



Strategic Research Grant

ISSUE DATE:	September 15, 2025
LETTER OF INTENT DUE DATE:	October 20, 2025 by 11:59 pm ET
INVITATIONS TO SUBMIT FULL APPLICATION:	By January 30, 2026
APPLICATION DUE DATE:	March 9, 2026 by 11:59 pm ET
GRANT SELECTION NOTIFICATION	By June 18, 2026
PERIOD OF PERFORMANCE:	Category I: 1-3 years Category II: 1-2 years Category III: 1-2 years
AMOUNT OF GRANT:	Category I: Up to \$250,000 Category II: Up to \$100,000 Category III: Up to \$50,000
LINK TO LETTER OF INTENT:	https://www.grantinterface.com/Home/Logon?urlkey=aasmf
CONTACT:	AASM Foundation 2510 N. Frontage Road Darien, IL 60561 Phone: 630-737-9724 E-mail: foundation@aasm.org

RESEARCH FOCUS

The Strategic Research Grant requests proposals for one of the following topics: AASM Clinical Practice Guidelines: Research Gaps & Dissemination and Implementation, AASM Strategic Plan Goals, and Obstructive Sleep Apnea (OSA) Research Gaps.

AASM Clinical Practice Guidelines: Research Gaps & Dissemination and Implementation

Open to projects that 1) directly address research gaps identified in [American Academy of Sleep Medicine \(AASM\) clinical practice guidelines](#), and/or 2) focus on the dissemination and implementation of evidence-based practice recommendations from [AASM clinical practice guidelines](#) to ensure that they are effectively disseminated and adopted across various patient populations that sleep practitioners serve.

The following recently published practice guidelines are listed as examples of topics that are considered responsive:

- [Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine clinical practice guideline](#) and accompanying [Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine systematic review, meta-analysis, and GRADE assessment](#)
 - This topic is co-sponsored by the Hypersomnia Foundation, Wake Up Narcolepsy and the AASM Foundation
- [Treatment of restless legs syndrome and periodic limb movement disorder: an American Academy of Sleep Medicine clinical practice guideline](#) and accompanying [Treatment of restless legs syndrome and periodic limb movement disorder: an American Academy of Sleep Medicine systematic review, meta-analysis, and GRADE assessment](#)
- [Treatment of central sleep apnea in adults: an American Academy of Sleep Medicine clinical practice guideline](#) and accompanying [Treatment of central sleep apnea in adults: an American Academy of Sleep Medicine systematic review, meta-analysis, and GRADE assessment](#)
- [Evaluation and management of obstructive sleep apnea in adults hospitalized for medical care: an American Academy of Sleep Medicine clinical practice guideline](#) and accompanying [Evaluation and management of obstructive sleep apnea in adults hospitalized for medical care: an American Academy of Sleep Medicine systematic review, meta-analysis, and GRADE assessment](#)

AASM Strategic Plan Goals

Open to projects that directly advance the [American Academy of Sleep Medicine \(AASM\) Strategic Plan Goals: Sleep Medicine Awareness, Practice Success, and Technology Implementation](#).

Projects that use, study, or expand [AASM sleep education resources](#), [AASM Sleep is Good Medicine](#) campaign, [AASM quality measures](#), [#sleeptechnology](#), [AASM guidance documents](#), or results from [AASM Foundation-funded projects](#) will be given priority.

Proposals that fit into one of the goals are considered responsive. The bulleted lists under each goal are listed as examples.

1. Sleep Medicine Awareness – Advance the understanding of the value of sleep medicine.

Examples of projects that fall under this strategic goal include, but are not limited to:

- Developing strategies that build awareness about how sleep disturbances and sleep disorders cause or are associated with other health conditions.
- Understanding the impact of screening for sleep disorders by non-sleep clinicians.
- Evaluating the economic impact of treating sleep disorders on long-term healthcare utilization.

2. Practice Success – Enhance knowledge about how to deliver quality, innovate care to achieve better outcomes for patients with sleep disorders. Examples of projects that fall under this strategic goal include, but are not limited to:

- Developing and testing comprehensive and innovative models of care that use a team-based approach for long-term care and management of people with sleep disorders.
- Evaluating the value of services provided by sleep physicians and the sleep team (e.g., economic modeling, retrospective analysis of claims or electronic health record data) and/or assessing how their roles in patient care may evolve in the future.
- Studies that improve patient-centeredness of care by improving the understanding of:
 - Patient preferences and satisfaction with different treatment options for sleep disorders.
 - Predictors of treatment adherence.
- Comparative effectiveness research, especially in special populations (e.g., pediatrics, women, older adults, people with comorbidities), of:
 - Diagnosis of sleep disorders (e.g., new diagnostic devices, delivery methods, alternate metrics for diagnosis or characterization of disease severity, endotyping)
 - Interventions and delivery methods to treat sleep disorders.
 - Interventions (e.g., technology, behavioral, psychological, pharmacologic) to improve sleep disorder treatment adherence.

