



## 2026 SRS Board of Directors Candidate

### Director-at-Large

### Jimmy Fraigne, PhD



Dear members of the Sleep Research Society,

I am writing to express my strong interest in serving as a Director-at-Large on the Sleep Research Society (SRS) Board of Directors. The SRS has been instrumental in my professional development, and I am deeply committed to advancing its mission to support and advance sleep and circadian science. I am an Assistant Professor in the Department of Cell & Systems Biology at the University of Toronto. I believe my expertise in basic sleep neuroscience, combined with my experience on several SRS committees, my work as an Associate Editor of *SLEEP Advances* and my international collaboration, positions me to contribute meaningfully to the Board's work.

The SRS has been an integral part of my journey and growth as a sleep scientist. I attended my first SLEEP (APSS) conference more than 20 years ago as a Dement Fellow, under the guidance of Mary Carskadon. Since, I have continuously attended and contributed to the scientific offerings of the SLEEP meetings. In 2014, I received an Early Career Award from the Sleep Research Society Foundation, which supported my postdoctoral work and was essential in securing my current position. The society truly has shaped my career, and I always had at heart to give back to the community. I previously served on the SRS Scientific Review Committee (2018- 2022), where I participated in allocating research funding for early-career investigators through the Career Development Award program. Currently, I serve as Vice-Chair of the Pipeline Development Committee, where I have helped shape programs that support early and mid-career investigators—including overseeing funding allocations, providing training opportunities and co-chairing the joint SRS/ESRS Seminar Series, an initiative that fosters scientific dialogue between the North American and European research communities. These experiences have given me deep insights into the challenges facing trainees and early career researchers, and I am committed to ensuring their voices are represented in the Society's leadership. My commitment to the SRS extends

beyond committee service. As Associate Editor of *SLEEP Advances* since 2020, I contribute to the Society's scientific offerings and help maintain rigorous standards for the field.

I believe I would bring to the Board a strong basic science voice. My research focuses on identifying the neural circuits that control REM sleep, arousal, and motor behavior during sleep, with particular emphasis on sleep disorders as predictors of neurodegenerative diseases. This work, supported by CIHR funding and published in top-tier journals including *Current Biology*, *Sleep*, and *Journal of Neuroscience*, exemplifies the fundamental research that contributes to clinical advances. Both basic and clinical research are the pillars of our Society, and ensuring strong representation from basic science is crucial for the field's continued growth and innovation. In my institution, I serve as the chair of my department's Equity, Diversity, and Inclusion Committee. I am deeply aware of how systemic barriers can impede diversity in STEM fields. I am committed to fostering an inclusive environment where diverse perspectives are valued, and all members can thrive. I believe that establishing a culture of belonging is not only the right thing to do—it is essential for advancing scientific knowledge and inspiring the next generation of sleep researchers.

I am eager to contribute to the SRS's continued growth and success. I am confident that my experience in SRS committees, my research background, my commitment to international collaboration, and my dedication to equity and inclusion make me well-suited to serve on the Board of Directors. Thank you for considering my application.

Jimmy Fraigne, PhD