



# Virtual Meeting 2021

FEBRUARY – AUGUST 2021

## CONNECT WITH US

### DOWNLOAD

#### Speaker Presentations

<https://learn.aasm.org/>

2021 AASM Foundation Young Investigators Research Forum

*This link includes on-demand presentation and recordings of live meetings. Check back for final versions.*

### CONTACT US

#### Award Programs and Applications

+1 630 737 9724

[foundation@aasm.org](mailto:foundation@aasm.org)

#### Donations and Development

+1 630 737 9725

[giving@aasm.org](mailto:giving@aasm.org)

### FOLLOW and TWEET

[@aasmfoundation](https://twitter.com/aasmfoundation)

[#YIRF](https://twitter.com/aasmfoundation) on Twitter

### CLAIM CREDIT

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

[learn.aasm.org/](https://learn.aasm.org/)

### AASM FOUNDATION AWARDS

#### Research Awards

[foundation.aasm.org/award-programs/research-awards/](https://foundation.aasm.org/award-programs/research-awards/)

#### Community Awards

[foundation.aasm.org/award-programs/community-awards/](https://foundation.aasm.org/award-programs/community-awards/)

#### Training Awards

[foundation.aasm.org/award-programs/training-awards/](https://foundation.aasm.org/award-programs/training-awards/)

## Table of Contents

**Welcome ..... pg. 2**

**The YIRF ..... pg. 3**

**Agenda ..... pg. 4**

**Trainees ..... pg. 8**

**Faculty ..... pg. 18**

**Resources ..... pg. 23**



Welcome to the 13<sup>th</sup> annual AASM Foundation Young Investigators Research Forum! The AASM Foundation is excited to offer this intense career-building research forum to early career investigators as they embark on the next stage of their career in sleep and circadian research.

To ensure safety and to adhere to travel restrictions, the Young Investigators Research Forum 2021 will be held virtually over several months. Though we will not meet in person, we will ensure that all trainees have plenty of opportunities to network with leaders in sleep research and individuals at the same career stage. We aim to build a welcoming and supportive sleep research community while learning together and leaning on each other for support during these trying times. Additionally, having the forum over time will allow trainees to develop and present their work through different stages, facilitate the development of grant applications and career plans, and build relationships.

I would also like to express my deep appreciation for all of our Young Investigators Research Forum 2021 faculty, particularly at this challenging time. Your commitment to Young Investigators Research Forum and the trainees is essential to strengthening the pipeline of sleep investigators. Your enthusiasm and support for sleep research will positively impact the field for years to come. We are grateful for your participation.

As an alumna of Young Investigators Research Forum, I can attest that Young Investigators Research Forum has been instrumental in the development and trajectory of my career in sleep research. I hope that at the end of Young Investigators Research Forum 2021, trainees will take with them newly honed research skills, broader knowledge of available funding opportunities, improved grantsmanship skills, refined research ideas, renewed confidence to thrive in academia, and a greater sense of connection with the sleep community.

And, THANK YOU for joining us in this year's Young Investigators Research Forum. I am looking forward to working with you this year.

In health,

A handwritten signature in black ink, appearing to read 'Suzanne Bertisch'. The signature is fluid and cursive.

**Suzanne Bertisch, MD, MPH**

Chair, Young Investigators Research Forum 2021

## Course Description

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

- ① Foster the pursuit of clinical research in sleep medicine by junior faculty and fellows training in sleep medicine
- ② Disseminate vital information required for pursuing a career in research
- ③ Serve as a primer for obtaining grant funding
- ④ Provide an opportunity to network and establish extramural research mentorship

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

The Young Investigators Research Forum 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 fellows, postdoctoral fellows and junior faculty.

## Learning Objectives

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

- Understand how to build a successful career in sleep research, including how to foster collaborations and develop mentorship relationships
- Understand the policies and various mechanisms for sleep research funding
- Gain insight on the grant peer review structure and process
- Further develop specific aims for a grant proposal

## Continuing Medical Education Credits

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) by the American Academy of Sleep Medicine. The American Academy of Sleep Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The American Academy of Sleep Medicine designates the AASM Young Investigators Research Forum as live activity for **a maximum of 12.50 AMA PRA Category 1 Credits™**. Physicians should only claim 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.

**Thank You  
to Our Lead  
Sponsor**



## FEBRUARY 2021

## Official Kick-Off

Date and Time	Presentation	Speaker	CME hours
	Opening Remarks	Anita Shelgikar, MD, MHPE	Not applicable
	Welcome and Getting the Most Out of the Young Investigators Research Forum 2021	Suzanne Bertisch, MD, MPH Chair, Young Investigators Research Forum Andrew W. Varga, MD, PhD Vice Chair, Young Investigators Research Forum	Not applicable
	KEYNOTE PRESENTATION Navigating the (bumpy) Path to Early Career Awards	Katherine M. Sharkey, MD, PhD	0.5
	Should you? Could you? Critical Approaches to Choosing your Specific Aims	Susan Redline, MD, MPH	0.5
	Refining Your NIH Biosketch	Nalaka Gooneratne, MD, MSc, ABSM	0.5
	Debrief and Q&A		Not applicable

### Live Virtual Meeting #1

February 23, 2021  
at 1:00 – 3:00pm ET

## MARCH 2021

### Grant Proposal Blitz: Specific Aims Presentations and Personal Statements

Date and Time	Presentation	Speaker	CME hours
On-Demand Webinar (Online)	The NIH Review Process	Sairam Parthasarathy, MD	0.5
<b>Live Virtual Meeting #2</b>	Welcome and Overview of Grant Proposal Blitz		2.25
March 11, 2021 at 3:00 – 5:30pm ET	Small Group Session (Groups 1-4)		

### Mock Grant Review Session: Study Sections

<b>Live Virtual Meeting #3</b>	Welcome and Overview of Mock Grant Review Session		2.25
March 25, 2021 at 12:00 – 2:30pm ET	Study Sections (1-4)		

