



YOUNG INVESTIGATORS
RESEARCH FORUM



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Welcome to the 15th Annual American Academy of Sleep Medicine AASM Foundation (AASM Foundation) Young Investigator's Research Forum! The Young Investigators Research Forum 2023 program will take place from March-June 2023, with virtual events before and after the in-person meeting in Bethesda, MD. Over the course of the program, the Young Investigators Research Forum will provide guidance and support for early-career sleep and circadian scientists, equipping them for academic success and personal growth.

The supportive environment of the Young Investigators Research Forum offers abundant opportunities for trainees to connect with one another and with established leaders in sleep and circadian research. Trainees will hear from a wide array of program officers from agencies including the AASM Foundation, Agency for Healthcare Research Quality, National Institutes of Health, National Science Foundation, Patient Centered Outcomes Research Institute, Sleep Research Society, and the US Department of Veterans Affairs to learn about funding opportunities and ask questions in a small group setting. In breakout sessions with our faculty, trainees will have opportunities to present their research ideas and gather feedback to sculpt those ideas into successful grant applications. The mock grant review will provide insight into the scientific peer review process and how research grant proposals are assessed. Through didactic discussions on diversity, mentorship, preparing talks, aspects of career advancement, and navigating academia, trainees can expect to finish the program confident and eager to progress in their careers.

I am truly grateful for the Young Investigators Research Forum 2023 faculty, whose passion, wisdom and dedication to training early-career scientists make this program possible. As leaders in your field, your time and resources are valuable, and we appreciate your generosity in sharing your unique perspectives and experiences. Whether you have participated in Young Investigators Research Forum since its inception or are joining us for the first time, we hope that you find the program beneficial and rewarding.

To the trainees: Congratulations on your participation in the Young Investigators Research Forum 2023! As an alumna of the Young Investigator Research Forum 2011, I can attest to the numerous and long-lasting benefits that this program has had on my own research achievements. The AASM Foundation and its leadership, staff and volunteers are honored to support your careers as you advance the field of sleep and circadian research.

I can't wait to meet you all and work together this year!

Sincerely,



Kiran Maski, MD MPH

Chair, Young Investigators Research Forum 2023



Course Description

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 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.
2. Disseminate vital information required for pursuing a career in circadian and sleep science.
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 and nonprofit funding agencies.

The Young Investigators Research Forum consists of didactic presentations, leadership workshops, small group sessions covering 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 and circadian research, including how to foster collaborations and develop mentorship relationships.
- Understand the policies and various mechanisms for sleep and circadian 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 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 Foundation Young Investigators Research Forum as live activity for a maximum of 13.5 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.

Young Investigators Research Forum 2023 Program

KICK-OFF MEETING | March 14, 2023

Zoom Meeting ID: 852 5393 5607 | Passcode: 949290

Time	Presentation	CME Hours
1:00 pm ET	Welcome and Getting the Most Out of the Young Investigators Research Forum 2023 Kiran Maski, MD, MPH	Not applicable
1:15 pm ET	The NIH Review Process Katie Stone, PhD	0.5
1:45 pm ET	Specific Aims Do's and Don'ts Philip Cheng, PhD	0.5
2:15 pm ET	Refining your NIH Biosketch Sigrid Veasey, MD	0.5
2:45 pm ET	Question & Answer	Not applicable

ON-DEMAND WEBINARS

Presentation	CME Hours
How AASM Foundation Funding Can Jumpstart and Sustain Your Research Career Vanessa Gonzalez, MPH	Not applicable
Foundations and Other Funding Sources to Support your Research Andrew W. Varga, MD, PhD	0.5
Sleep Funding Mechanisms at the Sleep Research Society Christine Davis	Not applicable
Sleep Funding Mechanisms at the US Department of Veteran Affairs Carole Woodle, PhD	0.25
Sleep Funding Mechanisms at the Agency for Healthcare Research and Quality Tamara Willis, MD, MPH	0.25
Sleep Funding Mechanisms at the Patient-Centered Outcomes Research Institute Alyssa Todaro Krumlauf, PhD	0.25
Sleep Funding Mechanisms at the National Institutes of Health Shailesh Kumar, PhD	0.25
Sleep Funding Mechanisms at the National Science Foundation Jonathan Fritz, PhD	0.25
Update on National Institutes of Health Policies Speaker: TBD	0.5
National Institutes of Health Grant Competition Speaker: TBD	0.5

Group 4: Special Populations Research

Time	Presentation	CME Hours
12:00 pm ET	Trainee and Faculty Networking Lunch	Not applicable
1:30 pm ET	Welcome Remarks and Intro to Aspects of Being a Good Scientist Kiran Maski, MD, MPH	Not applicable
2:00 pm ET	Speed Networking Sessions	Not applicable
Break at 3:10 pm ET		
Aspects of Being a Good Scientist		
3:25 pm ET	Getting the Most Out of the Mentor/Mentee Relationships Reena Mehra, MD, MS	0.5
3:55 pm ET	Diversity and Inclusion in Sleep Research Chandra Jackson, PhD	0.5
Break at 4:25 pm ET		
4:30 pm ET	Navigating the (Bumpy) Path to Early Career Awards Jared Saletin, PhD	0.5
5:00 pm ET	How to Give a Great Talk Kenneth Wright, PhD	0.5
Break at 5:30 pm ET		
7:00 pm ET	Dinner	Not applicable

THE BETHESDAN HOTEL

April 27, 2023

Time	Presentation	CME Hours
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Breakfast served at 8:00 am

8:00 am ET	Overview of Funding Agency Day and Grant Proposal Blitz Tim McKenna, PhD	Not applicable
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Funding Agencies

Funding Agency Short Presentations

Moderator: Marishka K. Brown, PhD

National Heart, Lung and Blood Institute, National Center on Sleep Disorders Research

Panelists:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Alfonso Alfini, PhD
<i>National Heart, Lung and Blood Institute</i> • Lawrence Baizer, PhD
<i>National Heart, Lung and Blood Institute</i> • Inna Belfer, MD, PhD
<i>National Center for Complementary and Integrative Health</i> • Alyssa Brooks, PhD
<i>Patient-Centered Outcomes Research Institute</i> • Christine Davis
<i>Sleep Research Society Foundation</i> | <ul style="list-style-type: none"> • Nancy Jones, PhD
<i>National Institute on Minority Health and Health Disparities</i> • Shailesh Kumar, PhD
<i>National Heart, Lung and Blood Institute</i> • Aaron Laposky, PhD
<i>National Heart, Lung and Blood Institute</i> • Roger Little, PhD
<i>National Institute on Drug Abuse</i> • Dana Schloesser, PhD
<i>Office of Behavioral and Social Sciences Research</i> |
| <ul style="list-style-type: none"> • Shilpy Dixit, PhD
<i>National Heart, Lung and Blood Institute</i> • Vanessa Gonzalez, MPH
<i>American Academy of Sleep Medicine Foundation</i> • Ivana Grakalic, PhD
<i>National Institute on Alcohol Abuse and Alcoholism</i> • Janet He, PhD
<i>National Institute of Neurological Disorders and Stroke</i> • Todd Horowitz, PhD
<i>National Cancer Institute</i> • Karen Huss, PhD
<i>National Institute of Nursing Research</i> | <ul style="list-style-type: none"> • Michael Sesma, PhD
<i>National Institute of General Medical Sciences</i> • Barbara Sorkin, PhD
<i>Office of Dietary Supplements</i> • Xenia Tigno, PhD
<i>Office of Research on Women's Health</i> • Tamara Willis, PhD, MPH
<i>Agency for Healthcare Research and Quality</i> • Carole Woodle, PhD
<i>US Department of Veterans Affairs</i> |

