

March 15, 2021

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Terra Ziporyn, PhD

Start School Later, Inc./Healthy Hours

550M Ritchie Highway #16

Severna Park, MD 21146

SENT VIA EMAIL: terra@startschoollater.net

Dear Dr. Ziporyn,

Thank you for submitting your proposal, *Connecting sleep health resources to state education requirements to facilitate utilization by classroom teachers*, for the AASM Foundation 2020 Community Sleep Health Award. The AASM Foundation received several high-quality proposals for this funding cycle. The AASM Foundation Community Sleep Health Award Review Committee considered each application carefully and applied a set of scoring criteria modeled after the National Institutes of Health grant application scoring scale. The summary statement from the review committee's discussion and completed reviewer forms are provided on the last page of this letter for your information.

The purpose of this letter is to officially inform you that the AASM Foundation has chosen your project for funding in the amount of \$20,000.00, with the following modification requested:

- A method should be implemented to track the outcomes and success of the proposed work.

In order for award funds to be released to your institution the following must be received by the AASM Foundation:

1. Contact information for the individual handling your project in your awards administration office.
2. IRB or IACUC approval naming this study and yourself as investigator. Note: This is applicable only if your project involves animal and/or human subjects. If your project is exempt from IRB or IACUC review, a letter must be provided by your institution's IRB or IACUC office.
3. IRS Form W-9 from your institution.
4. Award contract signed by your institution (see attached).

Your research project is not to begin until the contract execution date (date of last signature in the contract), and funds will not be distributed until the contract is signed by both parties and the completed W-9 form is received.

If IRB or IACUC approval is not obtained and the contract is not fully executed by **December 15, 2021**, the AASM Foundation reserves the right to revoke your award.

Congratulations on your achievement! On behalf of the AASM Foundation, I wish you the best as you embark on this project and advance your career in sleep research. If you have any questions about this award, please do not hesitate to contact the AASM Foundation National Office at foundation@aasm.org.

Sincerely,

A handwritten signature in black ink, appearing to read 'Anita V. Shelgikar', written in a cursive style.

Anita V. Shelgikar, MD, MHPE
President, AASM Foundation

Application ID: CS-20-7

Project Title: Connecting sleep health resources to state education requirements to facilitate utilization by classroom teachers

Project Leader: Terra Ziporyn, PhD

Collaborating Organizations: Start School Later, Inc./Healthy Hours

Summary of discussion:

Summary of the proposed project: This project proposes the creation of web-based sleep health curriculum for teachers of K-12 students that is consistent with their state's DOE requirements. It has the potential of impacting the sleep health of students in every state.

Key strengths and weaknesses highlighted during the discussion:

Strengths:

- This innovative project will create a web-based sleep health resource for teachers that is matched to their state's DOE standards.
- Existing sleep health information will be adapted for this K-12 curriculum.
- Project personnel have an established track record of working with schools and the board of advisors are well respected in the sleep community.
- Supplies, material, software, and 30% of the labor expense will be funded through other resources.

Weaknesses:

- It is unclear how adaptation of sleep health curriculum will be monitored in each state and if it is being used by individual teachers.
- There is no mention of marketing and/or promotion and no funds have been allocated for this purpose.
- 92% of the funds will be used to pay salaries (3 of the 4 individuals appear to be related).
- The intended methodology for assessing overall impact of this project is missing.

Overall impression of the application by the Review Committee: With a few minor adjustments, this project will have a high probability of success.



Reviewer Form

Community Sleep Health Award

Application ID # CS-20-7

Project Title Connecting sleep health resources to state education requirements to facilitate utilization by classroom teachers

Amount of Funding Requested \$20,000.00

Reviewer Position (check one) ☒ **Primary** ☐ **Secondary** ☐ **Tertiary**

The AASM Foundation is committed to improving the sleep health of the community through its vision of creating *Healthier Lives through Better Sleep*. The Community Sleep Health Award is intended to support a wide range of projects spearheaded by community leaders and/or interprofessional individuals (educators, researchers, practitioners, students) who are dedicated to addressing sleep health needs in the community and sustaining population sleep well-being.

When scoring the various domains for each application, assign the numerical score that corresponds to the descriptors regarding strengths and weaknesses.

Score	Descriptor	Additional Guidance on Strengths/Weaknesses
0	Not provided	Not provided and unable to assess strengths/weaknesses
1	Poor	Very few strengths with numerous major weaknesses
2	Marginal	A few strengths with major weaknesses
3	Satisfactory	Some strengths with moderate weaknesses
4	Good	Strong with only minor weaknesses
5	Exceptional	Exceptionally strong with essentially no weaknesses

APPLICATION SCORING CRITERIA

In each of the following domains, provide a numeric score (using the scale above) and comment on the strengths and weaknesses in each area. Comments should provide supporting justification for the numeric score in each section.

1. Significance

During the Community Sleep Health Award project period, will the project address important needs related to sleep, sleep disorders, or sleep health? Is there a strong premise of planned project in

addressing community sleep needs? If the goals/aims of the project are achieved, how will sleep health at the community level be improved?

