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Sleep & Respiratory Neurobiology

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MESSAGE FROM THE ASSEMBLY CHAIR

The **Sleep and Respiratory Neurobiology Assembly** continues to play an active role in the ATS and continues to promote the clinical, research, and educational missions within sleep medicine. I would like to take this opportunity to highlight some of the many activities occurring within the Assembly:

1. International Conference: A major activity of the Assembly is programming at the ATS International Conference. The Program Committee under the leadership of Chair Dr. Leila Kheirandish-Goza and Chair-Elect Dr. Bradley Edwards has invested tremendous effort into programming sleep medicine sessions at the ATS International Conference to be held in Dallas TX from May 17th to May 22th. The Committee has put together a truly outstanding program this year including two postgraduate courses, “Cardiometabolic Outcomes of OSA Treatment: From Evidence into Practice” and “Ventilatory Complications of Heart Failure”. The major symposia sessions include a return of the ever popular Pro/Con Debates: “PAP for All or PAP for Few: Controversies in SDB” as well as “Lifespan Weight Management of Sleep Disorders” and “Impact of SDB on Cancer”. In addition, Leila and Brad have been able to work with other committees to get additional symposia with sleep content programmed on the following topics: “Management of Neuromuscular Respiratory Failure Syndromes”, “Health Impacts of Marijuana”, “Treating Asthma in Patients with Obesity”, and “Nighttime in the ICU”. In addition, there will be sleep content in the NIH sessions on “Resident Duty Hours, Patient Safety, and Resident Sleep” and “PVDOMICS Program in Patients with Pulmonary Hypertension”.

2. Assembly Projects: The Planning Committee under the leadership of Dr. Najib Ayas continued to review and support ongoing Assembly Projects. In the past year, a Clinical Practice Guideline on the ‘Role of Weight Management in the Treatment of Adult Obstructive Sleep Apnea’ led by Dr. David Hudgel was published and a new guideline on the management of patients with obesity hypoventilation syndrome led by Dr. Babak Mokhlesi should be published later this year. A Clinical Practice Guideline led by Dr. Madalina Macrea on the management of hypercapnic COPD patients is underway and two new projects on choice of masks in delivery of CPAP and priorities for research in central sleep apnea were just approved. Please contact Dr. Ayas at NAyas@providencehealth.bc.ca with ideas for new projects for next year.

3. Engaging New Members: Our Early Career Working Group headed by Dr. Omar Mesarwi, which has fellows and other trainees as members is a great way for trainees to get involved in the Assembly. This group has taken responsibility for the Assembly Mentoring Program helping trainees and junior faculty connect with a more senior Assembly member who may serve as a research mentor in terms of shared research interests



Editor: Sanjay R. Patel, MD

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MESSAGE FROM THE ASSEMBLY CHAIR (*Continued*)

..or simply provide career advice on grant writing, job interviews, work-life balance, etc. This program also allows Mentors to give Mentees advice on networking during the ATS meeting. Second, the Early Career Working Group is planning a breakfast at the ATS meeting in Dallas at 7 AM on Sunday, May 19, 2019 to allow trainees and other junior members of our Assembly to meet their peers and gain advice on how to navigate through the meeting and get involved in the ATS. All trainees and junior faculty are encouraged to attend.

If you are interested in joining the Early Career Working Group, please contact Dr. Lucas Donovan (ldonovan@uw.edu) or Dr. Vaishnavi Kundel (Vaishnavi.kundel@mssm.edu) who will be taking over this working group for the next year.

Members wanting to get more engaged in the Assembly can also come to the Assembly Membership Meeting on Monday, May 20, 2019. Assembly officers will be present 60 minutes prior to the start of the membership meeting to facilitate meeting new members and answering questions. The Membership Meeting itself is a great way to see what the Assembly is doing and ask questions of Assembly officers and other ATS leaders.

Also at the Membership Meeting, the 2019 James B. Skatrud New Investigator Award and joint SRN/Pediatrics Carole L. Marcus Award recipients will be announced and recognized.

4. The SRN Journal Club: Dr. Rob Stansbury along with Drs. Jonathan Jun and Neomi Shah have led efforts with the SRN Journal Club this year and have continued efforts to include both live sessions that people can dial into as well as podcasts that can be downloaded and listened to at your convenience. They have also co-hosted journal clubs with other Assemblies such as Pediatrics, Critical Care, and Behavioral Sciences & Health Services Research. In addition, they have experimented with podcasts covering topical areas such as Sleep in Autism Spectrum Disorders, Sleep and Physician Burnout, CPAP Adherence, and Academic Sleep Medicine: Past, Present and Future. Recordings of [past Journal Clubs](#) as well as [past Podcasts](#) are available on our website. Please provide feedback to Rob and Neomi if you have ideas for future journal clubs or podcasts.

5. Patient Education Materials: The Education subcommittee continues to do an outstanding job developing educational materials aimed at patients that are free to download and share and available in multiple languages. With support from ATS staff, several new pamphlets have been developed in the past year including Sleep and Performance, Sleep Problems in Asthma and COPD, and Women & Sleep. These can be found at <http://www.thoracic.org/patients/patient-resources/topic-specific/sleep-problems.php>.

6. Sleep Advocacy: Working with ATS leadership, the SRN assembly has been involved in advocating for greater sleep health. We submitted recommendations for healthy sleep goals to the CDC as part of the development of US public health goals over the next decade: Healthy People 2020. We also submitted a strong letter to the Australian government advocating for a parliamentary inquiry on sleep health.

7. Dental Sleep Medicine Interest Group: Dr. James Metz, DDS continues to lead our Dental Sleep Medicine Interest Group, which will be in its 5th year. Jim has been a great advocate for getting sleep dentists to attend the ICC and be a part of the ATS community. Please let your dental colleagues know that our Assembly has a home for sleep dentists and are interested in supporting state-of-the-art education and research on dental aspects of sleep medicine. Jim is happy to reach out and send material to any dentists who might be interested in learning more.

