

GOVERNING COUNCIL REPORT

MARCH 2021

Comprising representative individual members and member societies throughout the world, the Governing Council meets online every other month to guide the initiatives of World Sleep Society. This report summarizes the ongoing and planned activities of the programs and committees of World Sleep Society.

EXECUTIVE COMMITTEE

Purpose

The Executive Committee supports and guides the mission of WSS to advance sleep health worldwide. The Executive Committee represents the members of WSS, prioritizes objectives and provides organizational transparency.

Update

During the last meeting, the Executive Committee approved an AASM position statement, worked on developing a process to collaborate with WHO and members to emphasize sleep as a basic pillar of good health, and worked on developing a 1-year-long training course to be chaired by Lourdes DelRosso.

Action Items

- COVID-19 contingency plan with in-person meeting
- Develop strategic planning session prior to Rome March 2022 meeting
- World Sleep Foundation board of directors

TREASURER'S REPORT

Treasurer: Maree Barnes

Purpose

The Finance Committee acts as the steward of resources for members, ensuring the finances of WSS remain transparent, stable and equitable. These values and practices support the long-term financial health of WSS and enable its organizational mission to advance sleep health worldwide.

Update

We are in a sound financial position. Excellent sponsorship of World Sleep Day has helped us in this past month. Below is a summary of our position.

Cash and investments:

- World Sleep Foundation: \$534,797;
- World Sleep Society: \$833,938;
- Total cash: \$1,368,735

Action Items

- Develop projected cash flow report with projections of congress cash flow to assist with planning
- Risk planning with minimizing impact of COVID-19 and congress contracts

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WORLD SLEEP 2022

Chair of Program Committee: Charles Morin



Hosted by the Italian Association of Sleep Medicine, the 16th World Sleep congress will feature the latest sleep science and foster global connections for researchers, practitioners and other professionals.

Update

Fourteen (14) keynote speakers have been selected and announced. Symposia submission opened March 1, 2021 with currently 0 symposia submitted and 9 in draft mode. The Course Committee has developed 22 full-day and half-day courses to be offered Friday to Sunday pre-congress.

Action Items

- Promote symposia submission to our Associate Society and individual members with symposia submission deadline of June 30, 2021

WORLD SLEEP VIRTUAL MEETING

Virtual Scientific Review Committee: Birgit Högl, Yuichi Inoue, Clete Kushida, Phyllis Zee, Charles Morin



Purpose
The World Sleep Virtual Meeting provides an opportunity for sleep medicine and research professionals to network and to share the latest advancements in sleep medicine during a time when travel is difficult or impossible. Running through 2021, this new program ensures equitable, global access to the latest scientific content in sleep science.

Update

Over 1,000 people registered for the December 2020 and February 2021 virtual meetings. Upcoming meetings are taking place on June 24, September 16, and December 2. The June meeting will feature topics on trends in sleep medicine, RWA and RBD Diagnosis & Treatment, and technologist sessions.

Action Items

- Develop June and September scientific programs
- Assist Associate Society submissions of content
- Coordinate with Associate Societies to promote complimentary access to their members

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WORLD SLEEP DAY 2021

Committee Co-chairs: Lourdes DelRosso, Fang Han



organized around the world and for all audiences to learn about the value, science and practice of good sleep.

Update

WSD was March 19, 2021 with the slogan Regular Sleep, Healthier Future. Activities continue to be submitted through worldsleepday.org. Sponsors were signed on at the Diamond, Gold, and Silver levels to help promote WSD. A total of 10 sponsors and \$55,750 has been obtained from WSD 2021 activities.

Action Items

- Maintain media relations with our members and sponsors' public relations firms
- Identify top activities for Distinguished WSD Awards. Activities can be submitted through April 23, 2021 to be considered for the awards.

SLEEP MEDICINE EXAM

Committee Co-chairs: Markus Schmidt, Thomas Penzel, Clete Kushida



Purpose
The International Sleep Medicine Examination assesses the knowledge of candidates in the areas of basic and clinical science; applied methods and standards in sleep science; and clinical practice. Awarded to successful candidates, the International Sleep Specialist designation helps provide credibility and uniformity to the practice of sleep medicine worldwide.

Update

The Indian Society for Sleep Research held the exam in New Delhi, India on March 14, 2021 with four candidates taking the exam. The next exam administered by WSS is scheduled for Friday, March 11, 2022 at the World Sleep Rome meeting.

