

Satellite Club Hypnos

EVENT TOOLKIT

Sleep Research Society | Membership Committee | 2026

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Satellite Club Hypnos: Purpose Statement

Thank you for agreeing to serve as an ambassador for the Sleep Research Society by hosting a Satellite Club Hypnos event. Your willingness to support these gatherings helps extend the reach of the SRS, introduce new colleagues to the Society, and strengthen the sense of community among current members.

Satellite Club Hypnos events are designed to extend the welcoming spirit of the Sleep Research Society's Club Hypnos beyond the annual SLEEP meeting by bringing sleep and circadian science networking opportunities to other conferences and professional gatherings. The **primary goal** of these events is to introduce potentially interested researchers, clinicians, trainees, and professionals from adjacent fields to the Sleep Research Society and to highlight the many benefits of SRS membership. These events should create a warm, inclusive, and low-pressure environment where attendees can learn more about the Society's mission, membership categories, awards and grants, journal access, advocacy efforts, educational resources, and opportunities for professional connection. Satellite Club Hypnos events are also intended to help attendees see how their own work may intersect with sleep and circadian science and how SRS membership can support their career development, collaborations, and engagement with the broader field.

A **secondary goal** is to provide current SRS members with a dedicated opportunity to gather, network, reconnect, and build community while attending meetings outside of the annual SLEEP conference. Together, these events should serve as both an outreach opportunity and a community-building experience, helping SRS welcome new voices while strengthening connections among existing members.

Core Event Expectations

To help each Satellite Club Hypnos event serve as a meaningful outreach and recruitment opportunity, all organizers are asked to incorporate a few core elements into their event planning. These expectations are intended to ensure that attendees have a clear opportunity to learn about the Sleep Research Society, understand the benefits of membership, and stay connected after the event. The materials included in this organizer guide are designed to make each of these steps easy to implement, while still leaving plenty of room for organizers to tailor the event to their conference, audience, venue, and local style.

All Satellite Club Hypnos events should include the following:

Promote the event in advance.
Organizers should advertise the event ahead of time using the promotional graphics provided and relevant variations of the provided language. Advance promotion is essential for reaching potential new members, especially attendees who may be interested in sleep and circadian science but are not yet familiar with the SRS.

Collect attendee sign-ins for follow-up.
Attendees should be asked to sign in at the event so SRS staff can follow up with membership information, resources, and future opportunities. This is one of the most important ways these events can support recruitment and help interested attendees stay connected after the conference.

Include a scientific content component.
Each Satellite Club Hypnos event should include some form of scientific content related to sleep and/or circadian science. The format of this component is intentionally flexible and should be tailored to the expected audience, event setting, available time, and whether audiovisual equipment is available. Examples could include a mini-data blitz, keynote address, symposium-style presentations, poster presentations, speed networking for researchers, lightning-talk mixers, or an informal chalk talk. The goal is not to require a highly formal scientific program, but to ensure that each event includes a meaningful scientific element that supports intellectual exchange, highlights the relevance of sleep and circadian science, and creates opportunities for attendees to connect around shared research interests. Organizers may also wish to review the "Additional Optional Programming Materials" section for resources and ideas that may help support this scientific component.

Share SRS membership benefits.
Organizers should have copies of the *SRS Member Benefits handout* (see Appendix) available on site and take a brief moment during the event to highlight a few key benefits of membership. This does not need to be a formal presentation, but attendees should leave with a clear sense of how the SRS supports researchers, clinicians, trainees, and professionals across career stages.

Encourage attendees to complete the feedback form.
After the event, attendees will receive a brief feedback form. Organizers should encourage attendees to complete it so the SRS can better understand who attended, what worked well, how future Satellite Club Hypnos events can be improved, and if there are other benefits that could be developed to enhance recruitment of new members.

