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PRESIDENT'S MESSAGE



We have just completed a very successful year under the leadership of Emmanuel Mignot, MD, PhD. I look forward to carrying on the hard work and dedication that he brought to the position. I extend my appreciation to Emmanuel, as well as to Ruth Benca, M.D., Ph.D., Past-President, Christine Acebo, Ph.D. and Michael Vitiello, Ph.D. who have finished their terms as members of the Board of Directors. I also want to thank the committee chairs and the committee members who have

fulfilled their terms; without their commitment, the society would not be as successful as it is today. In addition, I welcome the new Board members, Section Heads, Committee Chairs and members, and thank them for their willingness to serve on their respective committees. I look forward to working with such an enthusiastic group of people who are dedicated to the Society and to advancing our field.

This issue of the SRS Bulletin is dedicated to the Society's leadership. As you flip through the pages, you will become acquainted with the Board of Directors, Committee members and Section Heads as their photos and biographical information are included. Get to know your Section Heads, as they are your link to the Board. Be in touch with them about issues important to you and your field of research.

Our partnership with the Associated Professional Sleep Societies continues to be successful. Once again, attendance at the APSS Annual Meeting increased, surpassing the anticipated 5,000 mark - making the 18th Annual Meeting the largest to date. With 940 abstracts, 237 speakers, 51 meet-the-professor sessions, 20 symposia and 3 clinical workshops the scientific program was impressive. Another joint activity between the SRS and AASM was the Second Annual *Discovering the Secrets of Sleep* fundraising dinner. Attendees were treated to a spectacular evening of music, dinner and conversation in the remarkable Crystal Tea Room. The event is held to support sleep-related research. The funds from the dinner are divided equally between the two organizations with the SRS directing its proceeds toward funding research programs. Consider this another way to support

your SRS and plan on attending next year's Research Dinner.

Trainee Day was also very successful this year, with over 225 trainees in attendance. The day began with an opening session, a taped interview with Dr. Nathaniel Kleitman as the key note address, and culminated with a career fair and reception for trainees to interact with their peers, senior investigators and representatives from 35 institutions.

As we continue to solidify the future of the Society, my focus will be implementing the Strategic Plan. The Board, under Dr. Mignot's leadership, contracted with Kathleen Henrichs PhD, an outside consultant with experience in the medical field, to facilitate a strategic planning process. The goal of the plan is for the Society to become more focused and cohesive. The product of this meeting was the Strategic Plan, a working document that will guide the SRS in its efforts to enhance the direction of the Society in the areas of professional development, sleep research and organizational financial health and effectiveness.

Some of the goals we hope to accomplish are to try to increase the amount of funding for sleep research, to broaden communication with our members, and to enhance the SRS identity. The Society is also planning to develop programs to assist early career investigators and experienced investigators in the sleep research field.

Committee members have been asked to focus on the implementation of the strategic plan during their meetings throughout the year, advising the Board on which objectives they can facilitate. There have been countless ideas and suggestions and so much energy, I am certain that the plan will begin to take off in the coming months. This is a work in progress however, and be assured that I will continue to update you on the progress we make. I intend to provide you with more frequent president's reports electronically so you remain informed on Society activities.

We continue to work to increase the visibility of the Society. For example, Club Hypnos and NIH's Sleep and Circadian Biology DataBlitz will be held during the 2004 Society for Neuroscience's Annual Meeting in San Diego on October 25. Club Hypnos events allow attendees an opportunity to find out about SRS and the benefits of membership, network and socialize with their peers.

This past year, we have lost some members near and dear to our hearts. This issue is also dedicated to one of our Past-Presidents, and a close friend and colleague of mine who passed away on September 13, 2003: J. Christian Gillin. In an effort to remember our founders and to celebrate our history, I plan on organizing a task force which will be charged with preserving the history of the field of sleep.



As you know, Judy Milton, who served as SRS Coordinator has decided to move onto other opportunities and Kimberly McNamara has been hired as our new SRS Coordinator. This transition gave us an opportunity to examine our structure. The Board of Directors determined that no major organization exists without an executive director. Therefore, in March the Board voted to negotiate with the Academy and Jerry Barrett, and examine the conditions necessary for appointing Jerry as the Executive Director to the SRS. We are pleased to announce the arrangements have been finalized. Jerry Barrett will assume his role as Executive Director effective, July 1, 2004. We, as an organization, will benefit tremendously from Jerry's leadership, insight and dedication. We welcome Jerry to the SRS and look forward to a productive future.

This is an exciting time for the SRS as we move ahead with the strategic plan to strengthen our Society. Our hope is to continue to offer valuable benefits to SRS members providing you with professional development opportunities - making membership to the SRS your first choice. I look forward to a year of many more successes.

Sonia Ancoli-Israel, Ph.D.

Editor's Column

by Ken Wright Ph.D.

I am grateful for the opportunity to follow Drs. Peter J. Shiromani, Mark R. Opp, and Larry D. Sanford as editor of the SRS Bulletin. I plan to continue and expand upon their successful efforts of making the Bulletin an important resource for communicating information to members of our society. As such, this issue of the Bulletin is focused on the SRS leadership and honoring members of the society. The featured article for this issue will begin a new tradition that honors the annual APSS keynote address. Dr. Saper was kind enough to provide a summary of his exciting and scholarly talk. This issue also includes reports on society business, the APSS Annual Meeting, trainee activities, a summary of the Presidential Task Force Report on Training Activities of the Sleep Research Society, and memorial for members who have sadly passed away. Future issues will continue the laboratory spotlight column. Please feel free to contact me if you have any comments or suggestions regarding ways to improve the Bulletin. Thank you.

SRS Announces Executive Director

The Sleep Research Society welcomes Jerome Barrett as Executive Director effective July 2004.

Mr. Barrett will be a considerable asset to the SRS; his experience covers a broad range of association management activities. His leadership will enhance the Society as we move forward.

Mr. Barrett can be reached at the National Office in Westchester at 708.492.1093 or via e mail at jbarrett@srsnet.org.

SRS BOARD OF DIRECTORS

The Sleep Research Society membership elected new board members in March. Each new member brings extensive professional experience, expertise in the field and leadership skills to their respective role. These new members join the dedicated individuals who continue their service on the board. The Sleep Research Society members extend special thanks to the newly-elected board of director members and to members whom have served and rotated off the board this summer at the APSS Annual Meeting.

BOARD OF DIRECTORS



Sonia Ancoli-Israel, Ph.D.
President

Sonia Ancoli-Israel, Ph.D. is professor in the department of psychiatry at the University of California, San Diego School of Medicine, director of the Sleep Disorders Clinic at the Veterans Affairs San Diego Healthcare System, co-director of the UCSD GCRC Laboratory of Sleep and Chronobiology and co-director of the Education Unit of the VA

VISN-22 Mental Illness Research, Education and Clinical Center (MIRECC). Dr. Ancoli-Israel received a bachelor's degree from the State University of New York, Stony Brook, a master's degree from California State University, Long Beach and a doctorate in psychology from the University of California, San Francisco. Dr. Ancoli-Israel is also board certified in sleep medicine. Dr. Ancoli-Israel is involved with several sleep-related organizations in many capacities. She served on the APSS program committee for five years, and in 1999 was the keynote speaker for the APSS Annual Meeting. Her current interests include therapeutic interventions for sleep problems in dementia and fatigue, particularly the relationship between sleep, fatigue and circadian rhythms in cancer.



Charles Czeisler, M.D., Ph.D.
President-Elect

Charles Czeisler, M.D., Ph.D. is professor of medicine and Co-Director of the Division of Sleep Medicine at Harvard Medical School and Chief of the Division of Sleep Medicine in the Department of Medicine at the Brigham and Women's Hospital in Boston, MA, where he established and directs an NIH-funded pre-doctoral and post-

doctoral training program in Sleep, Circadian and Respiratory

Neurobiology. He graduated magna cum laude in biochemistry and molecular biology from Harvard College in 1974, where he was inducted into Phi Beta Kappa in 1999. He received his PhD. in neuro and biobehavioral sciences in 1978 from Stanford University and a medical degree in 1981 from the same institution. He has served the Sleep Research Society in several capacities, including the head of the Circadian Rhythms Section (1997-1998), chair of the Research Committee (2003-2004) and as member of the APSS Program Committee (1997-1998). He has also been a member of the Editorial Advisory Board of the journal SLEEP as well as several other professional journals. In addition to his membership with Sleep Research Society, Dr. Czeisler is a member of several academic, professional and scientific societies.



