

London 16<sup>th</sup> November, 2021

## BSS Officers Update

Dear BSS Members,

we would like to express our gratitude for supporting our flagship conference, **BSS Virtual Sleep 2021**. We had three days of exciting discussions, meetings, poster presentations and symposia. To test the suitability of this format, we also included some new features, namely the fireside chats and the satellite symposia. While we have had some fantastic initial feedback so far, we are still collating the formal feedback for each session and we will feed back to the interested parties individually.

However, to support our online, parallel stream programme we needed everyone on board. So please let us take this opportunity to thank you, the delegates and members, the BSS committees (programme, executive, communications, research, and particularly the educational committee), the speakers and chairs, and our fantastic organisational support with the BSS head office / EBS. We want to particularly name **Jenny Sylvester** here, as her calm and helpful manner helped us to deliver our first online congress in a highly professional manner. You have the next three months to review any session from the congress '**on demand**' – just walk into the congress platform and select the session you want to watch (bottom right: air touch control, select recording). And don't forget your feedback forms! Once we receive your feedback you will be sent your certificate of attendance (CPD points). Finally, you can access all poster abstracts on the [BMJ Open Respiratory Research](#) webpage (open access).

We are pleased to announce the following awardees from the congress with their projects:

- 1) Colin Sullivan Award / Miss **Gewei Zhu**, Newcastle University  
*"Long term impact of poor sleep on future metabolic and mental health: a UK Biobank study of 84,404 participants"*
- 2) Lyn Davies Award / Mrs **Tracy Jones**, St Mary's Hospital  
*"The use of Telemedicine in the Management of Continuous Positive Airway Pressure for the Treatment of Obstructive Sleep Apnoea, A Randomised Controlled Trial"*
- 3) Scottish Association for Sleep Apnoea (SASA) / Dr **Katrina Burrows**, University Of Suffolk  
*"Using Actigraphy as a measure of cortical arousals in Cardiopulmonary Sleep Studies"*
- 4) BSS Clinical Award / Dr **Greg Elder**, Northumbria University Newcastle  
*"The application of non-parametric actigraphy analysis in dementia with Lewy bodies: a pilot study"*
- 5) BSS Scientific Award / Dr **Mathew Reid**, Johns Hopkins School Of Medicine  
*"Depression and the role of role of racism as moderators of treatment response to insomnia"*
- 6) Green Ribbon Award, best basic science poster / Dr **Emma Lombard**, East Sussex Healthcare NHS Trust  
*"AHI does not adequately reflect OSA severity"*
- 7) Green Ribbon Award, best clinical poster / Mr **Ankur Singh**, University Of Edinburgh  
*"Does simultaneous tonic and phasic REM sleep without atonia predict phenoconversion to overt neurodegenerative disease in idiopathic REM sleep behaviour disorder?"*
- 8) Green Ribbon Award, best paediatric poster / Dr **Heather Elphick**, Sheffield Children's Hospital  
*"The COMFORT project: development of custom-made masks for children using non-invasive ventilation"*





The congress was also a great opportunity to come together with our partners from the paediatric (BPSS) and dental (BSDSM) societies and we are grateful for the running of outstanding specialty symposia and keynote lectures.

It will not come as a surprise that, with the delivery of a vivid congress with worldwide participation and sponsorship support, the society is now left in a strong position. Our membership is for the first time above 500 active members, and more than 400 people were present to guarantee the smooth delivery of BSS Virtual Sleep 2021.

During the General Assembly (AGM) we had to say goodbye to three executive committee members whose elected term came to an end. A huge thank you to **Alison MacMillan, Ari Manuel, and Anna Weighall**, the latter of whom will, however, continue in her role as BSS Communications Committee (BSS CommComm) lead as a co-opted committee member. In turn, we received five exceptional applications to stand for the executive committee and we are grateful for everyone who put themselves forward. The three newly elected members are Amanda Sathyapala, Matthew Reid and Nathan Howarth. Congratulations! We look forward to working with you.

We also had to say a sad goodbye to **Lizzie Hill** who has stepped down as educational sub-committee lead and co-opted executive committee member. Lizzie has served on the committee for more than ten years and her commitment and contribution to the society has been enormous. Earlier this year, Megan Crawford and Shruthi Konda joined the educational committee as the new joint leads and have now fully taken over from Lizzie, they are already working hard on new courses to be offered from next year.

Some of you who joined the '**Sleep Credentialing**' discussion will have heard about the 'Sleep Evolution' (no, not the sleep revolution, that was another session) and the work we are delivering with other societies under the umbrella of Health Education England (HEE). If you've missed it, watch it on demand (Friday morning, 5<sup>th</sup> November 8-9am). We will keep you updated about the evolving courses and sessions in this workstream. In this context, we are delighted to announce that we have decided to enter into a strategic task force with our partner organisation, the ARTP, which is backed by both sides up to board level.

This leaves us only to announce the next BSS event. Please **save the date 2<sup>nd</sup> March 2022** for the first of our one-day courses! The topic will be polygraphy, and there will be more modules to follow.

In the hope that we will finally be able to meet again in person in 2022. we wish you now a calm and enjoyable remaining period of 2021 before the holiday season starts. Although the pandemic is not over and we all adjust to the new normal, we are cautiously optimistic to say that the BSS has found a way to come stronger out of this period. We have undertaken a financial audit and we have set aside a budget to '**invest into the future**' of sleep in the UK.

Thank you for shaping the upcoming path for sleep in the UK with us. We are excited to deliver further on the BSS strategic outline '**Healthy Sleep for All**' in the years to come.



With kind regards,

**Joerg Steier**  
BSS President

**Allie Hare**  
BSS Secretary

**Simon Durrant**  
BSS Treasurer

