The Sleep Research Society Foundation (SRSF) provides support for growth and development in the field of sleep and circadian research. The SRSF was established in 2005 by the Sleep Research Society Board of Directors to provide support for investigators to conduct pilot studies that would form the basis of more comprehensive applications to federal agencies, private foundations and industry partners.

Since its inception, the Sleep Research Society Foundation has awarded more than $1.7 million in support for research by 51 early stage scientific investigators. The SRSF has helped investigators obtain NIH and other government funding through research supported by SRSF awards.

**MISSION**

The Sleep Research Society Foundation is committed to the growth and development of the field of sleep research through education and research funding opportunities.
A MESSAGE FROM THE SRSF PRESIDENT

The Sleep Research Society Foundation (SRSF) is pleased to share news and updates of the Foundation’s activities for 2018-19. The Foundation announced the sixth solicitation for the SRSF Career Development Award, receiving 33 high quality applications. This SRSF award is an important stepping-stone to the future success for many of the recipients.

We are extremely grateful to the Scientific Review Committee, chaired by Cathy Alessi, MD, for undertaking the review of these proposals. The review process was aligned to the NIH grant review model, scoring each of the submissions for scientific merit, mentoring, environment and research plan. On March 8, 2019, the Sleep Research Society Foundation Board of Directors gratefully accepted the Committee’s Report and selected to fund four of these proposals.

This year, the SRSF was able to support three awards on the broad topic of sleep/circadian research and another one on the topic of sleep and electrical neuro-modulation. The three proposals selected under sleep/circadian research represent a broad range of topics and approaches including: a project by Dr. Annemarie I. Luik to disentangle the association between the HPA-axis and poor sleep using a longitudinal population-based approach; another by Dr. Chanpreet Singh, who is investigating the mechanisms underlying sleep regulation by Vasoactive Intestinal Polypeptide in zebrafish; and a project by Dr. Huan Yang that will examine RAAS biomarkers of renal function and blood pressure in response to repetitive sleep restriction. On the topic of sleep and electrical neuro-modulation, Dr. Jason L. Yu will work to determine novel polysomnographic metrics of arousal as predictors of the success of Upper Airway Stimulation. The scope of the work to be supported in the coming year is a reflection of the growth of our field and the need to support career development for investigators from a variety of areas. All of these projects help to increase the knowledge of sleep and circadian science and change the way we think about the impact of sleep in public health.

This year also marks a very exciting time for the SRSF with the success of our Funding Our Future Scientists Campaign, elevating financial resources for the Foundation early-career award program. Over the past year, we have secured pledges from 121 individuals totaling $427,700 and from 15 corporate partners totaling $1,990,000, which will be paid out over a 5 year period. I would like to take this opportunity to thank all supporters of the SRSF Funding Our Future Scientists Campaign. The success of this Campaign would not have been possible without the leadership of Dr. Allan Pack, the dedicated members of the National Steering Committee, and the generous support of our corporate partners and Sleep Research Society members. Further details of the Campaign are provided in the report.

On the heels of this success, we have launched the first of what I hope will be many Annual Appeals. With the support of a team of dedicated Sleep Research Society members who serve on the Annual Appeal Committee, we have set a goal of raising an additional $75,000 in 2019. These funds will be used to support other initiatives of the SRSF including the Mentor/Mentee Program, Travel Awards to specialized meetings such as Advances in Sleep and Circadian Sciences, SLEEP Meeting Post Graduate Course Scholarships, and scholarships to attend the Young Investigator’s Research Forum. I would also like to take this opportunity to congratulate Dr. Kristen Knutson who will take over these efforts in June 2019 as the incoming President of the SRSF.

It has truly been a pleasure to serve the Sleep Research Society membership. I hope that the initiatives the SRSF has implemented over the past two years will be the cornerstone for future programs that continue to advance sleep and circadian science.

The importance of these career development awards and programs for the advancement of scientific careers cannot be overstated. The awards provide seed money for early-career investigators, which is important in defining their future success as investigators. We are pleased to share with you the report on Foundation activities and success stories on the following pages of the 2018-19 annual report.

