

Curriculum Vitae: Dr David R Lee

BSc PhD CertEd CPsychol AFBPsS CSci

D.O.B.: 21st January 1975

Clinical Director, Sleep Unlimited Ltd., P O Box 269, Consett, DH8 1HA, Tel: 0191 580 0008;
email: info@sleepunlimited.co.uk; Web: www.sleepunlimited.co.uk

Experience

Clinical Director, Sleep Unlimited Ltd. 2003 – present date.

University of Newcastle-upon-Tyne 2007 to 2013.

- Lecturer in Psychology.
- Senior Research Associate (2008 to 2011), Project management of a large, clinical research project. Funded by NIHR within the Institute for Ageing and Health.
- Honorary contracts with Newcastle, Sunderland, North and South Tyneside Primary Care Trusts
- Research Tutor in the Doctorate of Clinical Psychology (2007 to 2012)
- Associate member of the University of Newcastle Graduate School
- Member of the Institute of Ageing and Health
- Member of the Institute of Health and Society
- Teaching responsibilities for sleep, critical reviewing, statistical analysis and experimental design
- Supervisory responsibilities for: 2 current Doctoral trainees and 6 successfully completed Doctors of Clinical Psychology (2 in September 2008; 2 in September 2009– 1 with distinction in research; 2 in September 2010; 1 in September 2011); Currently co-supervising 1 PhD student at Northumbria University.

University of Bradford, West Yorkshire 2004 - 2007.

- Lecturer in Quantitative Research Methods, the Graduate School, University of Bradford (2006)
- University Teacher, Division of Rehabilitation Studies, School of Health Studies (March 2006)
- Research Associate, Division of Nursing, School of Health Studies (2004 – 2005)
- Research lead for Rehabilitation Studies
- Postgraduate Certificate in Higher Education Practice (CertEd), graduated July 2006
- Instructing academic staff and under- and postgraduate students with quantitative and qualitative statistical analyses
- Lecturing on statistics modules, sleep research, psycho-behavioural treatments for insomnia, and dementia management lectures to the School of Health Studies (under- and postgraduate and staff)
- Guest lecturer on the MSc dementia studies course at the University of Manchester (sleep in dementia)
- Presenting at various conferences (please see page 4 of this CV)
- Research: literature reviewing, conducting systematic reviews, interviews, focus groups, questionnaire and survey design, liaison with consultant psychogeriatricians, clinical psychologists and local societies for recruitment purposes, database building, data analysis, report writing, grant proposal preparation, obtaining ethical approval and disseminating results in the academic literature and at conferences.

University of Loughborough, Leicestershire 2000 – 2004

- Full time PhD student in the Department of Human Sciences
- PhD Title: The impact of respite care on the sleep and quality of life of older adults with dementia and their community caregivers.
- PhD examined by Professor Jim Horne (Loughborough) and Dr. Kevin McKee (Sheffield); Supervised by Professor Kevin Morgan (Loughborough) and Professor James Lindesay (Leicester)
- Project management of a large clinical research programme
- Experienced with: Literature reviewing; quantitative analytical techniques; the actigraphic and self-report measurement of the sleep and quality of life of vulnerable groups of older adults; liaison between different NHS departments, consultants, regional health trusts and ethics committees
- Undergraduate Teaching experience with statistics, physiology and genetics modules and assisting supervising psychology final year projects
- Honorary Contact with South Derbyshire Primary Care Trust

Leicester County Council 1998 – 2000: Residential Childcare Officer
Goldsborough Homecare, Leicester 1997 – 1999: Palliative Domiciliary Care Officer
Community Living Project, Quorn, Leicester 1996 – 1998: Senior Care Home Manager

