

GOVERNING COUNCIL REPORT

SEPTEMBER 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 World Sleep Foundation board of directors is to be past Society Executive Committee members with a total of four to six people independent of the Society willing to serve a 6-year term. The Foundation board will meet at least one time per year with the purpose of advancing sleep medicine and supporting programs of the World Sleep Society. The foundation board will be provided meeting minutes of the Governing Council and Executive Committee. The Society's Treasurer will serve as World Sleep Society liaison to the Foundation board.

The COVID contingency plan has been updated and forwarded to the Program Committee. It will follow all local requirements with additional safety protocols, including required mask when not speaking and vaccine recommendations (currently required for travel into Italy). Defer this to the Rome Program Committee.

Action Items

- World Sleep Society strategic planning process, key performance indicators, and completion timeline. Initiated first phase of consulting work to be completed by outside consulting firm.

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 August 31, 2021:
 - World Sleep Foundation \$383,970
 - World Sleep Society \$729,451
 - Total cash and investments 1,113,421
- January 2020 to June 2022 budget updated based on operational changes. Revenue items include:
 - Sponsorship and exhibition revenue is \$393,100 and \$145,200 or 87% and 61% respectively of budget
 - 17 sponsors and exhibitors confirmed as of September 21, 2021
 - Total revenue \$558,300 of budgeted \$2,105,282 (27%)

Action Items

- Finalize Investment Policy and Guidelines
- Complete financial review of 2020 December 31 report from external auditors
- Continue with staff program costing analysis

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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: An in-person symposia review meeting of the program committee was held during September 11-13 in Rome, Italy. 107 symposia were accepted or still pending further review. Notification letters will be sent by the end of September for oral and poster presentations.

Abstract: Abstracts were reviewed by the International Scientific Committee. The Program Committee reviewed the ratings and accepted 207 abstracts in the first round of reviews. Notification letters will be sent by the end of September.

The COVID contingency policy has been updated and posted on the website. The Program Committee confirmed the congress presentations and attendance will be in -person with all keynote, symposia, and abstracts presented in live format. Additionally, registration refunds will be provided to delegates due to cancellation due to COVID- related restrictions.

Action Items

- Finalize symposia scientific program

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

1,346 individuals are currently registered as of August 24, 2021. Attendees have received CME and certificate of attendance documentation.

Action Items

- Provide input for the December virtual meeting
- Request program content from associate societies

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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

Awardees and honorable mentions for 2021 Distinguished Activity Awards were announced on September 8. A co-chair meeting is scheduled for September 28 to begin discussion on the theme for World Sleep Day 2022.

Action Items

- Provide input on World Sleep Day 2022 theme

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

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INTERNATIONAL SLEEP RESEARCH TRAINING PROGRAM

Committee Chair: Clete Kushida



Purpose

The International Sleep Research Training Program (IS RTP) 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, IS RTP fosters connections among academic institutions to advance the development of sleep science worldwide.

Action Items

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

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) manuscript was reviewed by the Guidelines committee and the Governing Council for approval. The manuscript was approved and has been submitted to Sleep Medicine. The entire Guidelines Committee met and identified six topics (pediatric, circadian rhythm, insomnia, Management of OSA using Oral Devices, Narcolepsy and Sleep Apnea). An email was sent out to the membership to identify other individuals interested in joining the sub-committees.

Action Items

- Form sub-committees from interested members
- Sub-committees to identify specific guideline they will address for each topic

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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 quarterly as a complimentary resource for sleep medicine professionals and the public.

Update

The Fall issue has been completed. Subscribers will receive copies by October 15th. The website has been updated, and the Fall issue articles will be added to the website to go live on October 15th. Currently, the next theme for the Winter issue is Movement Disorders and RLS.

Action Items

- Identify articles for the Movement Disorder and RLS issue
- Identify opportunities for industry to support the magazine

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.

Action Items

- Collect applications with deadline of November 30, 2021 for World Sleep 2022
- Identify reviewers to rate applicants' abstracts for World Sleep 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

Individual membership stands at 640 members. Current Associate Society membership stands at 43 organizations.

Action Items

- Discuss and implement additional ways to increase Associate Society engagement



World Sleep
Academy

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

For each of the 14 topic areas, content writing teams were created. World Sleep Academy held its first meeting with the content writers. The writers have been provided a copy of the Hypersomnia template for reference. Resources continue to be identified for each of the topics.

Action Items

- Set up schedule to meet with teams to approve outline of content
- Identify and reach out to reviewers for each of the 14 topics

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Purpose

OneNeurology, an international neurology advocacy group, is coordinating a response to World Health Organization's (WHO) upcoming global action plan on epilepsy and other neurological disorders. World Sleep Society has committed to supporting OneNeurology's response.

Update

World Sleep Society staff attended the brain health positioning and messaging session on Friday September 17 from 4pm to 6:30pm CEST with goal of working towards a set of key messages.

Action Items

- Attend the October 15, 2021 from 10am to Noon CET: Virtual Round Table featuring WHO, Members State Representatives, and OneNeurology Partnership

**CONNECT
WITH US**

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