



YOUNG INVESTIGATORS
RESEARCH FORUM

2020 Virtual Meeting

JULY - NOVEMBER 2020



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 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 online activities 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.



It is my pleasure to welcome you to the 12th annual AASM Foundation Young Investigators Research Forum 2020. The AASM Foundation is excited to offer this intense career-building and networking research forum to the top early career sleep investigators in the nation. I am proud of this year's diverse cohort of junior sleep researchers, which is composed of a variety of sleep clinician-scientists and translational scientists working together to develop a deeper understanding of sleep mechanisms and creating sleep health solutions from the bench, bedside, and beyond.

This year's forum boasts an exciting agenda and provides the unique opportunity for you to learn from the luminaries of sleep research, collaborate with peers, and ignite your sleep research career.

During this research forum, you will gain the necessary skills for a productive and successful research career by learning about various funding opportunities, refine your research ideas and mold them into fundable projects, learn the ins and outs of the grant review process, and gain the confidence needed for thriving in academia and sleep research career.

I would like to express appreciation for all of our faculty and speakers in this year's forum for investing and strengthening the pipeline of sleep research investigators and creating tomorrow's future leaders in the field.

Finally, I would like to thank you for joining us in this year's Young Investigators Research Forum. I hope the forum leaves an indelible mark on your career, create new colleagues and collaborations, provides deeper insight and understanding on how your research interest fits into the larger mosaic of solving sleep's most vexing and challenging health and scientific problems, and encourages you to take the next big step in your sleep research career.

Sincerely yours,

Azizi Seixas, PhD
Chair, 2020 Young Investigators Research Forum

Table of Contents

- About the YIRF pg. 1**
- Welcomepg. 2**
- Agenda.....pg. 3-5**
- Directory..... pg. 6-17**
- Resources.....pg. 18-20**
- AASM Foundation..... pg. 21-22**

JULY 2020

Official Kick-Off

<i>Live Presentation: July 10th from 1-2pm CT</i>	<i>Speaker</i>	<i>CME hours</i>
Opening Remarks	Anita Shelgikar, MD, MHPE	Not applicable
1. Welcome and Getting the Most Out of the YIRF 2. Overview of the Virtual Meeting Format	Azizi Seixas, PhD Suzie Bertisch, MD	Not applicable
The NIH Review Process	Martica Hall, PhD	0.5

Biosketches and Specific Aims

<i>Pre-Recorded Presentation: Online</i>	<i>Speaker</i>	<i>CME hours</i>
Specific Aims Do's and Don'ts	Andrew W. Varga, MD, PhD	0.5
Who Are You? Preparing your NIH Biosketch	Daniel J. Buysse, MD	0.5

Aspects of Being a Good Scientist

<i>Live Presentation: July 21st from 4-6pm CT</i>	<i>Speaker</i>	<i>CME hours</i>
Welcome and Intro to Aspects of Being a Good Scientist	Azizi Seixas, PhD or Suzie Bertisch, MD	Not applicable
Building your Professional Brand and Personal Statement	Michael Grandner, PhD	0.5
Collaboration and Team Science	Sairam Parthasarathy, MD	0.5
Writing and Submitting a Scientific Paper	Ronald Szymusiak, PhD	0.5
Getting the Most Out of the Mentor/Mentee Relationships	Indu Ayappa, PhD	0.5

AUGUST 2020

Data Blitz: Trainee Elevator Pitches

<i>Pre-Recorded Presentation: Online</i>	<i>Speaker</i>	<i>CME hours</i>
Sample Elevator Pitches	Azizi Seixas, PhD; Suzie Bertisch, MD; YIRF faculty	Not applicable
<i>Live Presentation: August 21st from 11am – 1:30pm CT</i>	<i>Speaker</i>	<i>CME hours</i>
Welcome and Overview of Elevator Pitches	Azizi Seixas, PhD or Suzie Bertisch, MD	Not applicable
Elevator Pitches	Trainees and Faculty	Not applicable
Academic Career Q&A	Suzanne Bertisch, MD, MPH	Not applicable

SEPTEMBER 2020

National Institutes of Health – Policies and Funding Mechanisms

<i>Pre-Recorded Presentation: Online</i>	<i>Speaker</i>	<i>CME hours</i>
Update on NIH Policies	Michael Twery, PhD	0.5
Sleep Funding Mechanisms at the NIH	TBD	0.5
NIH Grant Competition	TBD	0.5
Foundations and Other Funding Sources to Support your Research	Jennifer L. Martin, PhD	0.5
Funding and Service Opportunities	Vanessa Gonzalez, MPH	Not applicable

National Institutes of Health – Meet & Greet

<i>Live Workshop: September 30th from 12-3pm CT</i>	<i>Speaker</i>	<i>CME hours</i>
Who's Who at NIH?	Representatives from various Institutes and Centers of the NIH Moderator: Marishka Brown, PhD	Not applicable
15 Minute Break		
Small Group Session I	Trainees and NIH representatives	Not applicable
Small Group Session II	Trainees and NIH representatives	Not applicable

OCTOBER 2020

Grant Proposal Blitz: Specific Aims Presentations and Personal Statements

<i>Live Workshop: October 6th from 3:30-6pm CT</i>	<i>Speaker</i>	<i>CME hours</i>
Welcome and Overview of Grant Proposal Blitz	Azizi Seixas, PhD or Suzie Bertisch, MD	Not applicable
Group 1: Sleep Physiology and Translational Science	Moderators: Szymusiak, Veasey	
Group 2: Behavioral Sleep and Neurological Sleep Disorder Research	Moderators: Benca, Martin, Rosen	2.25
Group 3: Sleep Patient-Centered Outcomes Research	Moderators: Ayappa, Badr, Bertisch, Parthasarathy	
Group 4: Population Sleep Health and Big Data	Moderators: Grandner, Seixas	

Mock Grant Review Session: Study Sections

<i>Live Workshop: October 23rd from 1-3:30pm CT</i>		
	<i>Speaker</i>	<i>CME hours</i>
Welcome and Overview of Mock Grant Review Session	Azizi Seixas, PhD or Suzie Bertisch, MD	Not applicable
Study Section A	Chair: M. Safwan Badr, MD, MBA Faculty: Suzanne Bertisch, MD, MPH; Indu Ayappa, PhD	
Study Section B	Chair: Sigrid Veasey, MD Faculty: Jennifer L. Martin, PhD; Michael Grandner, PhD	2.25
Study Section C	Chair: Ronald Szymusiak, PhD Faculty: Carol Rosen, MD; Azizi Seixas, PhD	
Study Section D	Chair: Ruth Benca, MD, PhD Faculty: Sairam Parthasarathy, MD	

NOVEMBER 2020**The Academic Environment**

<i>Live Presentation: November 13th from 12-2pm CT</i>		
	<i>Speaker</i>	<i>CME hours</i>
Welcome, Intro topic of 'The Academic Environment'	Azizi Seixas, PhD or Suzie Bertisch, MD	Not applicable
Negotiating for an Academic Position	Ruth Benca, MD, PhD	0.5
Enlisting the Team to Do It All	Sigrid Veasey, MD	0.5
Thriving in Academia	M. Safwan Badr, MD, MBA	0.5
Certificate Ceremony and Closing Remarks	Azizi Seixas, PhD	Not applicable
Conclusion of the 2020 VIRTUAL Young Investigators Research Forum		

Trainee Directory



Andrey Andreev, PhD

*Postdoctoral Fellow
Caltech
aandreev@caltech.edu*

Dr. Andrew Andreev completed an undergraduate program in Biophysics and obtained a PhD in Biomedical Engineering. His research interest includes whole-brain zebrafish imaging in sleep and wake with cellular resolution, analysis of neural substrates of the behavioral sleep phenotypes. He is currently working under Dr. David Prober's guidance and collaborating with Dr. Geoffrey Goodhill and Dr. Thai Truong. Dr. Andreev's future research goal is to establish an independent research program that bridges neurobiology, engineering, and innovative microscopy data analysis, with a focus on differences between natural sleep and induced sleep-like states to dissect function of sleep.