8. ATS Foundation: The ATS Foundation has been critical in supporting many young investigators within the ATS. For every \$1 that is donated, the Foundation has calculated that awardees generate \$13 in future grant funding. This is a phenomenal return on investment. The Foundation has committed to awarding at least 1 sleep related application per year as sleep medicine is considered a fundamental pillar of the ATS. In 2017, ATS Foundation Grants were awarded to, Dr. Tomasz Fleury Curado for “Chemogenic Approach to Treat Obstructive Sleep Apnea”, Dr. Luu Van Pham for “Acute Metabolic Effects of Oxygen in Hypoxemic Obstructive Sleep Apnea Patients”, and Dr. Annelies Van Eyck for “Obstructive Sleep Apnea and Intermittent Hypoxia: Does it Contribute to Adipose Tissue Dysfunction?”. In addition, a partner award between the ATS Foundation and ResMed was awarded to Dr. David Graham Chapman for “Bi-level Positive Airway Pressure to Improve Sleep Quality in Chronic Obstructive Pulmonary Disease”. Please join me in congratulating these scientists on winning these prestigious awards! If you want to contribute to the ATS Foundation to help support young investigators doing cutting edge research in our field, please consider attending the [ATS Foundation Research Program Benefit](#) on Saturday, May 18 in Dallas. In addition, please support the Foundation directly by making a [donation](#). If you are a young investigator, consider applying for one of the ATS Foundation awards, which have a high success rate compared to NIH and other funding opportunities.

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MESSAGE FROM THE ASSEMBLY CHAIR (*Continued*)

9. ASPIRE Fellowship: The Academic Sleep Pulmonary Integrated Research (ASPIRE) fellowship administered by the ATS Foundation continues to grow and is now accepting applications from around the world. The goal is to provide critical funding for pulmonary or sleep fellows interested in a research career related to sleep-disordered breathing. This program began with 7 fellows accepted into the inaugural class in 2017 (Drs. Jason Ackrivo, Priya Borker, Lucas Donovan, Michael Lam, Anna May, Jennifer Newitt, and Jeremy Orr). There were 5 fellows in the class of 2018 (Drs. Nancy Hsu, Matthew Light, Michael Rey, Robert Stretch and Vaishnavi Kundel). Congratulations to all of these fellows who represent the future of our field. Special thanks to Dr. Richard Schwab who spearheaded the creation of this program and obtained corporate sponsorships to fund the program. You can learn more about this exciting program including applying for the 2019 funding cycle at www.aspirefellowship.com. **Applications are due Monday May 6, 2019.** Requirements (CV of applicant; 1-2 page statement of research goals and why they are a candidate for the ASPIRE fellowship; Letter from mentor). Please send the application to Rich Schwab (rschwab@pennmedicine.upenn.edu).

10. Social Media: The SRN Assembly is active on Twitter <https://twitter.com/ATSSRN>. Many thanks to Neomi and Jonathan for managing our Twitter account. Don't forget to follow us on Twitter at @ATSSRN or me at @srpatelmd for news about the Assembly.

11. Assembly Reception The SRN Assembly Reception will take place immediately after the Membership Meeting on Monday, May 20, 2019. We are one of the last assemblies to continue to have an Assembly Reception but it is well worth the effort. This is a great opportunity for members to re-connect with old friends and meet young new members. We have worked hard to defray the cost of this event for trainees and I would encourage mentors to consider purchasing tickets for your trainees. This year, the Assembly has established a Lifetime Achievement Award and the inaugural winner of this award is **Dr. Allan Pack** from the University of Pennsylvania. We will recognize Dr. Pack at the dinner and so hope everyone will join us in celebrating all of the many contributions that Allan has made to the ATS, our assembly, and the sleep field.

Finally, I have been honored to serve as the Assembly Chair from 2017-2019 and to represent our great Assembly on the Board of Directors. In Dallas, I will pass the baton to Dr. Mihaela Teodorescu from the University of Wisconsin. I would like to express my gratitude to all members of our various Assembly committees who volunteer so much time to accomplish all of the myriad of activities that our Assembly is involved with. The Assembly Executive Committee and I would welcome any input from Assembly members. Feel free to contact me at patelsr2@upmc.edu or Dr. Teodorescu at mt3@medicine.wisc.edu with any questions or ideas for what the Assembly can do to better meet your needs. If you are interested in volunteering we would love your help. Please sign up at <http://www.thoracic.org/members/assemblies/get-involved-with-ats.php> or [email me](#) with your interest. I hope to see all of you in Dallas in May!

Sincerely Yours,

Sanjay R. Patel MD, MS

Chair, Assembly on Sleep and Respiratory Neurobiology (SRN)

PLANNING COMMITTEE

Najib Ayas, MPH, MD, Chair

Assembly Projects: The Planning Committee under the leadership of Dr. Ayas has continued to review and support ongoing Assembly Projects and Awards. Special thanks to all the hard work of the current members including Drs. Amin, Ayappa, BaHammam, Carno, Chowdhuri, Cistulli, Eckert, Farre, Gurubhagavatula, Lal, Lorenzo-Filho, Mehra, Patel, Patil, Pendharkar, and Yamauchi. A Clinical Practice Guideline on the Role of Weight Management in the Treatment of Adult Obstructive Sleep Apnea led by Dr. David Hudgel was published in the fall of 2018 in AJRCCM. Current active projects include: a Clinical Practice Guideline on the management of patients with obesity hypoventilation syndrome led by Dr. Babak Mokhlesi which should be published later this year, and a Clinical Practice Guideline led by Dr. Madalina Macrea on the use of noninvasive ventilation in the management of chronically hypercapnic patients with COPD. Two new projects have been approved including a workshop led by Dr. Genta (The importance of mask selection on CPAP outcomes for obstructive sleep apnea), and one by Dr. Orr (Workshop on research priorities in central sleep apnea). The committee also reviewed applications for the Skatrud Award and the inaugural Lifetime Achievement Award, both of which will be presented at the ATS meeting in Dallas.