Beyond these core expectations, organizers are encouraged to be creative and make the event feel engaging, welcoming, and fun. Additional optional materials and ideas are included in this guide for organizers who want to incorporate activities, structured networking, brief remarks, social media engagement, or other elements that fit the spirit of SRS and the audience at their meeting.

Application Process

Organizers interested in hosting a Satellite Club Hypnos event should complete the **SRS Satellite Club Hypnos Event Request Form** through the online application portal. The form is used to collect basic information about the proposed event, including the host conference or meeting, anticipated audience, event format, proposed date/location, organizer contact information, and budget request.

As part of the application, organizers should be prepared to describe how the event will introduce attendees to SRS, promote the benefits of membership, and provide a welcoming networking opportunity for current and prospective members. Applicants will also be asked to provide a proposed budget, including the overall amount requested and itemized estimates for expenses such as refreshments/snacks, room or AV fees, taxes, and any other event-related costs.

After submission, the request will be reviewed by SRS Board of Directors for consideration. Organizers may be contacted for clarification or additional information before a funding decision is made. If approved, organizers are expected to follow the guidance on core event expectations and can leverage the provided materials to support event planning, promotion, attendee sign-in, membership outreach, and post-event feedback collection.

Application form: SRS Satellite Club Hypnos Event Request Form.

Event Funding and Budget Justification

Organizers may apply for funding to help support their Satellite Club Hypnos event. These funds are intended to reduce barriers to hosting a welcoming, well-organized gathering that introduces attendees to SRS, highlights the benefits of membership, and creates opportunities for connection among current and prospective members. Requested expenses should be reasonable for the size, setting, and goals of the event, and organizers should briefly justify how the proposed costs will support attendee engagement, outreach, and recruitment as part of the application packet.

Reasonable uses of Satellite Club Hypnos funds may include:

- **Refreshments or snacks** for attendees, especially for events held during evening hours, breaks, or informal networking periods.
- **Non-alcoholic beverages**, such as coffee, tea, water, or soft drinks.
- **Room or venue fees**, if a private or semi-private space is needed to host the event.

- **Basic audiovisual support**, such as projector access, microphone rental, screen use, or other technology needed for brief remarks or optional programming.
- **Printing costs** for SRS Member Benefits handouts, flyers, signage, QR code displays, name tags, or other event materials.
- **Small supplies**, such as markers, table tents, sign-in signage, pens, clipboards, or materials for networking activities.
- **Trivia or engagement materials**, such as simple prizes, printed trivia sheets, or supplies for optional games or icebreakers.
- **Accessibility-related expenses**, such as reserving a more accessible space, providing clear signage, or supporting reasonable accommodations for attendees.
- **Conference-related event listing or promotion fees**, if the host conference charges for inclusion in the official program, app, or promotional materials.
- **Other event-related costs** that directly support the goals of Satellite Club Hypnos and are clearly explained in the application.

Organizers should itemize requested expenses as clearly as possible and explain how each cost will contribute to the success of the event. The strongest budget requests will show a clear connection between the proposed expenses and the goals of attendee recruitment, SRS visibility, and community-building.

For questions about allowable expenses, budget preparation, or the funding application process, please contact **coordinator@srsnet.org**.

Promotional Materials

Organizers are encouraged to promote their Satellite Club Hypnos event as widely as possible before the meeting to help maximize attendance and reach potential new SRS members. Promotion may include sharing the event through the host conference's website, mobile app, email newsletters, social media channels, or printed materials, as well as coordinating with the conference organizing team or communications committee when those options are available. If conference-based promotion is limited, organizers are encouraged to use other outreach channels, such as relevant professional listservs, departmental or institutional newsletters, personal networks, trainee groups, social media, and direct invitations to colleagues, trainees, exhibitors, speakers or other conference attendees with overlapping interests. Organizers may also request support from SRS to help promote the event through available Society channels, such as the SRS newsletter, website, or social media platforms.