Marvi Bikak, MD

*Fellow Physician
Rush University
marvi.bikak@gmail.com*

Dr. Marvi Bikak completed medical school at The Aga Khan University in Pakistan and completed a residency in Internal Medicine as well as Fellowship in Pulmonary Critical Care Medicine at Indiana University. After this, she started a Sleep Medicine Fellowship at Rush University. Dr. Bikak has been working as a clinical associate with Regenstrief Institute of Healthcare Engineering at Purdue University. The focus of her research projects is the application of big data analytics to conduct observational studies on large

databases to understand outcomes in ARDS, COPD and delirium. She is interested in applying analytical methods and machine learning algorithms to understand neurophysiological phenotypes in sleep apnea. Additionally, Dr. Bikak is applying for the Master's Program in Biomedical Informatics to gain the skills needed to conduct state-of-the-art big data research.



Tony Cunningham, PhD

*Postdoctoral Research Fellow
Beth Israel Deaconess Medical Center, Harvard Medical School, and Boston College
acunnin4@bidmc.harvard.edu*

Dr. Tony Cunningham received his PhD in Clinical Psychology from the University of Notre Dame under the mentorship of Dr. Jessica Payne. After program completion, he transitioned to the VA Eastern Kansas Healthcare System for his internship, where he focused his clinical work on the impact of sleep and stress on a variety of clinical populations, such as PTSD and depression. Currently, Dr. Cunningham is working with Drs. Robert Stickgold and Elizabeth Kensinger to explore the impact of sleep deprivation on the perception

and memory processing of emotional information. His ultimate goal is to establish an independent research laboratory focused on understanding the role of sleep in emotion and memory processing, and how knowledge of these systems can be applied to clinical populations. In choosing to pursue clinical training within cognitive neuroscience labs, Dr. Cunningham's background has prepared him to carve a niche at the intersection between neuroscience and clinical practice.



Bhavim Desai, MD

*Sleep Medicine Physician
Sleep Health MD
bhavim.desai@gmail.com*

Dr. Bhavim Desai received a MD from University of South Carolina. He trained in Family Medicine at St. Mary Mercy Hospital and Sleep Medicine at the University of Arizona. His current research focus is to use PAP-Naps to improve nighttime adherence to PAP therapy. To date, there is limited literature evaluating the effectiveness of PAP-Naps in improving compliance. He hopes to conduct a more rigorous randomized clinical trial to define and further evaluate the effects of a PAP-Nap on improving CPAP adherence

in individuals with newly diagnosed OSA. Dr. Desai wishes to conduct clinical sleep research that can help sleep physicians obtain good outcomes in sleep patients across the board.



Maya Elias, PhD, RN

*Post-Doctoral Research Fellow
University of Miami
MXE513@miami.edu*

Dr. Maya Elias is a Post-Doctoral Research Fellow at the University of Miami and the Principal Investigator of the SIESTA-ICU Study (NIH F32NR018585: Sleep Quality and Cognitive Function in Hospitalized Older Adult Survivors of Critical Illness). She earned a PhD in Nursing Science and master's degree in Gerontology from the University of South Florida. Her current research is funded by an NIH F32 fellowship grant, in which Dr. Elias is receiving rigorous research training in geriatrics, critical care and post-ICU syndrome, sleep, cognitive neuropsychology, and longitudinal data analysis. Her F32 Sponsor is Dr. Cindy Munro, PhD, Dean and Professor of the University of Miami School of Nursing and Health Studies. Dr. Elias' future directions for research include the design of a symptom management intervention to optimize sleep quality and prevent post-ICU cognitive impairment among a population of hospitalized elderly ICU survivors.



Stacey D. Elkhatib Smidt, MD

*T32 Trainee with Attending Privileges
Children's Hospital of Philadelphia and Perelman School of Medicine at the University of Pennsylvania
elkhatibss@email.chop.edu*

Dr. Stacey D. Elkhatib Smidt completed medical school at the University of Virginia School of Medicine. She then pursued Pediatrics and Child Neurology residency at UPMC Children's Hospital of Pittsburgh followed by a Sleep Medicine fellowship at the University of Pennsylvania Health System and Children's Hospital of Philadelphia. Given her background in neurology and sleep, she is currently working on research related to a family-based study of sleep in autism spectrum disorder without intellectual disability with Maja Bucan, PhD and Edward "Ted" Brodtkin, MD at the Perelman School of Medicine at the University of Pennsylvania. She plans to continue research in the field of autism and sleep and hopes to focus on sleep architecture with future projects.



Allison E. Gaffey, PhD

*Postdoctoral Research Fellow in Cardiovascular Medicine
Yale School of Medicine
allison.gaffey@yale.edu*

Dr. Allison Gaffey received a Ph.D. in Clinical Psychology from the University of Notre Dame and then completed internship in Behavioral Medicine at the Alpert Medical School of Brown University. She engaged in a clinical fellowship in Preventive Medicine at Rush University Medical Center and is currently an Advanced Research Fellow at Yale and the VA Connecticut Healthcare System. Broadly, Dr. Gaffey's research concerns the contributions of sleep and psychological stress to incident cardiovascular disease and prognosis, and the pathophysiology underlying this risk. Current interests include sex differences in pathways between insomnia and hypertension, social determinants modulating those associations, and improving individualized behavioral assessment and intervention. Career development plans include jointly applying for a K23 award through NHLBI and a CDA through the VA to initiate an independent program of research in sleep and cardiovascular risk among women.



Syed Moin Hassan, MD

*Sleep Medicine Fellow
Brigham and Women's Hospital and Massachusetts General Hospital
smhassan@bwh.harvard.edu*

Dr. Syed Moin Hassan is currently a Sleep Medicine fellow at Brigham and Women's Hospital and Massachusetts General Hospital. His long-term aim is to be a clinician-researcher in an academic setting, with the chance to do research and teach residents, fellows, and medical students. Dr. Hassan's interest in sleep and pulmonology has made him embark on a journey to intersect his two main interests: sleep-disordered breathing and pulmonary hypertension. Going forward he hopes to integrate clinical medicine, physiology, and genetics in large multicenter observational studies to elucidate the physiological and genetic causes and the cardiovascular consequences of pulmonary hypertension in OSA. Dr. Hassan is currently part of a team that is developing a machine learning phenotype algorithm with the aim of identifying Obstructive Sleep Apnea patients in Electronic Medical Records using a variety of structured data (ICD 9 and 10 codes) and unstructured data (narrative text notes).



