

SLEEP RESEARCH SOCIETY

Statement of Principles

Health and Medical Research and Patient Care

The Sleep Research Society (SRS) is a membership organization of scientists and trainees who research sleep and circadian science. The SRS serves its members and the broader field of sleep research through training, education, and advocacy. Its programs and activities provide forums for collaboration and the exchange of ideas. The SRS facilitates its goals through [an annual SLEEP meeting](#), held in conjunction with the American Academy of Sleep Medicine (AASM), where cutting-edge basic, translational, and clinical research is presented. The meeting includes the [SRS Trainee Symposia Series](#), a program specifically aimed at young researchers entering the field of sleep and circadian science. The SRS also hosts a biennial meeting, [Advances in Sleep and Circadian Science](#), which focuses on basic and translational aspects of sleep and circadian science. Additionally, the SRS advocates on behalf of its members to support federally-funded sleep and circadian research through grass-roots [outreach and communications efforts](#). The SRS publishes the journals *SLEEP* and *SLEEP Advances*, produces educational products, and provides volunteer opportunities for its regular and student members.

The Sleep Research Society supports the following principles:

Health and Medical Research

- *Sustained, predictable, and robust investment in medical research is essential to maintain U.S. leadership in biotechnology, medicine, and healthcare.* Health and medical-related research also powers the economy and strengthens local communities across the nation. Every dollar invested at the National Institutes of Health (NIH) returns roughly \$2.5 in economic growth. Research efforts supported by the National Science Foundation, the Department of Defense, the Veterans Administration, and other federal agencies complement NIH work and should similarly be maintained.
- *Sleep and circadian research training and career development opportunities must be protected and developed.* Support for training programs in sleep and circadian science protect the pipeline of young investigators and ensure that future generations will continue to advance science and drive progress.
- *The NIH and investigators funded by NIH must be able to work with other federal research and healthcare agencies and community stakeholders.* This collaborative work advances scientific opportunities across the spectrum of sleep and circadian research and ensures that breakthroughs in basic science are translated into effective treatments and improved health for all Americans.
- *Sleep and circadian research must remain evidence-based and free of outside interference.* The process of scientific discovery must be independent so that it can efficiently move in new directions based on the latest evidence. Scientific peer review, though imperfect, remains the best mechanism for ensuring such independence and progress. Data from laboratory, clinical, and population studies reflecting the U.S. population must be freely available and accessible in order to achieve the ultimate goal of improved health for all.

A summary of a handful of the monumental breakthroughs led by NIH alone can be found [here](#). A summary of the substantial economic impact of NIH can be found [here](#). A summary of the local investment across the nation facilitated by NIH can be found [here](#). A summary of the need for evidence-based medicine that better reflects the U.S. population can be found [here](#).

Patient Care

- *Protect Medicare from cuts to physician reimbursement and reduction of resources.* Such changes would jeopardize patient access to quality, accessible healthcare or otherwise undermine benefits.
- *Protect and enhance the Medicaid program, including the Children's Health Insurance Program.* This protection will ensure that our nation's most vulnerable citizens have reliable and robust access to specialized care and innovative treatments.
- *Support innovation and investment in healthcare to bolster prevention, improve outcomes, and lower costs.* This support and investment is particularly important for individuals at risk for and affected by chronic, complex, and costly conditions. Healthy sleep and circadian rhythms can benefit these conditions and mitigate key symptoms, and thus hold promise for preventing and treating these conditions.
- *Ensure that care is guided exclusively by a patient and their provider* (without interference), and that patients have access to all relevant therapies and all sites of care to develop and advance a personalized and impactful care plan.
- *Ensure that patients have access to clinical trials* to assess novel sleep and circadian interventions.
- *Preserve and expand access to telehealth.* Telehealth has become an important pillar of care for the sleep, circadian, and sleep disorders community. It allows the efficient provision of services and greater access throughout the population.

Information on Medicare physician reimbursement can be found [here](#). Information on the value and impact of Medicaid and CHIP can be found [here](#).