## APRIL 2021

### Introduction to Sleep Research Funding Sources

Date and Time	Presentation	Speaker	CME hours
<b>On-Demand Webinars</b> (Online)	Update on NIH Policies	Marishka K. Brown, PhD	0.5
	Sleep Funding Mechanisms at the NIH	Nancy Jones, PhD	0.5
	NIH Grant Competition	Aaron Laposky, PhD	0.5
	US Department of Veterans Affairs	Amanda Hunt, PhD	Not applicable
	Agency for Healthcare Research and Quality	Tamara D. Willis PhD, MPH	Not applicable
	Foundations and Other Funding Sources to Support your Research	Jennifer Martin, PhD	0.5
	How AASM Foundation Funding Can Jumpstart and Sustain Your Research Career	Vanessa Gonzalez, MPH	Not applicable
	Sleep Research Society Foundation	Kristen L. Knutson, PhD	Not applicable

### Meet & Greet with Federal Funding Agencies

## APRIL 2021

Date and Time	Presentation
<b>Live Virtual Meeting #4</b>  April 16, 2021 at 1:00 – 4:00 pm ET	Overview of Federal Funding Agency Day
	Who's Who at Federal Funding Agencies?
	<b>15-minute Break</b>
	Trainee and Federal Funding Agency Representatives Breakout Session I
	Trainee and Federal Funding Agency Representatives Breakout Session II

## MAY 2021

### Writing and Submitting a Scientific Paper

Date and Time	Presentation	Panelists	CME hours
<b>Live Virtual Meeting #5</b>  May 11, 2021 at 2:00 – 4:00 pm ET	Editor Panel: Wise Advice from Sleep Research Journal Editors	Nancy A. Collop, MD Reena Mehra, MD, MS Ronald Szymusiak, PhD	Not applicable

### Aspects of Being a Good Scientist

Date and Time	Presentation	Speaker	CME hours
<b>Live Virtual Meeting #6</b>  May 21, 2021 at 2:00 – 4:00pm ET	Overview of Aspects of Being a Good Scientist		
	Getting the Most Out of the Mentor/Mentee Relationships	Indu Ayappa, PhD	0.5
	State of the Science of Diversity and Inclusion in Behavioral Sleep Medicine Research	Carmela Alcantara, PhD	0.5
	How to Give a Great Talk	Adam P. Spira, PhD	0.5
	Debrief Q&A		

## JUNE 2021

### Networking

Date and Time	Activity
<b>To be Determined</b>	Young Investigators Research Forum 2021 Networking Mixer

## JULY 2021

### Data Blitz and Academia Q&A

Date and Time	Presentation
<b>On-Demand Webinars</b>	Sample Elevator Pitches: YIRF Faculty
<i>Online</i>	
<b>Live Virtual Meeting #7</b>	<p>Overview of Elevator Pitches</p> <p>Elevator Pitches</p>
<i>July 13, 2021 at 12:00 – 2:30 pm ET</i>	Academic Career Q&A

## AUGUST 2021

### The Academic Environment

Date and Time	Presentation	Speaker	CME hours
<b>Live Virtual Meeting #8</b>	Overview of The Academic Environment		
	Negotiating for an Academic Position	M. Safwan Badr, MD, MBA	0.5
	Importance of How and When to Say No	Martica Hall, PhD	0.5
<i>August 13, 2021 at 11:00 am – 12:00 pm ET</i>	Thriving in Academia	Sanjay R. Patel, MD, MS	0.5
	Certificate Ceremony and Closing Remarks		



## Meet the Trainees



### Christian Agudelo, MD

Clinical Instructor  
University of Miami School of Medicine  
cxa427@med.miami.edu  
[@sleeptocracy](#)

Dr. Christian Agudelo received his Bachelor's in Science in Engineering from Duke University, his medical degree from the University of Pittsburgh School of Medicine and completed his training in neurology and sleep medicine at the University of Miami Miller School of Medicine. He is currently the Evelyn F. McKnight Neurocognitive Scholar at the University of Miami, which affords him mentored research training in sleep and cognitive aging. He is mentored by Dr. Alberto R. Ramos. Dr. Agudelo is interested in the ways sleep influences cognitive function and decline. Broadly, his research aims to identify sleep-specific mechanisms responsible for cognitive decline and to develop sleep-related biomarkers of cognitive aging. Such biomarkers could be used to diagnose pre-symptomatic cognitive disease, to track disease progression, as targets for intervention and to assess the efficacy of future therapies. Specifically, he is currently studying the relationship between sleep and neuroimaging biomarkers of cognitive decline.

---



### Fusun Doldur Balli, PhD, MSc

Postdoctoral Researcher  
University of Pennsylvania, Perelman School of Medicine  
fusun.balli@penmedicine.upenn.edu

Dr. Fusun Balli received her MSc degree in Biology from Middle East Technical University and PhD degree in Molecular Biology and Genetics from Bilkent University in Turkey. She investigated the role of a chaperonin type, thermosome in stress response during her MSc studies and she characterized WDR81, a gene associated with a rare neurodevelopmental syndrome in zebrafish in her PhD thesis. She moved to the United States upon earning a Fulbright Postdoctoral Fellowship and has been working in Dr. Allan Pack's lab since then. Her postdoctoral studies focus on sleep in zebrafish models. She is interested in synaptic alterations in the interplay between sleep and autism, establishing zebrafish as a translational model system to examine therapeutic effects of sleep in neurodevelopmental disorders, screening drugs that affect sleep and circadian rhythm and generating mutant lines to investigate functions and mechanisms of sleep.

---



### Sarah Burkart, MPH, PhD

Postdoctoral Fellow  
University of South Carolina  
sburkart@mailbox.sc.edu  
[@SarahBurkart13](#)

Dr. Sarah Burkart is currently a second-year postdoctoral research fellow in the Department of Exercise Science at the University of South Carolina. Her primary mentor is Dr. Michael Beets, an expert in childhood obesity prevention, and her secondary mentor is Dr. Jean-Philippe Chaput, an expert in childhood sleep. Her educational background lies primarily in kinesiology and epidemiology, and thus her postdoctoral training is built around gaining expertise in children's sleep (e.g., measurement, contextual factors, disparities) and advanced statistical methods for longitudinal data. Her research aims to better understand the relationship between children's sleep variability and the home environment (e.g., home disorganization) as it relates to childhood obesity prevention. Her long-term goal is to develop an independent research program to design, implement, and evaluate multilevel interventions that impact children's obesogenic behaviors (i.e., physical activity, sleep, screen time, nutrition) which may ultimately enhance children's physical and mental health.

