

CORPORATE PARTNERS PROGRAM



Your support will provide continued research in the field of sleep and circadian research to further our understanding of sleep, resulting in more effective medical care and ultimately improving the health and quality of life for patients with sleep disorders and our society.

# Advancing *Sleep and Circadian Research*

## About the SRS

As pioneers in sleep research since 1961, the Sleep Research Society (SRS) is a membership organization for scientific investigators who educate and research sleep and circadian science. The SRS:

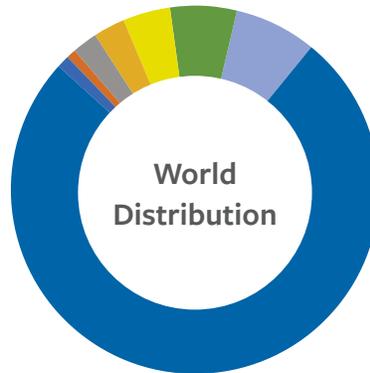
- Provides training and education and forums for the collaboration and the exchange of ideas.
- Advocates on behalf of its members to increase federally-funded sleep research through grass-roots lobbying and communications efforts.
- Publishes the Journal *SLEEP*, produces educational products and provides volunteer opportunities.

## Membership Profile

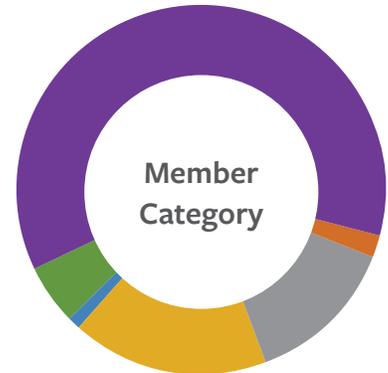
**The SRS and its members foster scientific research investigation in all areas of sleep and circadian science.** Since 1961 membership has grown in all levels and disciplines within sleep and circadian science across the globe. Today, the SRS represents approximately 1,300 researchers worldwide from promising trainees to accomplished senior level investigators.



PHD	62%
MD	22%
MD, PHD	10%
PHD, RN	3%
RN	2%
Other	1%



United States	76%
Other	7%
Canada	6%
Australia	4%
Japan	3%
United Kingdom	2%
Switzerland	1%
Germany	1%



Regular	60%
Predocs	17%
Postdoc	13%
Associate	5%
Emeritus	2%
Undergrads	1%

SRS members are key decision makers and key opinion leaders in the sleep and circadian community.

# SRS PURPOSE:

The Sleep Research Society, through its members and leadership, is organized exclusively for scientific, educational and charitable purposes. The SRS and its members foster scientific research investigation in all areas of sleep.

## About the SRSF

Established in 2005, the Sleep Research Society Foundation (SRSF) is the philanthropic arm of the SRS, providing support for investigators to conduct studies that would form the basis of more comprehensive applications to federal agencies, private foundations and corporate partners.

- Since its inception, the SRSF has provided **51 awards totaling \$1.7 million**. Those awardees have gone on to secure an additional \$24.5 million in funding, demonstrating that the SRSF is identifying and funding the next generation of sleep and circadian investigators.



TOTAL GRANTS

\$1,700,000



GRANT RECIPIENTS

51

# SLEEP

*a pillar of good health*



Sleep researchers are tackling some of the most prevalent health problems facing humanity today, because the cumulative long-term effects of sleep loss and sleep disorders are associated with a range of serious health issues, including an increased risk of type 2 diabetes, obesity, depression, hypertension, heart attacks and stroke.

*“Developing a mechanistic understanding of the threat posed by sleep deficiency and circadian disturbance to health, healthy equity, and health disparities is an urgent challenge.”*

2011 National Institutes of Health (NIH) Sleep Disorders Research Plan

Sleep loss hampers our ability to concentrate, reduces motivation and creativity, and increases irritability. Insufficient sleep jeopardizes our personal health, our workplace productivity, and the well-being of our communities.

