



Society of Behavioral Sleep Medicine

1st Annual Society of Behavioral Sleep Medicine (SBSM) Scientific Conference Call for Abstracts and Workshop Proposals

To submit abstracts and proposals [click on this link](#).

We are delighted to extend an invitation to you for the 1st Annual SBSM Scientific Meeting to be held September 12-15, 2019 in Birmingham, AL, at the Renaissance Birmingham Ross Bridge Resort & Spa.

Theme: Advancing the Science of Behavioral Sleep Medicine and its Impact on Population Health

Important Dates

Submission

The submittal system will open on October 1, 2018 and will close at 11:59 PM Pacific Time on January 15, 2019.

Notification

Primary authors will be notified in March 2019 regarding selection of their proposals.

Why a Scientific Meeting?

SBSM has a rich history of addressing behavioral, psychological, and physiological factors that affect sleep. Our membership is comprised of clinicians and scientists with expertise in behavioral sleep medicine (BSM) in a variety of populations. SBSM also includes national and international leading scientists. This inaugural meeting will provide an opportunity for information exchange and networking for students, trainees, postdoctoral fellows, clinicians, epidemiologists, and basic, clinical and translational scientists to identify concrete ways to expand the impact of BSM on the scientific community. Our agenda will include speakers, posters, paper presentations, symposia, and workshops.

Early career professionals are especially encouraged to submit abstracts to highlight their work.

Topics of Interest

At this time, the SBSM Scientific Advisory Subcommittee invites the submission of abstract/proposals that may include, but are not limited to, the following topics related to BSM for adults, children or adolescents:

- Sleep and Co-morbid Chronic Conditions (e.g., psychiatric, medical)
 - Novel applications of BSM techniques to co-morbid medical conditions
- Implementing Behavioral Sleep Medicine in Clinical and non-Clinical Settings
- Promoting Health Equity and Eliminating Disparities
 - Cross-cultural issues in sleep health
 - The impact and role of social determinants of health and sleep disturbance in vulnerable populations
- Research Methods and Measurement Issues

- Innovative methodologies
- Big data/machine learning
- Personalized medicine
- Digital Health/Wearable Devices
 - Sleep apps and trackers
 - Actigraphy
 - Ambulatory sleep EEG assessment
- Future of Behavioral Sleep Medicine
 - Training the workforce
 - BSM, technology and mhealth

*Proposals submitted other than those listed will also be considered.

Abstract/Proposals

Abstracts are to be submitted for poster or oral presentations. Proposals are to be submitted for symposia or workshops. All events are scheduled to take place Thursday, September 12 – Sunday, September 15, 2019. Presenters must be able to present on their assigned dates.

1. Important Information about Abstract Submission and Issues Related to Copyright

- Abstracts must relate original data.
- The primary author agrees to grant SBSM permission to publish the abstract in printed material and in an online searchable database.
- The primary author retains the abstract's copyright, and anyone who contacts SBSM wishing to use the abstract after the SBSM meeting will be instructed to contact the primary author for permission.

General guidelines for Abstracts

- Abstracts may be submitted for a poster or oral presentation.
- Abstracts are limited to **250 words**, have 2-3 key words, and images are NOT allowed.
- Format must include: Title, Background, Methods, Results, and Discussion/Implications.

*Systematic and scoping reviews and meta-analyses will also be considered.

2. Important Information about Symposia and Workshops

The maximum number of speakers allowable is four and varies based on presentation type. Symposia and workshops should provide attendees with clear ideas they can use in their day-to-day research or clinical settings. All faculty on the proposals are expected to present content during the session and will need to register for the meeting.

- **Symposia** are designed around a common theme and should include no more than four speakers (who preferably should be from different institutions) with one of the four serving as Discussant/Moderator. Symposia are expected to last 60 minutes. The ideal 60-minute session compares and contrasts a variety of perspectives on a cohesive theme or includes presentations that are cross-disciplinary and build on one another. Please note in your proposal which speaker will manage the basic duties of the moderator. Symposia submissions should be no more than **500 words**.

- **Workshops** should be designed to be hands on (examples include audience feedback or discussion and group activities) and must include at least two learning objectives. For example, “By the end of the presentation participants will be able to assess the pros and cons of actigraphy.” Workshops may also include presentation of clinical case studies. Workshops are expected to last 2 hours and typically include one or more presenters. Workshop submissions should be no more than **500 words**.

General guidelines for proposals

- Statement describing the rationale/need for the topic, and description of the research/practice gap(s) which will be addressed
- Focus statement (the focus statement should give a succinct description of what topics will be discussed during the session; it will be printed in the conference brochure so that attendees will be able to make decisions on which sessions they would like to attend)
- Educational objectives (geared toward knowledge, skill, and/or attitude)
- Title
- Presenter information, including disclosures
- Presenter will be responsible for all handout materials (including articles, references/bibliography, or copies of presenters' PowerPoint slides)
- Proposals may be submitted for symposia or workshops

Policies

Abstract/Proposal Presentation Limit: Authors are limited to participation as “presenter” for a maximum of three abstract/proposal submissions.

Disclosure: SBSM requires full disclosure of relevant financial relationships from every presenter.

Abstract/Proposal Language: All abstract/proposal submissions must be in English. All presentations based on accepted abstract/proposal submissions must be made in English.

SBSM Membership *is not required* to submit an abstract, but if accepted, you will be required to register to attend the meeting.

Thematic Submissions Encouraged: Submissions are especially encouraged that reflect the theme: *“Advancing the Science of Behavioral Sleep Medicine and Its Impact on Population Health”*

Graduate Students, Trainees, Postdoctoral Fellows and Early Career Professionals: Submissions are especially encouraged from graduate students, trainees, postdoctoral fellows and early career professionals.

To submit abstracts and proposals [click on this link](#).

Continuing Education Credits will be available with registration to the conference.

SBSM 1st Annual Scientific Conference Planning Committee