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Dr. Nathaniel Kleitman (1895 - 1999)


For the second time in little more than one year the sleep research community has lost one of its early pioneers. Dr. Nathaniel Kleitman passed away August 13, 1999. He was 104. The next issue of the SRS Bulletin will contain a special tribute to Dr. Kleitman.

Mark R. Opp
President's Column

Greetings! We're off and running for a new year of sleep research, a year that has already provided some most exciting news and that seems to hold new opportunities around every corner.

First, the SRS wishes to extend congratulations to the group of scientists at Stanford University whose persistence in the pursuit of the narcolepsy gene has paid off spectacularly. If you have not seen it yet, look in your library for the August 6, 1999, issue of Cell (or www.cell.com) with the narcoleptic dog on the cover! Here's the citation: Ling Lin, Juliette Faraco, Robin Li, Hiroshi Kudokani, William Rogers, Xiaoyan Lin, Xiaohong Qiu, Pieter J. de Jong, Seiji Nishino, and Emmanuel Mignot (1999). The Sleep Disorder Canine Narcolepsy Is Caused by a Mutation in the Hypocretin (Orexin) Receptor 2 Gene. Cell 98 (3): 365-376. This discovery will no doubt usher in an avalanche of new research opportunities to plum the mysteries of sleep mechanisms and to provide new effective treatments for narcolepsy and perhaps other sleep disorders. Congratulations and well done to Dr. Mignot and colleagues!

Another piece of exciting news for SRS members is that SRS now has an administrative coordinator in our Rochester office: Lance Brink. You'll read more about Lance in this issue of the Bulletin. Welcome, Lance.

The SRS also extends congratulations to the American Academy of Sleep Medicine (AASM), formerly American Sleep Disorders Association (ASDA). We wish them well in this new incarnation, and we'll do our best to remember the new name!

The World Federation of Sleep Research Societies (WFSRS) meeting in Dresden is rapidly approaching. As in the past, the SRS is supporting trainees to attend this international scientific gathering. Dale Edgar, our trainee chair, and his committee have done a great job putting this travel program together. Also on the WFSRS front, watch your mailboxes for your CD-ROM edition of the first volume of Sleep Research Online. In addition, a new WFSRS membership directory is in the works. Finally, the SRS executive committee is reviewing a request from WFSRS president, Michael Chase, to SRS and all member societies to take larger roles in the WFSRS. Expect to hear more in coming months about SRS's new world-wide role. Congratulations to Dr. Chase for his spectacularly successful leadership of this international society!

(Continued on page 24)
Editor's Column

With this issue of the Bulletin we welcome a new Executive Committee. As you have already read in the President's Column by Dr. Carskadon there are new initiatives underway and new ideas being discussed. I am sure all SRS members join me in extending our thanks and appreciation for the work of Dr. Roehrs and the outgoing Executive Committee.

In addition to the Executive Committee, I would like to take this opportunity to welcome two individuals that will be assisting in the production of the Bulletin. Monica Eiland takes over the Assistant Editorship position from Dr. Tim Hays. She will continue to focus on the Student BITS segment, and become more involved in other editorial activities as her time permits. Tim did an excellent job with the development of the Student BITS feature. As you will read later in this issue, Mr. Lance Brink joins the SRS as Administrative Coordinator in the Rochester office. Having a permanent contact person will be a great benefit to the society.

Finally, in our ongoing effort to improve the Bulletin and insure it meets the needs of the SRS membership we conducted a short survey. The results are presented in this issue. Once again, I thank all that responded and I know your comments and suggestions will result in a better publication.

Mark R. Opp, Ph.D.

SRS AWARDS 2000

The SRS Awards Committee, composed of Drs. Carskadon (ex officio), McCarley, Morrison (chair), Prinz, Schenck, and Ursin, is pleased to call for nominations for the SRS Distinguished Scientist Award and the SRS Young Investigator Award.

SRS DISTINGUISHED SCIENTIST AWARD

This is the Society's highest award for scientific advances in the field of sleep research. The award is given for significant, original and sustained contributions of a basic, clinical or theoretical nature.

Members of the Sleep Research Society are invited to submit nominations to the Awards Committee. A letter outlining the scientific contributions made by the nominee and the reasons why the individual should be honored should accompany the nomination. Candidates need not be current members of the Sleep Research Society.

Nominations will be reviewed, and the SRS Awards Committee, which may also offer nominations of its own, will make the Award. Deadline receipt for nominations is Friday, October 1, 1999. Please send nominations to:

Adrian R. Morrison D.V.M., Ph.D.
Chair, SRS Awards Committee
Laboratory for Study of the Brain in Sleep
Department of Animal Biology
School of Veterinary Medicine,
University of Pennsylvania
3800 Spruce Street, Philadelphia, PA 19104
Ph: 215-898-8891
FAX: 215-573-2004
EMAIL: arm sleep@vet.upenn.edu

SRS YOUNG INVESTIGATOR AWARD

This award recognizes an outstanding research effort by a new investigator in the field of sleep research. The basis for evaluation of candidates is a single publication in a refereed journal; the candidate should be the first author; and the article must be published or officially accepted for publication by the application deadline. On the application deadline, candidates must be 35 years old or younger or within 5 years of obtaining a terminal degree. Exceptions to the age rule will be considered for those applicants who feel that extenuating circumstances warrant such consideration. A letter detailing these considerations must be included with the application.

The award consists of a plaque and a travel honorarium that may be applied toward travel to the 2000 Annual Meeting. The plaque will be presented at a ceremony at the Annual Meeting. To apply, candidates must submit 5 copies of the paper, a single CV, documentation of age (a copy of a driver's license, birth certificate or passport) and, if appropriate, a letter outlining extenuating circumstances regarding the age criterion. If a paper is in press at the time of application, a copy of the written notification of the paper's acceptance for publication must also be included. Applicants should provide the name of a senior investigator who will provide a letter of recommendation. The senior investigator does not need to be an author on the paper or abstract, but should be familiar with the candidate's role on the research project. The candidate is responsible for ensuring that the letter of recommendation from the senior investigator arrives by the application deadline. Last, a candidate must be a member in good standing of the SRS or must include a completed application for membership and fee with the award.
application. Repeat applications from unsuccessful applicants from previous years are encouraged.

Candidates are welcome to apply for both the Young Investigator Award and the trainee travel fellowship, but in the event the candidate receives the Young Investigator Award, she/he will receive only this award.

The Committee is prepared to provide recognition for multiple awardees. In this way, several outstanding young sleep researchers can be recognized without restriction to just a single “winner.” The number of awardees may vary from year to year, depending on the quality of the applications.

The Deadline for Receipt of Applications is Wednesday, March 1, 2000.

All applications should be sent to:

Mr. Lance Brink
Administrative Coordinator
Sleep Research Society - ASSM
6301 Bandel Road, N.W., Suite 101
Rochester, MN 55901-9956
Tel: (507) 285-4384
Fax: (507) 287-6008
Email: lbrink@aasmenet.org

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SRS SECTION REPORTS

Section on Sleep and Behavior
Richard Bootzin, Ph.D.
bootzin@u.arizona.edu

I’d like to express my appreciation at having been elected as head of the Section on Sleep and Behavior and, thus, your representative on the SRS Board of Directors for the next three years. It’s an honor to be elected by one’s peers and I will do my best to serve you well. Please feel free to contact me if there are any issues regarding the section or SRS that you wish to discuss. I noticed that my email address is incorrect in the directory, please us the email address listed above.

Our primary assignment from Mark Opp for this piece in the Bulletin is to express our ideas, as section heads, about the functions of the sections. This is a more difficult assignment than might be assumed. In talking to many of you, I have found that there is considerable confusion about the purpose of the sections. Indeed this may be the right time, with new section heads elected to all four sections, to begin a discussion about how we want sections to develop.

