



2024 SRS Board of Directors Candidate

Director-at-Large

Philip Cheng, PhD



Dear Colleagues:

It is with great enthusiasm that I am submitting this letter of interest for the position of Director-at-Large to the SRS. I am currently an Associate Professor of Medicine in the Henry Ford Health and Michigan State University Health Sciences Center. I have been an SRS member for 13 years and consider the SRS my academic home.

My scientific contributions to this society have focused broadly on translational research towards equitable access to sleep and circadian interventions, particular for patients with insomnia and shift work disorder. Recent and on-going contributions include:

- Evidence that CBT-I delivered digitally for enhanced accessibility has strong effectiveness, and can also prevent depression and promote resilience
- A validated and open-source tool to track circadian phase in shift workers (www.predictDLMO.com) using non-invasive wearable technology (validated against in-lab DLMO)
- A validated and open-source tool to use the Apple Watch in place of the Philips Respironics Actiwatch

As a prospective BOD member, I would bring a broad scientific perspective to maximize our impact. This includes experience with securing extramural funding for sleep and circadian science. I have a strong record of securing funding for my own research and have served on multiple study sections (e.g., NIH, PCORI, foundations). My advocacy also reaches broadly as my translational research requires that I work with a wide range of partners (e.g., SRS scientists, industry leaders, and

patient/community stakeholders) and methodologies (e.g., quantitative sleep EEG, actigraphy, chronobiology, clinical trials, qualitative methods, and digital health).

One way that the SRS stands apart from other scientific societies is our focus on training. Like many of us, my entry into the SRS was through Trainee Day at the SLEEP meeting. I have since focused my service on training because I have seen how it enriches our society. To that end, I have served on the TEAC committee to organize the last 10 iterations of Trainee Day (including the TEAC sponsored Grant Writing and Leadership workshops), and have lead the new expansion of Trainee Day programing with a focus on recruitment and retention of a more diverse membership. I have also helped launch recent initiatives from the Pipeline Development Committee such as the Grant Pre-Review Program and the Small Research Grant Program. I also participate as faculty on programs such as the Sleep and Chronobiology Summer School, Young Investigators Research Forum, and the Sleep Research Program for Advancing Careers. On the BOD, I would continue to advocate for mentorship and training of the next generations of SRS members.

A major strength of the SRS is that we are not just a scientific organization but, more importantly, a community. We draw from our community for scientific accountability, for innovation, and for resilience. In my most challenging moments in academic science, I have drawn strength from my SRS colleagues and friends. We also celebrate our wins together at annual dinners during the SLEEP meeting. As a BOD member, I would bolster our community with a commitment to further diversifying our SRS community across disciplines, career stages, stakeholder types (including the patients that we serve) and communities that have historically been underrepresented and excluded from science. This is critical to strengthening our science and public health impact, and making us robust against blind spots due to epistemic exclusion.

Sincerely,

Philip Cheng, PhD