



YOUNG INVESTIGATORS
Research Forum

**April 18-20
2018**

Bethesda Marriott Suites
6711 Democracy Blvd, Bethesda, MD, 20817



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Course Description

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

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

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

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

Target Audience

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

Learning Objectives

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

1. Understand how to build a successful career in sleep research, including how to effectively write scientific papers, foster collaborations and develop mentorship relationships
2. Understand the policies and various mechanisms for sleep research funding
3. Gain insight on the grant peer review structure and process
4. 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 11.50 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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Chair: Lynn Marie Trotti, MD, MSc

Vice Chair: Alberto Ramos, MD, MSPH

AASM Staff: Vanessa Gonzalez, MPH; Sarah Hashmi, MBBS, MSc, MPH

PROGRAM OF EVENTS

Pre-forum					
Session No.	Time	Presentation Title	Speaker	Room	CME credit hours
1	Completed prior to forum	The NIH Review Process (webinar)	Christopher O'Donnell, PhD	Online	1.00
Wednesday, April 18, 2018 2:00 PM – 9:15 PM					
Session No.	Time	Presentation Title	Speaker	Room	CME credit hours
	2:00 PM - 2:15 PM	Opening Remarks	Ilene Rosen, MD (AASM President)	Patriot Ballroom	
	2:15 PM - 2:30 PM	Welcome and Introduction	Lynn Marie Trotti, MD, MSc		
	2:30 PM – 3:05 PM	Speed Networking - Round 1	All faculty and attendees		
Plenary Sessions: Aspects of Being a Good Scientist					
2	3:05 PM – 3:35 PM	Grant Writing	Ruth Benca, MD, PhD	Patriot Ballroom	0.5
3	3:35 PM – 4:05 PM	How non-profit and industry funding can jump start your research	Jennifer Martin, PhD		0.75
4:05 PM – 4:15 PM Break					
	4:15 PM – 5:10 PM	Speed Networking - Round 2	All faculty and attendees	Patriot Ballroom	
4	5:10 PM - 5:40 PM	Scientific Paper Writing: Advice from an Editor	Martica Hall, PhD		0.5
5	5:40 PM – 6:10 PM	Being a Good Scientist and a Good Citizen	Sai Parthasarathy, MD		0.5
6	6:10 PM – 6:40 PM	Building and maintaining collaborations	Safwan Badr, MD		0.5
6:40 PM – 7:15 PM Break					
Academic Career Q&A					
	7:15 PM - 9:15 PM	Dinner and Academic Career Q&A Service Opportunities Available through AASM and SRS	All faculty and attendees	Patriot Ballroom	



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Thursday, April 19, 2018

7:00 AM – 4:15 PM

Thursday, April 19, 2018 7:00 AM – 4:15 PM					
Session No.	Time	Presentation Title	Speaker	Room	CME credit hours
	7:00 AM - 7:45 AM	Continental Breakfast			
	7:45 AM – 8:00 AM	Today’s agenda details	Alberto Ramos, MD	Patriot Ballroom	
Plenary Sessions with NIH Representatives					
	8:00 AM - 8:30 AM	Update on NIH Policies (Clinical Trials, Reproducibility, etc.)	Michael Twery, PhD (NHLBI, NCSR)	Patriot Ballroom	
7	8:30 AM – 9:00 AM	Sleep Funding Mechanisms at NIH	Aaron Laposky, PhD (NHLBI)		0.5
8	9:00 AM – 9:30 AM	NIH Grant Competition	Michael Twery, PhD (NHLBI, NCSR)		0.5
9:30 AM - 9:40 AM Break					
9	9:40 AM - 9:55 AM	Who’s Who at NIH?	Michael Twery, PhD (NHLBI, NCSR)	Patriot Ballroom	0.5
	9:55 AM - 11:25 PM	NIH short presentations	Representatives from various Institutes and Centers of the NIH		
11:25 AM – 11:35 AM Break					
	11:35 AM – 12:05 AM	Small Group Session I	Attendees and NIH representatives	Patriot Ballroom	
	12:05 AM – 12:35 PM	Small Group Session II	Attendees and NIH representatives		
12:35 PM - 1:15 PM Lunch					
Mock Grant Review Session					
10	1:15 PM – 3:45 PM	Study Section A	Chair: Benca Faculty: Badr, Martin	Independence I	2.5
	1:15 PM – 3:45 PM	Study Section B	Chair: Hall Faculty: Malow, Ong	Independence II	
	1:15 PM – 3:45 PM	Study Section C	Chair: Manber Faculty: Trotti, Ramos, Parthasarathy	Independence III	
Plenary Session: Grant budgeting					
11	3:45 PM – 4:15 PM	Grant Budget Management	Rachel Manber, PhD	Patriot Ballroom	0.5
4:15 PM – 5:30 PM Break (on your own)					
5:30 PM Meet in Lobby			All faculty and attendees		
	6:00 PM - 8:30 PM	Dinner @ Summer House	All faculty and attendees		



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Friday, April 20, 2018 7:00 AM – 12:00 PM					
Session No.	Time	Presentation Title	Speaker	Room	CME credit hours
	7:00 AM - 8:00 AM	Continental Breakfast			
Grant Proposal Blitz					
12	8:00 AM - 10:15 AM	Group 1: Young Investigators' Presentations of their Specific Aims	<u>Moderators:</u> Benca, Malow, Trotti	Independence I	2.25
	8:00 AM - 10:15 AM	Group 2: Young Investigators' Presentations of their Specific Aims	<u>Moderators:</u> Badr, Parthasarathy	Independence II	
	8:00 AM - 10:15 AM	Group 3: Young Investigators' Presentations of their Specific Aims	<u>Moderators:</u> Manber, Martin, Ong	Independence III	
	8:00 AM - 10:15 AM	Group 4: Young Investigators' Presentations of their Specific Aims	<u>Moderators:</u> Hall, Ramos	Patriot Ballroom	
10:15 AM - 10:30 AM		Break			
Plenary Sessions: More Aspects of Being a Good Scientist					
13	10:30 AM - 11:00 AM	Negotiating for an Academic Position	Jason Ong, PhD	Patriot Ballroom	0.5
14	11:00 AM - 11:30 AM	Getting the most out of the mentor/mentee relationship	Beth Malow, MD		0.5
	11:30 AM - 12:00 PM	Summary/Wrap-up	Lynn Marie Trotti, MD, MSc		



