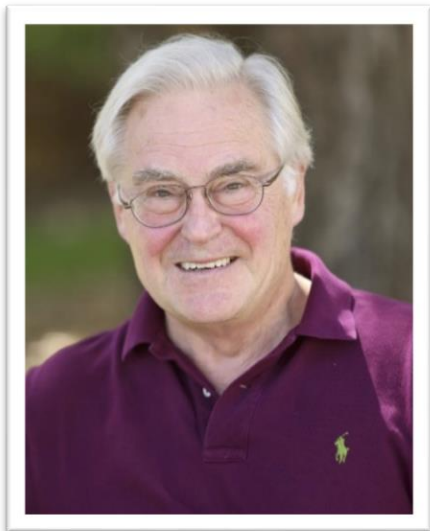




2019 SRS Board of Directors Candidate

H. Craig Heller, PhD



I would like to affirm my willingness to be nominated for President of the Sleep Research Society, and I have to say that it would be a great honor. I have enjoyed working with the society, first on the Program Committee, then on the Board of Directors, and most recently on the organizing committee of the highly successful Advances in Sleep and Circadian Science meeting that we held in Florida. I am at a stage of career that gives me the opportunity to devote more of my time in service of activities that I consider to be of significance and value to our field.

When I served as member and chair of the Behavioral Neuroscience Study Committee at NIH in the mid 90's, I was concerned about the lack of collegial interactions between the sleep and circadian fields. We have come a long way in remedying that situation, and our recent meeting showed that our two fields are truly interacting, integrated, and respectful of each other. I want to see this progress continue, and I think the rest of the Board shares that sentiment. So, I am enthusiastic about serving the society in any way I can and advancing that goal.

Another goal that I am enthusiastic about is the efforts of the Society to support trainees and new members of our field. I do not know of another scientific society that does as much in this regard as the SRS, and I am eager to do what I can to contribute to that important activity.

My interests in and work on sleep has been long and varied. I frequently tell my students that you never know where inspiration will come from. My first experiments on sleep happened because the animals I was using for thermoregulatory studies would not stay awake. That work led to the discovery of the changes in the thermoregulatory system associated with sleep states. I then extended that work to hibernation with the idea that the downward regulation of body temperature in hibernators evolved from

the changes in temperature regulation in NREM sleep. Functions of sleep have also been a major theme of my laboratory and resulted in the energy restoration hypothesis. Sleep structure work led to our proposal that the relation between NREM and REM is a homeostatic one with REM serving a need generated during NREM and not wake. Most recently I have been concerned with the role of sleep in learning and memory, and that has led to a potential pharmacotherapy for learning disability of Down Syndrome as well as revealing a critical functional interaction between the sleep and circadian systems that I presented as the Keynote address at the APSS meeting in 2017.

I am very committed to advancing the goals of the SRS and would be proud to serve as President.