



# 2020

## ANNUAL REPORT

Supporting Sleep and Circadian Researchers

### MISSION:

The Sleep Research Society Foundation is committed to the growth and development of the field of sleep research through education and research funding opportunities.





# \$1.9 MILLION

## in support of research by 55 early career scientific investigators

The Sleep Research Society Foundation (SRSF) provides support for growth and development in the field of sleep and circadian research. The SRSF was established in 2005 by the Sleep Research Society Board of Directors to provide support for investigators to conduct pilot studies that would form the basis of more comprehensive applications to federal agencies, private foundations, and industry partners.

Since its inception, the SRSF has awarded more than \$1.9 million in support for research by 55 early career scientific investigators. The SRSF has helped investigators obtain NIH and other government funding through research supported by SRSF awards.

# A MESSAGE FROM THE PRESIDENT, KRISTEN L. KNUTSON, PHD



The Sleep Research Society Foundation (SRSF) is pleased to share good news and updates of the Foundation's activities in 2020, especially given the difficult time everyone faced during the COVID-19 pandemic.

The Foundation announced the eighth solicitation for the SRSF Career Development Award, receiving 29 high quality applications. This SRSF award is an important stepping-stone to future

success for many of the recipients. We are extremely grateful to the Scientific Review Committee, chaired by Cathy Alessi, MD, for undertaking the review of these proposals. The review process was aligned to the NIH grant review model, scoring each of the submissions for scientific merit, mentoring, environment, and research plan. The Sleep Research Society Foundation Board of Directors gratefully accepted the Committee's Report and selected four of these proposals to fund. Three awards are on the broad topic of sleep/circadian research and one on the topic of sleep and electrical neuro-modulation. The three proposals selected under sleep/circadian research represent a broad range of topics and approaches including: a project by Thomas L. Andrillon, PhD, about daytime sleep intrusions in ADHD: behavioral consequences and countermeasures; another by Natália L. S. Machado, PhD, on investigating of a neuro-circuit involved in sleep homeostasis control and stress-induced insomnia; and Grigorious Oikonomou, PhD, to study the serotonergic regulation of sleep in zebrafish. On the topic of sleep and electrical neuro-modulation, Brandon Nokes, MD, will work on the physiologic assessment of the mechanisms underlying negative effort dependence. These projects help to increase the knowledge of sleep and circadian science and change the way we think about the impact of sleep in public health. Funding for these awards would not be possible without committed pledges of support from SRS members and corporate partners through the Funding Our Future Scientists Campaign.

We are thrilled to report that since the inception of the Funding the Future Scientist's Campaign in 2017, we have secured \$267,413 from 93 committed SRS members and \$ 993,500 from 13 committed corporate partners, making it possible to fund 14 SRSF Career Development Award recipients between 2017 and

2020! This international fund-raising initiative provides funding for the SRSF Career Development Award, which helps early-career sleep and circadian investigators with resources to further their research and launch their careers to make significant advances in sleep and circadian science. **With nearly \$2.4 million promised in pledges from individual and corporate support to be fulfilled over 5 years, SRS members and industry have demonstrated their unprecedented support of the SRSF.** The success of the Campaign's effort would not have been possible without the leadership of Dr. Allan Pack, the dedicated members of the National Steering Committee, and the generous support of our corporate partners and Sleep Research Society members. Further details of the Campaign are provided in the pages of the report. We urge you to continue fulfilling on your pledge to the Campaign so we can continue to safeguard the future of our field through supporting the cutting-edge research of our early-career members.

The 2020 Annual Appeal raised funds for important programs beyond the flagship SRSF Career Development Award. These programs include the SRS Mentor-Mentee Award, the SRS Small Research Grant, and travel awards/scholarships to specialized meetings, including the 2020 SLEEP Meeting Undergraduate Travel Award, and the SRS Foundation's scholarship to attend the 2020 Young Investigator's Research Forum. We are happy to share that the 2020 Annual Appeal raised \$37,587 from 274 SRS members! The success of this appeal could not have been possible without the efforts of the 2020 Annual Appeal Committee, chaired by Kathy Reid, PhD. The committee's outreach efforts to our generous SRS members helped 20 early-career investigators to meet with mentors, begin a small research project and attend conferences.

The importance of these career development awards and programs for the advancement of scientific careers cannot be overstated and cannot be achieved without your support. If you have not donated to the SRS Foundation, I personally urge you to support the important work of the SRS and its Foundation, especially during this difficult time in our community. Now, enjoy the success stories told in the 2020 annual report.



# THANK YOU TO OUR **SRS MEMBER DONORS!**

The Sleep Research Society Foundation wishes to acknowledge and thank the following individuals for their contributions which directly supported the programs related to the 2020 Annual Appeal.

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## THANK YOU TO OUR **2020 ANNUAL APPEAL COMMITTEE**



**Annual  
APPEAL**  
2020

The Sleep Research Society Foundation is grateful for the dedication of our Annual Appeal volunteers. These individuals are responsible for leading this effort and their contributions should be applauded.