Kathryn J. Reid, PhD
President
Sleep Research Society Foundation
TRAVEL AWARD WINNERS

The SRSF is pleased to be able to support the following early stage investigators with travel awards so they can continue to learn and grow as sleep and/or circadian researchers.

Mentor/Mentee Award Winners

The Mentor/Mentee Awards support trainees with limited sleep/circadian mentoring options in their chosen field of interest to mentors at other institutions that can provide rich, face-to-face opportunities in state-of-the-art research techniques, methods, and grant writing.

Samantha Riedy – Washington State University   Stephen Thankachan, PhD – Harvard Medical School

Travel Award to Advances in Sleep and Circadian Science

These travel awards were based on a poster abstract submitted to SRS’s Advances in Sleep and Circadian Science conference. All winners presented their science during the poster sessions at the conference.

Alfonso Alfini   Enmanuelle Pardilla Delgado   Daniel A Lee   Kate E Sprecher
Sofia Axelrod   Christopher Michael Depner   Carmel Annette Martin-Fairey   Kevin Michael Swift
Maria Neus Ballester Roig   Leela Chakravarti Dilley   Hylton Molzof   Masashi Tabuchi
Darius Becker-Krail   Camilla Hoyos   Ankit Ashok Parekh   Stephen Justin Thomas
Ryan Bottary   Joy Joseph   Elsa Pittaras   David Samuel Uygun
Marissa Ann Bowman   Kyle Ketchesin   Basma Mahmoud Radwan   Robin Yuan
Omonigho Bubu   Sara Yunha Kim   Champion Seun-Fadipe
Jacob Clark   Heidi Lammers-van der Holst   Ari Shechter

Travel Award to Young Investigators Research Forum

The SRSF partnered with the AASM Foundation to provide scholarships to the annual Young Investigators Research Forum that is aimed at providing guidance, tactics, and strategies to better position young investigators for a successful career in sleep and circadian research.

Sammy Dhaliwal, MSc, MS   Ivy Mason, PhD   Jennifer Blankenship, PhD   Daniel Lee, PhD   Stephanie Griggs, PhD, RN
LETTER FROM FUNDING OUR FUTURE SCIENTISTS
CAMPAIGN CHAIR

Dear friends of the SRSF:

Thank you to everyone who participated in the Funding Our Future Scientists Campaign. We were successful in raising nearly $2.5 million in pledged donations, payable over the next five-years, from individuals and corporate partners. The funds raised from this effort will allow the SRSF to significantly increase the number of early-career investigator awards we offer on an annual basis. Based on our track-record of success in funding the best and brightest early-career sleep and circadian researchers, we can expect these additional awards to positively impact our field.

None of this could have been possible without the help of the many volunteers who assisted with this Campaign. From making connections with corporate partners or soliciting friends and peers, your leadership and support was vital to the success of this effort.

No matter the size of your contribution, whether it be $100 or $500,000, or how many hours you volunteered for the Campaign, the Foundation is grateful for your support. The Sleep Research Society Foundation is more strongly positioned to continue to fulfill its mission of growing and developing the field of sleep and circadian research through education and research funding opportunities.

Sincerely,

Allan Pack, MBChB, PhD,
Chair
FUNDING OUR FUTURE SCIENTISTS CAMPAIGN LEADERSHIP

The Sleep Research Society Foundation is grateful for the dedication of all of our Campaign volunteers. These individuals are responsible for leading this effort and their contributions should be applauded.

Allan Pack, PhD – Chair
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Patrick Fuller, PhD
Andrew Krystal, MD
Emmanuel Mignot, MD, PhD
Janet Mullington, PhD
Mark Rosekind, PhD
Thomas Roth, PhD
Kathryn J. Reid, PhD
James K. Walsh, PhD
Terri E. Weaver, PhD
David P. White, MD
The Sleep Research Society Foundation thanks the supporters of the Funding Our Future Scientists fundraising initiative. Without support from our members, none of this would be possible. Thank you all for everything you do.

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Andrew D. Krystal, MD
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Allan I. Pack, MBChB, PhD
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Phyllis C. Zee, MD, PhD
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The Sleep Research Society Foundation wishes to acknowledge and thank the following individuals for their contributions in 2018.

