

GOVERNING COUNCIL REPORT

DECEMBER 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

- Develop contingency plans if travel into Italy is prohibitive during March 11-16, 2022
- Review operating plans for World Sleep Academy, with potential starting July 2022
- 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 November 30, 2021:
 - World Sleep Foundation \$631,313
 - World Sleep Society \$898,415
 - Total cash and investments \$1,529,729
- Cash increase of \$240,685 from prior October 31, 2021 month

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

Abstract: Total abstract submission is 649. The International Scientific Committee has completed their ratings and the Program Committee is developing the oral and poster abstract program. The final deadline to submit poster abstract proposals is January 15, 2022.

Sponsorship: 35 sponsors and exhibitors have applied as of December 20, 2021. Total of approximately \$670,000 contribution (\$690,000 budget).

Action Items

- Finalize the 31 scheduled oral abstract sessions

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 World Sleep Virtual Meeting has concluded. As of December 20, 2021, 1375 individuals have registered. Sessions will be available on demand through December 31, 2021.

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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

Delegates have started to submit interest in World Sleep Day through the website. Work is underway for the first press release in early 2022.

Action Items

- Submit suggested literature for the 2022 toolkit update to World Sleep Society administrative office
- Distribute theme and logo materials

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

Fifteen candidates have applied to take the exam in Rome. Ten of the 15 are IS RTP mentees and so automatically accepted. Two applicants have been accepted and 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
- Exam committee will continue to accept and review submitted applications

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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. Social events and workshops featuring ISRTP mentors and mentees are being coordinated for the World Sleep congress in Rome.

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

Five of the 10 guidelines task forces have initiated meetings and/or task force development. SRBD group 2 is underway with the review of their guideline. The other four task forces will hold their initial group meetings in January.

Action Items

- The chairs of each task force will identify dates for the initial meetings in January
- Remaining task forces will continue moving forward with final identification of guideline and members

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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 Winter Issue is currently in design. The issue will go live on our website by January 15th. The team met to discuss the Langham Hotel Edition of *Healthier Sleep* and the deliverables were identified. Articles for the Langham Hotel Edition of *Healthier Sleep* are being developed.

Action Items

- Review the Winter Issue
- Continue to develop content/pieces for the Langham Hotels edition

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

The young investigator award committee is currently reviewing the applications and is expected to identify winners for the award in the next two weeks.

Action Items

- Complete review of applications and abstracts

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 December 20, 2021, individual membership stands at 1106 members. Current Associate Society membership stands at 44 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

Content writing teams are still working on the final manuscripts for each of the areas (three have been completed). Content has been created for the brochure and application. The Sleep Academy course has been divided into three tiers (Tier 1: sleep science, technology, and patient evaluation; Tier 2: sleep disorder; and Tier 3: sleep case studies and research projects) with specific entry requirements for each tier. The entire program 12 months.

Action Items

- Review and reach out to Senior Reviewers for each content section. Add additional resources based on feedback of reviewers
- Add leadership components to the three tiers.
- Finalize prices, application process, and topics for each tier

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

Attended the Dec 17, 2021 European Summit (3 hours). There were experts in neurology (e.g. Prof. Claudio Bassetti, Prof. Thomas Berger – Head of the scientific committee of the EAN), members of European Parliament, European Commission, WHO and civil society. The main question was how the WHO global action plan for epilepsy and neurologic disorders can implemented in Europe.

Prof. Claudio Bassetti introduced the session and mentioned the importance of sleep. Dolores Montserrat, member of European Parliament, talked about neurological disorders as priority in Europe, dealing with new pharmaceutical strategies, access to best treatment. Dr. Tarun Dua from WHO presented the GAP and brain health initiative from WHO, and explained the mandates of GAP.

In the first discussion rounds potential strategies to implement were discussed, and here is where Prof. Bassetti mentioned that he would like to stress that we neglect sleep. Dr. Dua congratulated the one neurology approach, because "it gives a model how this should be taken".

Later Prof. Elena Moro, secretary general of EAN, Dr. Elena Becker-Barroso, editor in chief of the Lancet Neurology, Russel Patten, secretary general of the European PD Association, Katie Dine, head of a non-communicable disease alliance, Wolfgang Grisold/Austria, president elect of WCN, talked about leveraging global actions in Europe, and the focus on prevention strategies. Grisold stressed the importance of act now.

The PD Association representative Russel Patten thank WHO for putting neurology on the focus, and the importance to achieve that action will be taken in Brussels.

There was a second discussion round with John Ryan from European Council, how neurology will be included and how money was set side for this initiative. The member of European Parliament, Katerrina Konekova assure that they will push the European Commission to make this happen and question the availability of funds..

Action Items

- Attend future OneNeurology meetings

CONNECT
WITH US

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