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Lynn Marie Trotti, MD, MSc; YIRF Chair

Associate Professor of Neurology
Emory University
Email: lbecke2@emory.edu

Dr. Lynn Marie Trotti is an Associate Professor of Neurology at Emory University in Atlanta, GA. She graduated from Baylor College of Medicine and completed her Neurology residency, Sleep fellowship, and Masters of Science in Clinical Research at Emory. Her main area of research and clinical interest is the central disorders of hypersomnolence. She has completed randomized controlled trials testing novel treatments for hypersomnolence and is currently funded by the NIH through a K23 grant to evaluate functional neuroimaging correlates of sleepiness and sleep inertia

in patients with hypersomnolence disorders.



Alberto Ramos, MD, MSPH; YIRF Vice Chair

Associate Professor of Neurology
University of Miami
aramos@med.miami.edu

Dr. Alberto Ramos's research is aimed at the intersection between sleep disorders, cerebrovascular disease and neurocognitive aging in population-based studies. His work started with the multi-ethnic cohort of the Northern Manhattan study (NOMAS), where he completed a diversity supplement grant from the NIH/NINDS, aimed to determine the sleep disorders associated to stroke risk factors and cognitive decline in NOMAS. Dr. Ramos is co-investigator for the Hispanic Community Health Study/Study of Latinos (HCHS/SOL) at the Miami site; where He serves as primary consultant for Sleep Research. Dr. Ramos obtained an R21

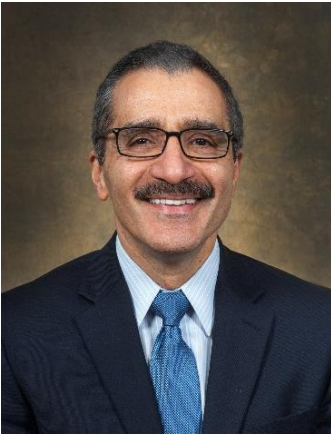
through the National Institutes of Aging to evaluate sleep phenotypes, neurocognitive decline and incident dementia in HCHS/SOL. He was also the site-PI for the Sueño study-Sleep as a Risk Factor for Disease in HCHS/SOL –at the Miller school of Medicine. This NHLBI ancillary study evaluated the determinants of abnormal sleep patterns with actigraphy and their effect on cardiometabolic diseases. Dr. Ramos was the principal investigator of an HCHS/SOL ancillary study evaluating sleep apnea and cerebral hemodynamics as an early marker of cerebrovascular risk at the Miami field site. This study was supported by a K12 mentored award from the Clinical Translational Research Institute at the Miller School of Medicine. He is a member of American Academy of Sleep Medicine and clinical research subcommittee of the American Academy of Neurology.



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M. Safwan Badr, MD, MBA

Chair, Department of Internal Medicine
Wayne State University
sbadr@med.wayne.edu

Dr. M. Safwan Badr is the Chair of the Department of Internal Medicine at Wayne State University in Detroit, MI. He is an internationally known sleep disorders researcher and research mentor with current funding from the U.S. Department of Veterans Affairs, Department of Defense and National Institutes of Health. He has mentored numerous trainees and junior faculty members who have launched successful academic careers. Dr. Badr has served on multiple national and international medical societies, including on the Boards of Directors of the American Thoracic Society and the American Academy of Sleep Medicine. He was the president of the AASM from 2013 to 2014. He is a founding member of the

American Board of Administrative Medicine.



Ruth Benca, MD, PhD

Chair, Department of Psychiatry and Human Behavior
University of California, Irvine
Email: rbenca@uci.edu

Dr. Ruth Benca received her undergraduate education at Harvard University and her MD degree and a PhD in Pathology from the University of Chicago. She completed a residency in Psychiatry and a fellowship in Sleep Medicine, also at the University of Chicago. She is currently the Chair of Psychiatry and Human Behavior at the University of California, Irvine (UCI), where she is building a comprehensive sleep medicine center dedicated to providing outstanding clinical care for sleep disorders throughout the region as well as developing a world-class translational research program. Dr. Benca has a broad background in basic and clinical sleep

research and has served as PI or co-Investigator on numerous projects funded by NIH and the Department of Defense over the past 25 years. As a specialist in sleep disorders medicine, she has over 30 years of experience in the diagnosis and treatment of complex sleep disorders. She has authored over 150 articles, reviews and book chapters as well as a single-authored handbook, *Sleep Disorders: The Clinician's Guide to Diagnosis and Management*, published by Oxford University Press. She has served as President of the Sleep Research Society and on the Board of Directors of the American Academy of Sleep Medicine. She has been a member of several editorial boards, including Deputy Editor of *Sleep: Journal of Sleep and Sleep Disorders Research* and currently serves a Section Editor of UpToDate for Sleep Medicine and as Editor-in-Chief of *Current Sleep Medicine Reports*.