PROGRAM COMMITTEE

Leila Kheirandish-Gozal, MD, MSc ,Chair and Bradley A. Edwards, PhD, Chair -Elect

Thank you to the members of the SRN Program Committee, who proposed ideas submitted for major symposia, provided critical feedback, and reviewed abstracts submitted to our Assembly. Thank you also in advance to all Chairs, Moderators and Facilitators for their contribution.

When organizing your travel plans to Dallas, please note that there is highly interesting content and a full program on WEDNESDAY – so PLEASE PLAN YOUR TIME at the International Conference accordingly.

MAJOR SYMPOSIA

We believe that the Major symposia reflect cutting-edge, basic and clinical science in significant areas affecting our field today and in the near future.

Sunday 19th May, 9:15-11:15am

- **PAP for all or PAP for a few: Controversies in the management of sleep-disordered breathing.** Back by popular demand is the Pro-Con debate format and we are sure that this symposia will not disappoint. This year the scientifically stimulating and entertaining debates will cover the following topics:
 1. Whether moderate-severe OSA should be treated to improve cardiovascular outcomes (PRO: S. Redline, CON: D.McEvoy).
 2. Whether treatment of ambulatory patients with obesity hypoventilation syndrome should start with CPAP (A.Piper) or NIV (P.Murphy).
 3. Whether CPAP therapy should be used in patients with central sleep apnea and heart failure (PRO: M.Naughton, CON: A.Malhotra).
 4. Finally, Dr. Robert Wise, who has extensive trial experience and involvement in landmark trials in Pulmonary and Critical Care, will offer a unique and instructive “outside perspective” on what direction SDB trials should take in the future.

Tuesday 21st May, 9:15-11:15am

- **Lifespan weight-management of sleep disorders: Real, feasible or just theory?** This symposium will include a multidisciplinary group of experts who will discuss the most recent evidence on the management of obesity from childhood to adulthood and its impact on sleep. The session will begin with a presentation focused on understanding the impact of weight loss interventions in children/adolescents (N. Simakajornboon). Prof M. Naughton will then review the impact of lifestyle interventions and anti-obesity drugs on adult OSA, followed by Prof S. Patel who will discuss the efficacy and safety of bariatric interventions. This will be followed by a presentation that will discuss the potential impact of improving sleep quantity on weight and metabolic dysfunction in sleep-deprived patients (E.Tasali) and the session will conclude with a presentation that will review the challenges in the long-term weight management in the pandemic obesity (JP.Despres)

Wednesday 22nd May, 9:15-11:15am

- **Sleeping with the enemy: Exploring the impact of sleep disordered breathing on cancer:** This session will focus on the epidemiology, intermittent hypoxia and sleep fragmentation mediated pathophysiological pathways that contribute to cancer biology, immunological mechanisms, tumor microenvironment, and the role of circulating exosomes in both cancer and OSA. First, Dr.Almendros will first discuss the role of immune de-regulation in OSA as a booster of cancer incidence, tumor aggressiveness and cancer mortality. This talk will be followed by reviews of the role of exosomes and tumor malignancy in OSA (D.Gozal), current epidemiological evidence linking OSA and cancer in humans (J.Nieto), and the evidence linking OSA and lung cancer (R.Winn).

We planned the ATS 2019 Program to hopefully satisfy the interest of many basic and clinical scientists from different backgrounds covering topics from bench to bedside. Below is an overview of the programmed content developed within our Assembly as well as in collaboration with other ATS assemblies. In addition, please listen to the podcast, where Dr. Jonathan Jun, Web CoDirector, interviews, Dr Brad Edwards regarding the scientific content of the upcoming ATS 2019 meeting in Dallas.

Other jointly developed symposia include:

- **What you can't see might hurt you: The interplay between the microbiome and immune interaction in lung disease** (AII, EOPH, PI-TB, RCMB, SRN)

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PROGRAM COMMITTEE (Continued)

- *Management of neuromuscular respiratory failure syndromes: NIPPC for day, night and the soccer field* (Clinical Problems and SRN)

Mini Symposium

The 3 Mini Symposia reflect some of the best science from our Assembly, chosen from more than 200 abstracts.

Monday 20th May, 2:15-4:15pm

- *Upper Airway Pathophysiology and Treatment in Sleep Disordered Breathing* (Session chairs: Atul Malhotra, Basil Petrof & Mihaela Teodorescu). As the name suggests, this session will highlight the most recent data on the pathophysiology and treatment of sleep disordered breathing.

Tuesday 21st May, 2:15-4:15pm

- *Cardiometabolic Consequences of Sleep Disordered Breathing and The Role of CPAP Therapy* (Session chairs: Esra Tasali, Naresh Punjabi & Susan Redline). This session will discuss novel experimental data on sleep disordered breathing and cardiovascular/metabolic outcomes as well as the impact CPAP has on them.

Wednesday 22nd May, 2:15-4:15pm

- *A Look To The Future of Sleep. Use of Novel Technologies and Software Analysis* (Session chairs: Asadeh Yadollahi, David Gozal & Andrey Zinchuk). The session will present new techniques and analysis that may be helpful in diagnosing sleep disorders in the future.

Poster Discussion

As it has been very well received the last few years, we will again follow the “RAPID format” for each of the 4 SRN Poster Discussion sessions this year. Briefly, this format involves a brief 1-slide, 90 second snapshot introduction of the research by the presenting author, poster viewing and general discussion with questions and answers.

