



British Sleep Society



UK Multidisciplinary Sleep Professionals

Better Sleep for All

THE HOOT

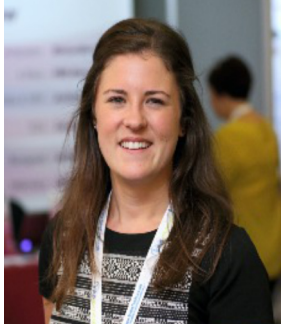
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Editor's Note



Dear Members,

Welcome to the Spring edition of the Hoot. I would also like to officially welcome our BSDSM membership who have now merged with the BSS and BPSS and are all represented by a

family of owls. This is a very exciting move within the BSS and we are hoping this will enable us to deliver a more representative newsletter in the future.

Save the date for the Virtual Sleep Conference on 4th-6th November 2021 (Page 4-5) and don't forget to submit your abstracts by 10th September 2021. We are working hard behind the scenes to organise the meeting. If any of you have anything you would like to contribute please let us know. We have a very exciting agenda planned which will be announced over the coming months.

Once again, Committee member elections are will take place at the conference and voting will take place at the AGM. There will be a number of positions available. No matter what your experience or background within sleep medicine is, consider yourself a suitable candidate for the Executive Committee. Prior to my role as Editor and joining the BSS Executive Committee, I had no committee experience at all and felt these positions could only be held by more senior colleagues. After encouragement from a dear colleague and mentor, I applied for the role of Editor. Five years later, I have never looked back. The BSS Committee is a really friendly, supportive team and has enabled me to develop new skills, build confidence and meet colleagues I may never have otherwise come across. If you're thinking about applying – do it!

Wishing you all a nice Summer and hopefully a chance to reunite with family and friends. It has been a strange time for us all and we are slowly adapting to the new normal.

Hopefully see you all in person in the not too distant future. Kind Regards

Rachel



BSS Membership

Student Membership Category

Full or part-time student registered in higher education or further education institution. Please note you will be required to provide evidence upon application (Student card or Letter from your institute).

Entry Level/ Early Years Membership Category

Up to and including band 5 for allied health professionals, post-doctoral researchers up to and including 3 years after PhD. This category also includes Foundation Year 1 Doctors. Please note you will be required to provide evidence upon application (Proof of Phd Certificate/Letter of on going research).

Standard Membership Category

All other

For more information on membership please visit:
www.sleepsociety.org.uk

President's Update



Dear Member,

It gives me great pleasure to officially welcome the BSDSM members with this issue of the HOOT. With the [merger of the BSDSM and the BSS](#) being formally completed this month we have also added the new logo for our dental colleagues. We hope that you like the “family of owls” that will be helpful to indicate relevant topics of interest to the respective target audience in future.

BSS Virtual Sleep Conference

You will have heard by now that we have elected to go [‘virtual’ for our conference later this year, 4th-6th November 2021](#). Save the date! We have almost completed the scientific programme with some really interesting parallel sessions and outstanding speakers. The BPSS and the BSDSM will both host their own symposia and specific keynote lectures, and we have included some other new features to provide something for everybody’s interest. [Join us!](#)

Call for Abstracts

We encourage all researchers, clinicians, scientists, physiologists, and technicians, anyone who undertakes research, audits, service review or QIPs to consider submission of an abstract to the BSS conference, [deadline is 10th September 2021](#). All accepted abstracts will be published in an open access issue of the [BMJ Open Respiratory Research](#), our official society journal.

Student and Junior Bursaries

We have converted all previously assigned funding for travel to support junior members and students to attend our online conference. I am delighted to announce that we will have at least 40 student bursaries to give away, so please apply for your support and expect three fantastic days of ‘everything sleep’.

In addition, we will have several research awards. We are currently finalising the last details, so watch this space. Besides other awards, we will again hand out the prestigious Colin Sullivan award. Please look out for details when registering for the conference on the BSS webpage and further announcements will follow over the summer period.

BSS Executive Committee

In our executive committee meeting last week, we were delighted to find our society leaving the pandemic more resilient than ever, financially sound, with membership at an all-time high, activities accommodating online coverage ([check our webinar on non-CPAP therapy in June](#)), and our new [BSS strategy](#) to follow and advance ‘healthy sleep for all’ across the nation.

- The BSS symposium during World Sleep Day at the Clinical Update Sleep (19th March 2021) received very positive feedback, the day was attended by more than 400 people.

