

GOVERNING COUNCIL REPORT

JULY 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

A summary of the July 1, 2022 to December 31, 2023 budget has been prepared.

Action Items

- Continue review of each program's direct and labor costs to complete 2022-2023 budget
- Expansion of key programs including education and awareness programs

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 June 30, 2022:
 - World Sleep Foundation \$665,704
 - World Sleep Society \$1,049,330
 - Total cash and investments \$1,715,018
- Cash change of \$64,874 from May 31, 2022.

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WORLD SLEEP 2022

Chair of Program Committee: Charles Morin



Purpose

The 16th World Sleep congress brought 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 featured the latest sleep science and fostered global connections for researchers, practitioners, and other professionals.

Update

A post-congress survey of attendees has been completed. Highlights include:

- 92% of respondents were satisfied with the overall scientific quality of the World Sleep 2022 program
- 88% said the program provided them with new ideas
- 90% would recommend the congress to colleagues who are new to the field of sleep
- 85% said in-person connection was a significant part of their decision to attend
- Most negative comments were related to the limited catering options provided at the congress. The Program Committee is discussing ideas to improve that aspect of the meeting in Rio.

WORLD SLEEP 2023

Chair of Program Committee: Charles Morin



Purpose

Scheduled for October 21-26, 2023, 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.

Update

The congress dates of October 21-25, 2023 have been approved by the Program Committee and so finalized. The Program Committee has initiated the keynote speaker selection process. The Education Course Committee has been developed with the first meeting to be held on July 22, 2022. Members include Raffaele Ferri, Sonia Ancoli-Israel, Andrea Bacelar, and Lourdes DelRosso. Courses will be held in person in Rio de Janeiro on October 21 and 22, 2023.

Action Items

- Develop keynote topics and speakers
- Develop course topics and co-chairs



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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 new cohort of five mentees has been onboarded and has begun to meet online. ISRTP mentees from previous cohorts are participating in the development of World Sleep Academy.

Action Items

- Share ISRTP with interested applicants and industry organizations
- Begin to develop ISRTP programming for World Sleep 2023 in Rio de Janeiro

WORLD SLEEP ACADEMY



Purpose

World Sleep Academy is a year-long sleep medicine training program for health care workers who wish to learn about the science and practice of sleep medicine.

The program develops basic sleep medicine skills in areas currently underserved by sleep medicine specialists.

Update

Registration has opened and six applicants from Haiti, Peru, Thailand, the United States, and India have applied. Development of the course modules is underway with Tier 1 to be completed by early August.

Action Items

- Share World Sleep Academy with interested individuals and organizations



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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

A short list of World Sleep Day activities has been created.

Action Items

- Review and score World Sleep Day activities

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 four to six times per year as a complimentary resource for sleep medicine professionals and the public.

Update

A grant was secured from Harmony Biosciences, which is sponsoring a new section, Practitioner as Advocate. This section will identify and highlight a practitioner for each edition who is working to support patients outside of the clinic. The next issue will focus on technology and artificial intelligence.

Action Items

- Develop editorial calendar for coming year of issues
- Identify advocate-practitioners

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MEMBERSHIP

Purpose

Membership in World Sleep Society connects sleep health professionals 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 July 11, 2022, individual membership stands at 642 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. Associate Society Members were asked to share new program information about World Sleep Academy with their members and communities.

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

A new online and rolling application process has been developed.

Action Items

- Identify committee members to review and rank abstract submissions for future awards
- Share CG Award application with interested individuals and programs

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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

The summary of the April 12 seminar and proposed next steps were provided to WHO. The Global Sleep Task Force will be meeting to continue work on the next steps, including a white paper and conference participation. The full summary and next steps can be found on the World Sleep Society website at worldsleepsociety.org/news

Action Items

- Develop next steps in accordance with the seminar summary document

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

World Sleep Society has been approved for a \$20,000 grant from Harmony Biosciences to further develop the International Sleep Medicine Examination. Several program developments to increase equity and accessibility are planned, including online access and scholarship support.

Action Items

- Review and update current exam questions

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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.

Hypersomnia Task Force

- **Members:** Leon Rosenthal (Chair); Yves Dauvilliers; Michael Thorpy; Geert Mayer; Sapna Erat; Elias Karroum; Margarita Reyes Zuniga; Soňa Nevsimalova; Fang Han
- **Paper:** Maski K, Trotti LM, Kotagal S, et al. Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med.* 2021;17(9):1881-1893. doi:10.5664/jcsm.9326
- **Update:** This task force has reviewed the paper, made their comments and recommendations, created a survey, disseminated the survey, analyzed the survey results, and is currently putting together the first draft of the manuscript.