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The SRSF was pleased to support these early stage investigators so they can continue to learn and grow as sleep and circadian researchers. Thank you to the many 2020 Annual Appeal donors who made this possible!

### **2020 SRS Mentor-Mentee Award Recipients**

This award supports trainees with limited mentoring options in their chosen field of interest and connects them to mentors at other institutions, providing face-to-face learning of state-of-the-art research techniques, methods, and grant writing.

Janet Cheung, PhD – The University of Sydney, Australia  
Cassandra Godzik-Dziobek, PhD, NP – Dartmouth  
Hitchcock Medical

Misol Kwon, BS, RN – The State University  
of New York at Buffalo  
Po-Yang Tsou MD, MPH – Driscoll Children's Hospital

### **2020 SRS Small Research Grant Recipients**

This grant is designed to support the research of trainees and early career investigators who otherwise do not have the institutional resources to support new studies and/or do not have a sustained record of external funding. It provides seed funding to support training and research to ultimately allow individuals to successfully apply for or complete career development grants (e.g. K-awards).

Tony Cunningham, PhD – Boston College, Beth Israel  
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Daniel S. Joyce, PhD – University of Nevada, Reno  
Natalie Michael, PhD – The Quebec Heart  
and Lung Institute Research Center

Darlynn Rojo-Wissar – Johns Hopkins  
Bloomberg School of Public Health  
Bruno Saconi – University of Pennsylvania

### **2020 SLEEP Meeting Undergraduate Trainee Travel Award Recipients**

This award is offered for undergraduate trainees with an interest in pursuing a career in sleep or circadian rhythms to attend the SLEEP Meeting.

Ilesh Kharadi  
Catia Reis - University of Lisbon  
Elise Lindsey - University of Arkansas  
Abigail Vance - University of Arkansas

Alicja Skwara - Washington State University  
Adrien Waeber - The Center of Investigation and  
Research in Sleep, Lausanne University Hospital

### **2020 SRSF Young Investigator's Research Forum Scholarship Recipients**

The SRS Foundation partnered with the AASM Foundation to provide scholarships to virtually attend this event which is aimed at providing guidance, tactics, and strategies to better position young investigators for a successful career in sleep and circadian research.

Tony Cunningham, PhD – Boston College, Beth Israel  
Deaconess Medical Center, Harvard Medical School  
Kristin Hoddy, PhD – Pennington Biomedical  
Research Center  
Mairead Moloney, PhD – University of Kentucky

Katrina Speed, PhD – Center of Excellence for  
Suicide Prevention  
Caitlan Tighe, PhD – Veterans Affairs, Pittsburgh  
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# INTERESTED IN SUPPORTING THE NEXT GENERATION OF SLEEP AND CIRCADIAN RESEARCHERS?

## LOOKING BACK...

- Would it have been beneficial to attend more scientific conferences as a trainee?
- Did you have a mentor that helped you navigate your path early in your career?
- Was applying for your first grant an overwhelming experience?
- Do you think an additional \$50,000 in research funding would have helped jump-start your career?

The SRS Foundation provides funding for travel grants, mentor programs, grant writing workshops, investigator research awards, and other programs that benefit early-career investigators.

Your contribution of \$50, \$100, \$250, \$500, or \$1,000 will help underwrite these programs to recruit the best and brightest to the sleep and circadian sciences.



**Make your donation today at  
[sleepresearchsociety.org/foundation](https://sleepresearchsociety.org/foundation)  
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**All contributions are tax-deductible and will  
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Sleep  
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*Funding Our  
Future Scientists*  
CAMPAIGN

## PROGRESS UPDATE

In 2017, the Sleep Research Society Foundation embarked on the “Funding our Future Scientists” Campaign, an international fund-raising initiative to raise support to fund early-career investigator awards so more sleep and circadian researchers will be able to launch their careers to make the significant advances needed to understand and treat sleep disorders.

**With nearly \$2.4 million promised in individual pledges and corporate support to be fulfilled over 5 years, SRS members and industry have demonstrated their unprecedented support of the SRSF.**

### Progress Update Since 2017

**\$267,413**

from 93 members

**\$993,500**

from 13 corporate partners

**14**

award recipients

### **Thank You to the Supporters of the Funding Our Future Scientists Campaign!**

Without support from our SRS members and corporate partners, none of this would be possible. Thank you to those who have completed their pledges and those who are committed to fulfilling their pledge commitments in the future.



# DONORS



*Funding Our  
Future Scientists*  
CAMPAIGN

The Sleep Research Society Foundation thanks the supporters of the Funding Our Future Scientists fundraising initiative. Without support from our members, none of this would be possible. Thank you all for everything you do.

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Future Scientists*  
CAMPAIGN

This initiative is paramount  
to the success of the SRSF  
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Thank you for your  
multi-year commitment.

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## CAMPAIGN LEADERSHIP



*Funding Our  
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The Sleep Research Society Foundation is grateful for the dedication of all of our Campaign volunteers. These individuals are responsible for leading this effort and their contributions should be applauded.