- We are in the process of recruiting a new lead for our educational committee, someone who will help us to shape the agenda of future societal events in person and in the virtual space. We had substantial interest and have shortlisted candidates for interviews in May. This will be an interesting post at a time when face-to-face events will rival with virtual events, the future leader of the educational committee will need to have the vision to coordinate hybrid functions.

- Keep an eye out for announcements regarding upcoming availabilities for executive committee member elections at the AGM during the biennial conference!

Please support the society in the run-up to the biennial scientific conference! We would love to see you (virtually) at the conference, as speakers, chairs, delegates, audience or contributors, or in any other way. Please let us know if you have creative ideas how to engage with our base during this still ‘socially distanced’ year.

I wish you all a nice spring- and upcoming summer period. Certainly, the current period of calm following a prolonged period of trouble caused by the pandemic seems to provide us the chance to rest and plan ahead. Please look after yourselves, and those working and living with you. I personally have seen many people who had tears in their eyes over the last year, something I would not have expected; it means a lot when we spend some time to listen to others and it is typically appreciated!

If there was one positive point for me to come out of the pandemic then that I experienced an even stronger teamwork spirit and empathic understanding of each other’s needs while working together across the networks that I engaged with.

Let’s now all enjoy the summer and I look forward to welcoming you all at the first virtual BSS biennial scientific conference 2021.

London 28th April, 2021

With kind regards,

Joerg Steier
BSS President



BSS Virtual Sleep 2021

BSS Virtual Sleep 2021 will be the largest multi-disciplinary UK meeting dedicated to sleep medicine and research. We are putting together a high-quality three-day programme which will appeal to colleagues across the whole multiprofessional sleep community. There will be a range of superb national and international speakers and this year's meeting will include the paediatric parallel session from Sleep 2019 as well as a new Dental Sleep Medicine stream.

Registration is Open

Registration for the BSS Virtual Sleep 2021 Conference is now open.

BSS Member Rates	£
Member	105
Student Member	50
BSS Non Members	
Non-Member	175
Student	75

[Register Now!](#)

Abstract Submission

We invite authors to submit abstracts for poster presentations at the BSS Bi-annual Conference 2021. For further guidance on submitting an abstract, please [click here](#).

Submission Deadline: 10th September 2021

[Submit your Abstract here](#)

BSS Virtual Sleep 2021

We have an exciting programme planned, with many speakers already confirmed including;

Fireside Chats

Meir Kryger

Jerome Siegel

Keynote Speakers

John Moxham

Colin Espie








Peter Cistulli

Heather Elphick














BSS Virtual Sleep 2021



Thursday 4th November 2021

9.45 – 10.00h	Welcome BSS President Joerg Steier		
10.00-10.45h 	Keynote Combo – “Sleep in the time of COVID-19 and Lockdown” Chairs: Lizzie Hill / Allie Hare Speakers: Colin Espie (ICOSS) & Meir Kryger (Sleep and COVID)		
10.45-12.15h 	ESRS/BSS Physiology Symposium Chairs: Pierre-Herve Luppi / Tim Quinnell Speakers: Tristan Bekinschtein, Debra Skene, Pierre-Herve Luppi, Raphaelle Sommerer, Lino Nobili	10.45-12.15h 	Poster Session 1 Chairs: Shruthi Konda / Lizzie Hill Authors by posters (odd numbers)
12.15-13.00h	BREAK / EXHIBITION		
13.00-13.45h 	Keynote Lecture “Physiology of Sleep” Chairs: Simon Durrant / Allie Hare Speaker: Robert Lucas (Manchester)		
13.45-14.45h 	Parasomnia Symposium Chairs: Paul Reading / Panagis Drakatos Speakers: Panagis Drakatos, Matthew Walker (UK), Paul Reading	13.45-14.45h 	Poster Session 2 Chairs: Megan Crawford / Allie Hare Authors by posters (even numbers)
14.45-15.30h 	Keynote Lecture “Public Health” Chairs: Michelle Miller / Ari Manuel Speakers: John Moxham		
15.30-16.15h	Fire Side Chat “Past, Presence and Future of Sleep Medicine and research” Joerg Steier (interviewer) / Meir Kryger (interviewee)		
16.15-17.15h	Satellite Symposium Opportunity		Satellite Symposium Opportunity