- *OSA Pathophysiology and Treatment - Moving Towards Personalized Medicine* (Moderators: John Kimoff, Alan Schwartz & Grace Pien). This session will present new and exciting research on the underlying causes of OSA as well as the impact and efficacy of novel and existing therapies.
- *Big Data Analysis and Population Based Studies* (Moderators: Patrick Strollo & Kingman Strohl). “Big data” is definitely ‘so hot’ right now and we highly recommend you get along to this session in which all the latest research from very large databases/population cohorts are packaged up within a series of excellent posters.
- *Fundamentals in Sleep and Respiratory Neurobiology* (Moderators: Yuksel Peker, Safwan Badr & Madalina Macrea). This session will include experimental data from animal and human studies on the pathogenesis of OSA, particularly intermittent hypoxia.
- *Outcomes and Impact of Sleep/Respiratory Disorders* (Moderators: Ron Grunstein, Mary Morrell & Marta Kaminska). As the name suggests, this session will examine the impact that sleep and respiratory disorders have on important clinical outcomes.

Sunrise Seminars

These 1 hour breakfast seminars are presented by junior faculty in a specific area, and designed to both highlight the speakers and their work, as well as provide experience with presenting scientific material. Attendance at one of these sessions is a great way to support those new to our field

- *Evaluation and management of sleep-disordered breathing in pregnancy*: by Dr. Sushmita Pamidi (McGill University, Canada).
- *Evaluation of respiratory function and sleep in neuromuscular disorders: Why, When and How* by Dr. Reshma Amin (Hospital for Sick Children, Canada).
- *Circadian Misalignment in the ICU*: by Dr. Melissa Knauert (Yale University, USA).

Meet the Professor Series

These 1 hour lunch seminars are a great opportunity to meet senior leaders in the field, understand their work and how they progressed through the field. Pre-registration is required, and space is very limited – sign up soon!

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PROGRAM COMMITTEE (Continued)

- Dr. Won Lee (University of Texas) will present “Advanced sleep lab titration protocols for chronic hypoventilation syndromes.”
- Narong Simakajornboon (Cincinnati Children's Hospital) will present “Pediatric sleep disorders for pulmonologists”
- Professor Matthew Naughton (Alfred Hospital/Monash University) will present “Congestive heart failure and sleep-disordered breathing.”

Education

There are a variety of opportunities for continued learning at the International Conference this year. We are pleased to announce that there will be 2 highly educative post graduate (PG) courses on Friday and Saturday.

- Friday's PG course “Cardiometabolic outcomes of OSA treatment: from evidence into practice” (co-ordinated by Prof Yuksel Peker). This course will examine: 1) the pathophysiological effects of OSA on metabolic disorders and cardiovascular disease, 2) the evidence linking OSA to metabolic disorders and cardiovascular disease, 3) the implementation of the results of the clinical trials into practice in this area. Pre-registration is required for this course, and space is limited!
- Saturday's PG course “Ventilatory Complications of Heart Failure” (co-ordinated by Prof Matthew Naughton). This course will focus on the ventilatory abnormalities related to heart failure in the acute setting (pulmonary edema), chronic setting (lung function, exercise physiology, polysomnography) and the impact of standard heart failure treatments (medications, devices and transplantation) and positive airway pressure. Pre-registration is required for this course, and space is limited!
- Adult Clinical Core Curriculum topics include examining sleep in asthma, heart failure and obesity hypoventilation syndrome (Curriculum 1) as well as circadian disorders, sleep in high-risk populations and an update on pediatric sleep (Curriculum 2).

Looking forward to seeing you all in Dallas!

ATS 2019 INTERNATIONAL CONFERENCE ASSEMBLY ON SLEEP AND RESPIRATORY NEUROBIOLOGY SESSIONS

Session Code	Session Title	Session Time	
Postgraduate Courses			
Friday, May 17, 2019			
PG11	CARDIOMETABOLIC OUTCOMES OF OBSTRUCTIVE SLEEP APNEA TREATMENT: FROM EVIDENCE INTO PRACTICE	8:00 AM	4:00 PM
Saturday, May 18, 2019			
PG25	VENTILATORY COMPLICATIONS OF HEART FAILURE	8:00 AM	4:00 PM
Scientific Symposia			
Sunday, May 19, 2019			
A6	PAP FOR ALL OR PAP FOR FEW: CONTROVERSIES IN MANAGEMENT OF SLEEP-DISORDERED BREATHING	9:15 AM	11:15 AM

Session Code	Session Title	Session Time	
Monday, May 20, 2019			
B83	MANAGEMENT OF NEUROMUSCULAR RESPIRATORY FAILURE SYNDROMES: NIPPV FOR DAY, NIGHT AND THE SOCCER FIELD	2:15 PM	4:15 PM
Tuesday, May 21, 2019			
C10	LIFESPAN WEIGHT MANAGEMENT OF SLEEP DISORDERS: REAL, FEASIBLE OR JUST THEORY?	9:15 AM	11:15 AM
Wednesday, May 22, 2019			
D5	SLEEPING WITH THE ENEMY: EXPLORING THE IMPACT OF SLEEP DISORDERED BREATHING ON CANCER	9:15 AM	11:15 AM
Jointly-Developed Symposium			
Sunday, May 19, 2019			
A91	WHAT YOU CAN'T SEE MIGHT HURT YOU: THE INTERPLAY BETWEEN THE MICROBIOME AND IMMUNITY IN LUNG DISEASE	2:15 PM	4:15 PM
Sunrise Seminars			
Monday, May 20, 2019			
SS115	EVALUATION AND MANAGEMENT OF SLEEP-DISORDERED BREATHING IN PREGNANCY	6:45 AM	7:45 AM
Tuesday, May 21, 2019			
SS216	EVALUATION OF RESPIRATORY FUNCTION AND SLEEP IN NEUROMUSCULAR DISORDERS: WHY, WHEN, HOW	6:45 AM	7:45 AM
Wednesday, May 22, 2019			
SS316	CIRCADIAN MISALIGNMENT IN THE ICU	6:45 AM	7:45 AM
Meet The Professor Seminars			
Sunday, May 19, 2019			
MP412	ADVANCED SLEEP LAB TITRATION PROTOCOLS FOR CHRONIC HYPOVENTILATION SYNDROMES	12:15 PM	1:15 PM
Monday, May 20, 2019			
MP511	PEDIATRIC SLEEP DISORDERS FOR PULMONOLOGISTS	12:15 PM	1:15 PM
Tuesday, May 21, 2019			
MP613	CONGESTIVE HEART FAILURE AND SLEEP DISORDERED BREATHING	12:15 PM	1:15 PM
Mini-Symposia			
Monday, May 20, 2019			
B97	SRN: UPPER AIRWAY PATHOPHYSIOLOGY AND TREATMENT IN SLEEP DISORDERED BREATHING	2:15 PM	4:15 PM
Tuesday, May 21, 2019			
C99	SRN: CARDIOMETABOLIC CONSEQUENCES OF SLEEP DISORDERED BREATHING AND THE ROLE OF CPAP THERAPY	2:15 PM	4:15 PM