Kristin Hoddy PhD, RD

*Postdoctoral Researcher
Pennington Biomedical Research Center
Kristin.Hoddy@PBRC.edu*

Dr. Kristin Hoddy's ultimate goal is to optimize lifestyle interventions that will attenuate the burden of cardiometabolic disease. She initially studied exercise science as an undergraduate, but was drawn to nutrition and obesity research while working as a research assistant. This led to doctoral pursuits which answered clinically important questions surrounding alternate day fasting (ADF) and time restricted feeding, forms of intermittent fasting. Dr. Hoddy later acquired an interest in sleep as a T32 fellow investigating the reciprocal relationship between sleep and diet and as part of a research team assessing modulations in energy expenditure and body composition during sleep extension. Her current work examines interactions between sleep and diet and exercise interventions. Ongoing training under Drs. John Kirwan and Prachi Singh incorporates robust evaluation techniques (polysomnography and euglycemic hyperinsulinemic clamp) to better understand mechanistic underpinnings connecting sleep with cardiometabolic health.



Toshihiro Imamura, MD

*Pediatric Sleep Medicine Fellow
Hospital of the University of Pennsylvania
Toshihiro.Imamura@Pennmedicine.upenn.edu*

In 2003, Dr. Toshiro Imamura received a MD from Nagasaki University, Japan. After completing a pediatric residency at St. Luke's International Hospital, Tokyo and Pediatric Critical Care fellowship at National Center for Child Health and Development (NCCHD), Tokyo, he worked as a PICU attending at NCCHD. In 2011, he joined Dr. Haddad's laboratory at University of California as a research scholar. After his second pediatric residency at St. Barnabas Hospital, he is currently in a sleep medicine fellowship at University of Pennsylvania as a pediatric sleep medicine fellow. Dr. Imamura's research focus is abnormal sleep observed in murine Autistic models and his mentor is Dr. Allan Pack. Dr. Imamura would like to be a translational researcher to study the function of sleep.



Melissa Beth Jones, MD

*Assistant Professor
Baylor College of Medicine
melissa.jones2@bcm.edu*

Dr. Melissa Beth Jones is a Faculty Neuropsychiatrist at the Michael E. DeBakey VA Medical Center and an Assistant Professor of Psychiatry at Baylor College of Medicine in Houston, TX. Dr. Jones attended medical school at Drexel University and psychiatry residency at the University of Illinois at Chicago. She then completed a clinical fellowship in Behavioral Neurology & Neuropsychiatry at Baylor College of Medicine and a Mental Illness, Research, and Clinical Center research fellowship at the Michael E. DeBakey VA Medical Center. Ultimately, she aspires to become an independent clinician-researcher with a focus in the investigation of potential treatments for sleep-related manifestations of neuropsychiatric disorders that may herald or contribute to future neurodegeneration risk.



Jill Landsbaugh Kaar, PhD

*Assistant Professor
University of Colorado Anschutz Medical Campus
jill.kaar@cuanschutz.edu*

As a behavioral epidemiologist, Dr. Jill Kaar studies how health behaviors impact pediatric obesity and cardiovascular disease (CVD) risk. She uses observational methods to identify key associations with health behaviors and disease risk, and then use these findings to guide intervention strategies with potential for widespread dissemination and implementation. Her current research is extending her methodology expertise by utilizing the tool of metabolomics as an early indicator of cardiometabolic diseases including CVD and type 2 diabetes following a sleep extension intervention in adolescents. Utilizing this advanced tool, this metabolomics research will be able to identify biomarkers involved in pathways that may be modified by health behavior change, in particular improvements in sleep. Dr. Kaar's fifteen years of research experience has well-positioned her to contribute expertise in health behavior change, chronic disease risk in pediatric populations, and development of behavioral intervention strategies to prevent CVD in youth.



Ellen E. Lee, MD

*Assistant Professor in Residence, Department of Psychiatry
University of California, San Diego
eel013@health.ucsd.edu*

Dr. Ellen E. Lee is Assistant Professor in Residence of Psychiatry at the University of California San Diego, Deputy Director for the Stein Institute for Research on Aging, and Staff Psychiatrist at the VA San Diego Healthcare System. She is Board-certified by the American Board of Psychiatry and Neurology in both Psychiatry and Geriatric Psychiatry. Dr. Lee's research focuses on biological and psychosocial aging in persons with schizophrenia and healthy aging populations, specifically the links between inflammation, sleep disturbances, cognitive and cardiometabolic health. She uses actigraphic, home sleep testing, and wearable sensors to study sleep and aging, under the mentorship of Sonia Ancoli-Israel, Atul Malhotra, and Michael Irwin. Her research is funded by an NIMH K23 career development award, a NARSAD Young Investigator Award from the Brain & Behavior Research Foundation, Altman Clinical and Translational Research Institute and VISN 22 Mental Illness Research, Education and Clinical Center.



Naina Limbekar, MD, MPH

*Clinical Sleep Medicine Fellow
Massachusetts General Hospital & Brigham and Women's Hospital
nlimbekar@bwh.harvard.edu*

Dr. Naina Limbekar is a neurologist by training and currently a clinical sleep medicine fellow at MGH/BWH. She is working with national and international leaders to continue to progress clinical innovations in sleep medicine and the field of neurology. These close mentorships have fostered curiosity and passion to advance research, specifically in the relationship between specific sleep characteristics and migraines. Currently, she is conducting research with her primary mentor, Dr. Bertisch, to examine the role of circadian variation of migraine as a risk factor of migraine. Given Dr. Limbekar's interests, her long-term goal is to evaluate the role of circadian variation to the predisposition, perpetuation, or treatment of migraines that will better inform novel treatment guidelines tailored to the individual.



Brian Locke, MD

*Chief Medical Resident
University of Utah, Internal Medicine
brian.locke@hsc.utah.edu*

Dr. Brian Locke is a computer science graduate and former software engineer who came to medicine by way of ski patrol work. His current role is Internal Medicine Chief Medical Resident, and he will be starting Pulmonary and Critical Care fellowship this summer with sleep fellowship (either integrated, or after) at University of Utah. Dr. Locke's current research projects pertain to real-world effectiveness of PAP in OSA, the relationship between PAP and outcomes in bariatric surgery patients, and treatment algorithms in CSA. His unifying research interest is performing robust analyses on the rich data sources (both diagnostic sleep studies and treatment monitoring) that are already available to increase understanding of sleep-disordered breathing and its treatment effects in real-world settings.



Maristella Lucchini, PhD

*Postdoctoral Research Scientist
Columbia University Irving Medical Center
ml3551@cumc.columbia.edu*

Dr. Maristella Lucchini is a Postdoctoral Research Scientist at Columbia University, Department of Psychiatry. She is a biomedical engineer by training, with expertise in signal processing techniques of physiological data and solid foundations for design and evaluation of wearable devices. During her doctoral years, she studied sleep states and autonomic control in fetuses and neonates using non-invasive technologies and expanded her clinical knowledge regarding the perinatal period and the fundamentals of sleep architecture. As a Postdoctoral Research Scientist, under the mentorship of Dr. Fifer and Dr. Alcántara, she is investigating the effects of maternal physical and mental health factors on fetus/infant integrating several physiological signals and is testing wearables to more exhaustively characterize sleep cycling in the home environment. Dr. Lucchini is interested in investigating pathways by which sleep health, in the context of structural and social factors, influences mental and physical maternal health and pregnancy outcomes.



