



Sleep Research
Society Foundation®

2024

ANNUAL REPORT

Supporting sleep & circadian researchers

OUR MISSION

- ◆ The Sleep Research Society Foundation is committed to the growth and development of the field of sleep and circadian research through education and research funding opportunities.



A MESSAGE FROM THE PRESIDENT

Philip Gehrman, PhD



The Sleep Research Society Foundation (SRSF) is pleased to share great news regarding the Foundation's activities in 2024.

The SRSF announced the 12th solicitation for the SRSF Career Development Award, receiving 30 high quality applications. This SRSF award is an important stepping-stone to the future success of early career sleep researchers. We are extremely grateful to the SRS Scientific Review Committee, chaired by Dr. Nayantara Santhi, for undertaking the review of these proposals, which aligned with the NIH grant review model. The SRS Foundation Board of Directors selected 4 proposals representing a broad range of topics and approaches including:

- ◆ *"Interaction between sleep disturbances and genetic susceptibility to Alzheimer's disease in at-risk elderly: A pilot study"* by Andrée-Ann Baril, PhD
- ◆ *"Proteomic approach to understanding the effect of exercise on the pathobiological underpinning of restless legs syndrome: A pilot study"* by Katie L. Cederberg, PhD, CPT
- ◆ *"The Role of Sleep Disturbances in Inflammatory Resolution Physiology in Long COVID"* by Larissa C. Engert, PhD
- ◆ *"Developing 'mealtime response curves' to describe how the timing of food intake impacts 24-hour and postprandial lipid levels in humans"* by Leilah K. Grant, PhD

These projects help not only to support the careers of junior investigators, but also to advance sleep and circadian science and change the way we think about the impact of sleep within public health. Funding for these awards would not be possible without the generous support from our SRSF Corporate Partners and individual donors!

We are happy to share that SRS members, sleep patients and the public have donated nearly \$43,000 through the [SRSF Funding Our Future Scientists Annual Appeal](#)! Funds raised for programs beyond the [SRSF Career Development Award](#) include the [SRSF Small Research Grant](#), [SRSF Mentored Collaboration Grant](#), and [travel awards and scholarships to specialized meetings](#), including the 2024 SLEEP Meeting Undergraduate Award, and the SRS Foundation's scholarship to attend the 2024 Young Investigator's Research Forum. Thank you for supporting these early-career investigators that are highlighted in the annual report!

The SRSF is uniquely positioned to address the critical shortage of early-career sleep and circadian researchers, impacting the pipeline for future scientific advances. Thus, the importance of the SRSF career development awards and programs for the advancement of scientific careers cannot be overstated and cannot be achieved without your support. If you have not donated to the SRS Foundation, I personally urge you to support the important work of the SRS and its Foundation by [donating today](#).

We are very grateful to our [SRSF Corporate Partners](#) for their strong support of the SRS Foundation's mission. Their generosity is demonstrated by the \$426,000 given to support sleep and circadian research in 2024!

In recent years, the SRS Foundation has been very intentional about engaging with other stakeholders within our field. I am pleased to share with you the positive outcomes that have been achieved through these efforts including:

- ◆ The SRSF has collaborated with the American Academy of Sleep Medicine Foundation (AASMF) to provide additional funding in support of early-career researchers to attend the 2024 AASMF's Young Investigator's Research Forum by means of SRS Foundation scholarships. Likewise, the AASMF has provided funding in support of the 2024 SRSF Small Research Grant. This partnership provided additional funding for 11 early-career researchers in 2024!
- ◆ The SRSF has created opportunities for the SRS membership to collaborate with our SRSF Corporate Partners. This has been achieved by promoting industry research grants made available to SRS members through the [SRSF Industry Call for Research Proposals](#); disseminating the science behind sleep and circadian treatments through the [SRSF Industry Scientific Update](#); hosting educational webinars through the [Industry Scientific Seminar](#) and webinars lead by key opinion leaders

through the [SRSF Expert Summit](#) and the [State of the Science](#); and providing a forum for key opinion leaders and committed industry stakeholders to discuss research ideas and techniques, and brainstorm potential solutions to the challenges impacting the sleep and circadian field that was made possible through the SRSF Industry Advisory Council roundtable discussions. A special thank you to all the SRS members who donated their expertise and time to participate in these endeavors! All these efforts were conducted with the goal of furthering sleep and circadian research to, ultimately, impact public health.