Score (0-5) 4

Strengths	Weaknesses
<ul style="list-style-type: none"> -National in scope -Improving the sleep health of K-12 graders is an important objective -Web-based resource -Potentially puts sleep health on radar screen of a DOE staff member in each state 	<ul style="list-style-type: none"> -Program does not directly influence K-12 graders' sleep health; it provides materials for the educators to improve students' sleep health. Ultimately, actual impact depends on the teachers' use and effectiveness with these materials.
Comments: The proposal will create a web-based resource that any teacher can use to quickly, easily identify school health educational resources that match the teacher's specific state standards (provided the state has standards).	

2. Project Personnel

Is the project leader and other personnel well-suited to perform the project? Do the project personnel have appropriate experience and training? Do the project personnel have an ongoing record of accomplishments in promoting or improving sleep health?

Score (0-5) 5

Strengths	Weaknesses
<ul style="list-style-type: none"> -National organization, with chapters throughout US and a well respected board of advisors -Track record of activities working with schools and web-based educational resources. -Personnel have experience working together. -Looks like some staff have been involved in state governmental activities. 	<ul style="list-style-type: none"> None noted.
Comments: Personnel consist of the staff of the non-profit Start School Later/Healthy Hours.	

3. Approach

Are the overall strategy, methodology, and analyses (if applicable) well-reasoned and appropriate to accomplish the goals/aims of the project? Are the benchmarks for success clearly defined? Is there a plan in place for measuring success and metrics to be used, and do the metrics accurately measure the impact of the project?

Score (0–5) 2

Strengths	Weaknesses
<p>-Matching web-based resources to the states' curricular requirements seems a reasonable strategy to get the resources used. You're helping teachers quickly identify appropriate materials.</p>	<p>-Approach will work best with states whose standards already include something about sleep health.</p> <p>-Effect of activities for states with minimal standards or less (activity = sharing guide with DOE contact along with a "good example" of a state with sleep-health-informed standards) is unclear. It seems like the approach depends a lot on the good will of the DOE contacts.</p> <p>-It's unclear how the key state DOE contact will be identified. From the DOE website? A lot seems to ride on these DOE contacts.</p> <p>-No additional materials are proposed for the DOE contact to share with schools (e.g., PDF 'flyer' or 'info sheet' to email or put on state DOE website)</p> <p>- There are no activities proposed to assess the actual impact of activities: as proposed, the program staff will not know how the DOE contacts actually respond to the email/materials, and whether any teachers actually use the materials.</p>
<p>Comments: It's unfortunate the group hasn't investigated state standards in a small random sample of states just to get a preliminary sense of how many states' curricula actually include sleep-health standards. What happens if only a few states have these standards? The lack of an assessment of impact is a major weakness. It seems like the staff could assess the uptake in downloading of resources from their website, or maybe include a question for people who download materials to answer, like "how did you hear about us?" Follow-up with the DOE contacts might be useful too. In the expected results and deliverables section, the applicants indicate that local outreach teams/SSL volunteers will distribute the teacher guides, but they aren't mentioned in the methods section. Their role in this approach is unclear. Could there be role for these teams to help assess impact in terms of teacher or school use of the website?</p>	

4. Innovation

Does the project plan maximize the use of resources in a creative way in order to respond to an unmet community sleep health need? Does the project challenge and seek to shift current practices in

population sleep health by utilizing novel theoretical concepts, approaches, methodologies, instrumentation, or interventions?

Score (0-5) 4

Strengths	Weaknesses
- Seems like a creative way to help teachers rapidly find resources tailored to their state's curricular requirements -Web-based material	-Not clear what's really in this project for states whose curricula don't mention sleep health.
Comments: "Mapping" resources to state-specific standards seems innovative.	

5. Environment

Will the project environment in which the work will be done contribute to the probability of success? Are the organizational support, equipment and other physician resources available to the project team adequate for the project proposed?

Score (0-5) 5

Strengths	Weaknesses
Environment seems well matched to the task	1T
Comments: The non-profit has adequate staff and expert input.	

TOTAL SCORE (sum from criteria 1-5 above): 20 out of 25

ADDITIONAL CONSIDERATIONS

The following *may* inform the overall priority score for the application, particularly if there are major concerns that impact the viability of the proposed work. Please only evaluate the work proposed within the Community Sleep Health Award funding period.

1. Are there any concerns with the proposed use of human/animal subjects?

- ☐ **Yes** If yes, please explain 1T
- ☒ **No**
- ☐ **Not Applicable**

2. Is the budget appropriate to carry out the proposed work during the Community Sleep Health Award funding period?

☐ **Yes**

☒ **No** **If no, please explain** The program estimates 100 hours to do the research on state sleep-health standards, but the health educator who is tasked with this job is budgeted for only 88 hours.

3. Is the budget for the Community Sleep Health Award funding period well-justified?

☒ **Yes**

☐ **No** **If no, please explain** Note: personnel costs only. It can be a little difficult to determine which staff member is doing what: e.g., narrative refers to program manager, but there are two program managers.



Reviewer Form

Community Sleep Health Award

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Amount of Funding Requested \$20,000.00

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addressing community sleep needs? If the goals/aims of the project are achieved, how will sleep health at the community level be improved?

