



# AWARDS | 2016

PRESENTED BY THE AMERICAN ACADEMY OF SLEEP MEDICINE

# 2016 Nathaniel Kleitman Distinguished Service Award



Jerome A. Barrett

## AWARD DESCRIPTION

*Established in 1981, the Nathaniel Kleitman Distinguished Service Award honors individuals dedicated to the sleep field who have made significant contributions in the areas of administration, public relations and government affairs.*

*One of the world's eminent sleep scientists, Nathaniel Kleitman formed the foundation for many areas of current sleep medicine by conducting groundbreaking research that included studies of REM sleep, circadian rhythms and the effect of drugs on sleep. Through his inventiveness and achievement, Dr. Kleitman left a vast impression on the sleep medicine field.*

## RECIPIENT

Jerome A. Barrett is an association executive with more than 35 years of experience and 25 years as Chief Executive Officer. Mr. Barrett has served as the executive director of the American Academy of Sleep Medicine since 1996. He also serves as the executive director of the Sleep Research Society and American Academy of Dental Sleep Medicine.

Prior to entering the association management field, Mr. Barrett spent 10 years in the U.S. Army as an Infantry Officer. He was the recipient of numerous honors and awards.

His primary areas of expertise include market development, strategic and tactical planning, leadership development, government relations, health care finance, real estate management, budgeting and administration.

Mr. Barrett is a graduate of the Institute for Organizational Management at the University of Notre Dame and holds a degree in economics from Lewis University. He has served as a director on the board of directors for a number of corporate and civic groups, and as a corporate business consultant for several other organizations. He is a member of numerous professional organizations, including the American Association of Medical Society Executives, American Society of Association Executives, Association Forum of Chicagoland and Military Officers Association of America.

## REMARKS

I am deeply honored to receive this award. I was hired by the board of directors in April 1996, and it truly has been my distinct pleasure and privilege to serve the members of the AASM these past 20 years. Along the way I hoped that my contributions would advance the cause of the AASM and

make a positive difference in the careers of those we serve. I like to think that sleep medicine and sleep research have been elevated several levels over the past two decades, and I am pleased to have contributed to this growth and success.

None of what I have achieved would have been possible without the support of those who have served on the board of directors, including the current board. I also have had the pleasure of working with the most dedicated, hardworking professional staff any chief executive could ever hope for. I sincerely thank all of you. The most important and influential person in my career has been the love of my life, my partner in everything I do, my wife Jennifer. Her love, devotion, support and encouragement drive me to be the best I can be. I cannot thank her enough.

## 2016 William C. Dement Academic Achievement Award



Carol A. Landis,  
PhD, RN, FAAN

### AWARD DESCRIPTION

*Established in 1994, the William C. Dement Academic Achievement Award recognizes members of the sleep field who have displayed exceptional initiative and progress in the areas of sleep education and academic research.*

*The award's namesake, William C. Dement, MD, PhD, is one of the nation's leading sleep researchers. His extensive publication of research, studies of REM sleep and development of the Multiple Sleep Latency Test greatly advanced the sleep medicine field. The William C. Dement Academic Achievement Award embodies the pursuit of knowledge, a commitment to teaching and an unceasing quest to disseminate truth.*

### RECIPIENT

Carol A. Landis, PhD, RN, FAAN is a professor in biobehavioral nursing and health systems in the School of Nursing at the University of Washington in Seattle, where she also has served as director of the Sleep Research Laboratory. After receiving a doctoral degree in nursing science at the University of California, San Francisco, she completed post-doctoral training at the University of Chicago funded by the multi-site research training program at the University of California, Los Angeles. Her research interests include the health consequences of sleep deprivation, pain-related sleep disturbance in arthritis and fibromyalgia, and sleep problems unique to women.

### REMARKS

I am deeply honored to receive this award. My interest in sleep grew out of my clinical experience working as

a nurse in intensive care, wondering about the impact of sleep loss on recovery from critical illness. While in graduate school I accepted an opportunity provided by a pain scientist, Jon Levine, with whom I studied sleep in an animal model of chronic pain.

I am deeply indebted to Allan Rechtschaffen and Bernie Bergmann for teaching me how to record sleep in animals, and to the interdisciplinary multi-site training program, which enabled me to receive in-depth training from leading scientists in the basic science of sleep and circadian rhythms. I thank my UW colleagues, in particular, Marty Lentz and Jim Rothermel for teaching me to record sleep in humans; Joan Shaver and Michael Vitiello for teaching me grant writing; and Margaret Heitkemper and the deans of the School of Nursing,

who have provided support for our sleep research laboratory. This support has been enormously important in attracting postdoctoral fellows to the University of Washington, where they are continuing the legacy of sleep research in nursing begun by the late Betty Giblin in the 1970s. I also thank my colleagues in nursing, medicine, pediatrics, pharmacy, rehabilitation medicine, and engineering at the UW for ensuring the success of our funded research.