Emmanuel Mignot, M.D., Ph.D.
Past-President

Emmanuel Mignot, M.D., Ph.D. is a Howard Hughes Medical Institute Investigator, professor of psychiatry and behavioral sciences, and director of the Center for Narcolepsy at Stanford University School of Medicine in Stanford, California. Dr. Mignot is an active member of the sleep research community, and he is a board member of various organiza-

tions. His primary focus is the study of hypocretins and narcolepsy. His laboratory uses both patient-directed research and animal models (rats, mice, monkeys, and zebrafish) to examine the behavioral, cellular and molecular aspects of the hypocretin system. He has published over 100 peer-reviewed articles and has received numerous awards for his research. He is board certified in sleep medicine.



Mark Opp, Ph.D.
Secretary/Treasurer

Mark R. Opp, Ph.D., is associate professor of anesthesiology and physiology in the School of Medicine and a member of the neuroscience program at the University of Michigan. Dr. Opp earned a master's of science degree in biology from Walla Walla College in Walla Walla, Washington and a doctorate in zoology from Washington State

University. Dr. Opp is an active member of the Sleep Research Society and serves the SRS in many capacities. His research focuses on stressor-induced alterations in sleep.



Roseanne Armitage, Ph.D.
Director at Large

Roseanne Armitage, Ph.D. is professor of psychiatry and director of the sleep and chronophysiology laboratory at the University of Michigan in Ann Arbor. Dr. Armitage completed a doctorate at Carleton University and her post-doctoral fellowship at the University of Ottawa in Canada. She has been an active member of the SRS and the AASM since the

1980s, and has served on the APSS program committee.



Chiara Cirelli, M.D., Ph.D.
Director at Large

Chiara Cirelli, M.D., Ph.D. is Assistant Professor, Department of Psychiatry at the University of Wisconsin-Madison. She received her M.D. at the University of Pisa Medical School, Pisa, Italy and her Ph.D. at Scuola Superiore di Studi Universitari e di Perfezionamento, S. Anna, Pisa, Italy. Since moving to the United States in 1994, her research

has focused on molecular (in rats) and genetic (in flies) approaches to understanding the mechanisms of sleep regulation and its functions. As a member of SRS, she served as Section Head of the Basic Sleep Research Section and as a member of the Research Committee and most recently, the Communications Committee.



Martha Gillette, Ph.D.
Director at Large

Martha U. Gillette is a neuroscientist who studies mechanisms that regulate the brain's circadian clock. She received her A.B. in biology from Grinnell College, Ph.D. in zoology from the University of Toronto, and postdoctoral training in neuroscience at the University of California, Santa Cruz. She is Professor and Head of the Department

of Cell & Structural Biology at the University of Illinois at Urbana-Champaign. She holds appointments as Professor of Molecular & Integrative Physiology, the Neuroscience Program and the Genomics of Neural & Behavioral Plasticity Theme of the Institute for Genomic Biology. Additionally, she is a fellow of the American Association for the Advancement of Science in 1996, an Associate of the Center for Advanced Study at UIUC in 1997 and recently completed a three year appointment as University Scholar.



Barbara E. Jones, Ph.D.
Director at Large

Barbara E. Jones, Ph.D. is professor in the department of neurology and neurosurgery at McGill University and the Montreal Neurological Institute. She earned a doctorate from the University of Delaware in physiological psychology after doing a portion of her graduate training at the Faculte de Medecine in Lyon, France. Her original training in

sleep research was obtained under Michel Jouvet in Lyon, followed by postdoctoral studies in biochemical pharmacology with Jacques Glowinski in Paris, and then in chemical neuroanatomy with Robert Moore in Chicago. Her research has concentrated on the physiological and anatomical elucidation of chemically specific neuronal systems that are responsible for the generation of the sleep-wake states.



Thomas S. Kilduff, Ph.D.
Director at Large

Thomas S. Kilduff, Ph.D. is senior program director in the Biosciences Division at SRI International in Menlo Park, California. He received a master's degree and doctorate from Stanford University, where he was a National Science Foundation Fellow and National Academy of Sciences-National Research Council Research Associ-

ate at NASA-Ames Research Center. Dr. Kilduff was also a Senior Research Scientist at the Stanford University Sleep Disorders Research Center. Dr. Kilduff has served on the APSS pro-

gram committee and co-organized the conference entitled “Bioinformatics, Neuroscience and Sleep Research” held at the National Institutes of Health. He has been a consulting reviewer for grant institutions such as the National Science Foundation, the U.S. Army Research Office, the American Narcolepsy Association, the American Sleep Medicine Foundation, the Canadian Medical Research Council, the Swiss National Science Foundation and the Human Frontiers Science Program Organization.



Carole L. Marcus, M.B.B.Ch.
Director at Large

Carole Marcus M.B.B.Ch. is professor of pediatrics at the University of Pennsylvania, and director of the Pediatric Sleep Center and General Clinical Research Center at Children’s Hospital of Philadelphia. She received her medical degree in South Africa; completed a pediatric residency and chief residency at State University of New York,

Brooklyn; and completed a pediatric pulmonology fellowship at Children’s Hospital Los Angeles, University of Southern California. Her main area of interest, both clinically and in research, is pediatric sleep-disordered breathing, and specifically the pathophysiology of the childhood obstructive sleep apnea syndrome.



Eric A. Nofzinger, M.D.
Director at Large

Eric A. Nofzinger, M.D. is associate professor of psychiatry at the University of Pittsburgh School of Medicine, where he is currently the director of the Sleep Imaging Research Program. He completed residency training in psychiatry and in sleep disorders medicine and an NIMH research fellowship with emphasis in sleep research all at the

University of Pittsburgh. Dr. Nofzinger has provided service to the sleep research community and to training in a variety of capacities over the years, including membership with AASM and SRS committees. Dr. Nofzinger’s areas of research interest include human functional neuroimaging studies of sleep in health and in disease where he has received funding to study depression,

insomnia, aging, schizophrenia, alcoholism and obstructive sleep apnea syndrome.



Anne Germain, Ph.D.
Trainee Member-at-Large

Anne Germain, Ph.D. is the new Trainee Member at Large. She received her Ph.D. in Clinical Psychology from the University of Montreal, Quebec, Canada, with Tore Nielsen, Ph.D. She then completed a clinical internship at the University of New Mexico Sleep Disorders Center, with Barry Krakow, M.D. She is currently

completing a post-doctoral fellowship at the University of Pittsburgh School of Medicine, in the Department of Psychiatry with Daniel Buysse, M.D., and Eric Nofzinger, M.D. Her main clinical research interests focus on psychophysiology and functional neuroimaging of sleep in depressed samples and impact of sleep-focused interventions on daytime symptoms of posttraumatic stress disorder.

SRS LEADERSHIP AT WORK AND PLAY



The current and several former presidents of the Sleep Research Society gather at the Past President’s Lunch to discuss current sleep research and the future direction of the field.



Following a stimulating discussion these current and former leaders practice what they preach by enjoying a brief moment of sleep amidst busy APSS activities.

New Section Heads

Basic Research

Robert Greene, MD, PhD

Dr. Greene received his Ph.D. in Physiology from George Washington University, Washington DC and his M.D. from the University of Maryland School of Medicine, Baltimore, MD. He did postdoctoral fellowships in Neurophysiology at the University of Maryland and at the Neurochirurgische Klinik in Zurich, Switzerland. He is currently professor and vice chairperson, department of psychiatry, University of Texas Southwestern and chief of Mental Health at Dallas VAMC. His major research interest is molecular, cell and systems neurobiology of central nervous system state control and function. Dr. Greene is a member of several professional and scientific societies for which he volunteers in various capacities.