Action Items

- Refresh exam questions and content
- Evaluate offering different exam tracks for technologists, pediatrics, dentistry, and other sleep medicine areas

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INTERNATIONAL SLEEP RESEARCH TRAINING PROGRAM

Committee Chair: Clete Kushida



sleep science field. The one-year comprehensive training program develops the mentee's strengths in research design, communication and career development. In addition, IS RTP fosters connections among academic institutions to advance the development of sleep science worldwide.

Update

IS RTP has been greatly impacted by the global pandemic. Many mentees have either been unable to travel to their assigned sites or will be staying at their sites for an additional year. The deadline for applications moved to March 15, 2021; the start date remains July 1, 2021. Four new sites have recently been added in Freiburg, Germany; Bangalore, India; London, England; and Melbourne, Australia. There are now a total of 21 mentors across 14 sites.

Action Items

- Process 10 new applications that were received by March 15, 2021
- Process new mentor sites for upcoming 2021-2022 year
- Current group is participating with Clete Kushida in their action item submitting content for sleep encyclopedia
- COVID-19 impact and placing mentees in the 2021-2022 year
- Mentor site planning meeting scheduled for April 12

GUIDELINES COMMITTEE

Committee Chair: Clete Kushida

INTERNATIONAL SLEEP GUIDELINES

Purpose

The World Sleep Society International Sleep Medicine Guidelines Committee selects, writes, reviews and publishes guidelines for the prevention and treatment of sleep disorders. These guidelines are written for a global audience, intended to be applicable in contexts around the world. They help to ensure the availability of highly credible foundations for the practice of sleep medicine worldwide.

Update

Four of six taskforces have completed manuscripts of guidelines that have either been published or are on their way to being published. The two remaining taskforces to draft manuscripts are Sleep Related Breathing Disorders Group B and Insomnia Group A. A streamlined process has been developed to submit the articles directly to *Sleep Medicine* for publication.

Action Items

- Obtain additional list of recently published guidelines to be considered for endorsement. Schedule a Guidelines Committee meeting during late March/early April to discuss
- Evaluate the need to create original guidelines or original paper. This would require additional work and need a medical writer to assist with literature reviews
- Collaborate with Associate Society members to continue to develop guidelines



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HEALTHIER SLEEP MAGAZINE

Reviewers: Lourdes DelRosso, Melissa Lipford, Robert Thomas, Rochelle Zak



Purpose

Healthier Sleep is a public awareness magazine that acts as a trusted source for improving sleep. The magazine is published bimonthly as a complimentary resource for sleep medicine professionals and the public.

Update

The current issue is focusing on topics of sleep apnea. Current financial supporters include two companies with \$3,040 of advertising support. Additional advertisers and grant funding are being sought to support the publication.

Action Items

- Contact companies and foundations for financial support
- Develop content for upcoming issues on various sleep disorder topics
- Foster relationships with Associate Societies to jointly distribute magazine content

CG MEMORIAL FUND



**CHRISTIAN GUILLEMINAULT
YOUNG INVESTIGATOR
ENDOWMENT FUND**

Purpose

By awarding travel grants, the Christian Guilleminault Young Investigator Endowment Fund encourages young investigators in the field

of sleep, especially in developing portions of the world, to advance sleep medicine and research worldwide.

Update

CG Young Investigator awards have been presented at three meetings CG was involved with: SLEEP 2021, ESRS 2021, and IPSA Online 2021. Associate Societies can apply to offer the CG award at their meeting but the application remains to be implemented online. Funds have been awarded to 3 individuals at IPSA 2021 meeting.

Action Items

- Promote award application for SLEEP 2021 meeting. Deadline to apply is May 1, 2021.
- Promote award application for ESRS 2022

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MEMBERSHIP

Purpose

Membership in World Sleep Society connects sleep health professionals to others in the field globally. Such connections through the World Sleep congress, *Sleep Medicine*, World Sleep Day, and other events and resources contribute to the advancement of sleep health worldwide.

Update

Two new benefits for members have been added recently: *Healthier Sleep* magazine and World Sleep Virtual Meeting. Current membership stands at 559 across at least 69 countries. This is an increase from 367 members in 2020, largely resulting from the addition of World Sleep Virtual Meeting.

Action Items

- Continue to develop membership renewal process for individual and Associate Society members

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