

GOVERNING COUNCIL REPORT

MAY 2021

Comprising representative individual members and member societies throughout the world, the Governing Council meets 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 on April 28, 2021, the Executive Committee met with European Sleep Research Society and developed a goal of improving communications between Associate Society members. WSS recognizes that there are several areas of joint collaboration with all Associate Societies. WSS was invited to participate in the network of OneNeurology Partnership, an initiative to unite and strengthen neurology-related groups to stimulate collaborative advocacy funded by the EAN and EFNA with collaboration with WHO.

Action Items

- Develop relationships with WHO and review OneNeurology invitation and initiatives
- Identify collaborative projects with Associate Society members based on conversations with ESRs, AASM and ASSM

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 have developed a projected cash flow report with contingencies through the next two scheduled meetings of March 2022 Rome and September 2023 Rio. Expectations have been reviewed by the Executive Committee and planning is underway to maintain operations. We are cautious with spending for the next 12 months until actual results are known for Rome 2022 meeting. Below is a summary of our position as of April 30, 2022:

Cash and investments:

- World Sleep Foundation: \$534,797;
- World Sleep Society: \$754,538;
- Total cash: \$1,289,335 (change of negative \$79,400 since February 28, 2021)

Action Items

- Update projected cash flow report in June with projections of Rome 2022 congress
- Develop Society list of programs (congress, membership, World Sleep Day, magazine, etc.) and identify costs that are directly and indirectly associated with each program. Developing cost per programs will (1) assist with knowing what we are spending money on and (2) assist with contingency planning and cash flow budgeting.

GOVERNING COUNCIL REPORT

WORLD SLEEP 2022

Chair of Program Committee: Charles Morin



Purpose

The 16th World Sleep congress will bring sleep medicine and research professionals from around the world to Rome, Italy, during March, 11-16, 2022. 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

Symposia: Current symposia status: 9 submitted symposia plus 32 in draft mode as of May 25, 2021.

169 symposia submissions were received for World Sleep 2019 Vancouver. A total of 99 were accepted: 89 were accepted as standard symposia plus 10 accepted as discussion symposia.

An in-person symposia review meeting of the program committee is tentatively scheduled for August 6-7, 2021.

Courses: 22 courses will be offered at World Sleep 2022 in Rome. This is up from 18 courses offered in Vancouver.

- All course co-chairs have been identified and invited
- Both co-chairs are confirmed for 19 out of 22 courses
- Waiting for response from one or both co-chairs for the remaining 3 courses
- The course schedule has been finalized

Young investigator award: The Program Committee finalized the application process and award value: \$1,000 for oral abstract awards and \$500 for poster abstract awards.

Sponsors and Exhibitors:

- 5 sponsors and exhibitors confirmed
- Total of \$140,750 contribution (budget of \$690,000)

DMC Services: EGA Worldwide has been contracted as the destination management company (DMC) for the Rome congress. EGA is responsible for hotel block management, exhibitor services, contracting the AV company and ground transportation. They will also help with other services upon request.

- **Hotel:** EGA is contracting hotel rooms; accommodation booking platform will open in June 2021
- **Exhibitor Services:** EGA will develop the exhibitor floor plan, registration layout and welcome desk. EGA will set up exhibitor booking tool platform in June 2021

Action Items

- Organize symposia proposals to submit before the deadline on June 30, 2021
- Solicit symposia from colleagues by May 31
- Inform Associate Society members of symposia submission process by May 31
- First review of the COVID-19 contingency plan indicators will be on or before June 30, 2021

GOVERNING COUNCIL REPORT

WORLD SLEEP VIRTUAL MEETING

Virtual Scientific Review Committee: Birgit Högl, Yuichi Inoue, Cleo 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

1,028 individuals are currently registered as of May 25, 2021; new registration will open for the June Virtual meeting.

The following sessions have been confirmed for the June 24th Virtual Meeting:

- Sleep 2030: where we are now and where we could/should be by 2030. It is hoped to be a hybrid of a "state of the field" and "the future." Organized by Robert Thomas
- IS RTP Mentees: Global Sleep Medicine Opportunities
- "RLS Management and Research Trends" submitted by Associate Society Member International Restless Legs Syndrome Study Group
- Technologist sessions from the Southern Sleep Society Meeting - these will be released on demand 1 week prior to the June meeting
- Clinical case discussion "Sleepy and Sleepless Children" submitted by Associate Society Member International Pediatric Sleep Association

Action Items

- Provide input for the September and December virtual meetings: content and speakers

WORLD SLEEP DAY 2021

Committee Co-chairs: Lourdes DelRosso, Fang Han



Purpose

World Sleep Day (WSD) is an annual event intended to be a celebration of sleep and a call to action on important issues related to sleep health. Events are organized

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

Update

The WSD website received 78,604 unique pageviews during March 18-20 and 57,500 impressions on Twitter during the same period. 518 emails were added to the contact list for WSD, bringing the total to about 2800. More detail can be found in a brief WSD media report compiled March 24 that is available upon request.