Circadian Rhythms Research

Helen Burgess, PhD

Dr. Burgess is currently Assistant Professor in the Department of Psychology and Assistant Director of the Biological Rhythms Research Laboratory at Rush University Medical Center in Chicago. She has worked in the field of sleep and circadian rhythms for over 10 years. She obtained her Ph.D. from the University of Melbourne in Australia. Following her Ph.D. she accepted a postdoctoral position at the University of South Australia. She then completed a second postdoctoral fellowship at Rush University Medical Center before her promotion to Assistant Professor. Dr. Burgess has investigated sleep and circadian influences on cardiac autonomic activity. She now focuses her research on the basic properties of human circadian rhythms with applications to jet lag and shift work. Dr. Burgess has published 26 full manuscripts and in 2003 she won a Sleep Medicine Research Foundation Young Investigator Award. She is currently serving on the Sleep Research Society Trainee Education Advisory Committee.

Sleep and Behavior Research

Rachel Manber, PhD

Dr. Manber received a doctorate in psychology from the University of Arizona in 1993 and a doctorate in Mathematics from the University of Washington in 1982. She is on the faculty in the Department of Psychiatry and Behavioral Sciences at Stanford University and the director of the Insomnia Program at the Stanford Sleep Disorders Center. Dr. Manber is a licensed clinical psychologist, certified by the AASM for the practice of Behavioral Sleep Medicine. She serves on the editorial boards of SLEEP and Clinical Psychology Reviews and on NIH scientific review panels. In addition to her membership in the Sleep Research Society, Dr. Manber is involved with several other scientific and professional associations.

Sleep Disorders Research

Ronald Chervin, MD, MS

Dr. Chervin is Associate Professor of Neurology at the University of Michigan in Ann Arbor, where he directs the University of Michigan Sleep Disorders Center. Dr. Chervin completed his undergraduate work at Harvard University, his medical degree at Stanford University, a neurology residency at Cornell University Medical Center/New York Hospital, a sleep medicine fellowship at Stanford, and a master's degree in biostatistics and clinical research design at the University of Michigan. His research interests have focused on sleep-disordered breathing and its neurobehavioral effects, particularly sleepiness in adults and hyperactive behavior in children. Dr. Chervin has served as an editorial board member for SLEEP and as an ad hoc reviewer for about 25 other professional journals. He has published numerous articles, chapters and abstracts.

News Items

Changes to the Journal SLEEP

The journal SLEEP instituted design changes effective with the June 15, 2004, issue. To improve readability, the font size has been increased from 9 point to 10 point. Additionally, there is discontinued wrapping text around tables and figures, and required tables now conform to one-or two-column format. As of January 1, 2005, SLEEP's publication schedule will increase from 8 regular issues to 12 regular issues.

2004 ASMF Awards

The American Sleep Medicine Foundation (ASMF) awarded grants in two categories at the *Discovering the Secrets of Sleep* Fundraising Dinner at the APSS 18th Annual Meeting. The research spans virtually all areas of sleep medicine, and the awards support both basic science and clinical research. Each recipient will receive a two-year grant for up to \$60,000 in funding. Congratulations to the grant recipients.

Educational Research Award:

Dr. Hari Bandla – “Cost Effectiveness of Required Self-Paced Asynchronous e-Learning Modules for Advancement of Sleep Medicine Education.”

Faculty Career Advancement Award:

Dr. Douglas Moul – “Testing the Nocturnal Sleep Latency Profile in Primary Insomnia.”

Dr. YeMing Jimmy Sun – “Opioids Protect against Substantia Nigra Dopaminergic Cell Apoptosis Induced by Iron Deprivation: A Possible Model for the Pathogenesis of the Restless Legs Syndrome.”

Dr. Denys Volgin – “Hypothalamic GABAergic Regulation of Transcription.”

Dr. Takatoshi Mochizuki – “The Molecular Mechanism of Gamma-Hydroxybutyrate.”

WELCOME NEW MEMBERS

As the Sleep Research Society grows, we strengthen the impact on the profession by offering members unique education and research opportunities and keeping members abreast of current sleep research and topics. In 2004, we asked each member to recruit at least one colleague for membership in the Society. Information regarding membership can be found on the SRS Web site, www.sleepresearch-society.org, or from Kimberly McNamara, SRS Coordinator, at kmcnamara@srsnet.org.

Join us in welcoming the following new members who joined the Society since April.

FULL MEMBERS

Juliette Faraco, Ph.D.
Stanford University

Albert Jan Schutte, M.D.
Organon International

Luigia M. Brunetti, M.D.
University of Bari

Takafumi Kato, D.D.S., Ph.D.
Matsumoto Dental University

Rob Pierce
Institute for Breathing and Sleep

Gershon Hait, M.D.
Albert Einstein College of Medicine

J. Lance Lichtor, M.D.
University of Iowa

Bruce R. Tammelin, M.D., FCCP
Mission Internal Medical Group, Inc.

Bruce F. O'Hara, Ph.D.
University of Kentucky

Nobuhiro Fujiki, M.D., Ph.D.
Center for Narcolepsy

Sherri Katz, M.D., FRCPC
Children's Hospital of Eastern Ontario

James Quattrochi, Ph.D.
Harvard Medical School

Albert Martin Li, MRCP
Prince of Wales Hospital

Full Hossein Sharafkhaneh, M.D.
Michael E. DeBakey VA Medical Center

Eliot S. Katz, M.D.
Children's Hospital

Gyorgy Lonart, Ph.D.
Eastern Virginia Medical School

Robert G. Norman, Ph.D.
NYU School of Medicine

Charles J. Amlaner, Jr., Dphil
Indiana State University

Omar E. Burschtin, M.D.
NYU School of Medicine

Nita Lewis Miller, Ph.D.
Naval Postgraduate School

Margaret Bradbury, Ph.D.
Neurocrine Biosciences

Karen Waters, MBBS, FRACP
University of Louisville

Barbara Caldwell, Ph.D.
UMDNJ School of Lay

Folasade Ogunlesi, M.D.
Children's Hospital

Solveig Ervik, Ph.D.
Norwegian Resource Center for AD/HD, Tourette
Syndrom, & Narcolepsy

Paul Wylie, M.D.
Arkansas Center for Sleep Medicine

ASSOCIATE MEMBERS

Angela Rodgers-Rawden
University of Rochester Medical Center

Jaime Stretz
Center for Sleep & Wake Disorders

Katherine Gurdziel
Brigham & Women's Hospital

Ann Halbower, MD
Johns Hopkins University

Kathryn Pluff, BS
University of Wisconsin

Susan Surovec
Case Western Reserve University

Arlene J. Dudley, BA, RPSGT
Metrohealth Medical Center

STUDENT MEMBERS

Darlene Schanfeld, PhD

Jana R. Cooke, M.D.
UCSD

Wynne Chen, M.D.
Stanford Sleep Disorders Clinic

Stephany Jones
University of Wisconsin

Erica Howard
University of Rochester Medical Center

Robert O'Connor

Matthew D. Coble
Division of Sleep and Chronobiology

Karra Jones, BS
Emory University School of Medicine

Noah Spalding
College of the Holy Cross

Arick Combs
University of Rochester Sleep Research Lab

Jeffrey J. Johnson, BS, BSE
University of Pittsburgh School of Medicine

Shirley Whittom, BA
Hopital du Sacre-Coeur de Montreal

Ethan James Mohns, BA
University of Iowa

Jennifer Vriend, BSc, BScH
E.P. Bradley Hospital

Jamie Perryman, BS
University of Michigan, Ann Arbor

Kristen M. Fortin, BA
E.P. Bradley Hospital

One-for-One Recruitment Campaign

As the Sleep Research Society continues to grow, many exciting new programs have been initiated to help strengthen the Society. The Strategic Plan of the SRS calls for new activities to increase funding for sleep research, broaden communication with members, enhance SRS identity, and design programs to assist early-career and experienced investigators. None of these activities are possible without the assistance and involvement of SRS members. Increased membership is essential for achieving these goals and advancing our field. To this end, the Membership Committee actively solicits new members from groups such as authors of research articles on sleep, recipients of sleep-related grants, etc. In addition, during the 2005 membership year, the Committee would like to ask all present SRS members to get involved and take part in our One-for-One Recruitment Campaign. We know that there are many sleep researchers who, often surprisingly, are not yet members of the SRS. Therefore, we ask that **each SRS member recruit one friend or colleague**. Please look around and help the SRS become stronger through this One-for-One Recruitment Campaign. Note that new members who join in October receive three months of free membership in 2004 in addition to their 2005 full-year membership. The SRS membership application form and the list of SRS membership benefits are posted at: www.sleep-researchsociety.org. For more information on the One-for-One Recruitment Campaign, contact the membership department at aaasmembership@aaasnet.org.

