The outcome of the panel’s work will provide the public, as well as research and medical communities, the official National Sleep Foundation Sleep Quality Recommendations. The panel is chaired by Maurice Ohayon, MD, DSc, PhD, Chair of National Sleep Foundation’s Population Health and Methodology Council and Chief of the Division of Public Mental Health and Population Sciences at Stanford University’s School of Medicine.

The panel will develop its recommendations through a rigorous consensus process that involves the critical appraisal of a systematic literature review and multiple rounds of consensus voting. In order to complement the sleep specialists on the panel, it is desirable for your representative to have an understanding of sleep but it is critical that they can represent your organization’s field of expertise.

The panel will meet once in person in Palo Alto, CA; however, most of the work will be conducted during conference calls. We expect this activity will take 12-15 months to complete. The National Sleep Foundation will provide each panelist with an honorarium of $1,000.