

Invest in the future of sleep health

SLEEP RESEARCH FUTURE FUND



A capital fund that will generate income
for sleep research in perpetuity

SLEEP.ORG.AU



sleep research is drastically underfunded

Research funding for sleep health in Australia has been completely inadequate over the past 10 years, as highlighted by the 2019 *Parliamentary Inquiry into Sleep Health*.

Sleep research is drastically underfunded relative to the prevalence and scope of sleep problems, and the importance of sleep for good health.

While Australia and New Zealand have been at the forefront of global sleep research for several decades, we now run the risk of losing this world-leading role in the future of sleep health.

In particular, funding shortfalls are leading to early career researchers leaving the field in large numbers, risking the loss of this important future research workforce. The current level of NHMRC funding of early career grantees is less than 5%.



support early career sleep researchers and their work

The Australasian Sleep Association is taking action to help fill this critical gap through the creation of a philanthropic arm of the ASA, the Sleep Research Future Fund.

This new capital investment fund will generate income in perpetuity to support early career sleep researchers and their work.

Investment is urgently required given the high burden of disease and the widespread health, safety and economic consequences of poor sleep health.

In the financial year (2019-20) poor sleep cost the Australian economy \$14.4 billion, with non-financial costs of the loss of wellbeing totalling an additional

\$36.6 billion. This represents 3.2% of total Australian burden of disease for the year.

Sleep research not only improves the direct consequences of sleep loss and sleep disruption, but also has the potential to improve other major related health conditions such as obesity, cardiovascular disease, cancer, diabetes, and mental health problems.

Join the Australasian Sleep Association now in helping to build a research funding stream in perpetuity to support early career researchers in the sleep field, and to positively impact the sleep health of communities in Australia, New Zealand and the world.

your donation will be managed well and grow over time



Why donate?

A philanthropic donation to the Sleep Research Future Fund will have an impact for years to come.

- Your donation will be added to a capital fund that will generate income in perpetuity.
- By supporting researchers through the early part of their career, your donation will deliver results for sleep health research for decades to come as those researchers develop their careers and discover innovative new treatment approaches for sleep disorders across the course of their career.

The Australasian Sleep Association has been managing dedicated donated funds since 2016 in an investment portfolio managed by JB Were, a skilled, professional wealth management company that has been operating since 1840.

Our investment portfolio has achieved an average annual return of 4% each year from 2016-2022.

You can have confidence that your donation will be managed well and grow over time to support sleep researchers of the future.

we will create an impact well into the future

What we will do

The Australasian Sleep Association is setting an ambitious and visionary target to accumulate a significant capital fund that will generate income for sleep research in perpetuity.

By focussing on early career researchers, we will create an impact well into the future as those researchers grow throughout their careers.

- A two-year post-doctoral fellowship will cost up to \$150,000 per year (Level B).

- A three-year PhD scholarship will cost around \$35,000 per year.
- A one-off small project grant of \$50,000 will help get great ideas off the ground and develop the case for larger research investment.

Building the fund to a level where it can generate a sustainable income stream will take several years so this will require long-term ongoing support from industry, ASA members and philanthropists. Administration and fundraising costs will be capped at 15% of donated funds. A dedicated ASA staff member will be employed (when possible) to assist donors.

How we will say thank you

To acknowledge generous donations to the Sleep Research Future Fund, we will:

- Thank donors individually for each donation.
- Thank donors each year in the ASA annual report and during the Sleep DownUnder annual conference.
- Provide opportunities for industry donors to interact with researchers and ASA members.

- For large donations, we can also offer a named award for a specified time period.
- Every donor contributing \$1000 or more in the first twelve months of the capital campaign will be acknowledged as a 'Foundation Donor' to the Sleep Research Future Fund. They will receive a certificate of thanks and ongoing acknowledgement as a "Foundation Donor".

All donations to the Australasian Sleep Association are tax deductible in Australia.

Highlights of the Association's research awards program

Marnie Graco

As an early career researcher, the Rob Pierce grant-in-aid has been a great boost to my research career. The grant has supported my research into alternative, accessible care models for managing sleep apnoea in spinal cord injury. Thanks to this award, and the research it has supported, I am now in a much stronger position to apply for larger research grants.

Alexander Wolkow

I was deeply honoured to receive the Rob Pierce Grant in Aid in 2019. This grant provided the critical resources I needed to undertake the SHAPES (Sleep & Health in Ambulance Paramedic Employees & Students) Project, which is longitudinal study tracking sleep and mental health in recruit paramedics across their early career. I am very grateful for having received the Rob Pierce Grant in Aid to support and progress my research in this area, and I am confident the findings from this work will make a positive impact on the sleep and mental health of recruit paramedics and other emergency service personnel.

Angela D'Rozario

As a recipient of the Helen Bearpark Award in 2017, I had the wonderful opportunity to undertake a short-term visit to the Department of Psychiatry & Human Behaviour at the University of California, Irvine (UC Irvine) School of Medicine with Professor Ruth Benca, an internationally recognised sleep medicine expert. My goal was to build a collaborative relationship with Professor Benca and to learn and share skills in high-density EEG sleep research to strengthen my research program in Australia. This strategic opportunity has led to a productive relationship resulting in international and national symposia, peer-reviewed publications, and harmonisation of research protocols with ongoing efforts to sustain a fruitful research collaboration. I sincerely thank the ASA for awarding me the Helen Bearpark Scholarship and affording me such a fantastic opportunity.

Invest in the future of sleep health in perpetuity through the Sleep Research Future Fund

sleep.org.au/Public/Donations/SRFF.aspx

Learn more



Donate now



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