David A. Wood, BS
Indiana University

Willoughby Britton, MA
University of Arizona

Jessica D. Payne, MA
University of Arizona

Kateri Champagne, MD
McGill University/Royal Victoria Hospital

John A. Lesku, BSc
Indiana State University

2004 SRS Committees

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Kenneth Wright, PhD – *Vice Chair and Bulletin editor*

Gregory Belenky, MD

Melissa Burnham, PhD

Christopher Leonard, PhD

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Paula K. Schweitzer, PhD

Patricia J. Sollars, PhD

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Alfred J. Lewy, MD, PhD

Janet Mullington, PhD

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Fiona Baker, PhD, *Trainee Member at Large Elect*

Anne Germain, PhD, *Trainee Member at Large*

Steven J. Henriksen, PhD

Margaret L. Moline, PhD

Timothy Monk, PhD

Jacqueline Vazquez, PhD

Thomas S. Kilduff, PhD, *Board Liaison*

APSS ANNUAL MEETING RECAP

Discovering the Secrets of Sleep Research Dinner

The Sleep Research Society and the American Academy of Sleep Medicine, co-hosted the second annual *Discovering the Secrets of Sleep* dinner during the APSS Annual Meeting in Philadelphia. The dinner benefits the sleep research initiatives of the two organizations. Held in the Crystal Tea Room of the historic Wanamaker Building, guests enjoyed an evening of sustenance, live entertainment and good conversation with friends in a Revolution-era inspired ballroom. Emmanuel Mignot, MD, PhD and Conrad Iber, MD, co-hosts of the evening reminded attendees of the importance of sleep research and sleep medicine and thanked all those who supported the fundraiser for their generosity.



SRS President Emmanuel Mignot, MD, PhD and AASM President Conrad Iber, MD.



Attendees at the Discovering the Secrets of Sleep Dinner.

The Sleep Research Society will contribute their portion of funds raised to developing programs, funding activities and to promote sleep research.

The Society wishes to thank all of the sponsors for their generous support of the second annual *Discovering the Secrets of Sleep* dinner.

Event Sponsors

Pfizer Inc./Neurocrine Biosciences Inc. – Table Wine and Dessert
Sanofi-Synthelabo Inc. - Centerpieces
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Emmanuel Mignot, M.D., Ph.D., SRS Past-President; Sonia Ancoli-Israel, Ph.D., SRS President; Charles Czeisler, M.D., Ph.D. SRS President-Elect



FEATURE ARTICLE

2004 APSS Keynote Address Summary

Hypothalamic Integration Of Sleep And Circadian Rhythms

Clifford B. Saper, M.D., Ph.D.

James Jackson Putnam Professor of Neurology and Neuroscience, Harvard Medical School; Chairman, Department of Neurology, Beth Israel Deaconess Medical Center

The earliest clear understanding of the circuitry involved in producing sleep and wakefulness came from the work of Baron Constantin von Economo in the 1920's. He witnessed an epidemic of a new viral encephalitis, that had not been seen before or since, during the years from 1915 to the early 1920's, in which there was injury to brain systems regulating sleep and wakefulness. He described three specific clinical outcomes, which he linked with injuries in specific brain sites. First, he pointed out that lesions at the junction of the midbrain and forebrain would result in prolonged sleepiness, in which patients may sleep for 20 hours a day or more for weeks at a time, but be relatively normal during their brief wake periods. Second, he showed that lesions of the basal forebrain, involving what we would now recognize as the anterior hypothalamus, cause prolonged periods of wakefulness, in which patients sleep very little for weeks at a time. Finally, he pointed out that lesions of the posterior hypothalamus result in a condition which we would now recognize as narcolepsy, in which they have sudden onset of sleep and episodes of cataplexy.

Over the years, the neuronal basis for von Economo's observations have become increasingly clear. The ascending arousal system, which is compromised by lesions at the midbrain-forebrain junction, consists of specific populations of nerve cells that target forebrain structures. The cholinergic neurons in the pedunculo-pontine and laterodorsal tegmental nuclei provide extensive inputs to the thalamus which are important in activating thalamo-cortical transmission. These neurons fire during both REM sleep, and in many cases, wakefulness. The monoaminergic neurons in the noradrenergic locus coeruleus, serotonergic dorsal and median raphe nuclei, and histaminergic tuberomammillary nucleus, by contrast, provide projections that traverse the hypothalamus and diffusely innervate the entire cerebral cortex. These neurons fire fastest during wakefulness, slow down with NREM sleep, and stop during REM sleep. Thus, wakefulness can be characterized as a state when both the cholinergic and monoaminergic neurons are firing at the highest rates, NREM sleep as a state when both are turned down, and REM sleep as a state during which the monoamine firing approaches zero, but the cholinergic system is turned on.

What accounts for the switching of the activities of these neurons in the different wake sleep states? By injecting the tubero-

mammillary nucleus with a retrograde tracer, we were able to distinguish two groups of nerve cells that provide intense inputs to it. The orexin neurons in the lateral hypothalamus presumably are excitatory and may reinforce waking states. However, the other major input arises from the ventrolateral preoptic nucleus (VLPO), at von Economo's site where lesions caused sleeplessness. VLPO neurons contain both GABA and galamine, an inhibitory peptide, and they also innervate the other components of the ascending arousal system, giving them the potential for providing a synchronous switch to turn off wakefulness.

We examined the activation of the VLPO neurons in different wake-sleep states by using staining for Fos, an immediate early gene that is expressed in many neurons when they have been active. VLPO neurons selectively express Fos protein during sleep states. Recordings from these neurons by Szymusiak and colleagues show that they fire fastest during sleep.

Lesions of the VLPO resulted in loss of up to 80% of total sleep time and sleep delta power, and this loss of sleep lasts for at least three months. Loss of NREM sleep corresponded with damage to a triangular cluster of VLPO neurons, and loss of REM sleep with loss of neurons in the more diffuse, extended part of the nucleus.

VLPO neurons are also inhibited by ascending monoaminergic systems. The mutual inhibition between the VLPO sleep system and the monoaminergic arousal systems results in reinforcement of either wakefulness (when the VLPO is actively inhibited) and sleep (when the arousal systems are actively inhibited, and thus cannot inhibit the VLPO), thus allowing for consolidation of both phases. Electrical engineers design switches of this type, which they call "flip-flop switches", when they want a circuit to stay in one of two states, but to avoid intermediate states. A byproduct of this arrangement, though, is that small perturbations may occasionally trip the switch when that is not wanted.

The orexin neurons, in the lateral hypothalamus which are wake-active and excitatory, sit like a finger on this switch, locking it into the awake position during wakefulness. Loss of the orexin influence in narcolepsy leaves the switch more vulnerable to rapid and unwanted state transitions.

A major issue in regulating sleep states has been the way in which the influence of the circadian clock system, located in the suprachiasmatic nucleus (SCN) in the hypothalamus, is exerted over the sleep system. We initially checked the inputs from the SCN to the VLPO, and found they were rather meager. However, most of the output of the SCN goes to an intermediate area, known as the subparaventricular zone. We placed cell-specific lesions in this area, and found that damage to the ventral subparaventricular neurons caused nearly complete loss of the circadian rhythms of sleep, whereas lesions of the dorsal subparaventricu-

lar zone cause loss of circadian rhythms of body temperature, but not sleep. This suggests that nerve cells in the ventral subparaventricular zone are necessary to regulate circadian influence on sleep.

We traced the output from the ventral subparaventricular zone, but found that it also did not send much output to the sleep regulatory system. Instead, it mostly sent its output to the dorsomedial nucleus of the hypothalamus (DMH). Lesions of the DMH also obliterated the circadian rhythms of sleep and wakefulness, as well as feeding, locomotor activity, and corticosteroid secretion. Interestingly, body temperature rhythms were reduced, but not lost, and rhythms of melatonin secretion, which are controlled by a direct input from the SCN, were not affected.

The DMH did send massive projections to both the lateral hypothalamus, including the orexin cells, and to the VLPO. The lateral hypothalamic input contained glutamate and TRH, and thus was presumably excitatory, whereas the input to the VLPO was GABAergic and therefore presumably inhibitory. In other words, the DMH shapes circadian rhythms predominantly by pushing on the active phase, rather than the sleep phase.