8:15 am ET

Not applicable

Break at 10:30 am

THE BETHESDAN HOTEL
April 27, 2023 (Continued after break)

Time	Presentation	CME Hours
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10:35 am ET	Meet & Greet with Funding Agency Representatives	Not applicable
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12:00 pm ET	Lunch	
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Grant Proposal Blitz: Specific Aims Small Groups

	Group 1: Diagnostic and Clinical Research	
	Group 2: Population Sciences and Epidemiology	
1:00 pm ET	Group 3: Psychology and Behavioral Sciences	3.0
	Group 4: Special Populations Research	
	Group 5: Basic Science and Translational Research	

Break at 4:00 pm ET

Shuttle Boarding at 6:00 pm ET

6:30 – 8:30 pm ET	Dinner and Bowling Pinstripes 11920 Grand Park Avenue North Bethesda, MD 20852	
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THE BETHESDAN HOTEL

April 28, 2023

Time	Presentation	CME Hours
Breakfast served at 7:00 am		
7:45 am ET	Overview of Mock Grant Review Session and The Academic Environment Kiran Maski, MD, MPH	Not applicable
Mock Grant Review Session Small Groups		
Mock Grant Review Session Study Section A		
8:00 am ET	Mock Grant Review Session Study Section B <hr/> Mock Grant Review Session Study Section C <hr/> Mock Grant Review Session Study Section D	2.75
Break at 10:45 am		
The Academic Environment		
11:15 am ET	Negotiating for an Academic Position Raj Dedhia, MD	0.5
11:45 am ET	Importance of How and When to Say No Sairam Parthasarathy, MD	0.5
12:15 pm ET	Thriving in Academia Ruth Benca, MD, PhD	0.5
12:45 pm ET	Closing Remarks Kiran Maski, MD, MPH Tim McKenna, PhD	Not applicable
1:00 pm ET	Adjourn	Not applicable

VIRTUAL EDITOR PANEL | May 12, 2023
Zoom Meeting ID: 841 1372 2010 | Passcode: 037654

Time	Presentation	CME Hours
Editor Panel: Wise Advice from Sleep Research Journal Editors		
	Nancy Collop, MD <i>Emory University</i> Editor-in-Chief, <i>JCSM</i>	
3:00 pm – 5:00 pm ET	Allan I. Pack, MBChB, PhD <i>University of Pennsylvania</i> Editor-in-Chief, <i>SLEEP</i>	Not applicable
	Sanjay Patel, MD <i>University of Pittsburgh</i> Associate Editor, <i>AJRCCM</i>	

Inclusive Leadership Workshops May 25, 2023 and June 20, 2023		
Zoom Meeting – CliftonStrengths	Zoom Meeting – Inclusive Leadership	
Meeting ID: 864 4622 2667	Meeting ID: 886 4110 6308	
Passcode: 588339	Passcode: 768645	

Time	Presentation	CME Hours
May 25 th 12:00 – 1:30 pm ET	CliftonStrengths Workshop Christopher Clarke, MPA and Kennedy Robinson, M.Ed. <i>Allen Clarke Consulting</i>	Not applicable
June 20 th 1:00 – 2:30 pm ET	Inclusive Leadership Workshop Christopher Clarke, MPA and Kennedy Robinson, M.Ed. <i>Allen Clarke Consulting</i>	Not applicable
	Katherine Sharkey, MD, PhD <i>Brown University</i>	

NETWORKING LUNCH	REGISTER TODAY!
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JW MARRIOTT INDIANAPOLIS | JUNE 6, 2023 | 12:00-1:30 PM ET

Meet the Trainees



Sydney Aten, PhD (she/her/hers)

Postdoctoral Research Fellow | Beth Israel Deaconess Medical Center/Harvard Medical School
saten@bidmc.harvard.edu | @sydney_aten

Dr. Sydney Aten received her PhD in Neuroscience with emphasis on cellular-level research from The Ohio State University (OSU). At OSU, she trained in signaling and astrocyte physiology labs where she studied the cellular underpinnings of circadian-timekeeping capacity in addition to astrocyte-neuron biology. She is currently working as a postdoctoral fellow in the lab of Dr. Cliff Saper where she hopes to gain knowledge and expertise related to sleep physiology in addition to circuit-level circadian clock timing mechanisms that control sexual and reproductive behaviors in mice. Her goal is to become

an independent researcher where she can mentor students and lead a lab that studies both cellular and systems-level research on the mechanisms that underlie the circadian control of behavior and sleep. In the future, she also hopes to form collaborations with clinical researchers/physicians to explore translational sleep and circadian science.



Lauren Barber, PhD, MSc (she/her/hers)

Postdoctoral Fellow | Emory University
lauren.barber@emory.edu

Dr. Lauren Barber is a post-doctoral fellow in the Epidemiology Department at the Rollins School of Public Health at Emory University. She earned a Master of Science degree in Epidemiology from the Harvard T.H. Chan School of Public Health and a PhD in Epidemiology from Boston University. Her research interests center around studying cancer etiology and mortality in underserved populations and investigating potential drivers, such as poor sleep health, that may contribute to racial disparities in cancer. In particular, Dr. Barber's post-doctoral research focuses on identifying determinants

of sleep disparities and the role that sleep and social contextual factors play in breast cancer outcomes among Black and White women. The overarching goals of Dr. Barber's research are to bridge the fields of sleep and cancer epidemiology and reduce cancer health disparities by identifying modifiable factors for targeted intervention.



Anthony Q. Briggs, PhD (he/him/his)

Instructor | NYU Langone Health
anthony.briggs@nyulangone.org

Dr. Anthony Briggs is a public health scientist whose research focuses on how anxiety, depression and stress impact the well-being of racial and ethnic minority elderly populations in North America. As a NIH T32 post-doctoral research fellow and Alzheimer's Disease Research Center Research Education Component Scholar, he received training in longitudinal epidemiologic cohort studies of insufficient sleep, aging, genetic, behavioral, environmental and psychosocial determinants of insufficient sleep, memory loss and Alzheimer's Disease among Blacks in the greater New York City and/or Tri-State area. Prior

to his NIH T32 fellowship, his research examined how psychosocial and environmental factors negatively impacted the overall mental health and wellbeing of underrepresented groups in Canada, specifically Caribbean Blacks males. He then focused on how social determinants of health aided in the health deterioration within underrepresented groups in Canada and US, with an emphasis on Caribbean immigrants and Blacks. His post-doctoral research examines biological and clinical factors that have influenced the aging process in Black populations in the areas of sleep health and cognitive decline.

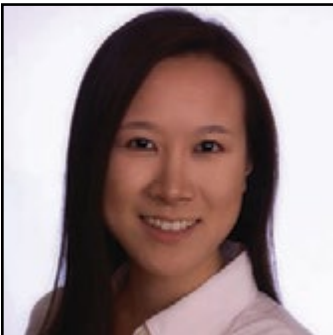


Leandro Campos de Brito, PhD (he/him/his)

Postdoctoral Fellow | Oregon Health & Science University
britol@ohsu.edu | @lcdebrito10

Dr. Leandro Campos de Brito received a Bachelor of Science in Movement Sciences from Paulista University and a Master of Science and PhD in Human Physiology from University of São Paulo, in Brazil, with an internship period in the University of Oregon Department of Human Physiology. Dr. Brito has background in exercise physiology, circadian rhythms, and hypertension and his focuses are currently in investigating chronotherapeutic exercise-based interventions against cardiovascular risk in vulnerable populations. Dr. Brito's long-term career goal is to become an independent

investigator to conduct high-impact research in circadian biology and exercise physiology to determine the optimal timing of exercise to impact cardiovascular health in patients with chronic disease. To achieve this goal, Leandro is currently receiving training in sleep and circadian physiology under the mentorship of Drs. Saurabh Thosar and Steven Shea.