Finally, I acknowledge my late parents, who provided an environment for a child to flourish and believe she could do most anything she put her mind to, and my partner, JoAnn Vassallo, who continues to put up with all the time I spend working!

# 2016 Mark O. Hatfield Public Policy or Advocacy Award



Janet B.  
Croft, PhD

## AWARD DESCRIPTION

*Established in 1996, the Mark O. Hatfield Public Policy or Advocacy Award acknowledges an individual who has developed public policy that positively affects the healthy sleep of all Americans. This contribution is unique yet vital to the advancement of the field.*

*U.S. Senator Mark O. Hatfield (R-Ore.) continually supported sleep medicine initiatives and policy until his death at the age of 89 years in 2011. His work on behalf of the field was instrumental at increasing NIH funding for sleep, raising public awareness of sudden infant death syndrome (SIDS), establishing the National Center on Sleep Disorders Research, and supporting the nationally recognized sleep disorders research at the Oregon Health & Science University. Sen. Hatfield also chaired the Transportation Appropriations Subcommittee, introducing the driver fatigue initiative, which passed in 1995.*

## RECIPIENT

Janet B. Croft, PhD, joined the Centers for Disease Control and Prevention (CDC) in August 1991. She is currently chief of the Epidemiology and Surveillance Branch within the Division of Population Health in the National Center for Chronic Disease Prevention and Health Promotion at CDC.

Dr. Croft holds a bachelor's degree in anthropology from the University of Southern Mississippi, a master's of public health in maternal and child health from Tulane University, and a doctor of philosophy degree in epidemiology from the University of North Carolina at Chapel Hill. Her first epidemiologic work experience included coordinating and conducting the Bogalusa Heart Study, a major cross-sectional and longitudinal community study of pediatric cohorts from birth through young adulthood, at Louisiana State University Medical Center.

Dr. Croft's career over the past 25 years at CDC has focused on identifying gaps in the epidemiologic assessment of heart failure, stroke, mental health, sleep, and chronic obstructive pulmonary disease, and then developing new surveillance systems or improving existing systems to fill those gaps. She is also committed to improving the epidemiologic and surveillance capacity of state health departments. In her first management role as a cardiovascular disease epidemiologist at CDC, she was responsible for initiating and developing the State Cardiovascular Health Program, the Paul Coverdell National Acute Stroke Registry, and the State Cardiovascular Health Examination Survey.

In her current role since 2007, Dr. Croft provides leadership and oversight to CDC's excessive alcohol prevention program, spatial analysis activities, the state chronic disease

epidemiologist assignee program, and ongoing efforts related to improving the surveillance of sleep health, interstitial cystitis, inflammatory bowel disease, and chronic obstructive pulmonary disease. Her work is reflected in more than 300 publications and CDC reports. She is a recipient of CDC's Charles C. Shepard Award in Assessment and Epidemiology.

## REMARKS

I am so appreciative of this honor, which I share with many CDC colleagues who have helped to ensure that sleep duration data will be collected routinely among adult and adolescent populations in every state, that new information about school start times and the decision-makers who determine start time policies is being collected and reported, and that public and media awareness of sleep-related issues has grown so much over the past decade.

## 2016 Excellence in Education Award



Neil Freedman, MD

### AWARD DESCRIPTION

*Established in 2002, the Excellence in Education Award is presented to those individuals who have made outstanding contributions in the teaching of sleep medicine. The award serves to recognize and honor dedicated individuals who have skillfully taught and enhanced the knowledge of professional and lay people in the areas of sleep and sleep medicine.*

### RECIPIENT

Neil Freedman, MD, has been a member of the American Academy of Sleep Medicine (AASM) since 1999. Dr. Freedman is currently the head of pulmonary, critical care, allergy and immunology in the department of medicine at the Northshore University Health System in Evanston, Illinois. He is a member of the steering committee for the sleep program, medical director for one of the health system's sleep centers, and a member of various committees for quality and new program development initiatives.