Graphics and Template Language: Download the official *Sleep Research Society Satellite Club Hypnos logos/graphics* here – please use these whenever possible in promotional

materials. Additionally, the sample language below can be adapted for emails, social media posts, conference listings, flyers, or other promotional materials.

SRS Communication Support: You can receive SRS support promoting your Satellite Club Hypnos Event by contacting the SRS Staff at **coordinator@srsnet.org**.

Hashtag: Please use **#SatelliteClubHypnos** on any platforms that allow for content categorization (e.g., LinkedIn, BlueSky, Instagram, Twitter).

Sample Language:

- **Blurb 1:** Join us for a Satellite Club Hypnos Event—an evening of networking, conversation, and connection centered on sleep and circadian science. Whether you're already part of the field or just beginning to explore it, this is a relaxed, welcoming space to meet colleagues and learn more about the Sleep Research Society.

- **Blurb 2:** Curious about sleep and circadian research but not sure where to start? Satellite Club Hypnos Events bring together researchers, clinicians, and trainees from overlapping fields for an informal evening of networking and discovery. Come connect with members of the Sleep Research Society, learn how the Society supports early-career development, and see how your interests might align with the sleep and circadian research community.

- **Blurb 3:** Satellite Club Hypnos Events are designed to spark new connections and conversations across disciplines that intersect with sleep and circadian science. These gatherings offer a casual, inclusive environment where attendees can meet Society members, exchange ideas, and learn about opportunities to engage with the Sleep Research Society. Whether you're an established professional, a trainee, or simply exploring the field, Satellite Club Hypnos is your invitation to connect, ask questions, and see where sleep research can take you.

- **Blurb 4:** Satellite Club Hypnos Events extend the spirit of the Sleep Research Society's flagship networking celebration beyond the annual SLEEP meeting—bringing the energy, openness, and sense of community to meetings across related disciplines. These events are intentionally designed to welcome individuals who may be new to sleep and circadian science, offering a low-pressure opportunity to meet members, learn about the Sleep Research Society, and discover ways to get involved. Join us for an evening that blends conversation, collaboration, and a shared curiosity about sleep and its impact on health and society.

- **Blurb 5:** Looking to expand your professional network or explore how sleep and circadian research fits into your work? Satellite Club Hypnos Events create space for meaningful connections across career stages and disciplines, while introducing attendees to the mission and benefits of the Sleep Research Society. Come for the

conversation, stay for the connections, and leave with new insights into how you can engage with a vibrant and growing research community.

- **Blurb 6:** Satellite Club Hypnos Events are designed to bring the sleep and circadian research community to you. Hosted at meetings beyond the annual SLEEP conference, these gatherings invite researchers, clinicians, and trainees with overlapping interests to come together in a relaxed, social setting. Attendees will have the opportunity to meet current members of the Sleep Research Society, learn about the Society's mission and resources, and explore pathways for involvement—whether through membership, collaboration, or future meetings. Satellite Club Hypnos is about connection, curiosity, and welcoming new voices into the science of sleep.

Attendee Sign-In

All Satellite Club Hypnos events should include an electronic attendee sign-in using the **SRS-provided online sign-in form**. All Satellite Club Hypnos events will use the same sign-in link and QR code moving forward, standardizing the collection and storage of attendee information. Organizers should display the QR code prominently at the event and, when possible, include the sign-in link and/or QR code in any digital or hard copy event materials.

This is one of the most important steps in the event process because it allows SRS to follow up with attendees after the event, share membership information, and continue outreach to individuals who are not yet members. Organizers should make a brief announcement encouraging everyone in attendance to sign in, ideally near the beginning of the event and again before attendees leave. The sign-in form will be intentionally brief and should take less than a minute to complete.