Education and Training

- Bond Solon Training in Expert Witness Report Writing and Presenting in the Courtroom, Newcastle, February 2016.
- Good Clinical Practice Training, University of Newcastle, June 2009
- CBT for Insomnia Master-class, University of Glasgow, May 2009
- Certificate in Education (Post-graduate Certificate in Higher Education Practice), University of Bradford, West Yorkshire – 2004 – 2006. Graduated July 2006
- PhD Loughborough University, Loughborough, Leicestershire. In objective and subjective sleep assessment in NHS and community settings – 2001 – 2005. Graduated December 2005
- Teaching Skills and Lecturing courses. 2000 – 2003 Loughborough Uni, Loughborough, Leics.
- Dementia care mapping and Person Centred Approach training, Leicestershire and Rutland Healthcare Trust in conjunction with the Bradford Dementia Group and Bradford Uni, 2001
- BSc 2:1 with Honours in Human Biology 1996 – 1999. Loughborough University, Loughborough, Leicestershire Graduated July 1999.
- Sponsored student with Matra Marconi Space UK Ltd.(Project management). Portsmouth 1993 – 1995
- A-Levels: Biology Grade A, Maths Grade B, Physics Grade B 1990 – 1993
- GSCEs: Six Grade A and Four Grade B 1987 – 1990

Interests

- Music, cricket, hockey, travel, cooking, gardening and camping

Other

- Consultant for: BUPA, Neural Pathways Rehabilitation Ltd., JS Parker Ltd., Spinal Injuries Case Management Ltd., Care and Case Management Services Ltd., UK Case Management Ltd., Irwin Mitchell LLP, Thompsons LLP, Pannone LLP, Stewart's Law LLP, Burnett LLP, Headfirst Ltd., A Chance for Life Ltd., AKA Case Management Ltd., Amber Case Management Ltd., Rehab Without Walls Ltd., Brownbill Associates Ltd., Optimise neurophysiotherapy Ltd., CBT Services Ltd., PCC Case Management Ltd., BushCo Ltd., Neurovation Ltd., Independence Works Ltd., Clinical Psychology Practice Ltd., Verna Morris Ltd., PhAT Professionals Ltd., and Haven Psychology Ltd.
- Expert witness testimony provided for Irwin Mitchell LLP, Pannone LLP, Stewart's Law LLP, Thompsons Law LLP, Jacobs and Tricks LLP, Slater Gordon LLP, WSA Solicitors LLP.
- Chartered Psychologist
- Chartered Scientist
- Member of the British Sleep Society
- Member of the World Association of Sleep Medicine
- Member of the British Association of Behavioural and Cognitive Psychotherapists
- Member and Associate Fellow of the British Psychological Society
- Member of the Association of Personal Injury Lawyers
- Statistical Reviewer for the '*International Journal of Anaesthesia and Pain*'
- Scientific reviewer for:
 - '*Sleep Medicine*' IF = 6.360
 - '*Journal of Sleep Research*' IF = 3.500
 - '*British Journal of Psychiatry*' IF = 4.587
 - '*Sleep*' IF = 5.126
 - '*Age and Ageing*' IF = 1.127
 - '*International Journal of Nursing Practice*' IF = 1.910
 - '*Archives of Physical Medicine and Rehabilitation*' IF = 2.184
 - *The Oxford University Press.*
- Grant reviewer for the NIHR *Research for Patient Benefit*; and the 'BIG' National Lottery Fund
- Received honoraria from Pfizer Ltd. & Eisai Ltd. for delivering lectures on sleep in older adults
- Qualified Dementia Care Mapping and Person Centred Approach Training, Leicestershire and Rutland Healthcare Trust in association with Bradford Dementia Group, Bradford University, 2001
- Full, clean enhanced Criminal Records Bureau (CRB) disclosure (May 2008) and Full clean UK driving license
- Rotary Youth Leadership Award, 1999
- Music Teacher at Charnwood Music, Loughborough, Leicestershire, 2002 – 2004
- Management of several bush-camps including extensive travel of sub-Saharan Africa 1999 – 2000

Participation in Legal Proceedings as an Expert Witness

- R – v – Edwards: URN: 50DE0313813
- R – v – Dorothy: URN: 10U70135815
- R – v – Burns: PR: 16002532
- Procurator Fiscal – v – Blair: PF ref: JE17000522

Grants held

£20,000 from Gateshead Primary Care Trust, “*The utility of actigraphy to determine REM sleep behaviour disorder in older people with dementia*”, Newcastle University (Institute for Ageing and Health) in collaboration with Northumbria Centre for Sleep Research, Northumbria University. Dr. David Lee, Dr. Alan Thomas and Dr. Jason Ellis, October 2010 – September 2011.