In the United States, working days lost due to insufficient sleep and sleep disorders, account for \$411 billion in economic losses and represent 2.28 percent of our country’s GDP annually.<sup>1</sup>

The National Academy of Medicine (NAM) has described the rising trend of insufficient sleep as “*an unmet public health problem.*”<sup>2</sup> Thanks to breakthroughs in the field of sleep research, we are now beginning to understand the fundamental importance of sleep.

While the Sleep Research Society (SRS) and the American Academy of Sleep Medicine (AASM) recommend a minimum of seven hours of sleep per night for adults, as many as 56 percent of US adults report that they receive less sleep than needed on weeknights. Only 44 percent say that they get a good night’s sleep every night.<sup>3</sup> The connection between poor sleep and poor health is even more startling — evidenced by the fact that 67 percent of those who reported poor quality sleep also reported ‘poor’ or ‘only fair’ health.<sup>4</sup>

# sleep research MATTERS



Sleep has intrigued the human mind for millennia, but sleep research is a relatively recent field of inquiry. What we do know about sleep we have learned from intrepid researchers, intent on unlocking mysteries and finding answers. Over the past fifty years, sleep research has advanced our understanding of the basic biology and physiology of sleep and circadian rhythms as well as the pathophysiology of sleep disorders. For example:

## Cognitive Aging and Dementia

While we have known for many years that sleep quality and quantity in older adults influences cognitive function, we are now starting to understand how and why. Slow Wave Sleep serves as a critical link between brain atrophy and memory, helping to clear toxins from the brain related to amyloid beta and tau, the two pathologies related to Alzheimer's disease. Diminished slow wave sleep in older individuals may contribute to the development of these disorders.

## Obesity

It has become clear in recent years that sleep loss and the inappropriate timing of eating lead to endocrine abnormalities (e.g., changes in insulin levels and regulation) and appetite changes that ultimately contribute directly to obesity, demonstrating that proper sleep and circadian rhythms have a role to play in combating the obesity epidemic.

## Childhood learning

Sleep is vital for appropriate learning. We now know sleep plays a key role in memory consolidation at all stages in life. This has critical implications for the role of sleep health in childhood learning and intellectual development. As an example, data show delaying school start times in older kids to better match their natural circadian rhythms reduces absenteeism and may lead to increased grades and performance on standardized tests.

## Sleep and cancer

Altered timing in the sleep-wake cycle contributes to cancer risk. Cancer, as well as cancer treatments, in turn, cause sleep and circadian disruptions. Recent research shows we can improve sleep and quality of life by treating insomnia in patients and survivors of cancer. Exciting, cutting-edge research is demonstrating how we can use circadian rhythms to optimize the timing of cancer treatments to ultimately provide better outcomes with fewer side effects.



And, while we know that individuals differ in how they respond to sleep loss, shift work, and other sleep/circadian disruptions, we do not yet know how to predict those differences, or how to use them to decrease health and occupational risks and increase productivity. Sleep research matters, and it is vital that we continue to probe and investigate if we are to unlock these mysteries and so many more.

# MAINTAINING *our momentum*



While there is no shortage of innovative thinking and ideas in the field of sleep research, there is a shortage of investigators to spearhead sleep-related research projects, specifically early-career investigators.

As in any scientific field, a pipeline of young investigators is crucial in order to maintain a robust research infrastructure. For sleep research, this challenge is even more daunting, in part due to the limited number of new scientists and clinician/scientists entering and remaining in the field.

