

2024 Current Fiscal Year Report: Sleep Disorders Research Advisory Board

Report Run Date: 04/19/2024 01:32:27 AM

1. Department or Agency

Department of Health and Human Services

2. Fiscal Year

2024

3. Committee or Subcommittee

Sleep Disorders Research Advisory Board

3b. GSA Committee No.

1844

4. Is this New During Fiscal Year? 5. Current Charter 6. Expected Renewal Date 7. Expected Term Date

No 06/30/2023 06/30/2025

8a. Was Terminated During Fiscal Year?

No

8b. Specific Termination Authority

8c. Actual Term Date

9. Agency Recommendation for Next Fiscal Year

Continue

10a. Legislation Req to Terminate?

Not Applicable

10b. Legislation Pending?

Not Applicable

11. Establishment Authority Statutory (Congress Created)

12. Specific Establishment Authority

42 USC 285b-7 et seq.

13. Effective Date

06/10/1993

14. Committee Type

Continuing

14c. Presidential?

No

15. Description of Committee Scientific Technical Program Advisory Board

16a. Total Number of Reports

No Reports for this Fiscal Year

17a. Open 0 17b. Closed 0 17c. Partially Closed 0 Other Activities 0 17d. Total 0

Meetings and Dates

No Meetings

	Current FY	Next FY
18a(1). Personnel Pmts to Non-Federal Members	\$0.00	\$0.00
18a(2). Personnel Pmts to Federal Members	\$0.00	\$0.00
18a(3). Personnel Pmts to Federal Staff	\$0.00	\$0.00
18a(4). Personnel Pmts to Non-Member Consultants	\$0.00	\$0.00
18b(1). Travel and Per Diem to Non-Federal Members	\$0.00	\$0.00
18b(2). Travel and Per Diem to Federal Members	\$0.00	\$0.00
18b(3). Travel and Per Diem to Federal Staff	\$0.00	\$0.00
18b(4). Travel and Per Diem to Non-member Consultants	\$0.00	\$0.00
18c. Other(rents,user charges, graphics, printing, mail, etc.)	\$0.00	\$0.00
18d. Total	\$0.00	\$0.00
19. Federal Staff Support Years (FTE)	0.00	0.00

20a. How does the Committee accomplish its purpose?

The Sleep Disorders Research Advisory Board (SDRAB) is composed of highly qualified scientific and public individuals with expertise and experience related to the programmatic priorities of the National Center on Sleep Disorders Research (NCSDR) in the National Heart, Lung, and Blood Institute. The Board provides a breadth and balance of specialized knowledge necessary to assess the long-range goals, program concepts, research opportunities, and appraise the direction of current and future sleep and circadian research. At each meeting, scientific and

education program updates from NCSDR, NIH Institutes, Centers, Offices, and other federal agencies provide a framework for the identification of scientific needs and opportunities. The Board also advises NCSDR on the development of programs to promote sleep health as part of a healthy lifestyle, increase public awareness of sleep health and sleep disorders, and disseminate new findings potentially relevant to clinical practice and future research. Recent priorities include health and disease in national health surveillance surveys; initiatives to understand the role of sleep in Type 1 Diabetes management; initiative to stimulate research on understanding the role circadian-dependent mechanisms in health and disease; treatment of sleep-disordered breathing in persons living with Down syndrome; and the relationship between sleep health disparities and health inequities.

20b. How does the Committee balance its membership?

The Board consists of 12 authorized members who are authorities knowledgeable in the disciplines pertinent to the activities of the National Center on Sleep Disorders Research. Eight of the members represent health and scientific disciplines with respect to sleep disorders and four represent the interests of individuals with or undergoing treatment for sleep disorders. The Board includes 10 ex officio members. The ex officio members consist of: the Director, NIH; the Director, NCSDR; the Director, NHLBI; the Director, National Institute of Mental Health; the Director, National Institute on Aging; the Director, National Institute of Child Health and Human Development; the Director, National Institute of Neurological Disorders and Stroke; the Assistant Secretary for Health; the Assistant Secretary of

Defense (Health Affairs), and the Under Secretary for Health of the Department of Veterans Affairs, or their designees. Ex officio members on the Board will be nonvoting members.