To set the stage for that discussion, I will describe how the role of section heads has evolved as described to me by Dave Dinges the past head of the Sleep and Behavior Section. Sections were first proposed as a mean of introducing wider representation on the Board of Directors. Each of the four members-at-large were to be elected by a section of SRS so that diversity of interests would be represented on the Board. These positions have evolved during the past few years so that section heads have two important assignments in addition to participating in discussion of business that comes before the Board. The section heads serve as the nominating committee for the election of SRS officers, and the section heads serve on the program committee for the APSS convention.

I see the APSS program committee assignment as particularly important. In addition to having specialized presentations that focus on the specific content areas of the sections, it is critical to also have presentations that cut across areas and help broaden our knowledge. Although the sections are organized to reflect our common interests, none of us is defined entirely by interests that fit neatly under one heading. One of the truly exciting aspects of sleep research is the high degree of integration across diverse topics and methods, both basic and applied.

In my view, it would be a mistake to jeopardize this strength of sleep research by encouraging a narrow view within the sections or by encouraging the development of unnecessary boundaries between sections. The continued support of breadth and integration across areas may be particularly central issues for our section, since we are probably the section that has attracted the broadest range of sleep research. Even a glance through the program for the recent APSS meeting in Orlando indicates that the program committee did a great job in meeting both objectives. There were both specialized sessions on topics of interest to section members (e.g., poster sessions on sleep and behavior, as well as symposia on specialized topics such as sleep deprivation, dreaming, mechanisms of insomnia, the cognitive, behavioral, and emotional impact of sleep disorders in children, and discussion groups on the effects of exercise and naps on sleep and performance) as well as wonderful cross-cutting presentations (e.g., Sonia Ancoli-Israel’s keynote address on sleep in older populations, the symposium on sleep, rhythms, and performance in astronauts and cosmonauts, and the address by Carol Worthman on an anthropologic perspective of sleep). Help the program committee to do as well for next year’s convention in Las Vegas by planning now to present your work.

In closing, I’d be interested in hearing from you about whether you think the section should be more active in domains other than the APSS program. Drop me a note about your views.
Section on Basic Research

Chiara Cirelli, M.D., Ph.D.
cirelli@nsi.edu

As the new section head for basic research, I will serve in the SRS executive Committee as well as in the APSS Program Committee for a 3-year term. It will be my duty to represent a considerable number of associates from many countries. As of today, the basic section of the SRS includes 169 members, 116 from the Unites States and 53 from other countries, including Belgium, Canada, France, Germany, India, Israel, Italy, Japan, Mexico, Netherlands, Norway, Russia, South Africa, Switzerland, United Kingdom, and Uruguay. Representing everybody in an effective way will be a challenge, and I heartily invite suggestions and recommendations. Basic sleep research is also characterized by the use of a remarkable variety of experimental techniques that frequently belong to very different disciplines. Obviously, a key task for the section head will be to promote interactions among the practitioners of these different techniques. In addition, I believe that an important part of my job will be to further encourage the import into sleep research of new tools and approaches from rapidly burgeoning areas of neuroscience and cell biology.

Preparing for the 14th APSS meeting, which will be held in Las Vegas in June 2000, is a case in point. The APSS executive Committee will meet at the end of August to work on a tentative program. Part of our task will be to consider proposals for symposia and focus groups and to examine nominations for invited lectures. This represents an important opportunity to enlist prominent scientists from disciplines outside the sleep field, whose work could suggest important new avenues of research. With this in mind, I would greatly welcome inputs from society members about scientific areas outside sleep that they feel would be of benefit to our community. Names of potential speakers are also welcome, keeping in mind that, the sooner we can issue an invitation, the higher the chance that we will be able to secure the best speakers. By way of example, several people have mentioned that they would like to hear about the exciting new developments in neuron-glia interactions (P. J. Magistretti?) and in our understanding of the coupling between brain glucose metabolism and glutamatergic neuronal activity (R.G. Shulman?). Others have expressed an interest in the emerging story about memory trace reactivation and the sleep-waking cycle (B.L. McNaughton, M.A. Wilson?). Another topic of great significance is the role of spontaneous neuronal activity during brain development and its relation to rhythmic activity during sleep (M. Weriky?). What would you like a 1-hour lecturer to discuss? Please let me know at cirelli@nsi.edu.

Dr. Opp has asked each section head to give a brief overview of the highlights of the Orlando meeting that are relevant to his or her section, primarily for the benefit of those unable to attend the meeting or to stay for the entire week. This is of course easier said than done, especially in a few lines, and I will just mention a few reports that I found personally to be most interesting. One may have assumed that the suppression of the discharge of noradrenergic, histaminergic, and serotoninergic neurons during REM sleep may constitute a unitary functional phenomenon. However, the new results presented by Dr. J. Siegel show that during cataplexy the firing of these systems can be dissociated in interesting ways. In his lecture about the suprachiasmatic nucleus, Dr. R. Moore pointed out that, in arrhythmic animals with lesions of the SCN, the only rhythm that can be restored by SCN transplant is the rest/activity cycle. The data presented by Dr. H. Roffwarg suggest that LTP induction in brain slices may reflect previous sleep history, specifically REM deprivation. These data are very encouraging for those who think that we may be able in the near future to study at least some aspects of sleep in a dish. Finally, I found Dr. Russo’s data about the peripheral visual field neglect (Balint’s syndrome) produced by sleep deprivation quite intriguing. As was said during the discussion, this finding may represent another indication that sleep could be, to some extent, a local brain phenomenon.

Section on Circadian Rhythms

Robert L. Sack, M.D.
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I am honored to be elected Section Head on Sleep and Circadian Rhythms (CRs). I have discovered that there is not an extensive job description for a Section Head beyond being a good citizen on the SRS board, and being a member of the nominating and program committees. I am pondering what else should or could be done.

Although I am an NIH-sponsored investigator, I am also a board certified sleep specialist and my personal interests in CRs are ultimately clinical; I would like to be able to apply scientific knowledge to human problems. Clinical research in chronobiology is running far behind basic knowledge, providing many opportunities for those who are comfortable working with the most cantankerous of species. I think that the SRS is in a unique position to facilitate bridging the gaps between the numerous and varied areas of basic and applied research in chronobiology. Demonstrating the connection between basic research and clinical applications is critical to the continued public support for sleep research. As Section Head, my primary interest is to foster bridge-building between the basic and clinical sciences.

As I listened to the discussion in the SRS board meeting about the dilemma of training Ph.D.’s for a very limited job market, it occurred to me that my clinical orientation may be helpful in seeing some opportunities for employment and career building that others might overlook. Perhaps current Ph.D. candidates and post-doc fellows should consider
learning the basics of sleep recording technology and develop an alliance with clinicians so that they could position themselves to fit into a clinical sleep center lab with a combination of research and clinical skills. (There may be other ways to make a living besides writing R01 grants.) I think our society should think more about how circadian rhythm scientists could fit into clinical sleep centers.

The meeting in Orlando was loaded with good papers, and it is hard to pick the highlights. As a melatonin researcher, I was especially impressed with the excellent work of two young investigators, Chien-Ming Yang and Katherine Sharkey. Dr. Yang's work showed that a single 6 mg dose of melatonin given on Sunday evening can prevent the drift in circadian rhythms following late bedtimes and sleeping in on the week end (party on!). Dr. Sharkey reported early findings showing that melatonin augmented circadian adaptation in simulated night-workers. There seems to be a dose response curve as 3 mg worked better than 0.5 mg.

I presented our group's recent work on melatonin administration to blind people. For some time, people have been peppering us with questions: "If melatonin causes phase-shifts, why can't you entrain free-running blind people?" Now we have. We used 10 mg, but will be trying a lower dose in the future.

