

# 2026 Current Fiscal Year Report: Sleep Disorders Research Advisory Board

Report Run Date: 05/23/2026 04:46:15 PM

**1. Department or Agency**

Department of Health and Human Services

**2. Fiscal Year**

2026

**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 07/02/2025 07/02/2027

**8a. Was Terminated During Fiscal Year?** **8b. Specific Termination Authority** **8c. Actual Term Date**

No

**9. Agency Recommendation for Next Fiscal Year** **10a. Legislation Req to Terminate?** **10b. Legislation Pending?**

Continue Not Applicable Not Applicable

**11. Establishment Authority** Statutory (Congress Created)

**12. Specific Establishment Authority** **13. Effective Date** **14. Committee Type** **14c. Presidential?**

42 USC 285b-7 et seq. 06/10/1993 Continuing 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

	<b>Current</b>	<b>Next</b>
	<b>FY</b>	<b>FY</b>
<b>18a(1). Personnel Pmts to Non-Federal Members</b>	\$0.00	\$0.00
<b>18a(2). Personnel Pmts to Federal Members</b>	\$0.00	\$0.00
<b>18a(3). Personnel Pmts to Federal Staff</b>	\$0.00	\$0.00
<b>18a(4). Personnel Pmts to Non-Member Consultants</b>	\$0.00	\$0.00
<b>18b(1). Travel and Per Diem to Non-Federal Members</b>	\$0.00	\$0.00
<b>18b(2). Travel and Per Diem to Federal Members</b>	\$0.00	\$0.00
<b>18b(3). Travel and Per Diem to Federal Staff</b>	\$0.00	\$0.00
<b>18b(4). Travel and Per Diem to Non-member Consultants</b>	\$0.00	\$0.00
<b>18c. Administrative Costs (FRNs, contractor support, In-person/hybrid/virtual meetings)</b>	\$0.00	\$0.00
<b>18d. Other (all other funds not captured by any other cost category)</b>	\$0.00	\$0.00
<b>18e. Total Costs</b>	\$0.00	\$0.00
<b>19. Federal Staff Support Years (FTE)</b>	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 (NHLBI). The Board provides a

breadth and balance of specialized knowledge necessary to appraise the direction and assess the long-range goals, program concepts, and research opportunities of current and future sleep and circadian research. At each meeting, scientific and education program updates from NCSDR, NIH Institutes, Centers, and 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 the health of women and children, specifically the role of sleep and/or circadian disruption on maternal health and fetal outcomes; interest in the triad of modifiable behaviors: diet/nutrition, physical activity and sleep; research projects focused on non-pharmacological strategies to improve sleep disorders and circadian health in children and adolescents; activities to stimulate research for the translation of circadian biology into health and disease; activities to further integrate artificial intelligence/machine learning (AI/ML) methodologies in sleep and circadian biology research; treatment of sleep-disordered breathing in persons living with Down syndrome; and stimulating research to understand the bidirectional relationship between sleep and pain. The committee has also begun to refresh the NIH-wide Sleep Research Plan, with a new plan scheduled for release in calendar year 2026.

**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. However, due to the delay of posting meetings in the Federal Register in early 2025, the regularly scheduled in-person April meeting was cancelled. The committee met on December 5, 2024 and August 7-8, 2025. A major focus in fiscal year 2025 has been the refresh of the NIH-wide Sleep Research Plan. The Board is currently discussing and prioritizing topics for the plan refresh to present to the sleep and circadian communities. These topics include: a) innovating diagnostics and treatments for sleep and circadian disorders; b) developing sleep and circadian-based strategies for prevention and mitigation of chronic diseases; c) investigating

sleep and circadian rhythms in development, child, and adolescent health; and d) highlighting new approach methodologies in sleep and circadian research to complement model systems.

Opportunities identified by the Board will be expanded to include examples of specific research activities. The SDRAB continues to reiterate the need and potential impact of data sharing and harmonization, and how utilizing existing high-value datasets and promoting data reuse along with artificial intelligence/machine learning (AI/ML) methodologies could be transformative for sleep and circadian research. The Board suggested that the sleep and circadian research communities identify ways to optimally harness technology alongside biology to improve outcomes, and ensure these innovations are available to all patients. The SDRAB expressed the need for continued avenues for research coordination within NIH, and with other Federal Agencies and requested updates at future meetings.