Why use such a complex, three-stage integrator for relaying circadian input to the sleep-wake system? Why not just hardwire sleep to the biological clock in the SCN? One reason may be that

some animals are nocturnal, some diurnal, and some crepuscular, requiring different arrangements between the clock and the sleep switch. Another reason may be that animals require flexibility in this relationship even across a single year. For example, in the late spring and early fall, bats switch from being nocturnal to being active mainly during the daytime, as there is more food available during the day when it is too cold for insects to fly at night.

In the laboratory, rats can be made into diurnal animals simply by restricting their feeding time to a few hours during the light cycle. Over a period of week or so, the animal's switch their daily feeding, activity, sleep, body temperature, and corticosteroid rhythms, to be available when the food is present. We found that there is Fos expression in the DMH in anticipation of the food presentation (i.e., several hours before it) as the animals become more active. Lesions of the DMH prevent the animals from shifting their circadian rhythms to the restricted feeding period.

Thus, the interaction between this newly identified circadian circuitry and the wake-sleep system may be used by animals to provide the most adaptive patterns of wakefulness and sleep, across the year and across a lifetime.

AASM PRESIDENT



The SRS wishes to congratulate Dr. Michael Sateia on his election as President of the American Academy of Sleep Medicine.

Dr. Sateia is Professor of Psychiatry and the Director of the Section of Sleep Medicine at Dartmouth-Hitchcock Medical Center. He passed his boards from the American Board of Psychiatry and Neurology in 1980 and from the American Board of Sleep Medicine in 1990. Dr. Sateia has been a reviewer for SLEEP, and the Journal of Palliative Care and also the Editor of the MED-Sleep Medical Education Committee. Dr. Sateia has served as senior site visitor for AASM center accreditation and appointed Regional Co-Chair for the Accreditation Committee in 2000 and Chair of the Committee in 2001.

2005 APSS Meeting Ad - Denver
Pickup from August 2004 SLEEP

9TH ANNUAL TRAINEE DAY

The Sleep Research Society sponsored its 9th Annual Trainee Day in conjunction with the APSS Annual Meeting on Sunday, June 5, 2004. Trainee Day offers young researchers and scientists a unique opportunity to gain knowledge and experience from established professionals in the field of sleep research. The SRS is able to provide this educational opportunity to its trainees in part because of Pfizer Pharmaceuticals generous support.

This year, Trainee Day was even more successful than last year with over 225 attendees. The day began with a welcome breakfast, a key note address which was an audio/visual interview of Dr. Nathaniel Kleitman, one of the “founders” of sleep research. Dr. William Dement was on hand to introduce the interview, provide his comments and answer questions.

Not only did attendance increase this year but workshops were increased to 31 one-hour presentations. The day also included eight working lunches for attendees to choose from allowing an open forum in which trainees could ask questions relating to a particular field of research or to discuss career-related issues. New this year was a double session workshop focusing on grant writing. With the session filled, the addition of this topic was a success. Following a day of presentations and discussions, a reception and career fair allowing trainees the opportunity to socialize with peers and network with as many as 35 institutions was the culmination of the event.

The SRS wishes to thank all of the presenters who volunteered their time and did an outstanding job of making this the most successful Trainee Day to date! Without their knowledge, experience and dedication to the field of sleep and to this event, we could not do it. Many thanks:

Christine Acebo, Ph.D.
Daniel Aeschbach, Ph.D.
Rosanne Armitage, Ph.D.
Ruth Benca, M.D., Ph.D.
Donald L. Bliwise, Ph.D.
Dan Buisse, M.D.
Mary Carskadon, Ph.D.
Rosalind Cartwright, Ph.D.
Ronald Dahl, M.D.
William Dement, M.D., Ph.D.
Sean Drummond, Ph.D.
Carol A. Everson, Ph.D.
Anne Germain, Ph.D.
Martica Hall, Ph.D.

Joan Hendricks, V.M.D, Ph.D.
Derk Jan-Dijk, PhD
Barbara Jones, Ph.D.
Thomas Kilduff, Ph.D.
James Krueger, Ph.D.
Andrew Krystal, M.D., MS
Clete Kushida, M.D., Ph.D.
Gilles Lavigne, D.M.D, M.Sc., R.P.S.G.T.
Kenneth Lichstein, Ph.D.
Mark Mahowald, M.D.
Richard Marcus, M.D.
Robert McCarley, M.D.
Margaret Moline, Ph.D.
Merrill Mitler, Ph.D.
Eric Nofzinger, M.D
Mark Opp, Ph.D.
Allan Pack, M.B., Ch.B., Ph.D.
Michael Perlis, Ph.D.
David Rector, Ph.D.
Timothy Roehrs, Ph.D.
Robert Sack, M.D.
Larry Sanford, M.D.
Paul Shaw, Ph.D.
Jerome Siegal, Ph.D.
Michael H. Silber, M.D.
Robert Stickgold, Ph.D.
Michael Vitiello, Ph.D.
David White, M.D.
Amy Wolfson, Ph.D.
Phyllis Zee, Ph.D.

The success of Trainee Day is a result of hard work by the student members of the SRS. The sub-committee deserves accolades as well. This year’s sub-committee members were: Daniel Taylor, (*chair*), Anne Germain, Sabra Abbott, Stuart Fogel, Carie Holladay, Lisa Meltzer, Johathan Peever, Tracy Rupp and Catherine Vena. Dr. Thomas Kilduff, the Chair for Trainees oversaw the subcommittee’s activities and provided guidance.

THE TRAINEE ROOM

Anne Germain, Ph.D.

University of Pittsburgh School of Medicine
Department of Psychiatry

Trainee Day 2004

The purpose of Trainee Day is to educate, inspire, and motivate trainees, as well as provide an opportunity for them to interact with the leaders from various sleep research fields. Networking with senior researchers and junior colleagues is also implicitly part of T-Day. Judging from the very positive ratings and comments on the keynote address, workshops, and Trainee Career Fair and Reception provided on T-Day evaluation forms, these goals were met.

Ninety-five people completed the evaluation forms, accounting for 42% of attendees. Overall, it is fair to say that T-Day was once again a successful event. Suggestions provided on the evaluation form were extremely thoughtful, and several can be implemented in the future. Thank you all for your input to help us continue to improve T-Day!

The making of T-Day requires the active involvement of trainees like you and me. This year, the T-Day subcommittee members were: Daniel Taylor, Ph.D. – Chair, myself, Anne Germain, Ph.D. – Chair-elect, Sabra Abbott, Stuart Fogel, Carie Holladay, Lisa Meltzer, Ph.D., Jonathan Peever, Ph.D., Tracy Rupp, M.S., and Catherine Vena, RN, MSN. Thanks to all for their diligent involvement!

Trainees, get involved!

Soon, we will solicit trainees to volunteer for the Trainee Day subcommittee for the 2005 edition. Serving on this subcommittee is a good way to get involved in service activities that we will have to assume as independent sleep clinicians and/or researchers. It is also a good way to know more about the SRS functions, and to eventually become involved in one of the multiple SRS committees. “I don’t have time to get involved” is no good reason– in my experience, the time commitment on the Trainee Day subcommittee amounts to no more than 25 hours over a whole year. I hope many will show interest in getting actively involved in the SRS T-Day when we request volunteers this coming fall!

One last bit

As the Trainee Member at Large, my job is to promote trainees’ interest to the SRS Board of Directors. Feel free to let me know which interests you think are already well served, and which ones you would like to see being promoted more dynamically. My other priority will be to facilitate communications and networking among trainees, so do not hesitate to email me if you are looking for resources and ways to exchange information for other trainees: germaina@upmc.edu. I will do my best to help you get the most out of your SRS Trainee membership.

Secretary/Treasurer Report

The Sleep Research Society continues to grow, with benefit to all members. This report briefly summarizes our financial position at the close of FY 2003, and provides current membership numbers. This information was provided at the Annual Business meeting of the SRS held at the APSS Annual Meeting in Philadelphia.