In regard to the effects of light on the human pacemaker, the work of Elizabeth Klerman and colleagues was especially thought-provoking. She found that some blind people with no light perception shifted their rhythms in response to light exposure. Apparently a tiny amount of retinal function can be sufficient for clock resetting, unless these effects are from some non-ocular mechanism (as proposed by Milton Erman and colleagues who reported entrainment of a blind person with light behind the knee).

Charmaine Eastman summarized her years of winter depression research using a very clever design to assess placebo effects (a non-functional positive ion generator vs. bright light) by concluding that circadian phase shifting was responsible for a significant but modest proportion of the variance in the effects of light treatment.

I was much rewarded for getting up early to hear Dirk-Jan Dijk's "Meet the Professor Session" on the Circadian and Homeostatic Regulation of Sleep. He clearly formulated the evidence regarding an interesting and unresolved question for models of sleep regulation; "Does the clock work in only one direction (to promote consolidation of wakefulness) or does it work both ways, to promote sleep as well?"

Robert Moore and Richard Kronauer gave one-hour invited lectures that reflected their many years of experience in the field. Dr. Moore’s presentation pointed out that the afferent pathways to the circadian pacemaker are relatively well-defined, and that the next challenge is to better understand the efferent pathways, including the pathways by which the clock influences sleep and other processes. Dr. Kronauer's work is like a theoretical physicist, building pristine models out of complicated (some may say "messy") data.

Charles Czeisler and colleagues published a paper in the New England Journal of Medicine the week after the meeting, but people were already talking about it. There are two main claims: tau in humans is much closer to 24.0 h than previously thought, and tau doesn't shorten with age. His conclusions were based on years of painstaking data collection from subjects in forced desynchrony. Tau, what art thou?

Section on Sleepiness
Joyce A. Walsleben, RN, Ph.D.
Joyce.Walsleben@med.nyu.edu

I am pleased to have this opportunity to thank you for electing me to be the Normal and Pathological Excessive Daytime Sleepiness Section-head for the SRS. Dr. Ancoli-Israel did a great job during her reign that I hope to model. We have many opportunities for growth during an exciting time in the history of the SRS.

As I think about my goals for the section, I think about its members. We have 113 members. Of that, 63 are MDs, 32 are PhDs, 6 are RNs (4 with PhDs). Their known specialities are pulmonary medicine, neurology, nursing, and psychiatry/psychology. We encompass 15 countries! As you can see, sleepiness is of worldwide interest. Our group has been very professionally prolific as well. There are over 14 authors of important books on sleep. Many of our members are on the cutting edge of either basic or clinical research regarding sleep and its disorders. Pretty impressive.

It's easy then for me to say that I believe my first goal will be to listen to your needs and suggestions as members. I am interested to find acceptable ways to improve communication between the SRS as a society and us as a group. Some options include: establishing monthly email updates on items of mutual interest such as meetings, funding opportunities and the like; improving interaction with NIH with a goal of developing future areas of growth; acting as a facilitator to find folks with answers to vexing questions regarding sleep or sleepiness; establishing a corp of folks interested in responding to press questions regarding sleepiness-worldwide.

Secondly, as part of my job I am on the program committee for the annual meeting. NOW is the time to let me know what you saw as the pluses or minuses of this year's meeting. Hopefully, you will be interested in providing stimulating suggestions for next year as well. What would you like to see
supported by your section and by whom? Remember, there are multiple venues: Meet the Professor sessions at breakfast and lunch, Symposia, evening seminars, Original Investigations, etc. We always need ideas for themes and speakers.

I'd like to give you a sense of our past involvement. This year's keynote address was by one of our own, Sonia! Six of our members were involved in pre-meeting course presentations; one organized a symposium; 18 presented their original investigations; one presented at a satellite symposium; 5 were involved in nighttime discussion groups; one gave an invited lecture; 5 gave Meet the Professor sessions. All in all a pretty good showing with one caveat: a few people were involved with more than one area. Perhaps more of us can join in next year.

"More of us" brings up the third goal of my tenure. We should aim to enlarge our section. The addition of new ideas and expertise will benefit the entire organization as well. So, look at your lab mates and colleagues. Are they members? If not, suggest that they join. The benefits spread across a wide range and pay off in future stability and expansion for our field.

Please feel free to contact me with your input.

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**Student BITS (Brief Insights for Training in Sleep)**

The Student BITS segment is an ongoing forum for issues pertaining to sleep and to the training and retention of sleep scientists, from a trainee's perspective. The function of sleep represents one of the most compelling questions of our time, or any time, and the answer could be found within our generation. How will we know that answer and all of its implications for brain function, once we have found it? How will we continue to attract and retain highly intelligent, well-trained, and motivated people into this endeavor?

All trainees, undergraduate, graduate, or postdoctoral, who are interested in submitting an article for Student BITS are invited to contact Monica Eiland, Assistant Editor, SRS Bulletin: Student BITS: email: meiland@ucla.edu; phone (818) 991-7711 ext 7380; fax: (818) 991-7711 ext 7380; regular mail: Neurobiology Research 151A3, Sepulveda Veterans Administration Medical Center, 16111 Plummer St., North Hills, CA 91343.

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**Report from the Fourth Annual Trainee Symposium Series**

**1999 APSS Meeting, Orlando, FL**

**Katie Sharkey**

**Biological Rhythms Research Laboratory**

**Rush-Presbyterian-St. Luke's Medical Center**

ksharkey@rush.edu

Greetings! I'm Katie Sharkey and I am the 1999-2000 Sleep Research Society Trainee Member-at-Large. Over the past year, I've had the chance to "learn the ropes" of my new job from our outgoing Trainee Representative, Dr. Timothy Hays. I — all of the trainees, really — owe Tim a huge debt of gratitude for the time, creativity, and hard work that he has volunteered over the last several years to make the SRS-sponsored trainee programs such an important part of our development as scientists. Thanks Tim — we'll miss you!

One of our biggest efforts this year was the 4th Annual Trainee Symposium Series, held June 20, 1999 at the Associated Professional Sleep Societies (APSS) meeting in Orlando. We were very honored to have Dr. Michael Chase, a 1999 SRS Distinguished Investigator awardee, start the day by delivering the keynote speech "The Future of Sleep Research." Using anecdotes from his own experiences in the laboratory, Dr. Chase offered inspiring advice to all of the emerging scientists in the audience and also gave us his insights as to what areas of sleep research might be most fruitful to pursue in the future. Next was the panel discussion "Determinants and Implications of Sleepiness," moderated by Dr. David Dinges. Trainee presenters, Catherine Darley, Scott M. Doran, Ph.D., RPSGT, Peter L. Franzen, and Melissa M. Mallis, Ph.D., gave a great overview of sleepiness — from how we define the state itself, to different methods of measuring sleepiness, to how we bring our scientific knowledge to society where it can impact public policy and
improve safety and quality of life. Dr. Dingess closed the morning session by showing some of the newest data from his laboratory; he drove the point home: sleepiness/fatigue is an important problem that deserves our attention and serious scientific study.

The afternoon session began with Meet-the-Mentor luncheons that focused on topics such as career development, sleep disorders and sleep medicine, and basic mechanisms of sleep. Trainees then had the opportunity to attend various workshops including *Manuscript Preparation for Journal Submission, Scoring and Staging Polysomnography, Ethics in Science, and Melatonin: Research and Clinical Use*. The program ended with the annual Trainee Reception, where a standing-room-only crowd of trainees and faculty mingled over drinks and hors d’oeuvres.