- ◆ The SRSF expanded its educational efforts through a partnership with [HMP Global's Psych Congress](#), emphasizing the critical intersection of sleep and mental health. By expanding the Psych Congress programming to include sleep and circadian science alongside mental health, we are bridging critical gaps in care. This expanded partnership underscores our shared commitment to advancing a more holistic approach to mental well-being, where sleep health is recognized as an integral component of overall mental health treatment and recovery.

The SRS Foundation is committed to being innovative and relevant to meet the needs of the SRS membership. With your help, we *will* impact the future of our field. Now, enjoy the success stories told in the 2024 annual report.

\$4 MILLION SINCE 2005

THE SRS FOUNDATION CONTINUES TO DEMONSTRATE ITS SUPPORT FOR SLEEP AND CIRCADIAN RESEARCH.

The Sleep Research Society Foundation (SRSF) provides support for growth and development in the field of sleep and circadian research. The SRSF was established in 2005 by the Sleep Research Society board of directors to provide support for investigators to conduct research that would form the basis of more comprehensive research applications to federal agencies, private foundations, and industry partners.

Since its inception, the SRSF has awarded more than \$4 million in support for research conducted by early-career sleep and circadian scientific investigators through various programs. The SRSF has helped investigators obtain NIH and other government funding through research supported by SRSF awards.

While there is no shortage of innovative thinking and ideas in the field of sleep research, there is a shortage of investigators to spearhead sleep-related research projects, specifically early-career investigators to ensure the pipeline of future funding for sleep research.



The Sleep Research Society Foundation is uniquely positioned to address the current critical shortage of early-career sleep and circadian researchers through our programs: SRSF Career Development Award, SRSF Small Research Grant, SRSF Mentored Collaboration Grant and various SRSF conference scholarships.



Career Development AWARD

Now in its 12th solicitation for the SRSF Career Development Award, the Foundation received 30 high quality applications. We are extremely grateful to the SRS Scientific Review Committee, chaired by Nayantara Santhi, PhD, for undertaking the review of these proposals, which aligned with the NIH grant review model.

The SRS Foundation recognizes the challenges of transitioning from post-doctoral training to independent research funding. The goal of these mentored awards is to invest in promising early career researchers and assist with their transition into independence as junior investigators. This award is an important stepping-stone to the future success of those recipients. Annual Award: up to \$50,000 per award.

We are confident that these early career stage investigators will increase our knowledge of sleep and circadian science and change the way we think about the impact of sleep for public health.

[LEARN MORE](#)



Andrée-Ann Baril, PhD

Research Center of the CIUSSS-NIM

“Interaction between sleep disturbances and genetic susceptibility to Alzheimer’s disease in at-risk elderly: A pilot study”



Katie L. Cederberg, PhD, CPT

Stanford University School of Medicine

“Proteomic approach to understanding the effect of exercise on the pathobiological underpinning of restless legs syndrome: A pilot study”



Larissa C. Engert, PhD

Beth Israel Deaconess Medical Center

“The Role of Sleep Disturbances in Inflammatory Resolution Physiology in Long COVID”



Leilah K. Grant, PhD

Brigham and Women’s Hospital

“Developing ‘mealtime response curves’ to describe how the timing of food intake impacts 24-hour and postprandial lipid levels in humans”



Career Development AWARD

AWARDEE UPDATES



Joshua M. Bock, PhD

Assistant Professor of Medicine, Associate Consultant Mayo Clinic

Project Title: "Effects of Inorganic Nitrate Supplementation on Sleep Quality."

