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| This document is provided to potential applicants for informational purposes only and should not be submitted as a letter of intent for the 2023 Strategic Research Grant: AASM Strategic Plan Goals. Applications will only be accepted through the [AASM Foundation Grant Request](https://www.GrantRequest.com/SID_5880) online portal. Please refer to the [AASM Foundation Grant Request User Access Guide](https://foundation.aasm.org/wp-content/uploads/sites/2/2018/03/AASM-Foundation-Grant-Request-Account-Access-Guide.pdf) for guidance on setting up an account. |

**About This Grant**

The AASM Foundation is committed to improving patient-centered diagnosis and care for people with sleep disorders. To ensure that there is a continued advancement in effective diagnosis and care of people with sleep disorders, the AASM Foundation provides research funding through the Strategic Research Grant. This grant is investigator-initiated and supports high-impact research projects aimed at addressing gaps in knowledge that impact the ability to provide optimal, patient-centered, cost-effective diagnosis and care for people with sleep disorders.

This AASM Foundation research grant is supported by the American Academy of Sleep Medicine.

This is a focused request for applications (RFA) open to topic areas related to the following [American Academy of Sleep Medicine (AASM) Strategic Plan](https://j2vjt3dnbra3ps7ll1clb4q2-wpengine.netdna-ssl.com/wp-content/uploads/2019/12/AASM-strategic-plan.pdf) Goals: Advocacy to Improve Patient Care, Public Awareness, Technology Innovation, and Workforce Development. Topic areas that address the AASM Strategic Plan Goals must advance the field of sleep medicine and population sleep health. Details and examples for each of these specific research domains and topic areas of interest are provided below. Only applications that fit into one of these research domains will be considered.

1. **Advocacy to Improve Patient Care** - Positively influence clinical practice for providers and their patients.

Research that can be shared with payers and government decision-makers to increase recognition of the value of services provided by sleep physicians and the sleep team and that can provide evidence-based support for various sleep medicine advocacy initiatives would be valuable in moving the sleep field forward. Research domains and topics that fall under the strategic goal of improving patient care include, but are not limited to:

* Central Sleep Apnea
* Circadian Rhythm Sleep-Wake Disorders
* COVID-19
* Education and Training
* Insomnia
* Obstructive Sleep Apnea
* Parasomnias
* Sleep Health1
* Special Populations
* Translational Science
1. **Public Awareness** - Promote greater public recognition that sleep is essential

to health.

Insufficient sleep has major health consequences across the lifespan and to public safety. Lack of sleep is associated with injuries, chronic diseases, mental illnesses, poor quality of life and well-being, increased health care costs, and lost work productivity. There is an urgent need to increase awareness of the benefits of healthy sleep and bring sleep to the forefront of public health. Research domains and topics that fall under the strategic goal of increasing public awareness include, but are not limited to:

* Sleep Health1
* Special Populations
1. **Technology Innovation** - Positively influence the impact of technology on patients and the sleep team.

Research on emerging technologies and their impact on the sleep field and understanding how additional information from current sleep medicine procedures can be utilized to personalize patient care, would help strengthen knowledge on how best to harness new technology, and the data from it, to provide high quality patient-centered care. Research domains and topics that fall under the strategic goal of technology innovation include, but are not limited to:

* Circadian Rhythm Sleep-Wake Disorders
* Insomnia
* Obstructive Sleep Apnea
* Sleep Health1
* Technology and Big Data in Sleep

1Sleep health is defined as a multidimensional pattern of sleep-wakefulness, adapted to individual, social, and environmental demands, that promotes physical and mental well-being. Good sleep health is characterized by subjective satisfaction, appropriate timing, adequate duration, high efficiency, and sustained alertness during waking hours.

Definition from: Buysse DJ. Sleep health: can we define it? Does it matter? Sleep. 2014 Jan 1;37(1):9-17.

1. **Workforce Development** - Expand the sleep team workforce of the future to improve access to high-quality sleep care.