---



### Lauren Marie Castner, DO

Assistant Professor  
Children's Wisconsin  
piersonlm@gmail.com

Dr. Lauren Castner attended Chicago College of Osteopathic Medicine at Midwestern University, Downers Grove, IL for her medical education and completed a pediatric residency at Maimonides Infants and Children's Hospital in Brooklyn, NY. She pursued both a Pediatric Pulmonary Fellowship and Sleep Medicine Fellowship at the University of Michigan. She is now an Assistant Professor at Children's Wisconsin and Associate Director of their Pediatric Sleep Lab. She is completing research on predictors of nocturnal hypoventilation in patients with Duchenne muscular dystrophy and spinal muscular atrophy with fellowship mentor Dr. Fauziya Hassan and developing a curriculum regarding the business of sleep medicine with fellowship mentor Dr. Anita Shelgikar. She has a personal interest in nutrition with goals to incorporate this into treatment for patients with obstructive sleep apnea. She also works with a large population of children with insomnia, both with and without neurodevelopmental diseases, and hopes to explore further treatment methods for these individuals.

---



### Eileen M. Condon, PhD

Postdoctoral Associate  
Yale School of Nursing  
Eileen.condon@yale.edu  
[@emc655](#)

Dr. Eileen Condon is a postdoctoral associate at the Yale School of Nursing. Her program of research incorporates biological, behavioral and genetics approaches to promote health and prevent toxic stress among children and families living with poverty. Dr. Condon is currently funded by a Pathway to Independence Award from the National Institute of Nursing Research to examine intergenerational transmission of adversity and protective factors among socioeconomically disadvantaged families, including the role of sleep and circadian rhythm. Dr. Condon is clinically trained as a family nurse practitioner and has experience working in neonatal intensive care and community health settings.

---



### Makayla Cordoza, PhD, RN

Postdoctoral Fellow  
University of Pennsylvania  
mcordoza@penncmedicine.upenn.edu  
[@makaylacordoza](#)

Dr. Makayla Cordoza is a Postdoctoral Fellow in the Perelman School of Medicine at the University of Pennsylvania (UPenn). She received her Bachelor's in Nursing from Linfield College, her Master's in Clinical Research Administration from George Washington University, and her PhD in Nursing Science from the University of Washington. At UPenn, Dr. Cordoza is training primarily in the lab of Dr. David Dinges. As a critical care nurse, she is interested in improving outcomes for patients in the intensive care unit (ICU). In particular, Dr. Cordoza is interested in the relationship between sleep and development of acute neurocognitive impairment. She is the principal investigator of a pilot study to evaluate the feasibility of assessing sleep in the ICU using wireless EEG. She plans to secure career development funding to further study sleep in the ICU, and her ultimate goal is to develop sleep-promoting interventions to reduce the risk of neurologic dysfunction across the critical illness trajectory.

---



### Sarah Emert, PhD

Postdoctoral Fellow  
The University of Arizona  
semert@email.arizona.edu  
[@SarahEmertPhD](#)

Dr. Sarah Emert graduated with her doctorate in clinical psychology from The University of Alabama under the mentorship of Dr. Kenneth Lichstein. She currently a postdoctoral fellow at The University of Arizona under the mentorship of Dr. Daniel Taylor. Her broad research interests include behavioral sleep medicine and examining sleep as a function of physical and psychological well-being. Her recent work has focused on the concept of insomnia identity, the conviction that one has insomnia which occurs independently of one's actual sleep, to better understand nuances associated with the incongruity between insomnia complaint, insomnia identity and quantitatively derived sleep status. Dr. Emert plans to continue research focused on advancing the development of behavioral sleep health-related interventions, including the evaluation, modification and dissemination of evidence-based, personalized, accessible interventions and increasing public awareness for these methodologies, especially within underserved populations.



### Jacqueline H. Geer, MD

Pulmonary, Critical Care & Sleep Fellow  
Yale University  
Jacqueline.geer@yale.edu  
[@jackie\\_geer](#)

Dr. Jacqueline Geer is currently a research fellow in Pulmonary, Critical Care, and Sleep Medicine at Yale University. Under the mentorship of Dr. H. Klar Yaggi, an internationally recognized expert in sleep medicine, she has learned about the interaction between sleep disorders and neurological outcomes. Her co-mentor, Dr. Kevin Sheth is a stroke neurologist with an interest in sleep. To date, her focus has been on the interplay between obstructive sleep apnea and intracerebral hemorrhage. From July 2019 to July 2020, she was awarded the SPIRIT StrokeNet fellowship through which she was able to collaborate with local researchers with stroke-related expertise. Using a large case-controlled dataset, the group found that obstructive sleep apnea is a prevalent and independent risk factor for intracerebral hemorrhage. Her current focus is a pilot study collecting prospective data on sleep architecture immediately post stroke with a focus on the impact of obstructive sleep apnea on long-term outcomes, including functional outcomes, cognition and sleep.

---



### Sadia Ghani, MD

Postdoctoral Research Fellow  
University of Arizona  
ghani.sadia@gmail.com

Dr. Sadia Ghani is a postdoctoral fellow on a T32 grant in Dr. Michael Grandner's lab following completion of residency in Psychiatry at the University of Arizona. Her research focuses on the role of race/ethnicity and cultural differences and its impact on sleep and diet. Currently, she is using existing nationally representative data from the National Health and Nutrition Examination Survey to conduct a sleep/nutrition epidemiology study to determine whether relationships between sleep and diet/nutrition profile depend on race/ethnicity. Then, her work will examine the relationship between sleep and dietary intake and the role of psychosocial stress among Mexican-Americans at the US-Mexico border. In the future, Dr. Ghani hopes to become an independent physician scientist with expertise in the study of sleep, diet/nutrition, mental health and cardiometabolic risk. As a physician scientist, she hopes to improve management of sleep disturbances and disorders, especially among those with a mental disorder. Her goal is to submit a K award, which will focus on building an effective, multifactorial intervention for sleep deprivation and sleep disorders.

