
**MAKING SLEEP: NEW INSIGHTS
FOR A NEW PUBLIC HEALTH?**

ONLINE EVENT
WORKSHOP PROGRAMME

7-8 July 2021

OUR SPONSOR



The Institute of Advanced Studies (IAS) at the University of Surrey sponsors workshops and Fellowships at the 'cutting edge' of science, engineering, social science and the humanities. Through this scheme the Institute fosters interdisciplinary collaborations and encourages a flow of international scholars to visit, enjoy their stay at Surrey and leave behind excellent ideas and innovations.

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Organising committee:

Prof Rob Meadows, University of Surrey
Prof Christine Hine, University of Surrey
Prof Jason Ellis, Northumbria University

Contributors:

Louise Berger
Derk-Jan Dijk
Jason Ellis
Michael Grandner
Christine Hine
Jeff Mann
Rob Meadows
Diletta De Cristofaro
Martyn Pickersgill

Administrative support:

Vicki Blamey, Institute of Advanced Studies
and Louise Jones, Department of Sociology

INTRODUCTION

Whilst sleep is clearly important for health and wellbeing, current public health responses often simply advise people to sleep more. For example, it has been suggested that the UK Government are "planning to issue guidance on how much sleep people should be getting every night" (BBC News, 2019). According to a leaked Department of Health & Social Care (2019) Green paper, the Government will review the evidence on sleep and health with the view to informing the case for guidance on hours of sleep. This resonates with calls from the UK Royal Society for Public Health, for a 'slumber number' to be published which makes it easier for individuals to know how much they should be sleeping (Royal Society for Public Health, 2018). The United States National Sleep Foundation has also recently issued age-specific sleep duration recommendations (Hirshkowitz et al., 2015).

These approaches appear limited. For one, sleep is liminal and beyond the limits of voluntary agency. For another, sleep is linked to social position. Grandner (2017), for example, highlights how race, ethnicity, culture, employment, neighbourhood, socioeconomic status, marriage and the family environment all impact on an individual's sleep.

Moving forward requires a fundamentally different approach. Previous discussions of sleep and public health have tended to be siloed within disciplinary domains, exacerbating uncertainties and limiting meaningful dialogue.

The current landscape is also complex and rapidly changing – with sleep presently caught in a perfect storm of anxiety, technological innovation and uncertainty. Digital technologies, for example, now prioritise a form of 'algorithmic' sleep which does not seem to fit easily into historical notions of expertise or the established dualism of 'subjective' and 'objective' sleep. These shifts and developments transcend disciplinary specific voices and sociologists, sleep scientists, practitioners, public health specialists all need to come together and critically reflect.

The proposed workshop therefore brings together scholars and practitioners from a range of different disciplines to debate and discuss how we might move beyond traditional confines and work towards a new national sleep strategy.

The workshop will:

- (i) Map the complexity of sleep across different domains (such as in the clinic, through wearable technologies art, literature and public health).
- (ii) Use this as an evidence base to explore new conceptual frames and revisit fundamental questions - such as what is sleep, how should we sleep, how should we measure sleep?
- (iii) Explore the implications therein for a new public health for sleep

PROGRAMME

DAY 1 – WEDNESDAY 7TH JULY MAPPING THE COMPLEXITIES OF SLEEP

(UK TIME)

09:30	Introduction — Rob Meadows, Christine Hine, Jason Ellis
09:45	The Clinic: Louise Berger, Royal Surrey County Hospital
10:15	Literature: Diletta De Cristofaro, Northumbria University
10:45	Break
11:00	Tech: Jeff Mann, SleepJunkies
11:30	Online Spaces: Christine Hine, University of Surrey
12:00	Public Health: Rob Meadows, University of Surrey
12:30	Break
13:15	General Discussion - revisiting fundamental questions
14:00	Close

DAY 2 – THURSDAY 8TH JULY IMPLICATIONS AND FUTURE AGENDAS FOR PUBLIC HEALTH

(UK TIME)

14:30	Introduction — Where Now? Rob Meadows, Christine Hine, Jason Ellis
14:40	Keynote: Michael Grandner, University of Arizona <i>Sleep, Health and Society: Bringing a Socio-Ecological Framework Out of the Lab and Into the World</i>
15:10	Break
15:30	Keynote: Martyn Pickersgill, University of Edinburgh <i>Sleep, Science, and Critical Public Health?</i>
16:00	Break
16:15	Future agendas for public health and sleep: how to work with sleep in the real world <i>Facilitated discussion with Derk-Jan Dijk (University of Surrey), Jason Ellis (Northumbria University)— followed by wider contributions and open forum</i>
17:30	Close

BIOGRAPHIES

Louise Berger

Royal Surrey County Hospital

Louise is a qualified Occupational therapist with extensive experience in mental and physical health settings. She leads the Insomnia Service at the Royal Surrey County Hospital Sleep Clinic. Louise has an undergraduate degree in Psychology and a strong personal interest in behaviour change and coaching – and draws on all of this in her clinical sleep practice and delivery of CBT for Insomnia. Louise has recently launched a podcast on insomnia ([here](#)).

Diletta De Cristofaro

Northumbria University

Diletta is a Wellcome Trust-funded Research Fellow, working on the project “Writing the Sleep Crisis: 24/7 Capitalism and Neoliberal Subjectivity”. This is the first to explore cultural engagements with the sleep crisis, namely, the sense that contemporary society is chronically sleep-deprived. More information can be found [here](#). Diletta is an expert in the contemporary apocalyptic imagination. Her book on the topic can be found [here](#).