April 23 was the final deadline to submit activity information and be considered for Distinguished Activity awards. Activities from approximately 200 delegates in at least 46 countries were submitted by this deadline.

Action Items

- Assess select activity list for Distinguished Activity awards

GOVERNING COUNCIL REPORT

SLEEP MEDICINE EXAM

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

WSS

International Sleep
Disorder Specialist

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 on March 14, 2021. All four candidates successfully passed the exam and have been presented their certificates.

A proposal was sent to the Examination Committee to develop a preparation course for exam candidates. The committee agreed that this is an important initiative as they have seen the variability in the scores on the exams, indicating that their preparation for the exam is not uniform since they don't have adequate education about sleep and sleep disorders. The prep-course would consist of previously videotaped lectures from the congress and ISRTP program as well as 1,000+ practice questions.

Action Items

- Provide feedback on the new initiative to develop an examination prep course

INTERNATIONAL SLEEP RESEARCH TRAINING PROGRAM

Committee Chair: Clete Kushida



Purpose

The International Sleep Research Training Program (ISRTP) prepares sleep science trainees around the world for future leadership in the

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

Update

10 out of 11 mentees in cohort 3 (2021-2022) have been matched and are working directly with the mentors to plan their relocation or program start date. Work is ongoing to match the final mentee with a mentor site. Mentees from cohorts 1 and 2 presented at the Asian Society of Sleep Medicine hybrid meeting in Beijing.

Action Items

- Develop additional presentations for regional and national society meetings
- Develop plans for all three ISRTP cohorts to attend and present at World Sleep 2022

GOVERNING COUNCIL REPORT

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

The Sleep Related Breathing Disorders (SRBD) Group B submitted comments and caveats throughout April. Luigi Ferini-Strambi is chair of Insomnia Group A and no actions have been completed recently. IPSA was contacted and are interested in working on pediatric guidelines.

Action Items

- Obtain additional list of recently published guidelines to be considered for endorsement
- Provide feedback on WSS creating original guidelines or original papers (this would require additional work and need a medical writer to assist with literature reviews)
- Determine whether we should continue to collaborate with Associate Society members to continue to develop guidelines
- Review SRBD Group B paper (currently in final manuscript edits)

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 May/June issue was sent to 16,077 emails and mailed to 1,097 subscribers. Advertisers are selecting to have an ad in several upcoming issues to receive a multiple-ad discount. May/June issue had financial supporters of two companies with \$3,040 of advertising support. Sept/Oct issue received a new advertiser placing an ad in the next three issues for a total of \$1,680.

Staff met with Indian Association of Surgeons for Sleep Apnoea in April to talk about translation and/or printing in India. Dr. P.Vijaya Krishnan informed staff at that time they were considering printing 1,000 copies of each issue.

Two grants were submitted to cover the cost of one issue of the magazine each. Grants were submitted to Jazz Pharma and Eisai in March and February respectively. Eisai replied on April 1 that our grant was actively being reviewed. Philips, Takeda and BD were all considered for grant submission, but after review, there were no educational grants applicable in this grant cycle.

Editor is developing content for upcoming issues on insomnia & narcolepsy and is completing interviews with key experts such as Kushida, Espie, Inoue, Owens, Ong, Samuels, Grandner, Halson, Glovinsky, Wing, Cesari, Ellis, and Morin.

Action Items

- Provide feedback on distribution and/or content of magazine
- Develop relationships with societies for government or other distribution means

GOVERNING COUNCIL REPORT

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

The organizers of the upcoming AASM/SRS SLEEP Meeting have agreed to allow World Sleep Society to host a 1-hour session to present the CG Endowment Fund award to four young investigators. The session will be held on June 13th from 5:00pm to 6:00pm US Central. Drs. Namni Goel and Kelly Carden have agreed to co-chair the session. Four winners were selected on May 24 and were notified May 25.

Action Items

- Finalize June 13 program agenda

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

A new member communication, the Governing Council Report, was implemented in April. The first report was posted to the WSS website and emailed to all current individual and society members on April 13.

Current Associate Society membership stands at 43 organizations. An initiative to make monthly contact with Associate Society members began at the start of April with two goals: to develop relationships and to share WSS communications. 11 Associate Society members so far have responded to the initial outreach.

Action Items

- Discuss and implement additional ways to increase Associate Society engagement

**CONNECT
WITH US**



3270 19th Street NW, Suite 109
Rochester, MN 55901 USA



+1-507-316-0084



info@worldsleeppociety.org



worldsleeppociety.org



facebook.com/wasmf



twitter.com/_WorldSleep