---



### Gita Gupta, MD

Research Fellow/Clinical Lecturer  
University of Michigan  
gigu@med.umich.edu  
[@GitaGuptaMD](#)

Dr. Gita Gupta has spent the last year and a half as a Sleep and Genetics T32 scholar studying sleep in children with early-life epilepsies with the hypothesis that early diagnosis and effective treatment of sleep disorders can contribute to improved seizure control and improved quality of life for these children. She pursued this path after completing her fellowship in Sleep Medicine and residency in Internal Medicine/Pediatrics. Her long-term goal is to be a clinician-researcher who studies sleep as a biomarker of disease. Through the Young Investigators Research Forum, she hopes to refine her ability to conduct sleep research by gaining a better insight into the research methodologies, infrastructure and grant mechanisms that exist to further sleep research.

---



### Alisa Huskey, PhD

Postdoctoral Fellow  
University of Arizona, Psychology Department  
ahuskey@arizona.edu

Dr. Alisa Huskey is a Postdoctoral Research Fellow in the Department of Psychology at University of Arizona working with Dr. Daniel Taylor. She began this position in June 2020 after completing her PhD in Biological Psychology at Virginia Tech in May 2020 under the direction of Dr. Bruce Friedman. During her doctoral training, she developed a Pavlovian learning paradigm to investigate individual differences in fear inhibition as a factor of stress-related psychopathology. In her final year, she worked in Dr. Sujith Vijayan's Neural Dynamics and Neural Engineering Lab, coordinating sleep studies and scoring sleep stages using polysomnography. Her current research interests include assessing fear inhibition as well as immunological, autonomic, neurofunctional and polysomnographic biomarkers as treatment outcomes and mechanisms in sleep interventions. Her long-term career objective is to become an independent investigator researching basic physiological mechanisms of behavioral interventions for sleep disorders and stress-related psychopathology.

---



### Vlad Ianus, MD, MPH

Sleep Medicine Fellow  
University of New Mexico School of Medicine  
nouaspe@yahoo.com

Dr. Vlad Ianus graduated medical school in Bucharest, Romania, and initially trained in Pediatrics and Neonatal-Perinatal Medicine. His research focus is related to sleep-disordered breathing in pediatric patients exposed to various pharmacologic agents and effects of altitude on sleep-disordered breathing in newborns. His mentors are Dr. Madeleine Grigg-Damberger and Dr. Shanna Diaz. He is planning to continue a career in an academic center as an investigator in sleep medicine research.

---



### Ashley M. Ingiosi, PhD

Postdoctoral Fellow  
Washington State University  
ashley.ingiosi@wsu.edu  
[@AshleyIngiosi](#)

Dr. Ashley Ingiosi is a Ruth L. Kirschstein postdoctoral fellow at Washington State University. Her research interests broadly include sleep and glia. She received BS degrees in Biopsychology & Cognitive Science and General Biology from the University of Michigan. Dr. Ingiosi completed her PhD in Neuroscience with Dr. Mark Opp at the University of Michigan where she studied astroglial and neuronal-specific contributions to sleep and neuroinflammation. Her current research with Dr. Marcos Frank focuses on understanding the role of astrocytes in sleep and sleep homeostasis using in vivo calcium imaging and sleep behavior methodologies. Dr. Ingiosi is a recipient of the 2019 World Sleep Society Young or New Investigator Award. She was also awarded the Society for Neuroscience Trainee Professional Development Award for her work on astrocytes and sleep. Dr. Ingiosi plans to pursue an independent research position to continue investigating the role of astrocytes in sleep regulation and function.

---



### Daniel S. Joyce, PhD

Postdoctoral Scholar  
University of Nevada, Reno  
djoyce@unr.edu  
[@Daniel\\_S\\_Joyce](#)

Dr. Daniel Joyce studies the ways that light affects human health and wellbeing. He draws from the fields of psychology, vision and circadian sciences to understand how light is sensed and interpreted by the brain for both image forming functions (the perception of color and brightness) and for unconscious non-image forming functions, such as setting circadian rhythms for restful sleep and optimizing cognitive performance based on the time of day. Dr. Joyce has recently completed postdoctoral training at the Zeitzer circadian lab at Stanford University, and now works in the Webster visual perception lab at University of Nevada, Reno. He hopes to use his knowledge of visual perception and circadian rhythms to understand how dysfunction in this system contributes to diseases of aging such as Parkinson's Disease and to develop "humancentric" light environments that drive the NIF pathways to maximize health and wellness.

---



### H. Matthew Lehrer, PhD

Postdoctoral Scholar  
University of Pittsburgh  
lehrerm@upmc.edu  
[@hmlehrer](#)

Dr. H. Matthew Lehrer received his PhD in Health Behavior and Health Education from the University of Texas at Austin in 2019. As a T32 Translational Research in Sleep Medicine scholar at the University of Pittsburgh, his research broadly examines long-term consequences of sleep and circadian disruption on aging biology and aging-related disease. Currently, Dr. Lehrer investigates the role of habitual sleep and circadian disturbances in mitochondrial dysfunction and cognitive aging. This research informed a recently submitted NIH K01 Career Development Award application to study brain bioenergetics and Alzheimer's-related neurodegeneration and cognitive function in retired night shift workers. Dr. Lehrer's long-term goal is to refine and expand his program of research as a faculty member at a large academic institution.