Friday 5th November 2021

07.45-08.00h	Welcome to Day 2 BSS Officers (President, Joerg Steier; Secretary Allie Hare; Treasurer Simon Durrant)		
08.00-09.00h 	Roundtable Discussion “Sleep Medicine Credentialing” (BSS/ANSS/ESRS) BSS Officers (Joerg Steier, Allie Hare, Simon Durrant, Tim Quinnell), Pierre-Herve Luppi, Lino Nobili (both ESRS)	08.00-09.00h 	Breakfast Seminar Chairs: Sakina Dastagir / Ste Omegbo Speakers: Alex Perkins, Sakina Dastagir, Vicky Cooper, Julia Chapman.
09.00-09.45h 	Keynote Lecture “Clinical Science” Chairs: Anna Weighall / Alex Perkins Speaker: Erna Sif Arnadottir (Sleep Revolution)		
09.45-11.15h 	Insomnia Symposium Chairs: Jason Ellis / Kirstie Anderson Speakers: Colin Espie, Jason Ellis, Kirstie Anderson, Dieter Riemann	09.45-11.15h 	Hypersomnia Symposium Chairs: Guy Leschziner / Christina Lang Speakers: Guy Leschziner, Poul Jennum, Yves Dauvilliers, Christina Lang
11.15-11.45h	BREAK / EXHIBITION		
11.45-12.30h 	“Paediatric Keynote Lecture” Chairs: Mike Farquhar / Omi Narayan Speaker: Heather Elphick (Sheffield)		
12.30-14.30h  	BPSS Symposium Chairs: Sakina Dastagir / Ross Langley Speakers: Daniel Smith (Glasgow), Hui-Leng / Francois Abel, Elaine Chan, Alex Thompson	12.30-14.30h  	BSDSM Symposium Chairs: Aditi Desai / Joerg Steier Speakers: Peter Cistulli, Saoirse O’Toole, Tim Quinnell
14.30-15.30h	BREAK / EXHIBITION		
15.30-16.00h 	Fire Side Chat “Evolution and Sleep” Adrian Williams (interviewer) / Jerome Siegel (Interviewee)		

16.00-16.45h 	Keynote Lecture “Clinical Sleep Medicine” Chairs: Aditi Desai / Tim Quinnell Speaker: Atul Malhotra	
16.45-17.15h 	BSS Award Presentations BSS (President, Joerg Steier; Secretary Allie Hare; Treasurer, Simon Durrant; Educational Lead, Lizzie Hill; Research Lead, Jason Ellis; Past President, Tim Quinnell) Award Presentations: <ul style="list-style-type: none"> • Colin Sullivan Award • SASA Award • BSS Clinical Award • BSS Scientific Award, • Travel Awards • Green Ribbons Awards (Best Abstracts/Posters) 	
17.15-18.00h	BSS Society General Meeting / Assembly (GM) Chairs: BSS Officers (Secretary, Treasurer, President) and Executive Committee Delegates: All BSS members are invited to participate and vote (three Executive Committee seats).	
18.00-20.00h	Satellite Symposium Opportunity	Satellite Symposium Opportunity



Saturday 6th November 2021

9.00 – 9.45h	Satellite Symposium Opportunity		Satellite Symposium Opportunity	
9.45 – 10.00h	Welcome to Day 3 BSS Officers (President, Joerg Steier; Secretary Allie Hare; Treasurer Simon Durrant)			
10.00-11.00h 	Keynote Combo Chairs: Simon Durrant / Michelle Miller Speakers: <ul style="list-style-type: none"> • Ivana Rosenzweig “Basic Neuroscience of Sleep” • Peter Cistulli “Dental Sleep Medicine” 			
11.00-12.00h 	Symposium “Non-CPAP therapy for OSA: what’s new?” Chairs: Allie Hare / Sonya Craig Speakers: Chris Turnbull, Joerg Steier			
12.00-12.30h	BREAK / EXHIBITION			
12.30-14.30h 	Symposium Sleep-Disordered Breathing Chairs: Alison McMillan / Chris Turnbull Speakers: Sophie West, Annabel Nickol, Sonia Craig, Renata Riha, Deeban Ratneswaran	12.30-14.30h 	Symposium Circadian Rhythm Disorders. Chairs: Malcolm van Schantz / Nayantara Santhi Speakers: Malcolm van Schantz, Nayantara Santhi, Laura Lyall, Stuart Pierson	
14.30-14.45h	End of the Conference Take Home Message Chairs: BSS Officers (President, Joerg Steier; Secretary Allie Hare; Treasurer Simon Durrant) Call for the BSS Scientific Conference 2023			
15.00-17.00h	Inaugural BSS Executive Committee Meeting Following the conference the newly appointed Executive Committee will have its inaugural meeting <i>(by invitation only)</i>			

*All printed names confirmed, but content still subject to change



SASA/ BSS Awards

The British Sleep Society are delighted to announce three awards this year to promote sleep research in our Early Career Research community (including PhD candidates).

