

# Inaugural SJ Paine Award

Offered by the  
New Zealand Branch of the



Australasian  
Sleep  
Association



**The New Zealand Branch of the Australasian Sleep Association invites applications for the inaugural SJ Paine Award**

## Professor Sarah-Jane (SJ) Paine

The SJ Paine Award honours the outstanding contribution of **Professor Sarah-Jane (SJ) Paine (Tūhoe)** to sleep research, public health, and Kaupapa Māori scholarship in Aotearoa New Zealand. SJ is a leading Māori epidemiologist and Professor at Te Kupenga Hauora Māori at Waipapa Taumata Rau, University of Auckland. She serves as Research Director and Principal Investigator of Growing Up in New Zealand, the nation's largest contemporary longitudinal study of child and youth wellbeing.

For more than two decades, SJ's research has fundamentally advanced understanding of sleep as a key determinant of health and wellbeing across the life course, particularly for Māori and other populations experiencing structural inequities. Her work has been instrumental in identifying ethnic inequities in sleep health and sleep disorders, and in elucidating the links between sleep, mental health, and social conditions for infants, children, and whānau. These contributions have directly informed national health surveys, sleep health policy, and early-life intervention strategies in Aotearoa New Zealand.

Central to SJ's legacy is her leadership in embedding Kaupapa Māori approaches within sleep and population health research, ensuring Māori knowledge, language, and lived realities shape both research questions and solutions. Her work exemplifies research that is scientifically robust, ethically grounded, and transformative for communities.

The SJ Paine Award recognises this legacy by supporting researchers whose work advances understanding of, or improves, Māori sleep health in Aotearoa New Zealand.

## Purpose

The Award supports research that **advances knowledge of or enhances Māori sleep health in Aotearoa New Zealand.**

The Award may be used to:

- Support a Māori sleep researcher to undertake or complete research. Priority will be given to projects that clearly advance knowledge of or enhance Māori sleep health.
- Cover research-related expenses, including (but not limited to):
  - Project costs (e.g., consumables).
  - Koha and kai.
  - Costs associated with advisory groups and data collection.
  - Dissemination of findings within Aotearoa New Zealand.

The Award is intended to support research that benefits Māori sleep health locally in Aotearoa New Zealand. Funding may not be used for:

- Travel to international conferences.
- Open-access publication fees for scientific journals.

Two awards of **NZD \$2,500** will be awarded in **2026**.

## Eligibility criteria

Applicants must:

- Be a current New Zealand member of the Australasian Sleep Association (ASA).

Postgraduate students are eligible to apply, provided they are current ASA members.

## Submitting your application

To apply for the SJ Paine Award, applicants must:

1. Complete the application form (PDF), including:
  - Name, role, and organisational affiliation
  - Contact details
  - ASA membership number
  - Description of the research project, including:
    - Project title
    - Aims
    - Methodology
    - Current status
  - Proposed use of Award funds
  - Explanation of how the funding will advance knowledge of, or enhance, Māori sleep health in Aotearoa New Zealand
2. Submit the completed application form to: [sleepinaotearoa@gmail.com](mailto:sleepinaotearoa@gmail.com)

Applications close: **31 July 2026**

For all enquiries, email [sleepinaotearoa@gmail.com](mailto:sleepinaotearoa@gmail.com).