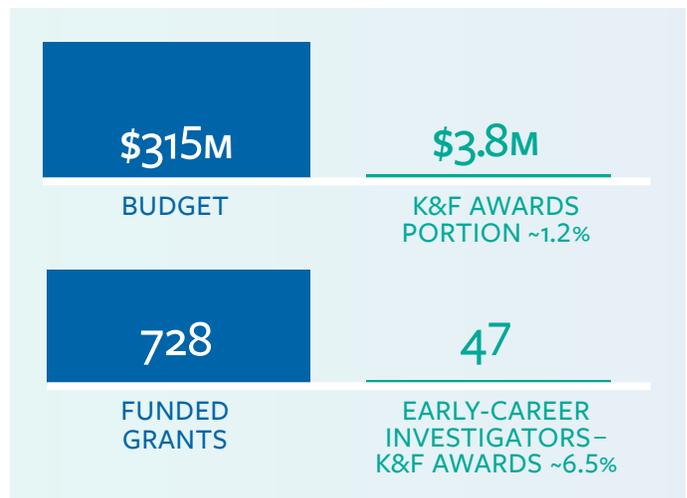
This is not a new challenge. As far back as 2006, the Institute of Medicine (IoM), now the National Academy of Medicine, highlighted the “*critical paucity of sleep investigators in the training pipeline.*”<sup>5</sup> In 2011, as the NIH Sleep Disorders Research Plan was being developed, it was again acknowledged that “*the current workforce of appropriately trained researchers is not adequate to address future research priorities.*”<sup>6</sup> And as the current baby boom generation of senior researchers move toward retirement, the cultivation and retention of early-career investigators will become even more imperative.

The opportunities for sleep researchers have never been greater — or the need for their research more urgent. New directions and possibilities for sleep and circadian research have exploded over the last decade, involving genetics, molecular biology, physiology, epidemiology, and clinical research. Today, opportunities for research training exist in all areas of sleep and circadian biology. Experimental approaches and state-of-the-art technologies combine to make this a particularly exciting time for the field.

The alarming rise of sleep and circadian disturbances underscores the urgent need for ongoing sleep research. A recent update from the National Center on Sleep

Disorders Research indicates that 31 successful new sleep Career Development Awards (K) and Individual Research Fellowships (F) are needed annually to maintain momentum in the field of sleep research.<sup>7</sup>

## NIH'S 2016 SLEEP RESEARCH



We have a timely and unprecedented opportunity to make a difference – we have the technology, the biomedical methodologies, but most of all a pressing need. We simply need more early-career investigators in the research pipeline.

# FUNDING

*the future of sleep research*

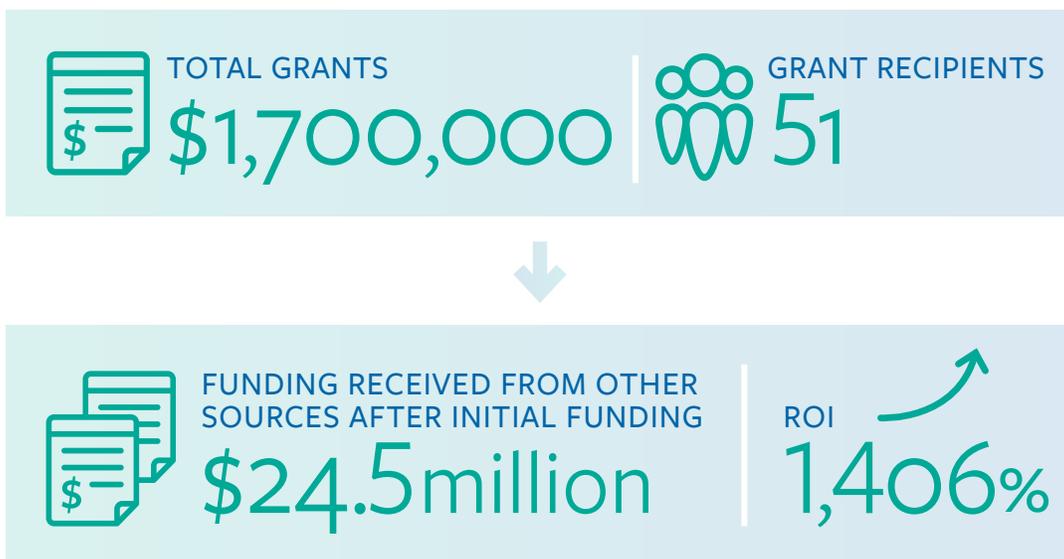
The Sleep Research Society and the Sleep Research Society Foundation (SRSF) are uniquely positioned to address the current critical shortage of early-career sleep and circadian researchers.