- The Scottish Association for Sleep Apnea (SASA) award for Sleep Disordered Breathing research (SASA SDB). This award will be administered by the British Sleep Society
- The British Sleep Society award for Non-respiratory sleep research (BSS NrS)
- The British Sleep Society award for Basic / Translational research (BSS BT)

All three awards are designed to be cross cutting across the full membership of the BSS, BPSS and BSDSM and each award will be a prize of £1,000 to use for research purposes. Note: this award is for proposed future research and not research that has already been undertaken.

Eligibility

You should be within the first five years of your first academic or clinical post (we will take into account career breaks if you indicate this at the time of submission) or if you are currently registered on a doctoral programme.

How to Apply

We would like an abstract of the proposed research project (i.e. background, aims, methods, proposed analysis, projected implications of the research) to a maximum of 500 words (this does not include references). Abstracts should be submitted to admin@sleepsociety.org.uk no later than 5pm on the 10th September 2021 and winners will be announced at the annual conference (4-6th November 2021). You should include contact details, including your BSS membership number, and indicate, at the time of submission, which of the three awards you are applying for.

[Click here for more information](#)

The British Sleep Society Needs You!

Join the BSS Executive Committee

Under the BSS Constitution, a vote of the membership must be undertaken if a position on the Executive Committee becomes vacant. All current BSS members are eligible to stand for nomination. Members who wish to stand must be supported by two current BSS members (a Proposer and a Secunder) for his or her name to appear on the ballot paper, and the agreement of the nominees must have been obtained. The application needs to be submitted to the BSS Secretary in time, as pointed out in the proceedings for the General Meeting. The signatures of BSS members who support any nomination can be collected together on one proposal form, or may be written separately on individual forms. Candidates will also be invited to supply a statement to accompany the ballot paper.

The name of the BSS members who are so nominated will be included on the ballot paper, following confirmation that they are eligible. The ballot will be submitted to the current membership for voting, either virtually (online) or by paper. Successful candidates will serve for 4 years on the Executive Committee.

This time (2021) there will be 3 seats to fill.

Members who are nominated for election should send their personal statement (not more than 500 words) and details of the Proposer and Secunder to the BSS head office (admin@sleepsociety.org.uk). Please use the email subject line: "NOMINATION FOR BSS EXECUTIVE COMMITTEE" with the following wording:

"I [NAME OF CANDIDATE] wish to stand for election to the Executive committee of the British Sleep Society. I have been proposed [NAME OF PROPOSER] and seconded by [NAME OF SECONDER].

Please ensure that your full name and correspondence email address are included in the message. The head office will email in return to acknowledge the safe receipt of your nomination. Questions and queries concerning the election process should be sent to the same address.

Dr Alanna Hare

Secretary

Dr Simon Durrant

Treasurer

Professor Joerg Steier

President

[Click here for more information](#)

Sleep Medicine Teaching in a Graduate-entry Medical School. Personal perspectives.

Dr Michelle A Miller, Mr Andrew Barns, Ms Alicia Schwarzenbach, Warwick Medical School, University of Warwick,

Sleep has increasingly been recognised as being important for both health and wellbeing. Whilst many sleep problems are treatable, there is often insufficient awareness of the conditions amongst sufferers and general physicians. A survey of UK Medical Schools conducted in 1898 found that education on sleep disorders had a median teaching time of 15 min¹. A recent survey has shown that whilst this had improved to a median teaching time of 1.5 hr, it is still relatively low². The University of Warwick is one of the few UK Medical Schools with a dedicated Sleep Medicine Module, which was set up over 16 years ago by Professor Ed Peile in response to that first survey. This course, now led by Dr Michelle Miller, has developed over the years and encompasses 30 hours of teaching time. A number of new elements have been recently introduced including; interviews with both patients with sleep conditions and carers of individuals with sleep disorders, and interactive elements, including workshops in which students are encouraged to design shift work rotas that would be the most conducive for sleep, rest and performance, and workshops teaching research skills to design sleep studies and to interpret recording from overnight sleep studies. The aims of the course are to introduce the students to the fundamentals of sleep medicine and to enable them to recognise some of the most common sleep disorders, including Obstructive Sleep Apnoea (OSA); and also to understand the importance of sleep, both for their potential future patients and for their own benefit.

Each year, 12 students from the MBChB course are able to pick the Sleep Medicine option and, as part of their assessment, the students present on sleep topics of their choice and write essays reflecting on the course content and learning style. This article includes large excerpts from Andrew and Alicia's reflective essays, as well as specific quotes from other students.