"The Sleep Research Society Foundation's Career Development Award profoundly accelerated my career and professional development. Scientifically, I was able to conduct a novel proof-of-concept study that generated key preliminary data for multiple extramural funding applications. This grant also facilitated my attainment of a competitive faculty appointment at Mayo Clinic in addition to awards for meritorious research from the Mayo Clinic Alumni Association and the American Autonomic Society. I am grateful to have received such significant support from the Sleep Research Society Foundation as an early-stage investigator."

Published Papers:

<https://doi.org/10.1093/sleep/zsaf090.0089>



Andrée-Ann Baril, PhD

Assistant Research Professor, Department of Medicine, Université de Montréal
Scientific Director, Canadian Sleep Research Biobank

Project Title: "Interaction between sleep disturbances and genetic susceptibility to Alzheimer's disease in at-risk elderly: A pilot study"

"I was first awarded the SRSF Small Research Grant in 2021 during my postdoctoral fellowship. This seed funding allowed me to test pilot data showing that insomnia symptoms were associated with elevated proteomics biomarkers of Alzheimer's disease.

With the SRSF Career Development Award obtained in 2024, my first year as an Assistant Research Professor, I will be expanding those previous findings by investigating the interaction between sleep disturbances and insomnia symptoms with genomic biomarkers of Alzheimer's disease. I am deeply grateful for this continued support by the SRS Foundation.

Indeed, these prestigious awards have allowed for my project to evolve over time and pursue a deeper understanding of the mechanistic interrelationships between insomnia and Alzheimer's disease. Both of those funding opportunities have been tremendously important in building my lab and transition from a postdoctoral fellow to an independent academic researcher. Through the SRSF Small Research Grant and the SRSF Career Development Award to support early-career researchers, the SRSF and its donors are greatly contributing to the promotion of new ideas and innovative research in the sleep field that could eventually have transformative effects on people's lives."

Publication link:

<https://ceams-carsm.ca/en/chercheuse-andree-ann-baril/>



Career Development AWARD

AWARDEE UPDATES



Tony J. Cunningham, PhD

Director of the Center for Sleep and Cognition at Harvard Medical School and Beth Israel Deaconess Medical Center

Project Title: "Utilizing Transcranial Direct Current Stimulation (tDCS) during Sleep to Enhance Slow Waves and Cognitive Function in Schizophrenia"

"Receiving the SRS Foundation Career Development Award was a pivotal moment in my early career. It not only provided critical funding at a tenuous transition point but also represented a strong vote of confidence from leaders in the sleep research community at a formative stage. The support gave me a foothold to establish myself within my institution and allowed me to pursue the research questions that helped shape the direction of my scientific work. It also laid the foundation for future funding, providing me with the time and resources I needed to develop protocols, initiate data collection, and build collaborations that directly contributed to a successful K-level grant from the National Institute of Mental Health. The visibility and credibility that came with the SRSF award also opened doors for new mentorship and professional development opportunities. It strengthened my academic track record and helped position me competitively in a challenging and evolving funding landscape. More broadly, the award affirmed the significance of my research focus and gave me the momentum to stay committed to a career in sleep and circadian science. I'm incredibly grateful for the investment the Sleep Research Society Foundation made in my potential—it has been a launchpad for both my scientific independence and long-term career trajectory."

Publication link:

<https://www.centerforsleepandcognition.com/research>



Natalia Machado, MS, PhD

Assistant Professor in Neurology,
Harvard Medical School Staff Scientist, BIDMC

Project Title: "Investigation of a neuro-circuit involved in sleep homeostasis control and stress-induced insomnia."

"I am intrigued about neuro-circuits in regulating sleep homeostasis and underlying mechanisms by which sleep balance can be disrupted, leading to insomnias. The SRSF Career Development Award was essential for my transition in pursuing studies in this area of research. I obtained additional education, training, and critical support for advancing my career. As a result of the award, I have published a manuscript identifying neurons that regulate sleep homeostasis or modulate stress-induced insomnia. I am honored and extremely grateful for all the support I received from SRSF."

