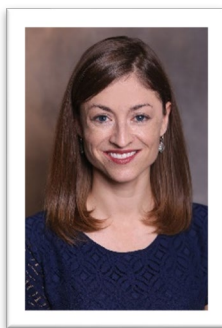




2023 SRS Board of Directors Candidate

Director-at-Large

Megan Petrov, PhD



Dear Colleagues:

With great pleasure and dedication, I am writing this letter of interest for the position of Director-at-Large on the Sleep Research Society (SRS) Board of Directors. My interest in this position stems from my desire to contribute to the advancement and innovation of this Society that has given so much to me since my early years as a homegrown SRS trainee. In 2005 I joined the SRS as an undergraduate student and attended my first APSS and SRS Trainee Symposia Series that same year. In that experience I realized I had found my professional “tribe” of people in the SRS and the sleep and circadian science field as a whole. That training and networking experience cemented my commitment to the field and has led to 15 years of constant volunteerism on multiple SRS and SRSF committees and initiatives either as Chair, Vice Chair, Member, Invited Contributor, or Trainee Member At Large. These experiences were formative to the launching of my own career, and I hold dear all the interactions over the years I have had with colleagues also serving on these committees.

Currently, I am an Associate Professor in the Edson College of Nursing and Health Innovation at Arizona State University (ASU). I direct the ASU Sleep and Health Laboratory that conducts transdisciplinary biobehavioral, clinical, and population-level research on (1) the role of sleep and circadian rhythms in the development of cardiometabolic diseases and their risk factors across the lifespan (i.e., pregnancy through older adulthood) in the context of other lifestyle behaviors, (2) identifying and reducing sleep health inequities, and (3) adapting and developing behavioral sleep medicine interventions that promote greater treatment adherence using mobile health approaches. My laboratory and mentees have been supported by federal and

foundation funding from NIH/NHLBI, NIH/NCI, NIH/NINR, and the American Academy of Sleep Medicine Foundation (AASMF).

I also have made meaningful contributions to the sleep and circadian fields by serving as a grant reviewer for sleep-related applications to NIH study sections and on the AASMF Investigator-Initiated Awards Review Committee, an Associate Editor to the journal Sleep Health, and reviewer of APSS abstracts and contributor to the APSS Conference Revitalization Taskforce.

Through these leadership and service experiences, I have gained intimate knowledge on the “pulse” and future directions of sleep and circadian science and the people who do this work across a variety of disciplines and professions. I see numerous aspects of our craft that can unite us further across the translational science spectrum for the common cause of advancing sleep and circadian science. There are three that I would like to highlight as part of my goals as a potential Board of Directors member. With the present advances in device innovation, I would seek consensus and increasing standardization in sleep, sleep disorders, and circadian rhythm methodology and reporting with attention to each modality and specific to each population across the lifespan. I would continue the recent excellent work in providing more SRS educational and training offerings by focusing on “how-to” workshops in sleep and circadian rhythm assessment and analysis at all levels across the pipeline that address the latest technological and analytic advancements. I will advocate for the continued sophistication of SRS diversity, equity, and inclusion initiatives that support and include SRS membership that have been historically underrepresented, as well as the patients and communities who experience sleep health disparities due to social determinants of health, systemic racism, and historical oppression. My goal is to serve all SRS members by ensuring they have a voice at the table no matter their discipline, career level, background, and where their program of research may fall on the translational science spectrum. Throughout the years, I have been inspired by the collective wisdom and enthusiasm of my fellow colleagues. It would be an honor to serve you as a Board of Directors member to advance the SRS mission. Thank you for your consideration of my candidacy.

Sincerely,

A handwritten signature in cursive script, appearing to read "Megan E. Petrov".

Megan E. Petrov, PhD