Andrew: Having focussed heavily on sleep and circadian rhythms during my final year of Biomedical Science I was very pleased to have gotten my first choice of SSC1; Sleep, Health and Society. With the emphasis being on the physiology and neuroscience during my undergraduate degree course, I was excited to approach the topic from a more clinical perspective. I was shocked to find out that Warwick is one of the only medical school in the country to offer a sleep module, given the tremendous importance of the topic. Indeed, approximately 1 in 3 adults have a clinically relevant sleep complaint³. Moreover, despite the lack of teaching time, there is very little enthusiasm to improve this, with half of UK medical schools proclaiming that provision is sufficient, despite a median teaching time of 1.5 hours¹. Given that we spend around a third of our lives asleep and sleep integrity has been associated with everything from quality-of-life⁴, to brain age⁵, I feel there is a significant void which needs filling. This has given me a sense of responsibility to carry this knowledge forward into the medical community during my future career as a doctor. Previously, I had approached the topic of sleep and circadian rhythms from the perspective of what would be optimal for health, without really considering the fact that often optimal is not possible and so we have to take a harm-avoidance approach. Specifically, I was fascinated by the research we were taught regarding potential chronobiology-led shift-rota designs for doctors to aid both in the minimisation of harm to health-care professionals while reducing medical errors⁶. Moreover, the group work surrounding this topic was very helpful in consolidating my understanding and thought processes surrounding the issue. Considering the pros and cons of various strategies helped me to appreciate both the importance, but also the complexity of the topic when applied in the real world.

Sleep Medicine Teaching in a Graduate-entry Medical School. Personal perspectives.

I feel comfortable engaging in independent research and so was happy that a lot of the study was independent. However, I missed the face-to-face teaching as I find it a lot easier to discuss topics and ask questions in person. I felt particularly uncomfortable with the Q&A and discussion components. I find I benefit from more of a discussion around a topic of interest, rather than a typical Q&A format. This involves me explaining various findings that I have come across in my own research to the group and then having others integrate this with their own knowledge; I feel that the online method of communication presents a barrier to this. Moreover, due to the online format, I felt averse to talk too much, because I felt like this would be intruding on others and may come across as rude or arrogant. I realise that this is largely a personal insecurity and found that whenever I did discuss anything or ask questions, the response was always positive. Thus in the future, I will strive to be more confident in my contributions. Indeed, others may find what I have to say and the resulting discussion, useful. I view my ability to undertake independent research and 'dive-deep' into an area of interest as a strength, however, I often struggle to know when to stop, which leads to problems with time management an issue currently compounded by my own hypersomnia. This also leaves me overburdened with information which can be challenging to condense into a digestible format to communicate to others; a problem that is exacerbated when the format of communication is a presentation, where time and the capacity to convey complex and nuanced information is limited. However I am mindful of this and find that the more opportunity I get to practise, the better I become. One area I found particularly relevant was the self-directed research we did surrounding the impact of the Covid-19 pandemic on sleep. I hadn't previously considered the impact that Covid-19 restrictions would have on sleep, but after investigating, it now seems obvious. Moreover, it tied in perfectly with my presentation topic of sleep quality and its reciprocal relationship with 'wake-quality'.

After this module, my aspirations to potentially specialise in sleep medicine are greatly enhanced. I was struck by the lack of emphasis placed on the importance of sleep and particularly sleep quality, in the medical profession, given its importance with regards to overall health. As a future doctor, I will have to contend with the challenges of promoting sufficient sleep in patients. As discussed above, evidence is mounting to support the relative importance of sleep quality over quantity. Moreover, it's more practical to target improving sleep quality than quantity, as time constraints often interfere with advice for longer sleep duration. Combining my prior knowledge with the clinical perspective given to me by this module, I will be better prepared to engage with the topic in a more practical manner in the future.

