

# Insomnia & Sleep Health Council annual meeting

Wednesday 27 October, 2:00pm AEDT via Zoom

## Agenda

### Zoom meeting details

Australasian Sleep Association is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/86758943417?pwd=ck9pNGRMRNjdRN0ZaZ0VBWWJ0enlyQT09>

Meeting ID: 867 5894 3417

Passcode: 169669

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Find your local number: <https://us02web.zoom.us/u/kdRfb2n9Td>

Present:

Apologies:

1. Discuss educational opportunities for members in 2022

#### 2.1 Sleep DownUnder

Proposal for a symposium/plenary and a representative to sit on the Conference Committee.

#### 2.2 Short Courses

Proposals for short courses on topics of interest to the whole membership. These can be held as part of SDU or as stand-alone courses through-out the year.

#### 2.3 Webinars

Topic discussion –webinar proposal/s for consideration by the Education Committee.

### 3 Council office bearers

The following positions are open to all council members. Members who are interested in these roles

can email their interest to [communications@sleep.org.au](mailto:communications@sleep.org.au) before the meeting date. More information can be viewed about each available role in the [council toolbox](#)

The Chair/co-Chair will stand for 2 years and all other office bearers will stand for 1 year.

#### **Co-Chairs**

**Current co-chairs:** Prerna Varma; Hannah Scott

**Vacancies:** Prerna Varma to stand down

**Conference Committee** – To help organise Sleep DownUnder 2022

**Councils Sub-Committee** - This committee meets by zoom approximately every 8 weeks and consists of 1 or 2 representatives from each of the Councils. It is the main conduit for communication between the Councils and the ASA executive, so it's helpful if at least one of the Co-Chairs is on this committee.

**Website** - Each Council needs someone to work on the Council pages of the ASA website, both members and public pages. There is no need for technical expertise on the web for this position, the person has to decide what information should be put onto the website, and send this to Mischka: [communications@sleep.org.au](mailto:communications@sleep.org.au)

**Social Media Representative** – Someone to take charge of the ISH council social media

- 4 Open the floor for any general business.
- 5 Meeting close