2021 SRS Board of Directors Candidate

Director-at-Large

Girardin Jean-Louis, PhD

I have had a long-standing interest in sleep and circadian sciences. My initial major contribution to the field was the demonstration of a positive effect of melatonin on rest-activity resynchronization, mood, and memory among cognitively impaired elderly. I then focused on the development and optimization of actigraphic sleep-scoring algorithms, now widely used to interpret actigraphic data. This work established that sleep can be reliably assessed at the population level. This is especially important in my current research that focuses on sleep health in underserved, low-income communities.

Over the last 10 years, the principal goal of my research has been to implement stakeholder-engaged interventions to address multi-level barriers hindering adoption of healthful sleep practices in vulnerable communities. Specifically, my work has focused on the application of agile, personalized behavioral models to enhance adherence to sleep therapies to reduce risks of cardiovascular disease and brain injury. I am currently involved in a line of work addressing sleep deficiency and associations with cardiovascular and brain health, considering role of epigenetics, psychosocial, and environmental factors as well as delineating determinants of sleep deficiency and associations with cardiovascular, inflammatory, and AD biomarkers (R01AG056531, R01HL142066 and R01AG067523).

I have also been involved in several university-based training/mentoring programs designed to increase academic diversity by focusing on mentees at the undergraduate, graduate, post-graduate, and faculty levels. These programs developed and sustained a well-trained cadre of 175 postdocs and junior faculty in academic medicine. I am the Director of the PRIDE Summer Institute on Behavioral Medicine

and Sleep Disorders Research (R25HL105444) and the T32 Program on Behavioral Cardiovascular Health Research, a 2-year program providing an innovative, theory-based mentored learning experience to promote academic careers of URM postdocs (T32HL129953), and more recently I received an NIA Career Leadership Award 'Enhancing Leadership Capacity to Mentor Scientists in Translational AD-Related Research' (K07AG052685).

I have served on the NIH Sleep Disorders Research Advisory Board, the Cancer, Heart, and Sleep Epidemiology (CHSE-B) study section, the National Advisory Council for National Center for Complementary and Integrative Health, and several NIH Special Emphasis Panels/ Scientific Review Groups. I have also been involved in several important NIH-funded studies, which have led to 396 publications, primarily in sleep deficiency and cardio-metabolic diseases, aging, and health equity. My research findings have appeared in 180 scientific conference proceedings and book chapters, and 216 peer-reviewed scientific journals.

The foregoing shows I have the expertise, experience, and leadership to contribute meaningfully to achieving the objectives of the Sleep Research Society. I am aware of the fierce urgency to promote biomedical research addressing sleep health disparities among vulnerable populations, which have been made evident by the devastating effects of the COVID-19 pandemic. I am also aware of the pressing need to implement evidence-based training and mentoring programs to support underrepresented minority scientists interested in pursuing academic careers in sleep and circadian sciences. My demonstrated record of successful and productive scholarly work in the society's priority areas evidences that I am well suited to contribute to the society's overarching mission to improve sleep health in all US populations.