

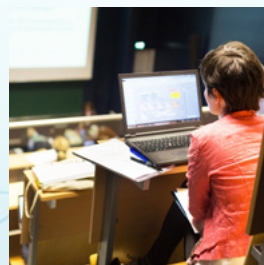
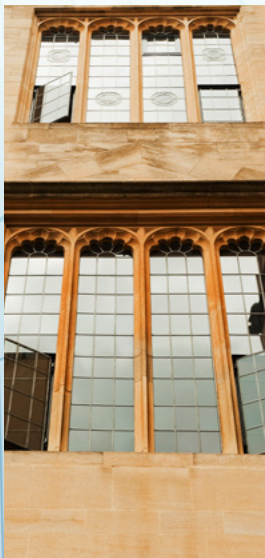
WORLD SLEEP SOCIETY

IS RTP

INTERNATIONAL SLEEP RESEARCH
TRAINING PROGRAM

MENTORING & TRAINING SLEEP RESEARCH LEADERS

WORLDSEEPSOCIETY.ORG/IS RTP



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WORLD SLEEP SOCIETY

ADVANCING SLEEP HEALTH WORLDWIDE





MENTORING & TRAINING SLEEP RESEARCH LEADERS

Dear Sleep Medicine and Research Community,

World Sleep Society has developed—and is now seeking trainee applications for—the International Sleep Research Training Program (ISRTP). The overarching goal of the program is to prepare sleep trainees from various countries throughout the world for future leadership in basic and/or clinical sleep research. Prior to ISRTP, there was no formalized process to select the best international trainees whom would optimally benefit from a 1-year comprehensive training program.

The ISRTP will provide an opportunity for such trainees, especially those in developing countries, to train at major academic institutions so they can acquire sleep research skills and observe management of patients with sleep disorders from experienced scientists and clinicians. In turn, the program will foster a cohort of future sleep research leaders who will keep the field of sleep research and medicine vibrant with their ideas, plans and goals.

The trainees will be matched to sleep research mentors at host academic institutions. Each trainee must have funds to support his or her trainee year at the host institution. The program will provide trainees with travel funds to participate in two major international sleep meetings. Selection of trainees will be based on their research plans; plans to further research in their home country; English communication skills; motivation; educational level; and availability of continued mentorship in their home countries.

The first class of trainees will **start on July 1, 2019 and end on June 30, 2020**. An application packet for interested trainees can be found at worldsleepsociety.org/isrtp. The **application deadline is March 1, 2019**.

Please contact **Allan O'Bryan** at info@worldsleepsociety.org with any questions about the program.

Sincerely,

A handwritten signature in black ink, appearing to read 'Clete Kushida'.

Clete Kushida, MD, PhD,
on behalf of the WSS ISRTP Steering Committee

ISRTP STEERING COMMITTEE



Clete Kushida, MD, PhD
Stanford University
(United States)



Simon Kyle, MA, PhD
University of Oxford
(United Kingdom)



Allan I. Pack, MBChB, PhD
University of Pennsylvania
(United States)



Thomas Penzel, PhD
Charité Universitätsmedizin
Berlin (Germany)



Dalva Poyares, MD, PhD
Universidade Federal de
São Paulo (Brazil)



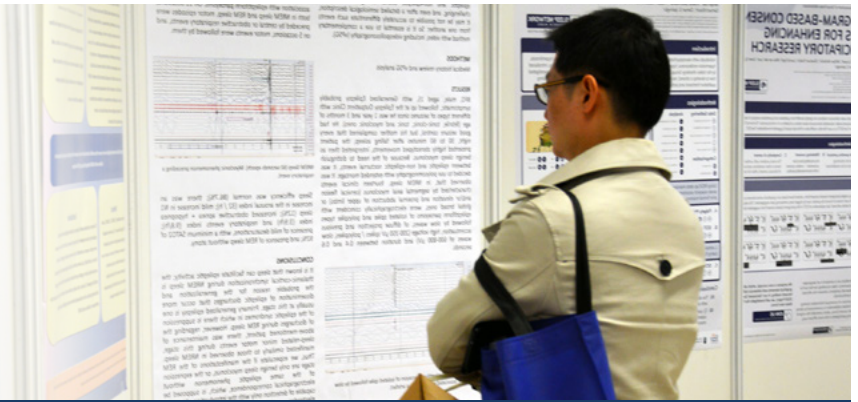
Susan Redline, MD, MPH
Harvard University
(United States)