20c. How frequent and relevant are the Committee Meetings?

The Sleep Disorders Research Advisory Board (SDRAB) will meet not less than three times within a fiscal year. The committee met on December 1, 2022, April 6 -7, 2023, and August 3, 2023. A major focus in fiscal year 2023 has been prioritization of the critical opportunities listed in the NIH Sleep Research Plan; specifically, Critical Opportunity 5: develop chronotherapeutic approaches to prevent and treat chronic disease. A list of opportunities identified by the Board will be expanded to include examples of specific research activities. Identification of sleep and circadian biomarkers suitable for use in screening sleep-related risks in the general population remains a key focus. In alignment with the NIH Policy on Data Management and Sharing, the Board discussed utilizing existing high-value datasets and promoting data reuse along with artificial intelligence/machine learning (AI/ML) methodologies to optimize screening and diagnosis of sleep and circadian disorders. Potential activities surrounding the integration of sleep, nutrition (diet), and physical activity were requested. The Board continues to express avenues for research coordination within NIH and with other Federal Agencies.

20d. Why can't the advice or information this committee provides be obtained elsewhere?

The Board was established by legislation (42 U.S.C. 285b-7) to provide advice to the Director, National Institutes of Health; the Director, National

Heart Lung and Blood Institute; and the Director of the National Center for Sleep Disorders Research on matters related to the planning, execution, conduct, support and evaluation of research in basic sleep and sleep disorders. The Board assesses the needs of sleep and circadian disorders patients, public stakeholders, and researchers aiding in programmatic development relevant to the mission of nearly every NIH Institute, Center, and Office. The Board serves as a central venue where public and programmatic opportunities can be efficiently coordinated. The Board is composed of both professional experts in the fields of sleep and circadian biology research and lay members who serve as patient advocates for sleep and circadian disorders. Their recommendations cannot be obtained from other sources because the complex multi-disciplinary nature of the research requires a specialized balance and breadth of expertise that is not available on the NIH staff or from other established sources.

20e. Why is it necessary to close and/or partially closed committee meetings?

NA

21. Remarks

Reports: The Board did not produce any public reports for this fiscal year. DFO and Committee Decision Maker positions are held by the same individual based on assigned duties within the Institute. SDRAB made four recommendations during its FY2023's meetings: 1) The Board recommended the expansion of the National Sleep Research Resource to incorporate circadian data and other data types that are relevant to sleep research, as well as the development of advanced tools and algorithms for sleep and

circadian data to be broadly accessible. 2) The Board recommended NCSDR coordinate with other NIH Institutes, Centers, and Offices on activities surrounding the integration of nutrition, physical activity and sleep for whole person health. 3) The Board recommended NCSDR continue discussions with the U.S. Department of Agriculture (USDA) surrounding the consideration of meal timing in the update of the U.S Dietary Guidelines. 4) The Board urged the need for more research to move evidence-based strategies for treatment of sleep and circadian disorders forward to facilitate broader access and potentially address health equity issues in treatment.

Members: Gabriel Haddad was the Chair and rotated off June 30, 2023. Esra Tasali was reassigned to Chair for the remainder of her term beginning July 1, 2023, term ending June 30, 2025. Dr. Lawrence Tabak's title was updated from Performing the Duties of the NIH Director to Acting Director, NIH this fiscal year. The Charter allows the Committee to have 22 number of authorized members -- limited to SGEs and Ex-Officios. Two SGE members' terms ended in FY23 (Haddad and Baker-Goodwin); one current member was reassigned as Chair (Tasali) and five new members joined the committee in FY23, three SGEs (Johnson, Purcell and Broussard) and two Ex Officios (Shahla Jilani and Donald Shell). There are nine Ex-Officios (Lee, Gordon, Gibbons, He, Mackiewicz, Tabak, Jilani, Shell, Brown) . One Ex Officio nominated in FY23 declined, and two SGE vacancies, resulting in 19 active members currently.

