Key questions defining research program:

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

Key words describing research program:

- Sleep apnea
- Insufficient sleep
- Epidemiology
- Disparities
- Cardio-metabolic disease

Titles for shovel-ready research projects:

- Patient preference for how CPAP therapy is initiated
- Racial disparities in presentation for sleep apnea evaluation
- Is there a placebo effect with CPAP therapy for sleep apnea?
- What is the incidence of cancer/diabetes/heart failure in patients with sleep apnea?
- Does use of home testing shorten time to initiate treatment in sleep apnea?

Data sources for shovel-ready research projects:

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