NICHOLAS  
STAVROPOULOS

*“A grant from SRSF represents an important vote of confidence for a new investigator’s research program. These grants not only support a vital area of research but also serve to attract additional funding at a critical phase of one’s career. In the current funding climate, there is more need than ever for awards that support young investigators working on sleep.”*

## SINCE SRSF INCEPTION\*



\*While SRSF wouldn't presume to take sole credit for the research careers of the grant recipients, the funding provided by the Foundation offered the critical support necessary to foster and advance those careers at a pivotal time.

# The Impact of *Funding Sleep and Circadian Research*



## Sigrid C. Veasey, M.D.

Professor of Medicine | Center for Sleep and Circadian Neurobiology  
Translational Research Laboratories | Perelman School of Medicine, University of  
Pennsylvania

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“While the National Institutes of Health is the best biomedical research grant system in the world, this system cannot serve all research needs. The two areas of research where SRSF grants fill a void are, first, promising young investigators just starting out who need start-up funds to get moving towards an NIH grant. The second is for highly innovative or “outside the box” research. I was fortunate enough to receive an Elliot Weitzman Innovative Research Award, which allowed my group to begin to identify microRNA markers in the blood that index the severity of brain injury in sleep apnea. We obtained promising results and will continue in this direction to be able to identify who is at risk of brain injury from all sorts of sleep disorders. We make our biggest advances in sleep medicine when allowed to think outside the box. Thank you SRSF!”



## Christoph Nissen, M.D.

Professor | Research Group Nissen Sleep and Plasticity  
University Hospital of Psychiatry and Psychotherapy | Bern, Switzerland

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“Being a recipient of the SRSF grant was a critically important step in my career. It allowed me to complete a smaller project on sleep and depression and to successfully apply for further research support. I strongly believe that the SRSF grant is a great funding mechanism! It is ideal to encourage young people and to further the field of sleep research.”



## Saurabh S. Thosar, PhD.,M.S., OTR/L

Assistant Professor | Oregon Institute of Occupational Health Sciences  
Oregon Health & Science University

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“Receiving the SRS Career Development Award has been a career defining moment. It has allowed me to study a clinically important question which has the potential for transforming treatment for people with microvascular dysfunction. This grant has allowed me to collect preliminary data to successfully apply for a K award through the Oregon Clinical & Translational Research Institute. This award, in part, helped me to secure a faculty job and start my own research group. I am genuinely thankful to the reviewers for finding merit in my science and to the Sleep Research Society Foundation for honoring me with this award.”



## Mary A Carskadon, PhD

Professor of Psychiatry and Human Behavior | Sleep for Science Research Lab of  
Brown University

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“Although I am a seasoned investigator, the funds provided by the Sleep Research Society Foundation Elliot D. Weitzman, MD, Research Grant, was critical for us to get pilot data that allowed us to acquire funding in an Ro1 from NIMH. We have since published a number of papers that cite this funding. I am most appreciative for this support because it led to our genetics work in college students and subsequently to a collaboration with behavioral geneticists with expertise in molecular and quantitative genetics and also with colleagues who study *C. elegans*. Our collaborative work was recently published in SLEEP (Huang et al., 2017), and we have a grant proposal under review to extend this work. I hope that the Foundation continues to offer opportunities to help young investigators, and to assist senior investigators to pursue their scientific dreams as well.”

# EARLY-CAREER INVESTIGATORS *need your support*

Without ongoing sleep research and healthy numbers of researchers in the career pipeline, we will not make the breakthroughs we need to address the troubling trend of inadequate sleep and sleep disorders. Without these young researchers, product innovations and the revelations that change the way we evaluate, diagnose and treat individuals who are affected by sleep disorders will never happen. By attracting and retaining the next generation of early-career investigators to the field of sleep research now, we will ensure that the most promising minds are dedicated to defining the future of our field.



## Career Development AWARD

The SRSF recognizes the challenges of transitioning from post-doctoral training to independent research funding.

The goal of these awards is to invest in promising early-career researchers and assist with their transition into independence as junior investigators. Recipients are expected to apply for a mentored or independent federal

research award within the funding period, and the results of a recent SRSF survey reveal that 65 percent of grant recipients who responded had successfully secured additional funding for their projects.