Diego R. Mazzotti, Ph.D.

*Research Associate
University of Pennsylvania
diegomaz@penncmedicine.upenn.edu*

Dr. Diego Mazzotti is a researcher focused on the application of informatics to understand how multidimensional sleep data can be translated into clinical knowledge and advance healthcare. He has a BS degree in Genetics and a PhD in Psychobiology (Sleep Medicine) from Federal University of São Paulo, Brazil. He is currently enrolled in a Certificate Program in Biomedical Informatics at the University of Pennsylvania. Dr. Mazzotti is particularly interested in leveraging large repositories of biomedical data to identify subgroups of patients at higher risk of developing future health outcomes, and/or might benefit from particular interventions. His major academic goal is to establish a solid multidisciplinary research program at the interface between Biomedical Informatics and Sleep Medicine in the following areas: novel analytical approaches to obstructive sleep apnea phenotyping, predictive modeling and clinical decision support of cardiovascular outcomes using sleep physiological markers, and elucidating the genetic basis of sleep and sleep disorders in humans.



Sara Mithani, PhD, RN

*Graduate Partnership Fellow
University of Illinois Chicago and National Institutes of Health
sara.mithani@nih.gov*

Dr. Sara Mithani completed her doctoral coursework at the University of Illinois Chicago and her dissertation at the National Institutes of Health as part of the Graduate Partnership Fellowship Program. She completed her bachelor's in nursing from Case Western Reserve University. Her dissertation research utilized high throughput RNA-sequencing technology to understand transcriptomic changes in individuals with insomnia. She has completed advanced courses in sleep health, Python, machine learning, and analysis of next generation sequencing data. Dr. Mithani plans to expand her research to use brain derived exosomes as a biomarker to study sleep and glymphatic flow in individuals with brain injury. After graduation, she will continue as a post-doc at the National Institutes of Health-National Institutes of Nursing Research under Dr. Jessica Gill. Her career goal is to build a unique skill set in genomics and sleep medicine and dedicate her research to advancing symptoms science and early identification of neurodegeneration.



Mairead Eastin Moloney, PhD

*Assistant Professor of Sociology
University of Kentucky
m.moloney@uky.edu*

Dr. Mairead Maloney earned a PhD in Sociology from the University of North Carolina at Chapel Hill. Her mixed-method dissertation research explored insomnia-related outcomes of U.S. physician office visits. Dr. Maloney's recent mentored training as a BIRCWH Scholar supported her transition into insomnia intervention research, and successfully piloted Sleep Healthy Using the Internet (SHUTi) in middle-aged Appalachian women. Her intervention results, recently published in Behavioral Sleep Medicine, will serve as pilot data for a 2020 R01 application. With mentors Dr. Lee Ritterband and Dr. Nancy Schoenberg, Dr. Maloney aims to scale up her SHUTi pilot, introduce a control measure, and add cognitive function measures to: a) increase certainty of SHUTi's effectiveness in this health disparities population and b) assess SHUTi's potential for slowing cognitive decline. In June 2020, she will submit an R21 application to assess SHUTi's effectiveness in reducing alcohol use in women who use alcohol for insomnia.



Kevin Motz, MD

*Clinical Fellow – Sleep Medicine
Johns Hopkins University School of Medicine
kmoz1@jhmi.edu*

Dr. Kevin Motz is currently a clinical fellow in the sleep medicine training program at Johns Hopkins University School of Medicine. He is a board eligible Otolaryngologist and completed his residency training in Otolaryngology – head and neck surgery at Johns Hopkins. During residency, Dr. Motz completed a T32 research training program in which he studied mechanisms of tracheal stenosis. His background in airway physiology has led to an interest in sleep medicine. Dr. Motz's future goal is to expand his research platform to investigate how anatomic factors influence obstructive sleep apnea and leverage these findings to influence innovative new treatment strategies for the management of OSA.



Neetu Nair, PhD

Senior Research Assistant/Postdoctoral Fellow
University of Missouri
nairn@health.missouri.edu

Dr. Neetu Nair has a bachelor's degree in electronics and biomedical engineering from India and PhD in Neuroscience from the University of Missouri. She is working as a postdoctoral fellow at the University of Missouri Mizzou Sleep Research Lab with Dr. Christina McCrae since August 2019. In graduate school, she examined how stress affected brain function in individuals genetically predisposed to stress and neuroimaging treatment prediction biomarkers for autism. Sleep, stress and autism form a complex triad that could be better understood through neuroimaging. With training in the use of various imaging modalities and additional training she will receive during her fellowship, Dr. Nair will take a more detailed look at how sleep issues in autism might be related to stress-related brain activity. She also hopes to examine the mechanism of action of certain pharmacological interventions for insomnia within the autism population.



Cinthya Pena Obrea, MD

Physician
Cleveland Clinic Foundation
Cinthya_pena@hotmail.com
[@CinthyaPena0](https://twitter.com/CinthyaPena0)

Dr. Cinthya Pena Obrea completed an Internal Medicine Residency at Cook County hospital in Chicago in 2017. Subsequently, she pursued Sleep Medicine Fellowship (2017-2018) followed by Hospital Medicine fellowship (2018-2019) at Mayo Clinic Rochester, MN. During her Hospital Medicine fellowship, she evaluated predictors and associated outcomes of inpatient vs outpatient sleep apnea testing among hospitalized patients and compared mortality rate among these two groups. After she found a low post-discharge follow up rate for sleep apnea management, a challenge also identified in other inpatient sleep medicine research, Dr. Pena Obrea became interested in developing new innovative care paths incorporating telemedicine strategies to improve treatment adherence post discharge, particularly among patients admitted with heart failure. Drs. Reena Mehra and Rami Khayat are committed to mentor her in order to fulfill her research goals. Dr. Pena Obrea's future career goal is to become a national expert in recognition and management of sleep disorders in the hospital to improve health-related outcomes in heart failure patients.



Anita R. Peoples, PhD, MPH

Research Assistant Professor
Huntsman Cancer Institute, University of Utah
anita.peoples@hci.utah.edu

Dr. Anita Peoples is a clinical/translational researcher with a strong background in cancer survivorship, behavioral medicine, and radiation sciences. Her doctoral training is in Biophysics with a focus in radiation sciences. After her PhD, she completed the NCI-funded R25 Cancer Control Clinical Research Training and the NIH/NCATS TL1 Population Health Research Fellowship. Overall, her research has included observational studies and clinical trials with focus on examining risk factors, biomarkers, and effective behavioral/pharmacologic interventions for cancer/treatment-related side effects, with particular focus on sleep disturbance. Currently, Dr. Peoples is investigating the relationship of sleep disturbance, chronotype, and associated symptoms with inflammation, metabolites, microbiota, adiposity, and clinical outcomes in colorectal cancer patients. She is also leading the research on comparing side effects, such as sleep disturbance, between cancer patients receiving photon versus proton therapy. Dr. Peoples' overall career goal is to build a successful research program in preventing and managing cancer/treatment-related sleep problems and associated symptoms.