Derk-Jan Dijk

University of Surrey
Director, Surrey Sleep Research Centre

Derk-Jan is Professor of Sleep and Physiology and has conducted research on human sleep since 1983. He has published more than 240 original reports, reviews and editorials in the area of sleep research. He was the Editor in Chief of the *Journal of Sleep Research* (2010-2016) and served as Chair of the Scientific Committee of the European Sleep Research Society. He has received the Distinguished Scientist Award from the Sleep Research Society (USA) and been awarded a Wolfson-Royal Society Research Merit Award.

Jason Ellis

Northumbria University

Jason is Professor in Psychology at Northumbria University and Director of the Northumbria Centre for Sleep Research. He has worked in sleep medicine for around 20 years and is a qualified Somnologist -Expert in Behavioural Sleep Medicine from the European Sleep Research Society, a chartered psychologist under the BPS and a Practising Health Psychologist under the Health and Care Professions Council. He has examined the impact of novel adjunct therapies, the influence of social factors on adherence, and the effective delivery of CBT-I in complex cases and environments. He has worked within the National Health Service in the United Kingdom, delivering CBT-I to individuals with a range of physical and psychological conditions and has served on the editorial boards of *Behavioral Sleep Medicine and Sleep Health*.

Michael Grandner

University of Arizona

Dr. Grandner is the Director of the Sleep and Health Research Program at the University of Arizona, Director of the Behavioral Sleep Medicine Clinic at the Banner-University Medical Center, and an Associate Professor in the Department of Psychiatry at the UA College of Medicine, with joint appointments in the Departments of Medicine, Psychology (UA College of Science), Nutritional Sciences (College of Agriculture and Life Sciences), and Clinical Translational Science. In addition, he is a faculty member of the Neuroscience and Physiological Sciences Graduate Interdisciplinary Programs. He is Certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine and is a Diplomate in Behavioral Sleep Medicine by the Board of Behavioral Sleep Medicine. He has published over 175 articles and chapters on issues relating to sleep and health and his work has been cited over 8,000 times. He is associate editor of the journal *Sleep Health* and serves on the editorial boards of the journals *SLEEP*, *Journal of Clinical Sleep Medicine*, *Sleep Medicine*, *Behavioral Sleep Medicine*, *Journal of Sleep Research*, *Frontiers in Neurology: Sleep and Circadian Rhythms*, *Sleep Advances*, *Annals of Behavioral Medicine*, and other journals. He has received awards and honors for his work from the Society of Behavioral Sleep Medicine, Sleep Research Society, American Academy of Sleep Medicine, American Heart Association, Population Association of America, Sleep Research Network, and other groups. He is an elected fellow of the American Heart Association and the American Academy of Sleep Medicine.

Christine Hine

University of Surrey, Sociology

Christine is internationally recognized for her pioneering role in the formulation of qualitative methods for research into online culture. *Virtual Ethnography* (2000) is recognized as a seminal text, formulating an ethnographic approach to the Internet that recognizes it as both cultural site and cultural artefact. More recently, *Ethnography for the Internet* (2015) develops a methodological approach to the design of ethnographic studies that recognizes the significance of the Internet as an embedded and embodied feature of everyday life. She was Co-Investigator with Meadows on the Wellcome funded project "Social Media and Sleep: Ethical Agendas in the Digital Age" – and is currently working on an APEX funded project exploring ethical challenges in dementia care.

Jeff Mann

Sleep Junkies

Jeff is founder and editor of *SleepJunkies.com*, a website that has been shining a spotlight on sleep since 2012. Sleep Junkies is an independent, research-based blog and community that's dedicated to educating and raising awareness about all aspects of sleep health. SleepJunkies.com has gone on to position itself as a leading and distinctive voice – offering independent, evidence-led articles, interviews, podcasts, news and positions. As well as following the wider cultural trends in sleep, including the burgeoning sleep industry, SleepJunkies.com has a particular focus on the consumer sleep technology industry.

Rob Meadows

University of Surrey, Sociology

Rob has been involved in sleep research for over 20 years. He was the first sociologist elected to the British Sleep Society Executive committee (serving two elected terms) and has authored over 40 articles and chapters - including 5 papers reprinted in an international volume on critical concepts in sleep. His work has largely focused on (i) couples' sleep; (ii) inequalities in sleep; (iii) recovery from addiction and sleep; and (iv) technologies and sleep. He was part of the team which developed the Substance Use Sleep Scale ([here](#)), which has now been incorporated in the SURE Recovery app (see [here](#)). Current work focuses on *public health and sleep* and includes a forthcoming co-authored book titled *TechnoSleep: Frontiers, Fictions and Futures* (Palgrave).

Martyn Pickersgill

University of Edinburgh

Martyn holds a Personal Chair in the Sociology of Science and Medicine. He is also Co-Director of Research in the Medical School's Usher Institute. In 2020, Martyn became Co-Director of a new Wellcome Trust PhD Programme in 'One Health Animal Models of Disease: Science, Ethics and Society', which brings together expertise from the social and biomedical sciences. In 2018, he co-founded the Centre for Biomedicine, Self & Society where he remains an Associate Director. Martyn's research has focused primarily on the social, legal and ethical dimensions of biomedicine and the health professions. In particular, his work has considered the sociologies of (epi)genetics, neuroscience, and mental health. This has been supported through a range of funders as PI/Co-PI/Co-I, including the AHRC, ESRC, MRC, British Academy, Leverhulme Trust, and Wellcome Trust. He is currently engaged in research on biomedicine and society in the UK and the US, and with collaborators in the context of Australia, China, Japan, and Malawi.



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