Key questions defining research program:

1) What is the impact of poor sleep on cardiovascular and metabolic outcomes?
2) To what extent does sleep mediate racial, ethnic and socioeconomic disparities in cardiovascular and metabolic outcomes?
3) What is the impact of sleep therapies on cardiovascular and metabolic disease?
4) How does one improve sleep in patients with prevalent cardiovascular and metabolic disease?
5) How does one improve sleep outcomes at a clinic and/or population level?

Key words describing research program

1) Sleep apnea
2) Insufficient sleep
3) Epidemiology
4) Disparities
5) Cardio-metabolic disease

Titles for shovel-ready research projects

1) What are the causes of racial disparities in drowsy driving?
2) What is the association of sleep apnea on non-dipping blood pressure?
3) What are predictors of incident sleepiness in a cardiovascular cohort?
4) What is the prevalence and predictors of excessive caffeine use in a Hispanic population?
5) What is the incidence of atrial fibrillation in patients with sleep apnea?

Data sources for shovel-ready research projects:

1) Behavioral Risk Factor Surveillance Study (CDC BRFSS)
2) Hispanic Community Health Study/Study of Latinos (NIH HCHS/SOL)
3) Sleep Heart Health Study (NIH SHHS)
4) UPMC Electronic Medical Record (MARS archives)
5) Apnea Positive Pressure Long term Efficacy Study (NIH APPLES)