

GOVERNING COUNCIL REPORT

JANUARY 2022

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

- Review development of World Sleep Academy course initiative
- Create WHO Task Force to develop sleep and circadian medicine initiatives
- 2022 Rome Policy and Procedure
- 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 December 31, 2021:
 - World Sleep Foundation \$696,870
 - World Sleep Society \$931,715
 - Total cash and investments \$1,628,585
- Cash increase of \$78,062 from prior November 30, 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 979. The oral abstract schedule has been added to the online scientific program. Eighteen young investigators were selected for the Young Investigator Award.

Sponsorship: 44 sponsors and exhibitors have applied as of January 25, 2022. Total of approximately \$733,000 contribution (\$690,000 budget).

Action Items

- Finalize poster abstract groupings

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

Activities have begun to be submitted to the World Sleep Day website. As of January 25, 2022, six sponsors have confirmed or expressed interest in supporting World Sleep Day 2022 for at least \$30,000 of sponsorship.

Action Items

- Distribute theme and logo materials

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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

Eighteen candidates have applied to take the exam in Rome. Ten of the 18 are ISRTP mentees and so automatically accepted. Seven applicants have been accepted and the last application is pending review. The deadline to apply was extended from January 15th to February 15th on the website.

Action Items

- Exam Committee to select questions from the database to develop the exam that will be administered in Rome on March 11th
- Exam committee will continue to accept and review applications that are submitted through February 15th

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 schedule of ISRTP workshops and events has been added to the online schedule for World Sleep 2022. Several industry organizations have confirmed their participation in a workshop with ISRTP mentees. The deadline for ISRTP applications is March 31, 2022.

Action Items

- Share 2022-2023 application with interested colleagues and groups

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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

Current task forces underway include Hypersomnia, Insomnia, Parasomnia (B), and SRBD (B). Invites have been sent out to task force members for Parasomnia (A). A Pediatric Task Force is being developed to review school start times and use of melatonin in children. Remaining task forces will be urged to move forward with the recommended guidelines.

Action Items

- Continue moving forward with reviewing the guidelines and developing the manuscripts for each of the task forces
- Continue building out membership for the remaining task forces

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 live on the website. Articles for the Langham Hotel Edition of *Healthier Sleep* are being developed and refreshed. Upcoming meeting with Hotel representatives to discuss deliverables, ads in the issue, and logistics.

Action Items

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

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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

Eighteen young investigators were selected to receive the congress Young Investigator Award. Two will be selected to receive the Christian Guillemainault (CG) Young Investigator Award.

Action Items

- Select recipients of the CG Young Investigator Award

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 January 25, 2022, individual membership stands at 280 members. Current Associate Society membership stands at 44 organizations.

Action Items

- Discuss and implement additional ways to increase Associate Society engagement

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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 World Sleep Academy brochure was designed and is in the final proofing phase. A faculty recruitment email has been created. Some of the content writing teams are still working on the final manuscripts for each of the areas. Nine manuscripts have been completed.

Action Items

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

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



3270 19th Street NW, Suite 109
Rochester, MN 55901 USA



+1-507-316-0084



info@worldsleepsociety.org



worldsleepsociety.org



facebook.com/wasmf



twitter.com/_WorldSleep