

A Message from the President

September 5, 2019



Dear SRS Members,

In my final blog installment reviewing progress toward our Strategic Plan goals, I will be highlighting our successes in Support of Trainees, Diversity, and Scientific Offerings.

Support of trainees continues to be one of the very top priorities of our society. With the help of our fundraising efforts we were able to increase the number of trainee awards provided this year. We also continued our highly successful trainee focused programs such as SRS Trainee Day, Trainee Networking Development Suite, and the Trainee Career Fair. Many thanks to all of you who were critical to

making this a great success again this year. One of our new priorities in our revised strategic plan is to extend our education and support activities beyond the current level to facilitate the transition of our early career members to independence. We have tasked the Pipeline Development Committee with developing a proposal for achieving this goal and this committee is hard at work on this proposal.

Over the last year we strove to increase the diversity of our membership by strengthening our efforts to increase diversity in the leadership and organization generally. We were successful in identifying and awarding travel funds to a very diverse group to attend Advances in Sleep and Circadian Science in February 2019. We also encouraged individuals from underrepresented groups to apply for society Board of Directors positions. We are challenged in finding the means to identify individuals from underrepresented groups to join the society and are working on a solution.

Over the past year we have implemented numerous programs that were intended to improve the scientific offerings of our society. Some of these have been in the works for the past several years and were conceived or implemented under the leadership of Past Presidents Allan Pack and Sean Drummond. This includes the first independent scientific meeting modeled on a small single-track intensive interaction meeting to better meet the needs of our members. We focused on the interface of sleep and circadian rhythms. This meeting took place in February 2019 in Clearwater Beach, Florida. Overall meeting feedback was extremely positive, and we plan to continue to hold similar meetings every two years into the future.

This year we are publishing the 42nd volume of the journal *SLEEP*, the premier publication for sleep and circadian science. The number of manuscripts submitted to *SLEEP* has risen to such a high level that only a small percentage are able to be published each year. As a result, many meritorious papers are turned away. This was an important factor leading us to launch a Gold Open Access companion journal to *SLEEP* called *SLEEP Advances*. It will also publish original research articles, commentaries, and review papers in sleep and circadian science across the basic, translational, and clinical research spectrum. We will do this in partnership with Oxford who is offering a favorable financial arrangement that makes this a minimal risk endeavor for our society. During the last year we initiated and implemented the first effort to establish and publish evidence-based standards for research methods. This effort was devoted to making the case that circadian rhythms should always be considered by those carrying out sleep research. We included and reviewed methods for measuring/controlling for circadian rhythms in sleep

research studies. A dedicated team of leaders in this area met for a daylong meeting in San Antonio and are working on drafting a manuscript for publication.

The Sleep Research Society has made great progress over the last year, and we look forward to focusing on new priorities for the upcoming year to continue moving the society forward.

Sincerely,

Andrew D. Krystal, MD, MS
President, SRS