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

The SDRAB 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 sleep and circadian research requires a specialized balance and breadth of expertise that is not available from the NIH staff or 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. The SDRAB made three recommendations during its FY2025's meetings:

- 1) The Board recommended ways to increase awareness that a potential best practice for researchers to increase rigor and reproducibility would be to consider time as a biological variable in much the same way the sex is considered as a biological variable when studying the impact of interventions on the body.
- 2) The Board recognized that there were many over the counter measures being used to enhance sleep and other health outcomes and recommended an increased focus on understanding the relationships between the gut and the brain and the gut and sleep, and for more mechanistic research to understand the role of the microbiome and its influences on health.
- 3) The Board recommended four topics move forward for the refresh of the NIH-wide

Sleep Research plan. Dr. Monica Bertagnolli, NIH Director, began her term as Ex Officio on 11/10/2024. Her term ended 1/20/2025. Dr. Jay Bhattacharya began his term on 4/1/2025. The Charter allows the Committee to have 22 number of authorized members -- limited to 12 SGEs and 10 Ex-Officios. Two SGE members' terms ended in FY25 (Herzog and Wharton); five members were administratively extended to 12/27/2025 (Tasali, Durmer, Johnson, Purcell, and Ramos). There are 7 Ex-Officio members (Brown, Gibbons, He, Hunt, Lee, Mackiewicz, Shell). Ex Officio members Aveneroli and Jilani terms ended early (8/12/2025 and 4/1/2025, respectively). Nominations for SGE members were paused or terminated in 2025 in order to align with the Administration's priorities; there is also three ex officio vacancies as the agency is working to identify its candidates.

### Designated Federal Officer

Marishka K Brown Director, National Center on Sleep Disorders Research

Committee Members	Start	End	Occupation	Member Designation
Bhattacharya, Jayanta	04/01/2025	01/20/2029	NIH Director	Regular Government Employee (RGE) Member
Broussard, Josiane	03/26/2023	06/30/2026	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

Desplats, Paula	03/24/2024	06/30/2027	University of California, San Diego	Special Government Employee (SGE) Member
Durmer, Jeffrey	03/27/2022	12/27/2025	NoxHealth	Special Government Employee (SGE) Member
Gibbons, Gary	09/04/2020	06/30/2026	Director, National Heart, Lung, and Blood Institute	Ex Officio Member
He, Janet	08/24/2020	06/30/2026	Program Analyst, National Institute of Neurological Disease and Stroke	Ex Officio Member
Hunt, Amanda	06/27/2024	06/30/2028	Scientific Program manager, Department of Veterans Affairs	Ex Officio Member
Johnson, Dayna	05/07/2023	12/27/2025	Emory University	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
McBride, Patricia	01/26/2025	06/30/2027	Foundation for Airway Health	Special Government Employee (SGE) Member
Purcell, Shaun	04/06/2023	12/27/2025	Brigham and Women's Hospital	Special Government Employee (SGE) Member
Ramos, Alberto	03/27/2022	12/27/2025	University of Miami, School of Medicine	Special Government Employee (SGE) Member

			Director, Disease Prevention, Disease Management, and Population Health	Ex Officio Member
Shell, Donald	11/30/2022	06/30/2026	Policy and Oversight, Office of the Assistant Secretary of Defense for Health Affairs	
			University of Chicago	Special Government Employee (SGE) Member
Tasali, Esra	03/27/2022	12/27/2025		

**Number of Committee Members Listed: 16**

**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. NIH works toward that mission by supporting the research of non-Federal scientists in universities, medical schools, hospitals, and research institutions throughout the country and abroad. 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
- Trust in government
- Major policy changes
- Advance in scientific research
- Effective grant making
- Improved service delivery
- Increased customer satisfaction

- Implementation of laws or regulatory requirements
- Other

**Outcome Comments**

NA

**What are the cost savings associated with this committee?**

Checked if Applies

- None
- Unable to Determine
- Under \$100,000
- \$100,000 - \$500,000
- \$500,001 - \$1,000,000
- \$1,000,001 - \$5,000,000
- \$5,000,001 - \$10,000,000
- Over \$10,000,000
- Cost Savings Other

**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?**

74

**Number of Recommendations Comments**

The SDRAB made three recommendations during its FY2025's meetings: 1) The Board recommended ways to increase awareness that a potential best practice for researchers to increase rigor and reproducibility would be to consider time as a biological variable in much the same way the sex is considered as a biological variable when studying the impact of interventions on the body. 2) The Board recognized that there were many over the counter measures being used to enhance sleep and other health outcomes and recommended an increased focus on understanding the relationships between the gut and the brain and the gut and sleep, and for more mechanistic research to understand the role of the microbiome and its influences on health. 3) The Board recommended four topics move forward for the refresh of the NIH-wide Sleep Research plan.

**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
- Reallocated resources
- Issued new regulation
- Proposed legislation
- Approved grants or other payments
- Other

**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.