Insomnia Task Force

- **Members:** Charles Morin (Chair); Kai Spiegelhalder; Dalva Poyares; Bjørn Bjorvatn; Yun Kwok Wing; Bei Bei
- **Paper:** Edinger JD, Arnedt JT, Bertisch SM, et al. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med.* 2021;17(2):255-262. doi:10.5664/jcsm.8986
- **Update:** This task force has reviewed the paper (above), made their comments and recommendations, created a survey, disseminated the survey, analyzed the survey results, and is currently putting together the first draft of the manuscript.

SRBD Task Force

- **Members:** Ofer Jacobowitz (Chair); Uri Alkan; Thomas Penzel; Clete Kushida; Dalva Poyares; Lamia Afifi
- **Paper:** Randerath W, Verbraecken J, de Raaff CAL, et al. European Respiratory Society guideline on non-CPAP therapies for obstructive sleep apnoea. *Eur Respir Rev.* 2021 Nov 30;30(162):210200. doi: 10.1183/16000617.0200-2021. PMID: 34853097.
- **Update:** This task force has reviewed the paper (above), made their comments and recommendations, and is currently putting together the first draft of the manuscript.

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Parasomnia A Task Force

- **Members:** Federica Provini (Chair); Roneil Malkani; Birgit Högl; Ambra Stefani; Garima Shukla; Yun Kwok Wing; Alex Iranzo; Jee-Young Lee
- **Paper:** Morgenthaler TI, Auerbach S, Casey KR, et al. Position Paper for the Treatment of Nightmare Disorder in Adults: An American Academy of Sleep Medicine Position Paper. *J Clin Sleep Med.* 2018 Jun 15;14(6):1041-1055. doi: 10.5664/jcsm.7178. PMID: 29852917; PMCID: PMC5991964.
- **Update:** This task force has identified the paper for review. They have split the task force into 3 subgroups to review the different areas (diagnosis, pharmacological treatment, and non-pharmacological treatment), the subgroups have shared their initial comments and recommendations, and a survey is currently being developed to send out to the WSS membership.

Parasomnia B Task Force

- **Members:** Carlos Schenck (Chair); Raffaele Ferri; Tachibana Nana; Simon Lewis; Valérie De Cock
- **Paper:** Cesari M, Heidebreder A, St Louis EK, et al. Video-polysomnography procedures for diagnosis of rapid eye movement sleep behavior disorder (RBD) and the identification of its prodromal stages: guidelines from the International RBD Study Group. *Sleep.* 2022 Mar 14;45(3):zsab257. doi: 10.1093/sleep/zsab257. PMID: 34694408
- **Update:** This task force has identified the paper for review. They have shared their initial comments and recommendations, and a survey was developed and sent to the WSS affiliate societies (although responses have been few). Will work with Carlos to rethink how to get the data we need to complete this manuscript.

Pediatric Melatonin Task Force

- **Members:** Suresh Kotagal (Chair); Lina Marcela Taverna Saldaña; Magda Lahorgue Nunes; Indra Narang; Oliviero Bruni; Sarah Blunden; Narong Simakajornboon; Guanghai Wang; Sam Cortese; Carlos Bolaños
- **Paper:** There is not one guideline or paper to use for this task force. The current literature review has been narrowed down from several hundred to approximately 18. The task force is looking at meta-analyses plus individual RCTs that have not been included in metanalysis and are five or less years old.
- **Update:** The taskforce has narrowed the literature down to approximately 18 papers. A new spreadsheet is being created for analysis of data gathered from meta-analyses and RCTs. The task force is currently in discussions to determine the need to create a survey for use of melatonin in typically developing children.

Pediatric School Start Times Task Force

- **Members:** Judith Owens (Chair); Karen Spuyt; Michal Kahn; Scott Coussens; Saadoun Bin Hasan
- **Paper:** There is not one guideline or paper to use for this task force. There are currently approximately six guidelines/policy statements that are being utilized.
- **Update:** The taskforce has identified approximately six guidelines/policy statements regarding school start times. A survey has been developed and reviewed by the task force members. The task force will be sending out the survey to IPSA members and other appropriate colleagues.

Guidelines Committee Action Items

- Finalize insomnia, hypersomnia, and SRBD manuscripts
- Review guidelines and develop manuscripts within parasomnia task forces
- Identify literature from which to base the pediatric guidelines

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