Brendon Yee, MBChB, PhD
University of Sydney
(Australia)



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PROGRAM OVERVIEW

Apply to join the IS RTP as a 1) MENTEE/TRAINEE, 2) MENTOR or 3) IS RTP SITE. The aims of the program are to offer training in the field of sleep research, to provide collaborative co-mentorship between mentors in the trainee's home institution and in the host country to promote coordinated, culture-appropriate career development, and to enrich the growing field of sleep medicine and research with future sleep research leaders. The IS RTP strives to connect institutions, societies and individuals to provide the best training for the next generation of sleep professionals.

MENTEE/TRAINEE OVERVIEW

Is your objective to make a career in the field of sleep research? Apply as a Mentee/Trainee in the International Sleep Research Training Program by March 1, 2019 to be a member of the inaugural Class of 2020.

KEY TOPICS COVERED WITHIN THE MENTORSHIP

- Research study development, implementation and replication (including study design, selection of specific aims and outcomes, data analysis, authorship, and ethical concerns)
- Clinical exposure to management of sleep disorders
- Scientific communication skills (including presenting and publishing results)
- Obtaining and managing research funds
- Career development

KEY MENTEE OUTCOMES

- Acquisition of knowledge and understanding of sleep science
- Acquisition of research skills
- Clinical exposure to the management of sleep disorders
- Accepted manuscripts
- Funded grants
- Academic and societal leadership

MENTEE APPLICATION PROCESS

HOW TO BECOME A MENTEE/TRAINEE IN THE INAUGURAL CLASS OF 2020

To apply as a Mentee/Trainee in the program, applicants must first complete a Communication Skills/English intake interview, conducted by World Sleep Society. During this interview, the Mentee/Trainee must cover the motivation behind application, as well as prior research experience. Additionally, the following criteria must be met:

- o Education requirement: PhD, MD, or equivalent degree
- o Completed application
- o A personal statement detailing plans for research and how to develop sleep research in country of origin (max 500 words)
- o Biosketch
- o Letter of support from home mentor related to academic performance
- o Letter of support from home institution
- o Letter of support from members of home institution who are active in research
- o Copy of funding letter or evidence of funding OR provisional status until letter of funding received

APPLICATION DEADLINE FOR CLASS OF 2020: March 1, 2019
Applications will be accepted by email only and should arrive no later than March 1, 2019. All submissions will receive a confirmation email within 3 business days.

To apply to be a Mentee/Trainee for the IS RTP program or for more information, visit worldsleepsociety.org/IS RTP





CURRENT IS RTP SITES & MENTORS

HARVARD UNIVERSITY

Division of Sleep Medicine at Harvard Medical School



SITE REPRESENTATIVE:
Susan Redline, MD, MPH
(United States)

MENTOR POSITION/TITLE:
Peter C. Farrell Professor of Sleep
Medicine, Harvard Medical School

SITE PRIMARY RESEARCH INTERESTS:

Sleep medicine epidemiology; genetic epidemiology; cohort studies; clinical trials; data science.

WEBSITE: sleep.med.harvard.edu

UNIVERSITY OF OXFORD

Sleep and Circadian Neuroscience Institute



SITE REPRESENTATIVE:
Simon Kyle, MA, PhD
(United Kingdom)

MENTOR POSITION/TITLE:
Associate Professor,
University of Oxford, Sleep and
Circadian Neuroscience Institute

SITE PRIMARY RESEARCH INTERESTS:

Neural mechanisms that regulate sleep and circadian rhythms; experimental and clinical sleep medicine (with a particular focus on insomnia disorder); sleep and psychiatric disorder; wearable devices and digital therapeutics in sleep medicine; regulation of circadian rhythms by light; sleep and society.

WEBSITE: ndcn.ox.ac.uk/research/experimental-and-clinical-sleep-medicine-group

STANFORD UNIVERSITY

Division of Sleep Medicine



SITE REPRESENTATIVE:
Clete A. Kushida, MD, PhD
(United States)

MENTOR POSITION/TITLE:
Division Chief and Medical Director,
Stanford University, Division of
Sleep Medicine

SITE PRIMARY RESEARCH INTERESTS:

Clinical trials on new diagnostic and treatment tools for sleep disorders; phenotyping/genotyping of sleep disorders; prediction of adherence to treatment; artificial intelligence algorithms for polysomnography.