Yi Cai, MD (she/her/hers)

Sleep Medicine Fellow | University of Pennsylvania
yi.cai2016@gmail.com

Dr. Yi Cai is driven by the desire to help patients overcome poor or inadequate sleep. This led her to pursue a hybrid Sleep Medicine and Sleep Surgery fellowship following her residency in Otolaryngology – Head and Neck Surgery at the University of California, San Francisco. During her residency, Dr. Cai studied and published on the application of shared decision-making and consumer sleep tracking technologies to care for surgical sleep apnea patients. Her primary research focus in the future will be to apply these tools to addressing the widely prevalent problem of insufficient sleep in

the general population. She will also pursue research in examining additional outcome measures (beyond the apnea-hypopnea index and common patient-reported outcome measures) for surgical sleep apnea therapy.



Christopher Abel Cano, MD (he/him/his)

Sleep Medicine Fellow | Brigham and Women's Hospital and Massachusetts General Hospital
cacano@partners.org

Dr. Christopher Cano grew up in Harlingen, Texas, a small town on the most southern Texas-Mexico border. He attended medical school in Dallas, Texas at UT Southwestern and has been in Boston, MA for the past five years for a neurology residency at Beth Israel Deaconess Medical Center and sleep medicine fellowship at the Brigham and Women's Hospital and Massachusetts General Hospital. He was awarded an NIH R25 grant and spent 2 years between neurology residency and sleep medicine fellowship performing basic science research in Dr. Tom Scammell's laboratory. He has been

working on a project that is seeking to understand how acetylcholine tone in the medial prefrontal cortex is affected across sleep-wake states by orexin-peptide deficiency.

**Katie Cederberg, PhD (she/her/hers)**

Postdoctoral Fellow | Stanford University
kcederb@stanford.edu

Dr. Katie Cederberg's primary research interests focus on studying the efficacy and effectiveness of exercise for managing symptoms of Restless Legs Syndrome (RLS). She received her PhD in Rehabilitation Science from the University of Alabama at Birmingham in December 2020, in which her dissertation utilized a series of methodological approaches to comprehensively examine the relationship between physical activity and RLS in adults with multiple sclerosis. She is currently a postdoctoral scholar at Stanford University, where she devotes her time to conducting research aimed at better

understanding the relationship among genetics, proteomics, and the presence of and severity of symptoms related to RLS. Her current research is interested in patient's personal experiences with exercise and RLS as well as the relationship between exercise and proteomic biomarkers of RLS. She plans to utilize her experience and training to develop a line of research for informing exercise prescription parameters specifically for managing symptoms of RLS.

**Rebecca C. Cox, PhD (she/her/hers)**

Postdoctoral Associate | University of Colorado
rebecca.cox@colorado.edu | @coxrc

Dr. Rebecca Cox completed her PhD in clinical psychology at Vanderbilt University, where she studied sleep disturbance in obsessive-compulsive disorder (OCD). She is currently completing postdoctoral training in sleep and circadian science under the mentorship of Dr. Kenneth Wright at the University of Colorado and is conducting a study testing the efficacy of light therapy for OCD. She hopes to pursue an academic career studying sleep and circadian disruption in anxiety-related disorders.

**Johanna E. Elumn, PhD, MSW (she/her/hers)**

Instructor | Yale School of Medicine
johanna.elumn@yale.edu

Dr. Johanna Elumn is an instructor in General Internal Medicine, core faculty of the SEICHE Center for Health and Justice, part of the Office of Diversity, Equity, and Inclusion in Internal Medicine, and a Yale Center for Clinical Investigation Scholar at the Yale School of Medicine. She is a social worker and researcher who brings her personal, clinical, and research experience to studying the intersection of incarceration, sleep, and health disparities using community-based participatory research approaches.

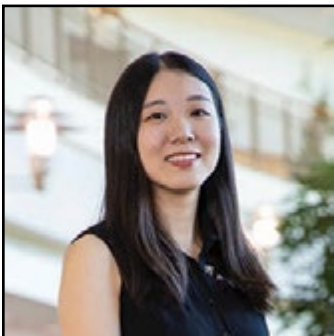
Her current projects focus on the sleep health of people recently released from jail or prison and related health outcomes: 1) sleep, post-traumatic stress disorder, and cardiovascular disease risk-factor control, 2) sleep deficiency and opioid use disorder treatment retention, and 3) the role of the social and physical environment during incarceration and after release on sleep health.

**Sarah Ferraro, PhD (she/her/hers)**

Postdoctoral Fellow | Boston Children's Hospital/Harvard Medical School
sarah.ferraro@childrens.harvard.edu

Dr. Sarah Ferraro's career path is motivated by a curiosity and desire to understand the molecular mechanisms linking the circadian system and neurodevelopmental disorders. Her graduate training has imparted an expertise in behavioral circadian rhythm analysis, disease modeling, and rodent behavior. A strong foundation in chronobiology and behavioral neuroscience allowed her to pursue interdisciplinary training in cellular and molecular biology, developmental neuroscience, and protein structure-function analysis. In her current role as postdoctoral fellow, she is building

upon this foundation by investigating compensation and resilience of the circadian clock in response to cellular stressors, and in models of neurodevelopmental disorders.

**Chenlu Gao, PhD (she/her/hers)**

Postdoctoral Research Fellow | Brigham and Women's Hospital/ Harvard Medical School
cgao6@bwh.harvard.edu

Dr. Chenlu Gao completed her doctoral training in Psychology at Baylor University and am currently a second-year postdoctoral fellow at the Medical Biodynamics Program, Brigham and Women's Hospital/ Harvard Medical School. She is interested in studying the connections among sleep, circadian rhythms, and cognition. Under the mentorship of Drs. Peng Li, Kun Hu, and David A. Bennett, her ongoing projects investigate whether characteristics of daytime napping, such as duration, frequency, timing, variability, are associated with increased risks for cognitive impairment or dementia. She plans to

apply for a NIH K99 award in 2024, based on the findings of her ongoing projects.

**Desiree Garcia Anton, MD**

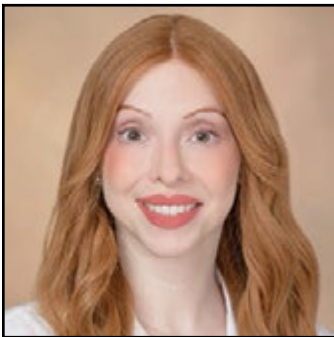
desireegarciamd@gmail.com | @dgarciaanton

Dr. Desiree Garcia Anton sub-specialized in both Sleep Medicine and Nephrology. Her ultimate goal is to become an independent clinical researcher with a special interest in addressing gaps in knowledge of sleep related disorders and kidney disease and with a focus on health disparities in Hispanics/Latinos. Serving as a member for the American Society of Nephrology Diversity, Equity and Inclusion Committee has given her a special sensitivity and experience towards health disparities and the crucial need for advocacy, research, and policy change in this subject.

