



British Sleep Society Strategic Plan

"Healthy Sleep for All"

2020-2025

President's Statement



Everything we do at the British Sleep Society is to promote "Healthy Sleep for All". We support patients and multidisciplinary healthcare professionals alike to drive educational, research and clinical standards. We promote our mission by establishing inclusive values and priorities for the Society that will help us to achieve our vision to further public health and diminish health inequalities. Our strategic plan is ambitious and will help us to better align with national and international partners and provide relevant guidance to anyone with interest in Sleep to identify with our Society.

Professor Joerg Steier, President

2020 Executive Committee

Prof. Joerg Steier President

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President

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Dr Ari Manuel Membership

Dr Stephen Emegbo RCCP Liaison

Dr Victoria Cooper ARTP Liaison

Sakina Dastagir BPSS

Alex Perkins Strategy Task Force

Dr Michelle Miller Research and
Education

Overview of the Strategic Plan

This document outlines the proposed components of the BSS Strategic Plan. The plan is intended to guide the development and activity of the society for the next five years. The strategy consists of four interrelated levels, this includes our Mission, Vision, Values, and Priorities (Figure 1):

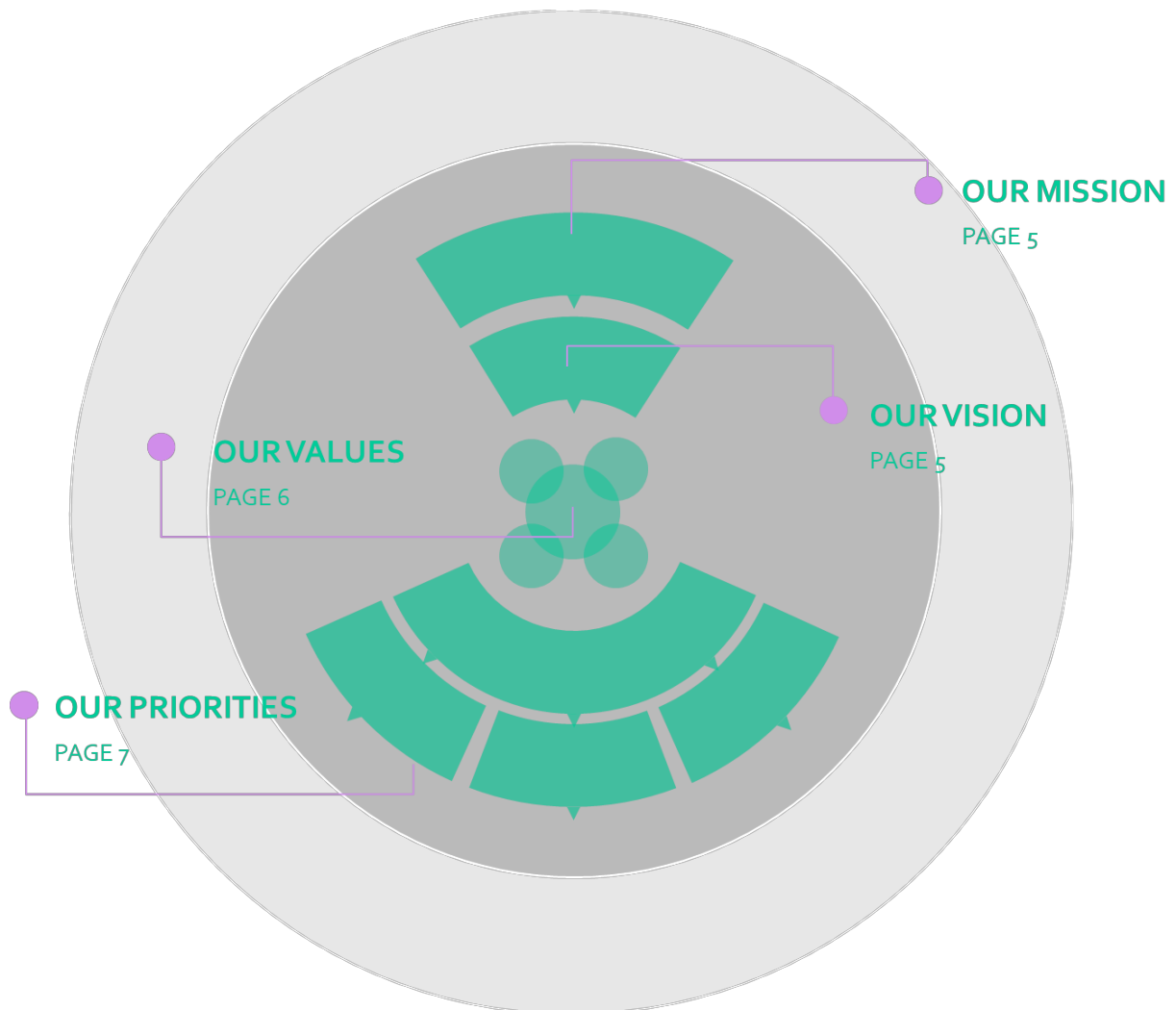


Figure 1 - Overview of the Strategic Plan. The plan encompasses four key components: Mission, Vision, Values, and Priorities

Our Mission & Vision

Our Mission statement sets out who we are as an organisation and what we do. Our Vision statement explains what we seek to achieve together over the next five years. Together these statements define our purpose and outlook (Figure 2).



Figure 2 – Our Mission and Vision

Our Values

The Values of the British Sleep Society are the guiding principles that apply to all our activity. They serve as the benchmark we will use to achieving the Vision of the Society. Our Values are (Figure 3):

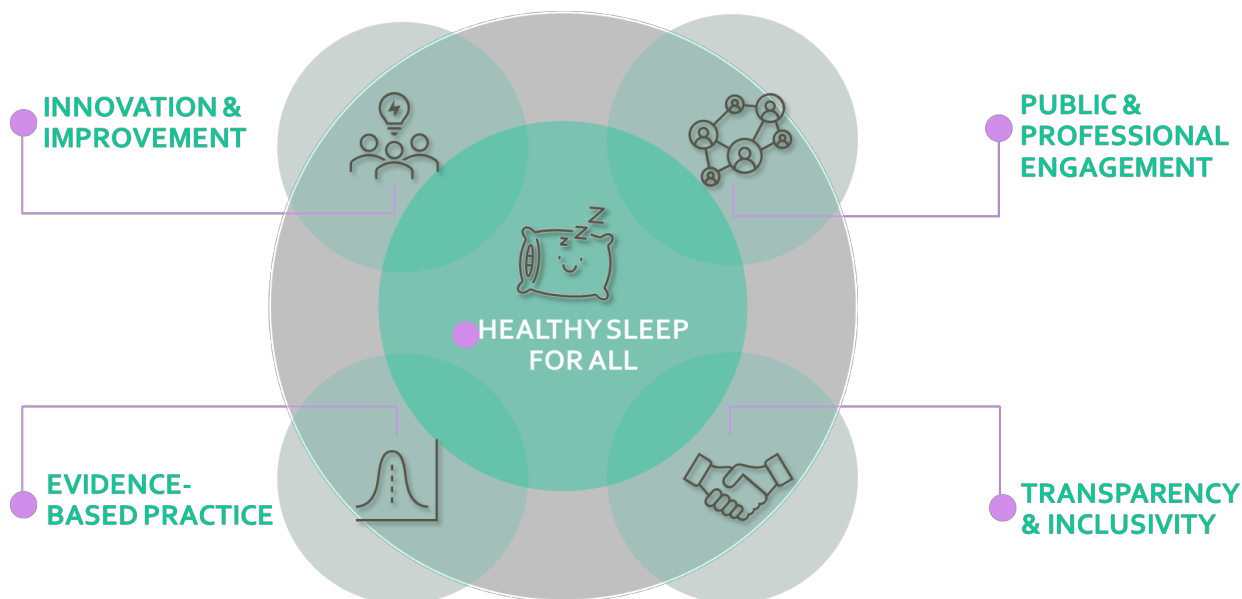


Figure 3 – Our Values

Healthy Sleep for All

Understanding, and promoting the benefit of healthy sleep for all is at the heart of our activity as clinicians, researchers, and educators.

