The Sleep Health Times

**Sleep Health: Best New Journal**

*Sleep Health* has been named 2016 Best New Journal in Science, Technology and Medicine by the Association of American Publishers. Congratulations to Editor, Lauren Hale, PhD, and her team! 🎉

**Government Advocacy Pages Coming Soon to Sleepfoundation.org**

The National Sleep Foundation (NSF) will soon launch a dedicated advocacy section on sleepfoundation.org. The pages will share information with the public about NSF’s advocacy goals and action on Capitol Hill. Check sleepfoundation.org for updates.

**Military and Veterans Go ‘On the Record’ About Sleep**

NSF has secured language in the Consolidated Appropriations Act of 2016 requesting reports on sleep health within the military and among veterans. This language will require the Departments of Defense and Veterans’ Affairs to be ‘on the record’ regarding sleep and will provide a clearer picture of how NSF can effectively advocate for the sleep health of our active and retired military.

**National Sleep Foundation and PatientsLikeMe Announce Partnership**

The National Sleep Foundation is pleased to announce a partnership with PatientsLikeMe, a patient network that improves lives and a real-time platform that advances medicine. NSF and PatientsLikeMe will collaborate on programs that better the understanding of sleep and sleep health through real time, patient-reported outcomes. Visit sleepfoundation.org/patientslikeme for more information.

**Earn Up to 3 Hours of CME**

The Georgia Academy of Family Physicians and the National Sleep Foundation are excited to announce the opportunity to earn up to 3 hours of CME this summer. GAFP will feature NSF’s *Managing Sleep Health in a Primary Care Setting* course at its Summer Family Medicine Weekend. The course will be held on June 11, 2016 from 8 am – 11 am. Registration is now open. Go to sleepfoundation.org/gafp for more information.

**Sleep Technology Summit & Expo Set for September**

The 2nd Annual Sleep Technology Summit & Expo will take place September 25-28 in Santa Clara, CA. Hosted by the National Sleep Foundation, the Summit is part of Health 2.0, the world’s premier healthcare tech conference. The Summit explores the latest sleep technology innovations, as well as business and investment opportunities in sleep technology. NSF is accepting presentation proposals for the Sleep Technology Summit at sleeptechnology.org. Deadline for submitting proposals is June 1, 2016.

**Corporate Sleep Health Conference to Take Place in September**

The National Sleep Foundation has partnered with the Employee Healthcare Benefits Congress (EHBC) to host the 2016 Corporate Sleep Health Conference in Washington, DC. More than 2,000 attendees are expected. NSF’s program will focus on sleep health and corporate wellness. NSF has secured Arianna Huffington, author of *The Sleep Revolution*, as a keynote speaker. To register for the conference, visit sleepfoundation.org/shs.

**Request for Applications: Sleep Health Policy Fellow**

Applications for NSF’s Sleep Health Policy Fellow are now being accepted. The Fellow will help the organization advance its sleep health advocacy agenda by researching policy issues, developing relationships with government officials, and advancing sleep health advocacy initiatives. NSF’s advocacy agenda is focused on improving health and well-being by educating policy makers on sleep health within the military, education, and vulnerable populations.

- **Key dates for the Sleep Health Policy Fellowship:**
  - **APPLICATION DEADLINE:** Friday, November 11, 2016
  - **CANDIDATE NOTIFICATION:** Friday, December 16, 2016
  - **FELLOWSHIP START DATE:** Monday, January 2, 2017
  - **FELLOWSHIP LENGTH:** Minimum six months

Among other responsibilities, the Fellow will be tasked with:
- Meeting with government officials (e.g., federal and state; legislative and agency) to promote NSF’s priorities and programs
- Attending select committee hearings
- Developing new sleep health advocacy initiatives
- Participating in NSF Government Affairs Committee calls
- Researching legislation, policy makers, organizations and issue areas pertinent to NSF advocacy.

The selected candidate must commit to a six month fellowship, with the possibility of extension. The start date is Monday, January 2, 2017. The Fellow is expected to commit between 8 and 10 hours per week to NSF-related duties.

**Deliverables:**
The Fellow is required to provide reports, briefings and memos on meetings with government officials and committee hearings attended, in addition to other deliverables as requested by NSF.

**Qualifications:**
NSF will only consider candidates with an MD. The ideal candidate is a clinician with previous experience in federal and/or state public policy and government affairs.

Candidates with a special interest in improving and influencing healthcare policy at the national level will find this opportunity particularly rewarding. Candidates must have at least 5 years of full-time, professional work experience. Candidates must possess exceptional writing, public speaking, and research skills. Candidates must be able to commute to Washington, DC once a week. Candidates who reside in the Washington, DC metro area are preferred. Candidates must have the ability to travel by Metro, personal automobile or taxi.

**Benefits:**
The Fellow will receive a $25,000 stipend, as well as training and education in government affairs and public policy.