Alicia: The rapidly increasing burden of lifestyle-related chronic diseases means a fundamental shift in approach to treatment is desperately needed, with more of an emphasis on disease prevention and lifestyle changes. In my opinion, medical students will be the agents that drive these crucial changes, yet lifestyle medicine continues to be overlooked within medical school curriculum, and certain aspects of lifestyle medicine more so than others. Through my own reading, I noticed there is often more of an emphasis on diet, physical activity and smoking cessation, while giving less attention to sleep. It is for this reason that I leapt at the opportunity to study the Sleep, Health and Society module, as I was very aware that the opportunity to take part in such an extensive course on sleep is a privilege afforded to only a limited number of medical students. It didn't take long for me to realise that my previous assumption that sleep should hold equal stead as diet and exercise was flawed, and that in fact sleep provides the fundamental groundwork on which other lifestyle behaviours are built upon. This became clear in Michelle's Sleep and Metabolism lecture, where I was shocked to hear that there is an alarming 58% increase in risk of obesity in short-sleeping children⁷. I was astonished to then learn that while overweight subjects undergoing caloric restriction but only sleeping 5.5hours a night did lose similar weight to those sleeping 8.5hours, most of this weight loss occurred in fat free mass rather than fat⁸.

Sleep Medicine Teaching in a Graduate-entry Medical School. Personal perspectives.

I came to realise that asking a patient about sleep was arguably more important than asking about their diet, exercise and smoking habits, as improvements in sleep will then lead to subsequent improvements in all the other behavioural factors. My interest in sharing this information led to me hosting a lecture on Sleep for the women's university football team, which was really well received. Afterwards, I reflected on how I spoke about the science and tried to get across the importance of sleep for health, and came to realize that a more positive explanation of the benefits of prioritizing sleep may lead to more sustained change in behaviour than potentially scaring people with the health risks of sleeping less. The lesson learned from this, about communicating scientific evidence to lay persons, is crucial when considering how to encourage people to make fundamental lifestyle changes, making me realise that emphasising the potential benefits of a behavioural change, rather than the risks of not doing it, may be a more effective approach in the future. On realising this, I signed up to attend a Prescribing Lifestyle Medicine course, which should hopefully enable me to build up a toolkit at my disposal when communicating these things with patients.

Having read Matthew Walker's book "Why We Sleep" prior to the course, I was relatively aware of the multitude of health benefits of sleep; however, I had very little knowledge on sleep disorders such as OSA, Narcolepsy and even Kleine Levin Syndrome. Through listening to engaging speakers who have experienced these conditions themselves, I gained a completely new insight into the realities of living with chronic conditions which potentially hadn't hit home yet in my medical training. I gained a new perspective into the crucial importance of early diagnosis of rare conditions and not neglecting potentially unusual symptoms. Furthermore, I gained a newfound appreciation of how a chronic condition can significantly impact every member of a patient's family. Along with the sudden change in self-identity that patients with a chronic disease undergo as they come to terms with their diagnosis, I came to realise that you cannot underestimate how challenging it can be for family members who also undergo major changes in self-identity and day-to-day life.

Considering the hybrid learning style of the course, I found that being able to engage with the asynchronous sessions earlier in the week meant I had longer to digest and consolidate the information with further reading before the subsequent synchronous session. I believed this helped me to fully engage with the content, delving into areas that I may not have had the time to consider had it all been done as one continuous session. The area of the module that I found the most challenging, but also the most interesting, was my presentation on sleep at altitude. My personal interest in mountaineering meant the topic was fascinating to me, yet I found myself really struggling to understand the complicated scientific mechanisms. This really pushed me outside of my comfort zone, forcing me to tackle it head on and engage with alternative strategies to fully get to grips with the topic. A further challenge then came when trying to simplify the research in a way that would be clear and concise for my peers, a skill that will be fundamental in speaking to patients and in teaching colleagues throughout my medical career.

Ultimately, the overwhelming evidence put forward throughout the course has meant that I have made significant changes to my own sleep habits. I completed the Sleepio 6-week CBT for insomnia course and, following Dr Innominato's lecture I was inspired to read more about chrononutrition and subsequently alter my eating habits. I believe that by having made these lifestyle changes myself, I can now better understand and help to break down the barriers that patients face when trying to make these changes. Furthermore, I now aim to advocate for improved shift work rotas within healthcare using the knowledge gained from the course to improve staff wellbeing and patient care.

Overall, the course has radically altered my view on the importance of sleep both for myself, other healthcare professionals and for my patients, such that it will be at the forefront of my mind in discussions with patients.

Sleep Medicine Teaching in a Graduate-entry Medical School. Personal perspectives.

Summary

It is clear from the reflections that the students enjoy this course and that they find the content and style both challenging and enjoyable. The students stated that there were a number of reasons why they decided to choose the course. One stated that they chose the course because, "my own experience of disrupted sleep during the first year of medical school has highlighted how much sleep affected my cognitive performance, mood and even appetite. Therefore, I was keen to learn more about sleep, especially because my profession will involve shift work".