Evidence-Based Practice

We believe in the rigorous generation, evaluation, and application of evidence in our professional practice.

Transparency and Inclusivity

We will strive to create a culture that is diverse, tolerant, and open to different perspectives. We will help others to build their own voice and find ways for everyone to be heard. We will speak openly and will be accountable to others for our words and actions.

Public and Professional Engagement

Our strength lies in our ability to grow together. We will help members to build networks and share their work with others. As a society we will seek to work with members of the public, other organisations, and decision makers. In doing this we will ensure that our vision and values inform policy and public life.

Innovation and Improvement

We will seek to improve the quality standards to which we aspire as practitioners, and to help others in the application of those standards. We will find innovative ways to operate as a society, and to encourage innovation in the practice of our members. We will learn from each other and will share our successes.

Our Strategic Priorities

Our Strategic Priorities define the way the British Sleep Society will operate. They serve as a focus for the way we will organise our activities. Our priorities are (Figure 4):

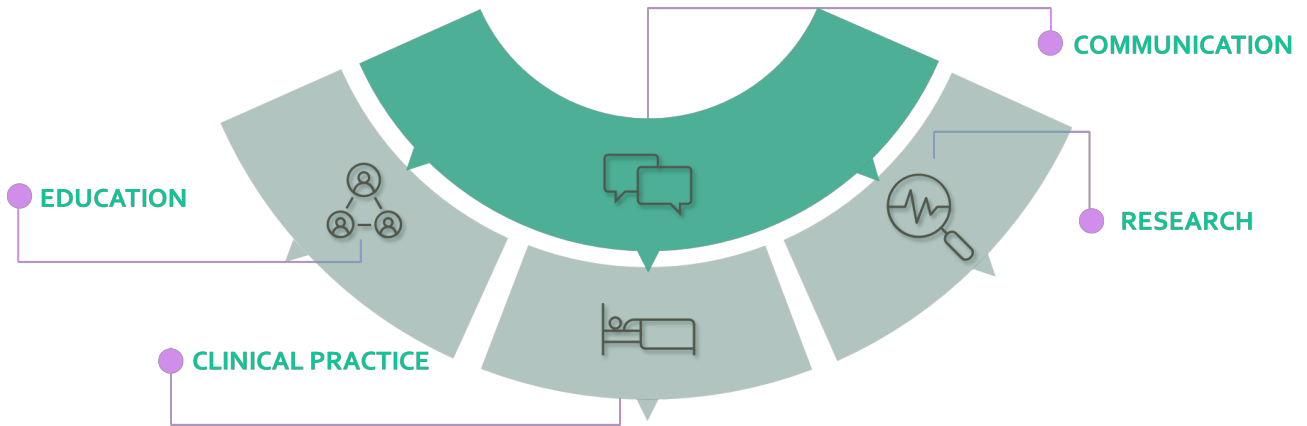


Figure 4 – Our Strategic Priorities

Education

We recognise the need to continuously build our own skills and knowledge, and to teach what we know. We will ensure sleep health professionals can excel in their work by improving access to, and quality of education in sleep science.

Clinical Practice

Members of the public deserve access to safe, timely and effective support for sleep conditions. As an organisation we will support members to provide the best clinical care, and we will be active in setting the standards for that care.

Research

As the foundation of our practice, sleep science research needs to be carried out with the utmost rigour and integrity. We will help members to build the skills, and relationships to be active and effective members of the research community and will help them to disseminate their research.

Communication

To ensure that we have a diverse, engaged, and vibrant community we must be able to communicate our Vision. We need to find ways to build dialogue with our members, as well as with external stakeholders and members of the public. The way we work together is our strength, and this overarching theme cuts across all that we do.

Acknowledgements

The BSS Strategic Plan was produced by the Executive Committee in a task force led by Prof. Joerg Steier and Alex Perkins. Following a consultation exercise with members and stakeholders the strategy was adopted and is due to be reviewed by the end of 2025.

British Sleep Society

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Sleeping pillow icon in figure 3 made available by Smashicons from www.flaticon.com