*Over 170* trainees attended the Trainee Symposium Series this year. The program would not have come together without the efforts of the Trainee Day Program Committee. Timothy Hays chaired the committee whose members included: Phil Gehman, Jack Horng, M.D., Leticia Materi, Henry Orff, Kenneth Wright Jr., Ph.D., and me, as well as Dr. Dale Edgar, SRS Program Chair for Trainees, and Dr. Michael Perlis, SRS Assistant Director of Training. In addition, Jennifer Gemelke from the APSS office in Rochester, MN provided invaluable advice and assistance with many of the details that helped Trainee Day run smoothly. Finally, we are extremely grateful to the following faculty members who gave generously of their time and talents to help make the 1999 Trainee Symposium Series a success:

Sonia Ancoli-Israel, Ph.D.  
Ruth Benca, M.D., Ph.D.  
Daniel J. Buysse, M.D.  
Julie Carrier, Ph.D.  
Rosalind Cartwright, Ph.D.  
Michael Chase, Ph.D.  
Charles Czeisler, Ph.D., M.D.  
David Dingess, Ph.D.  
Dale Edgar, Ph.D.  
Paul Franken, Ph.D.  
Rochelle Goldberg, M.D.

Sharon Keenan, RPSGT, Ph.D.  
Clete Kushida, M.D., Ph.D.  
Michael Perlis, Ph.D.  
Gina Poe, Ph.D.  
Timothy Roehrs, Ph.D.  
Thomas Roth, Ph.D.  
Robert Sack, M.D.  
Ronald Szymusiak, Ph.D.  
Jonathan Wisor, Ph.D.  
Kenneth Wright Jr., Ph.D.

I want to remind those trainees who attended the Symposium Series that your comments and criticisms about the program are very valuable to us and will help us shape next year’s Trainee Day. If you attended the Symposium Series but have not yet completed a feedback questionnaire, I urge you to get the questionnaire at [http://www.websciences.org/trainee/Questionnaire.htm](http://www.websciences.org/trainee/Questionnaire.htm) and return it as soon as possible. We are already beginning to consider the feedback we have received (“Make the workshops longer.” “Offer more topics relevant to undergraduates.”) — so please do let us know what you think!

I would also like to remind everyone about the Sleep Trainee Email Network (T-Net). The T-Net includes over 160 trainees at all levels (undergraduates, graduate students, post-docs, residents, fellows, etc). The group has both research and clinical interests. We use the bulletin board much like other email bulletin boards — to post questions, comments and replies, job openings, etc. Also, the SRS and the APSS Trainee Program Committee use it as a way to communicate with sleep trainees about such things as the APSS conference, the Trainee Symposia Series held there, and travel awards. If you are a trainee who would like to join the T-Net list, please send your name, email address, level of training, and main interests within the field of sleep to me at ksharkey@rush.edu.

If you are a faculty member with a position to fill or other message to send to the trainees, don’t forget about the T-Net as a way to disseminate information!

This is a very exciting time to be a sleep trainee. We are in a dynamic, multidisciplinary field where genetics, behavioral neuroscience, psychology, pharmacology, basic neuroscience, and physiology all intersect. New discoveries are being made continually which expand our knowledge of basic sleep mechanisms, cognition and mood regulation, and treating sleep disorders. And layered upon this exciting and ever-evolving field is incredible support from today’s leading sleep researchers. The Sleep Research Society is deeply committed to its trainees and their professional development. As one of the your liaisons to this base of resources and support, I encourage you to contact me with your ideas and needs. The Sleep Research Society wants to help us develop into productive independent scientists. Furthermore, they are willing to listen to our ideas about the best way to go about doing this — and it is our job to help plan our own futures. I look forward to working on behalf of the trainees this year.

In her other life, Katie Sharkey is an M.D.-Ph.D. student at Rush University in Chicago, where she studies the phase-shifting and sleep-promoting effects of melatonin in the *Biological Rhythms Research Laboratory* directed by Charnane Eastman, Ph.D. She can be contacted at the address below:

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*Rush-Presbyterian-St. Luke’s Medical Center*
*1653 West Congress Parkway*
*Chicago, IL 60612*

*Rush Tel: 312-942-8328*  
*Rush Fax: 312-942-6050*  
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*Field Station Fax: 773-955-9361*
(Continued from page 17)

I would also like to announce that the SRS Committee on Animal Research Ethics (CARE), chaired by Adrian Morrison, has articulated our policy on animal use in sleep research, which is now posted on our web site (sssleep.org). I thank SRS CARE for its efforts to provide us with this policy, and I urge all members to familiarize themselves with and abide by the policy. If any SRS member experiences a threat to his or her research, please be in touch with Dr. Morrison or me right away.

The SRS will be responding to several other issues that affect sleep research or our members in coming weeks. One of these issues is the reorganization of grants review at the National Institutes of Health Center for Scientific Review. A statement will be drafted in concert with the AASM by a committee comprised of Drs. Ralph Lydic, Ruth Benca, and Thomas Roth, approved by the SRS executive committee, and sent to the appropriate NIH offices. The statement will be published on the SRS web site, and I urge that SRS members—particularly those now serving on study sections, holding NIH funding, or applying for such funding—use the SRS statement to frame your own comments to NIH during this public comment period, ending October 15. The NIH report is available at the following web site: http://www.csr.nih.gov/bioopp/select.htm.

Another issue the SRS will respond to in concert with AASM is the legislation supporting GHB as a restricted substance for illicit purposes but less restricted for prescription treatment of narcolepsy. We hope this joint statement from AASM and SRS will add weight to the legitimate needs and concerns of patients, and we welcome the opportunity to add the SRS voice to that of AASM in such matters.

The SRS web services committee, chaired by Mark Rosekind, is preparing to take our web site and associated efforts to new heights. Give our team a little patience as their exciting new plans begin to take shape. Keep the SRS site book marked—it will soon be getting better and better!

I would like to take this opportunity to welcome Ralph Lydic as the president elect of SRS, Merrill Mitler, our new secretary-treasurer, and our new section heads: Chiara Cirelli (Basic Research); Joyce Waislzeb (Sleepiness); Richard Bootzin (Sleep and Behavior); Robert Sack (Circadian Rhythms). We are working on ways to help section heads and section members communicate better and more often. Again, keep your eyes on our web site for future developments.

The SRS bylaws revision task force, chaired by Dr. Mitler, is about to swing into action with the goal of completing its recommendations before the new calendar year. Stay tuned for this very important vote.

I would like to take a moment to announce that the SRS will be supporting trainee travel—through our Trainee Workshop program—to the international meeting on “Determinants of Vigilance: Interaction Between the Sleep and Circadian Systems,” to be held in Ft. Lauderdale, FL on October 19-22, 1999. The SRS Trainee Workshop application from the University of Pennsylvania group chaired by Allan Pack was reviewed by the Training and Education Advisory Council (Sonia Ancoli-Israel, Robert Greene, Timothy Monk, Michael Perlis, and Dale Edgar, Chair) and approved by the SRS executive committee. Trainees should scan T-Net, SleepL, and the SRS web site for application information.

A final note is to announce a coming SRS initiative that I am and the SRS executive committee members are quite enthusiastically supporting. Our president elect, Dr. Lydic, has suggested that SRS take a leading role in preparing for a commemoration in 2003 of the 50th anniversary of the seminal paper describing REM sleep [Eugene Aserinsky and Nathaniel Kleitman (1953). Regularly occurring periods of eye motility, and concomitant phenomena, during sleep. Science, 118: 273-274]. This anniversary gives us a terrific opportunity to raise the visibility of sleep research, to provide venues for public education, and to celebrate sleep science. The project is in the very earliest planning stages, and I anticipate the need for a great deal of SRS membership input over the next few years on this very exciting initiative.

I hope that all SRS members are as energized as I am and as the members of the SRS executive committee to leap into the next millennium with high expectations and enthusiasm for our field. I feel as if great things are in store for sleep research. Best wishes to you all!

Mary A. Carskadon, Ph.D.
INTRODUCING LANCE BRINK

The SRS welcomes Mr. Lance Brink! Lance comes to the SRS from the Mayo Clinic, where he served as the Assistant Manager of the Healthy Living Center. He has a BA in Business Administration from the University of Minnesota - Duluth (brrrrrrrrr!) and is currently enrolled in the MBA program at Cardinal Stritch University in Rochester. Lance and his wife Jennifer are parents to two Huskies. They (Lance and Jennifer, that is) enjoy playing volleyball during the two months of the year Rochester isn’t buried in snow.

