



2021

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.



\$2.1 Million

awarded in support of research to 58
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 \$2.1 million in support for research to 58 early career scientific investigators. The SRSF has helped investigators obtain NIH and other government funding through research supported by SRSF awards.



The Sleep Research Society Foundation (SRSF) is pleased to share good news and updates of the Foundation's activities in 2021, especially given the difficult time everyone faced during the continued COVID-19 pandemic.

The Foundation announced the ninth solicitation for the SRSF Career Development Award, receiving 36 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 Mark R. Zielinski, PhD, 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 three of these proposals to fund. All awards were on the broad topic of sleep and circadian research. The proposals selected represented a broad range of topics and approaches including: Shibin Li, PhD on "Is the hypothalamic stress circuitry a double-edged sword in sleep and immune modulation?" and Natalie Michael, PhD on "Posterior hypothalamic histaminergic neurons: a link between sleep disturbances and metabolic disorders;" and Steven Tran, PhD on "Serine/threonine kinase 32a (stk32a) a novel sleep regulating kinase." These projects help to increase the knowledge of sleep and circadian science and change the way we think about the impact of sleep within 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 \$306,818 from 93 committed SRS members and \$1,328,000 from 13

committed corporate partners, making it possible to fund 17 SRSF Career Development Award recipients between 2017 and 2021! 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 Allan I. Pack MBChB, PhD, 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 2021 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 and scholarships to specialized meetings, including the 2021 SLEEP Meeting Undergraduate Award, and the SRS Foundation's scholarship to attend the 2021 Young Investigator's Research Forum. We are happy to share that the 2021 Annual Appeal raised over \$44,000 from 274 SRS members! The success of this appeal could not have been possible without the efforts of the 2021 Annual Appeal Committee, chaired by Erin C. Hanlon, PhD. The committee's outreach efforts to our generous SRS members helped 18 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 2021 annual report.



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It is our goal to ensure accuracy in donor reporting. Names are listed as they were provided during the donation process. Please contact foundation@srsnet.org with any updates.

THANK YOU TO OUR **2021 ANNUAL APPEAL COMMITTEE**



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2021

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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FUNDED AWARDS AND SCHOLARSHIPS

The SRSF is pleased to support these early-career investigators so they can continue to learn and grow as sleep and circadian researchers. Thank you to the many 2021 Annual Appeal donors who made this possible!

2021 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).

Andrée-Ann Baril, PhD – Douglas Mental Health Institute / McGill University
Joshua Bock, PhD – Mayo Clinic
Elissa Hoopes, PhD, ACSM-CEP – University of Delaware
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Brandon Roberts, PhD – University of Massachusetts – Amherst
Maria Ines Sotelo, PhD – University of Michigan
Delainey Wescott, MS – University of Pittsburgh
Charlie Zhong, PhD – University of Southern California

2021 SLEEP Meeting Undergraduate Trainee 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.

Akshay Krishnan – Penn State University
Noor Nasser – University of Manchester, United Kingdom
Jean-François Caron – Université de Québec en Outaouais
Sarah Trela-Hoskins – University of Utah

2021 SRSF Young Investigator's Research Forum Scholarship Recipients

The SRSF 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.

Joon Chung, PhD – Brigham and Women's Hospital, Harvard Medical School
Danielle Clarkson-Townsend, MPH, PhD – Brigham and Women's Hospital, Harvard Medical School
Jessica R. Dietch, PhD – School of Psychological Science, Oregon State University
Amrita Pal, PhD – University of California Los Angeles
Eunjin Tracy, PhD – University of Pittsburgh

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.

MAKE YOUR GIFT TODAY!

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



or by scanning the QR code.

All contributions are tax-deductible and will be recognized through SRSF's comprehensive recognition program!

In 2017, the Sleep Research Society Foundation embarked on the Funding Our Future Scientists Campaign, an international fundraising 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

\$306,818

from 93 members

\$1,328,000

from 13 corporate partners

18

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.

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*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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CAMPAIGN

This initiative is paramount to the success of the SRSF Career Development Award.

Thank you for your
multi-year commitment.



We truly appreciate your
annual commitment in support
of our programs.

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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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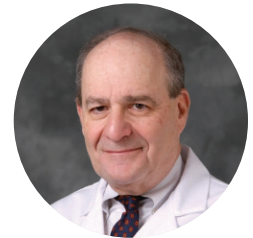
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2021 CAREER DEVELOPMENT AWARDEES



Steven Tran, PhD

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Serine/threonine kinase 32a (stk32a) a novel sleep regulating kinase



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Posterior hypothalamic histaminergic neurons: a link between sleep disturbances and metabolic disorders



Shibin Li, PhD

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Is the hypothalamic stress circuitry a double edged sword in sleep and immune modulation?