Publications

- Mastana SS & Lee DR. (1999). Dynamics of Molecular Genetic Diversity in the East Midlands, England. *American Journal of Human Genetics* 65 (4): 2201 Supplement. IF = 12.303.
- Mastana SS, Lee DR, Singh PP & Singh M. (2003). Molecular Genetic Variation in the East Midlands, England: Analysis of VNTR, STR and Alu insertion / deletion polymorphisms. *Annals of Human Biology* 30(5): 538 – 550. IF= 1.064.
- Lee DR, Morgan K & Lindsay JEB. (2004). Impact of respite care on sleep disturbance in dementia caregiving. *Journal of Sleep Research* 13: 515. IF = 3.500.
- Brooker DJ, Woolley R & Lee DR. (2007). The enriched opportunities project, enhancing wellbeing for people with dementia in nursing homes. *Ageing and Mental Health* 11(4): 361 – 369. IF = 1.127.
- Lee DR, Morgan K & Lindsay JEB. (2007). The impact of respite care on the sleep of older people with dementia and their caregivers. *Journal of the American Geriatrics Society* 55(2): 252 – 258. IF = 3.656.
- Lee DR. (2008). Health-related quality of life in dementia caregiving, relationships with sleep quality and daytime sleepiness. *Journal of Primary Care and Community Psychiatry* 13(3): 119 – 125. IF = 0.325
- Lee DR, Newell RJ, Ziegler L & Topping AE. (2008). Treatment of fatigue in people with multiple sclerosis: a systematic review. *International Journal of Nursing Practice* 14: 79 – 91. IF = 1.910.
- Lee DR. (2010). Evidence of paternal sleep disruption in a new parent / newborn triad. *Journal of Sleep Research* 19 (Suppl 2): 206 – 207. IF = 3.500.
- Lee DR & Thomas AJ. (2011). Sleep in dementia and caregiving, assessment and treatment implications – a review. *International Psychogeriatrics* 23(2): 190 – 201. doi:10.1017/S1041610210001894). IF = 2.506.
- Day AM, James IA, Meyer TD & Lee DR. (2011). Do People with Dementia find lies and deception in dementia care acceptable? *Ageing and Mental Health* (First published on: 20 June 2011 (iFirst) To link to this Article: DOI: 10.1080/13607863.2011.569489 URL: <http://dx.doi.org/10.1080/13607863.2011.569489>. 15(7): 822 – 829. IF = 1.127.
- Lee DR, Thomas AJ & Taylor J-P. (2012). Assessment of cognitive fluctuation in dementia: a systematic review of the literature. *International Journal of Geriatric Psychiatry*, 27(10):989 – 998. doi: 10.1002/gps.2823. IF=2.454.
- Lee DR, McKeith IG, Mosimann UP, Gosht-Nodyal A, Wilson B, Grayson L & Thomas AJ. (2013). The Dementia Cognitive Fluctuation Scale, a new psychometric test for clinicians

to identify cognitive fluctuations in people with dementia. (In Press: *American Journal of Geriatric Psychiatry*, doi:10.1016/j.jagp.2013.01.072). IF=3.634.

Lee DR, McKeith IG, Mosimann UP, Gosht-Nodyal A, & Thomas AJ. (2013). Examining Carer Stress in Dementia: the Role of Subtype Diagnosis and Neuropsychiatric Symptoms. *International Journal of Geriatric Psychiatry*. 28(2):135 – 41. doi: 10.1002/gps.3799. IF=2.454.

Holloway PM, Angelova M, Lombardo S, St Clair Gibson A, Lee DR, Ellis, J. (2014). Complexity analysis of sleep and alterations with insomnia based on non-invasive techniques. *Journal of the Royal Society Interface*. 11(1) 1662 - 1742. doi:10.1098/rsif.2013.1112. IF = 4.907.

Man S, Freeston M, Ellis J & Lee D. (2014). A Pilot Study Investigating Differences in Sleep and Life Preoccupations in Chronic and Acute Insomnia. *Sleep Medicine Research* 4(2): 43 – 50.