Publications

<https://research.bidmc.org/machado-lab/publications>



Small Research GRANT

SUPPORTING THE FUTURE PIPELINE OF SLEEP AND CIRCADIAN RESEARCHERS

Now in its 4th grant cycle, this grant is designed to support the research of trainees and early career investigators who otherwise do not have the institutional resources to support new studies and/or do not have a sustained record of external funding. This grant provides seed funding to support research to ultimately allow individuals to successfully apply for or complete career development grants (e.g. K-awards). Annual Award: Up to \$5,000 per award

CONGRATULATIONS TO THE 2024 RECIPIENTS!

[LEARN MORE](#)



Kathy Bonilla, BS
University of Redlands



Alice Braga, PhD
University College London



Sarah Izabel, BS
Stanford University



Anat Kahan, PhD
The Hebrew University



Gautam Narayan, BS*
University of California, Irvine



**Jessica Ogden, M.ClinPsych,
M.Neuroscience**
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Rebecca Williams, MA
University of Alabama at
Birmingham



Jason L. Yu, MD*
Emory University

**Funding for this grant was provided in partnership with the American Academy of Sleep Medicine Foundation (AASMF).*



Mentored Collaboration GRANT

The goal of this grant is to link trainees who have limited sleep/circadian mentoring options in their chosen field of interest to mentors that can provide rich, face-to-face opportunities in state-of-the-art research techniques and methods. The mentor-mentee relationship should extend beyond the face-to-face portion and, as appropriate, include mentorship via ongoing phone or web-based meetings over the course of the funded year.

Congratulations to the 2024 Recipients!



Lillian Skeiky, PhD
Uniformed Services University



Miguel Navarrete, PhD
St. Jude Children's Research Hospital

SRSF | SLEEP Meeting Undergraduate Trainee Travel SCHOLARSHIP

This scholarship is offered for undergraduate trainees with an interest in pursuing a career in sleep or circadian rhythms. Trainees will be offered up to \$1,000 reimbursement for registration fees, travel, and lodging costs associated with attending SLEEP 2024.

Congratulations to the 2024 Recipients!

Safia Ahmed
Jordan Davidson
Sarah Lewis
Santiago Lopez Pereyra
Sophia Nicogossian

Celestine Sebastian
Dustin Sherriff
Tiffany Tsai
Sam Walther
John Winton

SRSF SCHOLARSHIP TO AASM FOUNDATION'S YOUNG INVESTIGATOR RESEARCH FORUM

The SRSF partners with the AASM Foundation to provide scholarships to attend the annual Young Investigator's Research Forum that is aimed at providing guidance, tactics, and strategies to better position young investigators for a successful career in sleep and circadian research. The Foundation funded 5 young investigators to attend the 2024 forum!

Congratulations to the 2024 Recipients!



Caitlin Carroll, PhD
Wake Forest University



Gina Mason, PhD
Alpert Medical School/Bradley Hospital (EP Bradley Hospital Sleep Research Lab



Oscar Ramirez Plascencia, PhD
BIDMC Harvard Medical School



Megan Wenzell, PhD, RN
Case Western Reserve University



Sajila Wickramaratne, PhD
Icahn School of Medicine at Mount Sinai

[LEARN MORE ABOUT THESE GRANTS AND CONFERENCE SCHOLARSHIPS](#)



THANK YOU TO OUR 2024 DONORS!

\$10,000+

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David M. Rapoport, MD

\$5,000+

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\$2,000+

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UP TO \$99

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THANK YOU TO OUR CORPORATE
PARTNERS FOR THEIR SUPPORT OF
SLEEP AND CIRCADIAN RESEARCH!

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BLUE DIAMOND CIRCLE \$75,000+



DIAMOND CIRCLE \$50,000+



EMERALD CIRCLE \$20,000+



RUBY CIRCLE \$10,000+



SAPPHIRE CIRCLE - \$5,000+



NIGHTWARE

JADE CIRCLE - \$2,500+





Industry Call for Research Proposals

OUR CORPORATE PARTNERS ARE COMMITTED TO THE CONTINUED GROWTH OF SLEEP AND CIRCADIAN SCIENCE THROUGH FUNDING OPPORTUNITIES.