3. Technology Implementation – Increase knowledge of new and emerging technologies, as well as artificial intelligence, in clinical care. Examples of projects that fall under this strategic goal include, but are not limited to:

- Evaluating current and new technology for expanding delivery of sleep care to improve patient outcomes, quality of care, and cost-effectiveness.

- Leveraging consumer wearables for promoting and improving sleep in patients, increasing engagement with the sleep team, monitoring and improving patient care and treatment adherence.
- Harnessing large datasets and computing power to yield greater clinical sleep insights, augment clinical expert opinion of sleep data, enhance diagnostic abilities, patient care, and/or treatment, increase efficiency, or decrease administrative burden.
- Clinical research on heterogeneous populations comparing artificial intelligence to traditional approaches.

This topic is co-sponsored by the Hypersomnia Foundation, Wake Up Narcolepsy and the AASM Foundation

Obstructive Sleep Apnea (OSA) Research Gaps

Open to projects that address known research gaps in the diagnosis and/or management of OSA. There have been several publications that have noted the limitations, challenges, and gaps in research with diagnosing and treating OSA, examples of which include the [2022 Agency for Healthcare Research and Quality Technology Assessment on positive airway pressure therapy](#) and the [2021 journal *SLEEP* publication on apnea-hypopnea index](#). Projects that address these gaps must advance the fields of sleep medicine and population sleep health. Only applications that address known research gaps in the diagnosis and/or treatment of OSA will be considered responsive.

Priority will be given to projects that propose following outcomes for 6 months or longer. Examples of research topics of interest are provided below.

- Identifying patient-important outcomes and understanding how they are impacted with treatment (e.g., sleepiness, quality of life).
- Exploring novel ways to characterize OSA (e.g., new/alternative measures, new framework combining multiple measures).
- Building knowledge about personalized OSA care through endotyping, phenotyping, and biomarkers (e.g., identifying patients at most risk of clinically important OSA outcomes).
- Understanding patient preferences and satisfaction with different OSA treatment options.
- Understanding the short-term and long-term impact on outcomes of newer treatments for OSA (e.g. devices, medications, lifestyle changes, surgery).

- Understanding OSA treatment adherence (e.g., barrier to adherence, how adherence relates to outcomes, strategies to address barriers, predictors of adherence to treatment).
- Comparative effectiveness research, especially in special populations (e.g., pediatrics, women, older adults, people with comorbidities), of:
 - Alternate metrics for diagnosis or characterization of OSA severity
 - Interventions and delivery methods to treat OSA.
 - Interventions (e.g., technology, behavioral, psychological, pharmacologic) to improve OSA treatment adherence.

Considering healthcare equity is important for all research focus areas. We encourage applicants to consider factors that increase sleep healthcare equity, such as access to services, social factors, and using an appropriately inclusive study population.

FUNDING INFORMATION

The Strategic Research Grant program is organized into three categories to allow flexibility and a range of funding opportunities to potential applicants:

- Category I is for those applicants seeking funding for projects up to \$250,000 and covers a project period of up to three years.
- Category II is for those applicants seeking funding for projects up to \$100,000 and covers a project period of up to two years.
- Category III is for those applicants seeking funding for projects up to \$50,000 and covers a project period of up to one year.

There are no restrictions on the distribution of expenses, however, indirect costs are capped at 8%. The grant is executed as a contract between the AASM Foundation and the grantee's institution. A sample contract is available [here](#).

This AASM Foundation research grant is supported by AASM Foundation general funds, the Hypersomnia Foundation and Wake Up Narcolepsy.

ELIGIBILITY

The following individuals are eligible to apply:

- Sleep scientists with a master's level degree (MA, MS, MSN, MPH, or equivalent) or higher (MD, DO, DDS, DMD, DNP, DNSc, PharmD, PhD, or equivalent) are eligible to apply.

- International applicants, who meet all the eligibility criteria and whose sponsoring organization can accept the payment of grant funds in U.S. dollars, are eligible to apply.

INELIGIBILITY

The following individuals are not eligible to apply:

- Individuals who have a financial conflict of interest or have the potential to incur significant financial benefit from the proposed work and beyond the work itself are not eligible to apply.
- Current AASM and AASM Foundation Board of Directors members are not eligible to apply and cannot be listed as a PI, co-PI, key personnel, mentor (paid or unpaid) or paid consultant for one year after their term ends.

Note: In rare instances, AASM and AASM Foundation Board members may serve as unpaid consultants on an application, however, this requires Executive Committee approval prior to submitting the application.

- Individuals and organizations located in, or operating from, countries subject to U.S. Office of Foreign Assets Control sanctions are not eligible to receive AASM Foundation funding.