Books and book chapters

Massage for therapists: A guide to soft tissue therapy. 3rd Edition. Wiley-Blackwell. 2009. Chapter 3. *Evidence-based effects, risk awareness and contraindications for massage.*

Choices in Pregnancy and Childbirth. 1st Edition. Jessica Kingsley Publishers, 2015. Chapter 7. *Managing Sleep in Pregnancy.*

Teaching the World to Sleep. *Routledge, London* (2018).

Presentations

25th June 2003. PSIGE annual conference, Norwich. Paper Presentation. “Sleep quality in dementia and caregiving: opportunities for improved management”

15th September 2003. British Sleep Society annual conference, Cambridge. Poster Presentation. “Sleep disturbance in dementia caregiving: an actigraphic field study”

14th July 2005. British Society of Gerontology annual conference, University of Keele. Paper Presentation. “The impact of respite care on the sleep and quality of life of community-dwelling older people with dementia and their caregivers”

28th October 2005. ESRC The Body, Ageing and Sleep conference, University of Surrey. Paper presentation. “The impact of respite care on the sleep and quality of life of a group of people with dementia and their caregivers”

4th September 2006. Dementia Care Conference. University of Glamorgan . Paper presentation. “Sleep and quality of life in dementia and caregiving: the impact of respite care”

26th September 2006. British Sleep Society Annual Conference, University of Cambridge. Poster presentation. “Sleep quality, daytime sleepiness and quality of life in dementia caregiving: comparisons with non-caregiving controls”

- 18th July 2008. BABCP Annual Conference, Edinburgh. Paper presentation. “Insomnia in dementia and dementia caregiving: Opportunities for psychological interventions.”
- 14th October 2008. DeNDRoN regional conference. Poster Presentation. “The impact of respite care on the sleep and nocturnal activity patterns of older people with dementia and their caregivers.”
- 14th October 2008. DeNDRoN regional conference. Poster Presentation. “The Newcastle Cognitive Fluctuation Scale Study – a methodological poster.”
- 9th March 2009. DLB/PDD International conference, Kassel, Germany. Poster Presentation. “The impact of respite care on the sleep and nocturnal activity patterns of older people with dementia and their caregivers.”
- 10th March 2009. DLB/PDD International conference, Kassel, Germany. Poster Presentation. “The Newcastle Cognitive Fluctuation Scale Study – a methodological poster.”
- 10th December 2010. Sleep in older adults. Eisai sponsored event. Honoraria received Jan 2011.
- 1st February 2011. Sleep and quality of life in clinical populations / vulnerable groups. 1st International Insomnia Forum, Northumbria University, invited speaker.
- 7th April 2011. Sleep in older people with dementia. Pfizer Sponsored event. Honoraria received April 2011.
- 24th June 2011. Sleep in older people with dementia and their caregivers. 6th Liaison Old Age Psychiatry meeting for the Northern Region.
- 9th September 2011. Assessing cognitive fluctuations in dementia. International Psychogeriatrics Association, The Hague, Netherlands. Symposium paper presentation.
- 9th September 2011. Sleep and activity patterns in people with acquired brain injuries. Innovations in Rehabilitation. Northumbria University. Keynote paper presentation by video.
- 6th October 2011. How to write a good research project. DeNDRoN Patient Participant Involvement paper presentation. Institute for Ageing and Health, Newcastle University.
- 13th February 2012. Sleep assessment and psychobehavioural treatment in chronic pain. Durham University Hospital.
- 6th March 2012. Sleep and activity patterns in people with acquired brain injuries. Stewarts Law LLP, London.
- 21st April 2012. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. Durham Dales and Sedgefield Psychology Services, Pioneering Care Centre.
- 24th April 2012. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. Early Intervention in Psychosis Service. Monkwearmouth Hospital.
- 9th June 2012. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. Jesmond Therapy Centre, Newcastle.
- 9th July 2012. Sleep and activity levels in people with acquired brain injuries: JS Parker Ltd. Sheffield.