Some of the topics and presentations have challenged the student's preconceptions. One student stated, "I have previously thought that OSA is a self-inflicted condition caused by obesity. However, my understanding was challenged when I learned about the pathophysiology of OSA and that it leads to fragmented sleep, which in turn increases insulin and glucose levels increasing the risk of weight gain. This made me appreciate that the relationship between OSA and obesity is bidirectional and mediated by sleep. Because of this session, I have come to appreciate the complexity of OSA, which encourages me to be more open-minded when learning about conditions in the future". Another stated "I have always been passionate about the impact of lifestyle factors on health and wellbeing. Therefore my expectations of the SSC were that I would improve my understanding of sleep and how it impacts physiology and pathophysiology. Indeed, I have gained incredibly valuable knowledge of the physiology of sleep. However, like many other medical students, I did not appreciate the diversity and impact of sleep conditions before my SSC. I am incredibly grateful for the patients and carers of those with sleep disorders sharing their experiences with us in this SSC"

This year, the pandemic and online working brought its own challenges to the course. We were sad that we were not able to do our traditional visit to a sleep clinic to enjoy onsite teaching on common sleep conditions such as OSA and Insomnia, to view the sleep laboratories and to observe patients undergoing sleep testing. Despite this, it is great to see that the students enjoyed the blended learning approach of pre-recorded video, online teaching session's webinars and interviews.

One student stated that, "interviews with patients were rewarding and eye opening, as they highlighted how important it is to be able to move away from textbook definitions when thinking about patient care, and I will use this experience when considering not only patient diagnosis, but also their management plan. Interactive sessions allowed for more in-depth exploration of each topic and made the sessions more stimulating, while also highlighting areas I wish to improve on". Another stated that, "the experiences that profoundly impacted my learning were the sessions delivered by patient support groups for individuals with sleep disorders. In the session delivered by Kleine-Levin Syndrome (KLS) support UK, while I learned a lot from the session's content, the speaker's personal experiences were most remarkable. My prior knowledge of KLS had been shaped by media reports of 'sleeping beauty syndrome', a rhetoric that had shaped my false perception of the disease. Hearing this narrative made me feel incredibly sympathetic to those affected by KLS and made me consider how worried and scared I would be should a relative or I be affected by KLS."

"In the future, I intend to spend more time learning from the patient's narratives on clinical placements. And the second key thing that I plan to implement from these sessions is to discuss sleep with my patients more comprehensively and apply the knowledge I have gained to aid a prompter diagnosis and treatment for sleep disorders." Another said "I liked the fact that the module struck a good balance between the clinical and biomedical aspects of sleep medicine".

It is great having such positive feedback from this course, which I trust will continue to evolve as Sleep Medicine continues to develop. It is a privilege to teach this small group of students each year and it is clear that learning about sleep helps both students as well as potential future patients. Many students have gone on to co-author papers (e.g. J Wallace ⁷) and book chapters with us and some have taken up careers in Sleep Medicine.

Sleep Medicine Teaching in a Graduate-entry Medical School. Personal perspectives.

The recent survey highlighted that, in general, sleep education in UK medical schools is under-provided and poorly structured. There is a growing need for more effective care of sleep disorders and, there are insufficient sleep specialists. In line with existing proposals for change in the USA⁹, it would be good to see a basic 'sleep curriculum' being developed and included in the core curriculum

Acknowledgements: With special thanks to Aiva Aksentyte and Sophie Littler for sharing quotes from their reflective pieces. To the patients who were willing to talk about their sleep conditions with the students, to Matt O'Neil from Narcolepsy UK and Caron from Kleine-Levin support group for their excellent presentations. And finally, to the excellent internal and external lecturers who make this course possible; including Professor Cappuccio who previously co-led the course.

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Your Newsletter Needs You!

Contributions Welcome

Would you like to see your name in print? Are you planning to develop your writing, or write for the first time? Maybe you're looking to enhance your CV or increase your visibility within the Society? Would you like to share your work with a multidisciplinary sleep audience? Or are you an experienced sleep professional seeking to guide and inspire other in the field?

Whatever the reason, we want YOU to write for the BSS newsletter.!

We welcome the following pieces relating to any aspect of sleep:

- News items
- Short articles (400-800 words)
- Article - 3000 words (max)
- Comment/ letter - 800 words (max)
- Longer articles (800 - 3000 words)
- Reviews of books, TV programmes, films, apps etc.
- Conference and meeting reviews
- Public engagement pieces

Articles can be scientific, clinical, review, opinion, popular science humor - anything considered. Authors welcomes from any background, discipline, grade or level experience.