Session Code	Session Title	Session Time	
Wednesday, May 22, 2019			
D99	SRN: A LOOK TO THE FUTURE OF SLEEP. USE OF NOVEL TECHNOLOGIES AND SOFTWARE ANALYSIS	1:30 PM	3:30 PM
RAPiD: Rapid Abstract Poster Discussion Sessions			
Sunday, May 19, 2019			
A109	SRN: OSA PATHOPHYSIOLOGY AND TREATMENT - MOVING TOWARDS PERSONALIZED MEDICINE	2:15 PM	4:15 PM
Monday, May 20, 2019			
B30	SRN: BIG DATA ANALYSIS AND POPULATION BASED STUDIES	9:15 AM	11:15 AM
Tuesday, May 21, 2019			
C29	SRN: FUNDAMENTALS IN SLEEP AND RESPIRATORY NEURO-BIOLOGY	9:15 AM	11:15 AM
Wednesday, May 22, 2019			
D109	SRN: OUTCOMES AND IMPACT OF SLEEP AND RESPIRATORY DISORDERS	1:30 PM	3:30 PM
Thematic Poster Sessions			
Sunday, May 19, 2019			
A69	SRN: WHAT CAN WE LEARN FROM CLINICAL AND EPIDEMIOLOGICAL STUDIES IN SLEEP?	9:15 AM	4:15 PM
Monday, May 20, 2019			
B65	SRN: DIAGNOSIS AND MONITORING OF SLEEP AND SLEEP DISORDERS	9:15 AM	4:15 PM
B66	SRN: CURRENT AND EMERGING TREATMENT THERAPIES TO IMPROVE SLEEP	9:15 AM	4:15 PM
Tuesday, May 21, 2019			
C73	SRN: CURIOUS CASES IN SLEEP AND RESPIRATORY MEDICINE	9:15 AM	4:15 PM
ATS 2019 INTERNATIONAL CONFERENCE ADDITIONAL SESSIONS OF INTEREST TO SRN ASSEMBLY			
Session Code	Session Title	Session Time	
Postgraduate Courses			
Friday, May 17, 2019			
PG4	FUNDAMENTALS OF WRITING SUCCESSFUL MENTORED CLINICAL RESEARCH GRANTS (FUND ME)	8:00 AM	4:00 PM
PG7	ADVANCING CARE OF SICKLE CELL LUNG DISEASE: A PRACTICAL GUIDE TO PATIENT MANAGEMENT	8:00 AM	4:00 PM
Saturday, May 18, 2019			

Session Code	Session Title	Session Time	
PG19	RESPIRATORY PHYSIOLOGY OVER THE LIFESPAN: WHEN IT'S RIGHT AND WHEN IT'S NOT	8:00 AM	4:00 PM
Scientific Symposia			
Sunday, May 19, 2019			
A10	TREATING ASTHMA IN PATIENTS WITH OBESITY: THE NEED FOR A NEW APPROACH	9:15 AM	11:15 AM
A12	CAREGIVER BURDEN: BIDIRECTIONAL IMPACT OF PULMONARY, CRITICAL CARE, AND SLEEP DISORDERS ON THE ENTIRE FAMILY	9:15 AM	11:15 AM
Tuesday, May 21, 2019			
C92	ATS CLINICAL PRACTICE GUIDELINES: CLINICAL PRACTICE ON THE CUTTING EDGE	2:15 PM	4:15 PM
Wednesday, May 22, 2019			
D7	EXOSOMES: WEAPONS OF MASS DESTRUCTION	9:15 AM	11:15 AM
D85	UNFOLDING CIRCADIAN CLOCKS AND ER STRESS IN LUNG DISEASES	1:30 PM	3:30 PM
Workshop			
Wednesday, May 22, 2019			
WS7	CRISPR: BREAKING BAD FOR THE GOOD OF ADVANCING SCIENCE	11:45 AM	1:15 PM

EARLY CAREER PROFESSIONALS WORKING GROUP

Omar Mesarwi, MD, Chair

The SRN Early Career Working Group has worked to facilitate the development of young investigators with a broad academic interest in the field of sleep medicine. Our working group, comprised of ten individuals with ongoing or recently completed training in sleep medicine, has been involved with several projects:

1. We are working to establish an online Sleep Medicine blog - more information about this will be forthcoming at our annual meeting!
2. We are continuing to develop interactions between junior and senior members of SRN via the ATS mentoring program. Mentees are matched with mentors who can provide academic and career guidance, and mentoring pairs will be able to meet and talk at the ATS conference.
3. We are planning a breakfast at the ATS conference on Sunday, May 19 from 7-7:45 am (location to be decided) to welcome new SRN members and to further develop the working group.
4. As we have done in years past, we are putting together a "Guide to Navigating the ATS Conference" for new members, with tips on attending sessions, networking, and building research collaborations. Other online guides on topics such as "finding a mentor," "grant writing 101," and "building a career in sleep medicine" are in the works too.
5. We have been actively recruiting new members to submit "Quick Hits" for the ATS website.