- 7th August 2012. Sleep and Activity levels in people with acquired brain injuries: Irwin Mitchell LLP, Newcastle.
- 22nd September 2012. Cognitive Behavioural Therapy for Insomnia (CBTi). Jesmond Therapy Centre, Newcastle.
- 7th November 2012. Sleep and Activity levels in people with acquired brain injuries: JS Parker Ltd., Stocksfield.
- 12th January 2013. Cognitive Behavioural Therapy for Insomnia (CBTi). Durham Dales and Sedgefield Counselling Group, Pioneering Care Centre, Newton Aycliffe.
- 9th March 2013. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. Jesmond Therapy Centre, Newcastle.
- 25th March 2013. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. British Psychological Society CPD workshop, Tavistock House, London.
- 9th April 2013. An Introduction to Sleep and the Actigraphic Assessment of Sleeping Disorders. Tees, Esk and Wear Valley NHS foundation Trust. Middlesbrough.
- 15th June 2013. Cognitive Behavioural Therapy for Insomnia (CBTi). Jesmond Therapy Centre, Newcastle.
- 25th October 2013. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. Worcester Therapeutic Network, St Mary's College, Worcester.
- 24th February 2014. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. British Psychological Society CPD workshop, Tavistock House, London.
- 15th November 2015. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. Applying Psychology Event. Bewleys Hotel, Manchester.
- 22nd January 2015. Losing sleep: how psychotherapeutic techniques can help. An NScience Event, Ambassadors Hotel, Bloomsbury.
- 26th February 2015. Sleep and Children. Webinar for the Child Brain Injury Trust.
- 20th March 2015. Losing sleep: how psychotherapeutic techniques can help. An NScience Webinar.
- 21st March 2015. Sleep and insomnia: considerations for immigrant populations and refugees. A Mothertongue event, Reading.
- 24th March 2015. Sleep and 24-hour activity in personal injury and clinical negligence cases: assessment, treatment and legal considerations. EMG solicitors sponsored conference, Leeds.
- 18th September 2015. An Introduction to Sleep. Sunderland University.
- 2nd October 2015. An Introduction to Sleep: Psychobehavioural assessment and treatment of insomnia. British Psychological Society CPD workshop, Tavistock House, London.

- 3rd October 2015. Losing sleep: how psychotherapeutic techniques can help. An NScience Event, Ambassadors Hotel, Bloomsbury.
- 22nd October 2015. An Introduction to Sleep. Thurrock County Council, Grays, Essex.
- 12th December 2015. Losing sleep: how psychotherapeutic techniques can help. An NScience Event, Dublin, Ireland.
- 16th January 2016. An Introduction to Sleep: Managing sleep problems and insomnia. Durham University, Durham.
- 6th April 2016. An Introduction to Sleep: Managing sleep problems and insomnia. Help for Heroes, Catterick Garrison, Catterick.
- 30th April 2016. An Introduction to Sleep: Managing sleep problems and insomnia. Centre For Life, Newcastle-upon Tyne.
- 6th May 2016. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. An NScience Workshop, Ambassadors Hotel, Bloomsbury, London.
- 7th June 2016. An Introduction to Sleep: Managing sleep problems and insomnia. Harrow School, Harrow on the Hill, London.
- 25th July 2016. An Introduction to Sleep: Managing sleep problems and insomnia. Doctorate of Clinical Psychology, Newcastle University, Newcastle-upon Tyne.
- 23rd September 2016. An Introduction to Sleep: Managing sleep problems and insomnia. Centre For Life, Newcastle-upon Tyne.
- 4th October 2016. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. A British Psychological Society daylong workshop, Tabernacle Street, London.
- 10th October 2016. How Important Sleep is to Mental Health and Relationships. Keynote presentation. World Mental Health Day 2016 Conference: Seldom Heard Voices, Sunderland University, Sunderland.
- 13th October 2016. An Introduction to Sleep, managing sleep problems and insomnia. Thurrock County Council, Grays, Essex.
- 7th November 2016. Introduction to Sleep: The assessment and psychobehavioural treatment of insomnia. Doctorate of Clinical Psychology, Newcastle University, Newcastle-upon Tyne.
- 26th January 2017. How Important Sleep is to People. Queen Elizabeth High School, Hexham, Northumberland.
- 3rd February 2017. An Introduction to Sleep: Managing sleep problems and insomnia. Centre For Life, Newcastle-upon Tyne.
- 4th February 2017. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. Centre For Life, Newcastle-upon Tyne.