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Martica Hall, PhD

Professor of Psychiatry
University of Pittsburgh
hallmh@upmc.edu

Dr. Martica Hall's research program bridges the traditionally independent fields of behavioral medicine and sleep medicine. Her research focuses on the pathways through which psychological and social factors affect sleep and their downstream consequences to health and functioning, with an emphasis on accelerated aging and cardiometabolic disease risk. She has evaluated these relationships in diverse populations across the lifespan, focusing mainly on mid- to late-life adults at increased risk for cardiometabolic disease including caregivers, women during the menopausal transition, individuals with sleep and psychiatric disorders, and adults affected by racial/social disparities. Dr. Hall's research program has been continuously funded by the NIH since 1998, leading to more than 170 peer-reviewed publications. She has given national and international workshops on the assessment of sleep, including self-report indices of sleep duration in studies of sleep health. Dr. Hall has also developed and refined innovative protocols for the assessment of ecologically valid and reliable measures of sleep health including ambulatory polysomnography, wrist actigraphy and heart rate variability during sleep. Dr. Hall has mentored numerous medical and graduate students, post-doctoral fellows, and K awardees who have first-authored over 60 peer-reviewed publications. Dr. Hall is President-Elect of the Academy of Behavioral Medicine Research and serves as an Associate Editor for the journal, *Sleep*.



Beth Malow, MD

Professor of Neurology and Pediatrics
Burry Chair in Cognitive Childhood Development
Vanderbilt University Medical Center
beth.malow@vanderbilt.edu

Dr. Beth Malow is Professor of Neurology and Pediatrics, Burry Chair in Cognitive Childhood Development, and Director of the Vanderbilt Sleep Division. After completing a combined undergraduate and medical school program at Northwestern University, she served as a neurology resident in the Harvard-Longwood Program and as a fellow in clinical neurophysiology at the National Institutes of Health. She was on faculty at the University of Michigan before coming to Vanderbilt in 2003. Dr. Malow's clinical, educational, and research programs focus on the impact of treating sleep disorders on neurological disease, with a focus on autism and related disorders of neurodevelopment. She serves as the principal investigator for Vanderbilt's Autism Speaks Autism Treatment Network (AS ATN) site, one of 13 regional centers across North America funded to develop standards of medical care for children with autism and has carried out federally-funded trials of melatonin and behavioral sleep education. She has mentored numerous trainees at a variety of levels and will share her expertise as a mentor with you today.



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Rachel Manber, PhD

Professor of Psychiatry and Behavioral Sciences
Stanford School of Medicine
rmanber@stanford.edu

Dr. Rachel Manber is a Professor in the Department of Psychiatry and Behavioral Sciences and Director of the Sleep Health and Insomnia Program at Stanford University. She is a clinical psychologist who has been treating adults, children, and adolescents with sleep disorders for over 25 years. Dr. Manber has written two books to help patients improve their sleep and another to guide clinicians in use of CBT for insomnia with their own patients. She has led the national dissemination effort for CBTI in the VA Healthcare System and regularly gives workshops and talks on sleep and cognitive behavioral therapy for insomnia to healthcare professionals

and the public. Dr. Manber earned her Ph.D. in Clinical Psychology from the University of Arizona (1993) and completed her internship at the University of Washington (1993). Originally trained as a mathematician (PhD from the University of Washington [1982]), her work with patients combines compassion, science, and logic. In the past 25 years Dr. Manber has conducted research on insomnia and its treatment in specific populations. Among her recent and current projects are federally-funded research on the treatments of insomnia comorbid with depression perinatal insomnia and for insomnia comorbid with sleep apnea. She is involved in research mentorship fostering careers of young investigators, including mentoring of postdoctoral research fellows and serving as primary mentor on career development grants. She is a co-PI of a T32 training grant and a faculty of an NMH funded Career Development Institute.



Jennifer L. Martin, PhD

Associate Professor
VA Medical Center
jennifer.martin@va.gov

Dr. Jennifer Martin is an Associate Professor at the David Geffen School of Medicine at UCLA. She completed her clinical internship at Brown University and her post-doctoral fellowship in geriatrics at the University of California, Los Angeles. Dr. Martin received her PhD in clinical psychology from the University of California, San Diego, as part of the SDSU/UCSD Joint Doctoral Program. She has a strong research program, funded both by NIH and VA, in the areas of sleep, aging and women Veterans' health. Her research foci include the impact of sleep disturbance on health outcomes, and the development and implementation of

effective behavioral treatments for sleep disorders across the adult age range. Dr. Martin currently serves on the Board of Directors for the American Academy of Sleep Medicine (AASM) and is the President of the AASM Foundation.



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Jason Ong, PhD

Associate Professor, Department of Neurology
Northwestern University
Email: jason.ong@northwestern.edu

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

headaches. He also has a clinical practice where he delivers CBT for insomnia and provides psychosocial support for patients with narcolepsy. Dr. Ong is the president of the Society of Behavioral Sleep Medicine.



Sairam Parthasarathy, MD

Professor, Department of Medicine
Interim Chief, Division of Pulmonary, Allergy, Critical Care and Sleep Medicine
University of Arizona Health Sciences
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Dr. Sairam Parthasarathy is Professor of Medicine, Interim Division Chief 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 Sleep Medicine Foundation and industry funding. Dr. Parthasarathy is the immediate past-chair for the Sleep Research Network and previously served as Chairman of the Sleep Disorders Research Advisory Board to the NIH. Currently, he serves as an Associate Editor for the *Journal of Clinical Sleep*

Medicine and as an editorial board member of the *American Journal of Respiratory and Critical Care Medicine*. His research focuses on sleep and breathing in both ambulatory and critically ill patients. Specifically, his current PCORI-funded initiative is addressing peer-driven intervention for promotion of CPAP adherence. His NIH-funded research investigates the relationship between sleep and inflammation in critically ill and in the general population as well as predictive analytics for detecting sleep-disordered breathing in community-based populations. He is committed to training and fostering young scientific investigators in the pursuit of sleep and circadian science.