Weston Powell, MD, PhD

Sleep Medicine Fellow
University of Washington, Seattle Children's Hospital
Weston.powell@seattlechildrens.org
Twitter: [@wtpowell](https://twitter.com/wtpowell)

Dr. Weston Powell went to medical school at the University of California at Davis obtaining his MD and a PhD in Biochemistry and Molecular Biology before pursuing pediatrics residency at the University of Washington and Seattle Children's Hospital. He currently is a sleep medicine fellow and will start pediatric pulmonary fellowship at UW/Seattle Children's Hospital in July 2020. He is with Dr. Maida Chen on a project improving sleep in attending physicians and a study of sleep disordered breathing in children undergoing orthotopic heart transplant. He plans to pursue a physician-scientist career investigating circadian physiology in pulmonary disease pathogenesis and as a therapeutic target in diseases, as well as how to improve sleep among the healthcare workforce and trainees.



Kristina Puzino, PhD

Postdoctoral Fellow

Sleep Research & Treatment Center at Penn State Milton S. Hershey Medical Center

kmpuzino@gmail.com

Dr. Kristina Puzino received her doctoral degree from Lehigh University's Pediatric School Psychology PhD program in 2018. She completed her pre-doctoral internship and is completing her post-doctoral fellowship at Penn State Health Milton S. Hershey Medical Center with the Sleep Research & Treatment Center. Dr. Puzino is committed to becoming an independent investigator with expertise in the assessment and treatment needs of youth with coexisting neurodevelopmental and sleep disorders. Her current program of research applies a pragmatic framework focused on evaluating the effectiveness of brief behavioral treatment of insomnia (BBT-I) in adolescents with Autism Spectrum Disorder, to determine how insomnia can best be treated, as well as how these treatments can be delivered within existing health-care systems. Dr. Puzino plans to submit a K23, career development award, while her long-term goal is to submit an RO1 to evaluate the effectiveness, implementation, and cost-effectiveness of BBT-I in a large-scale randomized pragmatic trial.



April Rogers MD, MPH, MBA

Assistant Professor

St. John's University

Rogersa@stjohns.edu

Dr. April J. Rogers is a Tenure-Track Assistant Professor in the Department of Health Administration, Collins College of Professional Studies at St. John's University. Dr. Rogers received her postdoctoral research training from New York University Department of Population Health, a master's degree in Public Health from New York University and a doctorate in Medicine from St. Matthew's University. The scope of her work focuses on community-based behavioral interventions aimed at reducing racial/ethnic health disparities in sleep-related morbidity and mortality. Most recently, Dr. Rogers' interest has expanded to include investigating brain health and sleep among minority communities. Dr. Rogers' ultimate research goals are to develop behavioral interventions tailored to address the role of sleep health in cardiovascular disease and brain health among minority populations.



Alicia Roth, PhD

Health Psychology Fellow

The Cleveland Clinic

rotha8@ccf.org

Twitter: @sleep_detective

Dr. Roth received her PhD in Clinical & Health Psychology from the University of Florida, specializing in Behavioral Sleep Medicine. She is currently a Health Psychology Fellow at The Cleveland Clinic under the mentorship of Michelle Drerup, PsyD, DBSM. Her clinical work includes adults and children with insomnia, circadian rhythm disorders, and nightmare disorders. Her research work has focused on the implementation and dissemination of CBTI in medical populations and unique or difficult-to-treat patients. Dr. Roth's current research at the Cleveland Clinic involves developing effective models of stepped care for insomnia treatment across different chronic medical condition populations.



Katrina Speed, PhD

Advanced Postdoctoral Fellow in Mental Illness Research and Treatment

VISN 2 Center of Excellence for Suicide Prevention/Canandaigua VA Medical Center

Katrina.speed@va.gov

Dr. Katrina Speed's graduate education was in Clinical Psychology at Mississippi State University with Michael Nadorff, PhD. Her work focused on the effects of poor sleep on suicidal thoughts and behaviors in adult and geriatric samples, which she expanded to military and Veteran service member samples. This led her to a VA internship in Canandaigua, NY where she met Wilfred Pigeon, PhD. As a postdoctoral fellow, Dr. Speed's current work is situated within a VA Center of Excellence working with Dr. Pigeon and is focused on understanding (1) how nightmares and other sleep disturbances alter the course of psychopathology and (2) how sleep interventions can enhance clinical and prevention efforts across medical and behavioral health. Dr. Speed's future goals include gaining grant funding sufficient to allow her to pursue her interests as an independent researcher, while remaining involved in the clinical work that will hone her skills as a practitioner and inform her future research.



Caitlan Tighe, PhD

Advanced Fellow in Mental Illness Research & Treatment

*VA Pittsburgh Healthcare System, VISN 4 Mental Illness Research, Education and Clinical Center;
University of Pittsburgh, Department of Psychiatry*

Caitlan.tighe@va.gov

Dr. Caitlan Tighe is a 3rd year postdoctoral fellow at the VA Pittsburgh Healthcare System Mental Illness Research, Education and Clinical Center and Visiting Scholar at the University of Pittsburgh. She earned her PhD in Clinical Psychology from the University of Alabama in 2017. Her research broadly focuses on sleep in the context of later life and aging-related diseases and on positive psychological functioning in adulthood. As a postdoctoral fellow, she has begun pursuing research to establish the value of treating sleep problems in patients with cardiovascular disease who are completing cardiac rehabilitation. Dr. Tighe's long-term goal is to become a clinician-scientist who evaluates behavioral sleep interventions to enhance functioning and quality of life in individuals with aging-related diseases.



Thomas Tolbert, MD

Fellow, Pulmonary and Critical Care Medicine

Mount Sinai Hospital

thomas.tolbert@mountsinai.org

After growing up in the Seattle area, Dr. Thomas Tolbert completed his undergraduate education at NYU. He graduated from medical school at the Albert Einstein College of Medicine in the Bronx and completed residency training in internal medicine at Yale New Haven Hospital. Dr. Tolbert is currently in his third year of fellowship in pulmonary and critical care medicine at Mount Sinai Hospital, and has been accepted into the Sleep Medicine Fellowship at Mount Sinai to start in July 2020. Under the mentorship of Drs. Indu Ayappa and

David Rapoport, he is currently working on non-invasive methods of classifying central versus obstructive hypopneas. Dr. Tolbert is interested in the interactions between sleep disordered breathing and cardiopulmonary diseases and hopes in the future to investigate mechanisms by which sleep apnea may aggravate cardiopulmonary comorbidities and vice versa.



Lauren Whitehurst, PhD

Postdoctoral Fellow

University of California, San Francisco

lauren.whitehurst@ucsf.edu

Dr. Lauren Whitehurst received her PhD in Psychology from the University of California, Riverside in 2018 and is currently a Chancellor's Postdoctoral Fellow and a Psychology and Medicine Fellow at the University of California, San Francisco. Her research program focuses on the role of sleep for cognition and the contribution of both central and autonomic factors during sleep for related cognitive processes and long-term cognitive health. She is especially interested in how the lack of access to restorative sleep plays a role in creating or exacerbating

disparities in cognitive health for underserved, minority communities. She approaches research with an arsenal of experimental techniques including high-density electroencephalography, pharmacology, electrical stimulation and electrophysiology and incorporates ambulatory technologies to extend sleep research outside the laboratory and into individual's everyday lives. Dr. Whitehurst's work is focused on leveraging sleep science to grow our understanding of healthy cognitive function, and importantly, combat accelerated cognitive decline.