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FUNDING OUR FUTURE SCIENTISTS CAMPAIGN CORPORATE PARTNERS

The Sleep Research Society Foundation thanks our corporate partners. This fundraising initiative is paramount to our success. We truly appreciate your support.

ANNUAL APPEAL CORPORATE PARTNERS

Thank you for your support.
500% Increase in Member Giving
The $427,700 in pledges from SRS members represents nearly a 500% increase in historic annual support – increasing from $15,000 to $90,000.

12 of 15 Companies Are First-Time Supporters
Of the 15 corporate partners, 12 are first-time supporters of the SRSF. These first-time partners accounted for $1.9M in corporate support.

Projected Potential - $2.5M to $35M
Based on historic returns, the $2.5M provided to SRSF early-career awardees could result in $35M in funding for sleep and circadian research.

Jump-Started 37 Careers
The SRSF provided full financial support to 20 and assisted with securing funding for another 10 early-career investigators to attend the Advances in Sleep and Circadian Sciences conference in February of 2019. Additionally, 2 Mentor/Mentee Awards were granted to trainees to provide face-to-face opportunities with a mentor within their chosen field of interest. The SRSF was pleased to award 5 travel grants to early-career investigators to attend the Young Investigators Research Forum in April of 2019.
2019 CAREER DEVELOPMENT AWARDEES

**Annamarie I. Luik, PhD**

**Erasmus MC University Medical Center**

*Disentangling the association between the HPA-axis and poor sleep: A longitudinal population-based approach*

---

**Chanpreet Singh, PhD**

**California Institute of Technology**

*Investigating the mechanisms underlying sleep regulation by Vasoactive Intestinal Polypeptide in zebrafish*

---

**Jason L. Yu, MD**

**University of Pennsylvania**

*Novel polysomnographic metrics of arousal as predictors of Upper Airway Stimulator success*

---

**Huan Yang, PhD**

**Beth Israel Deaconess Medical Center/Harvard Medical School**

*RAAS biomarkers of renal function and blood pressure response to repetitive sleep restriction*

---

We are confident that these early career stage investigators will increase our knowledge of sleep and circadian science and change the way we think about the impact of sleep in public health.
## Past Career Development Awards

Since 2008, the Sleep Research Society Foundation has worked tirelessly to widen the reach of our support for early stage career investigators. Below are the researchers that have been funded since this award program’s inception.

