



The Icelandic Sleep Research Society

President since 2011: Dr. Erna Sif Arnardottir

Personal sleep fragmentation experiment



Membership

- Current member number: 84 paying members
 - Trend for increase since 2011 (started with 19 members)
 - Yearly fee is now raised from 10 to 20 euros, paid w/online banking services – will see if affects member #
 - 80-90 % of sleep professionals are members in our society
 - Includes MDs, PhDs, sleep technologists, PAP nurses, engineers etc

Did you have any major activities in your society in the last year or planning to?

World Sleep Day

- Facebook virtual event
- Was very successful with minimal effort
- 1340 answered a simple sleep questionnaire



Early career researchers

- Travel grants for members – targeted for them and others with little travel support
 - 300 euros each
- Encouraged to present at our monthly educational meeting