**Young Investigators Research Forum 2023**

<table>
<thead>
<tr>
<th><strong>ISSUE DATE:</strong></th>
<th>September 12, 2022</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>APPLICATION DUE DATE:</strong></td>
<td>October 24, 2022 by 11:59 pm ET</td>
</tr>
<tr>
<td><strong>SELECTION NOTIFICATION:</strong></td>
<td>By January 6, 2023</td>
</tr>
</tbody>
</table>
| **FORUM DATES AND VENUE:** | Virtual Meetings: March 2023  
                           May 2023  
                           In-Person Meeting: April 26-28, 2023  
                           The Bethesda Hotel  
                           8120 Wisconsin Avenue  
                           Bethesda, MD 20814 |
| **AMOUNT OF FUNDING:** | Selected Young Investigators Research Forum trainees will be provided:  
                           • A travel scholarship that includes travel and lodging funded by the AASM Foundation to the in-person Young Investigators Research Forum 2023 in Bethesda, MD. |
| **CONTACT:** | AASM Foundation  
                           2510 N. Frontage Road  
                           Darien, IL 60561  
                           Phone: 630-737-9724  
                           E-mail: [foundation@aasm.org](mailto:foundation@aasm.org) |
In an effort to expand the field of sleep medicine with highly qualified researchers that will lead breakthrough discoveries in circadian science and sleep research, the AASM Foundation is committed to the growing and supporting the pipeline of sleep scientists by investing in the research careers of new investigators through mentorship and grant writing skills opportunities.

The Young Investigators Research Forum is a research training program designed to aid the career development of promising early career investigators in circadian and sleep research by providing opportunities to network with senior sleep investigators, exposure to federal and foundation funding agencies and sleep funding mechanisms, refine their research ideas, and guidance to thrive in an academic sleep research career.

This AASM Foundation program is supported by Avadel and the American Academy of Sleep Medicine.

**PURPOSE**
The Young Investigators Research Forum is aimed at providing guidance, tactics, and strategies to better position early career investigators for a successful career in circadian and sleep research. The aims are to:

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

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

**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.

PROGRAM
The Young Investigators Research Forum consists of online and in-person didactic presentations, workshops, and small group sessions covering scientific writing and stewardship, opportunities for funding and collaboration, navigating the academic environment, and networking. As active participants, early career investigators will have the opportunity to present their current research, provide feedback on each other’s research proposals and review a grant.

The Young Investigators Research Forum is held in-person with online meetings done prior to and after the 3-day in-person meeting at Bethesda, Maryland. The Young Investigators Research Forum 2023 agenda can be found below. The program is subject to change as plans for the research forum are finalized.

Young Investigators Research Forum 2023 Agenda

FUNDING INFORMATION
Selected Young Investigators Research Forum trainees will be provided a travel scholarship that includes travel and lodging funded by the AASM Foundation to the in-person Young Investigators Research Forum 2023 in Bethesda, MD.

ELIGIBILITY
The following individuals are eligible to apply:
• Physicians (MD or DO) who are board-eligible or board-certified in sleep medicine by a member board of the American Board of Medical Specialties or American Osteopathic Association and have completed their sleep medicine fellowship within the past 10 years, or who are currently enrolled in an ACGME-accredited sleep medicine fellowship program are eligible to apply.
• Researchers (PhD or other similar doctoral degree) who are within 10 years of completing their post-doctoral training or who are currently post-doctoral fellows.
• Must be members of the American Academy of Sleep Medicine, Sleep Research Society, American Academy of Neurology, American Academy of Pediatrics, American College of Chest Physicians, American Thoracic Society, and/or Society for Research of Biological Rhythms.

INELIGIBILITY
The following individuals are NOT eligible to apply:
• Individuals who have received a federal career development grant (NIH K grant, VA Career Development Grant, or equivalent), or independent research funding (NIH R01 or equivalent) at the time of application.
• Individuals who are at an institution outside of the United States.

REVIEW CRITERIA AND PROCESS
The AASM Foundation Research Career Development Committee will evaluate and score all submitted applications. Factors that will be taken into consideration include:

1. **Contribution to Science:** Clear commitment to an academic sleep research career through publication and project efforts, and training to date.
2. **Specific Aims:** Current or planned research is scientifically sound.
3. **Career Plan:** Focused future career goals in sleep research.
4. **Mentoring Plan and Needs:** Appropriate mentors are identified, and plan will help fill gaps in knowledge, skillset, and abilities. If no mentors are identified, the plan clearly outlines strategies for acquiring mentorship and support for filling gaps in knowledge, skillset, and abilities.
5. **Appropriateness:** How participation in the Young Investigators Research Forum will enhance the applicant’s career trajectory in circadian and sleep research.

APPLICATION

**Step 1: AASM Foundation Grant Request registration**
To apply for the Young Investigators Research Forum, you must register on AASM Foundation Grant Request. Please refer to the AASM Foundation Grant Request User Access Guide for guidance on setting up an account. For an overview of the information that is requested on the application form, please view the Young Investigators Research Forum 2023 Application Outline.

**Step 2: Complete application**

**ACCESS THE YOUNG INVESTIGATORS RESEARCH FORUM APPLICATION 2023**

**Application Checklist**

<table>
<thead>
<tr>
<th>Form</th>
<th>Page/Word Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face page</td>
<td></td>
</tr>
<tr>
<td>A. Applicant</td>
<td></td>
</tr>
</tbody>
</table>
Biographical Sketch
   A. Personal Statement
   B. Positions and Honors
   C. Contribution to Science
   D. Research Support

Specific Aims Page

Career Plan

Mentoring Plan and Needs

Letters of Support
   A. Current or former mentors
   B. Department chair or fellowship director

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