



**SEPTEMBER, 2017**

Volume 4: Edition 2

## SAVE THE DATE

ANNUAL SRN  
MEETING AND  
SLEEP<sup>2</sup> MEETING  
SEPTEMBER 25-26,  
2017 IN BETHESDA MD

# SLEEP MATTERS

## SRN MEETING SEPTEMBER 25<sup>th</sup> / SLEEP<sup>2</sup> MEETING SEPTEMBER 26<sup>th</sup>

Register by clicking on the word REGISTER or pasting the link below on your browser.  
[http://qeastrial.co1.qualtrics.com/ife/form/SV\\_b91JvFw41rTH6Dj](http://qeastrial.co1.qualtrics.com/ife/form/SV_b91JvFw41rTH6Dj)

**SRN MEETING** Monday September 25th

### KEYNOTE SPEAKERS

**Akinlolu Ojo, MD, PhD, MBA** Associate Vice President for Clinical Research and Global Health Initiatives, University of Arizona, PI – All of Us at the University of Arizona will discuss opportunities for collaborative research with the Precision Medicine Initiative.

**Col. Dr. Brian D Robertson, MD, FAAP**; Associate Program Director for the Sleep Medicine Fellowship and Chief, Sleep Disorders Center at the Walter Reed NMMC-Bethesda

**Col. Ron Poropatich, MD**, Executive Director of the Center for Military Medicine Research, Health Sciences at the University of Pittsburgh will discuss sleep research opportunities at the Department of Defense.

**Catherine Stoney, PhD**, Program Director, Division of Prevention and Population Sciences NHLBI-NIH, will discuss new changes to clinical trial requirements at the NIH.

**NIH ROUNDTABLE** led by **Michael Twery, PhD**, with attendees from the National Center for Sleep Disorders Research (NCSDR) and Trans-NIH Sleep Research Coordinating Committee, which represents 11 institutes, centers, and offices within the NIH.



**PARTICIPATE IN SRN DISCUSSION/WORK GROUPS.** Topics will include noninvasive ventilation in peri-operative patients, clinical trials for the young investigators, and pragmatic clinical trials.

**SIGN-UP FOR ANNUAL SRN NETWORKING BLITZ:** Attendees will have 90 seconds to present one slide with a current or planned research initiative with potential for network dissemination or implementation.

SUBMIT YOUR SLIDE TO CODY HAVENS BY Friday, Sep 15 ([chavens@email.arizona.edu](mailto:chavens@email.arizona.edu))

## SLEEP<sup>2</sup> Meeting (Tuesday, Sep 26)

Strategically Leverage Engage and Empower PCOR in Sleep (SLEEP<sup>2</sup>) is a PCORI funded engagement award that has an overarching goal to engage patients, scientists, and other stakeholders across the entire span of sleep research from topic generation to conduct of studies to disseminating and implementing the research findings.

### KEYNOTE SPEAKERS

**Daniel Buysse, MD**, State of the Science / Clinical trials in insomnia.

**Rachel Manber, PhD**, CBT-I Implementation at the VA

**Katie Stone, PhD**, PCO's in insomnia research

**RESULTS FROM NARCOLEPSY AND INSOMNIA SURVEY:** Learn about the results from the nation-wide surveys on patient centered outcomes as identified by patients with Narcolepsy and Insomnia.

**SLEEP<sup>2</sup> Networking Blitz** for meeting participants including researchers, patients, and stake-holders using the 90-sec, 1-slide format. Patients and stakeholders encouraged to present their ideas for meaningful engagement. SUBMIT YOUR SLIDE TO CODY HAVENS BY Friday Sep 15 ([chavens@email.arizona.edu](mailto:chavens@email.arizona.edu))

## SRN Travel Awardees announced!

*“The SRN Travel Awards are aimed at promoting the careers of young investigators in Sleep & Circadian Science” The awards come with a travel stipend to attend the annual SRN Conference in Bethesda, MD; assigned Sleep Research Network member as a mentor for the conference; and the opportunity to present a poster at the annual conference*

**Jessica (Jessee) Dietch, MS, BFA**, Doctoral Candidate, University of North Texas

**Jessica Levenson, PhD**, Research Instructor, University of Pittsburgh

**Brienne Miner, MD**, Clinical Instructor, Yale University

**Olivia Walch, PhD**, Research Fellow, University of Michigan

**Ariel A. Williamson, PhD**, Behavioral Sleep Medicine Fellow, Children's Hospital of Philadelphia

## COLLABORATIVE CLINICAL RESEARCH IN FOCUS –

**Project Title:** “Changing the Trajectory of Mild Cognitive Impairment with CPAP Treatment of Obstructive Sleep Apnea”

**PIs:** Nalaka Gooneratne (U. of Pennsylvania), Kathy Richards (George Mason U.), David Wolk (U. of Pennsylvania)

**Funding agency:** NIA/NIH

**Background:** Mild cognitive impairment (MCI) can be a transitional stage between normal aging and Alzheimer’s Disease (AD). Obstructive sleep apnea (OSA) is present in approximately 60% of MCI patients, yet it is rarely diagnosed or treated. There is a paucity of information on its efficacy in this population, thus limiting adoption. The primary goal of this study is therefore to evaluate whether treatment of OSA in amnesic MCI (aMCI) with CPAP delays cognitive decline.