The sign-in form will ask attendees to provide:

1. Name
2. Email
3. Institution *(optional)*
4. Are you a trainee (i.e., undergrad, graduate student, or post doc)? *(Yes/No)*
    a. *(If yes, level of training is assessed)*
5. Already an SRS member? *(Yes/No)*

Sign-in link:
https://www.cognitoforms.com/SleepResearchSociety/SatelliteClubHypnosSignInSheet
Sign-in QR code:



Promotion of Member Benefits

All Satellite Club Hypnos organizers are expected to spend a brief portion of the event highlighting some of the benefits of SRS membership, particularly for attendees who are not already members. The main resource for this section is the *SRS Member Benefits handout* (included in the appendix), which summarizes key member resources and benefits including education and training opportunities, journal access, advocacy support, awards and grants, networking resources, Club Hypnos, the member directory, the laboratory directory, and member discounts for SRS meetings and materials.

Organizers are not expected to give a formal presentation, but attendees should leave with a clear sense of why SRS membership may be valuable to them. If audiovisual technology is available, organizers are welcome to incorporate the handout or selected membership information into a brief slide or welcome remarks. However, because many Satellite Club Hypnos events will take place in informal settings without AV support, organizers should generally plan **to bring enough printed copies of the *SRS Member Benefits handout*** for their anticipated attendance so that each attendee can take one with them.

This portion of the event can be brief and conversational. For example, organizers might welcome attendees, explain that one of the goals of Satellite Club Hypnos is to introduce people to the Sleep Research Society, and point out a few benefits that may be especially relevant to the audience, such as trainee resources, awards and grants, journal access, conference discounts, networking opportunities, or ways to connect with the broader sleep and circadian science community. The goal is to make sure that non-members understand that SRS offers concrete professional, scientific, and community-building benefits across career stages.

Below are included some potential scripts/annotations organizers could read or paraphrase to highlight some of the key benefits.

MEMBER BENEFITS HANDOUT ANNOTATIONS

The talking points below can be adapted based on the audience, career stage, and setting of the event. Organizers are not expected to read each one verbatim, but can select a few to highlight that they believe will be of particular relevance to their audience:

Education & Training: "One of the major benefits of SRS membership is access to a community that is really invested in education and training across career stages. For trainees and early-career investigators, SRS offers opportunities connected to the annual SLEEP meeting, post-graduate courses, trainee-focused programming, career development sessions, grant-writing and leadership workshops, and networking opportunities. The SRS website also now features an entirely virtual ***Online Learning Center*** where a library of educational materials are accessible to members 24/7. Even if you are still figuring out how sleep and circadian science fits into your work, SRS can be a great way to learn the field and start building a professional home."

SLEEP Meeting Discounts: "The SRS is one of the organizing societies behind the annual SLEEP meeting, which is the premier scientific meeting for the sleep and circadian field. Membership reduces the cost of attending, which is especially meaningful for students, trainees, and early-career researchers. For people who plan to attend SLEEP regularly, the membership discount alone can make joining SRS a very practical choice as the amount of the discount is frequently greater than the cost of membership."

Journal Access: "SRS membership includes access to the journals *SLEEP* and *SLEEP Advances*, including current issues and archives. That is a really useful benefit if you want to stay connected to the latest work in sleep and circadian science, especially if your institution has limited journal access. Members also receive discounts on open access publication fees in those journals and trainees can apply for OA fee waivers in *Sleep Advances*, which can be helpful when it is time to publish your own work."

Advocacy Support: "The SRS is very active in advocacy for sleep and circadian research. The Society works to increase awareness of the importance of sleep and circadian science and supports efforts to communicate with Congress and NIH about the need for research funding, including annual visits to the hill. The SRS has also recently launched the SRS Action Center which is used to mobilize SRS members and supporters around key policy priorities by making it easy for them to contact elected officials and demonstrate broad community support. Membership gives people a way to be connected to those broader advocacy efforts and to contribute to the visibility and future of the field."