Faculty and Speakers



Indu Ayappa, PhD

Associate Professor

Icahn School of Medicine

indu.ayappa@mssm.edu

Dr. Indu Ayappa is Associate Professor in the Division of Pulmonary, Critical Care Sleep Medicine at the Icahn School of Medicine at Mount Sinai. She received her doctoral degree in Biomedical Engineering at the University of Kentucky and her post-doctoral training in sleep at New York University with Dr. David Rapoport. Her research interests are in understanding the pathophysiology of obstructive sleep apnea (OSA), examining excessive daytime sleepiness and other outcomes in patients with sleep apnea, and also in the

development of diagnostic tools and treatments for sleep apnea. A major focus career focus is training and mentoring, and she is recipient of a NHLBI K24 award to mentor junior investigators in patient-oriented sleep research and she is a faculty mentor in the NIH funded Program to Increase Diversity Among Individuals Engaged in Research since 2010.



M. Safwan Badr, MD, MBA

*Chair, Department of Internal Medicine
Professor, Department of Internal Medicine, Biomedical Engineering, and Department of Physiology
Wayne State University School of Medicine
sbadr@med.wayne.edu*

Dr. M. Safwan Badr is a Professor and Chairman of Internal Medicine at Wayne State University School of Medicine and Staff Physician at the John D. Dingell VA Medical Center. He completed a residency in Internal Medicine at Cook County Hospital in Chicago, followed by clinical and research fellowships in Pulmonary, Critical Care and Sleep Medicine at the University of Wisconsin, Madison. Dr. Badr is an internationally known sleep disorders researcher and research mentor with over 30 years of experience. He has current funding from the Department of Veteran Affairs, Department of Defense, and National Institutes of Health. Additionally, Dr. Badr is invested in outstanding medical education. He was the founding director of the Wayne State University School of Medicine Sleep Medicine Fellowship program and has mentored numerous trainees and junior faculty members who have launched successful academic careers.



Ruth Benca, MD

*Professor and Chair, Department of Psychiatry
University of California, Irvine
rbenca@uci.edu*

Dr. Ruth Benca received her MD degree and a PhD in Pathology from the University of Chicago, where she also completed a residency in Psychiatry and a fellowship in Sleep Medicine. She was recruited to UCI as Chair of Psychiatry and Human Behavior in 2016 where she has established a comprehensive sleep medicine center at UCI in Newport Beach that opened in October 2018, dedicated to providing outstanding clinical care for sleep disorders throughout the region as well as promoting translational research. Dr. Benca's research focuses on the interface between sleep and psychiatric disorders and she has served as principal investigator for a number of basic and clinical research studies, funded by agencies including the National Institutes of Health and the Department of Defense. Her work has spanned basic research studies in animal models to clinical research studies and clinical trials in humans.



Suzanne Bertisch, MD, MPH

*Assistant Professor of Medicine, Harvard Medical School
Brigham and Women's Hospital
sbertisch@partners.org*

Dr. Suzanne Bertisch is Assistant Professor of Medicine at Harvard Medical School and Associate Physician at Brigham and Women's Hospital. Dr. Bertisch earned her medical degree from State University of New York at Stony Brook and completed her clinical sleep medicine fellowship at Beth Israel Deaconess Medical Center. She is currently funded by the National Institutes of Health and Patient-Centered Outcome Research Institute. Dr. Bertisch has extensive experience in designing interview and focus group guides for qualitative research studies for both patients and providers, adapting behavioral sleep interventions for specific clinical and community populations, and implementing novel care pathways.



Daniel J. Buysse, MD

*Professor, Department of Psychiatry
University of Pittsburgh School of Medicine
buyssedj@upmc.edu*

Dr. Daniel J. Buysse has 30+ years of experience conducting clinical and translational research in sleep and circadian science. His research addresses several related themes: the development and validation of self-report measures for sleep; the assessment, pathophysiology, and treatment of insomnia; the development and evaluation of behavioral treatments for sleep disorders; the relationships between sleep and mental disorders, and between sleep and development (including adolescent development and aging); and sleep as a risk factor for health outcomes. His work has led to over 380 peer-reviewed publications.



Michael Grandner, PhD, MTR

*Assistant Professor, Department of Psychiatry
University of Arizona
grandner@email.arizona.edu
@michaelgrandner*

Dr. Michael Grandner is a licensed clinical psychologist board-certified in Behavioral Sleep Medicine, Director of the Sleep and Health Research Program at the University of Arizona and Director of the Behavioral Sleep Medicine clinic at the Banner-University Medical Center in Tucson, AZ. He is an Associate Professor of Psychiatry, with joint appointments in Medicine, Psychology, Nutritional Sciences, and Clinical Translational Science at the University of Arizona College of Medicine. His research focuses on real-world aspects of sleep health, including (1) downstream cardiometabolic and neurocognitive effects of poor sleep health, (2) upstream determinants of sleep health, including sleep disparities, and (3) interventions for promoting sleep health at the individual, community, and population level. He regularly works with organizations, companies, and the media to develop, disseminate, and promote sleep health programs.



Nancy Jones, PhD, MA

*Program Officer
National Institute on Minority Health and Health Disparities
jonesna@nimhd.nih.gov*

Dr. Nancy Jones is a Program Officer at the National Institute on Minority Health and Health Disparities (NIMHD) in Community Health and Population Sciences. Dr. Jones's research interests include the ethical, legal, and social ramifications that research, medicine, and healthcare have on underserved populations. Examples include making explicit underlying norms, values, and philosophies to improve cultural congruence and lessen group harms. Another interest is to support research to improve the ability of theoretical constructs and conceptual models to explain the causes of health disparities. Dr. Jones's background spans basic and translational biomedical research; medical ethics; legal and social implications of research, healthcare, and policy; and design of curricula and scientific programs. She developed a code of ethics for life sciences and a curriculum to teach ethics and professionalism for biomedical science and engineering graduate students. Dr. Jones lectures on the ethics of health disparities and serves as an adjunct professor of bioethics at Trinity International University. Dr. Jones graduated with a BS in Biochemistry in 1981 from Virginia Polytechnic Institute and State University. She earned her PhD in Biochemistry from Wake Forest University School of Medicine in 1987 before receiving an MA in Bioethics from Trinity International University in 2003. Dr. Jones joined NIMHD in 2012 and served as co-chair on the Etiology of Health Disparities for the Science Visioning as well as several trans-NIH committees on bioethics.



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 has mentored numerous medical and graduate students, post-doctoral fellows, and NIH K awardees who have first-authored over 60 peer-reviewed publications.



Sairam Parthasarathy, MD

*Professor of Medicine and Division Chief, Pulmonary, Allergy, Critical Care and Sleep Medicine
University of Arizona*

Dr. Sairam Parthasarathy is Professor of Medicine, 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 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 role of predictive analytics for detecting sleep-disordered breathing in community-based populations and a training program for underrepresented minorities in lung and sleep apnea research. His PCORI funded studies also involve implementation science in sleep apnea. He is committed to training and fostering young scientific investigators in the pursuit of sleep and circadian science.