If you'd like to send an article or want some further information please email admin@sleepsociety.org.uk

BSS Webinar on Non-CPAP Therapy in OSA

BSS Non-CPAP therapy in Obstructive Sleep Apnoea Webinar



Friday 11th June 2021
13:00 – 16:00

Sponsored by
 SomnoMed

Chairs: Dr Tim Quinnell & Dr Aditi Desai

13:00	Welcome – <i>Professor Joerg Steier, Professor of Respiratory and Sleep Medicine</i>
13:10	Barriers to access to treatment of obesity: misperceptions, misconceptions, bias and stigma - <i>Professor Francesco Rubino, Kings College London</i>
13:40	Positional Therapy for Mild OSA - <i>Professor Mary J Morrell, Abdullah Alqarni, Julia Kelly</i> <i>National Heart and Lung Institute, Royal Brompton Campus, Imperial College London</i>
14:10	Upper airway surgery in OSA patients: rationale and outcomes – <i>Dr Andrea De Vito, ENT Unit</i> <i>Director, Head and Neck Dept, Ravenna Hospital, Italy</i>
14:40	Mandibular advancement devices in the treatment of obstructive sleep apnoea - <i>Marie Marklund, orthodontist, senior lecturer, University Clinic, Department of Odontology</i> <i>Umeå, Sweden</i>
15:10	Electrical Stimulation for Sleep Disordered Breathing - <i>Professor Bhik Kotecha, Nuffield</i> <i>Health Brentwood Hospital</i>
15:40	Q&A - <i>Dr Tim Quinnell, Dr Aditi Desai & Professor Joerg Steier</i>
15:55	Take Home Message – <i>Professor Joerg Steier, Professor of Respiratory and Sleep Medicine</i>

*Programme and timings are subject to change

Thank you for our sponsor, who has had no input into the agenda

[Click here to register](#)



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Sleep Courses and Conferences

The Interplay Between Sleep and the Heart

18th May 2021

<https://rsm.ac/3avjg2J>

The International Emirates Congress on Sleep Disorders

24th - 27th May 2021

<https://sleep-congress.com/2021/about.php>

1st Anita Simonds Symposium

28th May 2021

<https://www.eventbrite.com/e/respiratory-care-of-neuromuscular-patients-in-the-era-of-new-treatments-tickets-140325239569>

BSS Webinar: Non-CPAP therapy in OSA

11th June 2021

<https://www.sleepsociety.org.uk/11-06-2021-bss-webinar-on-non-cpap-therapy-in-osa/>

Sleep and Public Health Course

17th June 2021

<https://www.jhsph.edu/departments/mental-health/summer-institute/>

CHEST Congress Italy 2021

24th - 26th June 2021

The Volvo Congress Centre

Sleep and Public Health Course

17th June 2021

<https://www.jhsph.edu/departments/mental-health/summer-institute/>

Home Mechanical Ventilation UK Meeting 2021

25th June 2021

https://www.guysandstthomasevents.co.uk/home-mechanical-ventilation-uk-meeting-2021/?utm_source=BSS&utm_campaign=HMV-2021&utm_medium=Eventlisting&utm_content=BSS-Eventlisting

Newcastle Sleep Study Days

28th June 2021

EDINBURGH SLEEP MEDICINE COURSE 2021

23rd - 27th August 2021

<https://www.sleepconsultancy ltd.co.uk/>

EDINBURGH SLEEP MEDICINE COURSE 2021

August 2021

<https://www.sleepconsultancy ltd.co.uk/>

CBT-I (Basic) Course 2021

28th - 29th August 2021

<http://www.sleepconsultancy ltd.co.uk/courses/>

15th World Congress on Controversies in Neurology (CONy)

23rd - 26th September 2021

<https://scanmail.trustwave.com/?c=8248&d=iZGc4CiNs3pWr0MvdVMVBHSYZb2W0y8Rxisn4Gke2A&u=http%3a%2f%2fcony%2ecomtecmed%2ecom%2f>

Please note that any future sleep course that may be of interest to our members can be submitted for review and inclusion in the BSS event calendar and / or BSS endorsement to our head office admin@sleepsociety.org.uk. We look forward to hearing from you.

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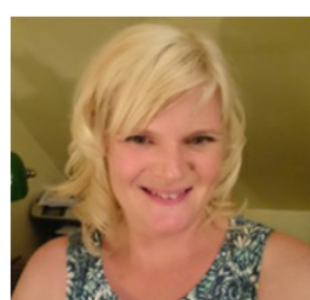
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