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Omavi Bailey, MD, MPH

Sleep Medicine Fellow
University of Arizona
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Dr. Bailey is a Sleep Medicine Fellow at the University of Arizona and a K-12 Post-Doctoral recipient in Dr Parthasarathy's laboratory. His research interests broadly encompass investigating the impact of sleep and circadian rhythm disorders on health disparities in the US and Africa. As an epidemiologist and primary care physician specialized in sleep medicine, he is bridging his clinical experience in sleep medicine with his research interests in health disparities and population health. It is his objective to help uncover explanations for the racial/ethnic disparities in sleep disorders, the physiological and/or genetic mechanism(s) by which they occur and solutions or interventions to significantly minimize or eliminate these disparities. Fundamentally, it is his goal to use his research to impact social-environmental policies that improve the health of entire populations.



Sarah Ballou, PhD

Research Fellow
Beth Israel Deaconess Medical Center
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Dr. Ballou is a licensed clinical psychologist and a research fellow in the Division of Gastroenterology at Beth Israel Deaconess Medical Center in Boston, MA. She specializes in the use of cognitive and behavioral interventions to treat a range of gastrointestinal conditions such as irritable bowel syndrome, inflammatory bowel diseases, functional dyspepsia, and rumination. Her research interests include evaluating the psychosocial impact of chronic gastrointestinal diseases and developing and implementing behavioral treatments to improve quality of life among this patient population. She is currently pursuing research projects evaluating behavioral interventions for sleep in patients with IBS and IBD. Dr. Ballou earned her doctorate in clinical psychology from Northwestern University and completed a Behavioral Medicine Fellowship at VA Boston Healthcare System/Harvard Medical School.



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Anuja Bandyopadhyay, MBBS

Sleep Medicine Fellow
Indiana University School of Medicine
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Anuja Bandyopadhyay received her MBBS degree at Medical College, Kolkata (India) and completed a residency in Pediatrics at Rainbow Babies Children's Hospital, Case Western Reserve University in Cleveland, OH. She completed a fellowship in pediatric pulmonology at Riley Children's Hospital, Indianapolis, IN and is currently pursuing a fellowship in Sleep Medicine at Indiana University School of Medicine. Her clinical and research interests focus on pediatric sleep disordered breathing. Her clinical skills include sleep study interpretation and drug induced sleep endoscopy.

She has authored publications on sleep study driven protocols for decannulation of children with tracheostomy and neurodevelopmental outcomes of sleep apnea in infants. She is an associate editor for the resident/fellow section for the Journal of Clinical Sleep Medicine. She will be joining Riley Children's Hospital, Indiana as a faculty this fall and looks forward to an academic career in pediatric pulmonology and sleep medicine.



Priya Borker, MD

Sleep Medicine Fellow
Beth Israel Deaconess Medical Center
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Dr. Borker graduated from SUNY Stony Brook University in 2010 with a B.S. in Pharmacology, summa cum laude with Distinction in Research. There, she trained in molecular biology and electrophysiology techniques investigating conformational changes NMDA receptors undergo during gating, and subsequently published in the Journal of Neuroscience. Dr. Borker attended medical school at Case Western Reserve University, completing her M.D. with Honors and Distinction in Research in 2014. She trained at Beth Israel Deaconess Medical Center in Boston

Massachusetts for her internal medicine residency, where she is currently finishing her sleep medicine fellowship. Dr. Borker is an ASPIRE fellow and will be continuing her training in pulmonary and critical care fellowship at the University of Pittsburgh Medical Center in July 2018. Her research interests include optimizing sleep physiology in those with chronic respiratory failure and neuromuscular weakness, investigating the role of sleep medicine to improve heart failure management, and investigating the role of chemoreceptor sensitivity in stabilizing breathing control. She hopes her research will identify high-risk subgroups of patients that would benefit from therapy and optimize the clinical management of these patients.

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**Sergio Cananzi, PhD**

Post-Doctoral Fellow

Louisiana State University Health Science Center

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Dr. Cananzi recently completed his graduate degree at LSU Health Sciences-Shreveport under Dr. William Mayhan in the Department of Cell Biology and Anatomy. His graduate research was focused on the neurovascular contributions of in-utero alcohol exposure, in addition to models involving in diabetes and ALS research in which he participated as a collaborating investigator. His training spans intravital microscopy, models of stroke, behavioral and cognitive examination, and he has expertise in the cerebral neurovasculature. Following his dissertation defense, he started working under Dr. J. Steven Alexander on the role of the

neurovasculature in models of Alzheimer's disease, protection mediated mesenchymal stem cell applications in stroke, and most recently, models of obstructive sleep apnea. His current work in OSA will further expand his training and allow him to apply his experience towards understanding of the role of obstructive sleep apnea on forms of brain stress in diverse clinical conditions from the brain to endocrine alterations and risk of malignancy.

**Cecilia Castro-Diehl, MD, DrPH**

Post-Doctoral Research Fellow

Boston University

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Dr. Castro-Diehl received her Master and Doctoral degree from Columbia University, NY. While completing my degrees, she directed the Multi-Ethnic Study of Atherosclerosis (MESA) Columbia University Field Center. MESA is a community-based study, longitudinal and multisite, which main goal is to study the natural history of the cardiovascular diseases. One of its sub studies was the Sleep Study, and she was impressed by the thoughtfulness of the sleep protocol. Her passion for sleep

research grew more when she observed that sleep disorders were such a prevalent issue among the MESA participants. Dr. Castro-Diehl has written manuscripts using the Sleep Study data that have been published in peer-review journals. She has studied insufficient sleep in association with biomarkers of stress and more recently she studied Mediterranean diet as predictor of insufficient sleep.



