

*I, Nathan Howarth wish to stand for election to the Executive committee of the British Sleep Society. I have been proposed by Dr Michelle Miller and seconded by Stephanie Romiszewski.*

Currently I am a postgraduate research student at Warwick Medical School and as of October Undergraduate Medical Student at Sunderland University. I am experienced in medical edu

cation having been involved in the case-based learning facilitation at Warwick and have additional educational experience as an associate lecturer at Oxford Brookes University.

I am leading a national research project: *Operation Shift*, which is a control trial within a UK Police force to compare contrasting patterns and the effects of this on individuals, their sleep, and the performance of officers within the organisation.

My background in humanities, has enabled me to take the lead on a separate research project exploring the Lived Experience of Shiftwork (LES) for Police officers, recording how they have experienced shift patterns and the holistic impacts they have for the officers and their network, including the vicarious experience of.

I am also interested in the relationship between sleep disorders and head impacts, whether a traumatic brain injury/concussion, post-concussion syndrome or neurodegenerative disease.

As a versatile researcher, I have undertaken a number of systematic reviews and explored the lived experiences and interactions between head injuries and sleep disorders through qualitative methods, and a range of psycho-social cohort studies. More recently I have expanded this research into the neuropathologies and neuroscience of sleep with a collaborative project between Oxford University and the Concussion Legacy Foundation.

My recent diagnosis of obstructive sleep apnea has increased my passion and desire to enhance our understanding and knowledge in sleep for medical and research groups but equally for the general population. It is vital to share the message of sleep, and its interactions with physical and mental health wellbeing or importantly sleep and its association to disease. Sleep and its status of significance is required to be further towards it's a third pillar of health, especially given we spend a third of our lives asleep.

In terms of strategic and operational experience, which would assist the executive committee, I have held a position of responsibility for closing in on a decade. I have previously been a member of the UK Youth Parliament, a semi-professional rugby union referee, and for three years ran the rugby referee's society at Durham University, with responsibility for 18 referees and over a dozen fixtures each weekend. Since my third year of university, I have been a serving special constable for the Police undertaking specialist training in mental health and trauma and have been active in assisting in the development of other officers. During my time at Oxford Brookes University, I have been elected onto the academic board to represent associate lecturers, also a secondary school governor. Additionally, I am a Director at the Concussion Legacy Foundation in the UK, focusing on research. Despite being young, I have amassed some unique experiences that I believe would be of great asset to the executive committee.