A team-based approach, relying on providers from multiple disciplines, is increasingly encouraged in health care, health research, health education, and health policy. Within sleep medicine, there is a call for sleep specialists to develop comprehensive and innovative models for long-term care and management of people with sleep disorders. Research will help determine which strategies will expand the sleep workforce and best allow the sleep team to provide high quality, cost-effective, patient-centered care for adults and children with sleep disorders. Research domains and topics that fall under the strategic goal of workforce development include, but are not limited to:

* Education and Training
* Insomnia

The AASM Foundation collected a list of high-impact sleep research topics that fall under each of the research domains above as examples of what would be considered responsive to this RFA. Applicants are encouraged to review the following list of examples of high-impact sleep research topics before drafting a letter of intent:

[2023 Strategic Research Grant: AASM Strategic Plan Goals High-Impact Sleep Research Topics](https://foundation.aasm.org/wp-content/uploads/sites/2/2022/09/2023-Strategic-Research-Grant-AASM-Strategic-Plan-Goals-High-Impact-Sleep-Research-Topics.pdf)

**This letter of intent is due no later than October 24, 2022 by 11:59 pm Eastern time.**

We encourage potential applicants to contact us early in the application process with questions. Eligibility questions may need to be reviewed by a member of the AASM Foundation Executive Committee, so please allow for at least a 1-week response time for eligibility questions. For all other inquiries, please allow a minimum of two business days for a response. Please note that questions received within 48 hours of the application deadline may not be answered before the deadline.

*Please note this application CANNOT be modified once submitted. Please review your work carefully prior to submitting. Please review your work carefully prior to submitting. Once submitted, it will be reviewed by staff for completeness. The AASM Foundation reserves the right to make the appropriate determination for incomplete applications.*

**Face Page**

*\*Required before final submission*

**Principal Investigator***\**

*Complete the information for the applicant.*

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| Prefix       | First Name       | Last Name       | Degree/Credentials       |
| Position Title      | Email      | Phone      |
| AASM Member Number *If you currently do not have an AASM member number, enter "N/A"*      |
| Institution      |
| Address      |
| City      | State      | Zip Code      |

**Sponsoring Organization***\**

*Provide information for the sponsoring organization.*

**Sponsoring Institution Contact**

*This should be an authorized representative from the University's Sponsored Projects, Grants Management Office or Research Administration Office (excluding departmental officials such as the Departmental Chair or Division Chief).*

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| --- | --- | --- |
| Prefix       | First Name       | Last Name       |
| Position Title      | Phone      | Email      |

**Project Information***\**

*Provide information about the project that the applicant is seeking funding for.*

**Research Domain**

*Only one research domain may be selected.*

* Advocacy to Improve Patient Care: Central Sleep Apnea
* Advocacy to Improve Patient Care: Circadian Rhythm Sleep-Wake Disorders
* Advocacy to Improve Patient Care: COVID-19
* Advocacy to Improve Patient Care: Education and Training
* Advocacy to Improve Patient Care: Insomnia
* Advocacy to Improve Patient Care: Obstructive Sleep Apnea
* Advocacy to Improve Patient Care: Parasomnias
* Advocacy to Improve Patient Care: Sleep Health1
* Advocacy to Improve Patient Care: Special Populations
* Advocacy to Improve Patient Care: Translational Science
* Public Awareness: Sleep Health
* Public Awareness: Special Populations
* Technology Innovation: Circadian Rhythm Sleep-Wake Disorders
* Technology Innovation: Insomnia
* Technology Innovation: Obstructive Sleep Apnea
* Technology Innovation: Sleep Health
* Technology Innovation: Technology and Big Data in Sleep
* Workforce Development: Education and Training
* Workforce Development: Insomnia

**Strategic Research Grant Category**

*Category I is for those applicants seeking funding for projects up to $250,000 and covers a project period of up to three years.*

*Category II is for those applicants seeking funding for projects up to $100,000 and covers a project period of up to two years.*

*Category III is for those applicants seeking funding for projects up to $50,000 and covers a project period of up to one year.*

* Strategic Research Grant: Category I
* Strategic Research Grant: Category II
* Strategic Research Grant: Category III

**Length of Project Period (in whole months)**

**Project Title**

 **Brief statement describing how the proposed project aligns with this request for applications and your selected research domain.**

*Up to 300 words.*

**Project Personnel**

*\*Required before final submission*

*Instructions: Project personnel include the principal investigator, mentor(s) and key personnel. National Institutes of Health (NIH) format biosketches and other support pages are required for the principal investigator and mentor(s). NIH format biosketches and other support pages are optional for key personnel.*

