

MANAGING A SLEEP REVOLUTION

IMaR 2022
Hilton Nordica Reykjavik
Thursday 20th of October 2022

LÁRA JÓNASDÓTTIR – SENIOR PROJECT MANAGER



SLEEP
REVOLUTION

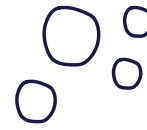
What is the SleepRevolution

Funded by EU's Horizon 2020

A multi-disciplinary project that aims to fundamentally change clinical sleep medicine

Project duration 2021-2025

Coordinated by Reykjavik University



Universities & hospitals



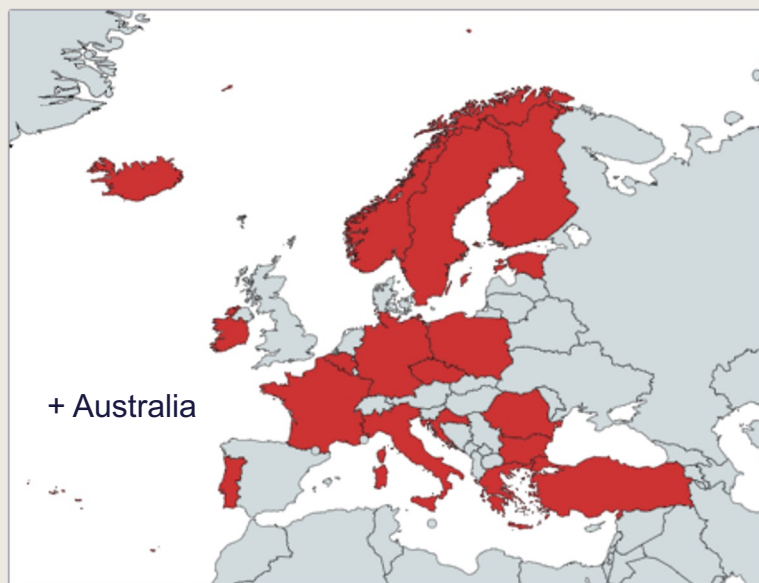
Industry partners



Expert societies



Supported by



Total of 39 Partners

The ESADA network



“TO TRANSFORM THE
CURRENT DIAGNOSTICS METHODS FOR
SLEEP DISORDERED BREATHING”



SLEEP REVOLUTION



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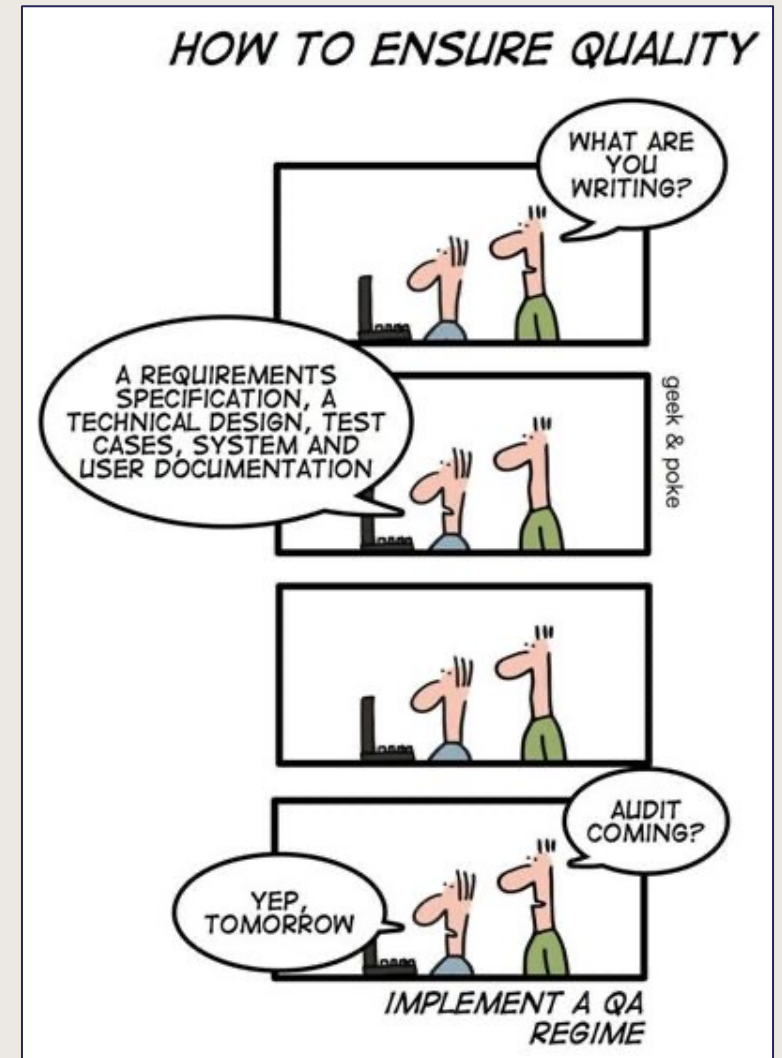
The Project Management

