Good sleep is fundamental to general health and performance. Our mission is to understand the physiological processes that control sleep and wakefulness, and the causes of abnormal sleep in order to promote optimal health and well-being. We hope that with this knowledge we will be able to develop novel treatments and preventative measures for several common sleep disorders.

**Research Projects**

1. **Respiratory Phenotyping for Obstructive Sleep Apnoea**

2. **Understanding the relationship between obesity and sleep problems**

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**Selected significant publications:**


