**2025 Application**

**Submission Deadline: Sunday, August 25 at 11:59pm CT**

SUBMIT ONE PDF FILE WITH ALL CONTENT TO COORDINATOR@SRSNET.ORG.

***Required format: Margins: .5”; Font: Arial 11 pt, single spaced; no smaller than Arial 10 pt in figures and tables.***

**Cover Page**

Application Title:

Please check all that apply for your research:

Basic  Clinical  Translational

**Basic Science Description:**

Research proposals in the basic science category will include scientific disciplines, such as neuroscience, electrophysiology, physiology, biochemistry, microbiology, immunology, or pharmacology and their relationships. Basic science research will involve tissue or cell culture, animal studies, and physiological experiments involving sleep and circadian biology.

**Clinical Research Description:**

Clinical research proposals will focus on human research with diagnostic, therapeutic or mechanistic intent for understanding disease, behavior, epidemiology, or health promotion. Clinical research proposals can involve research across all ages, sex as a biological variable, race (when appropriate), deep phenotyping and concomitant genotyping of clinical syndromes or symptoms in health conditions. Clinical research proposals will involve sleep or circadian rhythm research concerning either sleep and circadian pathologies or any pathology where disturbances in sleep and circadian biology are involved.

**Translational Research Description:**

Translational research proposals will focus on sleep and circadian science research related to patient care and community populations. Interdisciplinary studies investigating effective solutions for sleep deficiencies and circadian disorders and their impact on disease treatment and prevention fit this category. Other proposal examples include epidemiology, community, and population-based analyses of proven-effective sleep interventions; evaluation of implementation outcomes in community settings; genetic and epigenetic studies that may inform personalized medicine; cross-cutting science that examines patient, community, and population-level data; and innovative methodologies to improve sleep quality in populations who are disproportionately impacted by sleep-related conditions.

Your research involves studying:

Humans  Animals  Cell lines  Cells/genetic material derived from humans  None

*Abstract (Limit 250 words)*

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| --- | --- | --- | --- |
| Date of Application:  **Applicant Information**  Applicant Name:  Applicant Email Address:  SRS Member Number:  Post-Doc Training Completion Date:  Applicant’s Institution(s)  (*Current/All other affiliations w/in past three yrs):*  Department:  Academic Title:  Terminal Degree(s) and Date(s) conferred:  Demographic information (*optional*):  US Based Applicants:   * Do you belong to any of the following race/ethnicity groups: Blacks or African Americans, Hispanics or Latinos, American Indians or Alaska Natives, Native Hawaiians, and other Pacific Islanders: **Yes/No/Prefer not to say** * Physical or mental disability: **Yes/No/Prefer not to say** * Individual from disadvantaged backgrounds: **Yes/No/Prefer not to say**   Non-US Based Applicants:   * Feel free to share any demographic information:     **Reporting requirements**: The awardee agrees to provide annual updates in response to a survey conducted by the SRSF over a 10-year period. These surveys are used to collect information aimed at tracking the career trajectory of each awardee. **Yes/No** | **Mentor(s) Information**  ***Must list all primary mentors and their affiliations***  Mentor(s):  Mentor(s) Institution(s):  (*Current/All Other Affiliations w/in past three yrs*): |  | Applicant Institution(s):  Department:  Academic Title:  Degrees and Dates:  Mentor(s)/Institution(s): |

Grant/financial manager name and email:

PI/Applicant Name:

**A. Research Plan:** The plan should explain the importance of the problem or critical barrier to progress that the proposed project addresses, including the strengths and weaknesses in the rigor of prior research. Explain how the application challenges and seeks to shift current research or clinical practice paradigms, including any novel theoretical concepts, approaches, or methodologies. Describe the overall strategy, methodology, and analyses to be used to accomplish the specific aims of the project. Discuss potential problems, alternative strategies, and benchmarks for success anticipated to achieve the aims, and how the work proposed would strengthen a CDA (Career Development Award) or independent grant application to be submitted during the funding period. (limit—5 pages excluding references)

## Specific Aims

**Significance**

**Innovation**

## Approach

**B. Training Description:** This section should include career goals, new or enhanced research skills and knowledge you will acquire as a result of the proposed award, describe any structured activities that are part of the developmental plan, such as coursework or workshops that will help you learn new techniques or develop needed professional skills. Briefly discuss each of the activities, other than research, in which you expect to participate. Also address how this award will promote career development and lead to successful submission of a federal grant proposal (1—3 pages).

PI/Applicant Name:

**C. Budget** - Not included in page limit:

## Budget & Budget Justification Annual budget up to $50,000 for one year. No indirect costs may be requested, and a letter from your institution agreeing to the no indirect costs rule is required. Funds can be used to cover salary, research costs, and/or training costs. Travel costs for the annual SLEEP meeting may be included in the budget. The budget must also include other funding sources that will be used to support the applicant or project during the proposed funding period (if applicable). Please include the following budget categories:

|  |  |
| --- | --- |
| **NO INDIRECT COSTS MAY BE REQUESTED** | **Amount** |
| **Personnel:** |  |
| **Equipment:** |  |
| **Supplies:** |  |
| **Travel** (allowed only if essential to carry out project and/or to travel to the annual SLEEP meeting): |  |
| **Other Expenses:** |  |
| **Total Direct Costs:** | **$** |

**D. Timeline for Project (Milestones/Dates).** Should be less than 1 page and should includeresearch milestones, training activities, and the planned submission of a mentored or independent research award. Milestones for each 6-month period should be specified.

**E. Resources** – (1 page limit) Specify equipment, materials, office/lab space, etc. available to applicant and relevant to intended research.

**F. Biosketches**

(Please attach NIH Biosketch for PI and Mentor, using latest NIH Biosketch format,

<http://grants.nih.gov/grants/guide/notice-files/NOT-OD-15-024.html>)

**G. Mentor’s Letter of Support**

1. Attach the mentor’s letter.
2. In general, this letter should come from the intended mentor in the CDA application to be submitted during the award period.
3. The mentor letter should contain sections which specifically address the following questions:
   1. In the view of the mentor, what is the applicant’s potential as an independent career sleep/circadian researcher?
   2. What was the role of the applicant in the development of this research proposal (i.e. in the conception of the hypothesis, generation of preliminary data, analysis of data, writing the proposal?)
   3. What is the evidence for a working relationship between the applicant and mentor, such as joint publications? What contribution did the applicant play in joint publications with the mentor?
   4. What are the planned mentoring activities during the award period?
   5. What support will the mentor provide to the applicant (e.g., salary, office space, project support, etc) which will enable the applicant to accomplish the research plan?