The Early Career Working Group is strongly dedicated to fostering the talent and growth of the SRN Assembly by welcoming and encouraging new members to become involved! If you are interested in becoming a part of our group, or if you have some ideas for new projects, please contact me directly at omesarwi@ucsd.edu.

WEB COMMITTEE

Jonathan C. Jun, MD and Neomi Shah, MD, MPH, Co-Chairs

Education (*co-chaired by Drs Helena Schotland and Iris Perez*)

Since the last newsletter, our subcommittee has developed and published four more patient education pieces:

- Sleep and Performance (April 2018)
- Women and Sleep (June 2018)
- Sleep in Infants (October 2018)
- What is Sleep Deprivation? (March 2019)

A piece on Hospitalization and Sleep is targeted for a May 2019 publication date. Pieces that are currently in progress include: Delayed Sleep Phase Syndrome, Light Therapy, and MSLTs. All of these materials can be accessed at: <http://www.thoracic.org/members/assemblies/assemblies/srn/patient-educational-materials/>

The Education committee is also working on a process to have these materials available for putting into the Electronic Medical Record (e.g. EPIC) to make disseminating easier for physicians.

Journal Club (*co-chaired by Drs Robert Stansbury and Anna May*)

- The Journal club has had an active year, with several online interactive journal clubs including:
- September 2018: Trial of Prazosin for Post-Traumatic Stress Disorder in Military Veterans
- November 2018: Low-Dose Nocturnal Dexmedetomidine Prevents ICU Delirium: a Randomized, Placebo-controlled Trial
- February 2019: The Combination of Atomoxetine and Oxybutynin Greatly Reduces Obstructive Sleep Apnea Severity: A Randomized, Placebo-Controlled, Double-Blind Crossover Trial
- March 2019: High-Flow, Heated, Humidified Air Via Nasal Cannula Treats CPAP-Intolerant Children With Obstructive Sleep Apnea (co-hosted with the Pediatrics Assembly)

Podcasts

Several of our podcasts this year involved highlighted interviews with leaders in the field and covered a broad range of topics.

- January 2018 (Journal club): Control of Confounding and Reporting of Results in Causal Inference Studies: Guidance for Authors from Editors of Respiratory, Sleep, and Critical Care Journals
- November 2018: Sleep and Physician Burnout : We interview 3 experts on physician wellness and burnout - Drs. **Sakshi Dua, Najib Ayas and David Gozal** to discuss the role of sleep in burnout, knowledge gaps about sleep in this context, and strategies to prevent burnout among physicians. (369 downloads as of 3/4/19)
- December 2018: CPAP Adherence : We interview 3 CPAP experts, **Drs. Clete Kushida, Mark Aloia, and Terry Weaver** on predictors of CPAP adherence, and practical methods to help patients use CPAP. (220 downloads as of 3/4/19)
- March 2019: Academic Sleep Medicine: Past, Present and Future : We interview Drs. Atul Malhotra and Ilene Rosen and cover the state of sleep medicine field, initiatives to help grow the field, and discuss their personal journeys towards leadership.

(Continued on Page 11)

WEB COMMITTEE (*Continued*)

Funding (Chaired by Dr. Madalina Macrea);

- Dr. Madalina Macrea continues to maintain an updated list of funding opportunities relevant to sleep research at: <http://www.thoracic.org/members/assemblies/assemblies/srn/funding-opportunities/>

Other Initiatives:

We encourage our assembly members to increase our presence in the ATS and the larger pulmonary, critical care, sleep community by:

- Following our assembly on Twitter @ATSSRN
- Submitting “Quick Hits” relevant to sleep medicine: <https://www.thoracic.org/professionals/clinical-resources/quick-hits/archives.php>
- Submitting videos to the Best of the ATS Video Lecture Series: <https://www.thoracic.org/professionals/clinical-resources/video-lecture-series/submission-process.php>
- Signing up to be a mentor or mentee in our Mentoring Program : <https://www.thoracic.org/members/assemblies/assemblies/srn/mentoring-program/>

We look forward to seeing everyone in Dallas at the 2019 ATS Conference!

If you have ideas for new topics or activities that the Web Committee should take on or want to get involved in Web Committee activities, please contact the Web Committee co-chairs for the upcoming year – Dr. Neomi Shah (neomi.shah@mssm.edu) or Dr. Robert Stansbury (rstansbury@hsc.wvu.edu).

Sincerely,

Jonathan Jun, MD and Neomi Shah, MD, MPH

Web Committee Directors, Assembly on Sleep and Respiratory Neurobiology (SRN)

DENTAL SLEEP MEDICINE INTEREST GROUP

James E. Metz, DDS, Chair

Dr. James Metz, DDS continues to lead our Dental Sleep Medicine Interest Group, which will be in its 6th year. The Dental Interest Group meeting will change from Sunday eventing to Friday, May 17th 1PM - 5PM, ending with a social hour (4 PM - 5 PM) and hors d'oeuvre for those interested. Please let your dental colleagues know about this opportunity to learn and encourage him/her to attend! The program this year includes: Pathogenesis of SRBD: Using Phenotypes to Drive New Therapies (David White M.D.), Anthropological and Historical Understanding of the Airway (Kevin Boyd DDS), Surgical treatment of airway in children (Ron Mitchell MD), Sleep Health System and the Virtual Team (Jeffery Silver MD), Research Initiatives (A&M Research Team) highlighting a randomized trial comparing two appliances and Pilot studies: Atrial Fibrillation, Pregnancy, and Neurocognition.

