



2023 SRS Board of Directors Candidate

Director-at-Large

Cathy Alessi, MD



Dear Colleagues:

Thank you for considering me as a candidate for the Sleep Research Society Board of Directors as a Director-at-Large. I have been an active SRS member for over 20 years, and I am fully committed to serving the SRS and its members.

My specific research area is sleep and aging. As a physician scientist my work focuses on translational and clinical studies addressing insomnia and sleep apnea treatment in older adults. Most recently, working with an interdisciplinary group of scientists, we've developed and tested a series of novel behavioral interventions to improve both sleep and treatment adherence in numerous clinical trials among older adults with insomnia and obstructive sleep apnea. Our laboratory is supported by funding from a variety of federal sources (VA, NIH and others) and non-profit foundations. In this work I've had the opportunity to mentor many students, post-doctoral fellows, and early-stage investigators from a variety of professional backgrounds who have gone on to successful academic careers.

I was first drawn to the SRS due to its commitment to promoting sleep and circadian science. I became even more involved in the organization as I appreciated the diversity and collegiality of its membership, and the focus on supporting investigators at all stages of their careers. I was a member of the SRS Scientific Review Committee from 2013 - 2021 (including serving as the committee's Vice-Chair and then Chair). I am currently a member of the SRS Pipeline Development Committee (where I also serve on several sub-committees). I was also on the Planning Committee and was a Course Faculty Member for the new SRS Early Career Investigator Grant Reviewer Training Program in 2021 - 2022. Throughout these activities, I've become even more deeply committed to the mission of the SRS and its role in supporting both its members and the field.

I am a Professor in the UCLA David Geffen School of Medicine, where I've had a variety of leadership roles. I currently sit on the Department of Medicine Committee on Appointments and Promotions, and I'm a voting member of the UCLA Academic Senate Legislative Assembly. I am also an investigator at the Veterans Administration here in Los Angeles, where I am the Director of the Geriatric Research, Education and Clinical Center, which is a large interdisciplinary center of excellence with a diverse portfolio of bench to bedside aging research. As a physician, I am board certified in Internal Medicine, Geriatric Medicine, and Sleep Medicine, which informs my clinical work, research, teaching and mentorship. I've been a member and held leadership roles on various Institutional Review Boards, and other research and faculty committees. I've sat on various grant review panels and study sections for NIH and the VA, in addition to review activities for other national and international funding organizations.

On a personal level, I am regularly amazed by the breakthroughs in our field and I am extremely appreciative of every opportunity to learn, especially in areas outside my specific expertise. I am strongly committed to the SRS, and I appreciate this opportunity to be considered for the SRS Board of Directors as a Director-at-Large.

Sincerely,

Cathy Alessi, MD