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
2020	Natália L. S. Machado, PhD	Beth Israel Deaconess Medical Center/Harvard Medical School	<i>Investigating of a neuro-circuit involved in sleep homeostasis control and stress-induced insomnia</i>
2020	Brandon Nokes, MD	UC San Diego/Mayo Clinic Arizona	<i>Physiologic assessment of the mechanisms underlying negative effort dependence</i>
2020	Grigorious Oikonomou, PhD	California Institute of Technology	<i>Serotonergic Regulation of Sleep in Zebrafish</i>
2019	Annemarie I. Luik, PhD	Erasmus MC University Medical Center	<i>Disentangling the Association Between the HPA-Axis and Poor Sleep: A Longitudinal Population-Based Approach</i>
2019	Chanpreet Singh, PhD	California Institute of Technology	<i>Investigating the Mechanisms Underlying Sleep Regulation by Vasoactive Intestinal Polypeptide in Zebrafish</i>
2019	Jason L. Yu, MD	University of Pennsylvania	<i>Novel Polysomnographic Metrics of Arousal as Predictors of Upper Airway Stimulator Success</i>
2019	Huan Yang, PhD	Beth Israel Deaconess Medical Center/Harvard Medical School	<i>RAAS Biomarkers of Renal Function and Blood Pressure Response to Repetitive Sleep Restriction</i>
2018	Saurabh Thosar, PhD	Oregon Health & Science University	<i>Circadian Rhythms of Vascular Function in Cardiovascular Disease</i>
2018	Heming Wang, PhD	Brigham and Women's Hospital, Harvard Medical School and Broad Institute	<i>Multi-Omics Investigation of Iron-Related Pathways in Sleep-Disordered Breathing</i>
2018	Ariel Williamson, PhD	Perelman School of Medicine, University of Pennsylvania and Children's Hospital of Philadelphia	<i>Adapting an Evidence-Based Behavioral Sleep Intervention for Urban Primary Care</i>
2017	Yu Sun Bin	University of Sydney	<i>What is Long Sleep? Objective Correlates of Long Sleep Duration and Prospective Associations with Healthcare Utilization</i>

Years	Name	Institution	Project Title
2017	Matthieu Flourakis	Northwestern University	<i>Role of the Cationic Leak Channel Nalcn in Mammalian Circadian Physiology</i>
2017	Anne Venner	Beth Israel Deaconess Medical Center and Harvard Medical School	<i>Functional Characterization of a Genetically and Anatomically Defined Sub-Population Underlying Insomnia</i>
2016	Christopher Depner, PhD	University of Colorado Boulder	<i>Mechanisms of Insufficient Sleep Contributing to Metabolic Disease Risk and Impact from Sleep “Weekend Recovery”</i>
2016	Jeffrey Donlea, PhD	University of California Los Angeles	<i>Using the Fruit Fly to Identify Consequences of Sleep Loss in Memory-Encoding Circuits</i>
2016	Heather E. Gunn, PhD	University of Pittsburgh	<i>Adolescent Sleep, Circadian Rhythmicity, and Cardiovascular Disease Risk: A Dyadic Approach</i>
2014-2015	Josiane Broussard, PhD	University of Colorado Boulder	<i>Influence of Physical Activity Status on the Effects of Insufficient Sleep on Metabolism</i>
2014-2015	Sara Biggs, PhD	Monash University	<i>Identifying Pathways for New Treatment Strategies for Children with Primary Snoring</i>
2014-2015	Michael Scullin, PhD	Baylor University	<i>Slow-Wave Sleep and Prospective Memory Consolidation in Aging Adults</i>
2014-2015	Jon T. Willie, MD, PhD	Emory University	<i>Reflex and Murine Cataplexy: Proof of Concept for Novel Therapy for Narcolepsy Type 1</i>
2013-2014	Joseph Dzierzewski, PhD	University of California Los Angeles	<i>Long-Term Clinical Outcome of Hypersomnia in At-Risk Older Adults</i>
2013-2014	Jimmy Fraigne, PhD	University of Toronto	<i>Optogenetic Probing of Narcolepsy/Cataplexy Dopamine Circuitry</i>
2013-2014	See Wan Tham, PhD	Seattle Children’s Hospital	<i>Sleep-Wake Disturbances and Pain Responsivity in Adolescents</i>
2010-2011	Monika Haack, PhD	Beth Israel Deaconess Medical Centre & Harvard Medical	<i>School Does Sleep Maintenance Insomnia Lead To Stronger Activation of Stress Response Systems Than Sleep Onset Insomnia?</i>
2008-2010	Natalia Tulina, PhD	University of Pennsylvania	<i>Function of Sleep in the Regulation of Stem Cell Activity</i>

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