

GOVERNING COUNCIL REPORT

MAY 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.

Update

Two new members were elected to the Governing Council and will now serve on the Executive Committee until World Sleep 2023 in Rio de Janeiro, Brazil. The new Executive Committee members are Raffaele Ferri (President-Elect) and Ofer Jacobowitz (Secretary).

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 April 30, 2022:
 - World Sleep Foundation \$593,706
 - World Sleep Society \$1,056,438
 - Total cash and investments \$1,650,144
- Cash increase of \$21,558 from December 31, 2021 year end.

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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

World Sleep 2022 was held in person as scheduled in Rome, Italy over March 11 - 16, 2022. Over 2,300 participants attended. Fourteen keynotes, 95 symposia, 174 oral abstracts, and 650+ poster abstracts were presented over March 14 - 16. Forty-eight sponsors and exhibitors participated. Recordings of presentations have been uploaded to World Sleep On Demand.

WORLD SLEEP 2023

Chair of Program Committee: Charles Morin



Purpose

The 17th World Sleep congress will gather international sleep medicine and research professionals for five days of courses, presentations, and networking in Rio de Janeiro, Brazil scheduled for October 20-26, 2023.

Update

The Program Committee for World Sleep 2023 is currently being developed. Important dates related to science submission are as follows:

- Symposium submission: October 1, 2022 to February 28, 2023
- Abstract submission: January 1, 2023 to August 15, 2023
- Early abstract deadline: February 28, 2023
- Oral abstract and award submission deadline: June 30, 2023

Action Items

- Finalize Program, Course, and Local Organizing Committees for World Sleep 2023
- Develop keynote topics and speakers



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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

Nine ISRTP mentees were able to travel to Rome and attend World Sleep 2022; others participated in ISRTP workshops as available in pre-recorded presentations and/or Zoom conferencing. Over eight hours of workshops were developed entirely by the mentees and focused on grant budgets, industry grants, research design, and international collaboration. Further industry support is being pursued to support program costs and growth.

Action Items

- Share 2022-2023 application with interested applicants and industry organizations

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

Manuscripts for 17 curriculum units have been developed and teaching faculty have been recruited. Promotional materials have been created and the application finalized. The online course platform has been acquired and is being developed.

Action Items

- Finalize application processes including tuition and scholarships
- Communicate Academy program to members to recruit students for September 2022 start
- Finalize prices, application process, and topics for each tier



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WORLD SLEEP DAY

Committee Co-chairs: Lourdes DelRosso, Fang Han



Purpose

World Sleep Day 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

Over 200 World Sleep Day activities took place on or around World Sleep Day 2022 on March 18, 2022. Activity submission has closed and accepted submissions are being reviewed to create a short list for honorable mentions and distinguished activity awards.

Action Items

- Review short list of World Sleep Day activities once available

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 4-6 times per year as a complimentary resource for sleep medicine professionals and the public.

Update

The Travel Edition sponsored by Langham Hotels went live on World Sleep Day. Healthier Sleep reviewers met to discuss themes for upcoming issues. The next issue will focus on artificial intelligence, technology, and supplements. A grant proposal was submitted to Harmony Biosciences and Avadel Pharmaceuticals to help support the program with funding of \$30,000 received from Harmony Biosciences.

Action Items

- Identify pieces and authors for the next edition
- Identify a list of practitioners who are positively impacting patients outside of the clinic
- Develop new section called "practitioner as advocate" highlighting positive ways healthcare providers support patients outside of the clinic

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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

There are currently seven task forces working on the endorsement of sleep guidelines. These seven task forces include hypersomnia, insomnia, SRBD, Parasomnia A, Parasomnia B, Pediatric-Melatonin, and Pediatric- School Start Time. The hypersomnia and insomnia task forces have created and distributed surveys to WSS membership for their topics. The two pediatric task forces are working on the creation of surveys.

Action Items

- Continue reviewing guidelines and developing the manuscripts for publication within each of the task forces
- Continue to review and analyze survey data to be included in the manuscript

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 took the exam in Rome, Italy on March 11th. Ten of the examinees passed the exam. On April 3rd, another 12 candidates took the exam in Iran. Of those 12, 10 passed.

Action Items

- Exam Committee will review the current exam questions and update as needed
- Continue to develop online options for administering exam

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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

As of May 16, 2022, individual membership stands at 619 members. Current Associate Society membership stands at 44 organizations. The Society of Behavioral Sleep Medicine (SBSM) has submitted an application to become an Associate Society Member.

Action Items

- Review and ratify SBSM's membership application

CG MEMORIAL FUND



**CHRISTIAN GUILLEMINAULT
YOUNG INVESTIGATOR
ENDOWMENT FUND**

Purpose

By awarding travel grants, the Christian Guilleminault 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

Two young investigators received the Christian Guilleminault Award for their oral abstracts presented at World Sleep 2022 in Rome. The awardees and their abstracts are the following:

- Mariana Fernandes: "Cerebrospinal-fluid biomarkers and blood-brain barrier alteration may be useful to predict the phenoconversion of patients with idiopathic/isolated REM sleep behaviour disorder"
- Sarah Schoch: "Interactions between sleep and gut bacteria in healthy developing infants"

Action Items

- Identify committee members to review and rank abstract submissions for future awards

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GLOBAL SLEEP HEALTH

Purpose

Sleep is a pillar of human health and wellbeing. World Sleep Society is advocating for sleep medicine to be recognized as such and elevated by institutions worldwide.

Update

World Sleep Society participated in an online seminar organized by the World Health Organization on April 12. Separately, the Intersectoral Global Action Plan on Epilepsy and Other Neurological Disorders is expected to be adopted by the World Health Organization at the World Health Assembly during the week of May 23. This effort was organized by the OneNeurology partnership, of which World Sleep Society is one part.

Action Items

- Compile summary of April 12 seminar presentations to share with WHO
- Develop working task forces to follow up on April 12 seminar

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