Awards & Grants: "The SRS and the SRS Foundation offer a range of awards and grants that can support researchers at different career stages. These include recognition awards, trainee and conference awards, career development opportunities, small research grants, and mentored collaboration awards. For trainees and early-career investigators in particular, SRS membership can open the door to funding, recognition, and support that may not be available through your home institution."

Trainee and Early-Career Support: "For trainees, the SRS offers a number of opportunities that go beyond simply attending a conference. There are trainee symposia, competitive awards, mentoring and networking programs, and leadership opportunities

through trainee committees and representative roles. These are great entry points for people who want to become more involved in the sleep and circadian research community rather than just observing it from the outside."

Networking: "One of the biggest reasons to join the SRS is the network. Sleep and circadian science is interdisciplinary by nature, and the SRS brings together people from basic science, clinical research, neuroscience, psychology, physiology, public health, medicine, and many other areas. Membership gives people a way to connect with others who may share their interests, methods, populations, and/or career goals."

Advances in Sleep and Circadian Science Conference: "SRS members receive a discount for *Advances in Sleep and Circadian Science*, a biennial meeting focused on cutting-edge research and discussion across sleep and circadian science. This can be a great option for people who want a more focused, single-track scientific meeting where everyone is part of the same conversation. It is another example of how the SRS creates spaces for deeper scientific exchange and community-building."

Career Advancement and Job Boards: "The SRS provides career development resources, including job boards for trainee, early-career, and professional opportunities in sleep and circadian research. These can be especially helpful for people looking for postdoctoral positions, research staff roles, junior faculty positions, industry opportunities, or other sleep-related career paths. It is another way that the SRS helps members see what is possible in the field and identify concrete next steps."

Club Hypnos and Community-Building: "The flagship Club Hypnos event at the annual SLEEP meeting is one of the most visible examples of the SRS community in action. It is a social and networking event that brings members together in a more relaxed setting, including the popular Data Blitz and Club Hypnos cup. Satellite Club Hypnos events are meant to bring some of that same spirit to other conferences: welcoming, informal, and focused on helping people connect."

Fundamentals of Sleep and Circadian Science Member Discount: "SRS members can access member discounts on selected educational resources, including the recently updated *Fundamentals of Sleep and Circadian Science* textbook. This kind of resource can be especially helpful for students, trainees, educators, or researchers who are entering sleep and circadian science from another area. It is a nice example of how SRS supports both deep expertise and entry points for people who are still building their foundation in the field."

Member Directory: "The SRS Member Directory can be a useful tool for finding other people in the field. If you are looking for potential collaborators, mentors, speakers, reviewers, or simply someone who works on a similar topic, the directory gives you a place to start. This can be especially helpful for people who are newer to the field or who are coming from a related discipline and trying to build sleep and circadian connections."

Laboratory Directory: "The Laboratory Directory is a practical networking resource, especially for students and trainees. It can help people identify labs doing sleep and circadian research in the United States and internationally, whether they are looking for

training opportunities, collaborators, or examples of how different groups are approaching related questions. For people at conferences outside of the sleep field, this can be a really useful way to discover where sleep and circadian research is happening."

PubAlert and Staying Current: "A helpful benefit is PubAlert, which helps members stay up to date on new research in their areas of interest. Instead of having to constantly search for new papers, members can receive regular updates with recent articles that match their selected topics. It is a simple but useful way to stay connected to the field, especially as the sleep and circadian literature continues to grow."

Membership Categories: "The SRS has membership categories for people at different career stages, including students, trainees, full members, associate members, and emeritus members. Undergraduate students can actually begin to develop the SRS as their professional home for just $10 a year! That means membership is not just for senior sleep researchers; there are pathways for people who are still training, newly entering the field, or working in related areas. If someone is interested in sleep and circadian science, there is likely a membership option that fits where they are right now."

