

Community Sleep Health and Public Awareness Grant Dissemination Guide

The AASM Foundation expects that all grant recipients of the Community Sleep Health and Public Awareness Grant have a plan for disseminating the knowledge gained, content developed, and the project's framework to allow reproducibility or expansion of the initiative to local, national or global key audiences during or shortly after completing the project. While the AASM Foundation will post project results on its website, project teams should identify method(s) for dissemination with identified audiences. Examples of these methods can be found below; however, it is up to the project team to decide which dissemination method(s) are feasible and maximize outreach to include as part of the application.

- Submit an abstract to the Associated Professional Sleep Societies annual SLEEP meeting or other national conferences and meetings of professional associations
- Publish project findings in peer-reviewed journals, such as the [*Journal of Clinical Sleep Medicine*](#), or in local or statewide publications
- Host a webinar, podcast, or live social media events reaching a relevant audience
- Share project outcomes and/or products through the communication channels of other professional organizations.
- Present project results to local community groups and other local stakeholders
- Create and distribute program materials, such as flyers, guides, pamphlets, and media resources
- Create toolkits of training materials and curricula for other communities
- Publicize available services and resources on the nonprofit organization's website
- Discuss project activities on the local radio
- Publish information in the local newspaper
- Issue a press release