

It would be an honour to join the executive committee of the British Sleep Society. I am very passionate about sleep medicine as the most important part for health protection to prevent long-term comorbidities. I have dedicated most of my career to this subject. I have been a Consultant in Sleep Medicine for 10 years in a small unit which I have expanded greatly from only providing ambulatory sleep apnoea testing to now being able to provide a wide range of diagnostics to include overnight polysomnography sleep studies and drug induced sleep endoscopy. I have a Masters in Sleep Medicine and am confident that I will be able to have the knowledge required to appraise guidelines and policies. My focus in sleep medicine is to advance and deliver excellent bespoke care as much as possible with the evidence-based approach. I do this by proactively supporting and collaborating with my colleagues to enable them to deliver a multidisciplinary service as well as using a consensus approach to make changes needed, such as remote working during the COVID period. I have good experience in delivering operational tasks efficiently and on-budget. I am constantly adapting to the changing situation such as enabling our service to continue effectively and remotely. The vast importance of good sleep gives me the enthusiasm I have to talk about this. I enjoy communicating this within my organisation and beyond. I have within my organisation set-up internal education programs for allied health professionals, doctors and nursing staff such as the '4 week' introduction to sleep course for nursing staff new to the department. I have put together a research plan and attracted investment from external sources. I have been actively promoting sleep medicine within our organisation by giving lectures to senior management and staff well-being services. As well as schools to talk about the youth and technology affecting sleep. My desire to help others with poor sleep has enabled me to set-up our first internal sleep disorder staffing clinic with advice for staff on shift work. This has been rolled out to the North London Partners to include staff working in the community. I have good relationship with commercial organisations and have participated in podcasts such as Dreams Sleep Matters, and other material to highlight importance of sleep for the general public. My other ambition is to advocate sleep medicine nationally and help sleep services to deliver effective care within their organisations and doing this through joint working engagement and education. I would like Sleep Medicine in the UK to be a priority for the UK government as part of the long-term NHS plan for health protection and treatment. One of the ways this can be done is by including sleep in schools, university and postgraduate syllabuses to educate about the long-term effect of bad sleep. If accepted, I would thoroughly enjoy working with the executive committee and the subcommittees to contribute and participate in the activities of the British Sleep Society.