SRSF partners with industry to help advance a shared mission of growing knowledge, scientific discovery and innovation through collaboration and novel opportunities.

The SRS Foundation is pleased to share Call for Research Proposals facilitated by our Corporate Partners. Together, we're driving progress in sleep and circadian research!

[LEARN MORE](#)



CONGRATULATIONS TO THE RECIPIENTS OF THE SLEEPIMAGE SLEEP EQUITY FOR GLOBAL HEALTH.

SleepImage® is proud to support innovative research addressing disparities in sleep health and promoting well-being across diverse populations globally. The selected research projects were chosen based on their innovative approaches to understanding sleep health disparities and their potential impact on global public health.

THE DISTINGUISHED RECIPIENTS ARE:

Dr. Matthew Rahimi (SRS Member)

Woolcock Institute of Medical Research, Macquarie University, Sydney, Australia

"Evaluating impact of sleep disturbances on dementia risk among older populations with memory complaints."

Jesujoba Olanrewaju

Department of Psychology, North Dakota State University, Fargo, USA

"Evaluating if there are differences in sleep health comparing Africans living in Africa and African immigrants living in the United States."

Call for Research Proposals:

SleepImage's First Grant Funding Opportunity of 2024

SleepImage, in partnership with the Sleep Research Society Foundation, is proud to offer 2 grants, each with 20 SleepImage Recorders, as well as the accompanying software licenses for the SleepImage System to further Sleep Research Initiatives centered around the theme of Sleep Equity for Global Health.

Want to learn more? Research@sleepimage.com





CONGRATULATIONS TO THE RECIPIENTS OF THE SLEEPIMAGE MAKING SLEEP HEALTH A PRIORITY IN CHILDREN GRANTS

SleepImage® is proud to support groundbreaking research in children's sleep by awarding grants to advance pediatric sleep studies. Recipients will have access to our FDA-cleared, CE-marked SaMD and SleepImage Rings for data collection, fostering innovation in sleep health. Their innovative research will play a pivotal role in shaping the future of pediatric sleep health, ensuring that every child has the opportunity to thrive through better sleep.

THE DISTINGUISHED RECIPIENTS ARE:

Dr. Phiona Ekyaruhanga, MD

Makerere University, Uganda

"Sleep in Children with Tuberculosis"

Dr. Arezou Heshmati, MD

Columbia University, USA

"Sleep in Children with Autism"
(SRS Member)

Dr. Francisco Alves, MD

Universitário de Santo António,
Portugal

"Sleep Disorder Breathing and Impact on Health and Performance"



Pediatric Sleep Research Grants

- 2 Grants
- Access to the **SleepImage® System**
- 20 recording devices
- Submissions Due: **February 1st, 2025**



Details at
www.sleepimage.com/grantproposal





CONGRATULATIONS TO THE RECIPIENTS OF THE LABFRONT GRANT WITH GARMIN ACTIGRAPHY

Labfront is proud to support this sleep research grant exclusively to support SRS members for early-career researchers to get hands-on experience with technology and analytics to elevate their work. Labfront's actigraphy solution captures high-quality sleep data and other key digital biomarkers, such as beat-to-beat interval (BBI) data for heart rate variability (HRV). This grant supports researchers using sleep data to enhance our understanding of sleep's impact on health and well-being.