- Grant Management
- Coordination Management
- Partner Management
- Science Management

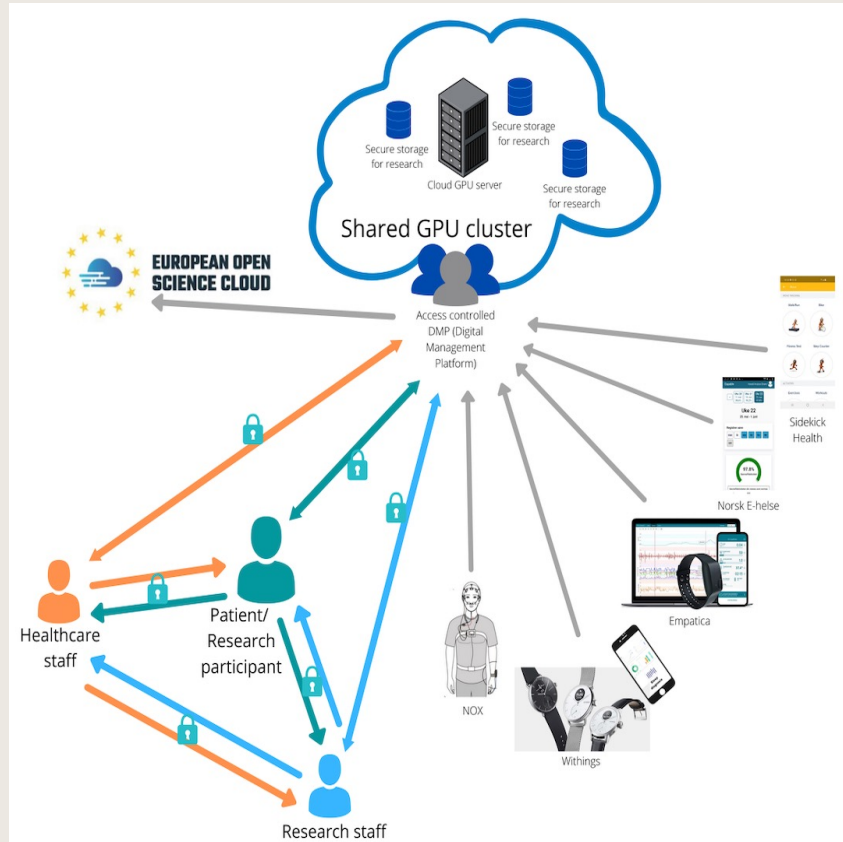


Grant Management

- Largest single grant received by Reykjavik University as a Coordinator in a project
- Heavy load on administration for grant coordinators
 - Research Grant's office at RU is small
 - Often setting an example for future grants
 - Many departments involved



Grant Management



- Icelandic Center for Research (Rannís)
- Lacking external advisors in Iceland
 - Innovation with EU Grants, Intellectual property (IP) and General Data Protection Regulation (GDPR) within Scientific research grants
 - Missing the investment of Icelandic Authorities in supporting such large grants
 - Special Grant advisor hired by the project

Coordination Management

- An unusually large consortium of partners
- Wide range of partners; hospitals, universities, clinics, industry, and expert societies. Means different management structures.
- 16 out of 39 partners in the project have little experience with EU research grants



Partner Management

- Interdisciplinary project; engineers, computer scientists, psychologists, sports scientists, healthcare professionals, biologists, etc.
 - From 24 countries and 14 language
 - Results in challenges like which project management platform to use (Trello, Teams, Slack, etc)
 - What software to use for texts (LaTeX vs. Word)



Sometimes like herding cats

Partner Management

- Network of partners in the project was built on the personal network of Dr. Erna Sif Arnardottir
 - Accountability personal
 - Demand for personal service to main researchers
- High impact of Covid on our clinical partners