***NIH Biosketch****samples can be found here:*[*NIH Sample Biosketch Templates*](https://grants.nih.gov/grants/forms/biosketch.htm)*. Applicants are required to use the current version of the NIH Biosketch Biographical Sketch Format Page.****NIH Other Support Page****format information can be found here:*[*NIH Other Support Page Format*](https://grants.nih.gov/grants/forms/othersupport.htm) *In the Other Support Page, please provide information about all other active support for the principal investigator, mentor(s) and key personnel. This should include overlap statements indicating budgetary, scientific or effort overlap between proposed project and current/pending projects. Overlap statements are required. If no overlap exists between the active projects listed on the Other Support page and the proposed project, please indicate "Overlap: None" on the Other Support Page. Applicants are required to use the current version of the NIH Other Support Format Page.*

**Biosketch and Other Support for Principal Investigator**

**Biosketch for Principal Investigator\***

*Upload Biosketch for Principal Investigator.*

*Formatting Requirements: Limited to 5 pages.*

**Other Support Page for Principal Investigator\***

*Upload Other Support Page for Principal Investigator.*

*Formatting Requirements: No page limit.*

**Biosketch and Other Support for Mentor(s)**

**Biosketch(es) for Mentor(s)\***

*Upload Biosketch(es) for Mentor(s) as one document.*

*Formatting Requirements: Limited to 5 pages per biosketch.*

**Other Support Page for Mentor(s)\***

*Upload Other Support Page for Mentor(s).*

*Formatting Requirements: No page limit.*

**Key Personnel**

Please identify the key personnel for this project. Key personnel include co-investigators and others who contribute to the scientific development or execution of the project in a substantive, measurable way, whether or not they receive compensation.

1. **Key Personnel #1**

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| Prefix       | First Name       | Last Name       | Degree/Credentials       |
| Position Title      | Institution      |
| E-mail      |
| Project Role      |

1. **Key Personnel #2**

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| --- | --- | --- | --- |
| Prefix       | First Name       | Last Name       | Degree/Credentials       |
| Position Title      | Institution      |
| E-mail      |
| Project Role      |

1. **Key Personnel #3**

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| --- | --- | --- | --- |
| Prefix       | First Name       | Last Name       | Degree/Credentials       |
| Position Title      | Institution      |
| E-mail      |
| Project Role      |

1. **Key Personnel #4**

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| --- | --- | --- | --- |
| Prefix       | First Name       | Last Name       | Degree/Credentials       |
| Position Title      | Institution      |
| E-mail      |
| Project Role      |

1. **Key Personnel #5**

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| --- | --- | --- | --- |
| Prefix       | First Name       | Last Name       | Degree/Credentials       |
| Position Title      | Institution      |
| E-mail      |
| Project Role      |

**Biosketch(es) for Key Personnel**

*Upload the Biosketch(es) of all Key Personnel listed above as one document.*

*Formatting Requirements: Limited to 5 pages per key personnel.*

**Other Support Page(s) for Key Personnel**

*Upload the Other Support Page(s) for all Key Personnel listed above as one document*

*Formatting Requirements: No page limit per key personnel.*

**Letter of Intent**

*\*Required before final submission*

The AASM Foundation requests that prospective applicants submit a letter of intent (LOI) prior to submission of a grant application for the Strategic Research Grant. LOIs are competitive and reviewed by the AASM Foundation Executive Committee to ensure that the proposed research is responsive to the topic of interest listed in the Strategic Research Grant request for applications.

The LOI should be no more than three pages (excluding references). Figures and general tables are allowed and will be included in the three-page limit. The LOI must include the following:

