



## 2019 SRS Board of Directors Candidate

**Martica Hall, PhD**



I am honored to have been nominated for a Director-at-Large position on the Board of Directors at the Sleep Research Society. I have been an SRS member since I was an advanced graduate student, searching for a novel yet plausible pathway linking psychological stress to the immune system and immune-mediated health outcomes. I was fortunate to stumble upon several papers on sleep and the immune system written by Jim Krueger and his then-post doc, Mark Opp, which provided indirect evidence to support my hunch related to the importance of sleep to health and functioning. For

the past 20+ years, I have continued to test and refine the conceptual model that underlies my work, with sleep and circadian rhythms as the centerpiece of this model.

My research program bridges the traditionally independent fields of behavioral medicine and sleep medicine. The conceptual model that underlies my research focuses on the pathways through which psychological and social factors affect sleep and their downstream consequences to health and functioning, with an emphasis on accelerated aging and cardiometabolic disease risk. I have evaluated these relationships in diverse populations across the lifespan, focusing mainly on mid- to late-adults at increased risk for cardiometabolic disease including caregivers, women during the menopausal transition, individuals with sleep and psychiatric disorders, and adults affected by racial/social disparities. I have led national and international workshops on the assessment of sleep. I have also developed and refined innovative protocols for the assessment of ecologically valid and reliable measures of sleep including ambulatory polysomnography (PSG), wrist actigraphy, and heart rate variability during sleep. To date, my work has led to more than 180 peer-reviewed publications.

Training the next generation(s) of sleep and circadian scientists means a lot to me. I have mentored eleven post-doctoral fellows; six of these as primary research mentor.

Seven of my previous post-docs have received K awards, all who have completed their fellowships have obtained faculty appointments, and one is still in training. I have also mentored eighteen graduate students and nine medical students. My trainees have been first author on over 60 peer-reviewed publications. I have participated in numerous Trainee Day activities at SLEEP, represented the University of Pittsburgh Center for Sleep and Circadian Science Day during Trainee Day Job Fairs, and served on the faculty of the American Academy of Sleep Medicine Young Investigator Forum. I am the Program Co-Director of the NHLBI-funded T32 program, “Translational Research Training in Sleep Medicine” (HL082610) and serve on the training faculty of four other T32 programs at the University of Pittsburgh. In recognition of my commitment to trainees, I was nominated for and am the 2019 recipient of the SRS Mary A. Carskadon Outstanding Educator Award. I am humbled by this award and will continue to strive to honor my trainees and Mary, who has had such a profound influence on our field.

I have a history of commitment to the Sleep Research Society. Many years ago, I worked with Joel Dimsdale to develop the original award criteria for the SRS Foundation research awards including the SRSF Career Development Award and the J. Christian Gillin, MD, Research Grant. I later served on the society’s 50th Anniversary Task Force, where I conceived of and undertook the Conversations with our Founders project. I have served on the Editorial Board of Sleep, including two terms as Associate Editor. More recently, I chaired the Scientific Offerings Committee which planned and carried out the inaugural Advances in Sleep and Circadian Science meeting in Clearwater Florida, February 1-4, 2019. In support of trainee programming at the Advances meeting, I served as Principal Investigator for an R13 Conference Grant (R13 NS111930; E. Herzog and R. Spencer, Co-I’s) which was funded in the amount of \$10,000.

The SRS leadership, including the board in partnership with John Noel and his team, has much to be proud of. The Society continues to flourish and grow at a time when many other scientific organizations have been experiencing a loss in membership. The Society’s health is, in large part, a reflection of purposeful, forward-thinking, and transparent leadership. The Society’s embrace of trainees is unparalleled. Impressive too is the obvious and purposeful action stemming for the society’s Strategic Plans and targeted surveys of members. I have benefitted enormously from this leadership and have found great satisfaction in my service to the Society. I am honored to have been nominated for one of the Director-at-Large positions on the Board of Directors and am fully committed to carrying out these responsibilities, if fortunate to be elected to the Board. Please do not hesitate to contact me if you have any questions about my interest or commitment to this position.