---



### Peng Li, PhD

Instructor in Medicine  
Brigham and Women's Hospital, Harvard Medical School  
pli9@bwh.harvard.edu  
[@PengLiBME](#)

Dr. Peng Li obtained his doctoral training in biomedical engineering and fulfilled multidisciplinary postdoctoral trainings in nonlinear dynamics, Alzheimer's disease and human sleep physiology. Together with his mentor Dr. Kun Hu, he is co-directing a unique program called Medical Biodynamics Program whose goal is to promote translational and interdisciplinary research in sleep medicine. Dr. Li is the principal investigator of a 3-year standard award sponsored by the BrightFocus Foundation for understanding the relationship of circadian regulation and autonomic function with Alzheimer's disease (AD). Dr. Li is also the co-investigator of two NIH RF1 grants for understanding the role a multiscale motor control in AD and integrating motor activity-based metrics for early detection of AD. He would like to bring his established expertise to medicine by discovering novel sleep/circadian and lifestyle related biomarkers/risk factors of health outcomes in elderly people, especially the most vulnerable populations, such as people living with dementia and HIV infection.

---



### Elizabeth Mahanna Gabrielli, MD

Assistant Professor of Anesthesiology  
University of Miami Miller School of Medicine  
exm1044@med.miami.edu  
[@e\\_mahanna](#)

Dr. Elizabeth Mahanna Gabrielli completed her MD at UT Southwestern, anesthesia residency at Rush University and fellowships in Critical Care Medicine and Neuroanesthesia at the University of Florida. She completed a NIH T32 research fellowship in delirium science at the University of Pennsylvania. She is currently an Assistant Professor at the University of Miami. Her research question of interest is determining if preoperative sleep disorders are associated with increased delirium after cardiothoracic surgery in older Hispanic/Latino patients. Her primary mentor is Dr. Alberto Ramos, an Associate Professor of Neurology in Sleep Medicine at the University of Miami. She has been awarded a pilot grant for the above research question by the Miami Clinical and Translational Science Institute funded by the NIH. She plans to use this pilot data for the basis of a mentored research training grant and ultimately to become an independently funded clinician scientist.

---



### Jennifer N. Miller, PhD, APRN-NP

Assistant Professor; Adult Gerontologic Acute Care Nurse Practitioner  
University of Nebraska Medical Center  
jennifern.miller@unmc.edu

Dr. Jennifer Miller is a PhD-prepared Assistant Professor at University of Nebraska Medical Center (UNMC) College of Nursing and practices as a Nurse Practitioner at an independent sleep and pulmonary clinic. Her long-term research objective is to improve clinical practice by identifying sleep-disordered breathing and promoting adherence to treatment through study of behavioral interventions. Dr. Miller is passionate about these topics because long-term consequences of untreated sleep-disordered breathing include multi-morbidity and increased all-cause mortality. She is currently leading one feasibility study to test a method to improve identification of sleep-disordered breathing and a second feasibility behavioral intervention study to improve device adherence. Results from these studies may support a National Institutes of Health research application. She is fortunate to have strong support from her mentors at UNMC but recognizes her need for this program that provides specialized mentoring and support from national sleep research mentors.

---





### Mairead Eastin Moloney, PhD

Associate Professor of Sociology  
University of Kentucky  
m.moloney@uky.edu

Dr. Mairead Moloney earned her 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. Her recent mentored training as a BIRCWH Scholar supported her transition into insomnia intervention research and she successfully piloted Sleep Healthy Using the Internet (SHUTi) in middle-aged Appalachian women. Her intervention results served as pilot data for a recent R01 application. With mentors Dr. Michael Grandner and Dr. Nancy Schoenberg, they proposed a mixed method, longitudinal study, grounded in the social-ecological model of sleep to determine the individual, social, and societal causes of sleep disparities (e.g., insufficient sleep, insomnia) and health disparities (e.g., heart disease) in the health disparity population of Appalachian adults. Her current pilot studies explore: a) SHUTi's effectiveness in reducing alcohol use in heavy drinking adults with insomnia and b) sleep, stress, and alcohol use during the COVID-19 pandemic.

---



### Michelle Elizabeth Stepan, PhD

Postdoctoral Fellow  
University of Pittsburgh  
stepanme@upmc.edu

Dr. Michelle Stepan received her doctoral degree in Psychology at Michigan State University where her research focused on utilizing rigorous experimental methodology to understand how sleep and sleep deprivation affect episodic memory retention and executive functioning. Currently, she is a postdoctoral scholar at the University of Pittsburgh School of Medicine in the Center for Sleep and Circadian Science working with Drs. Franzen and Wilckens. Her current research focuses on how insufficient sleep influences cognitive and affective processing, utilizing behavioral and fMRI indices of performance. Dr. Stepan is in the process of applying for a K01 career development award to investigate how insufficient sleep causes deficits in cognitive control and dysregulation of negative affect and stress in adolescents.

---



### Ann Revill, PhD

Assistant Professor  
Midwestern University  
arevill@midwestern.edu  
[@ann\\_revill](#)

Dr. Ann Revill is an Assistant Professor in the Department of Physiology at Midwestern University in Glendale, AZ. She completed her undergraduate degree at the University of Guelph. Her doctoral research was carried out in the laboratory of Dr. Andy Fuglevand at the University of Arizona, where she studied the role of non-synaptic motoneuron properties during volitional behavior in human subjects. She completed postdoctoral training with Dr. Greg Funk at the University of Alberta where she delved further into how intrinsic, synaptic and modulatory properties control motoneuron and premotoneuron activity during the relatively "simple" behavior of breathing. Her research interest continues to focus on understanding the cellular and synaptic properties that contribute to airway patency during sleep and wakefulness. Her current funding from the NIH/NHLBI supports aims that interrogate the role of cholinergic modulation in influencing excitability of the premotoneurons and motoneurons that control the tongue.



### Christine St. Laurent, MS, MPH, PhD

Postdoctoral Research Associate  
Department of Psychological and Brain Sciences, University of Massachusetts Amherst  
cstlaurent@umass.edu  
[@cwstlaurent](#)

Dr. Christine St. Laurent has experience in research design, behavioral data collection, data analysis, and pediatric and maternal health. Her current research focuses on the relationships between early childhood sleep and movement behaviors (i.e., sedentary behaviors and physical activity) and cognitive related outcomes, and how to optimize these behaviors for translational health practices in home and school settings. Under the mentorship of Dr. Rebecca Spencer and with the assistance of her sleep neuroscience research team, her postdoctoral training goals are to enhance her skills in physical activity measurement, project management, behavioral cognitive task design and administration, neuroimaging interpretation and sleep measurement. Building off the foundation of her postdoctoral research, she plans to continue to investigate the effects of physical activity on sleep and cognition by utilizing prospective and experimental (i.e., chronic intervention) study designs and conducting empirical studies in children with atypical development.