NUMBER OF APPLICATIONS AND SCIENTIFIC OVERLAP

Individuals may apply for multiple AASM Foundation grants. However, the same proposal (i.e., projects with budgetary and scientific overlap) may only be submitted for some requests for applications in a given cycle. Additionally, if an individual submits more than one application in the same Strategic Research Grant cycle, the AASM Foundation will only approve funding one grant should multiple proposals submitted by the applicant receive a competitive score.

Individuals who are the Principal Investigator on an open AASM Foundation research grant at the time of the application deadline can apply if they can demonstrate that there is no budgetary or scientific overlap between their open grant and the new project they are applying for funding. If there is budgetary and/or scientific overlap between projects, the applicant must indicate their plan to close their open grant in the event their new application is selected for funding (e.g., relinquish the current grant or complete the current grant to start the new grant).

Additionally, individuals who are seeking funding from AASM Foundation research grants to support ongoing projects currently funded by another granting body or supplement ongoing work (e.g., enrolling additional subjects into an ongoing trial) are not eligible to apply. The

principal investigator will be required to make a statement regarding any overlap in their Other Support page of the application.

LETTER OF INTENT REQUIREMENT

This grant is a two-stage application process, in which a letter of intent (LOI) is required prior to submission of a full application. Applicants will then be notified whether they will be invited to submit a full application. If the LOI is not approved, the applicant may not apply for the grant. Please note that the information submitted in the LOI (e.g., grant category, key personnel) is final and those invited to submit a full application will be bound by the content of their approved LOI unless a modification was specifically requested or approved by the AASM Foundation.

For an overview on how to write an effective LOI and Application for the AASM Foundation Strategic Research Grant, please view the following resources:

[Strategic Research Grant Letter of Intent Guide](#)

[Strategic Research Grant: Overview and Lifecycle](#)

LOI REVIEW CRITERIA

For applicants who voluntarily submit a LOI, the AASM Foundation Executive Committee will review all submitted LOIs. The following criteria will be considered in determining whether the applicant will be invited to submit a full application for consideration:

- 1. Responsiveness:** Responsiveness to one of the topic areas being requested as part of this RFP.
- 2. Significance:** Potential significance of the planned research in addressing important problems or critical barriers needed to progress the sleep medicine field.
- 3. Healthcare Equity:** Consideration of factors that increase sleep healthcare equity, such as access to services, social factors, and using an appropriately inclusive study population; or provide a scientific or ethical reason for not considering these factors in the proposed study.
- 4. Strategic Goal Alignment:** Alignment with the AASM Foundation's strategic goal of advancing science to improve sleep care.

APPLICATION REVIEW CRITERIA AND PROCESS

Once LOIs are reviewed, invitations will be sent out to applicants who have a favorably reviewed LOI so a full application may be submitted. For invited applicants who submit a full

application, a grant review committee, appointed by the AASM Foundation Executive Committee.

Reviewers will assess each application using a simplified framework that reflects the potential for the proposed research to have a sustained and meaningful impact on the sleep medicine field. Each application will receive an overall impact score, reflecting the reviewer's judgment of its potential to advance scientific knowledge, address a critical gap, or improve clinical practice. In determining the overall impact score, reviewers will consider three major factors:

- 1. Importance of the Research (Scored):** Strong scientific premise of planned research in addressing important problems or critical barriers needed to progress the sleep medicine field through the use of novel theoretical concepts, approaches or methodologies, instrumentation, or interventions that challenge and seek to shift current research or clinical practice paradigms.
- 2. Rigor and Feasibility (Scored):** Strategies to ensure a robust and unbiased approach, methodology, analyses, and benchmarks for success are well-reasoned and appropriate for the specific aims of the planned research.
- 3. Expertise and Resources (Evaluated for sufficiency):** Experience, training, and ongoing record of accomplishments of the investigator(s), presence of institutional support, and availability of equipment and other physical resources that contribute to the likelihood of success of the planned research.

Only materials submitted within the application will be used in the evaluation of applications. The AASM Foundation Executive Committee will submit funding recommendations to the AASM Foundation Board of Directors based on the Grant Review Committee scores and consideration of the AASM Foundation's strategic priorities. The AASM Foundation Board of Directors will make the final funding decisions.

PAYMENT SCHEDULE

Category I Grants	
Payment #1 – Upon execution of contract	50%
Payment #2 – At project midpoint after approval of Progress Report	40%
Payment #3 – Upon receipt and approval of Final Report	10%

Category II and Category III Grants

Payment #1 – Upon execution of contract	90%
Payment #2 – Upon receipt and approval of Final Report	10%

If unique circumstances are explained in the budget justification of the applicant’s proposal, the Board of Directors will consider requests for an alternate payment schedule, with a maximum variance of 10%.