The SRS remains in good financial position. The audit of FY 2003 finances indicated that as of December 31, 2003, total assets of the SRS were \$1,616,075, with total liabilities of \$92,246. As such, our net assets were \$1,523,829 (see Table). This increase in society assets is attributed to several factors. First, the market rebounded, which resulted in an increase in total value of SRS investments by approximately 25% relative to value at the end of FY 2002. Second, disbursements from the APSS LLC partnership increased approximately 27% during FY 2003 because of the success of the 2003 APSS meeting in Chicago. Finally, deficits projected for FY 2003 were not realized. Through efforts of the Board of Directors and staff, cost saving measures were implemented that minimized deficits. In addition, a projected deficit for the journal SLEEP was averted by increased advertising revenue and an increase in the number of reprints ordered. Collectively, these factors resulted in a surplus for FY 2003.

Assets	
Cash & Cash Equivalents	\$564,705
Investment Securities	\$948,510
Receivables	\$33,875
Equity in APSS	\$51,608
Property & Equipment, net	\$17,377
TOTAL	\$1,616,075
Liabilities	
Accounts Payable	\$26,226
Deferred Revenue	\$66,020
Net Assets	\$1,523,829
TOTAL	\$1,616,075

Membership in the SRS grew during 2003, and continues to do so. As of May 30, 2004, total membership in the SRS was 956. The majority of SRS members are Full members (629), with Trainee members (254) constituting the second greatest membership category. Of the Trainee members, 175 are pre-doctoral and 79 postdoctoral trainees. These numbers represent an increase of 82 members across all categories relative to one year ago.

The increase in membership and strong financial standing provide means by which new initiatives may be implemented that

will benefit SRS members and the field of sleep research. For example, the SRS, the AASM and several institutes of NIH have commissioned a study by the Institute of Medicine entitled Sleep Medicine and Sleep Research. This study will take 18 months to complete and will result in a report that will be widely disseminated. The SRS is also evaluating means by which small grants to provide seed funds for pilot studies may be made available. Such a small grant program would provide young investigators funds to obtain preliminary data necessary for preparation of competitive NIH grant applications.

Resources available for implementing research initiatives include funds obtained from the Discovering the Secrets of Sleep fundraising dinner. The inaugural event held last year was a success, generating \$20,000 for the SRS. These funds were used to support the J. Christian Gillin Junior Faculty Development Program. This joint venture with the AASM was such a success in its inaugural year that the event was held again this year in Philadelphia. Although final numbers are not yet available, early indications are that this event once again will result in a substantial amount of funds to support SRS research programs.

The SRS also expanded programs to increase visibility of the society. This year, for instance, the SRS was a major sponsor of the Respiratory Neurology & Sleep Assembly dinner at the American Thoracic Society Meeting in May. Club Hypnos, traditionally an event sponsored by the SRS at the Society for Neuroscience's annual meeting, was held at the Sheraton New Orleans last November. Another Club Hypnos event was held at the Association for the Advancement of Behavioral Therapy at the Boston Marriott, also in November. Club Hypnos and the Neuroscience Sleep and Circadian Biology Data Blitz will once again be held at this year's SfN meeting in San Diego. These events will be Monday, October 25, 2004, from 6:30 – 10:00 PM.

Although the SRS is in good financial standing with new initiatives and programs, the SRS Board of Directors continues to work to identify sources of revenue independent of the APSS LLC partnership. Diversification of the revenue stream for SRS and increasing society membership are high priorities vital to the long term financial health of our Society. All officers of the SRS Board of Directors are committed to managing the resources of the SRS to provide benefits of high quality to the membership.

Respectfully submitted,



Mark R. Opp, Ph.D.
SRS Secretary/Treasurer

DISTINGUISHED 2004 SCIENTIST



Emmanuel Mignot, M.D., Ph.D. presents the Distinguished Scientist Award to Rosalind Cartwright, PhD.

The Distinguished Scientist Award is the highest award presented by the Sleep Research Society. Awarded annually since 1989, it is given for significant, original and sustained contributions of a basic, clinical or theoretical nature. The recipient of this year's award was Dr. Rosalind Cartwright.

As the Distinguished Scientist for 2004, Dr. Cartwright was invited to present a lecture at the APSS Annual Meeting. On Tuesday, June 8 she presented *Making Sense Out of Sleep: Motives, Moods, and Murders* to an eager audience.

Rosalind Cartwright, PhD is chairman and professor of the department of psychology at Rush University in Chicago, IL. She has also held positions at the University of Illinois College of Medicine, University of Chicago, Mount Holyoke College and Provincial Hospital in Toronto. In 1978, Dr. Cartwright opened the Sleep Disorders and Research Center at Rush University Medical Center, the first in the state of Illinois and one of the first in the country.

Dr. Cartwright's primary research interests include sleep and dreams in major depression, sleep-related parasomnias, the functions of REM sleep, the nature of disorders of the sleep/wake transitions and sleep apnea treatments. She has held several NIH-sponsored research grants and continues to conduct research regarding behavioral treatments of co-morbid insomnia in the elderly, sleepiness in Parkinson's disease patients and phase-delay sleep disorder in adolescents. Dr. Cartwright has served on several research review panels of the National Institute for Mental Health, the National Advisory Mental Health Council, and the Sleep Disorders Research Advisory Board.

She has served on several editorial boards, holds membership in several professional associations and is a fellow of the American Academy of Sleep Medicine, American Association for the Advancement of Science, American Psychological Association Division 8 and the Sleep Research Society.

2004 YOUNG INVESTIGATORS

Each year the SRS presents the Young Investigator Award to a new investigator conducting outstanding research in the field of sleep research. Candidates submit an application, a single publication from a peer-reviewed journal and a letter of recommendation. The SRS Research Committee reviews all applications and the award is presented at the Associated Professional Sleep Societies' Annual Meeting. The recipient receives a \$1,000 grant to be applied toward travel to the Annual Meeting.

This year, the Young Investigator Award was presented to Steven W. Lockley, Ph.D. for his paper titled "High sensitivity of the human circadian melatonin rhythm to resetting by short wavelength light," which was published in the *Journal of Clinical Endocrinology and Metabolism*. The research investigated the wavelength-sensitivity of the human circadian pacemaker and demonstrated that exposure to short-wavelength 460 nm monochromatic light elicited twice the circadian phase resetting and melatonin suppression response than an equal photon density of 555 nm light.

Lockley earned his D.Sc. in Biology from the University of Manchester, United Kingdom and his Ph.D. from the University of Surrey. He currently holds a faculty position at the University of Surrey and retains appointments at Brigham and Women's Hospital and Harvard Medical School. The focus of Dr. Lockley's research has been the role of light in the entrainment and control of human circadian rhythms.

There were three honorable mentions this year as well: Eric Murillo-Rodriguez is the author of "The diurnal rhythm of adenosine levels in the basal forebrain of young and old rats". Dr. Murillo-Rodriguez is a post-doctoral fellow at Harvard University under the guidance of Dr. Priyattam J. Shiromani and is involved in research projects related with Mechanisms in Sleep and Narcolepsy; Sleep in Aging, Hypocretin Neuron transplantation and the neurophysiology of sleep-inducing properties of endocannabinoids.

Ruben Guzman-Marin is the author of "Sleep deprivation reduces proliferation of cells in the dentate gyrus of the hippocampus in rats." Dr. Guzman-Marin earned his M.D. and Ph.D. degrees from the National Autonomous University of Mexico with his Ph.D. thesis conducted under Dr. Rene Drucker-Colin. Dr. Guzman-Marin is currently a third year postdoctoral fellow in the department of psychology at the University of California, Los Angeles in the laboratory of Dr. Dennis McGinty. Most recently he investigated the effects of sleep deprivation on neurogenesis

in the dentate gyrus of the hippocampus in rats; the main finding from this research was that sleep loss reduces the generation of new cells in the dentate gyrus.

Jean Francois Gagnon, MPs, is the author of "Association between waking EEG slowing and REM sleep behavior disorder in Parkinson's Disease without dementia." Jean-François Gagnon received his doctorate degree in Neuropsychology from the University of Quebec at Montreal and the Sleep Disorders Center of the Sacré-Coeur Hospital of Montreal where he worked with Professor Marc-André Bédard and Professor Jacques Montplaisir. His research focused on the polysomnographic and EEG features of Parkinson's disease associated with REM sleep behavior disorder. He has recently begun his postdoctoral studies at the Montreal Geriatric Institute with Professor Julien Doyon where his research activities focus on functional brain imaging in Parkinson's disease.

