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| This document is provided to potential applicants for informational purposes only and should not be submitted as an application for the Young Investigators Research Forum 2026. Applications will only be accepted through the [AASM Foundation Grant Online Portal.](https://www.grantinterface.com/Home/Logon?urlkey=aasmf) Please refer to the [AASM Foundation Application User Guide](https://foundation.aasm.org/wp-content/uploads/sites/2/2024/06/AASM-Foundation-Application-User-Guide.pdf) for guidance on setting up an account. |

**Young Investigators Research Forum 2025**

The AASM Foundation is committed to growing and supporting the pipeline of sleep scientists by investing in the research careers of new investigators through mentorship and grantsmanship training 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 funding agencies and sleep funding mechanisms, refine their research ideas, and guidance to thrive in an academic sleep research career.

Applicants must meet the following eligibility criteria:

**Eligibility**

* Individuals with an MD, DO, DDS, DMD, DNP, DNSc, PharmD, PhD, or equivalent professional degree.
* Individuals within 10 years of their terminal degree, post-doctoral training, or clinical training.

**Ineligibility**

* 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.
* Current AASM and AASM Foundation Board of Directors members cannot be listed as a mentor on an application during their term on the Board and for one year after their term ends.
* Current Young Investigator Research Forum Planning Committee members cannot apply during their term on the committee.

**Applications are due on October 20, 2025 by 11:59 pm ET and trainee selections will be made no later than January 16, 2026.**

We encourage potential applicants to view our [Frequently Asked Questions](https://foundation.aasm.org/award-programs/faq/) and 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 inquiries submitted two business days prior to an application deadline may not be answered in time.

*Please note this application CANNOT be modified once submitted. Please review your work carefully prior to submitting. Once submitted, it will be reviewed by staff for completeness. The AASM Foundation reserves the right to make the appropriate determination for incomplete applications.*

**Applicant Information**

*Enter the corresponding information for the applicant.*

**First Name\***

**Last Name\***

**Degree/Credentials\***

**Preferred Pronouns**

**Email\***

**Institution**

**The response to the following question will not be used for eligibility or funding decision purposes, but is being gathered to improve AASM Foundation communications related to this program: How did you hear about this grant opportunity?\***

* AASM Education Webinars
* AASM Foundation Focus Newsletter
* AASM Foundation Programs and Opportunities Email
* AASM Foundation website
* AASM Montage
* AASM Sleep Insider
* AASM SmartBrief
* American Academy of Dental Sleep Medicine
* American Academy of Pediatrics
* American Thoracic Society
* CHEST Foundation
* Friend/colleague/mentor
* Hypersomnia Foundation
* Institutional Grant Administrator
* Journal of Clinical Sleep Medicine
* Journal of the American Medical Association
* National Sleep Research Resource Newsletter
* R25 Program
* Sleep Medicine Fellowship Directors and Coordinators Newsletter
* SLEEP Meeting
* Sleep Research Society Newsletter
* Sleep T32 Program
* Other AASM Emails
* Other AASM Foundation Emails
* Other

If you selected “Other”, please specify:

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| **Mentor Support** |

*This section must be completed by the applicant’s primary research mentor. Please invite this mentor to collaborate on this application form using the following instructions:* [*Applicant Tutorial – Collaboration*](https://support.foundant.com/hc/en-us/articles/4523887747223-Applicant-Tutorial-Collaboration)

*Note: When setting a permission level for this collaborator, we recommend providing only access to view and edit the application.*

**Signature (Type Name)**

*By typing my name below, I confirm the following:*

* *I am currently acting as a mentor to the individual named above.*
* *I am aware of and in full support of this individual’s application to the Young Investigators Research Forum 2025.*

Name\*

Date\*

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| **Biographical Sketch** |

Upload the applicant's biographical sketch in the NIH-required format. NIH Biosketch samples and format information can be found here: [NIH Sample Biosketch Templates](https://grants.nih.gov/grants/forms/biosketch.htm)  
Applicants are required to use the current version of the NIH Biosketch Biographical Sketch Format Page. Please use the following link to download the current version of the NIH Biosketch Template: [NIH Biosketch Template](https://grants.nih.gov/grants/forms/biosketch-blank-format-rev-10-2021.docx)  
  
The following sections must be present in the NIH-format Biosketch:  
  
**A. Personal Statement**  
Briefly describe why your experience and qualifications make you particularly well-suited for a career in sleep research. (100 words, max)  
  
**B. Positions and Honors**  
List in chronological order previous positions, concluding with the present position. List any honors. Include present membership in any professional organizations, editorial boards, institutional or governmental boards and in particular any AASM or SRS task forces or committees.  
  
**C. Contribution to Science**  
Include a list of your publication(s) here. We realize that applicants are early-career scientists. Applicants with one or two publications should summarize the key findings of their paper(s) and the importance for this section. Applicants with no publications should describe their efforts on other peoples’ papers and projects *(e.g., I used this method, I conducted the literature review for this paper, I cared for all the animals in this lab, etc.)*. If an applicant has no actual research or thesis experience, he or she should describe their training to date.  
  
**D. Research Support**  
If applicable, list all funded ongoing and completed research projects with the source of funding, dates of funding, and title of project. Briefly indicate the overall goals of the projects and your role on the project (PI, Co-Investigator, Graduate Student, etc.). Do not include number of person months or direct costs.

Formatting Requirements:

* Limited to 5 pages

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| **Specific Aims Page** |

Submit a 1-page document from a current or future research proposal. It should address one or more important unanswered scientific questions related to sleep and/or sleep disorders. The document must have the following components:  
• Identified research gap  
• Long-term goal of your project  
• Central hypothesis  
• Aims of your project  
     o List the hypothesis for each aim and how it will be tested  
     o Expected outcomes/deliverables  
  
Alternately, you may submit a formal specific aims page that you have already developed.

Formatting Requirements:

* Up to 1 page, excluding references.
* Times New Roman 11 pt or 12 pt fond required with all margins no less than .50 inches.

**Project Keywords\***

*Please provide 3-5 keywords that are related to your project described in the Specific Aims page. This can include the sleep disorder/problem, population, intervention/comparator, methodology, study design and type of research.*

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| **Personal Statement** |

**A. Career plan short-term and long-term goals**  
Describe your short-term and long-term career goals and objectives, particularly as they relate to a career in sleep research. Briefly describe why your experience and qualifications make you well-suited for a career in sleep research.  
  
**B. Reason(s) for applying**  
Describe the reason(s) for applying to the Young Investigators Research Forum, including how you will benefit from participating in the program and how it will enhance your career trajectory in circadian and sleep research.

Formatting Requirements:

* Limited to 2 pages, excluding references
* Times New Roman 11 pt or 12 pt font required with all margins no less than .50 inches