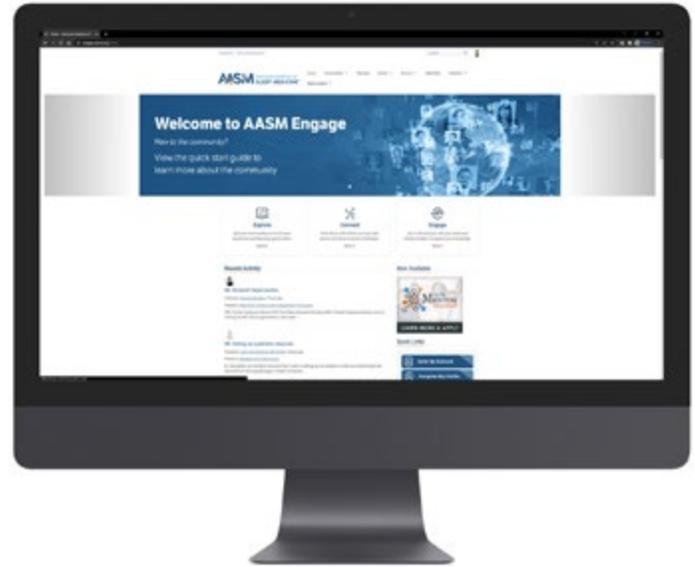
3-day research forum in Bethesda, MD designed to aid the career development of promising early career investigators in clinical and translational sleep medicine research.

*Applications Open: September 2022*

# AASM Engage - Sleep and Circadian Science Researchers

A online community and space for scientists who have a passion for sleep and circadian science research and exchange ideas and resources, build professional relationships, foster mentorship, network, discuss challenges and share opportunities.

Join today at [engage.aasm.org](https://engage.aasm.org)



## Volunteering opportunities

### Development Council

Support the development and implementation of fundraising initiatives with a focus on cultivating new donors while engaging existing donors to increase giving.

### Grant Review Committees

Provide an evaluation of the quality and potential impact of applications for AASM Foundation research, community, and training grant programs.

### Research Career Development Committee

Develop and implement activities that grow the pipeline of sleep and circadian scientists.

For more information on the AASM Foundation's programs and volunteer opportunities, visit [foundation.aasm.org](https://foundation.aasm.org)

## Montage Contributor

We encourage members to share their news, stories and suggestions for future topics in upcoming issues of Montage, a quarterly magazine for AASM members. If interested, send your professional or personal stories, photos and news to [montage@aasm.org](mailto:montage@aasm.org).

## AASM Resources

For more resources about the transition from fellowship to an early career sleep medicine physician, check out these AASM resources:

### Early Career Physician Assembly

The Early Career Physician Assembly is an online community for members who are early in their sleep medicine careers, giving them an opportunity to network and learn from colleagues with a similar professional background. AASM member students, fellows, trainees, and physician members under 40 years old are automatically included in the assembly. Eligible members can access the assembly under "My Communities" on AASM Engage.

### AASM Committees

Expand your professional knowledge, network with colleagues and contribute to the sleep medicine field by volunteering to serve on an AASM standing committee. A diverse slate of committees enables you to engage your professional interests within the AASM. Service as a committee member is a one-year appointment with a maximum of a three-year consecutive term, and it requires participation in monthly conference calls and collaborative involvement on projects that meet the committee mandate. **Watch for call for volunteer details in February 2023.**

For more information, visit: <https://aasm.org/membership/volunteer/committees-current/>.

### Sleep Medicine Fellow Opportunities

Sleep Medicine physicians represent a variety of specialties: Internal Medicine, Psychiatry, Neurology, Pediatrics, Otolaryngology, Family Practice, Anesthesiology, Pulmonary Disease and Critical Care Medicine. The American Academy of Sleep Medicine (AASM) offers the following resources, all free of charge, to Sleep Medicine fellows:

#### Monthly Fellow Webinar Series

The Fellow Webinar Series is held the second Wednesday of every month (except June). These lectures discuss a variety of topics ranging from pediatrics to adult. Some of the topics presented include circadian neurobiology, non-invasive ventilation in neuromuscular disease, trauma associated sleep disorder, and pediatric obstructive sleep apnea. Each lecture is one hour and allows time for questions from attendees at the conclusion. All lectures are recorded live and posted for viewing on the AASM website a few weeks following the presentation. Contact Sally Podolski at [spodolski@aasm.org](mailto:spodolski@aasm.org) to receive monthly invitations.

#### Annual Fellow Boot Camp

Each year the AASM holds their annual Fellow Boot Camp in conjunction with the APSS SLEEP Meeting. This course provides incoming fellows with key clinical and procedural skills needed to begin their fellowship training with confidence. The course goal is to prepare fellows with the baseline skills and knowledge needed to excel during their fellowship year. Physicians who matched into a Sleep Medicine fellowship program are eligible to attend.