1. **Descriptive Title of Proposed Research**
2. **Research Domain and Topic Responsiveness**
* *Explain how the proposed research is responsive to the research domain and topic listed in the RFA.*
1. **Specific Aims**
* *State the goals of the proposed research, the comparators (if applicable), and the expected outcomes.*
1. **Background**
* *Describe the evidence gap(s) by referencing systematic review(s), guidelines, and other previously published data.*
1. **Significance**
* *Describe the potential for the study to advance the field of sleep medicine.*
1. **Approach**
* *Describe the overall approach to be used to accomplish the specific aims.*
1. **Study Design:** *Briefly describe the study design.*
2. **Study Population and Setting:** *Specify the study population and the settings.*
3. **Comparators (if applicable):** *List the options compared and provide evidence of efficacy or wide use for these interventions.*
4. **Outcomes:** *Describe the outcomes representing the population of interest.*
5. **Diversity, Equity, and Inclusion**
* Describe how the planned research has considered diversity, equity, and inclusion in the proposed study population; alternately, provide any scientific or ethical reasons for limiting diversity, equity and inclusion in the proposed study population.
1. **Investigator and Key Personnel**
* *Provide the experience and expertise of the investigator(s) and key personnel needed to conduct the research.*
1. **References** *(not included in page limit)*

**Formatting Requirements:**

* **Header:** Include the Principal Investigator’s full name on every page in the top-left corner
* **Font**: Times New Roman 11 pt or 12 pt font; figures, tables, and captions may have 8 pt font
* **Spacing:** Single
* **Margins:** No less than 0.50 inches. (The header may fall within the top margin, but the body text may not begin closer than a half-inch from the edge of the page.)
* **Page numbers:** Consecutive
* **Page limit:** Three pages (excluding references)
* **File format:** Word or PDF
* **References:**Suggest all references as in-text citations using AMA citation style, but other citation styles are accepted

**Demographic Questionnaire**

The following questionnaire is **OPTIONAL** for all applicants and is not considered part of the 2023 Strategic Research Grant: AASM Strategic Plan Goals letter of intent. Applicant responses are not used in the decision-making process and will not be provided to reviewers.

**How will the information be used?**

• The data collected will be used to help us understand the diversity of applicants and to inform the development of targeted equity and diversity efforts in the sleep field.

• The information provided may be shared publicly as part of aggregated data on the combined pool of AASM Foundation applicants and grant recipients.

**Will my individual responses be kept confidential?**

• Your individual responses will not be shared with grant reviewers or be used by AASM Foundation leadership to make funding decisions.

• AASM Foundation staff and leadership agree to maintain confidentiality of all application information. The information provided may be shared publicly as part of aggregated data on the combined pool of AASM Foundation applicants and grant recipients. The AASM Foundation will take the utmost measures to ensure confidentiality and security of the information provided.

**Demographic Questions**

1. **Age (select one)**
* 20-24 years
* 25-29 years
* 30-34 years
* 35-39 years
* 40-44 years
* 45-49 years
* 50-54 years
* 55-59 years
* 60-64 years
* 65-69 years
* 70-74 years
* 75-79 years
* 80-84 years
* 85 years and over
* Prefer not to respond
1. **Race and Ethnicity (check all that apply)**
* Black/African American/African
* Asian/Asian American/Pacific Islander
* White/Caucasian/European
* Latino/Latina/Latinx/Hispanic
* Native American/American Indian/Indigenous
* Other
* Don’t Know
* Prefer not to respond

**If you selected “Other” in question 2, please provide details:**

1. **Gender Identity (select one)**
* Female
* Male
* Non-binary
* Transgender
* Agender/Gender-Neutral
* Don’t Know
* Prefer not to respond
1. **Sexual Orientation (select one)**
* Lesbian or Gay
* Straight, that is, not lesbian or gay
* Bisexual
* Other
* Don’t Know
* Prefer not to respond

**If you selected “Other” in question 4, please provide details:**

1. **Disability (select one)**
* Person with a disability
* Person without a disability
* Don’t Know
* Prefer not to respond
1. **Disadvantaged Background (select all that apply)**
* Were or currently are homeless
* Were or currently are in the foster care system
* Were eligible for the Federal Free and Reduced Lunch Program for two or more years
* Have/had no parents or legal guardians who completed a bachelor’s degree
* Were or currently are eligible for Federal Pell grants
* Received support from the Special Supplemental Nutrition Program for Women, Infants and Children as a parent or child
* Grew up in one of the following areas: a) a U.S. rural area, as designated by the Health Resources and Services Administration Rural Health Grants Eligibility Analyzer, or b) a Centers for Medicare and Medicaid Services-designated Low-Income and Health
* Other disadvantaged background
* None of the above apply
* Prefer not to respond

**If you selected “Other” in question 6, please provide details:**