

SLEEP RESEARCH SOCIETY: FISCAL YEAR 2017 LEGISLATIVE AGENDA

SRS was established in 1961 by a group of scientists who shared a common goal to foster scientific investigations on all aspects of sleep and sleep disorders. Since that time, SRS has grown into a professional society comprising over 1,300 researchers nationwide. From promising trainees to accomplished senior level investigators, sleep research has expanded into areas such as psychology, neuroanatomy, pharmacology, cardiology, immunology, metabolism, genomics, and healthy living. SRS recognizes the importance of educating the public about the connection between sleep and health outcomes. SRS promotes training and education in sleep research, public awareness, and evidence-based policy, in addition to hosting forums for the exchange of scientific knowledge pertaining to sleep and circadian rhythms.

WHY SLEEP RESEARCH IS IMPORTANT

- **50-70 million** Americans across all demographic groups chronically suffer from a sleep disorder; however, studies show that minority populations suffer at a disproportionate rate.
- **More than 1/3 of the American adult population** does **not get enough sleep** on a regular basis, reporting less than 7 hours a night. This suggests an ongoing need for public awareness and public education about sleep health.
- The prevalence of healthy sleep duration varies by geography, race/ethnicity, employment and marital status. Prevalence is lower among non-Hispanic blacks, American Indians/Alaska Natives, Native Hawaiians/Pacific Islanders, and multiracial respondents, compared with non-Hispanic whites, Hispanics, and Asians
- **Insufficient sleep impairs cognitive performance**, which can increase the likelihood of motor vehicle and other transportation accidents, loss of work productivity, and medical errors.
- Adults who do not get enough sleep on a regular basis are more **likely to suffer from chronic conditions**, including obesity, hypertension, diabetes, poor mental health, and injuries. Adults 18-60 years old need seven or more hours of sleep regularly per day for optimal health.
- Sleep-disordered breathing, including **obstructive sleep apnea, is a detrimental condition affecting 15%** of the population.
- Studies show that **85% of 725 troops** returning home from Afghanistan and Iraq **had a sleep disorder** and the most common was **obstructive sleep apnea (51%)**.

RECOMMENDATIONS

INCLUDE 'SLEEP DISORDERS' AS A CONDITION FOR STUDY IN THE DEPARTMENT OF DEFENSE'S PEER-REVIEWED MEDICAL RESEARCH PROGRAM (DOD PRMRP) FOR FY 2017. Sleep researchers compete well for grants in the DOD PRMRP and are finding that active military personnel disproportionately suffer from insomnia, disrupted sleep-wake rhythms, and fatigue related to post-traumatic stress disorder and traumatic brain injury.

PROVIDE OVERALL FUNDING FOR THE NATIONAL INSTITUTES OF HEALTH (NIH) AT A LEVEL OF \$34.5 BILLION FOR FY 2017. The majority of sleep research is coordinated by NHLBI, particularly the National Center on Sleep Disorders Research (NCSDR). The NCSDR is responsible for the Trans-NIH Sleep Research Coordinating Committee, coordinating sleep research across 24 NIH institutes and centers. The SRS emphatically supports the work of the NCSDR and the Trans-NIH Sleep Research Coordinating Committee. Increased funding has the potential to sustain the career development pipeline designed to train future investigators who are pursuing research in sleep disorders and circadian rhythms, by increasing the amount of F, T, and K series awards.

CONTINUE TO RECOMMEND IMPLEMENTATION OF THE NIH SLEEP DISORDERS RESEARCH PLAN. NCSDR published the *NIH Sleep Disorders Research Plan* in November of 2011 highlighting the implementation of pertinent sleep research goals to enable further advancements in the realm of sleep and circadian rhythm disorders. Research activities and stakeholders addressed by the plan benefit from the encompassing range of NIH research, training and outreach programs.

FUND THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) AT \$7.8 BILLION, AND INCLUDE \$1 MILLION FOR SLEEP DISORDERS SURVEILLANCE ACTIVITIES FOR FY 2017. CDC has taken an active role in conducting sleep surveillance and public health awareness efforts within the Chronic Disease Prevention and Health Promotion program. One such effort is the National Health Sleep Awareness Project with the American Academy of Sleep Medicine (AASM) in partnership with SRS. This project has advanced the knowledge around healthy sleep, including prevalence for those who do not achieve a sufficient amount of sleep and/or suffer from sleep disorders. Currently population-based data on the prevalence of circadian disruption and its relationship to disease risk is relatively limited. Increased funding for CDC is needed so that progress can continue in the areas of sleep disorders surveillance and awareness of healthy sleep.