

GOVERNING COUNCIL REPORT

NOVEMBER 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

2023 Program Committee: A short list of names is being developed to create the scientific program of the 2023 Rio meeting. Further discussion about the names is needed to ensure the diverse global committee that represents main areas of sleep medicine and research.

Guidelines Committee: Focus on additional writing task force to include areas of OSA, insomnia, parasomnias, narcolepsy, OSA surgery, and pediatrics. Staffing priority to assist with the organization and writing of the drafts.

Action Items

- Develop timeline to work with WHO to develop sleep and circadian medicine initiatives
- 2023 Rio Program Committee development

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 October 31, 2021:
 - World Sleep Foundation \$527,186
 - World Sleep Society \$761,858
 - Total cash and investments 1,289,043
- Cash increase of \$135,524 from prior September 30, 2021 month

GOVERNING COUNCIL REPORT

NOVEMBER 2021

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: 96 symposia have been accepted and scheduled in the online scientific program.

Abstract: There are currently 547 abstracts in the submission system, including the 207 abstracts that were accepted during the first round of reviews (312 submitted and 235 in draft mode). The next review period will begin on December 2nd.

Sponsorship: 30 sponsors and exhibitors have applied as of November 22, 2021. Total of \$622,050 contribution (\$690,000 budget).

Action Items

- International Scientific Committee members to review abstracts from December 2-16
- Develop a Young Investigator Award Committee to select award recipients from qualified top-ranked oral abstracts

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

The December sessions of the World Sleep Virtual meeting have been canceled. As of November 22, 2021, 1336 individuals have registered.

GOVERNING COUNCIL REPORT

NOVEMBER 2021

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

Delegates have started to submit interest in World Sleep Day through the website. Work is underway for the first press release in early 2022; the toolkit with updated sources submitted by committee members will be completed for this. A social media contest has been proposed by one of the World Sleep Day co-chairs to take place during 2022.

Action Items

- Submit suggested literature for the 2022 toolkit update to World Sleep Society administrative office

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

Twelve candidates have applied to take the exam in Rome. Nine of the 12 are IS RTP mentees and so automatically accepted. The other three applications are pending review.

Action Items

- Exam Committee to select questions from the database to develop the exam that will be administered in Rome

GOVERNING COUNCIL REPORT

NOVEMBER 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

The deadline for the application for the 2022-2023 cohort has been set at March 30, 2022.

Action Items

- Share 2022-2023 application with interested colleagues and groups

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

Ten different guidelines taskforces have been created (circadian rhythm, insomnia group 1, insomnia group 2, hypersomnia, parasomnia groups 1, parasomnia [RBD] group 2, RLS/movement disorders, SRBD group 1, SRBD group 2, and SRBD group 3). Recommended guidelines have been established for those groups and taskforce meetings are being scheduled to move forward.

Action Items

- The chairs of each taskforce will identify dates for whole taskforce meetings
- Taskforce to identify additional members and resources needed to move forward

GOVERNING COUNCIL REPORT

NOVEMBER 2021

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 articles for the Winter issue are being completed and reviewed. A meeting with the Langham Hotel representatives took place and article topics were suggested. These topics (and previous articles) are being compiled for review by the hotel.

Action Items

- Work with Langham Hotels to review article topics and identify additional topics
- Meet with reviewers to review the Winter issue

CG MEMORIAL FUND



**CHRISTIAN GUILLEMINAULT
YOUNG INVESTIGATOR
ENDOWMENT FUND**

Purpose

By awarding travel grants, the Christian Guillemainault 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

Applications for the next round of Christian Guillemainault Young Investigator awards are being accepted through worldsleepcongress.com.

Action Items

- Collect applications with deadline of November 30, 2021 for World Sleep 2022
- 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

As of November 22, 2021, individual membership stands at 1000 members. Current Associate Society membership stands at 44 organizations. A message to all Associate Societies was sent November 22, 2021 requesting the Associate Societies to share the online program and course information for World Sleep 2022 with their members. .

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

Content writing teams finishing up writing the content for the topic areas. The brochure and application process creation has begun. Master reviewers for each of the content areas have been identified. Resources will continue to be identified for each of the specific topics. Questions regarding the application process and tiers have been created.

Action Items

- Review course content as it is submitted the 14 topics

GOVERNING COUNCIL REPORT

NOVEMBER 2021



ONENEUROLOGY INITIATIVE

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

Work is ongoing to participate in the OneNeurology partnership and advocate for sleep health at WHO.

Action Items

- Attend future OneNeurology meetings

CONNECT
WITH US



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