**Luciana Giorgio, PhD (she/her/hers)**

Assistant Professor | University of Alabama School of Social Work
luciana.giorgio@ua.edu
@luci_giorgio

Dr. Luciana Giorgio is a social work and behavioral health researcher with expertise in Latinx sleep health. She received her Master in Social Work and PhD from Columbia School of Social Work where she received research training from Dr. Carmela Alcántara. Her research focuses on investigating how psychosocial and behavioral factors, such as stress and coping, influence the risk of poor sleep health and cardiometabolic/ cardiovascular disease among underserved communities, particularly racial and ethnic minority women. As she begins her tenure-track career, she plans to examine the bi-directional relationship between different coping strategies and sleep health outcomes and investigate how this relationship impacts risk factors for cardiometabolic and cardiovascular disease among women. Her long-term goal is to develop behavioral interventions to improve sleep and advance health equity among underserved groups.

**Suzanne B. Gorovoy, PhD, EdM (she/her/hers)**

Postdoctoral Fellow | University of Arizona College of Medicine
sgorovoy@arizona.edu | @SuzanneGorovoy

Dr. Suzanne Gorovoy is a postdoctoral researcher and Behavioral Sleep Medicine Fellow in the Department of Psychiatry at the University of Arizona College of Medicine – Tucson under the mentorship of Dr. Michael Grandner. She received her School Psychology degree from Teachers College at Columbia University and an MA and PhD in Clinical Psychology from Case Western Reserve University. She is a certified school psychologist and has worked with children who are underserved minorities for 16 years, during and after completing her graduate studies. Her primary research interests include behavioral sleep medicine, treatment adherence, health behavior change, and developing novel interventions to improve health outcomes. More specifically, her interests are in novel therapeutic approaches for adolescent and adult behavioral sleep issues including insomnia, sleep apnea therapy adherence, and insufficient sleep. She aims to successfully compete for a NIH K-award in this area and build a research program as a clinician scientist.

**Ian M. Greenlund, PhD (he/him/his)**

Postdoctoral Fellow | Mayo Clinic – Rochester
Greenlund.Ian@mayo.edu | @IMGreenlundPhD

Dr. Ian Greenlund received training in sleep and autonomic physiology, with expertise in microneurography, which remains the only direct measure of post-ganglionic sympathetic nervous system activity in humans. He has secured successful extramural funding from the Michigan Space Grant Consortium and the Sleep Research Society Foundation and published 15 peer-reviewed manuscripts in top journals in our field including SLEEP. He hopes to translate this productivity into his post-doctoral research fellowship with Dr. Virend Somers, a leading expert in sleep disorders and cardiovascular physiology, in current projects related to sleep extension, health disparities, and obstructive sleep apnea. He also plans to extend his expertise in sleep and sympathetic activity, which remains a niche research area, to include the potential renal contribution to sleep disorders and cardiovascular disease risk.

**Nicole Gumport, PhD (she/her/hers)**

Postdoctoral Fellow | Stanford University
ngumport@stanford.edu

Dr. Nicole Gumport is currently a NIH T32 postdoctoral research fellow at Stanford University in the Department of Psychiatry and Behavioral Sciences under the mentorship of Drs. Rachel Manber and Shannon Wiltsey Stirman. She received my PhD in Clinical Psychology from the University of California, Berkeley under the mentorship of Dr. Allison Harvey. Her research aims to understand different factors that contribute to treatment delivery, outcome, and implementation at the patient, provider, and systems levels with a focus on behavioral sleep interventions. Her long-term goal

is to become an independent clinical scientist with active research funding focused on developing, testing and disseminating behavioral sleep medicine interventions to increase access to care for underserved populations.

**Amy Hartman, PhD (she/her/hers)**

Postdoctoral Scholar | University of Pittsburgh
agh38@pitt.edu | @Amy_SleepyOT

Dr. Amy Hartman is an occupational therapist, rehabilitation scientist, and sleep scientist whose research investigates sleep health measurement and intervention for neurodiverse children. She received her PhD from the University of Pittsburgh's School of Health and Rehabilitation Science and is currently a postdoctoral scholar within the Center for Sleep and Circadian Science at the University of Pittsburgh with Dr. Daniel Buysse and Dr. Martica Hall as her mentors. Her current research focuses on examining the relationship between sleep health, multisensory processing, and pre-

sleep arousal levels for neurodiverse children using psychophysiological remote monitoring techniques. Her long-term goal is to build a biologically informed intervention to support improved sleep health for neurodivergent children and their families.

**Melissa Noel Horger, PhD (she/her/hers)**

Postdoctoral Fellow | Temple University
melissa.horger@temple.edu | @MNHorger

Dr. Melissa Horger received her PhD from the Graduate Center, City University of New York in 2021. Her early research focused on the interaction between cognitive and motor development while her doctoral dissertation critically examined methods for incorporating sleep measurement in interdisciplinary research and documented changes in sleep around the onset of gross motor milestones. She also developed a novel in-home sleep measurement technique combining actigraphy and wireless cardiorespiratory monitoring to gain insight into the ultradian cycle. Dr. Horger is

currently a postdoctoral fellow at Temple University where she studies motor expertise, quantified via kinematic tracking, and neural body representations in infancy. In her future research, she plans to validate her novel methodology with concurrent polysomnography and use it to 1) generate a robust and publicly available longitudinal data set on the development of the ultradian cycle and 2) better understand the relationship between sleep states and motor learning.

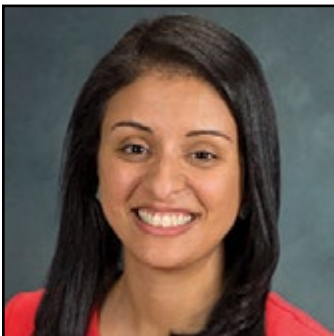


Asuka Ishihara, PhD (she/her/hers)

Postdoctoral Fellow | National Institute of Diabetes and Digestive and Kidney Diseases
asuka.ishihara@nih.gov

Dr. Asuka Ishihara is a postdoctoral researcher at the National Institute of Diabetes and Digestive and Kidney Diseases. Her research interest includes human sleep and circadian physiology in relation to metabolic and thermal regulations, with a specific interest in understanding the role of light on energy metabolism during sleep using a whole-room indirect calorimeter. Her current research focuses on the influence of environmental factors, light and ambient temperature, on sleep and energy metabolism in individuals with and without obesity. Her long-term goal is to expand

the study population to explore the potential role of age, sex, and other individual differences on sleep and metabolic physiology in response to light.

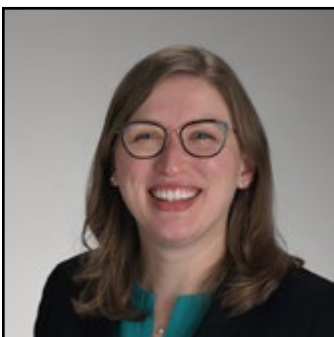


Sullafa Kadura, MD, MBA (she/her)

Associate Professor of Clinical Medicine | University of Rochester Medical Center
sullafa_kadura@urmc.rochester.edu | @SullafaKadura

Dr. Sullafa Kadura is a sleep medicine physician whose long-term goal is to improve the clinical care and outcomes of those at risk for and with sleep loss in the inpatient setting. Her cross-training in sleep medicine, hospital medicine, and informatics has laid the foundation for her research purpose. She gained expertise in acute care through nearly a decade of hospital medicine service. She completed a Master in Business Administration, where she developed leadership skills and a deeper understanding of healthcare. Through her informatics role, she assesses the effects

of clinical decision support changes in the electronic health record (EHR) and multidisciplinary sleep-promoting interventions on inpatient sleep and clinical outcomes. She aims to combine EHR data identifying most provider-patient interactions with inpatient sleep measurements to predict overnight sleep opportunities. Due to the multidisciplinary nature of sleep medicine, she benefits from a supportive mentored research environment spanning medicine, neurology, psychiatry, and informatics departments.