---



### Melanie A. Stearns, PhD

Postdoctoral Fellow  
University of Missouri  
mastearns@health.missouri.edu  
[@MelanieAStearns](#)

Dr. Melanie Stearns completed her PhD in Clinical Psychology from Mississippi State University and clinical internship from the University of Mississippi Medical Center. She is interested in studying sleep, parenting behaviors, grandparent caregivers, parent-child relationships and child problem behaviors. She is also interested in how gender (parent and child) impacts these variables. As a postdoctoral fellow in the Mizzou Sleep Research Lab under the mentorship of Dr. Christina S. McCrae, Dr. Stearns is involved in a clinical trial examining a sleep treatment for children with Autism Spectrum Disorder.

---



### Pahnwat Tonya Taweedsdt, MD

Pulmonary Fellow  
Corpus Christi Medical Center  
pahnwatt@gmail.com

Dr. Pahnwat Taweedsdt is a pulmonary fellow at Corpus Christi Medical Center, Texas. She completed her Internal Medicine residency training at Icahn School of Medicine at Mount Sinai (Bronx), NY. Her current research has focused on obstructive sleep apnea phenotypes. She is also interested in the use of artificial intelligence to create an algorithm to predict obstructive sleep apnea.

---

## Meet the Faculty



### Carmela Alcántara, PhD

Associate Professor  
Columbia University School of Social Work  
ca2543@columbia.edu  
[@AlcantaraPhD](#)

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

---



### Indu Ayappa, PhD

Professor of Medicine  
Icahn School of Medicine at Mount Sinai  
indu.ayappa@mssm.edu

Dr. Indu Ayappa is Professor of Medicine at the Icahn School of Medicine at Mount Sinai. She is a biomedical engineer by training. Her research interests are in understanding the pathophysiology of obstructive sleep apnea, understanding variability in excessive daytime sleepiness in patients with sleep apnea, and in the development of diagnostic tools and treatments for sleep apnea. A major focus of her work is the training and mentoring of young scientists in sleep medicine.

---



### M. Safwan Badr, MD, MBA

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

Dr. M. Safwan Badr is a Professor and Chair of Internal Medicine at Wayne State University School of Medicine and Staff Physician at the John D. Dingell VA Medical Center. 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 Veterans Affairs, Department of Defense, and National Institutes of Health. He has mentored numerous trainees and junior faculty members who have launched successful academic careers.

---



### Suzanne Bertisch, MD, MPH

Assistant Professor of Medicine, Harvard Medical School  
Brigham and Women's Hospital  
sbertisch@partners.org  
[@SuzieBertisch](#)

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. She is an alumna of the Young Investigators Research Forum and serving as Chair of the Young Investigators Research Forum 2021.

---



### Nalaka Gooneratne, MD, MSc, ABSM

Associate Professor  
University of Pennsylvania  
ngoonera@upenn.edu

Dr. Nalaka Gooneratne is an Associate Professor with a clinical and research focus on sleep disorders in older adults and the application of mHealth technology for sleep medicine.

---



### 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, postdoctoral fellows, and NIH K awardees who have first-authored over 60 peer-reviewed publications.

---

**Jennifer L. Martin, PhD**

Associate Director, VA Greater Los Angeles, and Professor of Medicine, University of California, Los Angeles

[jennifer.martin@va.gov](mailto:jennifer.martin@va.gov)

[@Jennife82562650](https://twitter.com/Jennife82562650)

Dr. Jennifer L. Martin is Professor of Medicine at the David Geffen School of Medicine at UCLA and the Associate Director for Clinical and Health Services Research in the Geriatric Research, Education and Clinical Center at VA Greater Los Angeles. Dr. Martin's research program focuses on treatment of sleep disorders in women Veterans, older adults, and individuals with multiple complex sleep disorders. Her work is currently funded by VA and NIH. Dr. Martin is an alumna of the Young Investigators Research Forum and currently serves on the American Academy of Sleep Medicine Board of Directors.

---

**Sairam Parthasarathy, MD**

Professor of Medicine, University of Arizona

[sparthasarathy@deptofmed.arizona.edu](mailto:sparthasarathy@deptofmed.arizona.edu)

[@sai\\_sparthamd](https://twitter.com/sai_sparthamd)

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 current research is supported by the NIH/NHLBI, PCORI, American Academy of Sleep Medicine Foundation and industry funding. His research focuses on sleep and breathing in both ambulatory 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 involves implementation science in sleep apnea. Dr. Parthasarathy is committed to training and fostering young scientific investigators in the pursuit of sleep and circadian science.

---

**Sanjay R. Patel MD, MS**

University of Pittsburgh

Professor of Medicine, Epidemiology, and Clinical and Translational Science

[patelsr2@upmc.edu](mailto:patelsr2@upmc.edu)

[@Srpatelmd](https://twitter.com/Srpatelmd)

Dr. Sanjay Patel is Professor of Medicine, Epidemiology, and Clinical and Translational Science at the University of Pittsburgh where he directs the Center for Sleep and Cardiovascular Outcomes Research and also oversees the clinical sleep program at University of Pittsburgh Medical Center. Dr. Patel's research focuses on the epidemiology of sleep patterns and sleep apnea and the bidirectional relationships between sleep and cardio-metabolic disease.

---



### Susan Redline, MD, MPH

Professor of Sleep Medicine and Epidemiology  
Brigham and Women's Hospital, Harvard Medical School  
sredline@bwh.harvard.edu  
[@SusanRedline](#)

Dr. Susan Redline is the Director of the Program in Sleep Medicine Epidemiology at Brigham and Women's Hospital, Harvard Medical School. She directs the Sleep Reading/Data Coordinating Centers for large cohort studies and multi-center clinical trials and the National Sleep Research Resource. Her research addresses 1) the etiologies of sleep disorders, including the role of genetic and early life factors and health disparities; and 2) health outcomes of sleep disorders and the role of sleep interventions in improving health.

