

GOVERNING COUNCIL REPORT

JUNE 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

The Executive Committee approved World Sleep Academy, an educational course-level program with the goal of providing sleep education worldwide for early- to mid-career healthcare providers. The program is chaired by Lourdes DelRosso, with solicitation of faculty to teach a framework of 14 different components. Each component will include manuscript, case studies, teaching video content, and assessment tools.

Action Items

- WHO collaboration and OneNeurology: Approved a request by OneNeurology to assist in report to the WHO December 2022 meeting on epilepsy and other neurological disorders. World Sleep Society was asked to be involved with the sleep section. Co-authors for this report are needed.
- Review membership process for society members and 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 May 31, 2021:

- World Sleep Foundation \$533,985
- World Sleep Society \$711,369

Total cash and investments \$1,245,354

Action Items

- Review ongoing contingency plan based on commercial support of congress
- Update 2021-2023 budget based on changes in staffing, venue requirements, and expected cash projections

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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: 24 submitted symposia plus 51 in draft mode as of June 16, 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.

Abstract: Current abstract status: 11 submitted abstracts plus 18 in draft mode as of June 16, 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. An in-person symposia review meeting of the program committee will be held on September 12-13 in Rome, Italy.

Courses: Both co-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.

Sponsors and Exhibitors:

- 7 sponsors and exhibitors confirmed
 - Total of \$193,250 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
- Finalize symposia rating rubric
- Submit names of abstract reviewers to invite
- Submit travel form for September Program Committee meeting in Rome

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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

1,146 individuals are currently registered as of June 16, 2021.

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
- ISRTP Mentees: Global Sleep Medicine Opportunities
- "RLS Management and Research Trends" submitted by International Restless Legs Syndrome Study Group, Associate Society Member
- 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, Associate Society Member. with Q&A sessions during the event.

Action Items

- Provide input for the September and December virtual meetings: content and speakers
- Mitigate speaker conflict of interest

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

A list of 21 finalist activities has been compiled and submitted to the World Sleep Day committee for ranking. Rankings and comments are being collected from the committee.

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

- 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.

Action Items

- Develop additional presentations for regional and national society meetings
- Develop plans for all three ISRTP cohorts to attend at 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 submitted a draft endorsement to the Guidelines Committee and is creating a survey to send to members to add input to their endorsement. The Guidelines Committee met June 18 and committed to endorsing five to 10 guidelines per year and adding two categories: circadian health and parasomnias.

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)
- 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 July/August issue has been completed and posted online. Eisai Pharmaceuticals provided an educational grant of \$8,661 to support the July/August Insomnia issue. The Portuguese Sleep Association has committed to regularly translate select articles into Portuguese.

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 Guillemineault 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

World Sleep Society hosted a special 1-hour session at SLEEP on June 13th. Four award recipients presented their abstracts. The next CG Young Investigator Award will be presented to qualified abstract authors at the ESRS Virtual Congress on September 22-24.

Action Items

- Identify reviewers to rate young investigator abstracts for the ESRS meeting in September.

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 592 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 June 18 informing them of upcoming congress deadlines and the Philips field safety notice. The Vietnam Society of Sleep Medicine has submitted an application to join World Sleep Society as an Associate Society Member.

Action Items

- Discuss and implement additional ways to increase Associate Society engagement
- Review the application from 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

The program is currently under development under the guidance of Lourdes DelRosso. The proposed name is "World Sleep Academy."

Action Items

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

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WITH US

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