Lance will serve as Administrative Coordinator for the SRS and will provide support for society endeavors, including (but I am sure not limited to) Committee Meetings, The SRS Bulletin, the Secretary / Treasurer, and Trainees and TEAC.

Lance will also be involved in activities designed to improve communication among the membership, he will provide reminders of important deadlines, assist with the planning of the Annual Meeting Program, and generally market the SRS.

As one of his first tasks, Lance would like to create an email distribution list for the SRS. Lance has asked that each SRS member email him so that he will have the most current address. Please take a moment to ping Lance and welcome him to the SRS.

Lance Brink
Administrative Coordinator
Sleep Research Society - AASM
6301 Bandel Road - Suite 101
Rochester, MN 55901
Tel: (507) 285-4384
Fax: (507) 287-6008
EMAIL: lbrink@aasmnet.org

I am sure having a full-time contact person in the Rochester office will be a major benefit to the Society.

Mark R. Opp

POLICIES ON THE USE OF ANIMALS IN SLEEP RESEARCH

Following the activity of animal-rights activists against some of our colleagues in early 1998, the SRS and AASM convened a task force composed of Steve Henriksen, Emmanuel Mignot, David White and me to consider the issues presented surrounding animal research. We recommended the formation of a continuing body to monitor the situation and engage in other appropriate activities. One of these was the workshop held at this year’s APSS meeting. We also recommended joining The Association for Assessment and Accreditation of Laboratory Animal Care International (AAALAC) in order to have input on the Board of Trustees on appropriate ways to monitor and improve laboratory animal care from sleep researchers’ perspective. Both societies are now applying for membership.

The SRS decided to form a permanent committee called the Committee on Animal Research Ethics (CARE). Its present membership includes Carol Everson, Emmanuel Mignot, Sean Drummond (trainee), Teresa Steininger (trainee) and Adrian Morrison (Chair). Steven Henriksen will serve as liaison member from the Research Committee of AASM.

Another activity of the original task force was to develop official policies for the use of animals in research. We did so by adapting those prepared by the Society for Neuroscience with that society’s permission. Both SRS and AASM have adopted this document, which is printed below and has also been placed on the SRS home page. Finally, in response to USDA’s request for comment on the proposal to cover rats, mice and birds under the Animal Welfare Act, we submitted a comment expressing concerns shared with some other scientific societies that is also printed below.

CARE welcomes your comments and is prepared to provide advice to those who seek it.

Adrian R. Morrison, D.V.M., Ph.D.
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SRS Bulletin Vol 5, Issue 2, August 1999
POLICY ON THE USE OF ANIMALS IN SLEEP RESEARCH

Introduction

The American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS), acting together as the Associated Professional Sleep Societies (APSS), are professional societies for basic and clinical researchers and clinicians interested in the mechanisms of sleep and its disorders. We endorse and support the appropriate and responsible use of animals as experimental subjects. Knowledge generated by research on animals has led to important advances in the understanding of diseases and in the development of better treatments that reduce suffering in humans and animals. Continued progress in understanding the neural mechanisms of sleep and wakefulness, the influence of behavioral state changes on other bodily functions requires investigation of complex processes in the living body. Because no adequate alternatives exist, much of this research must be done on animal subjects. APSS takes the position that biomedical scientists have an obligation to contribute to this progress through responsible and humane research on animals. Several functions of APSS are related to the use of animals in research. A number of these involve decisions about research conducted by our members, including the scheduling of scientific presentations at the Annual Meeting, the review and publication of original research papers in SLEEP and the defense of members whose ethical use of animals in research is questioned by animal rights activists. APSS's support for the research of individual members defines a relationship between APSS and its members. The purpose of this document is to outline the policy that guides that relationship. Compliance with the following policy will be an important factor in determining the suitability of research for presentation at the Annual Meeting or for publication in SLEEP and in situations where APSS or its member societies are asked to provide public and active support for a member whose use of animals in research has been questioned.

The responsibility for implementing the policy in each of these areas rests with the relevant administrative body (Program Committee, Publications Committee, Editorial Board and Committee on Animals in Research, respectively) in consultation with the Boards of Directors of AASM and SRS.

Policy on the Use of Animals in Sleep Research

Sleep research uses complicated, often invasive methods, each of which is associated with different problems, risks and specific technical considerations. An experimental method that would be deemed inappropriate for one kind of research may be the method of choice for another kind of research. It is, therefore, impossible for APSS to define specific policies and procedures for the care and use of all research animals and for the design and conduct of every experiment.

The U.S. Public Health Service's Policy on Humane Care and Use of Laboratory Animals (PHS policy) and the Guide for the Care and Use of Laboratory Animals (the Guide) describe general policies and procedures designed to ensure the humane and appropriate use of live vertebrate animals in all forms of biomedical research. APSS finds the policies and procedures set forth in the PHS policy and the Guide to be both necessary and sufficient to ensure a high standard of animal care and use and adopts them as its official Policy on the Use of Animals in Sleep Research (APSS policy). All ASDA and SRS members are expected to conduct their animal research in compliance with this policy. Members are required to verify that they have done so when submitting abstracts for presentation at the APSS Annual Meeting or manuscripts for publication in SLEEP. Adherence to the APSS policy is also an important step toward receiving help from APSS in responding to questions about a member's use of animals in research.

Local Committee Review

An important element of the APSS's policy and that of governmental bodies is the establishment of a local committee that is charged with reviewing and approving all proposed animal care and use procedures. In addition to scientists experienced in research involving animals and a veterinarian, the membership of this local committee should include a nonscientist and a person who is not affiliated with the member's institution in any other way. In reviewing a proposed use of animals, the committee should evaluate the adequacy of institutional policies, animal husbandry, veterinary care and the physical plant. The committee should pay specific attention to proposed procedures for animal procurement, quarantine and stabilization, separation by species, disease diagnosis and treatment, anesthesia and analgesia, surgery and postsurgical care, and euthanasia. The review committee also should ensure that procedures involving live vertebrate animals are designed and performed with due consideration of their relevance to human or animal health, the advancement of knowledge or the good of society. This review and approval of a member's use of live vertebrate animals in research by a local committee is an essential component of the APSS policy. For assistance in developing appropriate animal care and use procedures and establishing a local review committee, call APSS and consult the documents recommended at the end of this section.

Other Laws, Regulations and Policies

In addition to complying with the policy described above, APSS members who reside in North America must also adhere to all relevant national, state or local laws and/or regulations that govern the use of animals in sleep research. Thus, U.S. members must observe the U.S. Animal Welfare Act (as
amended in 1985) and its implementing regulations from the U.S. Department of Agriculture. Canadian members must abide by the January 1993 Guide to the Care and Use of Experimental Animals. Members in Mexico must comply with the "Seventh Title of the Regulations of the General Law of Health Regarding Health Research." In addition to complying with the laws and regulations of their home countries, foreign members of APSS should adhere to the official policies outlined here.

**General Principles**

The following principles, based largely on the PHS Policy on Humane Care and Use of Laboratory Animals, are a useful guide to designing and implementing experimental procedures involving laboratory animals.

- Animals selected for a procedure should be of an appropriate species and quality and the minimum number required to obtain valid results.
- Proper use of animals, including the avoidance or minimization of discomfort, distress and pain, is imperative.
- Procedures with animals that may cause more than momentary or slight pain or distress should be performed with appropriate sedation, analgesia or anesthesia. Surgical or other painful procedures should not be performed on unanesthetized animals paralyzed by chemical agents.
- Postoperative care of animals should minimize discomfort and pain and, in any case, should be equivalent to accepted practices in schools of veterinary medicine.
- Animals that would otherwise suffer severe or chronic pain or distress that cannot be relieved should be painlessly killed at the end of the procedure or, if appropriate, during the procedure. If the study requires the death of the animal, the animal must be killed in a humane manner.
- Living conditions should be appropriate for the species and contribute to the animals’ well being. Normally, the housing, feeding and care of all animals used for biomedical purposes must be directed by a veterinarian or other scientist trained and experienced in the proper care, handling and use of the species being maintained or studied. In any case, appropriate veterinary care should be provided.
- Exceptions to these principles require careful consideration and should only be made by an appropriate review group such as an institutional animal care and use committee.

