

# NEST Council annual meeting

Thursday 28th October 2021, 4:45pm AEDT via Zoom

## Minutes

**Present:** Grace Vincent (Chair), Hannah Scott, Cele Richardson, Atqiya Aishah, Jack Manners, Aislinn Lalor, Brad Brosnan, Meagan Crowther, Dani Wilson, Tom Churchward, Carla Haroutonian, Charlotte Gupta, Linda Grosser, Prerna Varma, Mischka Yates (Minutes)

### 2021 Council update

The network of early career Sleep researchers in training (NEST) officially launched earlier in 2021. NEST currently had 79 members and were continuing to grow.

NEST had undertaken a number of activities since launch:

- Monthly newsletter
- Research session at the virtual Sleep DownUnder (SDU) conference
- Weekly spotlights
- Strong social media presence
- Seminar 'Highlights and trends from SDU2021' – directly after annual meeting

Hannah Scott officially thanked all the committee members, especially Grace Vincent for all their hard work.

### Educational opportunities 2022

SDU 2022 to be held in Brisbane, 8 – 11 November. Discussion on possible NEST content and activities for SDU 2022 included:

- A NEST zone in the exhibition hall
- NEST activities e.g. pizza and drinks
- NEST buddies – for people going to first ASA meeting or SDU and pairing them up with someone who had been to a few to guide them

Linda Grosser suggested NEST have a presence at the Adelaide sleep retreat. Hannah Scott undertook to speak with Siobhan Banks to discuss options.

**ACTION:** Hannah Scott

NEST planned to have quarterly seminars throughout 2022.

### Council office bearers

#### Co-Chairs

**Current co-chairs:** Grace Vincent; Hannah Scott

#### Conference Committee

Aislinn Lalor

#### Councils Sub-Committee -

Prerna Varma

#### Website -

Charlotte Gupta

**Meeting close**