

I Dr Matthew Reid wish to stand for election to the Executive committee of the British Sleep Society. I have been proposed by Dr Lizzie Hill and seconded by Dr Megan Crawford. I am currently a Research Fellow at the Johns Hopkins School of Medicine where my area of research involves understanding the causal association between sleep, insomnia and depression. I previously conducted my PhD in Sleep Medicine at the University of Oxford with Prof Colin Espie and Dr Simon Kyle. I am interested in participating in the Executive committee as I see this as an excellent opportunity to continue to promote the BSS's mission of healthy sleep for all back in my home country (The UK) whilst not being physically resident in the country. I am confident that I would be able to fulfill this role remotely during my temporary post in the US by attending meetings remotely, and returning once a year for the annual AGM and in-person conference, the cost of which will be covered by my institution. Following completion of this post (Jan 2023) I envisage returning to the UK. I feel that my past experience in the field of sleep medicine makes me an excellent candidate to fulfill the duties of the executive committee, and subsequent sub-committees. I have ~ 7 years of experience in the field of sleep medicine spanning both translational sciences, undergraduate and postgraduate level teaching, and clinical research. Second, at the University of Oxford I was involved in a number of public engagement initiatives which aimed to educate the public about healthy sleep and sleep research, including television and radio documentaries for the BBC and ITV, museum events, and public lectures. An element where I particularly feel I can add value to the existing BSS efforts is through helping the society develop strategies which address its core value of "public & professional engagement". Which I would propose to do by 1) optimising public engagement events and 2) boosting professional engagement with other societies outside the UK (e.g The Sleep Research Society). Concerning goal 1) I would be particularly interested in coordinating a schedule of events for World Sleep Day. This is something which I feel has been overlooked in recent years by the society, yet forms a crucial part of promoting public engagement with sleep. Together, I feel that these joint initiatives would not only benefit the society in fulfilling the goals of its strategic plan, but would also have a broader benefit to society by empowering the public with the resources they need to support their own mission of healthy sleep.