CLUB HYPNOS

Sleep Research Society will host a Club Hypnos event at the Society for Neuroscience Annual Meeting in San Diego, California. Club Hypnos will be held on Monday, October 25 at the San Diego Marriott & Marina from 6:30 – 8:00 pm. Immediately following the reception, Neuroscience Sleep and Circadian Biology Data Blitz is being held until 9:30 pm. Club Hypnos events are receptions held in conjunction with meetings of allied organizations providing opportunities for colleagues to socialize with other members, share ideas and learn about the benefits of SRS membership.

In a continuing effort to advance sleep research, the Sleep Research Society invites and encourages meeting participants to attend the Club Hypnos reception. The evening provides opportunities to socialize, network and meet with leading researchers in the field. For additional information contact Mark Opp, PhD at (734) 615-8768 or via e mail at mopp@umich.edu.

Sleep Research Society's

CLUB HYPNOS

Monday, October 25, 2004
6:30 – 8:00 pm
San Diego Marriott & Marina, Salon 2
San Diego, CA

Don't miss the opportunity to network and enjoy an evening with your colleagues

Refreshments

Raffle Drawing

PROMOTIONAL ITEMS

The Sleep Research Society has several new promotional items available for sale. The items are great gift ideas and a way to support the Society and its initiatives. New items include an embroidered baseball cap available for \$20, a mug for \$10 and key chain for \$8. Individuals who wish to purchase items can visit the SRS Web site, www.sleepresearchsociety.org, to view pictures of the merchandise and download a product order form.



The SRS now offers a hat, mug, and key chain for purchase.

ACADEMIC NEWS

Dr. Jerome M. Siegel, Professor of Psychiatry and member of the Brain Research Institute at UCLA and Chief of Neurobiology Research at the VA Greater Los Angeles Healthcare System, Sepulveda, CA, was the second Pfizer Lecturer in Sleep at the University of Michigan. The lecture series was held May 10-11, 2004, at venues on the campuses of the University of Michigan and Pfizer Global Research and Development, Ann Arbor. The Pfizer Lectureship in Sleep at the University of Michigan is a joint effort between Pfizer Global Research and Development, the Department of Anesthesiology and the Neuroscience Graduate Program of the University of Michigan, and Henry Ford Hospital, Detroit. The aim of this joint effort is to bring leaders in the field of sleep research and academic sleep medicine to the University of Michigan campus for a series of lectures.

Dr. Siegel's studies have focused on the nature of sleep generation mechanisms. He conducted a series of studies on the regulation of muscle tone across the sleep cycle in relation to the key role of muscle tone regulation in sleep apnea, periodic movements during sleep and the REM sleep behavior disorder and identified circuits underlying muscle tone control. This work led him to study the sleep disorder narcolepsy. Dr. Siegel was the first to conduct studies of neuronal activity in the narcoleptic dog and identified the neurons responsible for cataplexy. More recently his group found that human narcolepsy is caused by a loss of over 90% of the hypocretin (orexin) cells in the hypothalamus. In animal studies, Dr. Siegel's group determined the normal pattern of release of hypocretin across the sleep cycle and was the first to demonstrate reversal of narcoleptic symptoms by administration of the hypocretin peptide. These studies formed the basis for his seminar, entitled "Narcolepsy and the Role of the Hypothalamic Peptide Hypocretin (Orexin)."

Dr. Siegel's other professional interest is the evolution of sleep as it pertains to the mystery of sleep function. He has conducted studies of sleep in the turtle and in the echidna and platypus,

primitive Australian mammals. More recently he has conducted studies of sleep in a number of marine mammals including the dolphin, gray whale, beluga whale and fur seal. These studies reveal striking differences in the nature of sleep in different species that constrain theories of sleep function. These phylogenetic studies were the topic of the final event in the Lectureship series. A dinner lecture held in the Pendleton room of the historic Michigan Union building was attended by more than 80 basic scientists, physicians and students from southeast Michigan and northwest Ohio. Dr. Siegel's dinner lecture, entitled "Phylogeny of Sleep: Clues and Challenges for Theories of Sleep Function," was punctuated with numerous photographs of the animals Dr. Siegel has studied.

Jerome Siegel received his Ph.D. in neurobiology from the University of Rochester in 1973. He did postdoctoral research at the Sepulveda VA Medical Center and at UCLA. He is the recipient of a Javits award from NINDS and a Merit Award from NHLBI. He has received the Distinguished Scientist award from the Sleep Research Society, and served as President of the Sleep Research Society. For six years he chaired the Program Committee of the Associated Professional Sleep Societies. He is the Principal Investigator of one of three national centers for the study of the basic mechanisms of sleep apnea. It was an honor to have Dr. Siegel present the second Pfizer Lectureship in Sleep at the University of Michigan.

If you have information you would like to submit (promotions, activities at your institution, etc) please forward those via E-mail to Kimberly McNamara, SRS Coordinator at kmcnamara@srsnet.org.

IN MEMORIAM

LARRY J. FINDLEY, M.D.

Larry J. Findley, M.D., of Loveland, Colorado, sadly passed away on June 16, 2004, at the age of 55. Dr. Findley brought national attention to the field of sleep study research. He published articles on sleep studies and publications in the *New England Journal of Medicine*, the *Journal of the American Medical Association*, *SLEEP* and many others.

Dr. Findley was a long time member of the AASM and a regular speaker at the National Sleep Medicine Course. His most recent accomplishment was publication of "Reducing Motor-Vehicle Collisions, Costs, and Fatalities by Treating Obstructive Sleep Apnea Syndrome," written for a recent issue of *SLEEP*.

J. CHRISTIAN GILLIN, M.D.

J. Christian Gillin, M.D., Professor of Psychiatry at the University of California, San Diego (UCSD) and Past-President of SRS, died peacefully with his family around him of esophageal cancer on Saturday, September 13, 2003.

Dr. Gillin was internationally known and widely honored for his seminal research on sleep and mood disorders. The SRS presented him with the Distinguished Scientist Award in 2001, and noted that "in addition to the immense scientific contributions Dr. Gillin has made to the field of sleep and sleep disorders, one of his greatest accomplishments is in the number of students he has trained. Many investigators in this next generation of sleep researchers can trace their scientific roots back to Dr. Gillin." That same year, Dr. Gillin was also the recipient of a Lifetime Achievement Award from the American Academy of Sleep Medicine in recognition of his contributions to the advancement of sleep medicine.

Born in Columbus, Ohio, Chris credited his anthropologist father for sparking his interest in mental illness at an early age. He graduated magna cum laude from Harvard University and earned his M.D. at Case Western Reserve, completed his psychiatric training at Stanford University Medical Center and worked in the NIMH Intramural Research Program (IRP) from 1971 to 1982.

Early on Chris was assigned to the sleep laboratory at the NIMH and began the sleep research that would become his legacy. He worked very productively at the NIMH until 1982, when he was recruited to the UCSD faculty. He served at UCSD during the last two decades as a senior Professor and Director of both the NIMH Clinical Research Center and the Psychobiological and Psychopharmacology Research Fellowship.

While at NIMH Chris Gillin's group was the first to replicate the finding of short REM latency in major depressives when

compared to normal controls. In his studies, however, he also included patients with primary insomnia, since he was concerned about issues of diagnostic sensitivity and specificity. Based on his analysis using several objective sleep measures, he correctly separated normal controls, depressed patients, and primary, non-depressed insomniacs with about 75% accuracy. In 1992, with Ruth Benca, Dr. Gillin wrote the first major meta-analysis of sleep and psychiatric disorders which firmly established that short REM latency and other sleep disturbances were not diagnostically specific in major depressive disorder. Their meta-analysis changed the landscape regarding diagnostic specificity of sleep measures in depression.

In addition to the comparisons between patients with major depression and normal controls, Dr. Gillin's publications were among the few papers on polygraphic sleep in bipolar depression and in longitudinal studies of sleep in bipolar patients undergoing the "switch process" between depression and mania. Using nursing observations of sleep in hospitalized bipolar depression, he noted that a reduction in duration of sleep predicted a switch from depression to mania, that switches at night were associated with higher ratings of mania than those during the day and evening, and that 48-hour cyclers almost always switched at night.