- 11th February 2017. Recognising & Addressing Common Sleep Problems After ABI, Northern Acquired Brain Injury Forum Keynote Presentation, Middlesbrough.
- 20th March 2017. Managing sleep problems and insomnia. Hexham High School, Hexham, Northumberland.
- 29th March 2017. Intervention Considerations for Children with a Brain Injury and their Families. Keynote Presentation, Child Brain Injury Trust Conference, Wolverhampton.
- 28th April 2017. Sleep in People with a Brain Injury. Headway, Blaydon, Gateshead.
- 18th May 2017. The Science of Sleep: Psychotherapeutic Approaches for Insomnia. An NScience Workshop, Ambassadors Hotel, Bloomsbury, London.
- 26th June 2017. An Introduction to Sleep: Managing sleep problems and insomnia. Harrow School, Harrow on the Hill, London.
- 3rd July 2017. An Introduction to Sleep: Managing sleep problems and insomnia. A British Psychological Society daylong workshop, Tabernacle Street, London.
- 4th July 2017. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. A British Psychological Society daylong workshop, Tabernacle Street, London.
- 7th July 2017. Sleep Problems and Management in Brain Injury and Encephalitis. Keynote Presentation. Encephalitis: My Brain and Me Conference. Royal Society of Medicine, London
- 24th July 2017. An Introduction to Sleep: Managing sleep problems and insomnia. Ealing Council, Ealing, London.
- 12th September 2017. An Introduction to Sleep, managing sleep problems and insomnia. Thurrock County Council, Grays, Essex.
- 18th September 2017. Sleep in People with a Brain Injury. British Association of Brain Injury Case Managers, Manchester.
- 29th September 2017. Sleep in people with an injury: considerations for Case Managers. Case Management Society UK, Webinar.
- 3rd October 2017. Sleep in People with a Brain Injury. Headway, Crawcrook, Gateshead.
- 10th November 2017. An Introduction to Sleep: Managing sleep problems and insomnia. The Engineers House, Bristol.
- 11th November 2017. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. The Engineers House, Bristol.
- 13th December 2017. An Introduction to Sleep and Managing Insomnia. Mainwaring Bros, Prudhoe, Northumberland.
- 20th January 2018. Sleep in People with a Brain Injury. Hobbs Rehabilitation Ltd. Winchester.
- 2nd February 2018. An Introduction to Sleep: Managing sleep problems and insomnia. Centre For Life, Newcastle-upon Tyne.

- 3rd February 2018. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. Centre For Life, Newcastle-upon Tyne.
- 12th March 2018. Tackling Sleep Problems. Keynote Presentation. Meningitis Now Conference. Birmingham.
- 18th March 2018. Managing Sleep and Insomnia in people with Huntington's Disease. Huntington's Disease Association. Walkergate Park Hospital, Newcastle-upon-Tyne.
- 2nd May 2018. Fatigue Management and the Importance of Sleep. Keynote Presentation. Headway Regional Conference. Sefton, Liverpool.
- 11th May 2018. An Introduction to Sleep: Managing sleep problems and insomnia. The Studio, Birmingham.
- 12th May 2018. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. The Studio, Birmingham.
- 16th May 2018. Assessing and Treating Sleep Apnoea. Microlise Conference, Coventry.
- 22nd June 2018. An Introduction to Sleep: Managing sleep problems and insomnia. United Utilities PLC. Warrington.
- 26th June 2018. An Introduction to Sleep and Insomnia: Assessment and Treatment Opportunities. A half-day workshop for the Division of Clinical Psychologists of The British Psychological Society at The Jurys Inn, Newcastle-upon-Tyne.
- 30th June 2018. Managing sleep and fatigue in people who have had a brain injury. Keynote Presentation. Headway National Annual Conference. Yarnfield Park, Staffordshire.
- 6th July 2018. An Introduction to Sleep: Managing sleep problems and insomnia. The Wesley, Euston, London.
- 7th July 2018. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. The Wesley, Euston, London.
- 18th July 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Glasgow, Scotland.
- 19th July 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Perth, Scotland.
- 24th July 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Sheffield, Yorkshire.
- 16th August 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Monks Cross, York, Yorkshire.
- 16th August 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Wellington Row, York, Yorkshire.
- 22nd August 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Broadlands, Norwich, Norfolk.
- 22nd August 2018. Managing sleep and insomnia. AVIVA Insurance PLC. Headquarters, Norwich, Norfolk.