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Diana Chirinos, PhD

Post-Doctoral Research Fellow
Northwestern University Feinberg School of Medicine
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Dr. Chirinos was born and raised in Arequipa, Peru, where she completed her undergraduate work at Santa Maria Catholic University with a major in Psychology. She moved to the US in 2010 to attend graduate school at the University of Miami. Upon her graduation, she completed a postdoctoral fellowship in psychoneuroimmunology at Rice University in Houston, TX. She is now completing her postdoctoral work at the Center for Circadian and Sleep Medicine at Northwestern University Feinberg School of Medicine. Dr. Chirinos' line of research focuses on psychosocial factors (e.g. depressive symptoms, sleep disturbances) as determinants of cardiovascular health in vulnerable populations.



Jonathan Elliott, PhD

Post-Doctoral Scholar and Visiting Assistant Professor
University of Portland
Email: elliojon@ohsu.edu

Dr. Elliott completed his BS, MS and PhD at the University of Oregon, where he worked with Dr. Andrew Lovering studying cardiopulmonary and respiratory physiology in humans. Following his PhD, he spent two years working with Dr. Gary Sieck at the Mayo Clinic studying respiratory muscle neurobiology in rodent models. He has been at Oregon Health & Science University and the Portland VA since June of 2016 working with Drs. Miranda Lim and Steven Shea studying sleep physiology in Veterans following traumatic brain injury. In addition to research, he teaches undergraduate physiology and neuroscience at the University of Portland. To date, he has published 25 peer-reviewed manuscripts, and has received fellowship funding through the American Heart Association, American Lung Association, and National Institutes of Health.



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Danielle Goldfarb, MD

Research Fellow
Butler Hospital
Email: dagoldfarb9@gmail.com

Dr. Goldfarb graduated from the Brown University Combined Neurology and Psychiatry Residency Program in June 2017 and is currently completing a Neurodegenerative Disease Research Fellowship at the Butler Hospital Memory and Aging Program in Providence, RI. Prior to receiving her medical degree from the University of Arizona, she was a research assistant for a pioneering hospice dementia program in Phoenix. During medical school, she was involved in clinical research at the Banner Alzheimer's Institute, where she will return this July to begin

her role as a clinician researcher and dual-appointed Assistant Professor in the University of Arizona Departments of Neurology and Psychiatry.



Jennifer Goldschmied, PhD

Post-Doctoral Fellow
University of Pennsylvania
Email: jrgolds2@pennmedicine.upenn.edu

Dr. Goldschmied is a clinical psychologist by training and is currently a Postdoctoral Fellow and at the Center for Sleep and Circadian Neurobiology at the University of Pennsylvania. Her prior research has focused on examining the homeostatic regulation of sleep and its relevance to major depressive disorder, in addition to investigating the role of sleep in the processing of emotional information, and the subjective experience of emotion in healthy adults. She has utilized sleep manipulation paradigms including slow-wave disruption, sleep delay, and napping to examine cognitive and behavioral outcomes. Dr. Goldschmied has recently

become interested in investigating the neuronal mechanisms by which sleep modulates mood and emotional processing and has submitted a K23 aimed at this question.



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Sasikanth Gorantla, MBBS

Clinical Assistant Professor
University of Illinois College of Medicine at Peoria
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Dr. Gorantla currently works as a neurologist and sleep medicine physician at OSF HealthCare Neurological Institute at Galesburg Clinic (St Mary's Medical Center), Illinois with the additional appointment as Clinical Assistant Professor in the department of Neurology at University of Illinois College of Medicine at Peoria (UICOMP). He graduated from Guntur Medical College in India and completed his Neuroscience masters at University of Hartford in 2011. After graduating from neuroscience masters, he pursued residency training in Neurology from Texas Tech University Health Sciences Center and fellowship training at Cleveland Clinic

Foundation, Ohio. He enjoys travelling, cooking, movies and playing cricket in his leisure time.



Jessica Hamilton, PhD

Post-Doctoral Scholar
University of Pittsburgh
Email: Hamiltonjl2@upmc.edu

Dr. Hamilton is a postdoctoral scholar with the NHLBI T32 Translational Research Training in Sleep Medicine at the University of Pittsburgh. She received her PhD in Clinical Psychology from Temple University and completed her clinical internship at Western Psychiatric Institute and Clinic in August 2017. Broadly, Jessica's research focuses on the interplay between social, biological, and developmental processes in adolescent depression and suicide risk among adolescents, with an emphasis on understanding gender differences. In her postdoctoral training, Dr. Hamilton has extended this work to evaluate how sleep impacts the adolescent social environment, particularly social stressors and social media, to heighten risk for adolescent depression and suicide. Dr. Hamilton plans to submit a career development award this fall 2018 to examine the relationships between social media and sleep health in adolescent suicide risk.



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Elias Karroum, MD, PhD

Assistant Professor
George Washington University School of Medicine
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Dr. Karroum is Assistant Professor of Neurology and Associate Program Director for the Sleep Medicine fellowship at The George Washington University School of Medicine & Health Sciences. He is ABPN board-certified in Neurology, Clinical Neurophysiology, and Sleep Medicine. He received his MD in 2005 from Saint-Joseph University in Beirut, Lebanon, and his PhD in Neuroscience in 2011 from Pierre and Marie Curie University in Paris, France. He completed his Neurology Residency in 2015 at Southern Illinois University School of Medicine in Springfield, Illinois, his Sleep Medicine Fellowship in 2016 at Emory University School of Medicine in Atlanta, Georgia, and his Clinical Neurophysiology Fellowship in 2017 at Vanderbilt University Medical Center in Nashville, Tennessee. He speaks fluently Arabic, English, and French.