Jess M. Meyer, PhD, MS, MA (she/her/hers)

Assistant Professor | University of Kansas Medical Center
jmeyer12@kumc.edu | @JessMMeyer

Dr. Jess Meyer is an assistant professor in the Department of Population Health at the University of Kansas Medical Center. Dr. Meyer established a background in social determinants of health through a PhD in Sociology and Certificate in Society, Biology, and Health from Northwestern University. Dr. Meyer gained quantitative analysis skills through a Master in Science in Statistics from Northwestern University, and developed expertise in biosocial research methods that integrate biological and social perspectives during a Postdoctoral Traineeship in the NIH T32 Biosocial Training

Program at the Carolina Population Center, University of North Carolina at Chapel Hill. This background provides the foundation for Dr. Meyer's work analyzing social determinants of sleep health. Her dissertation-related research situated sleep in the interconnected social environments of work and family. Dr. Meyer is currently working on a NIH K01 proposal to examine the potential contributions of sleep health to social disparities in epigenetic aging.

**Alyssa Minnick, PhD (she/her/hers)**

Postdoctoral Fellow | University of Pennsylvania
alyssa.minnick@penncmedicine.upenn.edu

Alyssa Minnick, PhD is currently a postdoctoral fellow on a NIH T32 training grant in sleep medicine at the University of Pennsylvania. She earned her doctoral degree in clinical health psychology from the University of North Carolina at Charlotte in 2021. She completed a national training program to deliver cognitive behavioral therapy for insomnia during her predoctoral internship, which started her interest in sleep research. Dr. Minnick completed a 1-year postdoctoral fellowship at the Center for Weight and Eating Disorders at Penn before starting her current postdoctoral

fellowship in sleep medicine. Her research interests focus on the interaction of sleep, weight, eating behaviors, and health. In particular, she plans to investigate the impact of a sleep intervention on weight, eating behaviors, and cardiometabolic outcomes. She is also interested in developing treatments that address multiple health behavior changes in sleep, eating/dietary behaviors, and physical activity.

**Gechi Obiano, MD (she/her/hers)**

Sleep Medicine Fellow | University of Iowa
ogechukwu-obiano@uiowa.edu

Dr. Obiano received her Medical Degree from UTHealth Houston McGovern Medical School in May 2017 and completed a dual residency program in Internal Medicine and Psychiatry at the University of Iowa in June 2022. She is currently a sleep medicine fellow at the University of Iowa. Her research interest is in suicide prevention, particularly how treatment of sleep disorders impacts suicidal thoughts and behaviors. Her long-term goal is to develop a career in academic sleep medicine where she can engage in her research interest while providing meaningful clinical care to patients. Her

short-term goal in this academic year is to design, implement and obtain preliminary data for the research project that inspect the relationship of insomnia and sleep apnea to depression and suicidal thoughts and behavior, and finalize a grant application under the mentorship of Dr. Junjie Liu.

**Shameka Rodgers Phillips, PhD, MSN (she/her)**

Postdoctoral Fellow | The University of Washington
shamekap@uw.edu | @shamekaphd

Dr. Shameka Rodgers Phillips is a family nurse practitioner and postdoctoral fellow in the University of Washington School of Medicine's Child Health Equity Research Program. She received her PhD in Nursing and MS in Nursing-Family Primary Care from the University of Alabama at Birmingham. She is currently studying the relationship between the sociocultural environment and sleep health in youth from socioeconomically disadvantaged backgrounds. Her goal is to develop youth-informed, school-based, behavioral sleep interventions for those from disadvantaged

populations. Her next steps are to apply for a career development award that will support her efforts to continue her research, expand her knowledge in child psychology, and develop skills in community-engaged pediatric research.

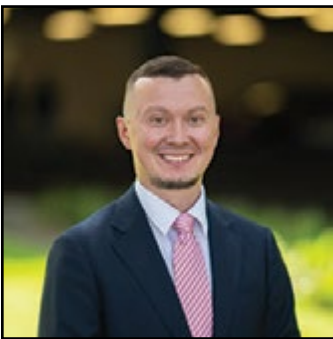


Sachin Shah, MD, MS (he/him/his)

Sleep Medicine Fellow | Indiana University School of Medicine
Sachin.shah88@gmail.com

Dr. Sachin Shah is a sleep medicine fellow with a background in biomedical engineering and an interest in medical devices and health wearables pertaining to sleep disorders. Dr. Shah also has a strong interest in research regarding cardiovascular outcomes associated with sleep disordered breathing. His current research is focused on the use of hypoglossal nerve stimulator and usage as a function of arousal threshold. Dr. Shah is also working on a review article on the field of health nearables in sleep medicine in addition to looking at using peripheral arterial tone in the acute inpatient setting in

patients with heart failure with preserved ejection fraction.



Oleksii Shandra, MD, PhD (he/him/his)

Assistant Professor | Florida International University
oshandra@fiu.edu | @OleksiiShandra

Dr. Oleksii Shandra is an assistant professor in the Biomedical Engineering Department at Florida International University with appointment at the College of Engineering and Computing. Dr. Shandra received his MD and PhD degrees at Odesa National Medical University in Ukraine. He completed postdoctoral fellowships at the Albert Einstein College of Medicine and Virginia Polytechnic Institute and State University. Dr. Shandra's medical background influenced his current research interests and motivated him to pursue patient-focused pre-clinical research to identify the signaling pathways

that modulate sleep and epileptogenesis. Dr. Shandra's ongoing research is evaluating sleep as a biomarker of epileptogenesis to identify the subpopulation of the patients with traumatic brain injury that will develop epilepsy. Dr. Shandra is focused on 1) mastering the grant-writing skills to sustain extramural funding for his research, and 2) becoming a tenured investigator focused on preclinical research of sleep in health and disease.



Cynthia Ines Tchio Mantho, MSCR, PhD (she/her/hers)

Postdoctoral Fellow | Massachusetts General Hospital
ctchio@mgh.harvard.edu | @Cynthia_Tchio

Dr. Cynthia Ines Tchio Mantho's research as a pre-doctoral student in Dr. Gianluca Tosini's lab focused on the role of melatonin receptors, G-protein coupled receptors Class A, in metabolism during environmental circadian disruption. Her dissertation work on melatonin receptors arose an interest in the understudied druggable orphans G-protein coupled receptors (oGPCRs) and their implications in human diseases. For her postdoctoral training with Dr. Richa Saxena, she is using a genomic approach to identify the novel oGPCRs genes implicated in sleep and cardiometabolic disorders in

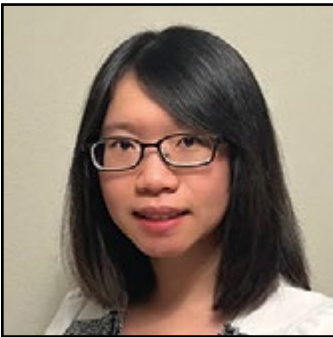
the ancestrally diverse TOPMED cohorts. She is also using a drug-repurposing approach with the goal of identifying new ligands from publicly available drug databases that interact with those disease-implicated oGPCRs. Her long-term research goal is to investigate the mechanism and function of understudied druggable oGPCRs involved in sleep and cardiometabolic disorders.