WEBSITE: med.stanford.edu/sleepdivision



CURRENT IS RTP SITES & MENTORS

UNIVERSITY OF PENNSYLVANIA Center for Sleep & Circadian Neurobiology



SITE REPRESENTATIVE:
 Allan I. Pack, MBChB, PhD
 (United States)

MENTOR POSITION/TITLE:
 Director, Center for Sleep and
 Circadian Neurobiology,
 University of Pennsylvania

SITE PRIMARY RESEARCH INTERESTS:

Dr. Pack and the other faculty in the Center (Mathias Basner, David Dinges, Philip Gehrman, Namni Goel, Matthew Kayser, Samuel Kuna, Michael Perlis, David Raizen, Amita Sehgal and Ignacio Tapia) are IS RTP mentors. The research group at the University of Pennsylvania has developed both national and international consortia to facilitate their research. Thus, there are considerable data available for trainees coming to Penn to conduct secondary data analyses that allow trainees at this site to obtain high-quality publications. The research group also specializes in a functional genomics approach to study of sleep and sleep disorders, with a particular focus on obstructive sleep apnea and developing a personalized approach to this common disorder, and studies in *Drosophila* and mice to elucidate the role of specific genes.

WEBSITE: med.upenn.edu/sleepctr

UNIVERSITY OF SYDNEY Woolcock Institute of Medical Research



SITE REPRESENTATIVE:
 Brendon Yee, MBChB, PhD
 (Australia)

MENTOR POSITION/TITLE:
 Clinical Associate Professor Medicine,
 Central Clinical School, Woolcock
 Institute of Medical Research

SITE PRIMARY RESEARCH INTERESTS:

The cardiovascular and metabolic consequences of sleep apnea, respiratory failure including obesity hypoventilation syndrome, cognitive performance and sleep loss, the relationship between shift work and productivity, and health and sleep effects of windfarms.

WEBSITE: woolcock.org.au

MENTOR/SITE APPLICATION PROCESS

HOW YOU & YOUR INSTITUTION CAN BECOME AN IS RTP MENTOR & SITE

Criteria for our IS RTP Mentors & Sites will be assessed every 3-year cycle. Currently, to become a Mentor/Site, the following must be present:

- o Availability of primary and secondary mentors
- o Availability of educational/training content for sleep science and research in English
- o Availability for both basic and clinical research
- o Active current and prospective research projects
- o Ability to arrange clinical observations
- o A track record of training students, peers or other trainees

APPLICATION DEADLINE FOR MENTOR/SITE:

July 1, 2019

The Mentor/Site application for the IS RTP program is still being developed. For more information, contact Allan O'Bryan of World Sleep Society at info@worldsleepsociety.org.





MISSION

The fundamental mission of the World Sleep Society is to advance sleep health worldwide. World Sleep Society will fulfill this mission by promoting and encouraging education, research and patient care throughout the world, particularly in those parts of the world where the practice of sleep medicine is less developed.

World Sleep Society will act as a bridge between different sleep societies and cultures, supporting and encouraging worldwide exchange of clinical information and scientific studies related to sleep medicine. World Sleep Society will seek to encourage development and exchange of information for world wide and regional standards of practice for sleep medicine.

ADVANCING SLEEP HEALTH WORLDWIDE

World Sleep Society is an international association whose mission is to advance sleep health worldwide.

Ongoing programs of World Sleep Society include:

- World Sleep Congress | worldsleepcongress.com
- World Sleep Day | worldsleepday.org
- Individual & society memberships | worldsleepsociety.org
- Exams offered to individuals & societies
- Endorsed sleep education meetings
- Monthly issues of *Sleep Medicine* journal
- Guidelines for the treatments of sleep disorders
- World Sleep Job Board
- Online Sleep Directory

CONNECT WITH US

Twitter @_WorldSleep facebook.com/WASMF

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+1 (507) 316-0084 | info@worldsleepsociety.org



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SRS | Kathryn Reid (United States)