---

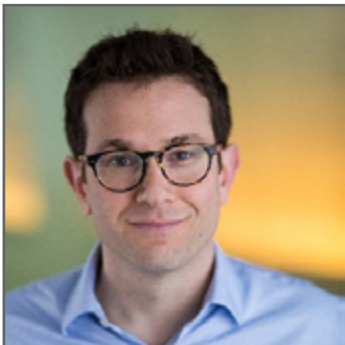


### Katherine M. Sharkey, MD, PhD

Associate Professor  
The Warren Alpert Medical School of Brown University  
katherine\_sharkey@brown.edu  
[@katie\\_sharkey](#)

Dr. Katie Sharkey is associate professor of Medicine and Psychiatry & Human Behavior and Assistant Dean for Women in Medicine and Science at the Warren Alpert Medical School. Her research is supported by grants from the National Institute of Mental Health and the Hassenfeld Institute. She is an Associate Editor of Behavioral Sleep Medicine and serves on the Sleep Health editorial board. Dr. Sharkey is a founding member of Time's Up Healthcare and is Mentorship Chair of the American Medical Women's Association. Dr. Sharkey is an alumna of the Young Investigators Research Forum.

---



### Adam P. Spira, PhD

Professor  
Department of Mental Health, Johns Hopkins Bloomberg School of Public Health  
aspira@jhu.edu  
[@adamspira](#)

Dr. Adam Spira is Professor and Vice Chair for Research and Faculty in the Department of Mental Health at the Johns Hopkins Bloomberg School of Public Health. Dr. Spira's training is in clinical psychology and epidemiology and his research focuses on associations of poor sleep with cognitive and functional decline and Alzheimer's disease biomarkers.

---



### Andrew W. Varga, MD, PhD

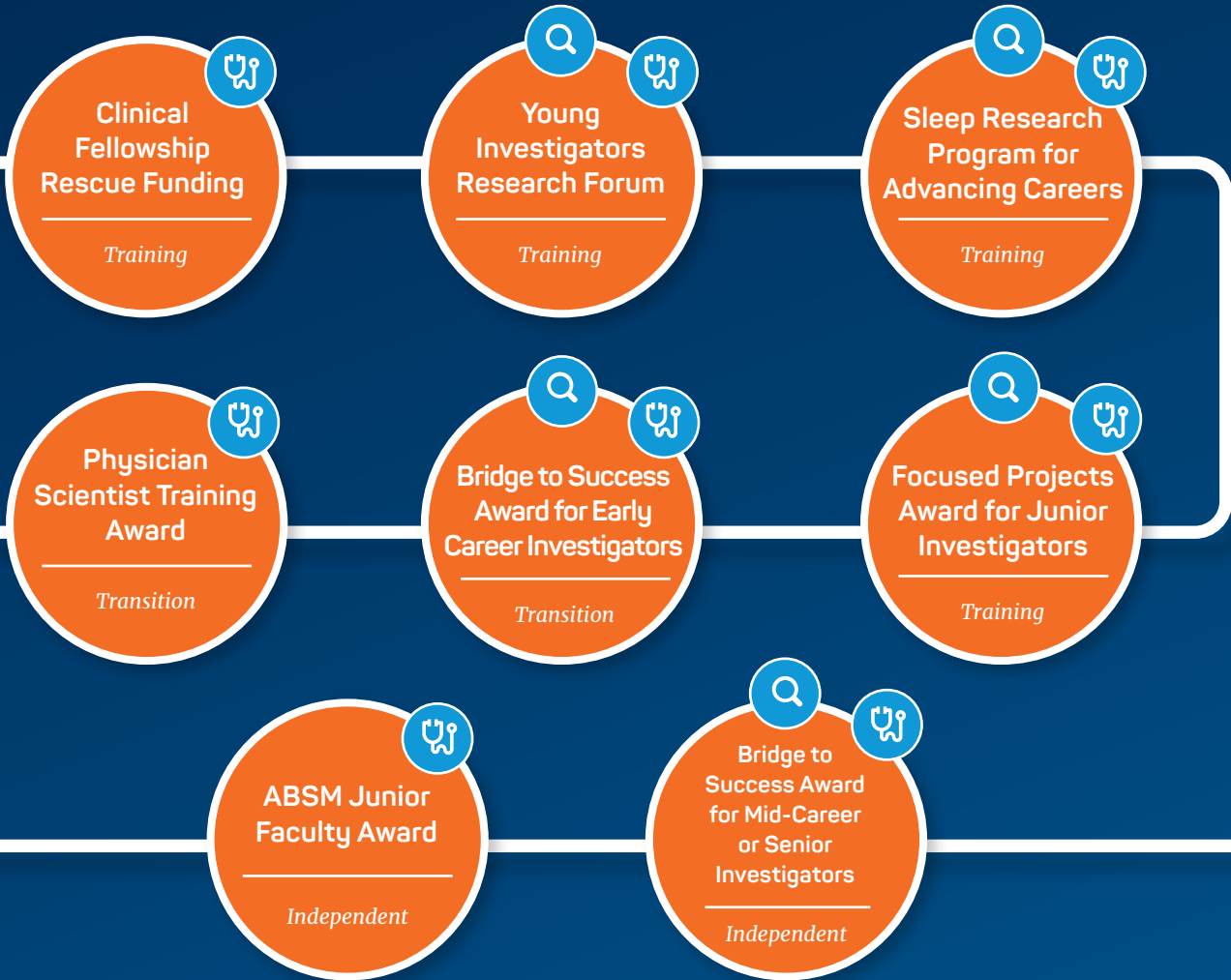
Assistant Professor in Medicine  
Icahn School of Medicine at Mount Sinai  
andrew.varga@mssm.edu

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. Dr. Varga is an alumni of the Young Investigators Research Forum and is currently serving as Vice Chair of the Young Investigators Research Forum 2021.