- 5th October 2018. Shift-Work and Sleep Deprivation: What should we be doing? Keynote Presentation. For the Faculty of Occupational Medicine at The Royal College of Physicians of Ireland, Dublin.
- 13th October 2018. Teaching the World to Sleep. Opening Keynote Presentation. Somnex Conference. Brick Lane, London.
- 13th October 2018. An Introduction to Sleep: Managing sleep problems and insomnia. Somnex Conference. Brick Lane, London.
- 14th October 2018. An Introduction to Sleep: Managing sleep problems and insomnia. Somnex Conference. Brick Lane, London.
- 3rd November 2018. Most Serious Sleep Related Medical Conditions: Impact on drivers and the industry as a whole. Fit to Drive and Stay Alive Conference, Keynote Presentation for The Chartered Institute of Logistics and Transport, Transport for London, Stratford, London.
- 9th November 2018. An Introduction to Sleep: Managing sleep problems and insomnia. The Engineers House, Bristol.
- 10th November 2018. The R.E.S.T. Programme: Advanced Assessment and Treatment Strategies for People with Insomnia. The Engineers House, Bristol.
- 12th November 2018. Introduction to Sleep: The assessment and psychobehavioural treatment of insomnia. Doctorate of Clinical Psychology, Newcastle University, Newcastle-upon Tyne.
- 21st November 2018. Sleep and Fatigue: Assessment and Treatment Opportunities. Keynote Presentation. The Occupational Therapy Show. The National Exhibition Centre, Birmingham.
- 12th December 2018. An Introduction to Sleep: Managing sleep problems and insomnia. Volker Wessels Ltd. Doncaster, Yorkshire.
- 13th December 2018. An Introduction to Sleep: Managing sleep problems and insomnia. Halsa, Harrogate, Yorkshire.
- 13th December 2018. Obstructive Sleep Apnoea and Driving. A BRAKE Professional Fatigue Webinar.
- 1st February 2019. An Introduction to Sleep: Managing sleep problems and insomnia. Tickhill Hospital, Doncaster, Yorkshire.

Presentations in the popular media

- September 2007. Lee DR & Walls S. (2007). 10 myths about sleep. *Junior Magazine*. 99: 56 – 59.
- February 2008. Several appearances on Century FM (local radio station, Newcastle upon Tyne) – discussing a sleepwalking story in the press
- 15th March 2009. *Sleep and Dreaming*. Keynote presentation for Newcastle ‘ScienceFest’ 2009.

- 17th August 2009. Live on BBC Radio Newcastle Breakfast Show discussing the new discovery of the DEC2 gene linked to sleep
- 25th February 2010. Several appearances on Metro FM (local radio station, Newcastle upon Tyne) – discussing the effects of caffeine of sleep.
- 18th March 2010. Keynote presentation. *Dementia awareness conference*, Newcastle ScienceFest 2010, Centre for Life, Newcastle-upon-Tyne.
- 5th February 2011. Recorded appearance on BBC Radio 4 iPM programme interviewed by Eddie Mayer, 3rd February 2011, broadcast 5th February 2011 estimated audience of 400,000.
- 14th March 2011. *The Science of Sleep*. Lunchtime (audience 100 people) and evening (Audience 350 people) keynote presentations for Newcastle ‘ScienceFest’ 2011 at the Lit and Phil, and the Centre for Life, Newcastle, respectively.
- 1st April 2013. *Sleep in young professional women*. Interviewed for Cosmopolitan Magazine, Published April 2013, pp84 – 86.
- 10th January 2019. Sleep Unlimited: Learn Sleep. The OT Magazine, Issue 26, pp 51.