**Zhikui (Zeke) Wei, MD, PhD (he/him/his)**

Sleep Medicine Fellow | Johns Hopkins University
zwei3@jhu.edu

Dr. Zhikui Wei is interested in pursuing adipokine research in his future career as a physician scientist in sleep medicine. This interest stems from his previous research experiences. During his PhD studies at Johns Hopkins School of Medicine, he studied a group of adipokines called CTRPs and their roles in metabolic diseases using modern biomedical techniques. While in the neurology residency at Vanderbilt University, he conducted a literature review on adipokines and sleep and performed in-depth analysis on adipokines using network analysis to decipher their roles in sleep and metabolic

disorders. Currently, he is in the sleep medicine fellowship at Johns Hopkins University working under the mentorship of Dr. Adam Spira to conduct research examining the relationship between sleep disturbance and adipokines in an older population using data from the Baltimore Longitudinal Study of Aging. His goal is to become an expert in metabolism and sleep disorders in older adults.

**Chia-Lun Yang, PhD (she/her/hers)**

Postdoctoral Fellow | University of Michigan
chialun@umich.edu

Dr. Chia-Lun Yang is a registered dietitian and a postdoctoral research fellow in the Department of Nutritional Sciences at University of Michigan. Her research goal is to examine the relationships between sleep and nutrition and further explore possible interventions to improve sleep health and diet quality. During her time as a PhD student in Human Nutrition at Michigan State University (MSU), she examined the bidirectional relationship between sleep and dietary intake. She received a one-year postdoctoral training in Epidemiology at MSU, with a focus on exploring the

relationships between sleep, nutritional status, and perinatal health. Her current research at University of Michigan is mentored by Dr. Erica Jansen and Dr. Young Ah Seo and examines the relationship between sleep duration, midpoint, and disorders and manganese. For future projects, she plans to empower dietitians to become sleep health promoters and examine the relationship between maternal sleep and pregnancy outcomes.

**Westley Youngren, PhD (he/him/his)**

Postdoctoral Fellow | VA Center of Excellence
YoungrenWA@gmail.com

Dr. Youngren received his PhD in Clinical Psychology with a minor in Quantitative Psychology from the University of Kansas. His research broadly focuses on the intersection of sleep and trauma, and how this intersection impacts suicide. His current projects include a treatment study that aims to examine the impact of nightmare specific treatments on suicidal ideations and risk factors, an experimental study aimed at examining the effects of auditory cues on sleep and dreaming, and a longitudinal study that aims to examine predictors of nightmare occurrences within

trauma exposed populations. His current mentors include Dr. Wilfred Pigeon, Dr. Todd Bishop, and Dr. Nancy Hamilton. Regarding future endeavors, he plans to continue pursuing research related to the intersection of sleep and trauma, and how this intersection impacts suicide. Specifically, he plans to continue examining how advances in sleep science, such as circadian focused research, can impact trauma-informed care and suicide.

Meet our Faculty



Kiran Maski, MD, MPH

Assistant Professor of Neurology | Harvard Medical School

Kiran.Maski@childrens.harvard.edu

Dr. Kiran Maski is an Assistant Professor at Harvard Medical School and child neurologist and sleep medicine specialist at Boston Children's Hospital and is serving as the chair of the Young Investigators Research Forum 2023. She is an advocate for pediatric narcolepsy in promoting awareness of this condition among health care providers and schools. Dr. Maski is a member of the medical advisory boards for Wake Up Narcolepsy and the Hypersomnia Foundation. Her current clinical research is focused on neurophysiological biomarkers that improve diagnostic delays and predict treatment outcomes in central nervous system disorders of hypersomnolence. She has received grant support from the National Institutes of Health, American Academy of Neurology, American Academy of Sleep Medicine Foundation, Wake Up Narcolepsy, BCH Research Council Fund and Jazz Pharmaceuticals, Inc. Dr. Maski is alumna of the Young Investigators Research Forum 2011.



James Timothy McKenna, PhD

Assistant Professor of Psychiatry | Harvard Medical School

James_mckenna@hms.harvard.edu

Dr. James (Tim) McKenna is presently an Assistant Professor in the Department of Psychiatry at Harvard Medical School, Research Health Scientist at the VA Boston Healthcare System, and Director of the Neuroanatomy Section of the Laboratories of Neuroscience at the VA Boston Healthcare System. He is serving as vice-chair of the Young Investigators Research Forum 2023. Dr. McKenna's research in the rodent model employs neuroanatomical, neurochemical/pharmacological, electrophysiological, optogenetic, and behavioral methods. His research provides a basis for the understanding of sleep-wake neural regulation, human sleep disorders, as well as cognitive dysfunction seen in select psychopathologies. He has taught students and peers as a classroom instructor and bench scientist, and his recent educational contributions include lectures and course direction at Harvard Medical School and the VA Boston Healthcare System.



Ruth M. Benca, MD, PhD

Professor and Chair, Department of Psychiatry and Behavioral Health | Wake Forest University School of Medicine

rbenca@wakehealth.edu

Dr. Ruth Benca is professor and chair of the Department of Psychiatry and Behavioral Health at the Wake Forest University School of Medicine. Previously, she was Chair of the Department of Psychiatry and Human Behavior at the University of California, Irvine and served as director of the University of Wisconsin-Madison Center for Sleep Medicine and Sleep Research. Her research focuses on the interface between sleep and psychiatric disorders and the role of sleep and sleep disorders on Alzheimer's Disease. She has served as principal investigator for studies funded by agencies including the National Institutes of Health and the Department of Defense. She has served as president of the Sleep Research Society and on the board of directors of the American Academy of Sleep Medicine and is editor-in-chief of Current Sleep Medicine Reports and Insomnia Section Editor of UpToDate.



Philip Cheng, PhD

Associate Professor of Medicine | Henry Ford Health System
Pcheng1@hfhs.org

Dr. Philip Cheng is an associate professor of medicine and licensed psychologist in the Sleep Disorders and Research Center at the Henry Ford Health System in Detroit. Dr. Cheng's research interests primarily focus on clinical translation of sleep and circadian science for insomnia and shift work disorder. He is funded by the National Institutes of Health and the American Academy of Sleep Medicine Foundation. He has served on various study sections for the National Institutes of Health and other federal and private funding agencies.



Raj Dedhia, MD

Associate Professor | University of Pennsylvania
raj.dedhia@pennmedicine.upenn.edu

Dr. Raj Dedhia is currently Associate Professor and Director of Sleep Surgery & CPAP Alternatives Clinic at the University of Pennsylvania in Philadelphia, PA USA. Dr. Dedhia is board-certified in both sleep medicine and otolaryngology. He has a unique background, having completed an accredited fellowship in sleep medicine & surgery at the University of Washington, residency in otolaryngology/head & neck surgery at the University of Pittsburgh Medical Center and a Masters in Clinical Research from the University of Pittsburgh. Dr. Dedhia receives current grant support from the

National Institutes of Health, and previously, the American Heart Association, American Academy of Sleep Medicine Foundation and Triological Society. His research interests include upper airway pathophysiology in sleep-disordered breathing as well as the cardiovascular effects of sleep-disordered breathing.



Chandra Jackson, PhD

Earl Stadtman Investigator | National Institute of Environmental Health Sciences
chandra.jackson@nih.gov

Dr. Chandra L. Jackson is an Earl Stadtman investigator who leads the Social and Environmental Determinants of Health Equity Research group in the National Institute of Environmental Health Sciences. Dr. Jackson investigates physical and social environmental factors that impact disparities in sleep health and subsequent risk of cardiometabolic dysfunction. Her research has been published in both academic journals like Lancet, JAMA Internal Medicine, the American Journal of Epidemiology, and SLEEP as well as major media outlets such as the US News & World Report and

The New York Times. She has earned merit-based awards, including the Charlotte Silverman Award at Johns Hopkins, an Outstanding Fellows Award at Harvard, and the Presidential Early Career Award for Scientists and Engineers. She earned a Master's degree in Epidemiology from Harvard and a PhD in Epidemiology from Johns Hopkins.