APPLICATION RESUBMISSION POLICY

Past applicants of the Strategic Research Grant who were not funded are allowed a single resubmission within 12 months of receipt of the original application notification if the project is still relevant to the topics of interest in the current RFP.

If resubmitting an original and unfunded application, the applicant must still meet all eligibility criteria listed under the Eligibility section of this request for applications. Additionally, the applicant must submit a new letter of intent and indicate that this is a resubmitted project being proposed. If invited to submit a full application, the resubmission must include the reviewer's critiques and a response to the original application's reviewers.

DELIVERABLES AND EXPECTED OUTCOMES

Outcomes are an essential component of this grant. All proposals must identify the goals and appropriate outcome measures of the research. The outcomes should align with the goals and objectives stated in the applicant’s proposal for this grant. As such, the following deliverables are required:

- The applicants must address the specific aims and any major modification requires AASM Foundation Board of Directors or Executive Committee approval.
- The AASM Foundation expects that the research funded by this grant will lead to the publication of original research in peer-reviewed journals, such as the [Journal of Clinical Sleep Medicine](#), and submission of an abstract to the Associated Professional Sleep Societies (APSS) for presentation at the annual [SLEEP meeting](#). The plan and costs for these deliverables must be stated in the application.
- The applicant must submit progress and final reports during the project period and set deadlines, describing project activities and results, as outlined below. Failure to submit reports per the established schedule will result in withholding grant payments from the sponsoring organization and the grant recipient becoming ineligible to apply for future AASM Foundation funding until all outstanding reporting is up to date.

REPORTING SCHEDULE

Category I and Category II Grants	
Progress Report	Annually
Final Report	Within 90 days of grant completion

Category III Grants	
Progress Report	Six months
Final Report	Within 90 days of grant completion

The due dates for progress and final reports are established after a grant contract is executed between AASM Foundation and sponsoring organization.

HUMAN/ANIMAL SUBJECT PROTECTION PLAN

If using human or animal subjects, the applicant will be responsible for obtaining Institutional Review Board (IRB) or Institutional Animal Care and use Committee (IACUC) approval. The IRB or IACUC letter of approval for the specified project must be on file with the AASM Foundation office prior to the execution of the contract. No funds will be released for the project without receipt of written approval by an IRB or IACUC. Failure to obtain IRB or IACUC approval will result in retraction of the grant.

LOI AND APPLICATION

Step 1: AASM Foundation Grants Online Portal Registration

To apply for this grant, you must register on [AASM Foundation Grants Online Portal](#). Please refer to the [AASM Foundation Grants Online Portal User Access Guide](#) for guidance on setting-up an account.

Step 2: Complete LOI Submission

[ACCESS THE 2026 STRATEGIC RESEARCH GRANT LETTER OF INTENT](#)

The LOI Checklist below shows required attachments to be uploaded. For an overview of the information that is requested on the LOI form, please download the [2026 Strategic Research Grant Letter of Intent Outline](#).

LOI CHECKLIST

Form	Page/Word Limit
<input type="checkbox"/> Project Information	

<input type="checkbox"/> Principal Investigator	
<input type="checkbox"/> Letter of Intent	3 pages, excluding references

Step 3: Complete Application (invited applicants only)

For invited applicants, full applications must be completed and submitted through AASM Foundation Applicant Portal. A special link for submitting the full application will be sent to invited applicants. Instructions for required forms are available via the online submission system. The Application Checklist below shows required attachments to be uploaded. For an overview of the information that is requested on the application form, please download the [2026 Strategic Research Grant Application Outline](#).

APPLICATION CHECKLIST (INVITED APPLICANTS ONLY)

Note: The principal investigator, sponsoring organization, and project information will be pre-populated in the application form. Any changes require prior approval from the AASM Foundation.

Form	Page/Word Limit
<input type="checkbox"/> Project Information	
<input type="checkbox"/> Organization Information	
<input type="checkbox"/> Authorized Representative	
<input type="checkbox"/> Research Plan and Goals A. Abstract B. Research plan and goals	A. 200 words, max B. 6 pages, excluding citations
<input type="checkbox"/> Principal Investigator(s) A. Biosketch B. Other Support Page	A. 5 pages, max B. No page limit
<input type="checkbox"/> Project Personnel A. Biosketch B. Other Support Page	A. 5 pages, max B. No page limit
<input type="checkbox"/> Letters of Support	1 page each
<input type="checkbox"/> Budget and Budget Justification A. Budget B. Budget justification	B. 2 pages

<input type="checkbox"/> Human Subjects/Animal Research Protection Plan	3 pages
<input type="checkbox"/> Response to Reviews (Resubmitted applications only) A. Response letter to critiques B. Reviewer critiques and summary statement	A. 1 page

APPLICATION QUESTIONS

Frequently asked questions for our grant programs can be found [here](#).

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 inquiries submitted two business days prior to an application deadline may not be answered in time.