



2025 Agenda

In-Person SOAR and YIRF Meeting
The Bethesda Hotel
8120 Wisconsin Ave, Bethesda, MD 20814
April 23-25, 2025

Day 1: April 23, 2025

YIRF Activity	SOAR Activity
Lunch (12:00 pm) Bethesda Hotel – Fiavola Restaurant	
Welcome SOAR Fellows and YIRF Trainees (1:00 pm) Speakers: Raj Dedhia, MD, MSCR and Brienne Miner, MD, MHS Bethesda AB	
Speed Networking (1:15 pm) Bethesda AB	
Break (2:30 pm)	
Presentation: Thriving as a Whole Person (2:45 pm) Speaker: Kelly Baron, PhD CME: 0.5 Bethesda AB	

<p>Presentation: Getting the Most out of the Mentor/ Mentee Relationship (3:15 pm)</p> <p>Speaker: Mary Carskadon, PhD</p> <p>CME: 0.5</p> <p>Bethesdan AB</p>	<p>Full Grant Review: Mock Study Section (3:15 pm)</p> <p>Chair: M. Safwan Badr, MD, MBA</p> <p>CME: 1.75</p> <p>Rosedale</p>
<p>Break (3:45 pm)</p>	
<p>Presentation: Navigating the (Bumpy) Path to Early Career Awards (4:00 pm)</p> <p>Speaker: Stacey Simon, PhD</p> <p>CME: 0.5</p> <p>Bethesdan AB</p>	
<p>Presentation: Building a Strong Foundation in Sleep Research: Best Practices for Early Career Scientists (4:30 pm)</p> <p>Speaker: Dayna Johnson, PhD</p> <p>CME: 0.5</p> <p>Bethesdan AB</p>	
<p>Break (5:00 pm)</p>	<p>Break (5:30 pm)</p>
<p style="text-align: center;">Dinner (6:30 pm)</p> <p style="text-align: center;">Bethesdan AB</p> <p style="text-align: center;">Opening Remarks from the AASM Foundation</p> <p style="text-align: center;">Speaker: Lynn Marie Trotti, MD, MSc</p> <p style="text-align: center;">Sponsor Remarks from ResMed</p> <p style="text-align: center;">Speaker: Leanne Kaye, PhD</p>	

Day 2: April 24, 2025

YIRF Activity	SOAR Activity
<p style="text-align: center;">Breakfast (7:00am)</p> <p style="text-align: center;">Bethesdan AB</p>	
<p>Keynote: A Journey Through Sleep Science: Lessons, Discoveries, and Future Directions (8:00 am)</p> <p>Speaker: Mary Carskadon, PhD</p> <p>Bethesdan AB</p>	
<p>Advancing Your Sleep Research Career in a Changing Landscape (8:15 am)</p> <p>Bethesdan AB</p> <p>Panelists: YIRF and SOAR Faculty</p>	
<p style="text-align: center;">Break (9:30 am)</p>	

Sleep Research Funders Panel (9:45 am)

Bethesdan AB

Facilitator: Raj Dedhia, MD, MSCR

Panelists:

In-Person

- Brian Abaluck, MD; Avadel
- Inna Belfer, MD, PhD; National Center for Complementary and Integrative Health
- Rob Rivers, PhD; National Human Genome Research Institute
- Dana Schloesser Greene, PhD; Office of Behavioral and Social Sciences Research
- Natalia Lapinskaya; Patient-Centered Outcomes Research Institute
- Kimberly L. Sterling, PharmD, MS; Resmed/Resmed Foundation
- Dan Buysse, MD; SRS Foundation
- Jessa Alexander, PhD; Jazz Pharmaceuticals
- Karen C. Lee, MD; National Institute of Child Health and Human Development
- Carlos O. Garrido, PhD; National Institute on Minority Health and Health Disparities

Online

- Marge Moline, PhD; Eisai
- Mark Aloia, PhD; Inspire
- Lawrence Baizer, PhD; National Heart, Lung and Blood Institute (NCSDR)
- Aaron Laposky, PhD; National Heart, Lung and Blood Institute (NCSDR)
- Alfonso Alfini, PhD; National Heart, Lung and Blood Institute (NCSDR)
- Marishka Brown, PhD; National Heart, Lung and Blood Institute (NCSDR)
- Shilpy Dixit, PhD; National Heart, Lung and Blood Institute (NCSDR)
- Janet He, PhD; National Institute of Neurological Disorders and Stroke
- Barbara Sorkin, PhD; Office of Dietary Supplements
- Lynne Nouvel; Wake Up Narcolepsy

Disseminating and Publishing Your Work (11:15 am)

Bethesdan AB

Panelists: Safwan Badr, MD; Lynn Marie Trotti, MD, MSc; Katie Sharkey, MD, PhD

Facilitator: Brienne Miner, MD

Lunch (12:00 pm)

Bethesdan AB

Grant Proposal Blitz: Specific Aims Small Groups (1:00 pm)

CME: 3.0

Group 1: Sleep-Disordered Breathing
Arlington

Group 2: Behavioral Sleep Medicine
Auburn

Nurturing Relationships with Statisticians (1:00 pm)

Presenter: Mayte Suarez-Farinas, PhD

CME: 0.5

Rosedale

Group 3: Neurodegeneration Rugby	Resubmissions (1:30 pm) Presenter: Maya Elias, PhD; Alberto Ramos, MD CME: 0.5 Rosedale
Group 4: Sleep Health Across Birth and Old Age Del Ray	
Group 5: Epidemiology and Public Health Bethesdan AB	Open Discussion (2:00 pm) Rosedale
CME: 3.0	
Break (2:30 pm)	
Grant Proposal Blitz: Specific Aims Small Groups Continued (2:45 pm) CME: 3.0	Meeting and Writing Time with Faculty (2:45 pm) Rosedale
Break (4:00 pm)	
Dinner, Bowling and Transportation (5:30 pm) Pinstripes Bethesda 11920 Grand Park Ave, North Bethesda, MD 20852	

Day 3: April 25, 2025

YIRF Activity	SOAR Activity
Breakfast (7:00 am) Bethesdan AB	
Mock Grant Review Study Sections (8:00 am) CME: 2.75 Study Section A Chair: Kelly Baron, PhD Arlington Study Section B Chair: Jennifer Martin, PhD Auburn Study Section C Chair: Sairam Parthasarathy, MD Rugby Study Section D Chair: Jamie Zeitzer, PhD Del Ray Study Section E Chair: Galit Dunietz, PhD Bethesdan AB	Putting Together Your Research Budget (8:00 am) Presenter: Louise O'Brien, PhD CME: 0.5 Rosedale
	Biosketch and Letters of Support Review Session (8:30 am) Presenter: Brienne Miner, MD, MHS CME: 0.5 Rosedale
	Meeting and Writing Time with Faculty (9:00 am) Rosedale

Break (10:45 am)

Presentation: How to Give a Great Talk (11:00 am)

Speaker: Daniel J. Buysse, MD

CME: 0.5

Bethesdan AB

Presentation: Negotiating and Renegotiating for an Academic Position (11:30 am)

Speaker: Raj Dedhia, MD, MSCR

CME: 0.5

Bethesdan AB

Working Lunch (12:00 pm)

Bethesdan AB

Presentation: Importance of How and When to Say No (12:10 pm)

Speaker: Sairam Parthasarathy, PhD

CME: 0.5

Bethesdan AB

Presentation: Thriving in Academia (12:40 pm)

Speaker: Galit Duniets, PhD

CME: 0.5

Bethesdan AB

Closing Remarks and Adjourn (1:10 pm)