THE DISTINGUISHED RECIPIENTS ARE:

Dr. Jordana McMurray

University of Toronto

Sleep Regularity and Associations with Ecological Momentary Assessment of Anxiety in Undergraduate Students: A Pilot Study

Dr. Joshua Landvatter

University of Utah

Unraveling the Impact of Sleep Fragmentation on Blood Pressure Variability and Heart Rate Variability: A Wearable-Based Approach

Audrey Stegman

University of Utah

Nighttime Synchrony of Your Nutrition and Circadian health (N-SYNC)

Dr. Courtney Kurinec

Washington State University

Investigating the Role of Naturalistic Sleep on the Effectiveness of Misinformation Corrections

Dr. Mariana Szklo-Coxe

Old Dominion University

A Pilot Study Investigating Garmin Actigraphically-Assessed Sleep in Firefighters


The poster features the Labfront logo and the "Industry Call for Research Proposals by SRSE" logo at the top. The main title is "Sleep Research Grant with Garmin Actigraphy". Below it, a list of items includes: "3 x Garmin vivosmart® 5 devices", "1 x Labfront Advanced account", and "1 x Labfront Actigraphy Duo package". At the bottom, it states "Total Value: \$3950 USD". On the right side of the poster, there are images of a smartphone displaying a sleep graph and two Garmin wearables.



Industry Scientific Update

SRSF COLLABORATES WITH CORPORATE PARTNERS - EDUCATION AND MORE

The SRS Foundation is pleased to disseminate scientific updates related to sleep and circadian treatments from our industry supporters.



Industry
Scientific Update

*"Results of the Solriamfetol's
Effect on Cognitive Health in Apnea
Participants During a Randomized
Placebo-Controlled Study (SHARP)"*
published in CHEST Journal

Figures (6)





Figure Viewer

Summary provided by  axsome

Show all figures

**Results of the Solriamfetol's Effect on
Cognitive Health in Apnea Participants
During a Randomized Placebo-Controlled
Study (SHARP)**

[LEARN MORE](#)

[READ THE PUBLICATION
IN CHEST JOURNAL](#)



Industry
Scientific Update

Patient Pain Points in Therapy
How F&P Solo™ offers a simple solution and a clinical
perspective on why the Mask Matters Most™



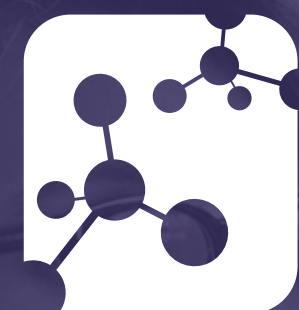
F&P Solo

prepared by Fisher & Paykel Healthcare

This scientific update is made possible by  SRSF

**Patient Pain Points in Therapy - How
F&P Solo™ offers a simple solution and
a clinical perspective on why the Mask
Matters Most™**

[LEARN MORE](#)



Industry Scientific Seminar

The SRSF is excited to host a new series of educational webinars. Researchers will learn the science behind a sleep product and how it works directly from industry scientists with a question-and-answer opportunity. Let us explore how our shared mission of growing knowledge can help further the field!



Industry
Scientific Seminar

by SRSF

Advancements in Sleep and Pharmacotherapy: Development of a Low- Sodium Oxybate Formulation for Narcolepsy and Idiopathic Hypersomnia



Thursday, October 17, 2024
11:00am – 12:00pm CT
via zoom

*Registration is free but required.
Register in advance.*

[Learn More](#)

Gunjan Junnarkar, PhD

VP Pharmaceutical Development at Jazz Pharmaceuticals

Presented by: Gunjan Junnarkar, Ph.D, VP Pharmaceutical Development, Jazz Pharmaceuticals

Overview: The treatment of narcolepsy and idiopathic hypersomnia has seen significant advancements with the development of a low sodium oxybate formulation. This innovative approach addresses the cardiovascular risks associated with high sodium intake, providing a safer alternative for long-term management of these sleep disorders. In this session, we will explore the formulation process, clinical trials, and the implications of low sodium oxybate for patient care in narcolepsy and idiopathic hypersomnia.

[LEARN MORE AND WATCH THE RECORDING](#)



State of the Science

CORPORATE PARTNERS SUPPORT EDUCATIONAL OPPORTUNITIES TO ADVANCE SLEEP AND CIRCADIAN RESEARCH

The SRS Foundation is pleased to host timely and relevant educational webinars facilitated by sleep and circadian key opinion leaders.