### AWARD FUNDING



UP TO

**\$50,000**

SRS MEMBERS

**2+**

SUPPORT

**1YR**

### ADDITIONAL FUNDS SECURED TO CONTINUE PROJECTS

RANGED CONTRIBUTIONS

**\$17k-\$2.16M**

APPROX TOTAL SUPPORT

**\$8.52M**

*Based on survey results from grant recipients who secured additional funding for their projects.*

# EARLY-CAREER INVESTIGATORS *need your support*

## SRS Mentor-Mentee Award

The goal of the SRS Mentor-Mentee Award is to link trainees with limited sleep/circadian mentoring options in their chosen field of interest to mentors that can provide rich, face-to-face opportunities in state-of-the-art research techniques and methods. The mentor-mentee relationship should also extend beyond the face-to-face portion and, as appropriate, include career guidance via ongoing phone or web-based meetings over the course of the funded year. These opportunities may be in the United States or abroad. Both participants are active SRS Members.

### Scope of Support

The program is intended to grow the field of sleep and circadian researchers by offering support to investigators at the early stage in their career. We anticipate giving annually up to four awards not to exceed \$3,500, and one award up to \$7,000 for travel-related expenses. Fewer awards could be given depending on available funds and quality of applications. It is understood that the mentor will participate at no cost to this program. All early stage investigators are eligible to apply.

### Duration

The duration of the award is one year, with a minimum of one-week on-site with the Mentor and expected to continue via phone or video contact at least monthly.

## Education Travel Awards

### Advances in Sleep and Circadian Science

The SRSF provides travel awards based on a poster abstract submitted to SRS's Advances in Sleep and Circadian Science conference. All winners present their science during the poster sessions at the conference.

### Young Investigators Research Forum

The SRSF partners with the AASM Foundation to provide scholarships for travel 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.

# Corporate Partners Program

We invite you to join the cause. Help impact the future of sleep and circadian research.



## KNOWLEDGE

Share scientific updates and call for research proposals with SRS members. Exchange research ideas and techniques and brainstorm potential solutions to the challenges impacting the sleep and circadian fields through the Industry Advisory Council (IAC). Stay informed utilizing SRS publications.



## CONNECTIONS

Gain access to SRS members to cultivate relationships with key opinion leaders throughout the world.



## PROMOTION

Receive a variety of opportunities to showcase your products and science to SRS members. Increase your exposure through additional event-related sponsorship/exhibiting, exhibiting, sponsorship, and advertising opportunities.



## RECOGNITION

As a supporter of the Sleep Research Society Foundation, your company is recognized for your contribution throughout the year and in a wide variety of venues.



## ADVOCATE

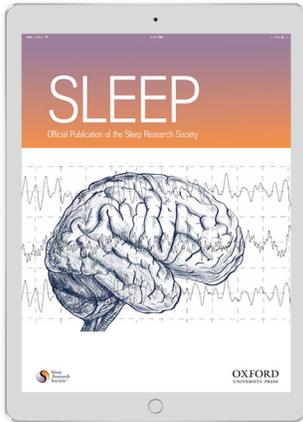
Demonstrate your shared commitment to grow the field of sleep and circadian research.