Throughout his scientific career Chris Gillin remained convinced that sleep abnormalities have important implications for the pathophysiological and clinical aspects of mood disorders, even if they are not diagnostically specific. One important area was the pathophysiology of sleep disturbance in mood disorder: sleep as "a neurobiological window into depression." To explore that area, he developed a UCSD research program on basic neuroscience and chronobiology to test specific hypotheses linking sleep and depression.

This led to his more recent studies of the antidepressant effects of sleep deprivation in depressed patients. He believed that sleep deprivation was an excellent experimental model for the study of antidepressant treatments and could lead to new, rapidly acting treatments based upon new models of brain function. In addition, in collaboration with others, Dr. Gillin studied chronobiology and bright light treatment for depression, immunological relationships to sleep, depression and alcoholism, and sleep abnormalities associated with depression, recovery, and abstinence in patients with alcoholism.

In addition to being past-president of the Sleep Research Society, Dr. Gillin was also the past-president of the Society for Light Treatment and Biological Rhythms and the West Coast College of Biological Psychiatry and was on the board of the American Academy of Sleep Medicine. He was a fellow of the American College of Neuropsychopharmacology, and of the American Psychiatric Association. At the time of his death, he was also the Co-

Director, along with Sonia Ancoli-Israel, of the Laboratory of Sleep and Chronobiology, which they helped establish as part of the UCSD General Clinical Research Center.

Shortly after his diagnosis of esophageal cancer, Dr. Ancoli-Israel and Dr. Lewis Judd, Chair of the UCSD Department of Psychiatry, organized a Festschrift to recognize the enormous impact that Dr. Gillin had on the fields of sleep, mood disorders and circadian rhythms. He was honored with a scientific symposium attended by almost 200 scientists. The event highlighted friendships, scholarship, and leadership, which had bonded colleagues to Chris around the nation and the world. The papers presented at the Festschrift were edited and organized in a scientific monograph published in a special issue of the journal *Neuropsychopharmacology*, the journal he served as its Founding Editor.

Dr. Gillin's love of family, friends and the outdoors seemed to intensify after he was diagnosed with advanced cancer three years ago. An avid runner, he had completed the Bay to Breakers Race in San Francisco just a few weeks before his diagnosis. A week after he learned he had cancer, he went paragliding for the first time. He remained active during his battle with the disease, and shortly before his death he went flying with a young friend. He even lectured to medical students on the subject of death and dying, to share his personal experiences and insights.

During his illness, Chris and his family continued to travel, explore, and spend quality time together. He lived the last three years with cancer, making each day count fully while continuing his scientific endeavors, mentoring and publishing.

Colleagues recall Dr. Gillin's fundamental dignity, humanity, and positive approach to life coupled with an unquenchable scientific curiosity. He was an admired role model and inspired deep affection among those who knew him and worked with him.

Dr. Gillin is survived by his wife, Frances Gillin, Ph.D., a UCSD professor of pathology and former NIH researcher, and their children, Peter Daniel Gillin and John Lorin Gillin and his wife Crystal Zhang Gillin. The family requested that for those wishing to make donations in memory of Dr. Gillin, may make them to the "SRS Gillin Jr. Faculty Award" which can be sent to: Kimberly McNamara, Sleep Research Society, One Westbrook Corporate Center, Westchester, IL 60154 with a note stating the purpose of the donation.

SHARON L. MERRITT, RN, MSN, EDD

Sharon L. Merritt, 64, resident of Hinsdale, IL passed away on July 10 from complications from lung cancer.

Dr. Merritt graduated from St. Louis University with a bachelor's degree in nursing in 1962. She moved to California and received her master's in nursing from the University of California, San Francisco, in 1964 and met her husband, Frank J. Merritt.

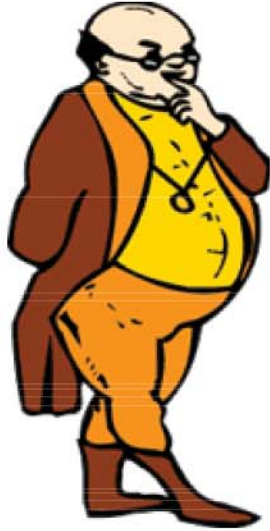
Along with her family, Dr. Merritt moved to St. Louis in 1971 where she continued her teaching career in nursing at Southern Illinois University in Edwardsville. She earned her PhD in education at the University of Missouri-St. Louis in 1982, while continuing to teach.

In 1987 she moved to Chicago and taught nursing at the University of Illinois, Chicago and for the last 10 years, she was the Director of the Research Center for Narcolepsy at the University of Chicago. She published many articles on nursing education and Narcolepsy, received several awards and grants and was

named in Who's Who Among Students In American Universities & Colleges in 1961 and 1981.

Dr. Merritt worked for years with people with sleep disorders, such as narcolepsy and sleep apnea. Dr. Merritt's concentration was on pupillometry, the science of measuring eye pupil size, which can clinically determine sleepiness. Her research validated that the sleepier a person gets, the smaller their pupils become. Dr. Merritt also served on the SRS Communications Committee.

In addition to her husband, Dr. Merritt is survived by two daughters, Michelle and Melissa; two sisters, Colette Loecke and Joyce Spizzirri ; a brother, Louis Spizzirri; and three grandchildren.



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To apply or for additional information, please contact:

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PRESIDENTIAL TASK FORCE REPORT

Following are excerpts from the **Task Force Report on Training Activities of the Sleep Research Society** completed on November 23, 2003. The complete report can be found on the SRS website <http://www.sleepresearchsociety.org/news/announcements.php>.

“In November 2002, the Sleep Research Society (SRS) Board noted that the Society commits substantial financial and volunteer resources to trainee related programs. Since the establishment of the Trainee Education Advisory Committee in the early 1990s, there have been significant advances in the field and more educational opportunities are now available to young investigators. In light of these recent changes, a presidential task force was assembled with the primary goals of evaluating current trainee programs, determining if these initiatives were economically efficient, and assess whether the SRS should develop new programs and courses rather than commit resources to other organizations’ events. Eric Nofzinger, M.D. agreed to chair the task force. Sonia Ancoli-Israel, PhD, Mary Carskadon, PhD, Martha Gillette, PhD, Mark Opp, PhD, and Thomas Roth, PhD agreed to serve on the task force. Israel Lederhendler, Ph.D. and Merrill Mitler, Ph.D. also participated in discussions to provide an NIH perspective. Judy Milton provided input as an administrator of the SRS.”

“This task force recognized the following goals of the Sleep Research Society with respect to training activities:

- Encourage young investigators to enter into careers in sleep research.
- Provide access to training in specific research methods that may not be broadly available.
- Provide training in sleep research methods for established investigators in other fields.
- Provide training in career development for early investigators.”

The report provides a history of training related activities sponsored by the SRS such as establishment of the Training and Educational Activities Committee (TEAC) and trainee day at the APSS conference, highlights current and future needs for training in sleep research, compares training related activities of SRS and other research societies, notes strong enthusiasm at the federal level for training in sleep research and provides suggestions for future SRS trainee related activities. Appendices include reports of financial commitment to trainee day, examples of trainee evaluations of trainee day, and tracking efforts of trainees who received support for past trainee days.

Summary of recommendations for future SRS trainee related activities.

- “The SRS is currently doing an outstanding job of encouraging young investigators to enter a career in sleep research via the Trainee Day and Travel award mechanisms.”
- “Creative mechanisms of funding the annual trainee day and travel awards separate from the SRS operating budget should be considered.”
- “The SRS could improve its training efforts in the areas of longer term, more in-depth training activities such as career development workshops and facilitation of long term training programs.”
- “The SRS needs to determine as a collective society the amount of resources it feels appropriate to commit to a training mission.” *In the past 5 years, the “percent of SRS expenses committed to the annual training activities has been in the range of 20-25%” of total SRS expenditures.*
- “To remedy deficiencies in attention to more in-depth, longer term training initiatives, the SRS may want to consider dividing the current TEAC into 2 independent committees, each with its own chair, one focused on the organization of the annual trainee day and provision of the travel awards, and a second that has as its emphasis identification and monitoring of long term training needs in the field, identification of funding sources to develop these programs and serving as a liaison between funding agencies and the SRS membership in identifying individuals and institutions that may successfully compete for these training funds.”

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