

GOVERNING COUNCIL REPORT

JULY 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.

Action Items

- OneNeurology: Co-authors and board liaison is needed. More details at: oneneurology.net/partnership
- Review membership process for society members. Develop a strategic plan for associate society membership.

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

- Cash and investment balances as of June 30, 2021:
 - World Sleep Foundation \$446,487
 - World Sleep Society \$730,623
 - Total cash and investments \$1,177,110
- January 2020 to June 2023 budget updated based on operational changes. Key budget updates include:
 - Sponsorship and exhibition revenue is \$389,500 and \$127,250 or 87% and 53% respectively of budget
 - Total revenue \$525,830 of budgeted \$2,105,282 (25%)
 - Actual staffing costs is less than budget due to COVID US government tax credits
 - Audio visual and congress event software budget increased to allow recording of scientific sessions

Action Items

- Develop September 30 COVID contingency plan
- Obtain signed contracts for venue rental, audio visual and catering for Roma Convention Center
- Continue with staff program costing analysis

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

An in-person symposia review meeting of the program committee will be held on September 12-13 in Rome, Italy.

Symposia: Current symposia status: 160 submitted plus 52 drafted as of July 27, 2021.

169 symposia submissions were received for World Sleep 2019 Vancouver.

Abstract: Current abstract status: 73 submitted plus 98 drafted as of July 27, 2021.

1,321 abstracts were submitted for World Sleep 2019 Vancouver. 191 were accepted for oral presentations and 1,082 were accepted for poster presentation.

Courses: Chairs are confirmed for 21 out of 22 courses. One more confirmation is needed from a co-chair of the OSA course. The course schedule has been finalized, and course chairs are beginning to submit their course details. Details at: worldsleepcongress.com/scientific-content/courses

Sponsors and Exhibitors:

- 13 sponsors and exhibitors confirmed as of July 22, 2021
- Total of \$516,750 contribution (budget of \$690,000) as of July 22, 2021

Local 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 audio visual company and ground transportation. They will also help with other services upon request.

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

Action Items

- Review symposia and abstracts
- Develop the symposia scientific program at the September 11-13 Program Committee meeting held in Rome
- Communicate details of abstract submissions to society and individual members

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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

1,306 individuals are currently registered as of July 20, 2021. Attendees have received CME and certificate of attendance documentation.

Action Items

- Provide input for the September and December virtual meetings
- Request program content from associate societies

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

Ratings from eight World Sleep Day committee members have been received for the distinguished activity awards.

Action Items

- Assess select activity list for Distinguished Activity awards

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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 next exam is scheduled for Friday, March 11, 2022, at World Sleep 2022 Rome. Applications will be accepted beginning in September 2021.

Action Items

- Create the exam application to post on the website by September 2021

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

Mentees in cohort 3 (2021-2022) have been matched and are working directly with the mentors to plan their relocation or program start date. A mentor meeting is scheduled for August 5th. Mentee meetings are scheduled to begin later this month.

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

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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 met in July and finalized the survey that was then sent to current members to add input regarding global access to treatments for obstructive sleep apnea. 80 responses to the survey have been recorded as of July 22, 2021. Once the final survey data have been obtained, they will be added to the guideline, and the manuscript will be submitted for review. The Guidelines Committee will meet again in August.

Action Items

- Identify recently published guidelines to be considered for endorsement by the committee
- Add survey data and finalize SRBD Group B manuscript
- Identify additional committee members who may be interested in serving on a specific guidelines committee

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 Fall issue topic of "Daytime Sleepiness" and related articles have been identified. The magazine will continue to be published at least 4 times a year (Fall, Winter, Spring, and Summer) with potential Special Edition issues once or twice per year.

Action Items

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

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 next CG Young Investigator awards will be presented at World Sleep 2022 in Rome, Italy.

Action Items

- Identify reviewers to rate applicants' abstracts for World Sleep 2022.

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

Individual membership stands at 594 members. Current Associate Society membership stands at 43 organizations. A newsletter and Governing Council Report was emailed to individual and society members on June 1, 2021. An outreach email was sent to Associate Society members on July 15 asking them to share the Call for Abstracts for World Sleep 2022. The society membership application from Vietnam Society of Sleep Medicine was approved.

Action Items

- Discuss and implement additional ways to increase Associate Society engagement
- Review and ratify Associate Society Membership for the Vietnam Society of Sleep Medicine

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WORLD SLEEP ACADEMY

Purpose

This global sleep medicine training program will be a year-long course for early to mid-career physicians who wish to learn about the science and practice of sleep medicine. The course will be directed toward sleep physicians internationally to help advance sleep health in areas currently underserved.

Update

An initial webpage was created for World Sleep Academy. Recruitment of content writers began for individuals interested in becoming content writers. 36 formal applications have been received. Applications will be reviewed, and individuals will be selected to begin content development. Videos and additional resources for each of the content areas are being identified.

Action Items

- Review the proposed name of "World Sleep Academy" and approve or request another

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