Reena Mehra, MD, MS

Professor of Medicine | Cleveland Clinic
mehrar@ccf.org

Dr. Mehra is a physician scientist, professor of medicine of the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University and Director of Sleep Disorders Research focused on investigation of sleep disorders and health outcomes with a focus on cardiopulmonary disease. She has 20 years of experience in the conduct of clinical and translational science. She is or has served as chair of the American Academy of Sleep Medicine Inpatient Diagnostic Sleep Testing Task Force, chair of the American Heart Association Statement on Sleep Apnea and Cardiac

Arrhythmia, co-chair of the National Heart, Lung and Blood Institute Autonomic Nervous System Cardiopulmonary Interactions workshop, elected chair of the American Thoracic Society Sleep Respiratory Neurobiology Assembly and currently serves as associate editor of the American Journal of Respiratory and Critical Care Medicine.



Sairam Parthasarathy, MD

Professor of Medicine | University of Arizona
spartha1@arizona.edu | @sai_sparthamd

Dr. Sairam Parthasarathy is professor of medicine and chief, Division 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. Dr. Parthasarathy is the current President (2021 – 2023) of the Sleep Research Society and is currently serving as an Associate Editor for the Journal of Clinical Sleep Medicine, Sleep & Vigilance, and Frontiers of Neurology and as an editorial board member of the American Journal of Respiratory and Critical Care

Medicine. His research focuses on sleep and breathing in both ambulatory patients with sleep disorders, critically ill patients, and survivors of critical illness. He is committed to training and fostering young scientific investigators in the pursuit of sleep and circadian science.



Jared Saletin, PhD

Assistant Professor | Alpert Medical School of Brown University
Jared_saletin@brown.edu

Dr. Jared Saletin is an assistant professor in the Department of Psychiatry and Human Behavior at the Alpert Medical School of Brown University and the Associate Director of the E.P. Bradley Sleep Research Laboratory. His research examines how sleep regulates brain function in typical and atypical neurodevelopment throughout childhood and adolescence. His current themes focus on adolescents with and without neurodevelopmental conditions such as attention-deficit/hyperactivity disorder and autism. His early career grant awards include being PI on a K01 from National Institute

of Mental Health and an R01 from National Institute of Child Health and Human Development as well as multiple small federal and non-federal grants. In addition, he collaborates with a number of mental health researchers examining sleep as a factor contributing to suicide, depression, anxiety, eating disorders, and psychosis.



Katie Stone, PhD

Senior Scientist | California Pacific Medical Center Research Institute
Katie.stone@ucsf.edu

Dr. Katie Stone is senior scientist at California Pacific Medical Center Research Institute and adjunct professor of Epidemiology and Biostatistics at the University of California, San Francisco. She is an epidemiologist with over 25 years of experience conducting large-scale multi-center cohort studies and clinical trials exploring the interrelationships between sleep and circadian rest-activity rhythms and age-related outcomes, including cognitive impairment and dementia, falls and fractures, cardiovascular disease and mortality. Dr. Stone has served on multiple NIH study sections, and is deputy editor-in-chief for the journal SLEEP.



Andrew W. Varga, MD, PhD

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

Dr. 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.

Dr. Varga is an alumnus of the Young Investigators Research Forum and previously served as Chair of the Young Investigators Research Forum 2022.



Kenneth Wright, Jr., PhD

Professor of Distinction | University of Colorado
Kenneth.Wright@colorado.edu

Dr. Ken Wright is a professor of Distinction in the Department of Integrative Physiology and Director of the Sleep and Chronobiology Laboratory at the University of Colorado Boulder. He has over 25 years of experience in the sleep and circadian fields, has led individual and multicenter/team research grants and has participated in multicenter clinical trials. His research is aimed at explaining the physiology of sleep and circadian rhythms in humans, understanding the health and safety consequences of sleep and circadian disruptions, such as, metabolic dysregulation, impaired cognition,

and compromised performance, and applying knowledge gained to develop sleep and circadian medicine based countermeasures to improve public health and safety. Dr. Wright is committed to training the next generation of leaders in the sleep and circadian field. He maintains a large undergraduate, graduate and postgraduate training program in sleep and circadian physiology at University of Colorado Boulder.

Research Grant Programs

Open to sleep medicine investigators, these research grants support career development and investigator-initiated sleep research projects.

Career Development Grants



American Board of Sleep Medicine Junior Faculty Research Grant

\$100,000 for two years.

Supports early career physician scientists with faculty appointments who are committed to academic careers by providing funding for mentored research projects in basic, translational, clinical or population sleep and circadian science.

Applications accepted in May - June and November - December.



Bridge to Success Grant for Early Career Investigators

\$100,000 for one year.

Provides 'bridge' funding to promising early-career sleep scientists who have applied for a career development grant such as a K-award grant from the NIH, a Career Development Grant from the VA, or an equivalent career development grant from another federal or non-federal entity.

Applications accepted in May - June and November - December.

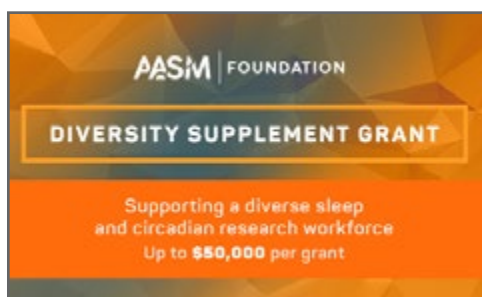


Bridge to Success Grant for Mid-Career/Senior Investigators

\$100,000 for one year.

Targeted to mid-level and senior investigators in sleep and circadian science research who need 'bridge' funding while re-applying for research support.

Applications accepted in May - June and November - December.



Diversity Supplement Grant

Up to 20% of a parent research grant with a maximum of \$50,000 for 8 weeks - 3 years.

Supports mentored sleep and circadian research training of individuals who are traditionally underrepresented in US science.

Applications accepted each month.



Focused Projects Grant for Junior Investigators

\$40,000 - \$50,000 for one year.

Provides seed funding for mentored research projects in an effort to jumpstart an early career investigator's research career in basic, translational, clinical or population sleep and circadian science.

Applications accepted in May - June and November - December.



Sleep Research Society Foundation Small Research Grant Program

Up to \$5,000 for one year.

The AASM Foundation has partnered with the Sleep Research Society Foundation to provide seed funding to support training and 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.

Applications accepted in June - September.



Physician Scientist Training Grant

\$100,000 for one year.

Supports outstanding sleep medicine physicians by providing them the opportunity of a protected research training experience for a mentored research project in basic, translational, clinical or population sleep and circadian science upon completion of their clinical training.

Applications accepted in May - June and November - December.

Investigator-Initiated Grants



Strategic Research Grant

Up to \$50,000, \$100,000 or \$250,000 for 1-3 years.

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.

Letters of intent accepted September - October.



AASM Foundation and CHEST Foundation Research Grant in Sleep Medicine

Up to \$30,000 for one year.

The AASM Foundation has partnered with the CHEST Foundation to provide funding for projects focused on topics that advance sleep medicine and ultimately improve patient outcomes. Projects also need to demonstrate how they will have a positive impact on the lung and/or sleep health of a community.

Applications accepted February - March.

Community Programs

Open to community leaders and organizations paving the way for improving sleep health locally. Additionally, assistance is available to aid sleep centers in the wake of natural disasters.



Community Sleep Health and Public Awareness Grant

Up to \$25,000 or \$50,000 for 1-2 years.