**Requests for Information/Assistance**

Requests for advice or assistance if one’s work is questioned should be directed to the SRS central office: (507) 285-4384.

**Recommended References**


STATEMENT CONCERNING THE INCLUSION OF RATS, MICE AND BIRDS IN THE ANIMAL WELFARE ACT

The AASM and SRS are concerned for the welfare of all animals used in biomedical research. Nevertheless, we can not support the inclusion of rats, mice and birds in the mechanisms of Animal Welfare Act enforcement at this time. Credible estimates indicate that OPRR and AAALAC formally oversee 90% of these animals already. No information is available to indicate what fraction, if any, of the remaining 10% is being inadequately cared for. USDA coverage of AAALAC-accredited organizations not overseen by a governmental mechanism as represented by OPRR of the Public Health Service would present an unnecessary duplication of effort that would tax the resources of USDA, already over-burdened and under-funded, to oversee the areas for which it is now responsible. It is estimated that the workload would increase by 33%. Until such time as there is adequate funding for such a greatly increased effort as well as well defined methods for accounting for these animals without overly burdensome, costly paper work, we believe the present system should not change.

SLEEP RESEARCH SOCIETY BULLETIN SURVEY RESPONSES

First of all, I wish to thank the 126 individuals that responded to the survey. I also wish to apologize to some that had difficulty accessing the web site. Unbeknownst to me, our IS people physically moved the server the web site was on, and in the process reset some security parameters. Nevertheless, I appreciate the effort taken by the SRS Membership to respond to the survey.

I have decided to reproduce the survey questions here, along with some descriptives of the responses. The presentation of these results is not intended to constitute a detailed analysis. I have taken the liberty of rounding numbers, so the numbers may not always add to 100% if any decide to tally everything. In addition, some totals equal less than 100% as some individuals did not respond to selected questions. I found the responses informative, and will make every attempt to incorporate these results and suggestions into future issues of the Bulletin. Thank you once again!

Mark R. Opp

1) What is your membership status in the Sleep Research Society (check one)?
   - Full Member: 77 (62%)
   - Emeritus Member: 2 (2%)
   - Trainee (Predoctoral / Postdoctoral Fellow / Resident): 45 (36%)
   - Corresponding: 1 (1%)

Given the small number of Emeritus and Corresponding members, these categories were lumped with Full Members for response categories. As such, responses are simply categorized as Full or Trainee. Except for responses to Questions 5, 6, and 7, numbers provided indicate the percent of positive, or "Yes" responses.

2) There have been 12 issues of the SRS Bulletin since its inception in 1995. How many issues have you received?
   - 1 – 6: 26% Full, 44% Trainee
   - 7 – 12: 49% Full, 24% Trainee
   - none: 6% Full, 22% Trainee
   - don’t know: 19% Full, 9% Trainee

Most members have consistently received the Bulletin since 1995. A substantial number of trainees however, indicate they have not received the Bulletin. The reason for this is not immediately clear, but I urge any SRS member that is not consistently receiving the Bulletin to check with Lance in the Central Office to make sure your mailing address is correct.

3) By which medium/mechanism would you prefer to receive the SRS Bulletin (you may check more than one response)?
   - Hardcopy, distributed via regular mail: 75% Full, 62% Trainee
   - Electronic, distributed via email: 35% Full, 42% Trainee
   - Posted on a Web site: 18% Full, 24% Trainee

The majority of members prefer a hardcopy distributed by mail. Web site postings are not favored, perhaps due to the fact...
that one has to "go" to the site when new issues are released. This would require monitoring the site or notification sent that the new issue was posted. There does seem to be moderate interest in electronic distribution, perhaps by emailing a PDF file to all members. There are some additional comments about this idea below.

4) Please indicate by checking the appropriate boxes which of the following features/types of information you would like to see in the SRS Bulletin.

<table>
<thead>
<tr>
<th>Feature</th>
<th>Full</th>
<th>Trainee</th>
</tr>
</thead>
<tbody>
<tr>
<td>President’s column</td>
<td>56%</td>
<td>36%</td>
</tr>
<tr>
<td>Editor’s column</td>
<td>39%</td>
<td>38%</td>
</tr>
<tr>
<td>Laboratory Spotlight</td>
<td>64%</td>
<td>80%</td>
</tr>
<tr>
<td>Student Bits</td>
<td>35%</td>
<td>73%</td>
</tr>
<tr>
<td>Reports from the director of the Center for Sleep Disorders Research</td>
<td>75%</td>
<td>58%</td>
</tr>
<tr>
<td>Reports from the NIH (or other federal agencies)</td>
<td>74%</td>
<td>67%</td>
</tr>
<tr>
<td>Reports from the National Sleep Foundation</td>
<td>69%</td>
<td>71%</td>
</tr>
<tr>
<td>Job listings</td>
<td>60%</td>
<td>89%</td>
</tr>
<tr>
<td>Announcements of training opportunities</td>
<td>64%</td>
<td>98%</td>
</tr>
<tr>
<td>Notices of conferences</td>
<td>81%</td>
<td>84%</td>
</tr>
<tr>
<td>Conference preview (by the Program Committee Chair)</td>
<td>59%</td>
<td>51%</td>
</tr>
<tr>
<td>SRS Section updates</td>
<td>75%</td>
<td>44%</td>
</tr>
<tr>
<td>Website updates</td>
<td>64%</td>
<td>58%</td>
</tr>
<tr>
<td>Executive committee news</td>
<td>60%</td>
<td>36%</td>
</tr>
<tr>
<td>SRS essay contest announcements / winners</td>
<td>39%</td>
<td>47%</td>
</tr>
<tr>
<td>Taskforce reports</td>
<td>53%</td>
<td>40%</td>
</tr>
<tr>
<td>Meeting calendar</td>
<td>8%</td>
<td>2%</td>
</tr>
<tr>
<td>Call for papers for related meetings</td>
<td>71%</td>
<td>69%</td>
</tr>
<tr>
<td>Member news (promotions, appointments, awards, etc.)</td>
<td>58%</td>
<td>58%</td>
</tr>
<tr>
<td>Notice of RFAs and RFPs</td>
<td>59%</td>
<td>30%</td>
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</table>

These responses indicate that most of what is currently printed in the Bulletin is the type of information the respondents would like to see. In general, there is relatively good agreement between Full and Trainee members, with understandable differences in items geared more towards one group than the other. Items that scored below 50% responses (an arbitrary value) for both membership categories include the Editor's column (less work for me 🤔), SRS High School Essay Contest winners, and the meeting calendar.

5) Are you willing to submit the information necessary to publish the items listed in #4, as appropriate?

<table>
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<tr>
<th>Answer</th>
<th>Full</th>
<th>Trainee</th>
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<tbody>
<tr>
<td>Yes</td>
<td>80%</td>
<td>84%</td>
</tr>
<tr>
<td>No</td>
<td>15%</td>
<td>13%</td>
</tr>
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</table>

Almost all members are willing to contribute appropriate information to the Bulletin. We will now remind the SRS members of impending deadlines for submission of material to the Bulletin to encourage those that wish to do so to send their items of interest.

6) In addition to the items selected in #4, should scientific review articles, which may include references and figures, be published in the SRS Bulletin (check one)?