## Year-round exposure &amp; benefits

<b>Corporate Partner</b> <i>Benefits (Scaled level of support)</i>	<b>Chairman's Circle</b> <i>\$100,000</i>	<b>Pearl Circle</b> <i>\$75,000</i>	<b>Diamond Circle</b> <i>\$50,000</i>	<b>Emerald Circle</b> <i>\$20,000</i>	<b>Ruby Circle</b> <i>\$10,000</i>	<b>Sapphire Circle</b> <i>\$5,000</i>	<b>Jade Circle</b> <i>\$2,500</i>
Recognition on Corporate Partners Web Page	X	X	X	X	X	X	X
Recognition in bi-monthly SRS Newsletter	X	X	X	X	X	X	X
Recognition in monthly SRSF newsletter, <i>Impact Update</i>	X	X	X	X	X	X	X
Signage and verbal recognition at SRS related events at SLEEP meeting	X	X	X	X	X	X	X
Invitation to VIP SRSF donor reception at SLEEP meeting	X	X	X	X	X	X	X
Donor Ribbon for attendee badge at SLEEP meeting	X	X	X	X	X	X	X
Signage and verbal recognition at SRS's biennial ASCS conference	X	X	X	X	X	X	
Donor Ribbon for attendee badge at ASCS conference	X	X	X	X	X	X	
E-blast and newsletter(s) announcement of supporter's Scientific Update	X	X	X	X	X	X	
E-blast and newsletter(s) announcement of supporter's Call for Research Proposals, if applicable	X	X	X	X	X	X	
Discount on SRS Membership Mailing List Rental (one-time use)	100%	50%	40%	30%	20%	10%	
Discounted ASCS conference sponsorship/exhibitor opportunities	75%	50%	40%	30%	20%		
Industry Advisory Council (IAC) member	X	X	X				
Complimentary web ad in Journal <i>SLEEP</i>	X	X					
Opportunity for named award	X	X					
Focus group of SRS members hosted at SRS-related event or digitally	2	1					
Complimentary ASCS registrations (2)	X	X					

# Publications



## Journal SLEEP

*advertising opportunities available.*

Now in its 42nd year, *SLEEP* is a peer-reviewed, international journal of sleep and circadian science, and is the official publication of the Sleep Research Society (SRS).

**10,000+ individual subscribers**

(7,000+ MDs 3,000 PhDs)

**Impact Factor**

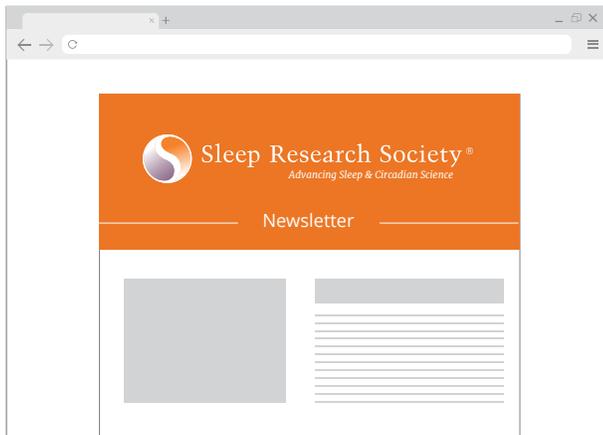
**4.571**

**5 year Impact Factor**

**5.588**

*SLEEP Advances* – Coming Soon!

The Sleep Research Society is launching a companion journal to *SLEEP*.



Bi-monthly newsletter sent to

**1,300+ members**

Corporate Partners are recognized.



Monthly newsletter sent to

**5,000+ subscribers.**

Corporate Partners are recognized.

# Meetings

## SLEEP 2020

June 19-22, 2020 | Philadelphia, PA

Now in its 34th year, SLEEP is the annual meeting of the Associated Professional Sleep Societies, LLC (APSS), which is a joint venture of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS).



February 19-22, 2021 | Clearwater Beach, Florida

The SRS is proud to host this biennial conference, a 3-day event which features innovative content from subject matter experts across numerous specialties within the sleep and circadian sciences, abundant networking opportunities from trainees to established investigators. *Event sponsorship/exhibitor opportunities available.*



In conjunction with SLEEP 2020

The SRSF Industry Advisory Council is an annual scientific meeting held in conjunction with the SLEEP meeting. Qualifying corporate partners and key opinion leaders in the sleep and circadian sciences are invited to this exclusive event to discuss issues, share research ideas and techniques, and brainstorm potential solutions to the challenges impacting the sleep and circadian fields.

# Thank You to Current Corporate Partners

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## Chairman's Circle

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## Diamond Circle

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## Emerald Circle

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## Ruby Circle

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## Sapphire Circle

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## Jade Circle

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CORPORATE PARTNERS PROGRAM



*Advancing Sleep and Circadian Research*

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## References & Further Reading

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- 7 “Survival” Plot for Fiscal Years 2008-2015 Active K and F Grants versus Project End: National Center on Sleep Disorders Research Director’s Update. Michael Twery, Director, June 22, 2017.