Lynn Kataria, MD

Assistant Professor
George Washington University School of Medicine
Email: Lynn.Kataria@va.gov

Dr. Kataria is a neurologist and sleep medicine specialist at the Washington, DC VA Medical Center. She received her BA in Anthropology from Tufts University in 2000 and MD from Drexel University in 2005. She finished her internship at the Washington Hospital Center, Washington, DC in 2006 and neurology residency at Georgetown University in 2009. Dr. Kataria completed her sleep medicine fellowship in 2010 at UNC Chapel Hill. She joined the VA Medical Center in 2010. She is the director of the sleep medicine fellowship with George Washington University (GWU) and is an assistant professor of neurology at GW, Georgetown, Howard University and USUHS. She was the recipient of the VISN 5 New Investigator Award in 2015.



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2018 Young Investigators



Ilia Kritikou, MD

Sleep Medicine Fellow
University of Pennsylvania
Email: iliakritikou@yahoo.gr

Dr. Kritikou was born and raised in Athens, Greece. After she received her M.D. degree from the University of Athens Medical School, the highest ranked and most competitive medical school in Greece, she subsequently worked as a Research Fellow at the Sleep Laboratory, Eginition Hospital, University of Athens. To further improve her education on sleep and its disorders, in 2009 for 2 months, she visited the UCLA Sleep research laboratory, under the supervision of Professor Ronald Harper. In 2010, she continued her research career as a Postdoctoral Fellow at Penn State University, Psychiatry Department, Sleep Research Unit, under the supervision of Professor Alexandros Vgontzas whom she met in Greece. She left this full-time research position in May 2013 to start her psychiatry residency. Dr. Kritikou completed her residency in September 2017 and is currently a clinical sleep medicine fellow at the University of Pennsylvania.



Vaishnavi Kundel, MD

Fellow in Pulmonary, Critical Care, and Sleep Medicine
Icahn School of Medicine at Mount Sinai
Email: vkundel86@gmail.com

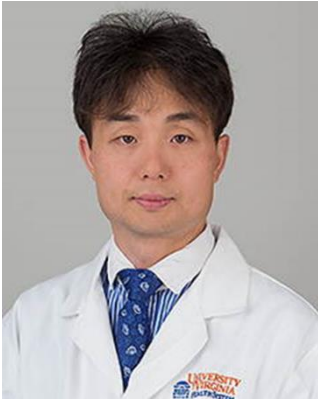
Dr. Kundel received her medical degree at the Medical College of Georgia in Augusta, GA (May 2012), and completed her residency in Internal Medicine at the Emory University School of Medicine in Atlanta, GA (May 2015). She is currently completing her last year of Pulmonary and Critical Care fellowship at the Icahn School of Medicine in Mount Sinai (New York, NY), and will be commencing her Sleep Medicine fellowship in July 2019. Her research interests lie at the intersection of sleep medicine and cardiovascular disease. Specifically, she is interested in investigating the effect of sleep apnea and its treatment on atherosclerosis, utilizing advanced cardiovascular imaging, under the guidance of her mentor Dr. Neomi Shah, and the Translational Molecular Imaging and Cardiovascular Institute at Mount Sinai, NY.



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Younghoon Kwon, MD

Assistant Professor
University of Virginia
Email: yk2j@virginia.edu

Dr. Younghoon (Young) Kwon is an Assistant Professor at University of Virginia Cardiovascular Division. A native of Korea, he attended medical school at Kyungpook National University in Taegu, Korea, and earned a Master's in Clinical Research from the University of Minnesota School of Public Health. He pursued graduate medical training in Internal Medicine (Drexel University, MCP Hahnemann), critical care (University of Pittsburgh), sleep medicine (Hennepin County Medical Center) and cardiovascular medicine (University of Minnesota). "A critical care minded-cardiologist married to sleep medicine" best describes his clinical practice and research area of interest. His research focuses on physiologic aspects of sleep-cardiovascular interaction as well as sleep health care delivery in cardiology patients. He currently resides in Charlottesville, VA.



Dominique Low, MD

Sleep Medicine Fellow
Johns Hopkins University
Email: DLow4@Jhmi.edu

Dr. Low is a neurologist and a clinical sleep medicine fellow at Johns Hopkins University School of Medicine. She studied computational and mathematical biology at the University of Pennsylvania School of Engineering and Applied Science, Medicine at Washington University in St. Louis School of Medicine, and Public Health at the Mailman School of Public Health at Columbia University in New York. She has a research interest in the actigraphic and genomic analysis of sleep, circadian rhythms, and Alzheimer's disease and currently works with Dr. Adam Spira and Dr. Mark Wu at Johns Hopkins University.



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Jennifer Marsella, MD

Sleep Medicine Fellow
University of Rochester
Email: Jennifer_Marsella@urmc.rochester.edu

Dr. Marsella is currently a sleep medicine fellow at the University of Rochester Medical Center. She completed both her medical degree and neurology residency at the University of Rochester School of Medicine and Dentistry. She will begin an NIH-funded Experimental Therapeutics training program at the University of Rochester Medical Center in July 2018. Her research interests are sleep disorders in neurologic disease, specifically in neuromuscular disease. She is currently involved with the American Academy of Sleep Medicine as a member of the Young Physicians Presidential Committee and Editor-in-Chief of the resident and fellow section of the

Journal of Clinical Sleep Medicine, REM.



Saif Mashaqi, MD

Assistant Professor of Medicine
University of North Dakota
Email: dr_saif78@hotmail.com

Dr. Mashaqi is a sleep specialist. He was born in Libya in 1978 and raised between Saudi Arabia and Jordan. He graduated from University of Jordan School of Medicine in 2002 and then moved to Huntington, WV in 2006 where he completed a three-year Internal Medicine residency followed by a two-year Pulmonary Medicine fellowship from Marshall University School of Medicine, Huntington, WV. Then he moved to Cleveland, OH to complete a one-year Critical Care Medicine fellowship and one-year Sleep Medicine fellowship from the Cleveland Clinic. After

completing his training, he joined Sanford Health in Fargo, ND where he had been practicing sleep medicine since 2013. He is interested in sleep related breathing disorders (obstructive sleep apnea and sleep related hypoventilation) in bariatric patients.



