



Why should you join the **Australasian Sleep Association?**

The Australasian Sleep Association (ASA) is the peak scientific body in Australia and New Zealand representing those working in the field of sleep medicine and sleep science.

Membership with the ASA provides the opportunity to be part of a community of more than 800 individuals working to develop and further this growing specialty field.

Join today! Membership enables you to expand your professional opportunities with these member benefits:

Education

- Complimentary access to an annual programme of **webinars** presented by experts in the field (charges apply for non-members).
- **Discounted registration for Sleep DownUnder**, the Annual Scientific Meeting of the ASA, the largest sleep meeting held annually in the Southern Hemisphere – substantial discounts to attend this meeting are offered to members.
- Students are eligible to apply for **travel grants** to Sleep DownUnder and **discounted membership rates**.
- **Reduced registration** for a number of sleep related courses held throughout the year.
- **Access to a library of resources**, including past conference presentations and ASA's webinar archive.
- **Discounted registration for Sleep in Aotearoa**, the Annual Scientific Meeting of the ASA New Zealand Branch.

Research:

A number of competitive scholarships and awards are available to members including:

- **New Investigator Award**
- **Helen Bearpark Memorial Scholarship** – for travel to an overseas institution
- **Rob Pierce Grant in Aide** – to facilitate a project in the field of sleep research
- **International Travel Awards** – to support travel costs to an international meeting

Further details can be found at www.sleep.org.au/awards

Networking

- **Sleep DownUnder**, the Annual Scientific Meeting brings together over 600 clinicians, researchers and scientists, from diverse areas of practice. This meeting offers excellent networking opportunities, including an early career researcher session and structured and informal social events.
- **Sleep in Aotearoa**, the Annual Scientific Meeting of the ASA NZ Branch offers another opportunity to network, focusing mainly on NZ members, all are welcome to attend.
- Opportunities to meet and discuss pertinent issues at **State Meetings** (currently not all States).

Career Development

- A **Mentorship Programme** is available for early career scientists and clinicians.
- A **Members Directory** is available to all ASA Members, and all members can be included.

- Learn from others working in your area, network with like-minded individuals and stay current in your specialty area. ASA has 9 Councils representing diverse areas of special interest within sleep medicine and sleep science.
- **Access to the Members Only Pages** of the ASA website, where a wealth of information is available, including clinical guidelines, book reviews and access to past conference presentations.
- **Job listings on the ASA website** (free for members to list).

Clinical Standards

- Contribute to expert writing groups and provide comment on **Clinical Guidelines** and **Position Papers** before they are published or disseminated to broader audiences.
- Access **evidence and consensus-based standards of practice** aimed at improving patient care and supporting clinical practice.

Advocacy

- ASA is **recognised by Government** as the leading body in the field of sleep, and is often called upon to consult with Government on health policy and initiatives relevant to sleep medicine.
- ASA is constantly working to **raise the profile of sleep** to the public, media and politicians.

Communications

- Regular e-news
- Ad hoc members' only communications for time-sensitive news and updates in the field.

ASA activities are supported by member dues. Help fund these and other important initiatives by joining the ASA community. If you would like to learn more about the Association you can read about many of our activities on the ASA website: www.sleep.org.au