



## Community Sleep Health and Public Awareness Grant

<b>ISSUE DATE:</b>	June 8, 2026
<b>APPLICATION DUE DATE:</b>	July 20, 2026 at 11:59 pm ET
<b>GRANT SELECTION NOTIFICATION:</b>	By October 30, 2026
<b>PERIOD OF PERFORMANCE:</b>	Category I: Up to 2 years Category II: Up to 1 year
<b>AMOUNT OF GRANT:</b>	Category I: Up to \$50,000 Category II: Up to \$25,000
<b>LINK TO APPLICATION:</b>	<a href="https://www.grantinterface.com/Home/Logon?urlkey=aasmf">https://www.grantinterface.com/Home/Logon?urlkey=aasmf</a>
<b>CONTACT:</b>	AASM Foundation 2510 N. Frontage Road Darien, IL 60561 Phone: 630-737-9724 E-mail: <a href="mailto:foundation@aasm.org">foundation@aasm.org</a>

### FUNDING OPPORTUNITY DESCRIPTION

The Community Sleep Health and Public Awareness Grant provides funding for a wide range of projects and initiatives dedicated to addressing sleep health needs in local, national, or global communities. The Community Sleep Health and Public Awareness Grant will support targeted programs and initiatives that promote healthy sleep and increase accessibility to sleep disorder evaluation and treatments among the communities in which we live, learn, work, and play.

## Project Focus

The Community Sleep Health and Public Awareness Grant is open to humanitarian, education, or awareness projects that focus on improving sleep health, sleep disorder evaluation and/or treatment in the community. Projects that target underserved or disadvantaged groups are especially of interest for the Community Sleep Health and Public Awareness Grant.

Projects may focus on, but are not limited to:

1. Humanitarian service projects that are intended to improve sleep health in underserved or disadvantaged groups.
2. Development, expansion and/or dissemination of public and/or patient education resources or awareness campaigns (e.g., [AASM sleep education resources](#), [AASM Sleep is Good Medicine](#) campaign, new resource development) to promote healthy sleep and highlight sleep as a pillar of health.
3. Implementation of evidence-based sleep disorders evaluation (for individuals at high risk for sleep disorders), diagnosis, interventions, or local community models for care for people with sleep disorders.

A priority area in 2026 is public education strategies on the safe use of melatonin among pediatric populations. Projects that address this need will be given priority.

## Number of Applications and Budgetary/Scientific (Project) Overlap Policy

Applicants submitting multiple applications and applications with budgetary/scientific overlap: Applicants may apply for multiple AASM Foundation grants; however, proposals with budgetary or scientific/project overlap cannot be submitted for multiple requests for applications within the same grant cycle. All applicants are required to disclose any potential overlap in the Other Support section of their application.

Applicants with an open AASM Foundation Grant: Individuals who are serving as Principal Investigators/Project Leader on an active AASM Foundation grant at the time of the application deadline may apply for a new AASM Foundation grant only if they can demonstrate that there is no budgetary or scientific/project overlap between the open grant and the proposed project. If overlap exists, the applicant must provide a plan to close the current grant if the new application is funded, such as relinquishing the current grant or completing it before initiating the new project.

Grant recipients who receive additional funding for projects that have budgetary/scientific (project) overlap: Successful AASM Foundation grant recipients, who receive external funds

for projects that have budgetary or scientific project overlap with a grant approved by the AASM Foundation, must notify the AASM Foundation immediately and either: 1) relinquish the AASM Foundation grant and return any unspent funds or 2) submit a formal request to retain AASM Foundation funding, including any proposed revisions to the project plan, aims/objectives, and budget and budget justification. To maintain AASM Foundation funding, the request must detail how there is no budgetary overlap. Scientific/project overlap is permissible in certain cases. Failure to disclose scientific/project or budgetary overlap to the AASM Foundation is considered a breach in contract and will result in immediate termination of the grant, requirement to return unspent funds, and ineligibility for future AASM Foundation funding opportunities.

## **FUNDING INFORMATION**

The Community Sleep Health and Public Awareness Grant is organized into two 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 \$50,000 (includes direct and indirect costs) and covers a project period of up to 2 years.
- Category II is for those applicants seeking funding for projects up to \$25,000 (includes direct and indirect costs) and covers a project period of up to 1 year.

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

This AASM Foundation grant is supported by AASM Foundation general funds.

## **ELIGIBILITY**

The following individuals and organizations are eligible to apply:

- Nonprofit, tax-exempt organizations that are organized and operated exclusively for religious, charitable, scientific, testing for public safety, literary, educational, or other specified purposes and are tax exempt under the US Internal Revenue Code Section 501(c)(3).
- Individuals and for-profit organizations collaborating with an eligible nonprofit, tax-exempt organization as described above.
- Non-governmental organizations recognized as charitable and/or nonprofits in Canada that can accept grant payments in U.S. dollars.

