

ABOUT US

The Sleep Health Foundation has recently been established as a charitable organisation to raise community awareness of the negative impact of untreated sleep disorders and poor sleep practices on health, safety, productivity and quality of life. We aim through advocacy, public education and support of research to promote the prevention and control of sleep disorders and sleep deprivation.

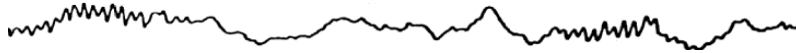
Objectives

The Foundation has the following objectives:

- raising and administering funds for research into the detection, prevention and treatment of sleep disorders and sleep deprivation
- encouraging best practice in the delivery of health care related to sleep disorders
- advocacy of sleep health issues to government, employer bodies, road safety authorities and other organisations
- raising public awareness and community involvement about sleep health issues and their resolution
- undertaking targeted education and service delivery programmes in relation to sleep health issues
- raising and administering funds for community awareness programmes in relation to sleep health issues
- collaborating with professional organisations involved in sleep health to promote better sleep behaviours and health

Relationship to the Community and to Other Organisations

The Foundation's work will be complementary to those of other community and professional organisations concerned with sleep health matters. Examples of these include the Australasian Sleep Association (ASA) (an organisation of sleep clinicians and sleep scientists), Sleep Disorders Australia (an organisation of patients with sleep disorders and their supporters) and industry participants. As a community based group the Foundation has privileges, such as deductible gift recipient status regarding donations, not available to professional organisations such as the ASA. It intends to take the best advice it can across the span of its activities and the ASA will be a prime source regarding professional issues. It will seek the assistance of the ASA research committee in assessing applications for research funding. Educational activities will be directed towards the community, as it sees professional education as a prime responsibility of the ASA. It intends to liaise with other community based groups, such as Sleep Disorders Australia to maximise its effectiveness in raising awareness and in public education. A close relationship with industry partners is vital to help inform and resource its activities.



Low Overheads

The Foundation has been structured to be run with low overheads so that funds raised can be directly invested in projects aimed at meeting its objectives, with a strong emphasis on increasing awareness of sleep disorders, public education and raising funds to support sleep health-related research.

Governance

The inaugural board is comprised of the members of the 2009 ASA Board. Its membership base will be established during the early part of 2010 with a first annual general meeting to occur later that year, when the members will vote in a new Board. This will be constituted according to the Foundation constitution which allows four member appointed directors, two directors appointed by the Board of the ASA and up to three independent director appointed by the Board itself. These Board appointed directors allow it to access specialised expertise as it sees fit.

A copy of the constitution is available on request or from the ASA website (www.sleep.org.au). A Foundation website will be established soon.

Foundation Membership and Sponsorship

The future success of this organisation is critically dependent on generous community, professional and industry support.

The Board of the Foundation has determined the following **membership fees** schedule:

- Individual Annual Membership: A joining fee of \$250 which includes the first year membership (to 2011), with \$50 per annum thereafter.
- Individual Life Membership: \$3000 one off payment
- Corporate Membership: \$5000 per annum

Fees will be adjusted from time to time in the future.

Beyond these fees, **sponsorship and donations** will be an essential part of our revenue base. We will develop partnerships with industry to fund specific projects.

All Membership fees and other donations are tax deductible.

We look forward to working with you to further knowledge of sleep and its disorders amongst the community, relevant professions, industry and government.

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