---

# AASM FOUNDATION

## Career Development Awards and Programs



### Investigator-Initiated Awards



### Community Awards



### Research Supplements

- COVID-19 Relief Funding for AASM Foundation Award Recipients
- Diversity Supplement Award



# 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 are 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

Supports 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**

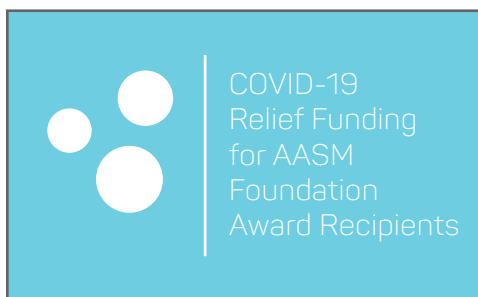


### Strategic Research Award

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**

## RESEARCH SUPPLEMENTS



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

Provides additional funds to AASM Foundation award recipients who have encountered challenges with making progress on AASM Foundation-funded research projects due to the COVID-19 pandemic.

**Up to \$10,000 per award**



### Diversity Supplement Award

Provides an opportunity for AASM Foundation-funded investigators to support mentored sleep and circadian research training of promising students, postdoctoral fellows and clinical fellows who are members of minority groups traditionally underrepresented in US science to participate in AASM Foundation-funded research projects.

**Up to \$50,000 per award**

# 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 sleep care and/or education.

**\$5,000 per award plus travel award to SLEEP meeting**

## 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



## Sleep Medicine Fellow Funding Award

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

**Up to \$130,000 per award for 1 year**



## Sleep Research Program for Advancing Careers

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

**Supports up to 5 SOAR Fellows for 10 months**



## Young Investigators Research Forum

This career-building research retreat brings together early career investigators and renowned sleep investigators in clinical and translational sleep medicine research. The research forum provides guidance, tactics, and strategies to better position junior investigators for a successful career in clinical sleep research. Postdoctoral fellows, clinical fellows, and junior faculty are selected through a competitive application process based on their commitment to a sleep research career.

**Supports up to 30 trainees**



## VOLUNTEER OPPORTUNITIES

### Award Review Committees

Evaluate the quality and potential impact of applications for AASM Foundation award programs.

### Development Council

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

### Research Fellowship Committee

Develops and implements activities that grow the pipeline of sleep and circadian scientists.

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



## 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.

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

---

### JCSM Manuscript Reviewer

The *Journal of Clinical Sleep Medicine* is seeking manuscript reviewers. If interested, contact **Rosanne Money** at [rmoney@aasm.org](mailto: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](mailto:Montage@aasm.org).

Visit [aasm.org/membership/volunteer](https://aasm.org/membership/volunteer) for more information on volunteering opportunities.

---



# REM

BECOME A  
PUBLISHED  
AUTHOR

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

## LET'S FEATURE YOUR CONTENT

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

## WHAT YOU GET IN RETURN

- » A citable article published in a high-impact, medline-indexed sleep journal
- » Exposure to nearly 11,000 AASM members and journal subscribers
- » Positioning as an up-and-coming physician in the field
- » A publication to add to your CV and job applications
- » Social media spotlight via the JCSM Twitter account

**Ready to see your submission featured in REM?**

Visit [jcsm.aasm.org/submit/submission-guidelines#REM](https://jcsm.aasm.org/submit/submission-guidelines#REM) for contributor guidelines

JCSM

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





## MENTORSHIP AWARDS

### SRS Mentor Mentee Award

The goal of the SRS Mentor Mentee Award is to link trainees with limited sleep/circadian mentoring options in their chosen field of interest to mentors that can provide rich, face-to-face opportunities in state-of-the-art research techniques and methods.

**One Year Award:** Up to \$3,500 per award

*Funding Provided by the Sleep Research Society Foundation*

## CAREER DEVELOPMENT AWARDS

### Outstanding Early Investigator Award

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

**Annual Award:** \$1,000 per recipient

### SRSF Career Development Award

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

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

*Funding Provided by the Sleep Research Society Foundation*

### SRS Small Research Grant

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

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

*Funding Provided by the Sleep Research Society Foundation*

## TRAVEL AWARDS

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

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

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

*Funding Provided by the Sleep Research Society Foundation*

### SLEEP 2021 Post Graduate Course Scholarship

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

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

*Funding Provided by the Sleep Research Society Foundation*

### SLEEP 2021 Undergraduate Scholarship

These scholarships fund undergraduates to attend SLEEP 2021.

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

*Funding Provided by the Sleep Research Society Foundation*

### Young Investigator's Research Forum Scholarships

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

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

*Funding Provided by the Sleep Research Society Foundation*

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

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

# Federal Funding Agencies



**Agency for Healthcare  
Research and Quality**

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

- [Tamara D. Willis, Ph.D., M.P.H.](#)

## Office for Research on Women's Health

- [Jamie White, M.S.](#)

## Office of Behavioral and Social Sciences Research

- [Dana Schloesser, Ph.D.](#)



**National Institutes  
of Health**



**U.S. Department  
of Veterans Affairs**

## Office of Research & Development

- [Amanda Hunt, PhD](#)
- [Carole Woodle, PhD](#)

## National Heart, Lung, and Blood Institute

- [Marishka Brown, Ph.D.](#)
- [Aaron Laposky, Ph.D.](#)

## National Institute on Alcohol Abuse and Alcoholism

- [Ivana Grakalic, Ph.D.](#)

## National Institute of Aging

- [Mack Mackiewicz, Ph.D.](#)

## National Cancer Institute

- [Todd Horowitz, Ph.D.](#)

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

- [Karen Lee, M.D.](#)

## National Center for Complementary and Integrative Health

- [Inna Belfer, M.D., Ph.D.](#)

## National Institute of Diabetes, Digestive and Kidney Disease

- [Karen Teff, Ph.D.](#)

## National Institute on Drug Abuse

- [Roger Little, 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

- [Karen Huss, Ph.D.](#)