***Assembly on Sleep and Respiratory Neurobiology
Membership Meeting***

***Monday, May 20th
4:30pm-7:00pm***

Hyatt Regency, Dallas

Landmark B

Lobby Level

***Assembly on Sleep and Respiratory Neurobiology
Reception***

***Monday, May 20th
7:00pm-10:00pm***

Hyatt Regency, Dallas

Cumberland I –L

Exhibition Level

***Interest Group on Dental Sleep Medicine
Membership Meeting***

***Friday May 17th
1:00pm-4:00pm***

Hyatt Regency, Dallas

Moreno A

Atrium Level

Be sure to follow us at **@ATS_Assemblies** for news on webinars, deadlines, and other things you might have missed in your inbox!

American Thoracic Society

ASSEMBLIES



Want to know how the ATS Assemblies and Committees really work?

Would you like to get more involved?

This is your chance! You can now register here to become more involved in the ATS Assemblies, ATS Committees or both. There are many ways to grow within ATS and the Assemblies and Committees are a great starting point.

www.thoracic.org/go/get-involved



We help the world breathe
PULMONARY • CRITICAL CARE • SLEEP



Submit an Assembly/Committee Project Application for funding in FY2020!

We are happy to announce that ATS will once again accept **NEW Assembly/Committee Projects for FY2020**. All interested applicants should begin developing their ideas for Assembly/Committee Project Applications. **Applications will be available on the ATS website at www.thoracic.org**

Please consider submitting an application for an Assembly/Committee project. If you have a suggestion for a project application and you need assistance, **please contact your Assembly Planning Committee Chair Najib Ayas, MPH, MD at Najib.ayas@vch.ca**

For questions regarding submissions please contact Miriam Rodriguez at tel: (212) 315-8639 or email: Mrodriguez@thoracic.org.

Assembly Mentoring Programs' Meeting Spot



Struggling to find a quiet location to meet with your mentor? The Assembly Mentoring Programs is offering a meeting spot exclusively for mentors and mentee to meet. The Assembly Mentoring Programs' Meeting Spot will be located at the Regency Dallas in the Baker room on the Atrium Level.

The room will be available:

Sunday, May 19th – Tuesday, May 21st, 2019 from 7 a.m. to 7 p.m.

Light snacks and beverages will be offered throughout the day. Laptops and printers will be available for use and don't forget to pick up your Assembly Mentoring Program Ribbon and Pin!

Join us at the Mentoring Reception:

Sunday, May 19th, 4:30-6:30pm

Monday, May 20th, 7:00-9:00pm

Baker Room (Atrium Level)

Interested in joining a Mentoring Program? Visit our [Assemblies Mentoring homepage](https://www.thoracic.org/professionals/clinical-resources/video-lecture-series/index.php) or contact Nicole Feijoo at NFeijoo@thoracic.org

Best of ATS Video Lecture Series (BAVLS)



Do you have an amazing teaching video you want to share with the world?
Then consider submitting to the Best of ATS Video Lecture Series
(BAVLS)!

For more information, please visit: <https://www.thoracic.org/professionals/clinical-resources/video-lecture-series/index.php>

Donate \$ 100 to the ATS Foundation Research Program and receive a pair of ATS –branded lungs as a token of thanks! Donors will be recognized with a picture and a mention on the ATS Instagram account.



Donations are being accepted at the ATS Center, booth #2726 in the Exhibit Hall (Hall D)

Center Hours: Sunday, May 19 to Tuesday, May 21st from 10:30 a. m — 3:30 p. m



Spread the word: Apply for a Research Grant

Last year, ATS awarded 30 grants totaling \$1.6 million
2019 cycle is now open, offering 15 unrestricted grants, 1 grant specifically for nurses, and more!

**Apply for the 2019
ATS Foundation
Research Program
Portfolio of Grants**

Deadline for letters of intent: June 17, 2019



Deadline to submit an LOI is Monday, June 17, 2019

Visit: thoracic.org/go/researchgrants

Center for Career Development (CCD)

Sunday, May 19 – Tuesday, May 21, 2019 7 a.m. – 5 p.m.

Wednesday, May 22 7 a.m. – 1 p.m.

Kay Bailey Hutchison Convention Center Dallas

Hall B (Level 2)

The Center for Career Development is a professional networking and career development forum for early career professionals (medical students, residents, fellows, post docs, other allied healthcare and research professionals) in training or transitioning from training in Pulmonary, Critical Care or Sleep Medicine. Each day, the CCD features informal workshops aimed at enhancing the professional development for all health care professionals. The sessions in the CCD are a unique and valuable opportunity for YOU to interact with experts in PCCM and have your questions answered about career development topics that are important to you!

See the schedule [here](#).

The ATS has a Guideline Methodology Scholar Program that provides hands-on training in guideline development. An informational program is being held on Monday, May 20th from 7-8:30 PM, Hyatt Regency Dallas, Sanger A (Atrium Level). Anyone who is interested in learning more about clinical practice guideline development and the ATS training program that provides a hands-on experience in clinical practice guideline development is welcome to attend. A light dinner will be served. Please RSVP to kwilson@thoracic.org. Space is limited.

Additional information: The field of clinical practice guideline development has changed dramatically over the past decade. Formal standards must now be met as defined by the Institute of Medicine, which include a specific approach to searching for evidence, selecting evidence, summarized evidence, formulating recommendations, and rating the quality of evidence and the strength of the recommendations. The ATS and other guideline developers have learned that to successfully adhere to these standards, a guideline methodologist is necessary on each guideline committee. Clinical practice guideline methodologists are individuals who are capable of leading both systematic reviews (i.e., develop search strategies, select studies, extract data, perform meta-analyses, and construct evidence tables and summary of findings tables) and the formulation and grading of evidence-based recommendations.

The requirement that there be a methodologist on every guideline committee has created an imbalance, with the demand for methodologists far exceeding the supply. As organizations move toward continuously updating guidelines and demand increases, this imbalance will worsen. In order to combat this trend and build methodological capacity, the ATS has a methodology training program that takes individuals who have an interest in learning guideline methodology and places them on a guideline panel that needs methodological support. The trainee does the hands-on methodological work for the panel with guidance from the ATS methodologist and, in return, gains experience and middle co-authorship on the guideline. After working on one or two such guidelines projects, the trainee will likely have the skills necessary to become an independent methodologist. We believe that this is a potential career pathway, particularly well-suited for clinician-educators.

