

Dear BSS Members,

Welcome back to the Hoot and we hope you are enjoying the early signs of Spring!

BSS Biannual Conference 2025 Brighton 5-7 November

We are delighted to announce that the BSS Conference will be held this year in Brighton. Please save the dates: **5-7 November 2025**. As always, there will be prizes for the best abstracts in various areas and we will be inviting abstract submissions for poster and oral presentations, with details to follow, so get your thinking caps on and mark your diaries! Further updates will be provided on our website and via our social media feeds in the coming weeks.

BSS Webinar Series and “Bites of BSS” podcast

We are continuing to run our successful webinar programme on sleep medicine. All previous webinars are available for members to review for up to 30 days after the webinar and are entirely free for members! We have another excellent programme running throughout 2025 so do register for the upcoming sessions: [BSS Webinars – BSS \(sleepsociety.org.uk\)](#)

We also continue to deliver our Podcast programme “Bites of BSS”: <https://www.sleepsociety.org.uk/bss-podcast/> The podcast highlights of our members’ research and clinical work: get in touch with our team if you have something you would like to share!

ESRS 2028: Edinburgh September

We look forward to hosting the European Sleep Research Society Conference in Edinburgh **25-30th September 2028**. Mark your diaries now and keep an eye on our website for further updates.

These, and many other educational events can all be found on our website: [Events & Short Courses > – BSS \(sleepsociety.org.uk\)](#)

BSS Research Studentship

We are delighted to announce the launch of our 2025 Research Studentship Programme, offering undergraduate and postgraduate students in the United Kingdom an opportunity to engage in original sleep research. Applicants will have the opportunity to develop their skills, contribute to sleep research, and build connections within the sleep research community. Running for 8 to 10 weeks during the summer, this programme is hosted in the United Kingdom and welcomes applications from students across the UK. Projects must focus on sleep-related topics but can span a wide range of disciplines, including but not limited to medical science, psychology, social sciences, and public health. Applications are open from **February 24th** with a deadline of **24th March 2025**. Final decisions will be communicated to applicants in May 2025, allowing sufficient time for students and supervisors to prepare for the project start. Please see further details, including how to apply, on our website: <https://www.sleepsociety.org.uk/wp-content/uploads/2025/02/BSS-RESEARCH-STUDENTSHIP-OPPORTUNITY-1.pdf>

Publication of the Optimal Sleep Outpatient Pathway

We are delighted to share with you the publication of the Optimal Sleep Pathway. Sleep medicine services across the UK are experiencing significant challenges with rising referrals, a significant backlog and workforce challenges. A NHSE outpatient transformation workstream was commissioned to design an optimal sleep



pathway, in order to modernise and improve the patient pathway. The document effectively reflects the views of a wide group of professionals and patients with lived experience of sleep disorders and has given voice to patients who are using sleep services. It provides helpful guidance on how to improve sleep services, regardless of what level of development the services are currently in. The full guidance can be found on our website here: <https://www.sleepsociety.org.uk/wp-content/uploads/2025/02/Optimal-Sleep-Pathway.pdf>

Coming soon....

We are continuously exploring ways in which we can increase our members' involvement in the Society. In this issue of the Hoot, you will find a survey which seeks your views on the development of **Special Interest Groups**: please do let us know your views so we can ensure the Society continues to deliver what its members want!

We are also looking to increase the voice of our **Early Career Members**: watch this space for further information about networks for those of you earlier on in your careers and keep an eye out for more to come at the BSS Conference....

BSS membership benefits

There are many benefits to membership of the BSS, including:

- Discounted registration for BSS conferences and meetings
- Free access to our many expert-led webinars
- Free access to the online Sleep Medicine Journal, the official journal of the World Sleep Society
- Access to bursaries and travel grants for the BSS conference
- Discounted article publishing charges for BMJ Open Respiratory Research
- The Hoot newsletter direct to your inbox!

Do remind your students and colleagues to join up, if they haven't done so already....

Please do not forget to get in touch if you have any ideas, would like to get involved, or just to provide any feedback. We would love to hear from you.

Have a wonderful summer!

With kind regards,



Allie Hare
BSS President



Simon Durrant
BSS President



Caroline Horton
BSS Treasurer



Nicola Read
BSS Secretary

on behalf of the BSS executive committee