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Katherine Miller, PhD

Post-Doctoral Fellow
VA Palo Alto Health Care System
Email: katherine.miller13@va.gov

Dr. Miller received a Ph.D. in clinical psychology from the University of Tulsa after completing a pre-doctoral internship at the Minneapolis VA Health Care System. She is currently a second-year postdoctoral research fellow in the National Center for PTSD, Dissemination and Training Division, Advanced Fellowship Program in Mental Illness Research and Treatment at the VA Palo Alto Health Care System. Dr. Miller's research and clinical interests are broadly focused on the treatment of chronic sleep disturbances related to traumatic events. She has a particular interest in understanding the phenomenology, pathophysiology, and treatment of trauma-related nightmares. Her proposed career development project aims to employ

extended, in-home sleep monitoring via a mattress actigraphy system to capture pertinent physiology associated with trauma-related nightmare reports in Veterans.



Brienne Miner, MD, MHS

Clinical Instructor
Yale University
Email: brienne.miner@yale.edu

Dr. Miner is a geriatrician and sleep medicine physician interested in improving the management of sleep-wake symptoms in older persons. After receiving her MD from SUNY Downstate, she completed further training at Yale University, specifically residency in Internal Medicine, a clinical and research fellowship in Geriatrics, and a clinical fellowship in Sleep Medicine. Her current interest is in insomnia symptoms in older persons, as these are prevalent and likely to have adverse effects on patient-centered outcomes. She is also interested in the age-appropriateness of sleep-wake questionnaires, including concerns regarding age-related changes in symptom awareness. She is working on a proposal that will systematically identify and prioritize the risk factors for insomnia symptoms in older persons. Ultimately, she

hopes to design interventions for insomnia symptoms in older persons with cognitive impairment, which may also lead to improvements in cognitive and physical function.



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Christopher (Chris) Schmickl, MD, PhD

Sleep Medicine Fellow

Beth Israel Deaconess Medical Center

Email: Christopher.schmickl@mail.harvard.edu

Board-certified in Internal Medicine, Dr Schmickl is currently completing a clinical sleep medicine fellowship at BIDMC in Boston. Prior training includes an MD/PhD from the University Witten-Herdecke (Germany), an MPH from Harvard School of Public Health with focus on epidemiology/biostatistics, and a research fellowship in a translational critical-care lab at the Mayo Clinic Rochester (METRIC) during which he published several first-author articles and was awarded intramural funding to prospectively validate a diagnostic prediction score as part of his doctoral thesis. He is very excited to join the UCSD sleep research lab via a T32 under Dr Malhotra's mentorship in fall 2018 with the long-term goal of becoming an independent investigator in sleep medicine with a focus on translational and outcomes research, leveraging healthcare informatics and big data with advanced statistics.



Aarti Shakkottai, MD

Research Fellow

University of Michigan

Email: aartik@med.umich.edu

Dr. Shakkottai is a research fellow in Sleep Medicine at the University of Michigan. She completed her residency in General Pediatrics and fellowship training in Pediatric Pulmonology at the University of Michigan. Her research interests include sleep disorders in children with chronic respiratory diseases such as cystic fibrosis. The goal of her current project is to assess morbidity associated with sleep disturbances in patients with cystic fibrosis. She is also pursuing a Master's degree in Clinical Research Design and Statistical Analysis. Following her research fellowship, Dr. Shakkottai plans to pursue a clinical sleep fellowship so that she can combine clinical care and research in sleep disorders.



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Danica Slavish, PhD

Post-Doctoral Fellow
University of North Texas
Email: Danica.Slavish@unt.edu

Dr. Slavish is a health psychologist interested in understanding psychological predictors of sleep and immune function in daily life. To assess these constructs, she uses experience-sampling designs, psychophysiology techniques, and longitudinal data analyses. The goal of Dr. Slavish's research is to understand the individual and daily behavioral risk factors that increase susceptibility to sleep disturbance and inflammatory-related diseases, in hopes of identifying non-pharmacological targets for intervention. Currently, she is a postdoctoral fellow at the University of North

Texas, where she works with Dr. Daniel Taylor. In August 2017, she received her Ph.D. in Biobehavioral Health from The Pennsylvania State University. During her Ph.D. training, she was a National Science Foundation Graduate Research Program fellow in Dr. Jennifer Graham-England's Stress and Health Lab.



Christine Spadola, PhD, MS, LMHC

Research Fellow
Harvard University
Email: cspadola1@gmail.com

Dr. Spadola is a Research Fellow in the Division of Sleep Medicine, Harvard Medical School. She is currently conducting several community-based sleep research projects including adapting a behavioral sleep intervention among low income communities. Dr. Spadola's overall research interests span health promotion, mindfulness, and disparities in sleep health, physical health, and mental health. She uses mixed methods research to better understand health disparities and to assess mind/body and behavioral interventions to promote wellbeing among marginalized populations. She is a licensed psychotherapist with extensive experience working with culturally diverse and at-risk populations. Dr. Spadola has led bereavement groups for over a decade and has worked with vulnerable populations in areas surrounding sex work,

drug use, and HIV infection. In the fall, she will join Florida Atlantic University's School of Social Work as an Assistant Professor.