Topic: Lessons Learned from Central Disorders of Hypersomnolence and Future Directions.

Overview: This session will begin to lay the foundation necessary for any learner on the basics of sleep wake and circadian physiology, definition of sleepiness and ability to understand the pathophysiology, as well as recognize the signs, symptoms, and associated burden of central disorders of hypersomnolence, like narcolepsy and idiopathic hypersomnia. It will continue to build on this foundation by providing lessons learned from currently available treatments and discussing the future of novel compounds, like orexin agonists, with unique mechanisms of action and how they may impact sleep medicine and beyond.

Learning Objectives:

- ◆ Identify the pentad and non-pentad features of narcolepsy.
- ◆ Understand the role of orexin in sleep wake control.
- ◆ Characterize the role of orexin in non-sleep processes.

Thank you to our SRS members for lending their expertise for this timely discussion!

- ◆ Anne Marie Morse, DO, FAASM
- ◆ Atul Malhotra, MD, FAASM
- ◆ Emmanuel Mignot, MD, PhD, FAASM
- ◆ Phyllis C. Zee, MD, PhD, FAASM



State of the Science

Key Opinion Leaders discuss, “Lessons Learned from Central Disorders of Hypersomnolence and Future Directions.”

Monday, December 2 at 8:30am – 10:00am CT
free advanced registration required



Chair
Anne Marie Morse,
DO, FAASM
Geisinger Health System



Atul Malhotra,
MD, FAASM
UC, San Diego



Emmanuel Mignot,
MD, PhD, FAASM
Stanford University



Phyllis C. Zee,
MD, PhD, FAASM
Northwestern Medicine



Supporters: Alkermes, Avadel, axsome, Centessa Pharmaceuticals, Eisai, Jazz Pharmaceuticals, Takeda Pharmaceutical, Zevra Therapeutics.

**This opportunity was made possible by the SRSF
with support from multiple stakeholders:**



[LEARN MORE AND WATCH
THE RECORDING](#)

THE SRSF PARTNERS TO BRIDGE THE GAP BETWEEN SLEEP AND MENTAL HEALTH

The SRS Foundation is pleased to announce a new partnership with [HMP Global's Psych Congress](#), the leading provider of practical psychopharmacology education for thousands of mental health professionals with over 100 sessions focused on improving patient care.

Session Topic: Sleep is the Foundation of Mental Health: How to Assess the Bidirectional Relationship of Sleep and Psychiatric Condition

Learning Objectives:

- ◆ Describe the bidirectional relationship of sleep-wake and psychiatric disorders.
- ◆ Evaluate the uses and limitations of traditional pharmacotherapies and consider the potential contributions of novel/investigational pharmacotherapies for sleep-wake disorders in psychiatry patients.
- ◆ Identify clinical characteristics that raise suspicion for sleep-wake disorders and specific questions to ask to improve their detection and diagnosis in psychiatry patients.



[Learn More](#)

We are excited to announce a new partnership with Psych Congress, the leading provider of practical psychopharmacology education!

SRS Members Present at Psych Congress Annual Conference
Boston Convention Center - Saturday, November 02, 2024 - 10:30 AM - 11:45 AM ET

Session Title - Sleep is the Foundation of Mental Health: How to Assess the Bidirectional Relationship of Sleep and Psychiatric Conditions



Anne Marie Morse,
DO, FAASM



Craig Chepke,
MD, DFAPA



Philip Gehrman,
PhD, CBSM, FAASM

Thank you to our SRS members for lending their expertise for this novel educational opportunity!

- ◆ Anne Marie Morse, DO, FAASM
- ◆ Craig Chepke, MD, DFAPA
- ◆ Philip Gehrman, PhD, CBSM, FAASM



[LEARN MORE AND WATCH THE RECORDING](#)

[CME CREDITS ARE AVAILABLE HERE](#)

2024-2025 SRSF Board of Directors

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