<table>
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<tr>
<th>Answer</th>
<th>Full</th>
<th>Trainee</th>
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<tbody>
<tr>
<td>Yes</td>
<td>46%</td>
<td>40%</td>
</tr>
<tr>
<td>No</td>
<td>54%</td>
<td>60%</td>
</tr>
</tbody>
</table>

Although Full members are roughly equally divided on this issue, Trainee respondents do not favor the inclusion of review articles. There is certainly not overwhelming support for this type of endeavor. Some concern has also been expressed that the Bulletin is trying to "become like the journal Sleep". Let me assure you, this is not the case. Perhaps the focus should be changed from reviews of existing literature to more intriguing aspects of sleep research that are not likely to be published in
peer-reviewed journals. We could implement a word limit, ban references and data figures, and encourage individuals to speculate. This approach could conceivably result in a lively dialog.

7) If you responded “Yes” to item #6, would you be willing to write a review article and have it published in the SRS Bulletin, knowing that any such article would not appear in citation databases (check one)?

<table>
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<th></th>
<th>Full</th>
<th>Trainee</th>
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<tbody>
<tr>
<td>Yes</td>
<td>29%</td>
<td>29%</td>
</tr>
<tr>
<td>No</td>
<td>21%</td>
<td>18%</td>
</tr>
<tr>
<td>No response (answered “No” to #6)</td>
<td>50%</td>
<td>53%</td>
</tr>
</tbody>
</table>

There is a slight discrepancy in the Trainee number of responses as some that answered “Yes” to # 5 did not respond to this question. Nevertheless, only about one third of individuals that indicated the Bulletin should publish review articles would be willing to write one.

8) Please respond to the following (check one only).

<table>
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<tr>
<th></th>
<th>Full</th>
<th>Trainee</th>
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</thead>
<tbody>
<tr>
<td>The SRS Bulletin, in its present format, meets a unique need for the sleep research community and should be continued</td>
<td>53%</td>
<td>49%</td>
</tr>
<tr>
<td>The SRS Bulletin has the potential to meet a unique need for the sleep research community, but not in its present format</td>
<td>47%</td>
<td>51%</td>
</tr>
<tr>
<td>The SRS Bulletin serves no useful function and should be discontinued</td>
<td>0%</td>
<td>0%</td>
</tr>
</tbody>
</table>

The respondents to this survey unanimously agreed that the Bulletin is important to the SRS. As with any endeavor, there is clearly room for improvement.

9) Please comment on any issues concerning the SRS Bulletin that you feel will improve the publication, including suggestions for changes in content and format (100 word limit. Please use another sheet).

A total of 23 respondents (18%) provided comments or suggestions. All are presented here, with my responses as appropriate.

I find the SRS bulletin in its current form quite useful. I use it mostly for its announcements of conferences, RFPs, and jobs.

Areas checked above regarding the Bulletin would be one way to strengthen the main US sleep research organization.

Not so sure how useful the Bulletin is or can be, but I do believe that many of topics checked above need outlets for distribution. Thus, if I wanted to post a training opportunity in my area of sleep research, I would be delighted to have something placed in the Bulletin if I thought it would find interested people. But this might then be better accomplished by placing the bulletin on a website, etc.

The bulletin should look into similar instruments such as those from American Physiological Society, Society for Neuroscience, etc and incorporate useful or requested elements. Also, if collaborations on particular projects are requested the bulletin could be very useful if posted on the Web.

The societies you mentioned have tremendous resources. Remember that all positions in the SRS (save our new Administrative Coordinator) are voluntary. All officers of the SRS spend many hours outside of their normal academic duties serving the SRS. With specific regard to the Bulletin, you cannot imagine how much time it takes to put together this simple instrument. If you don’t believe me, ask Peter Shiromani, the first SRS Bulletin editor. To emulate the APS or SFN publications is impossible under our current arrangements, although I am sure there are many useful ideas that we could use. I will pay more attention to their publications in the future.

I would like to see separate sections/columns from the SRS section chiefs, each providing updated information from their area.
This feature has begun with this issue.

I think a positive attitude about the bulletin from the editorial staff would improve the publication. This is the only current venue for communication within the society and needs to exist for that reason. Hopefully, editorial staff with vision and creativity will contribute to its improvement.

Well ... since there isn’t an editorial staff, this suggestion must be for me 😅. I apologize if my comments in the Bulletin have been perceived as negative. I think at least once in each of the issues I have edited, I have asked, implored, begged, and cajoled in an attempt to get creative individuals with vision involved as contributors to the Bulletin. Those few that have contributed have done an excellent job. There is always room for improvement, and once again I solicit interested individuals that wish to contribute to this endeavor to contact me.

It seems that the ASDA Newsletter and the SRS Bulletin serve largely overlapping functions. The historical reasons for two newsletters are understood by only a few scientists and they have little to do with advancing sleep science. The topic of a single sleep newsletter needs to be revisited.

I must admit that I have never seen the AASM (ASDA) newsletter. On the surface, this seems a reasonable suggestion, and I would then be able to resign my position as editor, or at the very least have a lot more help with a publication. Perhaps members of the Executive Committee more knowledgeable about this matter than I would care to respond.

More frequent publications, at least quarterly.

There were two reasons I requested the Executive Committee to change the Bulletin from a quarterly publication to one that was printed three times a year. The first, less important reason had to do with the amount of time it takes to do this (see my comment above). The second, more important reason had to do with the SRS membership and our willingness to contribute to a useful and successful newsletter. For some reason that I have now forgotten I got the idea that each issue should be between 15 – 20 pages in length, perhaps to make it seem that the end product was worth the effort. Of course, the emphasis should be on quality rather than quantity, but it was becoming (and still is) very difficult to obtain information to publish in the Bulletin. My idea was that it would be easier to “fill” three issues/year with meaningful information than it would be to fill four.

I really like the Student Bits, of course. They have been well written and meaningful. Overall, the Bulletin could be improved by expanding it (i.e., more information). I prefer the hardcopy format. A WEB or E-mail format would not have the same impact. Although, Sleep Home Pages are fantastic.

As much I like hardcopies, it might be about time to consider distributing the SRS Bulletin from the web as a PDF file. This would simplify and speed up the work and also cut the cost. Thank you for publishing this interesting newsletter!

It would be nice to have it in electronic form as well as hard copy. But if no hard copy is sent, I suspect the number of people reading it would plummet.

It seems to me that distributing the Bulletin by email as a PDF file would save the SRS time and money. Use of the PDF format would guarantee that any person on any computer hardware platform could print a hardcopy, if they so desired. According to the survey responses however, this is a minority opinion. There is however, a certain tactile response that goes with picking up a newsletter with a heavy cardstock cover that you don’t get with copy paper from a laser printer.

I have enjoyed reading the SRS Bulletin and have found it informative. I hope this forum continues and will make an effort to provide information as appropriate.

Thank you, and believe me all submissions are greatly appreciated!

I would like to see discussion of current controversial issues.

We will try. Why don’t you pick the first topic, solicit contributors and contact me! 😅

The inclusion of short reviews of leading articles published by sleep researchers or scientists devoted to disciplines related to
I think that it would be nice to have reviews on different subject related to sleep research (basic and clinical) in the SRS bulletin. However, because writing a review takes so much time and that nobody has time, it would be nice to allow the authors to publish it in a journal that appear in citation databases afterwards. The publication in SRS bulletin could be a first step. The authors could have feedback on their review (helping to obtain a more complete review on the subject, clarify some parts, and so one) and could submit the new version of the review to a journal that appear in citation databases.

I think there is a need for the SRS Bulletin to link the group with respect to business and organizational matters. I do not want to look for original investigations or literature reviews in the SRS Bulletin.

SRS Bulletin is unique as the official news organ of the society. Issues about the society, policies, interactions with other societies, committee meetings, and a member discussion forum should be published because there is no other vehicle. The rest is filler that can make for interesting or not so interesting reading. NEWS about our society, members of our society, and what our members are working on should be the focus.