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Allison Wilkerson, PhD

Assistant Professor
Medical University of South Carolina
Email: wilkersa@musc.edu

Dr. Wilkerson is a licensed clinical psychologist in South Carolina and Assistant Professor in the Sleep and Anxiety Treatment and Research Program (SATRP) within the Department of Psychiatry and Behavioral Sciences at the Medical University of South Carolina. She received her bachelor's degree in Psychology from Texas A&M University. She earned her M.Ed. in Counseling Education and her Ph.D. in Clinical Psychology at the University of North Texas. Dr. Wilkerson completed Pre-Doctoral Internship at the Charleston Consortium Psychology Internship Program and a Post-Doctoral Fellowship in the SATRP. Her research focuses primarily on validating and disseminating evidence-based assessment and treatment for insomnia and other sleep disorders in children and adults with comorbid diagnoses.



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Resources

Award Opportunities

American Academy of Sleep Medicine (AASM)

AASM Young Investigator Award (at SLEEP)

Eligibility Criteria:

1) Student, postdoctoral fellow or resident who is under 40 years of age, 2) Current AASM membership, 3) First author status on an abstract having played an important role in conducting the research.

Selection: Abstract submissions will be evaluated based on scientific merit and the AASM Board of Directors will select the final award winner; the winner and up to four honorable mentions will be recognized and honored at the annual SLEEP meeting.

\$1,000 per recipient, \$500 for 3 honorable mentions

For more information: sleepmeeting.org

AASM Foundation

ABSM Junior Faculty Research Award

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

Up to \$75,000 per award for 2 years

Bridge to Success Awards

- **Early Career Investigators**
Provides bridge funding to promising sleep scientists who have applied for an entry level career development award such as a K grant from the NIH, a CDA-1 from the VA, or equivalent and need additional time and resources.
- **Mid-Career/Senior Investigators**
Provides bridge funding to established sleep scientists who have been independently supported by the NIH or other government research grants while reapplying for external funding.
Up to \$100,000 per award for 1 year

Focused Projects Award for Junior Investigators

Support projects across a wide variety of topics and research questions relevant to sleep medicine that align with the mission of the AASM Foundation

Up to \$20,000 per award for 1 year

Physician Scientist Training Award

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

Up to \$100,000 per award for 1 year



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Focused Projects Award – Humanitarian/Educational

Support projects across a wide variety of topics relevant to sleep medicine that align with the broad mission of the AASM Foundation.

- **Humanitarian projects**
Address sleep problems in disadvantaged populations.
- **Educational projects**
Include research or other initiatives that may foster education and training in sleep medicine for medical students, residents and/or practicing physicians through curriculum reform and/or development of educational resources.

Up to \$20,000 per award for 1 year

Strategic Research Award

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

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

For more information: foundation.aasm.org

Sleep Research Society (SRS)

2018 Outstanding Early Investigator Award

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

Annual Award: \$1,000 per recipient

For more information: sleepresearchsociety.org/YoungInvestigatorAward.aspx

SRS Foundation

SRSF Career Development Award

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

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

For more information: sleepresearchsociety.org/srsfcda.aspx



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Service Opportunities

American Academy of Sleep Medicine (AASM)

AASM Committees and Task Forces

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

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

Mentorship Program

AASM Mentor Program

The AASM mentor program is designed to connect aspiring professionals (mentees) of the AASM with more experienced professionals (mentors) in the sleep medicine field. The goal of the program is to generate a meaningful relationship for mentors to provide direction and instruction to assist mentees in their personal and career growth through professional development, knowledge and skill transfer, networking, and guidance.

For more information: aasm.org/mentorprogram

JCSM REM

REM

REM is the resident and fellow section of the Journal of Clinical Sleep Medicine: the official journal of the American Academy of Sleep Medicine. The journal is indexed in MEDLINE along with other major indices like Scopus, Embase, and the Web of Science. Its impact factor is 3.429. The goal of the REM section is to provide young investigators experience in submitting manuscripts for publication, reviewing manuscripts and giving a venue for these researchers to publish their work and perspectives.

For more information: jcsm.aasm.org/REM



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Resources

National Institutes of Health (NIH) Contact List

For full contact information: <https://www.nhlbi.nih.gov/about/scientific-divisions/national-center-sleep-disorders-research>

National Heart, Lung, and Blood Institute

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

National Institute on Alcohol Abuse and Alcoholism

- Soundar Regunathan, Ph.D.

National Institute of Aging

- Mack Mackiewicz, Ph.D.

National Institute of Arthritis and Musculoskeletal and Skin Diseases

- James Witter

National Cancer Institute

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

Eunice Kennedy Shriver National Institute of Child Health & Human Development

- Alison Cernich, Ph.D.
- Karen Lee

National Eye Institute

- Tom Greenwell, Ph.D.

National Center for Complementary and Integrative Health

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

National Institute of Allergy and Infectious Diseases

- Conrad Mallia, Ph.D.



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National Institute of Diabetes, Digestive and Kidney Disease

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

National Institute on Drug Abuse

- Harold Gordon, Ph.D.

National Institute of Mental Health

- Aleksandra Vicentic, Ph.D.

National Institute on Minority Health and Health Disparities

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

National Institute of Neurological Disorders and Stroke

- Janet He, Ph. D

National Institute of Nursing Research

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

Office for Research on Women's Health

- Gretchen Buckler, M.D.

Office of Behavioral and Social Sciences Research

- Dana Schloesser, Ph.D.

Other NIH Resources

Next Generation Researchers Initiative

For more information: <https://grants.nih.gov/grants/guide/notice-files/NOT-OD-17-101.html>

Research Methods Resources

For more information:

https://researchmethodsresources.nih.gov/default.aspx?utm_source=ODPEblast&utm_medium=email&utm_content=Murray&utm_campaign=MindTheGap

Funding and Operating Guidelines

For more information: <https://www.nhlbi.nih.gov/node-general/fy-2018-funding-and-operating-guidelines>
