



2024 SRS Board of Directors Candidate

Director-at-Large

Sabra Abbott, MD, PhD



Dear Colleagues:

The Sleep Research Society has been a formative part of my career for over 20 years now. I still recall attending my first SLEEP (then APSS) meeting as a graduate student, in the early 2000s. At the time, as an aspiring clinician scientist, I was thrilled to find an environment where cutting edge sleep and circadian science combined with the latest updates in clinical practice. I was also stuck by the commitment that the SRS had to both celebrating the current leaders in the field, and to training future sleep and circadian scientists. I quickly found ways to become involved in the society, joining the planning committee for SRS Trainee Day, and serving as the Trainee Representative to the SRS Board from 2006-2007.

After completing my medical and graduate school training, I joined the SRS Trainee Education and Advisory committee, first as a committee member, then served as Vice-Chair from 2017-2020 and then Chair from 2020-2023. I stepped into my role as TEAC Chair right as the pandemic lockdowns began in full force. In the first two months of my term, I successfully led the committee through a complete re-working of all our trainee activities into a virtual format in time for the rescheduled August 2020 virtual meeting. As we moved back into a time of face-to-face meetings, we recognized the important role that many of those changes played towards the SRS's diversity, equity and inclusion goals to improve access to SRS activities for trainees who may otherwise might not have the ability to attend an in-person meeting, so found ways to continue providing our offerings in a hybrid format.

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Sincerely,

Sabra Abbott, MD, PhD