**Study Aim:** We previously conducted an NIA-funded pilot study of CPAP for OSA in MCI patients (“Memories1”). This study initially proposed a sham-CPAP arm, but after one year was unable to recruit participants because patients could receive CPAP through their insurance and primary care providers were unwilling to refer patients for a long-term sham-CPAP intervention. We adapted the study to a quasi-experimental design that was able to successfully recruit participants and this provided valuable preliminary and feasibility data (one-year follow-up, two sites, n=68). It consisted of three aMCI groups: 1) CPAP adherent intervention group; and two control groups 2a) CPAP non-adherent and 2b) No OSA. Based on the findings from Memories1, we prepared a four-site study (Memories2) which will seek to extend and confirm these findings in a larger study population of 460 older adults with MCI. The research protocol includes baseline neurocognitive assessments to assess memory, brain MRI and amyloid PET scans, and wrist-activity monitors. Study participants will be followed for a one year period. The study also includes a cerebrospinal fluid sub-study. **Email [chavens@email.arizona.edu](mailto:chavens@email.arizona.edu) if you would like to have your research or lab highlighted!**

## EVENTS AND OPPORTUNITIES YOU SHOULD KNOW

**Click on each item to take you to site**

[IEEE-NIH Healthcare Innovations and Point-of-Care Technologies Nov 6-8 2017](#)

[Video tour of the new NIH Clinical trial requirements](#)

[Preview of FORM-E Grant Application Forms changes](#)

[Annotated form set for NIH Grant applications - FORM E Series](#)

[Health Measures User Conference](#)

## NIH CORNER

### Distribution of Sleep and Circadian Sciences Across NIH Programs

The foundation laid by the last decade of sleep and circadian advances has elevated the stature of these fields opening novel directions for study. Sleep deficiency is epidemic in post-industrial societies and poses under-recognized risks to personal health, public safety, and society. Additional molecular advances are needed to facilitate the discovery of objective “biomarkers” that can stratify risk and assess the benefits of interventions. A new challenge for sleep and circadian research is the absence of traditional physiological boundaries with mounting evidence of disease risk and a spectrum of pathobiology in nearly all tissues.

## PCORI CORNER

### REGISTRATION for PCORI Annual Meeting is now open!



Early registration is now open for the [2017 PCORI Annual Meeting](#). Click on image to go to registration webpage! More than 1,000 members of the healthcare community will meet over two and a half days and they include scientists, patients, caregivers, clinicians, payers, and others are working together to make health research more useful and relevant. The theme this year is, “**Delivering Results, Informing Choices.**” Come and hear about the results from PCORI’s earliest-funded

comparative clinical effectiveness research studies and efforts to promote the use of those important findings in practice. Be part of the conversation about key trends in patient-centered outcomes research, and connect with colleagues to share ideas for future research opportunities that will help patients and those who care for them make better-informed healthcare decisions. Come and hear keynote speakers, **Alan Alda, Freddie White-Johnson, Trent Haywood, and Harlan Krumholz.**

## DOD CORNER

Pre-application screening for the Fiscal Year 2017 (FY17) CDMRP Peer Reviewed Medical Research Program (PRMRP) Investigator-Initiated Research Award has been completed. If you were invited to submit, congrats! If

you were not familiar with this program as a source of research funding, please click [here](#) and [here](#)

The SRN is a membership organization of sleep and circadian researchers that was created in 2008 by sleep and circadian researchers from institutions that had received the National Institutes of Health (NIH) Clinical and Translational Science Awards (CTSA).

### SRN Mission Statement

The mission of the SRN is to promote sustainable, multi-institutional collaborations that address significant public health questions in sleep medicine and circadian biology, while also attracting and supporting training for the next generation of sleep medicine investigators. We address our goals through an annual meeting, network communications and project development, and collaborative grant applications.

**SRN Newsletter:** Editor: Eilis Boudreau, MD, PhD ([boudreau@oshsu.edu](mailto:boudreau@oshsu.edu)); Co-editors Sai Parthasarathy, MD & Cody Havens, MPH

[Visit the new SRN Website http://www.sleepresearchnetwork.org/](http://www.sleepresearchnetwork.org/)