Azizi Seixas, PhD

*Assistant Professor, Department of Population Health and Department of Psychiatry
NYU Langone Health*

azizi.seixas@nyumc.org

@SeixasDr

Dr. Azizi Seixas is an Assistant Professor at NYU Langone Health in the Department of Population Health and Department of Psychiatry. His research broadly focuses on three areas: 1) multilevel determinants of sleep, brain and mental health, aging, and cardiovascular disease disparities, 2) long-term health consequences of cardiovascular disease (CVD) and mental health disparities, and 3) developing adaptive, group-tailored, and personalized behavior modification interventions, with the use of machine learning analytical tools and translational artificial intelligence, to improve health and well-being. He is currently the Chair for the American Academy of Sleep Medicine Young Investigator Research Forum, member of the Artificial Intelligence and Machine Learning sub-committee for the American Academy of Sleep Medicine, serves on the NCAA and Department of Defense Task Force on mental health, and the Director of Early Career Faculty Development for the Department of Population Health at NYU Langone Health.



Ronald Szymusiak, PhD

*Professor, Department of Medicine and Department of Neurobiology
VA Greater Los Angeles and David Geffen School of Medicine, UCLA*

rszym@ucla.edu

Dr. Ronald Szymusiak is Professor in the Departments of Medicine and Neurobiology at the David Geffen School of Medicine at UCLA. He is also a Senior Research Career Scientist with the Veterans Administration of the Greater Los Angeles Healthcare System. He is currently Editor-in-Chief of the journal SLEEP. He received his PhD in Biological Psychology from the University of Illinois and did postdoctoral training in Neurobiology at UCLA. Dr. Szymusiak's research focuses on the electrophysiology, functional neuroanatomy and neuropharmacology of hypothalamic and brainstem circuits involved in the regulation of sleep and circadian rhythms.



Michael J. Twery, PhD

Director, National Center on Sleep Disorders Research

National Heart, Lung, and Blood Institute

twerym@nhlbi.nih.gov

Dr. Michael Twery is Director of the National Center on Sleep Disorders Research. He has led the extramural sleep and respiratory neurobiology research programs at the National Heart, Lung, and Blood Institute since 1996, and became Director of the National Center on Sleep Disorders Research in 2006. He serves as a point of contact for the coordination of federally funded sleep activities, and an array of scientific research ranging from basic neurobiology and genomics to clinical trials. He received his Ph.D. training in Pharmacology at the University of North Carolina, Chapel Hill. He was a member of the research faculty at the University of Texas Medical Branch and a Senior Staff Fellow in the National Institute of Neurological Disorders and Stroke, Experimental Therapeutics Branch at NIH before joining the NHLBI.



Andrew W. Varga, MD, PhD

Assistant Professor in Medicine

Icahn School of Medicine at Mount Sinai

andrew.varga@mssm.edu

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



Sigrid Veasey, MD

Professor of Medicine, Department of Medicine

University of Pennsylvania

veasey@mail.med.upenn.edu

Dr. Sigrid Veasey is a physician scientist and professor of medicine in the Department of Medicine and the Center for Sleep and Circadian Neurobiology at the Perelman School of Medicine of the University of Pennsylvania. As a physician caring for patients with sleep apnea, Dr. Veasey noted that many patients have persistent sleepiness despite effective therapy for sleep apnea. Her research has identified key molecular pathways behind neural injury in sleep apnea, an understanding of which could help prevent or minimize this type of neural injury, which affects alertness. Many patients with various heart, lung, and blood disorders have frequent sleep disruption secondary to their illnesses. Dr. Veasey's work provides strong evidence that sleep disorders necessitate early diagnosis and treatment.

AASM Foundation Leadership



Jennifer L. Martin, PhD

Professor Medicine

David Geffen School of Medicine at UCLA; VA Greater Los Angeles Healthcare System

Immediate Past President, AASM Foundation

jennifer.martin@va.gov

Dr. Jennifer L. Martin is a clinical psychologist and Professor of Medicine at the David Geffen School of Medicine at UCLA. She is also Associate Director for Clinical and Health Services Research in the VA Greater Los Angeles Healthcare System's Geriatric Research, Education, and Clinical Center. Dr. Martin's scientific research program focuses on improving sleep as a key component of maintaining and improving physical and mental health, particularly among women and among older adults with sleep disorders. She is a nationally-known expert in insomnia disorder and is a National Expert Trainer for the VA's program to disseminate Cognitive-Behavioral Therapy for Insomnia. Dr. Martin serves on the Board of Directors for the American Academy of Sleep Medicine.



Carol L. Rosen, MD

Professor of Pediatrics

Case Western Reserve University, School of Medicine

Board of Directors, AASM Foundation

Dr. Carol L. Rosen is a professor of pediatrics at Case Western Reserve University School of Medicine in the division of pediatric pulmonary at University Hospitals-Case Medical Center. She is the medical director of Pediatric Sleep Services at Rainbow Babies & Children's Hospital and helps direct the Sleep Medicine Fellowship Training program at University Hospitals-Case Medical Center. Dr. Rosen attended medical school at University of Illinois in Chicago, completed a pediatric residency training at Washington University and Baylor College of Medicine, followed by a pediatric pulmonary fellowship at Baylor College of Medicine with additional research training at Columbia College of Physicians and Surgeons. Dr. Rosen's research interests include diagnostic testing strategies for sleep disordered breathing in children and adults, best practices for management of sleep apnea in children, sleep-disordered breathing in sickle cell anemia, pediatric insomnia, pediatric narcolepsy and the impact of pediatric sleep disorders on health outcomes.



Anita Valanju Shelgikar, MD, MHPE

Associate Professor of Neurology

University of Michigan

Dr. Shelgikar is an associate professor of neurology at the University of Michigan, where she serves as program director for the ACGME-approved sleep medicine fellowship, one of the largest in the country. Dr. Shelgikar attended medical school at Wayne State University, completed neurology residency training at Emory University, followed by a sleep medicine fellowship at the University of Utah. She has a Master's degree in Health Professions Education with a long-standing focus on medical education. She leads a program to assess progress made by UM medical students in a nationally innovative, competency-based approach to the clinical training years. Dr. Shelgikar's research interests include multidisciplinary care for patients with sleep disorders, innovation in sleep medicine training and competency-based curriculum design and assessment in undergraduate and graduate medical education.

National Institutes of Health (NIH) Contact List

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

Paige Green, Ph.D., M.P.H.
Todd Horowitz, Ph.D.
Kara Hall, Ph.D.
Joanna Watson, Ph.D.
Dan Xi, Ph.D.

Carolyn Reyes-Guzman, Ph.D., M.P.H.

Eunice Kennedy Shriver National Institute of Child Health & Human Development

Alison Cernich, Ph.D.
Karen Lee
Sue Marden, Ph.D.

National Eye Institute

Tom Greenwell, Ph.D.

National Center for Complementary and Integrative Health

Lanay Mudd, Ph.D.
Inna Belfer, M.D., Ph.D.

National Institute of Allergy and Infectious Diseases

Conrad Mallia, Ph.D.

National Institute of Diabetes, Digestive and Kidney Disease

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

National Institute on Drug Abuse

Harold Gordon, Ph.D.

National Institute of Mental Health

Aleksandra Vicentic, Ph.D.

National Institute on Minority Health and Health Disparities

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

National Institute of Neurological Disorders and Stroke

Janet He, Ph.D.

National Institute of Nursing Research

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

Office for Research on Women's Health

Lynn Morin, M.A.
Margaret Bevans, Ph.D., R.N.

Office of Behavioral and Social Sciences Research

Dana Schloesser, Ph.D.