Designated Federal Officer

Marishka K Brown Director, National Center on Sleep Disorders Research

Committee Members	Start	End	Occupation	Member Designation
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Broussard, Josiane	03/26/2023	06/30/2026	Assistant Professor, Colorado State University	Special Government Employee (SGE) Member
Brown, Marishka	01/01/2021	12/31/2025	Director, National Center on Sleep Disorders Research/National Heart, Lung, and Blood Institute/National Institutes of Health	Ex Officio Member
Durmer, Jeffrey	03/27/2022	06/30/2025	Chief Medical Officer, NoxHealth	Special Government Employee (SGE) Member
Gibbons, Gary	09/04/2020	06/30/2026	Director, National Heart, Lung, and Blood Institute	Ex Officio Member
Gordon, Joshua	09/01/2020	06/30/2026	Director, National Institute of Mental Health	Ex Officio Member
He, Janet	08/24/2020	06/30/2026	Program Analyst, National Institute of Neurological Disease and Stroke	Ex Officio Member
Herzog, Erik	03/27/2022	06/30/2025	Viktor Hamburger Distinguished Professor, Washington University in Saint Louis	Special Government Employee (SGE) Member
Jilani, Shahla	11/30/2022	06/30/2026	Assistant Secretary for Health, Office of the Assistant Secretary for Health	Ex Officio Member
Johnson, Dayna	05/07/2023	06/30/2025	Assistant Professor, Emory University	Special Government Employee (SGE) Member
Lay, Ebony	03/27/2022	06/30/2024	Patient Advocate, C4 Tech Services	Special Government Employee (SGE) Member
Lee, Karen	10/22/2020	06/30/2026	Medical Officer, Nat. Inst. of Child Health and Human Development	Ex Officio Member
Mackiewicz, Miroslaw	08/21/2020	06/30/2026	Program Director, National Institute on Aging	Ex Officio Member

Purcell, Shaun	04/06/2023	06/30/2025	Associate Professor, Brigham and Women's Hospital	Special Government Employee (SGE) Member
Ramos, Alberto	03/27/2022	06/30/2025	Associate Professor, Miller School of Medicine, University of Miami	Special Government Employee (SGE) Member
Scammell, Thomas	03/27/2022	06/30/2024	Associate Professor, Beth Israel Deaconess Medical Center	Special Government Employee (SGE) Member
Shell, Donald	11/30/2022	06/30/2026	Director, Disease Prevention, Disease Management, and Population Health Policy and Oversight, Office of the Assistant Secretary of Defense for Health Affairs	Ex Officio Member
Tabak, Lawrence	12/20/2021	01/20/2025	Acting Director, NIH	Ex Officio Member
Tasali, Esra	03/27/2022	06/30/2025	Professor of Medicine, University of Chicago	Special Government Employee (SGE) Member
Wharton, Alexandra	03/27/2022	06/30/2024	Board of Directors, Circadian Sleep Disorders Network	Special Government Employee (SGE) Member

Number of Committee Members Listed: 19

Narrative Description

NIH's mission is to seek fundamental knowledge about the nature and behavior of living systems and the application of that knowledge to enhance health, lengthen life, and reduce illness and disability. The NIH mission is to uncover new knowledge that will lead to better health for everyone. NIH works toward that mission by the establishment of a National Center on Sleep Disorders Research whose purpose is to support research training, training, health information dissemination, and other activities with respect to sleep disorders, and coordinate these activities with similar ones

of other NIH components, Federal agencies and for-profit and nonprofit entities.

What are the most significant program outcomes associated with this committee?