Supports humanitarian, education, or awareness projects that focus on improving sleep health, sleep disorder evaluation and/or treatment in the community

Applications accepted year-round.



Disaster Relief Fund

Up to \$5,000 of relief funds

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 local disasters (e.g. fire, floods, hurricanes, tornados or other natural or environmental disasters).

Applications accepted year-round.



Sleep Champion Award

\$5,000 award, plus up to \$5,000 to travel to the annual SLEEP meeting and other meetings/events, and complimentary registration for a representative to attend SLEEP.

Celebrates successful community-based sleep health services and education provided by non-profit organizations (must be nominated by an AASM member).

Nominations accepted January – February.

Training Programs

Open to the next generation of sleep investigators and sleep medicine specialists, these training grants and programs provide focused training in sleep research and support sleep medicine pipeline.



AMA Foundation Physicians of Tomorrow Scholarship

\$10,000 scholarship

The AASM Foundation has partnered with the AMA Foundation to fund a scholarship for medical students who are interested in pursuing a career in sleep medicine, maintain academic excellence and demonstrate financial need.

Applications accepted in January – February.



Sleep Medicine Fellow Funding Grant

Up to \$130,000 per grant for one year.

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.

Applications accepted October - November.



Sleep Research Program for Advancing Careers

Registration, travel, lodging and abstract submission fee for the annual SLEEP meeting.

Supports early career sleep and circadian investigators through a structured and mentored grant writing curriculum.

Applications accepted February - April.



Young Investigators Research Forum

Travel scholarship

3-day research forum in Bethesda, MD designed to aid the career development of promising early career investigators in clinical and translational sleep medicine research.

Applications accepted September - October.

Volunteering Opportunities



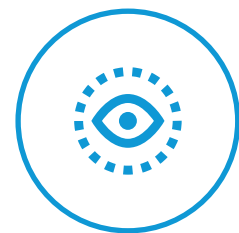
Development Council

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



Grant Review Committees

Provide an evaluation of the quality and potential impact of applications for our grant programs.



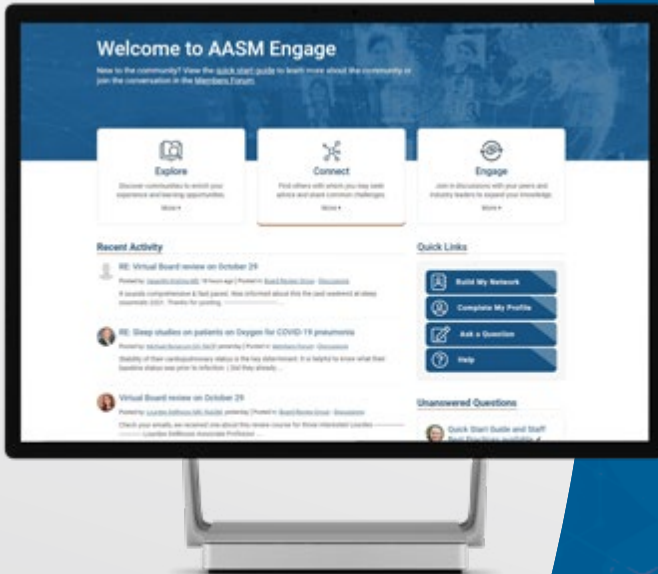
Research Career Development Committee

Develop and implement 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**

AASM Engage: Sleep and Circadian Science Researchers

An online community and space for scientists who have a passion for sleep and circadian science research and exchange ideas and resources, build professional relationships, foster mentorship, network, discuss challenges and share opportunities.



- Explore different learning and funding opportunities available to the sleep and circadian scientist
- Connect with diverse scientists with whom you may seek advice and share common challenges
- Engage in discussions with your peers and leading scientists to expand your knowledge
- Expand your scientific network and gain new mentors or collaborators.

Join today at engage.aasm.org



Program Overview

The Mentor Match is a unique online networking tool – including a searchable database – that facilitates the establishment of mentoring relationships. It is user-driven, allowing registered Mentees to search among registered Mentors using specified criteria to find individuals whose experience and expertise match areas in which they wish to be mentored. Likewise, registered Mentors can search for and identify potential Mentees.

The goal of the program is to generate a meaningful relationship for participants, where mentors can provide direction and instruction to assist mentees in their personal and career growth. The program emphasizes a focus on professional development, knowledge and skill transfer, networking, and guidance.



READY TO GET STARTED?

visit engage.aasm.org/mentoring
or contact mentorship@aasm.org

AASM[™] Resources

For more resources about the transition from fellowship to an early career sleep medicine physician, check out these AASM resources below.



Montage Contributor

We encourage members to share their news, stories and suggestions for future topics in upcoming issues of Montage, a quarterly magazine for AASM members.

If interested, send your professional or personal stories, photos and news to Montage@aasm.org.

Early Career Physician Assembly

The Early Career Physician Assembly is an online community for members who are early in their sleep medicine careers, giving them an opportunity to network and learn from colleagues with a similar professional background. AASM member students, fellows, trainees, and physician members under 40 years old are automatically included in the assembly. Eligible members can access the assembly under "My Communities" on AASM Engage.

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. **Watch for call for volunteer details in February 2024.**

For more information, visit:

aasm.org/membership/volunteer/committees-current/

Sleep Medicine Fellow Opportunities

Sleep Medicine physicians represent a variety of specialties: Internal Medicine, Psychiatry, Neurology, Pediatrics, Otolaryngology, Family Practice, Anesthesiology, Pulmonary Disease and Critical Care Medicine. The American Academy of Sleep Medicine (AASM) offers the following resources, all free of charge, to Sleep Medicine fellows:

Monthly Fellow Webinar Series

The Fellow Webinar Series is held the second Wednesday of every month (except June). These lectures discuss a variety of topics ranging from pediatrics to adult. Some of the topics presented include circadian neurobiology, non-invasive ventilation in neuromuscular disease, trauma associated sleep disorder, and pediatric obstructive sleep apnea. Each lecture is one hour and allows time for questions from attendees at the conclusion. All lectures are recorded live and posted for viewing on the AASM website a few weeks following the presentation. Contact Sally Podolski at spodolski@aasm.org to receive monthly invitations.

Annual Fellow Boot Camp

Each year the AASM holds their annual Fellow Boot Camp in conjunction with the APSS SLEEP Meeting. This course provides incoming fellows with key clinical and procedural skills needed to begin their fellowship training with confidence. The course goal is to prepare fellows with the baseline skills and knowledge needed to excel during their fellowship year. Physicians who matched into a Sleep Medicine fellowship program are eligible to attend.

AASM Choose Sleep: aasm.org/professional-development/choose-sleep/

The AASM Choose Sleep website provides a wealth of information for medical student, residents, and fellows. The site contains sleep physician profiles, videos, journal articles, facts, and statistics to spark interest and encourage a passion for Sleep Medicine.

Funding Agencies



Vanessa Gonzalez, MPH
Director of Grant Programs
vgonzalez@aasm.org

Sarah Fones
Foundation Coordinator
sfones@aasm.org



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

Tamara D. Willis, Ph.D., M.P.H.
Tamara.Willis@ahrq.hhs.gov



Cognitive Neuroscience

Jonathan Bridgman Fritz, PhD
jfritz@nsf.gov

Perception, Action and Cognition

Simon Fischer-Baum, PhD
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**National Heart, Lung,
and Blood Institute**

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**National Institute on Alcohol
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**National Center for Complementary
and Integrative Health**

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Office for Research on Women's Health

Xenia Tigno, PhD
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**Clinical Effectiveness and
Decision Science**

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Office of Research & Development

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