#### AASM Choose Sleep:

The AASM Choose Sleep website provides a wealth of information for medical student, residents, and fellows. The site contains sleep physician profiles, videos, journal articles, facts, and statistics to spark interest and encourage a passion for Sleep Medicine. Visit [aasm.org/professional-development/choose-sleep/](https://aasm.org/professional-development/choose-sleep/)



## Program Overview

The Mentor Match is a unique online networking tool – including a searchable database – that facilitates the establishment of mentoring relationships. It is user-driven, allowing registered Mentees to search among registered Mentors using specified criteria to find individuals whose experience and expertise match areas in which they wish to be mentored. Likewise, registered Mentors can search for and identify potential Mentees.

The goal of the program is to generate a meaningful relationship for participants, where mentors can provide direction and instruction to assist mentees in their personal and career growth. The program emphasizes a focus on professional development, knowledge and skill transfer, networking, and guidance.



## READY TO GET STARTED?

visit [engage.aasm.org/mentoring](https://engage.aasm.org/mentoring)  
or contact [mentorship@aasm.org](mailto:mentorship@aasm.org)

# REM

## BECOME A PUBLISHED AUTHOR

The *Journal of Clinical Sleep Medicine* is accepting submissions for “REM: A Publication for Residents and Fellows,” a new section of the journal on a mission to provide relevant, high-quality, peer-reviewed articles to medical students, residents and fellows in the sleep medicine pipeline.

### LET'S FEATURE YOUR CONTENT

Current medical students, residents, fellows and those who have recently completed their fellowship are encouraged to submit content for this new section. Submissions can include board review articles, editorials, perspectives on shift work, media reviews, videos and images, and letters to the editor. Faculty also can be listed as coauthors for manuscripts submitted for the REM section. Providers in training can also become involved as a manuscript reviewer.

JCSM

*Journal of Clinical Sleep Medicine* is the official, peer-reviewed journal of the American Academy of Sleep Medicine.

**Ready to see your submission featured in REM?**  
Visit [jcsm.aasm.org/submit/submission-guidelines](https://jcsm.aasm.org/submit/submission-guidelines) for contributor guidelines.



## MENTORSHIP AWARDS

### 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 \$3,500 per award

*Funding Provided by the Sleep Research Society Foundation*

## CAREER DEVELOPMENT AWARDS

### 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

### 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

*Funding Provided by the Sleep Research Society Foundation*

### SRS Small Research Grant

This grant is designed to support the research of trainees and early career investigators who otherwise do not have the institutional resources to support new studies and/or do not have a sustained record of external funding. This grant provides seed funding to support training and research to ultimately allow individuals to successfully apply for or complete career development grants (e.g. K-awards).

**One Year Award:** Up to \$5,000 per award

*Funding Provided by the Sleep Research Society Foundation*

## TRAVEL AWARDS

### Awards to APSS-SLEEP and the SRS's ASCS

These awards support early-stage investigators with registration awards, allowing them to continue to learn and grow as sleep and/or circadian researchers.

**Annual Award:** Covers the cost of registration.

*Funding Provided by the Sleep Research Society Foundation*

### SLEEP Post Graduate Course Scholarship

These scholarships fund select early career stage researchers at the postdoctoral, instructor, or assistant professor level to attend the post graduate course at SLEEP 2021.

**Annual Award:** Covers the cost of registration.

*Funding Provided by the Sleep Research Society Foundation*

### SLEEP Undergraduate Scholarship

These scholarships fund undergraduates to attend SLEEP.

**Annual Award:** Covers the cost of registration.

*Funding Provided by the Sleep Research Society Foundation*

### Young Investigator's Research Forum Scholarships

The SRSF partners with the AASM Foundation to provide scholarships to attend the annual Young Investigator's Research Forum that is aimed at providing guidance, tactics, and strategies to better position young investigators for a successful career in sleep and circadian research.

**One Year Award:** Covers the cost of registration.

*Funding Provided by the Sleep Research Society Foundation*

For more information on these SRS awards, visit [sleepresearchsociety.org/awards](https://sleepresearchsociety.org/awards).

For more information on SRS Foundation awards, visit [sleepresearchsociety.org/foundation](https://sleepresearchsociety.org/foundation).

# Federal Funding Agencies



## Office of Extramural Research, Education, and Priority Populations

Tamara D. Willis, Ph.D., M.P.H.  
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## National Heart, Lung, and Blood Institute

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## National Institute on Alcohol Abuse and Alcoholism

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## National Institute of Aging

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## National Cancer Institute

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## Eunice Kennedy Shriver National Institute of Child Health & Human Development

Karen Lee, M.D.  
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## National Center for Complementary and Integrative Health

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## National Institute of Diabetes, Digestive and Kidney Disease

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## National Institute on Drug Abuse

Roger Little, Ph.D.  
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## National Institute of Mental Health

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## National Institute on Minority Health and Health Disparities

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Nancy Jones, Ph.D.  
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## National Institute of Neurological Disorders and Stroke

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## National Institute of Nursing Research

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## Office for Research on Women's Health

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## Office of Behavioral and Social Sciences Research

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## Office of Research & Development

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**YOUNG**   
**INVESTIGATORS**  
RESEARCH FORUM  


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Thank you to our investigators, faculty and guest speakers for your dedication to improving sleep health for healthier lives.