

My application to the BSS Executive Board (EB) has been a considered and timed decision. It stems from a genuine desire to make a difference working with the other EB members to shape the future of Sleep Medicine in the UK, as well as through my research. With 9 years' experience as a sleep and ventilation consultant and academic, I have a unique and valuable skill set and approach to offer the board. Firstly, I have had considerable experience of contributing productively to teams like the EB. I was Imperial College Curriculum Development Lead (2018-2020) for the patient-facing modules for Year 1-3 undergraduate medical students starting the new 2020 curriculum. This required working smoothly with numerous sub-teams e.g., those teaching communication skills, professional values, and clinical examination, the teaching co-ordinators and Directors of Clinical Studies at clinical sites, and Phase Leads. Another example was my work on the Imperial College Athena Swan Committee tackling gender equality (2015–2017); securing, for example, an invitation for our Committee Lead to speak about careers for female clinical academics at the 2017 Royal College of Physicians annual conference. I can also lead teams effectively. I started the Harefield non-invasive ventilation service in 2012 with part time nursing and physiologist staff and staff numbers have now tripled because of the expansion. Over the last year, I have led sleep leads, patient volunteers and their partners, OSA patient charities, and psychologists in collaborative research work towards an intervention that improves CPAP use. I have built a research network of 22 UK sleep services and am leading on a multinational UK/US/Australia collaboration with two eminent international sleep researchers Terri Weaver and Ron Grunstein. These examples indicate that I would be an effective EB team player. My unique research experience will also be valuable to EB's research discussions. I have been a principal investigator in both wet-lab science, using cell and animal models, and clinical research, which gives me a wider perspective on research than most. I have sat on grant panels and pharmaceutical advisory boards, and have a precise, measured approach to discussions and decisions consistent with my scientific background. I have delivered innovative education, and therefore could assist in BSS educational events. The curriculum role introduced me to several state-of-the-art pedagogic methods for delivering and assessing learning. I have also hosted my own international symposium to fill a gap not covered in existing conferences, on "Targeting skeletal muscle mitochondrial metabolism to treat human disease" in 2016 at Imperial College which sold out at 100 attendees. I have also produced in-house patient educational videos on CPAP that have been popular across the UK (viewed >120,000 times over 2 years). I also have personal attributes that, I believe, would make me a valuable EB member. I am energetic and enthusiastic, which has a positive, motivating effect on others. I am adaptable, to the extent I have been able to change research area and type and inclusive, reflected in my enrolment of centres not previously approached for research.