

I, Kariem Elhadd, wish to stand for election to the Executive committee of the British Sleep Society. I have been proposed by Dr Ari Manuel and seconded by Dr Elizabeth Hill.

I am a senior neurology specialist registrar in the North West of England with a personal passion for sleep health and the practice of sleep medicine. My career aspiration is to manage neurological sleep disorders as an accredited neurologist and somnologist, within a dedicated sleep medicine service.

I am currently undertaking a neuroimmunology fellowship, where my main project is investigating disordered sleep in patients with autoimmune neurological disorders. I have collaborated with local, national and international researchers (including Oxford and Stanford) on various projects, including the effect of sleep disturbance in functional cognitive disorders and cognitive impairment in epilepsy. I am currently recruiting to a multicentre study assessing prodromal biomarkers in Parkinson's disease, using wearable sleep technology. I am excited and proud at the prospect of contributing to works that could ultimately delay or even prevent Parkinson's disease.

I have been a BSS member for a few years, and this helped me successfully secure a bursary to attend the international sleep medicine course in 2019 (where I featured in the BSS newsletter!). I am keen to further my knowledge and practice. I am a self-funded student of the Oxford sleep medicine course, working towards a postgraduate diploma via distance learning in my own time. I have delivered teaching and presentations relevant to sleep medicine at patient events as well as local and national professional meetings including, most recently, the BSS national narcolepsy update, where I presented a vignette of my current research project.

In my regular practice, I encounter the ubiquity of impaired sleep across various neurological disciplines. I have observed that this important aspect of care, unfortunately, is relatively under recognised and often unaddressed. I have also observed, along with others, that sleep health and sleep medicine are generally under-represented despite being a core topic of the neurology training curriculum. Though a relatively new and developing field, formal UK accreditation in sleep medicine is currently not available (contrasting our European and American counterparts). I wish to be a positive force for change and prove to be an asset in promoting better sleep health and furthering the field of sleep medicine. I think this ethos harmonises with the BSS' strategy: 'Healthy Sleep for All'. I believe that bringing my voice and efforts into this BSS position (with some supported direction) can contribute to the positive momentum of the organisation toward achieving its goals.

I think my aspirations, background and experience are quite unique and offer the BSS a fresh perspective while bolstering representation of my discipline and region of practice. I sincerely hope that my clinical and research interests, along with my personal enthusiasm, lend to successful appointment to the committee, help promote sleep health, and further UK sleep medicine practice.