**Application Process:**
To apply, visit sleepfoundation.org/sleep-health-policy-fellow-application.
The following information must be included in the application. Incomplete applications will not be accepted.

- Contact information: First Name, Last Name, Degrees, Academic Institution, Department, Address, City, State, Zip, Phone, and Email
- Resume / CV
- Personal Statement / Cover Letter to describe the applicant’s interest and experience (500 words max)
- If applicable, a letter from the academic institution’s program supervisor to demonstrate that the applicant has flexibility to commit to the Fellowship for the duration of the term

Applications must be received by Friday November 11, 2016. NSF will schedule interviews with finalists in early December, and will select a candidate by December 16, 2016.

Questions:
Questions must be submitted via email with subject of “Sleep Health Policy Fellow – Question” to Jeff Evans at jevans@sleepfoundation.org. Phone inquiries will not be accepted.

Thank You

The National Sleep Foundation released its Drowsy Driving Manuscript in this issue of Sleep Health. The manuscript’s objective is to provide scientifically sound and a practical consensus on the threshold for when motorists are definitely too tired to drive: Drivers who have slept for two hours or less in the preceding 24 hours are not fit to operate a motor vehicle. Panelists further agreed that most healthy drivers would likely be impaired with only three to five hours of sleep during the prior 24 hours.

NSF would like to thank the individuals and the organizations that have contributed to deliver the success of this manuscript. NSF would also like to recognize the organizations that have endorsed the final report, and we look forward to working with you to advance sleep health in the future as well.

Thank you for your backing:
AAA Foundation for Traffic Safety
American College of Chest Physicians
American College of Occupational and Environmental Medicine
Society for Research on Biological Rhythms

Request for Applications: Systematic Literature Review

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<tr>
<th>TOPIC CATEGORY (choose one)</th>
<th>1. Economic impact of employer sleep wellness programs</th>
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<td>2. Public health strategies for improving sleep health in low socioeconomic status populations</td>
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<td></td>
<td>3. Strategies for improving sleep in elderly nursing home residents</td>
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APPLICATION DUE DATE September 30, 2016
REVIEW October/November 2016
START DATE December 1, 2016
TARGET PROJECT COMPLETION DATE June 23, 2017

Background:
The purpose of this program is to provide the National Sleep Foundation with scholarly work concerning selected contemporary sleep health and well-being topics. Awarded proposals will examine areas central to NSF’s sleep health and well-being public education mandate in one of the specific topics.

Award Information:
Projects must be completed within 6 months. Awardees will be provided a maximum of $2,500 funding, inclusive of all direct and indirect costs. The number of awards is contingent upon available budget and the quality of applications.

Deliverables:
A final brief report describing the methods, discussion, and results, including a summary chart of the literature.

Eligibility Information:
This award is restricted to young investigators. This includes graduate or undergraduate students, recent graduates, or researchers early in their professional careers (i.e., no more than 5 years post-grad). Young investigators with the skills, knowledge, and resources necessary to carry out the proposed research are encouraged to develop and submit an application. International applicants are eligible for this award.

Proposal Information:
The proposal must adhere to the following required format in sections divided as follows:

- Required Applicant Information
  - First name:
  - Middle initial:
  - Last name:
  - Suffix:
  - Position/title:
  - Affiliated institution:
  - Department:
  - Full mailing address (street, suite, city, state, zip):
  - Daytime phone:
  - Email:

- Specify Topic Category
- Provide Research Proposal Title
- Provide Specific Aims and Objectives
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• Describe Methods and Analytical Approach (i.e., review protocol, inclusion/exclusion criteria, search methods, etc.)
• Describe Publication Strategy (i.e., targeted journals, timeline, etc.)
• Provide a Personal Statement
• Other required formats:
  - Maximum of 3 pages total (1-2 pages for Sections 1-6; 1 page for Section 7 which must be on a separate page)
  - Include references/citations (excluded from total page count).
  - Text must be no less than 10-point font size.
• Applicants must submit their applications via email to research@sleepfoundation.org with email subject of “NSF RFA Systematic Literature Review” by the application due date.
• Notes:
  - NSF will make payment directly to the awarded individual, not to the individual’s institution.
  - The award amounts listed are inclusive of all direct and indirect costs.

**Application Review Information**
Applications will be evaluated by the National Sleep Foundation. Researchers should anticipate that their proposal will be considered in a competitive environment in which only those applications deemed to have the highest merit will be given an award.

**Award Notification Information**
After the review of the application is completed, the National Sleep Foundation will notify the applicants regarding the acceptance or rejection of their applications by email. Researchers who submit proposals should not expect to receive a critique, scoring, etc. Awardees must complete required paperwork, including tax forms, within 10 business days of grant award notification date and prior to the project commencement.

**Questions:**
Questions must be submitted in writing via email to research@sleepfoundation.org. Phone call inquiries will not be answered.