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Terri E. Weaver, PhD, RN



David P. White, MD

## 2020 CAREER DEVELOPMENT **AWARDEES**



**Thomas L. Andrillon, PhD**

**MONASH UNIVERSITY**

*Daytime sleep intrusions in ADHD: behavioral consequences and countermeasures*



**Natália L. S. Machado, PhD**

**BETH ISRAEL DEACONESS MEDICAL CENTER/HARVARD MEDICAL SCHOOL**

*Investigating of a neuro-circuit involved in sleep homeostasis control and stress-induced insomnia*



**Brandon Nokes, MD**

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*Physiologic assessment of the mechanisms underlying negative effort dependence*



**Grigorious Oikonomou, PhD**

**CALIFORNIA INSTITUTE OF TECHNOLOGY**

*Serotonergic Regulation of Sleep in Zebrafish*

**We are confident that these early career stage investigators will increase our knowledge of sleep and circadian science and change the way we think about the impact of sleep in public health.**

# PAST CAREER DEVELOPMENT AWARDEES



**Career  
Development  
AWARD**

Since 2008, the Sleep Research Society Foundation has worked tirelessly to widen the reach of our support for early-career investigators. Below are the researchers that have been funded since this award program's inception.

Years	Name	Institution	Project Title
2019	 Annemarie I. Luik, PhD	Erasmus MC University Medical Center	Disentangling the Association Between the HPA-Axis and Poor Sleep: A Longitudinal Population-Based Approach
2019	 Chanpreet Singh, PhD	California Institute of Technology	Investigating the Mechanisms Underlying Sleep Regulation by Vasoactive Intestinal Polypeptide in Zebrafish
2019	 Jason L. Yu, MD	University of Pennsylvania	Novel Polysomnographic Metrics of Arousal as Predictors of Upper Airway Stimulator Success
2019	 Huan Yang, PhD	Beth Israel Deaconess Medical Center/Harvard Medical School	RAAS Biomarkers of Renal Function and Blood Pressure Response to Repetitive Sleep Restriction
2018	 Saurabh Thosar, PhD	Oregon Health & Science University	Circadian Rhythms of Vascular Function in Cardiovascular Disease
2018	 Heming Wang, PhD	Brigham and Women's Hospital, Harvard Medical School and Broad Institute	Multi-Omics Investigation of Iron-Related Pathways in Sleep-Disordered Breathing
2018	 Ariel Williamson, PhD	Perelman School of Medicine, University of Pennsylvania and Children's Hospital of Philadelphia	Adapting an Evidence-Based Behavioral Sleep Intervention for Urban Primary Care
2017	 Yu Sun Bin	University of Sydney	What is Long Sleep? Objective Correlates of Long Sleep Duration and Prospective Associations with Healthcare Utilization
2017	 Matthieu Flourakis	Northwestern University	Role of the Cationic Leak Channel Nalcn in Mammalian Circadian Physiology
2017	 Anne Venner	Beth Israel Deaconess Medical Center and Harvard Medical School	Functional Characterization of a Genetically and Anatomically Defined Sub-Population Underlying Insomnia

Years	Name	Institution	Project Title
2016	 Christopher Depner, PhD	University of Colorado Boulder	Mechanisms of Insufficient Sleep Contributing to Metabolic Disease Risk and Impact from Sleep “Weekend Recovery”
2016	 Jeffrey Donlea, PhD	University of California Los Angeles	Using the Fruit Fly to Identify Consequences of Sleep Loss in Memory-Encoding Circuits
2016	 Heather E. Gunn, PhD	University of Pittsburgh	Adolescent Sleep, Circadian Rhythmicity, and Cardiovascular Disease Risk: A Dyadic Approach
2014-2015	 Josiane Broussard, PhD	University of Colorado Boulder	Influence of Physical Activity Status on the Effects of Insufficient Sleep on Metabolism
2014-2015	 Sara Biggs, PhD	Monash University	Identifying Pathways for New Treatment Strategies for Children with Primary Snoring
2014-2015	 Michael Scullin, PhD	Baylor University	Slow-Wave Sleep and Prospective Memory Consolidation in Aging Adults
2014-2015	 Jon T. Willie, MD, PhD	Emory University	Reflex and Murine Cataplexy: Proof of Concept for Novel Therapy for Narcolepsy Type 1
2013-2014	 Joseph Dzierzewski, PhD	University of California Los Angeles	Long-Term Clinical Outcome of Hypersomnia in At-Risk Older Adults
2013-2014	 Jimmy Fraigne, PhD	University of Toronto	Optogenetic Probing of Narcolepsy/Cataplexy Dopamine Circuitry
2013-2014	 See Wan Tham, PhD	Seattle Children’s Hospital	Sleep-Wake Disturbances and Pain Responsivity in Adolescents
2010-2011	 Monika Haack, PhD	Beth Israel Deaconess Medical Centre & Harvard Medical	School Does Sleep Maintenance Insomnia Lead To Stronger Activation of Stress Response Systems Than Sleep Onset Insomnia?
2008-2010	 Natalia Tulina, PhD	University of Pennsylvania	Function of Sleep in the Regulation of Stem Cell Activity



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