For full contact information:

www.nhlbi.nih.gov/about/scientific-divisions/national-center-sleep-disorders-research

NIH Resources

Office of Extramural Research Career Development Awards

researchtraining.nih.gov/programs/career-development

NHLBI Training & Career Development

nhlbi.nih.gov/grants-and-training/training-and-career-development

RePORT (Research Portfolio Online Reporting Tools)

report.nih.gov

Center for Scientific Review

public.csr.nih.gov/StudySections

Next Generation Researchers Initiative

grants.nih.gov/grants/guide/notice-files/NOT-OD-17-101.html

Research Methods Resources

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

Funding and Operating Guidelines

nhlbi.nih.gov/current-operating-guidelines

Professional Development Opportunities



AASM Mentor Program

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

development, knowledge and skill transfer, networking, and advancement. For more information visit aasm.org/mentorprogram



The resident and fellow section of JCSM

Advance your career by publishing
in a leading sleep journal!

Journal of Clinical Sleep Medicine

REM: A Publication for Residents and Fellows

Publish your work in REM, the resident and fellow section of the Journal of Clinical Sleep Medicine. The purpose of the REM section is to provide a venue for physicians in training to gain experience submitting work to and reviewing manuscripts for a peer-reviewed journal. In addition, it provides a venue for early career researchers and clinicians to share their perspectives. For more information on submitting manuscripts, visit: jcsm.aasm.org/submit/submission-guidelines#REM

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

RESOURCES FOR SLEEP MEDICINE FELLOWS

Webinars

Live webinars are provided by experts on various topics in sleep medicine and are free of charge. Lectures are presented the second Wednesday of every month. A wide range of topics are discussed including Circadian Neurobiology, Parasomnias, Actigraphy, and Insomnia. All live webinars are recorded and posted to the AASM website to view at any time.

AASM Membership

Sleep medicine fellows receive significantly reduced membership rates. Benefits include access to professional journals, CME credit, and Case Study of the Month.

Newsletter

Monthly newsletters provide pertinent information to Sleep Medicine Programs and fellows.

SLEEP 2020

Sleep medicine fellows receive complimentary registration to SLEEP 2020.

For more information on resources for sleep medicine fellows, contact **Sally Podolski at spodolski@aasm.org**.

AWARD OPPORTUNITIES

AASM Trainee Investigator Award

All students, postdoctoral fellows and residents who are members of the AASM and under 40 years of age are eligible to apply for the AASM Trainee Investigator Award. The winner and up to four honorable mentions will be recognized and honored at SLEEP.

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

Visit aasm.org/about/awards/ for more information on AASM award opportunities

VOLUNTEER OPPORTUNITIES

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.

JCSM Manuscript Reviewer

The *Journal of Clinical Sleep Medicine* is seeking manuscript reviewers. If interested, contact **Rosanne Money at rmoney@aasm.org**.

Montage Contributor

We encourage members to share their news, stories and suggestions for future topics in upcoming issues of Montage, a quarterly newsletter for AASM members. If interested, send your professional or personal stories, photos and news to **Montage@aasm.org**.

Visit aasm.org/membership/volunteer for more information on volunteering opportunities



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

SRS/ASA Collaborative Mentor Mentee Award

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

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

Grant Guidance with a Guru Award

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

One Year Award: Up to \$500 per award

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

TRAVEL AWARDS

Travel Awards to APSS-SLEEP 2020 and the SRS's ASCS 2021

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

Annual Award varies.

SLEEP 2020 Post Graduate Course Scholarship

These scholarships fund select early career stage researchers at the post-doctoral, instructor, or assistant professor level to attend the post graduate course at SLEEP 2020.

Annual Award: Covers the cost of registration

Young Investigator's Research Forum Scholarships

The SRSF partners with the AASM Foundation to provide scholarships for travel to the annual Young Investigators 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: \$1,500

For more information on these awards, visit sleepresearchsociety.org/awards for SRS Awards and sleepresearchsociety.org/foundation for SRS Foundation Awards.

AASM | FOUNDATION

RESEARCH AWARD PROGRAMS

ABSM Junior Faculty Research Award

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

Up to \$100,000 per award for 2 years

Bridge to Success Awards for Early Career Investigators

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

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

Bridge to Success Awards for Mid-Career/Senior Investigators

Provides bridge funding to established sleep scientists who seeking their first independent research grant or 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 while advancing the careers of junior sleep scientists.

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

Physician Scientist Training Award

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

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

Strategic Research Award

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 patients with sleep disorders. Awards are focused on specific research domains and topic areas that will advance the field of sleep medicine.

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

COMMUNITY AWARD PROGRAMS

Community Sleep Health Award

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

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

Sleep Champion Award

Celebrates successful community-based sleep health services that provide best-in-class care and/or education.

\$5,000 per award

Disaster Relief Fund

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.

Up to \$5,000 of relief funds

TRAINING AWARD PROGRAMS

Clinical Fellowship Rescue Funding Award

Provides matching funds to maintain ACGME-accredited sleep medicine fellowship slots at organizations at risk of losing funding. This award will provide supporting funds for a one-year sleep fellowship slot while the program works to secure funding for the subsequent year(s).

Up to \$65,000 per award for 1 year

Sleep Research Program for Advancing Careers (SOAR)

Provides mentorship and grant writing expertise to early career investigators for successfully applying for a National Institutes of Health (NIH), Veteran Affairs (VA), AASM Foundation career development grant, or equivalent award.

Supports up to 5 SOAR Fellows for 10 months

Young Investigators Research Forum

The 3-day research forum is designed to aid the career development of promising young investigators in clinical and translational sleep medicine research. Successful applicants will be selected based on past research productivity and future promise in sleep medicine research.

Supports up to 30 trainees

VOLUNTEERING OPPORTUNITIES

Award Review Committees

Provide an evaluation of the quality and potential impact of applications for AASM Foundation award programs

Development Council

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

Research Fellowship Committee

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

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

Building a Pathway for Sleep Research and Career Studies

Investigator-Initiated Awards

- Strategic Research Award - Category I
- Strategic Research Award - Category II

- Researchers
- Physicians
- Non-profit Organizations
- AASM Accredited Sleep Centers

Career Path



Career Development Awards

- Clinical Fellowship Rescue Funding Award
- Young Investigators Research Forum
- Sleep Research Program for Advancing Careers
- Focused Projects Award for Junior Investigators
- Bridge to Success Award for Early Career Investigators
- Physician Scientist Training Award
- ABSM Junior Faculty Award
- Bridge to Success Award for Mid-Career/Senior Investigators

Improving sleep health at the grassroots level

Community Awards

- Community Sleep Health Award
- Sleep Champion Award
- Disaster Relief Fund

Connect with us

EVALUATE

<https://www.surveymonkey.com/r/YIRF2020>

DOWNLOAD

Speaker Presentations

<https://learn.aasm.org>

2020 AASM Foundation Young Investigators Research Forum

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

CONTACT US

foundation@aasm.org

Award Programs and Applications: (630) 737-9724

FOLLOW and TWEET

@aasmfoundation, #YIRF on Twitter

CLAIM CREDITS

Claim Continuing Medical Educational (CME) credits and/or Letter of Attendance

<https://learn.aasm.org>

AASM FOUNDATION AWARDS

Research Awards

foundation.aasm.org/award-programs/research-awards/

