

## Summary of research achievements and outcomes

The Nick Antic Career Development Award has enabled my team of students to grow in the sleep research field, with a key focus on shift work and sleep disorders. In 2022, I was able to use funds towards students attending a sleep conference, which was the intent of my application. This award also meant I was able to support a small amount of salary for a student to work in our team while they started their PhD and continue to lead our research activities while I participated in a year-long University mentorship program aimed at further developing my research leadership and team development skills.

I'm incredibly appreciative of the honour and opportunity this award has provided, and will continue to support my students wherever feasible to engage with the broader sleep research community in 2023 and beyond.

## Research report and outcomes

\*\*Please note, I committed my funds to supporting students rather than benefits/learnings from a trip or training.

The funds from the Nick Antic Career Development award allowed me to support an exceptional honours student to submit their first abstract to an academic conference, and to support some salary for an emerging PhD student to work on one of my projects while they commenced their PhD, and I engaged in a year-long University mentoring program. In less than 12 months post-award of the Nick Antic, two relevant conference presentations were submitted and accepted for posters at the 2022 Sleep DownUnder conference by these students. These are listed below.

1. Evans, M, Reynolds, A, Brown, B, Wanstall, S, Crowther, M, Rawson, G, Vakulin, A, Lechat, B, Rayner, T, Eastwood, P & Adams, R (2022). P038 Sleep disorders, perceived control over sleep and depression in paramedic students. *SLEEP Advances*, 3(Suppl1), A43
2. Wanstall, S, Naweed, A, Brown, B, Rayner, T, Adams, R & Reynolds, A (2022). P130 The lived experience of shift work, sleep loss and fatigue in Australian paramedics. *SLEEP Advances*, 3(Suppl1), A71-2

The ability to take some time due to this funding to participate in a year-long mentoring program was invaluable. With a senior, successful mentor with Executive Coaching qualifications, I invested the time considering how best to support and further develop my research team at AISH. This has seen my cohesive and hard working team grow this year, with two post-doctoral fellows, and 5 PhD candidates working in the sleep field. This type of support and opportunity is invaluable for early-career researchers in our field, and I look forward to paying this forward and supporting this award in future years as a member of the ASA.