Closing Prompt to Attendees: "If you are not currently an SRS member, we really encourage you to take a look at the handout and think about whether membership might be useful for you. The SRS is not only for people who already define themselves as sleep researchers; it is also a home for people whose work touches sleep, circadian rhythms, health, neuroscience, behavior, development, technology, clinical care, or public policy. We hope events like this make it easier to meet people, ask questions, and see how you might get involved."

Encourage Completion of Feedback Form

After each Satellite Club Hypnos event, the SRS will send attendees a brief feedback survey using the email addresses collected through the event sign-in form. Like the sign-in form, the same link and QR code will be used moving forward, so organizers can display them on site for attendees who would like to complete the form before leaving the event if they'd like. Although it is helpful to mention the feedback form during the event, organizers do not need to collect or manage responses directly.

The feedback form is an important part of helping SRS continue to improve the Satellite Club Hypnos program. The goal is not to evaluate individual organizers, but rather to understand how well the current materials, structure, and outreach process are working across different conferences and event settings. Feedback from attendees will help the Membership Committee refine future organizer resources, improve promotional and membership materials, and identify which aspects of the event are most useful to attendees.

The form will ask attendees to provide basic contact and affiliation information, indicate whether they are already an SRS member, and share whether they have attended previous Satellite Club Hypnos events. Attendees will also be asked to comment on the value of the event, how helpful the materials were for learning about SRS membership, and how interested they are in SRS membership and the broader SRS community. Importantly, the form will also ask whether there are additional benefits, resources, or opportunities that might make SRS membership more appealing to non-members. This information will help us better understand what prospective members are looking for and how Satellite Club Hypnos events can more effectively introduce attendees to the value of joining the Society.

While organizers can choose whether they'd like to have the QR code available at the event, organizers are expected to briefly remind attendees that completing the feedback form helps the SRS strengthen future Satellite Club Hypnos events and develop more useful resources for both current and prospective members. A simple closing reminder, such as *"Please keep an eye out for the follow-up form from SRS; your feedback will help us improve these events and better understand what resources would be most helpful to people considering membership,"* is sufficient.

Feedback Form link:
https://www.cognitoforms.com/SleepResearchSociety/SatelliteClubHypnosFeedbackForm
Feedback Form QR code:

Additional Optional Programming

Beyond the core event expectations described above, organizers are welcome to incorporate additional programming that fits their audience, setting, available resources, and event format. These activities are optional; a successful Satellite Club Hypnos event can be as simple as an informal networking gathering where attendees have an opportunity to meet current SRS members, learn about the Society, and connect with others interested in sleep and circadian science. For organizers who would like to add more structure, the SRS has provided some resources and suggestions that may be helpful. These can be adapted based on the size of the group, available time, whether audiovisual equipment is available, and the overall tone of the event.

Informal Networking Organizers hosting a more informal event can welcome attendees, briefly introduce the purpose of Satellite Club Hypnos, highlight SRS membership benefits, and then allow the rest of the event to unfold naturally through conversation. This format works especially well in reception-style settings, restaurants, hotel spaces, or other venues where AV support may not be available.

Mini-Data Blitz[S] For events with a more research-focused audience, organizers may consider hosting a mini-data blitz. This could include a small number of short, informal research presentations from attendees or invited speakers, modeled loosely after the spirit of the Club Hypnos Data Blitz at the annual SLEEP meeting. This option works best when there is enough time, space, and AV support to allow participants to share a quick snapshot of their work.

SRS Infographic Contest Materials[S] Organizers may also choose to leverage past award-winning infographics from the SRS Infographic Contest. The contest is designed to promote awareness about sleep and circadian rhythms through accessible visual communication, and the materials may be useful as promotional materials, conversation starters, table displays, rotating slides, or examples of how sleep and circadian science can be shared with broader audiences. Infographics can be downloaded at https://sleepresearchsociety.org/awards/srs-infographic-contest/.

