

August e-news



The last month has been a busy one for the ASA.

Advocacy

The Sleep Awareness event was held at Parliament House, Canberra on the evening of August 8. This went extremely well and was extensively reported in the media. The Minister for Health, Greg Hunt, launched the "Sleep Health Foundation Asleep on the Job" report by Deloitte and spoke at length about the extent of the problem of insufficient and poor quality sleep in Australia and the cost of this to the economy - \$66.3 billion annually. A link to the full report is on the front page of the ASA website and I encourage all to read it. Professor David Hillman presented a summary of the data in the report and I spoke about the challenges we face in Australia to improve the sleep and alertness of our country. The Alertness CRC provided a short Jetlag plan for politicians and other attendees to complete while at the event and gave them a copy of their individual report on a USB to take away. We were delighted that the Chief Medical Officer, Professor Brendan Murphy came along, demonstrating his concern about sleep in Australia. Dr Hugo Sachs, President of the Australian Dental Association also attended.

The following day, a group from ASA and SHF met with a number of politicians to again discuss the issues facing the Australian community- approximately 40% adults have either poor sleep or a sleep disorder, at huge cost to our economy. We suggested a number of different approaches to solving these problems and will be following up during the coming month.

I would like to thank Helen Burdette for all of her hard work, long hours and meticulous attention to detail in organising and co-ordinating the event, which ran very smoothly; also Lucy Williams for her excellent work in managing the media and the Alertness CRC for their contribution to the event.

ASA Awards

The call for nominations for the Nick Antic Professional Development Award has gone out. I urge you to consider nominating for this or to look around your department and encourage the 'rising stars' to do so. Nick's wife and daughter will be in Auckland to present the award.

ASA ASM Auckland 2017

The Conference program is almost finalised and it is looking excellent. Thank you to Sarah and her hard-working Conference Committee, supported by the Conference Company.

As previously announced, we will be launching a new Council at this meeting - the Primary Care Council. This is being set up to better cater to the needs and interests of our members who work in Primary Care, predominantly GPs, pharmacists and nurses. If you are interested in joining this Council, you should tick that box on your annual renewal notice, or send an email to: admin@sleep.org.au. Everyone is welcome to join and come along to the first meeting of this Council - details are in the Conference Program. At this first meeting, the 2 co-chairs will be elected, the guidelines and responsibilities of the Council discussed and other positions and jobs filled.

ASA Finances

The preliminary numbers from our investment portfolio are very encouraging, with a better than expected return in the first 12 months. Robert Estcourt, a member of the Finance Committee, is managing our investments, under the supervision of Marcus McMahan, Finance Chair.

World Sleep Society

- World Sleep 2017 Prague, October 7-11

The Preliminary program for this meeting is looking great. I encourage you all to attend.

- Access to Sleep Medicine

Through our membership of the World Sleep Society, all of our members are eligible for complimentary access to this journal. If you would like to access the journal, please send a request to Mischka Yates, admin@sleep.org.au.

- Professor Garun Hamilton is our representative on the WSS Guidelines Committee. This Committee is currently in the process of selecting the first guidelines to be reviewed.