Checked if
Applies

- | | |
|---------------------------------------------------|-------------------------------------|
| Improvements to health or safety | <input type="checkbox"/> |
| Trust in government | <input type="checkbox"/> |
| Major policy changes | <input type="checkbox"/> |
| Advance in scientific research | <input checked="" type="checkbox"/> |
| Effective grant making | <input type="checkbox"/> |
| Improved service delivery | <input checked="" type="checkbox"/> |
| Increased customer satisfaction | <input type="checkbox"/> |
| Implementation of laws or regulatory requirements | <input type="checkbox"/> |
| Other | <input type="checkbox"/> |

Outcome Comments

NA

What are the cost savings associated with this committee?

Checked if Applies

- | | |
|----------------------------|-------------------------------------|
| None | <input checked="" type="checkbox"/> |
| Unable to Determine | <input type="checkbox"/> |
| Under \$100,000 | <input type="checkbox"/> |
| \$100,000 - \$500,000 | <input type="checkbox"/> |
| \$500,001 - \$1,000,000 | <input type="checkbox"/> |
| \$1,000,001 - \$5,000,000 | <input type="checkbox"/> |
| \$5,000,001 - \$10,000,000 | <input type="checkbox"/> |
| Over \$10,000,000 | <input type="checkbox"/> |
| Cost Savings Other | <input type="checkbox"/> |

Cost Savings Comments

NIH supported basic and clinical research accomplishments often take many years to unfold into new diagnostic tests and new ways to treat and prevent diseases.

What is the approximate Number of recommendations produced by this committee

for the life of the committee?

67

Number of Recommendations Comments

SDRAB made four recommendations during its FY2023's meetings: 1) The Board recommended the expansion of the National Sleep Research Resource to incorporate circadian data and other data types that are relevant to sleep research, as well as the development of advanced tools and algorithms for sleep and circadian data to be broadly accessible. 2) The Board recommended NCSDR coordinate with other NIH Institutes, Centers, and Offices on activities surrounding the integration of nutrition, physical activity and sleep for whole person health. 3) The Board recommended NCSDR continue discussions with the U.S. Department of Agriculture (USDA) surrounding the consideration of meal timing in the update of the U.S Dietary Guidelines. 4) The Board urged the need for more research to move evidence-based strategies for treatment of sleep and circadian disorders forward to facilitate broader access and potentially address health equity issues in treatment.

What is the approximate Percentage of these recommendations that have been or will be Fully implemented by the agency?

0%

% of Recommendations Fully Implemented Comments

Due to the complexity of the recommendations made by this committee, staff is unable to determine which recommendations have been fully or partially implemented solely in response to this committee's activities.

What is the approximate Percentage of these recommendations that have been or will be Partially implemented by the agency?

0%

% of Recommendations Partially Implemented Comments

Due to the complexity of the recommendations made by this committee, staff is unable to determine which recommendations have been fully or partially implemented solely in response to this committee's activities.

Does the agency provide the committee with feedback regarding actions taken to implement recommendations or advice offered?

Yes ☒ No ☐ Not Applicable ☐

Agency Feedback Comments

At each Board meeting, the Director of the National Center on Sleep Disorders provides a report pertaining to recommendations produced by the Board at the last meeting or in process subsequent to an earlier meeting. Information is provided to the public at each meeting. The public can view information related to the Committee through the committee's official website.

What other actions has the agency taken as a result of the committee's advice or recommendation?

Checked if Applies

Reorganized Priorities	<input checked="" type="checkbox"/>
Reallocated resources	<input type="checkbox"/>
Issued new regulation	<input type="checkbox"/>
Proposed legislation	<input type="checkbox"/>
Approved grants or other payments	<input type="checkbox"/>
Other	<input type="checkbox"/>

Action Comments

NA

Is the Committee engaged in the review of applications for grants?

No

Grant Review Comments

NA

How is access provided to the information for the Committee's documentation?

Checked if Applies

Contact DFO	<input checked="" type="checkbox"/>
Online Agency Web Site	<input checked="" type="checkbox"/>
Online Committee Web Site	<input checked="" type="checkbox"/>
Online GSA FACA Web Site	<input checked="" type="checkbox"/>
Publications	<input type="checkbox"/>
Other	<input type="checkbox"/>

Access Comments

Contact Designated Federal Officer.