Additional benefits of the program include: a) systematic reviews performed during the development of the guideline are often publishable as independent entities and the trainee would be the first author on such derivatives, b) participation in a methodology training workshop, and c) participation in the Evidence Synthesis Methodology Working Group of the Behavioral Sciences and Health Services Research Assembly. The latter will lead to additional opportunities to participate in various workshops and projects.

**Chief, Documents & Medical Affairs
Kevin Wilson, MD**



ATS 2019
Where today's science meets tomorrow's care™

**AMERICAN THORACIC SOCIETY
INTERNATIONAL CONFERENCE**

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ATS 2019 SCIENCE & INNOVATION CENTER

The Science & Innovation Center, located at the **Kay Bailey Hutchison Convention Center Dallas, Hall B (Level 2)**, is a forum for scientists and researchers to meet, network, learn, and rest. The Science & Innovation Center is organized by representatives of the Assemblies on: Allergy, Immunology and Inflammation (AII), Pulmonary Infections and Tuberculosis (PI-TB), Respiratory Cell and Molecular Biology (RCMB), and Respiratory Structure and Function (RSF).

HOURS: + Sunday, May 19 - Tuesday, May 21 – 7a.m.- 5p.m. + Wednesday, May 22 – 7a.m.- 1p.m.

DAILY:

+ Complimentary breakfast served at 7a.m. + Light refreshments served + Informal networking & rest area all day

Sunday, May 19	Monday, May 20	Tuesday, May 21
7:15 - 8:00 a.m. ATS 101: Cell Fate Jason Rock, PhD, Boston University	7:15 - 8:00 a.m. ATS 101: Neural Control of Inflammation Brenda Marsh, MD, PhD, OHSU	7:15 - 8:00 a.m. Early Career Professionals Coffee Corner
8:15 - 9:15 a.m. Navigating ATS Julie Ledford, PhD, University of Arizona	8:15 - 9:15 a.m. Setting up a Lab Phil Verhoef, MD, PhD, University of Chicago	8:15 - 9:15 a.m. Mentorship: A Key to Success Laura Crotty-Alexander, MD, University of California at San Diego Anne Sperling, PhD, University of Chicago
9:15 - 10:00 a.m. PRDS Orientation	9:15 - 10:00 a.m. Hiring Lab Management Chad Steele, PhD, Tulane University	9:15 - 10:00 a.m. Building Your Track Record for Career Success Greg Downey, MD, National Jewish Health
10:15 - 11:00 a.m. ATS 101: RNA Seq Jay Kolls, MD, Tulane University Naftali Kaminski, MD, Yale University	10:15 - 11:00 a.m. ATS 101: Imaging Yan Bai, MD, Harvard University Steven Rowe, MD, University of Alabama	10:15 - 11:00 a.m. ATS Foundation Grants Erin Marie Nebel, ATS
11:00 - 11:45 a.m. Lunch & Learn: RNA Seq Data	11:00 - 11:45 a.m. Lunch & Learn: Imaging	11:00 - 11:45 a.m. NIH Grants/Working with Industry Taylor Cohen, PhD, MedImmune Lora Reineck, MD, NIH Ghenima Dirami, PhD, NIH
12:00 - 3:00 p.m. Rising Star and SIC Abstract Awards	12:00 - 12:45 p.m. From Innovative Ideas to Clinical Trials Hector Ortega, MD, Gossamer Bio David Lagares, PhD, Harvard Tim Watkins, MD, Gilead	12:00 - 12:45 p.m. Lunch & Learn: Grants and Funding
3:00 - 5:00 p.m. PhD and Basic Science Reception	1:00 - 3:00 p.m. BEAR CAGE COMPETITION 	1:00 - 1:45 p.m. Bridging the Gap (MD Perspective) Josh Englert, MD, Ohio State University John Christman, MD, Ohio State University
 Let's Discover Together	3:30 - 4:30 p.m. Minority Trainee Development Scholarship Reception	1:45 - 2:45 p.m. Bridging the Gap (PhD Perspective) Beth Moore, PhD, University of Michigan Megan Ballinger, PhD, Ohio State University
		3:00 - 4:30 p.m. Relax and Recharge

May 17 - May 22, 2019 | conference.thoracic.org



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Third Annual ATS Walking Challenge

Step up to the Third Annual ATS Walking Challenge.

Every step helps raise money for the ATS Foundation. The top 3 overall steppers win a prize and 3 randomly selected participants reaching the 30,000 step goal win a prize. Watch it all unfold on leaderboards in the Mylan, Inc. booth #4333 or at the ATS Walking Challenge booth.

The first 2,000 registrants receive a free ATS wireless activity tracker to use with the App (distributed on a 'first-come, first-served' basis). The App also supports attendees that prefer to use their own FitBit, Jawbone or iPhone/Android smart phone step counters.

The three individuals who log the most steps win an Ipad Air.

Three randomly selected individuals reaching the 30,000 step goal win Bose QuietControl 30 Wireless headphones!

Learn more and
pre-register online at:
hekahealth.com/ats2019
or stop by the Walking
Challenge Booth in
Lobby D, level 2 at the
Kay Bailey Hutchison
Convention Center,

Supported by:



Visit the Mylan, Inc. booth #4333 each day for a step booster.

The more you visit, the more you receive:

Day 1 - 500 steps; Day 2 - 750 steps; and Day 3 - 1,000 steps.

Walk for a good cause! For every participant who walks 30,000 steps, Mylan, Inc. will make a donation of \$100 to the ATS Foundation, for a total maximum donation of \$50,000. Learn more at Foundation.Thoracic.org.

May 17 - May 22, 2019 | conference.thoracic.org