

GOVERNING COUNCIL REPORT

AUGUST 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

- Review and approve 2022-2023 budget and audited financial statements
- Review and approved congress keynote policy changes
- Develop list of 2025 site locations for World Sleep
- Develop strategic priorities and strategic planning meeting process

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 July 31, 2022:
 - World Sleep Foundation \$572,803
 - World Sleep Society \$1,007,036
 - Total cash and investments \$1,579,838
- Cash change of (\$135,179) from June 30, 2022.

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GOVERNING COUNCIL REPORT

AUGUST 2022

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

The abstracts that were presented in Rome have been published in a supplemental issue of Sleep Medicine. The supplement is freely available for download on worldsleepcongress.com.

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

Keynote speaker review and selection is ongoing. The course committee has begun to meet and is developing the two-day course program for October 21 and 22, 2023.

Action Items

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



GOVERNING COUNCIL REPORT

AUGUST 2022

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 ISRTP mentees is engaged in career professional development planning this summer. Dr. Flynn-Evans of NASA delivered a "Sleep in Space" lecture for the program, and mentees from earlier cohorts have also begun to network with the new mentees.

Action Items

- Share ISRTP program with interested applicants and industry organizations

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

Twenty-one applications have been received, representing 13 countries of origin. Four applicants so far have been awarded full or partial scholarships based on financial need.

Action Items

- Peer review manuscript drafts (per request)
- Share World Sleep Academy with interested individuals and organizations

GOVERNING COUNCIL REPORT

AUGUST 2022

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

The short list of World Sleep Day activities is under review by the World Sleep Day co-chairs and committee.

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

The next issue will focus on technology and artificial intelligence. The editorial calendar for the subsequent issues is under development.

Action Items

- Develop editorial calendar for coming year of issues
- Identify individuals for the new Practitioner as Advocate section

GOVERNING COUNCIL REPORT

AUGUST 2022

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 August 10, 2022, individual membership stands at 663 members. Current Associate Society membership stands at 46 organizations. The Society of Behavioral Sleep Medicine and Moroccan Society of Sleep and Wakefulness have been accepted as Associate Society Members of World Sleep Society. A new application has been received from Sleep Medicine Society of Kuwait.

Action Items

- Review Sleep Medicine Society of Kuwait's membership application
- Develop monthly member-only benefit items to increase membership activity

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

The first award applications have been submitted under the new online application.

Action Items

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

GOVERNING COUNCIL REPORT

AUGUST 2022

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

An abstract and outline for a white paper on global sleep health has been developed by the task force.

Action Items

- Continue work on white paper
- 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

Current exam questions have been edited for clarity and consistency and organized into a central, internal bank. Timelines have been developed for completing a comprehensive review of the bank and creating new questions to meet content needs.

Action Items

- Recruit subject matter experts to be question authors and content reviewers
- Identify updated reference support for existing questions
- Develop an examination outline that represents current practice

GOVERNING COUNCIL REPORT

AUGUST 2022

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 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 SRBD, Insomnia, Hypersomnia task forces are still in the writing stages of the endorsement process. When each draft is written, it will be distributed to the task forces for review. The Parasomnia A task force has identified survey questions to send to WSS membership. The Parasomnia B task force is working on writing the endorsement paper and is resending their survey to the Associate Society Members of WSS. The Pediatric-Melatonin task force has developed a spreadsheet to review 18+ meta-analyses plus individual RCTs. This review is in progress. The Pediatric-School Start Time task force created and finalized a survey. It will be distributed to the IPSA membership and select individual experts as identified by the task force.

Action Items

- Finalize SRBD, Insomnia and Hypersomnia draft manuscripts
- Send surveys for Parasomnia A, Parasomnia B, and School Start Time task forces

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