

Dear Sir/Madam,

Apologies if I'm a bit late off the mark.

However, as the only fully trained sleep physician currently undertaking any form of national/international research in Scotland, I would appreciate at least recognition that sleep is an important cross-disciplinary area that touches on many of our lives.

In Lothian alone, we see over 2,500 NEW patients EVERY year with sleep disorders, ranging from sleep apnoea to sleep-walking, insomnia and REM-behaviour disorder. Our last two Science Festival events have been sold out - that's just the general public of Scotland!

Sleep affects all of us and affects the development and expression of many diseases: cardiovascular, metabolic, cancer, chronic pain, diseases of ageing, psychiatric problems, behavioural issues in intellectual disability.....I could go on.

Respect, recognition and support of the basic science models, translational and clinical medicine inherent to this discipline is what I would ask of you.

Sleep permeates all, but is happily pushed to the side by all who fail to see its enormous potentials.

We could be doing so much more and be world leaders if we recognised its importance!

Thank you for your consideration.