

# GOVERNING COUNCIL REPORT

SEPTEMBER 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 August 31, 2022:
  - World Sleep Foundation \$677,115
  - World Sleep Society \$985,647
  - Total cash and investments \$1,662,762
- Cash change of increase \$82,924 from July 31, 2022.
- Rome 2022 Congress total revenues of \$1,863,186 and expenses of \$1,913,070 resulting in operational loss of (\$49,884). Included in the expenses is 30,000 EUR or \$31,500 related to profit allocation to AIMS Italian Sleep Society. An amount equal to past AIMS profit was provided due to other Society non-congress activities and COVID-related grants resulted in an operating profit of \$367,989 for the 30 month period.

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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

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](http://worldsleepcongress.com).

The congress financial budget to actual information has been shared with the local AIMS Italian Sleep Society and finalizing the remaining payments. An expected 30.000 EURO will be shared with the AIMS society for hosting the congress.

## 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 21-25, 2023.

### Update

Final keynote selection by the Program Committee is nearly completed. Five full and 10 half-day courses have been identified and co-chairs have been invited. Twenty-six of 34 course-chairs are confirmed. Symposia submission will open October 1, 2022.

### Action Items

- Develop course schedule for Saturday and Sunday, October 21 and 22, 2023
- Ratify keynote speaker recommendations



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## INTERNATIONAL SLEEP RESEARCH TRAINING PROGRAM

*Committee Chair: Clete Kushida*



### Purpose

The International Sleep Research Training Program (IS RTP) 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, IS RTP fosters connections among academic institutions to advance the development of sleep science worldwide.

### Update

IS RTP mentees are currently focused on leadership development. They will soon begin planning for their roles in World Sleep 2023. Discussions are underway to add more mentor sites.

### Action Items

- Consider and submit recommendations for new mentor sites
- Share IS RTP opportunity with interested young researchers

## 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

Thirty-eight students have joined Tier 1 of World Sleep Academy, representing 24 countries. The introductory session took place on September 7 and students have begun their learning activities.

### 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

The short list of World Sleep Day 2022 activities is being scored by the World Sleep Day Committee. The co-chairs of the committee have begun deliberating on the 2023 slogan.

### Action Items

- Complete World Sleep Day activity scoring, due Monday, September 26
- Finalize World Sleep Day 2023 slogan

## 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

Committee members met to discuss the specifics of the upcoming issue on artificial intelligence and to determine themes for the next year's issues, including sleep health, pediatrics, and dental sleep medicine.

### Action Items

- Develop content for artificial intelligence and next year's issues
- Identify individuals for the new Practitioner as Advocate section

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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 September 13, 2022, individual membership stands at 697 members. Current Associate Society membership stands at 46 organizations. A new benefit of free monthly video content has launched for individual members.

### 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

Six applications were received for the current review period. A review committee with three members has been developed.

### Action Items

- Identify two or three recipients
- Share CG Award opportunity with young investigator colleagues

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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 Global Sleep Health Task Force is developing a manuscript to submit to The Lancet. The task force will submit the manuscript as a Viewpoint, as The Lancet does not accept Public Health Reviews from societies.

### Action Items

- Task force writers will finalize the manuscript for submission
- Global Sleep Health sub-committees will reach out to WHO units to initiate collaboration

## 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

Committee members are collaborating to update the examination content outline, which will be used to create item writing assignments.

### Action Items

- Recruit and train subject matter experts to be question authors and content reviewers
- Conduct a comprehensive review of existing questions to ensure accuracy and relevancy of content

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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 SRBD, Insomnia, Hypersomnia task forces are still in the writing stages of the endorsement process. Once the draft is written, it will be dispersed to the task forces for review, edits, and additional comments. The Parasomnia A task force has identified survey questions and a survey is being developed to send out to the membership. The Parasomnia B task force is working on writing the endorsement paper and is now creating a multiple choice survey to send out to individuals in the sleep field. The Pediatric - Melatonin task force has reviewed the 18+ meta-analyses plus individual RCTs. They will be discussing their findings at the next meeting. The Pediatric - School Start Time task force redrafted the survey, which will be sent out soon to the IPSA membership as well as select individuals identified as having expertise in this area. IPSA also has endorsed a climate change paper and it has been sent to Dr. Kushida to have approval from the WSS Guidelines Committee.

### Action Items

- Continue finalizing drafts of SRBD, Insomnia, and Hypersomnia draft manuscripts
- Finalize and approve surveys to be sent out for Parasomnia A, Parasomnia B, and School Start Time task forces
- Review and approve the Climate Change endorsement from IPSA

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