![Sleep Research Society logo]

Dear Sleep Research Society Trainees,

As a part of the 2021 Sleep Research Society (SRS) Trainee Symposia Series (TSS), we would like to construct a video compilation of trainee introductions. Additionally, we aim to have a complimentary *scavenger hunt* based on the content included in the videos. Although the complete details have yet to be determined, **an essential first step is to amass videos from all SRS trainees desiring to contribute to this digital introduction project**.

To provide enough time for us to compile the submitted videos and construct a complimentary *scavenger hunt* based on the content, **we request that videos be submitted no later than April 14th, 2021 at 11:59pm Central Time.**

We also request that you follow these guidelines purposed to standardize submissions, but encourage you to have fun and add creative flare to your submission:

<u>Video Guidelines:</u>

Submission Deadline: April 14th, 2021 at 11:59pm Central Time
- Videos submitted after this date are unlikely to appear in the TSS compilation, but may be used for an official SRS Trainee Video compilation constructed at a later date

Submission Location: A link to a google drive folder will be sent to the email that you provide in the registration survey: https://forms.gle/yaCQnV6kVdWEhsybA (link to registration survey)

Submission Details:
- Duration – Videos cannot exceed 1 minute in duration
- Content – Videos should aim to include following information:
  - Trainee Name
  - Trainee Level (i.e., undergraduate, post-baccalaureate, graduate student, etc.)
  - Affiliated Institution
  - Primary Research Interest(s)
  - Career Direction (i.e., researcher, clinician, industry, etc.)
  - Hobbies/Interests
  - An interesting fact about you in the context of Sleep and/or Circadian research
- Format – Please submit videos in a .mp4 format

Questions/Issues: If you have questions or issues, then please feel free to contact Jesse Cook (Trainee Member At-Large) at tml.teac@gmail.com

All the best,

SRS Trainee Education Advisory Committee and Subcommittee