<table>
<thead>
<tr>
<th>Years</th>
<th>Name</th>
<th>Institution</th>
<th>Project Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>Saurabh Thosar, PhD</td>
<td>Oregon Health &amp; Science University</td>
<td>Circadian Rhythms of Vascular Function in Cardiovascular Disease</td>
</tr>
<tr>
<td>2018</td>
<td>Heming Wang, PhD</td>
<td>Brigham and Women’s Hospital, Harvard Medical School and Broad Institute</td>
<td>Multi-Omics Investigation of Iron-Related Pathways in Sleep-Disordered Breathing</td>
</tr>
<tr>
<td>2018</td>
<td>Ariel Williamson, PhD</td>
<td>Perelman School of Medicine, University of Pennsylvania and Children’s Hospital of Philadelphia</td>
<td>Adapting an Evidence-Based Behavioral Sleep Intervention for Urban Primary Care</td>
</tr>
<tr>
<td>2017</td>
<td>Yu Sun Bin</td>
<td>University of Sydney</td>
<td>What is long sleep? Objective correlates of long sleep duration and prospective associations with healthcare utilization</td>
</tr>
<tr>
<td>2017</td>
<td>Matthieu Flourakis</td>
<td>Northwestern University</td>
<td>Role of the cationic leak channel NALCN in mammalian circadian physiology</td>
</tr>
<tr>
<td>2017</td>
<td>Anne Venner</td>
<td>Beth Israel Deaconess Medical Center and Harvard Medical School</td>
<td>Functional characterization of a genetically and anatomically defined sub-population underlying insomnia</td>
</tr>
<tr>
<td>2016</td>
<td>Christopher Depner, PhD</td>
<td>University of Colorado Boulder</td>
<td>Mechanisms of insufficient sleep contributing to metabolic disease risk and impact from sleep &quot;weekend recovery&quot;</td>
</tr>
<tr>
<td>2016</td>
<td>Jeffrey Donlea, PhD</td>
<td>University of California Los Angeles</td>
<td>Using the fruit fly to identify consequences of sleep loss in memory-encoding circuits</td>
</tr>
<tr>
<td>Years</td>
<td>Name</td>
<td>Institution</td>
<td>Project Title</td>
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<tr>
<td>2016</td>
<td>Heather E. Gunn, PhD</td>
<td>University of Pittsburgh</td>
<td>Adolescent sleep, circadian rhythmicity, and cardiovascular disease risk: a</td>
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<td></td>
<td></td>
<td></td>
<td>dyadic approach</td>
</tr>
<tr>
<td>2014-</td>
<td>Josiane Broussard, PhD</td>
<td>University of Colorado Boulder</td>
<td>Influence of physical activity status on the effects of insufficient sleep on</td>
</tr>
<tr>
<td>2015</td>
<td></td>
<td></td>
<td>metabolism</td>
</tr>
<tr>
<td>2014-</td>
<td>Sara Biggs, PhD</td>
<td>Monash University</td>
<td>Identifying pathways for new treatment strategies for children with primary</td>
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<tr>
<td>2015</td>
<td></td>
<td></td>
<td>snoring</td>
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<tr>
<td>2014-</td>
<td>Michael Scullin, PhD</td>
<td>Baylor University</td>
<td>Slow-wave sleep and prospective memory consolidation in aging adults</td>
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<tr>
<td>2015</td>
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<tr>
<td>2014-</td>
<td>Jon T. Willie, MD, PhD</td>
<td>Emory University</td>
<td>Reflex and murine cataplexy: proof of concept for novel therapy for narcolepsy</td>
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<tr>
<td>2015</td>
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<td>type 1</td>
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<tr>
<td>2013-</td>
<td>Joseph Dzierzewski, PhD</td>
<td>University of California Los Angeles</td>
<td>Long-term clinical outcome of hypersomnia in at-risk older adults</td>
</tr>
<tr>
<td>2014</td>
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<tr>
<td>2013-</td>
<td>Jimmy Fraigne, PhD</td>
<td>University of Toronto</td>
<td>Optogenetic probing of narcolepsy/cataplexy dopamine circuitry</td>
</tr>
<tr>
<td>2014</td>
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</tr>
<tr>
<td>2013-</td>
<td>See Wan Tham, PhD</td>
<td>Seattle Children's Hospital</td>
<td>Sleep-wake disturbances and pain responsivity in adolescents</td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2010-</td>
<td>Monika Haack, PhD</td>
<td>Beth Israel Deaconess Medical Centre &amp; Harvard Medical</td>
<td>School Does sleep maintenance insomnia lead to stronger activation of stress</td>
</tr>
<tr>
<td>2011</td>
<td></td>
<td></td>
<td>response systems then sleep onset insomnia?</td>
</tr>
<tr>
<td>2008-</td>
<td>Natalia Tulina, PhD</td>
<td>University of Pennsylvania</td>
<td>Function of sleep in the regulation of stem cell activity</td>
</tr>
<tr>
<td>2010</td>
<td></td>
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</tr>
</tbody>
</table>
INTERESTED IN SUPPORTING THE
Next Generation of Sleep and Circadian Researchers?

Looking Back...

- Would it have been beneficial to attend more scientific conferences as a trainee?
- Did you have a mentor that helped you navigate your path early in your career?
- Was applying for your first grant an overwhelming experience?
- Do you think an additional $50,000 in research funding would have helped jump-start your career?

The SRS Foundation provides funding for travel grants, mentor programs, grant writing workshops, investigator research awards, and other programs that benefit early-career investigators. Your contribution of $50, $100, $250, $500, or $1,000 will help underwrite these programs to recruit the best and brightest to the sleep and circadian sciences.

Make your donation today at sleepresearchsociety.org/foundation or by scanning the QR code.

All contributions are tax-deductible and will be recognized through SRSF’s comprehensive recognition program! Make your gift today!
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