Sleep Trivia Game[S] Click here to download a set of sleep and circadian science and pop culture trivia questions that organizers may use to add a fun, interactive element to the event. These questions can be used for a brief trivia game, as conversation starters, or as an informal activity during the event. Trivia can be especially helpful for engaging attendees from adjacent fields who may be curious about sleep science but less familiar with the literature, history, or unusual facts from the field. Organizers may consider analog methods of conducting trivia, such as paper and pencil responses, or if the setting has A/V support could consider utilizing online trivia support, such as Kahoot, if the organizers have access to an account.

Speed Networking Speed networking can be a useful way to help attendees meet more people in a short period of time, particularly when the group includes many trainees, early-career researchers, or people who are new to sleep and circadian science. This can be structured as a series of short conversations where attendees rotate partners every few minutes. It can also be adapted around simple prompts, such as research interests, career stage, methods, populations studied, or what brought them to the event.

Icebreaker Questions Organizers may also prepare a few casual icebreaker questions to help start conversations. These can be especially helpful at smaller events or when attendees may not know one another. Questions might focus on how attendees became interested in sleep or circadian science, what session at the conference they are most excited about, what sleep-related question they wish more people studied, or what SRS resource would be most useful to them.

SRS YouTube Channel[S] The SRS YouTube Channel includes videos that may be useful for introducing attendees to SRS programming, scientific topics, trainee opportunities, and recorded educational content. Depending on the event format, organizers could play a short video before the event begins, display selected videos during an informal reception, or simply point attendees to the channel as a resource for continued engagement after the event. Link: https://www.youtube.com/@sleepresearchsociety2445

SRS Podcast[S] The SRS Podcast can also be highlighted as an accessible way for attendees to stay connected to sleep and circadian science after the event. Episodes feature cutting-edge research from SRS members and leadership, as well as broader topics relevant to the sleep and circadian scientific community. This may be especially useful to mention for prospective members who want a low-barrier way to learn more about the field and hear directly from researchers involved in SRS. Link: https://sleepresearchsociety.org/career-advancement/srs-podcasts/

SRS Online Learning Center[S] The SRS Online Learning Center is another resource organizers may wish to mention when discussing the value of SRS membership. It serves as a hub for educational and training activities, including webinars, regulatory seminars, on-demand training sessions, Basics of Sleep Guide materials, Virtual Seminar Series recordings, Trainee Symposia recordings, and Advances in Sleep and Circadian Science recordings. Many events will not need to incorporate the Learning Center directly, but it is a useful resource to highlight for attendees who are interested in continuing education, training, or becoming more deeply involved in the field. Link: https://sleepresearchsociety.org/srs-learning-center/

[S] *Leveraging these items could qualify as the required scientific content component of the event.*

These optional elements are meant to provide inspiration rather than a required structure. Organizers are encouraged to choose activities that feel appropriate for their setting and audience, while keeping the overall event welcoming, inclusive, scientifically grounded, and aligned with the mission of SRS. https://sleepresearchsociety.org/about/who-we-are/

Thank You!

Thank you for taking the time to organize and host a Satellite Club Hypnos event! By doing so, you are going above and beyond as an ambassador for the Sleep Research Society and helping extend the reach, visibility, and community of SRS beyond the annual SLEEP meeting. These events play an important role in welcoming new colleagues into the field, introducing prospective members to the benefits of SRS, and strengthening connections among current members. We deeply appreciate your time, creativity, and commitment to helping build a warm, inclusive, and engaged sleep and circadian science community.

Appendix

SRS Member Benefits Handout

Sleep Research Society®
Advancing Sleep & Circadian Science



CONNECT | GROW | LEAD

Your community for sleep & circadian science

The SRS is dedicated to advancing sleep and circadian science through education, research, and advocacy. Membership offers a wealth of resources and opportunities for professionals at every career stage.

Education & Training

The SRS is a co-organizer of the **annual SLEEP meeting**, the premier scientific event in the field. SRS membership provides you with a significant discount on SLEEP meeting registration fees. Young scientists can explore the field of sleep research during the free SRS Trainee Symposia at the SLEEP meeting.