Dr. Freedman has served as a member of the Associated Professional Sleep Societies LLC (APSS) Program Committee (2011-2016); as faculty and chair for many postgraduate courses, conference sessions, and sleep technologist training offerings; and recently as a member of the sleep meeting revitalization task force. He

also has served as a member of the AASM PA and NP Task Force and has been involved in the development and presentation of several of the AASM's educational products.

### REMARKS

I thank my wife, and all of my family, for allowing me to pursue my educational endeavors on top of my regular job and family responsibilities. She has had to assume additional responsibilities as my extra-curricular educational activities have required me to spend a significant amount of time in preparation, phone calls, meetings and travel.

Many colleagues also have helped me along the way, including Nancy Collop, Barbara Phillips and Teofilo Lee-Chiong. Nancy contacted me as a fill-in speaker for a course in 1999, and I have never looked back. Nancy, Barb and Lee have been supportive mentors who have helped me to refine my skills as an educator and leader.

No educator can be successful without their team, which includes my fellow faculty and professional society administrative staff members. It has been my honor to work with many leaders in the field of sleep and pulmonary medicine, all of whom represent the broad spectrum of health care team providers.

Lastly, I thank the administrative staff members from the AASM, CHEST and several other professional societies. Nothing happens without this group of dedicated individuals. I have learned an amazing amount from everyone that I have worked with along the way, and I am grateful to have had this opportunity to make a difference.

## 2016 Excellence in Education Award



Richard S. Rosenberg, PhD

### AWARD DESCRIPTION

*Established in 2002, the Excellence in Education Award is presented to those individuals who have made outstanding contributions in the teaching of sleep medicine. The award serves to recognize and honor dedicated individuals who have skillfully taught and enhanced the knowledge of professional and lay people in the areas of sleep and sleep medicine.*

### RECIPIENT

Rich Rosenberg, PhD, has been a member of the American Academy of Sleep Medicine (AASM) since 1985. He served on the American Board of Sleep Medicine (ABSM) Board of Directors from 1994 – 2000 and the AASM Board of Directors from 1999 – 2003. He then joined the AASM staff as Senior Director of Science and Research and subsequently as Director of Professional Education. He played an integral role in the development of AASM educational initiatives in the areas of accreditation, board review, sleep scoring and sleep technologist education.

Dr. Rosenberg graduated with a degree in psychology from the University of California, Berkeley. He then studied with Allan Rechtschaffen in the Sleep Research Laboratory at the University of Chicago, where he received a doctorate in biopsychology in 1980. He was a postdoctoral fellow at Argonne National Laboratory, where he worked with George Sacher.

Dr. Rosenberg then joined the staff of the University of Chicago Sleep Disorders Center. In 1986 he helped start the Evanston Hospital Sleep Disorders Center and was a member of the departments of neurology and psychology at Northwestern University. He currently teaches in the psychology and human development departments at California State University, Long Beach, and he is an educational consultant for the American Association of Sleep Technologists (AAST).

### REMARKS

Thanks to the Board of Directors for this award. I appreciate the support of Jerry Barrett and the collaborative partnership with Steve Van Hout during my tenure at the AASM. I value my work with the AAST and my friendship with members of the AAST Board of Directors, including Melinda Trimble, Rita Brooks, Laura Linley and Allen Boone.

I am grateful for the occasional push from my wife, Joan Fisher, who encouraged me to leave clinical work for the AASM and later to return to teaching at the university level. I am thankful for the support of my daughters, and I am happy to be known around the AASM office as Carolyn Winter-Rosenberg's dad.

I am especially grateful to my mentor, Allan Rechtschaffen, for the frequent times that I hear his voice in my head saying, "Bad idea. Don't do that." I usually listen, and I regret when I do not.

# AASM Past Service Award Recipients

## NATHANIEL KLEITMAN AWARD

1981	Ismet Karacan, MD and Howard Roffwarg, MD
1982	William C. Dement, MD, PhD
1983	Elliot Weitzman, MD
1984	Mitchell Balter, PhD and Merrill Mitler, PhD
1985	Allan Rechtschaffen, PhD
1986	Christian Guilleminault, MD
1987	William C. Dement, MD, PhD
1988	Helmet Schmidt, MD and Helio Lemmi, MD
1989	Peter Hauri, PhD
1990	Thomas Roth, PhD
1991	Mary Carskadon, PhD
1992	Philip Westbrook, MD
1993	Michael Thorpy, MD
1994	Richard Ferber, MD
1995	James K. Walsh, PhD
1996	Allan I. Pack, MB, ChB, PhD
1997	Paul A. Fredrickson, MD
1998	Mark Mahowald, MD
1999	Jon F. Sassin, MD
2000	David P. White, MD
2001	J. Christian Gillin, MD
2002	Thomas Hobbins, MD
2003	Wolfgang Schmidt-Nowara, MD
2004	Daniel J. Buysse, MD
2005	Stuart Quan, MD
2006	John Shepard Jr., MD
2007	Andrew L. Chesson Jr., MD
2008	Conrad Iber, MD
2009	Michael J. Sateia, MD
2010	Michael H. Silber, MBChB
2011	Ronald R. Grunstein, MD
2012	Lawrence Epstein, MD
2013	Clete Kushida, MD, PhD, RPSGT, RST
2014	Alejandro Chediak, MD
2015	Nancy A. Collop, MD