## **INELIGIBILITY**

The following individuals and organizations are not eligible to apply:

- International organizations are not eligible to apply, with exceptions listed in the eligibility criteria.
- 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.
- Requests to support projects that do not align with the focus of the Community Sleep Health and Public Awareness Grant (e.g., research projects) are not eligible. It is encouraged that you meet with AASM Foundation staff to ensure your project aligns with the grant program prior to application submission.
- Requests to support ongoing operational aspects of existing programs or requests for projects that do not meaningfully expand existing programs 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 project leader or project team member during their term on the Board and 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.

## REVIEW CRITERIA AND PROCESS

A grant review committee appointed by the AASM Foundation Executive Committee will evaluate and score all submitted applications. Factors that will be taken into consideration include:

- 1. Need and Impact:** The need for the project is justified and the potential of the project to positively impact sleep health on a targeted population, with consideration of the proposed timeframe (one-time, short-term, long-term), is specified.
- 2. Project Plan and Evaluation:** Project plan clearly outlines the goals; the plan is well-reasoned and appropriate to achieve goals of the project. Project benchmarks and plan for measuring the impact of the project are clearly defined and appropriate. If a long-term project, evaluation of sustainability is defined.
- 3. Dissemination:** There is a plan in place, during the project period or after the project concludes, for how the knowledge gained, content developed, and/or the project framework will be disseminated to create awareness, encourage reproducibility, or spur expansion of the initiative to local, national or global key audiences.

**4. People and Resources:** Expertise and experience of the people working on this project, the value they bring to the project, and resources they have access to will ensure project success.

Only materials submitted within the application will be used in the evaluation of applications. The AASM Foundation Executive Committee will make the final funding decisions based on the review committee scores and consideration of the AASM Foundation’s strategic priorities.

#### **PAYMENT SCHEDULE**

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

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

*Note: Once a contract is executed for the grant, reallocation of funds of <10% do not require approval.*

#### **DELIVERABLES AND EXPECTED OUTCOMES**

Outcomes are an essential component of this grant. All proposals must identify the goals and appropriate outcome measures of the project. 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 applicant must address the specific aims outlined in the submitted application. Any major modification(s) require AASM Foundation Board of Directors or Executive Committee approval.
- The AASM Foundation expects that the funded project knowledge gained, content developed, or project framework will be disseminated during the project period, or shortly after project completion. The project team should disseminate the project content and findings as described in the project dissemination plan. This can be done through various dissemination avenues, examples of which can be found in the [Community Sleep Health and Public Awareness Grant – Dissemination Guide](#).
- The applicant must submit progress and final reports during the project period, describing project activities and results, by the deadlines outlined in the Reporting Schedule 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**

<b>Category I Grants</b>	
<b>Progress Report</b>	Annually
<b>Final Report</b>	Within 90 days of the period of grant completion

<b>Category II Grants</b>	
<b>Progress Report</b>	Six months
<b>Final Report</b>	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.

**APPLICATION**

**Step 1: AASM Foundation Grant Request registration**

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

**Step 2: Complete Application**

**[ACCESS THE 2026 COMMUNITY SLEEP HEALTH AND PUBLIC AWARENESS GRANT APPLICATION](#)**

Applications must be completed and submitted through AASM Foundation [Online Portal](#). 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 [Community Sleep Health and Public Awareness Grant Application Outline](#) and [Proposal Template](#).

The AASM Foundation reserves the right to reject applications if they are incomplete or do not align with the grant program's intended purpose.

**APPLICATION CHECKLIST**

Form	Page/Word Limit
<input type="checkbox"/> <b>Project Information</b>	
<input type="checkbox"/> <b>Organization Information</b>	
<input type="checkbox"/> <b>Authorized Representative</b>	
<input type="checkbox"/> <b>Project Proposal</b>	3 pages, excluding references
<input type="checkbox"/> <b>Budget</b>	2 pages
<input type="checkbox"/> <b>Project Team</b> A. Project leader CV, resume, or biosketch B. Project team members CV, resume, or biosketch	Up to 5 pages per individual
<input type="checkbox"/> <b>Letters of Support</b> A. Collaborating organization letter of support (if applicable) B. Additional letters of support (optional)	1 page each

### AI USE POLICY

The AASM Foundation will not consider applications that are either substantially developed by generative AI tools (e.g., ChatGPT, Microsoft Copilot, Claude, Gemini) or contain sections substantially developed by generative AI tools to be original ideas of applicants. All applicants will need to attest in the application that the submitted work reflects their own original work (i.e., not plagiarized, regardless of whether AI or human consultation was used in its development) and that the content and references used throughout the application are factual (e.g., content, references).

Applicants are welcome to use AI-powered writing assistants (e.g., Grammarly, Microsoft Editor) to improve the writing in their grant application (e.g., check grammar, spelling, punctuation, clarity).

Additionally, applicants should be aware that the AASM Foundation may utilize in-house, licensed AI tools to conduct an administrative review for application completeness, support grantmaking operations, and test the accuracy of these tools to perform reviews.

## **GRANT 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 questions received within 48 hours of an application deadline may not be answered before the deadline.