A newsletter is most useful if it carries the news. Review articles are too much work for this medium. I suggest sticking with providing information that would be of current interest to sleep researchers.

*Roughly half the respondents agree that review articles are (or should be) beyond the scope of the Bulletin.*

I am a new member and have not had opportunity to thoroughly review the Bulletin.

Tell me how to get one!

*If you are a member, you should receive a copy automatically. Please contact Lance at the Central Office to make sure your membership information is up to date.*

I am a new member and have not received any copy of the Bulletin yet, so don’t include the answers to #2 and #8 into your evaluation.

**Ooops! Too late!**

I have never been sure exactly what the function of the Bulletin is. After thinking about this survey, I suppose one function may simply be as a means to distribute information relevant to members of the field that may not be consolidated elsewhere. I would be especially interested in reports from the SRS Executive Committee, any SRS Task Forces that may be formed, and the various Section heads. Thank you for taking the time to conduct this survey.

*We will be more proactive in getting information from the Executive Committee into the Bulletin. We have already implemented Section reports.*

Perhaps there could be an entire section dedicated to trainees, both pre-doc and post docs. This would include job opportunities (both national and international), grants that are specific to pre-docs etc.

*This was the idea behind the Student BITS section. We should perhaps expand this section to include the type of information you suggest.*
SRS Trainee Travel Awards to Attend a Satellite Meeting and Trainee Workshop
“Determinants of Vigilance: Interaction Between the Sleep and Circadian Systems,”
Radisson Bahai Mar Beach Resort

The Sleep Research Society is pleased to announce a limited number of Trainee Travel Awards to facilitate SRS Trainee travel to attend the 1999 Trainee Workshop which is being held in conjunction with a meeting entitled “Determinants of Vigilance: Interaction Between Sleep and Circadian Systems.” This special event is a satellite meeting preceding the Society for Neuroscience meeting. Throughout this meeting there will be special events designed to facilitate trainee-mentor interaction, and there will be a Special Trainee Workshop Program on Friday and Saturday (October 22-23). For more information on this meeting and Workshop please contact the meeting organizer, Dr. Allan Pack, Phone: (215) 662-3302; Fax: (215) 662-7749; E-mail: pack@mail.med.upenn.edu

Who may apply
Travel award applications are open to current Trainee Members of the Sleep Research Society. Applicants must be SRS Trainee Members in good standing prior to August 1, 1999 and at the time of the APS meeting and Trainee Workshop. A Trainee is defined as an undergraduate student, graduate student, or a recent post-doctoral fellow or medical intern/resident (the Ph.D. or M.D. degree must have been received within the last 5 years). Students who have recently completed their undergraduate degree and have applied for admission (or are accepted) into a doctoral training program at an accredited college or university are also qualified. Other individuals who completed their undergraduate degree within the last 2 years, but have not yet been accepted into a doctoral training program, may apply, but they must specifically petition for special consideration.

Award amount
Approximately 24 Travel Awards will be granted to SRS Trainee members by the Sleep Research Society. These awards are intended to facilitate Trainee attendance at the APS meeting and Trainee Workshop by offsetting the cost of travel. Therefore, the amount of each award will be a function of the distance the trainee must travel to attend the APS meeting and Trainee Workshop. It is anticipated that awards for Trainees living in the Northeastern and Western United States will be approximately $750.00 and $900.00 USD, respectively. Travel award amounts will not exceed $1,000 USD.

How to apply.
1. Submit a brief letter (do not exceed 1 page) certifying that you are a member of the SRS and would like to be considered for a Trainee Travel Award to attend this Meeting and Trainee Workshop. Send this cover letter and all other required materials (listed below) to the address shown below. These materials must be received by the application deadline. Remember, to be considered for a SRS Trainee Travel Award you must be:
   a. A current trainee member of the Sleep Research Society in good standing
   b. Enrolled or accepted in an academic training program
   c. Not more than 5 years beyond receipt of the PhD or MD degree (if you are a post-doc)
2. Submit a copy of your current Curriculum Vitae.
   a. Your CV must provide your complete mailing address, Email address (or FAX number if you do not have Email), and your telephone number.
   b. Your CV must state the training program that you are currently enrolled in and the name of your mentor.
   c. Your CV MUST clearly indicate in your cover letter whether you are an undergraduate student, graduate student, post-doc, intern or resident fellow.
3. SRS Trainees must specifically apply for this travel award by sending all required materials (items 1, & 2 above) to the address shown below. Failure to submit all required materials by the deadline will result in disqualification.

Send all required application materials to:
SRS Trainee Travel Awards
Sleep Research Society
6301 Bandel Road, Suite 101
Rochester, MN 55901

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Applications may be sent via FAX to the attention of Mr. Lance Brink, the SRS Administrative Coordinator.  
His FAX Number is: 507-287-6008

Applications may also be sent via Email attachment.  Text files should be in Microsoft Word, Word Perfect, or ASCII format. Please indicate which file format you used in your Email message. Electronic Applications should be sent to the SRS Business Office in care of Mr. Lance Brink at the following Email address: LBrink@AASMNET.ORG

Note: If you send your application electronically (FAX or Email), and you do not receive a confirmation from Mr. Brink within 3 working days, be contact Mr. Brink to determine if application was received.

Application Deadline
All Travel Award application materials must be RECEIVED no later than September 15, 1999.

Trainee Selection
In the event that the number of applicants exceeds the number of available travel awards, the SRS Training and Education Advisory Council (TEAC) will select trainees.

Notification, Distribution, and Conditions of Award.
Trainees must meet all of the qualification requirements noted above. Award recipients will be notified prior to the meeting by Email or Fax. Failure to provide a valid Email address or FAX number could greatly delay Trainee notification or result in disqualification. Trainees who receive SRS travel awards are required to attend the full duration of the meeting and Trainee Workshop. Award payments will be issued at the meeting in Dresden.

Transportation
Trainees are responsible for arranging their own air transportation and lodging at the Radisson Bahai Mar Beach Resort. Note: Bus transportation to the Society for Neuroscience meeting in Miami (which begins immediately after this satellite meeting and Trainee Workshop) will be available.

Pickwick Postdoctoral Fellowship Program

The Pickwick Postdoctoral Fellowship Program funds postdoctoral scientists in the study of basic sleep mechanisms and disorders. Fellows will receive funding of $35,000 per year for one or two years. Applicants must be United States or North American citizens or resident aliens in recognized American or Canadian programs of study or laboratories with strong mentoring in the appropriate area. Resident aliens must document their permanent residency status. Fellowships are available for basic, applied or clinical research. Candidates must hold either an MD, DVM, PhD or DO degree; and it is essential that there be evidence of aptitude for, and proficiency in, research. The degree must have been received within the last two years. The deadline for application is December 15, 1999. Awardees will be notified by March 15, 2000. (Dates may be subject to change.)

Application instructions and additional information may be obtained from:

National Sleep Foundation
1522 K Street, NW, Suite 510
Washington, DC 20005

e-mail: info@sleepfoundation.org
web site: www.sleepfoundation.org

The application form can be downloaded from www.nih.gov/grants
National Narcolepsy Registry Program

A Resource to Aid Medical, Clinical, Behavioral and Genetic Research in Narcolepsy

Advantages to Researchers Using the NNR

- Access to clinical and diagnostic data on a large number of individuals who meet ICDSD criteria for Narcolepsy
- DNA and cell lines available
- Pedigrees constructed on informative families
- Population that can be contacted to participate in research studies on Narcolepsy

Participants and Resources (as of June, 1999):

- Individuals with Narcolepsy and informative family members
- 600 Registered participants, 68% Narcolepsy/Cataplexy
- Pedigrees
- DNA Cell Lines
- 51 Multiplex families
- 440 Blood samples collected

For more information, visit the following Web sites:
www.narcolepsyregistry.org
www.sleepfoundation.org

Established by the National Sleep Foundation and located at Montefiore Medical Center in New York