Journal Access

As an SRS member, you have online access to the most recent issues and the full archives of the journal ***SLEEP***, journal ***SLEEP Advances,*** and other publications. You also receive a significant discount on open access fees when publishing in *SLEEP* and *SLEEP Advances*!

Stay up to date on current research with **PubAlert**, a bi-weekly email containing the newest research articles from your area of interest.

Advocacy Support

The SRS is dedicated to increasing the funding available for sleep and circadian research. The SRS's advocacy network regularly communicates with Congress and NIH, and the Advocacy Task Force guides and organizes SRS volunteers in their advocacy efforts.

Networking

Member Directory

Build your network. Search the directory of active SRS members to connect with scientists and students who share an interest in sleep and circadian research.

Laboratory Directory

Seek out training positions or collaborate with other researchers using the online directory of sleep and circadian research laboratories in the United States and abroad.

Club Hypnos

Connect with SRS members for an evening of networking and fun at Club Hypnos during the annual SLEEP meeting, featuring the popular Data Blitz. Vote for the winners of the Club Hypnos cup!

Advances in Sleep and Circadian Science

SRS members enjoy a discount to this biennial, single-track conference featuring cutting-edge research discussions that bridge sleep and circadian science.

Awards & Grants

Apply for members-only grants and awards, intended to recognize and support outstanding sleep and circadian research. The SRS also provides travel grants to advance the career development of early career investigators.

- Distinguished Scientist Award
- Outstanding Scientific Achievement Award
- Mary A. Carskadon Outstanding Educator Award
- Public Service Award
- Diversity Membership Initiative and Award
- Outstanding Early Investigator Award
- Rising Star Award
- Trainee Conference Awards
- SRS First Time Attendee Award

Updated June 2025

JOIN TODAY! Visit **sleepresearchsociety.org** to get started.

Scan to learn more!

Sleep Research Society®

BENEFITS FOR EVERY STAGE OF YOUR CAREER

Whether you're an early-career researcher or an established expert, the SRS provides valuable support for your professional growth. Take advantage of career development programs, exclusive awards and grants, and resources tailored to your needs. Explore sleep and circadian job opportunities via either the ***Trainee Job Board*** *or the* ***Professional Job Board.***

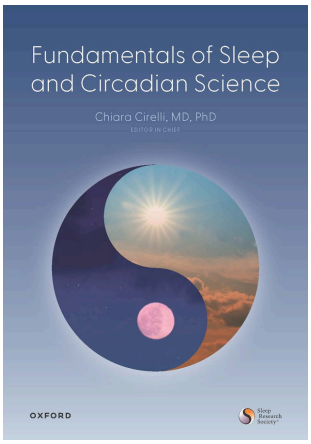
Membership Categories

The Sleep Research Society offers a variety of membership categories to support professionals, trainees, and students at every stage of their career in sleep and circadian science.

- **Full Member:** Holds a terminal degree (e.g. PhD, MD, DO) and has an interest in sleep and circadian science.
- **Associate Member:** For those with special training actively engaged in sleep research, typically in a lab setting.
- **Trainee/Student Member:** Options available for postdoctoral members, predoctoral students, and undergrads.
- **Emeritus Member:** For retired professionals who have been full members for at least ten years.

Ask about our dual membership discounts – available for members of both SRS and the American Academy of Sleep Medicine (AASM).

Exclusive Member Discount



Fundamentals of Sleep and Circadian Science

In 2025, the SRS released *Fundamentals of Sleep and Circadian Science*, a comprehensive textbook edited by Chiara Cirelli, MD, PhD. Designed for students, educators, and researchers, this essential resource provides a clear and thorough introduction to the core principles of sleep and circadian science. Whether you're new to the field or seeking a foundational reference, this text is a must-have.

SRS Members get an exclusive discount.
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