

LOCAL NEWS

Sleep research granted \$1m

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Wellingtonian sleep researchers for Massey University's Sleep Wake Research Centre, Dr Leigh Signal, pictured left, and Dr Sarah-Jane Paine, right, have been awarded more than \$1m by the Health Research Council for their two separate studies. Dr Signal received \$945,456 for her three year study investigating the relationship between sleep in late pregnancy and



Photo: Rachelle Stewart SW Sleep Fund 160609-01RS

birthing delivery methods, as well as sleep patterns after a woman gives birth and changes to her mood during this time. Dr Signal says it's a great feeling to receive the funding and

know that the research has been recognised as an important project.

Dr Paine, who received \$145,561 for a one year feasibility study aimed at developing clinical

sleep services for Maori, agrees saying the funding is vital for their research.

Dr Paine's feasibility study will involve developing contacts with relevant organisations including the 21 district health boards, face-to-face interviews and national workshops and she plans to apply for full funding in 2010-2011.

Dr Signal and Dr Paine both agree that there needs to be more education and understanding given to sleep and say anyone who suffers from poor sleep should speak to their GP about it.

■ For more info:
www.sleepfoundation.org