Score (0-5) 5

Strengths	Weaknesses
Clear goals	None obvious
Comments: strong portfolio of work would become more accessible/better advertised to educators; "Great content means nothing if no one is using it."	

2. Project Personnel

Is the project leader and other personnel well-suited to perform the project? Do the project personnel have appropriate experience and training? Do the project personnel have an ongoing record of accomplishments in promoting or improving sleep health?

Score (0-5) 3

Strengths	Weaknesses
Experienced, well regarded organization	2 relatives of director listed on grant, one funded
Comments: family members being listed gives me pause.	

3. Approach

Are the overall strategy, methodology, and analyses (if applicable) well-reasoned and appropriate to accomplish the goals/aims of the project? Are the benchmarks for success clearly defined? Is there a plan in place for measuring success and metrics to be used, and do the metrics accurately measure the impact of the project?

Score (0-5) 5

Strengths	Weaknesses
Clear benchmarks	None
Comments: 1T	

4. Innovation

Does the project plan maximize the use of resources in a creative way in order to respond to an unmet community sleep health need? Does the project challenge and seek to shift current practices in population sleep health by utilizing novel theoretical concepts, approaches, methodologies, instrumentation, or interventions?

Score (0-5) 5

Strengths	Weaknesses
Efficient leveraging of existing online curriculum	1T
Comments: innovative use of funds for dissemination rather than the larger task of generating resources	

5. Environment

Will the project environment in which the work will be done contribute to the probability of success? Are the organizational support, equipment and other physician resources available to the project team adequate for the project proposed?

Score (0-5) 5

Strengths	Weaknesses
This is a dynamic grassroots organization; physician consultant is experienced	1T
Comments: High probability of success	

TOTAL SCORE (sum from criteria 1-5 above): 23 out of 25

ADDITIONAL CONSIDERATIONS

The following *may* inform the overall priority score for the application, particularly if there are major concerns that impact the viability of the proposed work. Please only evaluate the work proposed within the Community Sleep Health Award funding period.

1. Are there any concerns with the proposed use of human/animal subjects?

- ☐ Yes If yes, please explain 1T
- ☒ No
- ☐ Not Applicable

2. Is the budget appropriate to carry out the proposed work during the Community Sleep Health Award funding period?

- ☒ Yes
- ☐ No If no, please explain 1T

3. Is the budget for the Community Sleep Health Award funding period well-justified?

☒ **Yes**

☐ **No** **If no, please explain** 1T



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Score (4)

Strengths	Weaknesses
The SSL group have undertaken the project with significant clinical impact and do have the track record via the Sleep 101 project. The project does have clear goals	1T
Comments: 1T	

2. Project Personnel

Is the project leader and other personnel well-suited to perform the project? Do the project personnel have appropriate experience and training? Do the project personnel have an ongoing record of accomplishments in promoting or improving sleep health?

Score (5)

Strengths	Weaknesses
They do have good track record and personnel involved in the project have the experience to achieve the deliverable	1T
Comments: 1T	

3. Approach

Are the overall strategy, methodology, and analyses (if applicable) well-reasoned and appropriate to accomplish the goals/aims of the project? Are the benchmarks for success clearly defined? Is there a plan in place for measuring success and metrics to be used, and do the metrics accurately measure the impact of the project?

Score (4)

Strengths	Weaknesses
They do have a very clear goals to expand the resources they have for the teachers based on	The challenge will be having the products but the reach is a limiting factor. Don't want to have the

the States. I do feel that resources by the State guidelines can be an important factor	product sitting on the web. Even though they have several sites working, but reaching at the sites who needs the most and the disparity area would be a challenge
Comments: 1T	

4. Innovation

Does the project plan maximize the use of resources in a creative way in order to respond to an unmet community sleep health need? Does the project challenge and seek to shift current practices in population sleep health by utilizing novel theoretical concepts, approaches, methodologies, instrumentation, or interventions?

Score (4)

Strengths	Weaknesses
1T	1T
Comments: 1T	

5. Environment

Will the project environment in which the work will be done contribute to the probability of success? Are the organizational support, equipment and other physician resources available to the project team adequate for the project proposed?

Score (4)

Strengths	Weaknesses
They do have the right resources	1T
Comments: 1T	

TOTAL SCORE (21): out of 25

ADDITIONAL CONSIDERATIONS

The following *may* inform the overall priority score for the application, particularly if there are major concerns that impact the viability of the proposed work. Please only evaluate the work proposed within the Community Sleep Health Award funding period.

1. Are there any concerns with the proposed use of human/animal subjects?

☐ **Yes** **If yes, please explain** 1T

☐ **No**

☐ **Not Applicable**

2. Is the budget appropriate to carry out the proposed work during the Community Sleep Health Award funding period?

☐ **Yes** X (only concern is majority is towards salary support, would have liked to see some more towards the project)

☐ **No** **If no, please explain** 1T

3. Is the budget for the Community Sleep Health Award funding period well-justified?

☐ **Yes** x

☐ **No** **If no, please explain** 1T