## WILLIAM C. DEMENT AWARD

1994	William C. Dement, MD, PhD
1995	Christian Guilleminault, MD
1996	Meir Kryger, MD
1997	Roger J. Broughton, MD, PhD
1998	Michael S. Aldrich, MD
1999	Wallace B. Mendelson, MD
2000	Emmanuel Mignot, MD, PhD
2001	Allan Pack, MB, ChB, PhD
2002	Charles Czeisler, MD, PhD
2003	Elio Lugaresi, MD
2004	David F. Dinges, PhD
2005	Jerome Siegel, PhD
2006	Robert W. McCarley, MD
2007	Mark Mahowald, MD and Carlos Schenck, MD
2008	Terry Young, MS, PhD
2009	David P. White, MD
2010	Stuart F. Quan, MD
2011	Mark H. Sanders, MD
2012	John Stradling, MD
2013	David Gozal, MD
2014	Phyllis Zee, MD, PhD
2015	Carole L. Marcus, MBChB

## MARK O. HATFIELD AWARD

1996	Sen. Mark Hatfield
1997	William C. Dement, MD, PhD
1998	James K. Walsh, PhD
1999	James Kiley, PhD
2000	Rep. John E. Porter
2001	David Dinges, PhD
2002	Not Awarded
2003	Mark Mahowald, MD and Mary Carskadon, PhD
2004	Not Awarded
2005	Claude Lenfant, MD
2006	R. Bart Sangal, MD
2007	Paul Fredrickson, MD and Andrew O. Jamieson, MD
2008	Neil B. Kavey, MD
2009	Alejandro Chediak, MD
2010	Charles A. Czeisler, MD, PhD
2011	Mark R. Rosekind, PhD
2012	Judith A. Owens, MD, MPH
2013	Rita Brooks, RST, RPSGT
2014	Wayne H. Giles, MD, MS
2015	Michael J. Twery, PhD

## EXCELLENCE IN EDUCATION AWARD

2002	Richard Ferber, MD
2004	Meir Kryger, MD, FRCP and Marvin R. Dunn, MD (posthumous)
2006	Judith A. Owens, MD, MPH
2007	Vernon Pegrarn, MD
2008	Michael R. Littner, MD
2009	James A. Rowley, MD
2010	Richard B. Berry, MD
2011	Barbara Phillips, MD, MSPH, FCCP
2012	Teofilo L. Lee-Chiong, Jr., MD
2013	Suresh Kotagal, MD
2014	Alon Y. Avidan, MD, MPH
2015	Patrick J. Strollo, Jr., MD

# 2016 Young Investigator Award

## AWARD RECIPIENT

**Kimberly Truong, MD**

**University of California, Irvine**

*Characteristics of Unanticipated Hospital Admissions and Readmissions in CPAP Compliant and Non-Compliant Patients with Obstructive Sleep Apnea*

## HONORABLE MENTIONS

**Victoria Pak, PhD**

**Yale**

*Candidate Gene Analysis in the Epidemiologic Sleep Study (EPISONO) Shows Novel Associations of Inflammatory Gene PDE4D and Sleepiness*

**Hengyi Rao, PhD**

**University of Pennsylvania**

*Acute Total Sleep Deprivation Alters Midbrain Water Diffusivity In Cognitively Vulnerable Individuals*

**Luke Rowsell, PhD**

**University of Sydney**

*Identifying Obstructive Sleep Apnea Patients Vulnerable to Opioid-Induced Respiratory Depression: Results from A Randomized Double-Blind Placebo-Controlled Crossover Trial*

**Richa Koul-Tiwari, PhD**

**University of Tennessee**

*A Novel Role for Pedunculo pontine Tegmentum (PPT) BDNF-TrkB signaling: A Mechanism of Homeostatic Regulation of REM Sleep in Rat*