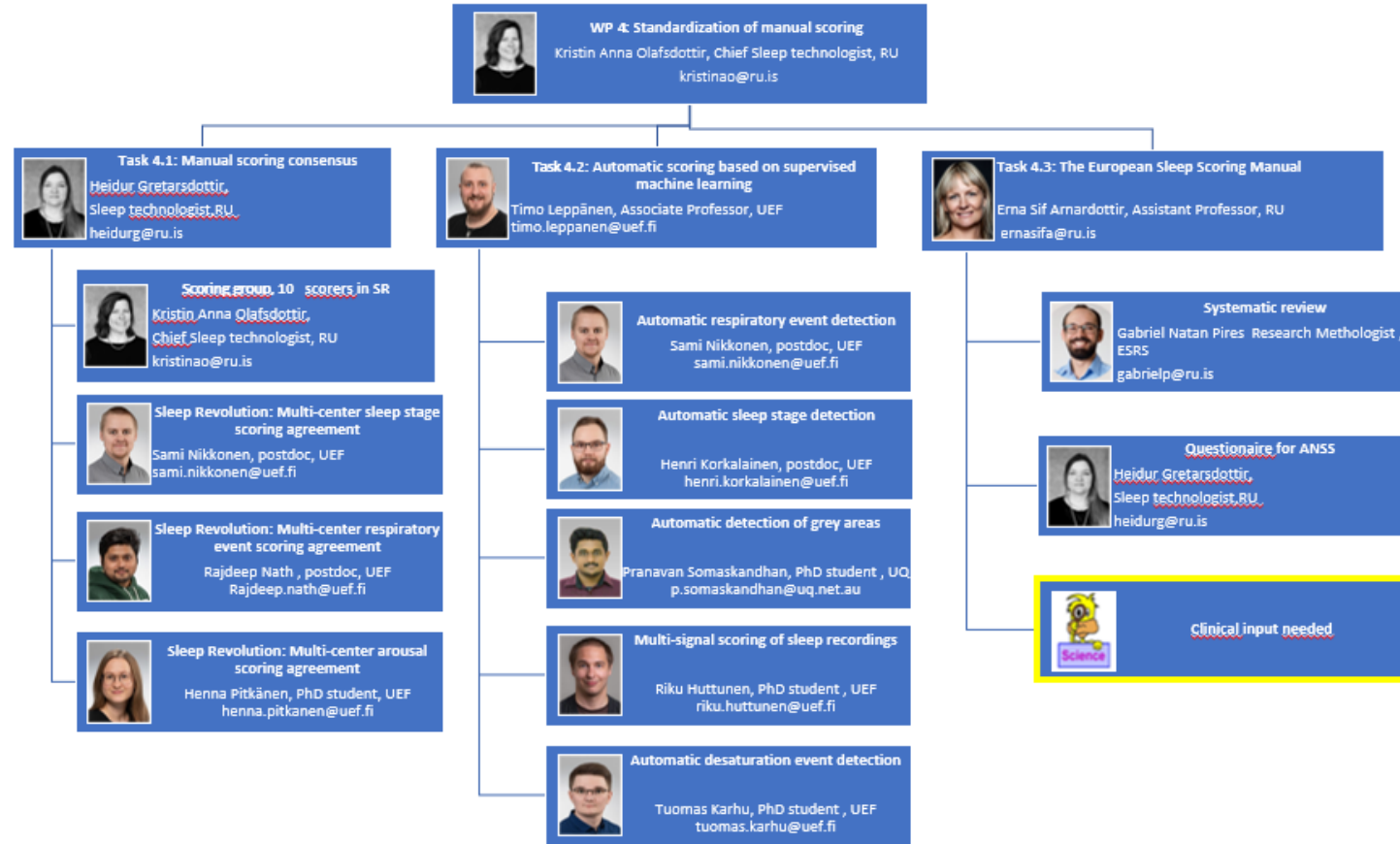


Science Management

- Motivation: Several partners are working on the project in the “extra time”
- Work Packages: splitting up the tasks in many small sub-tasks needed in order to efficiently communicate



Work Package 4



Deliverable 4.1. Manual scoring library



Deliverable 4.2. Machine learning algorithm capable of accurate and fully automatic scoring of PSG and HSAT recordings



Deliverable 4.3. Reliability report on automatic and manual scorings. M12 (delayed)

Deliverable 4.4. Creation of The European Sleep Scoring Manual M48

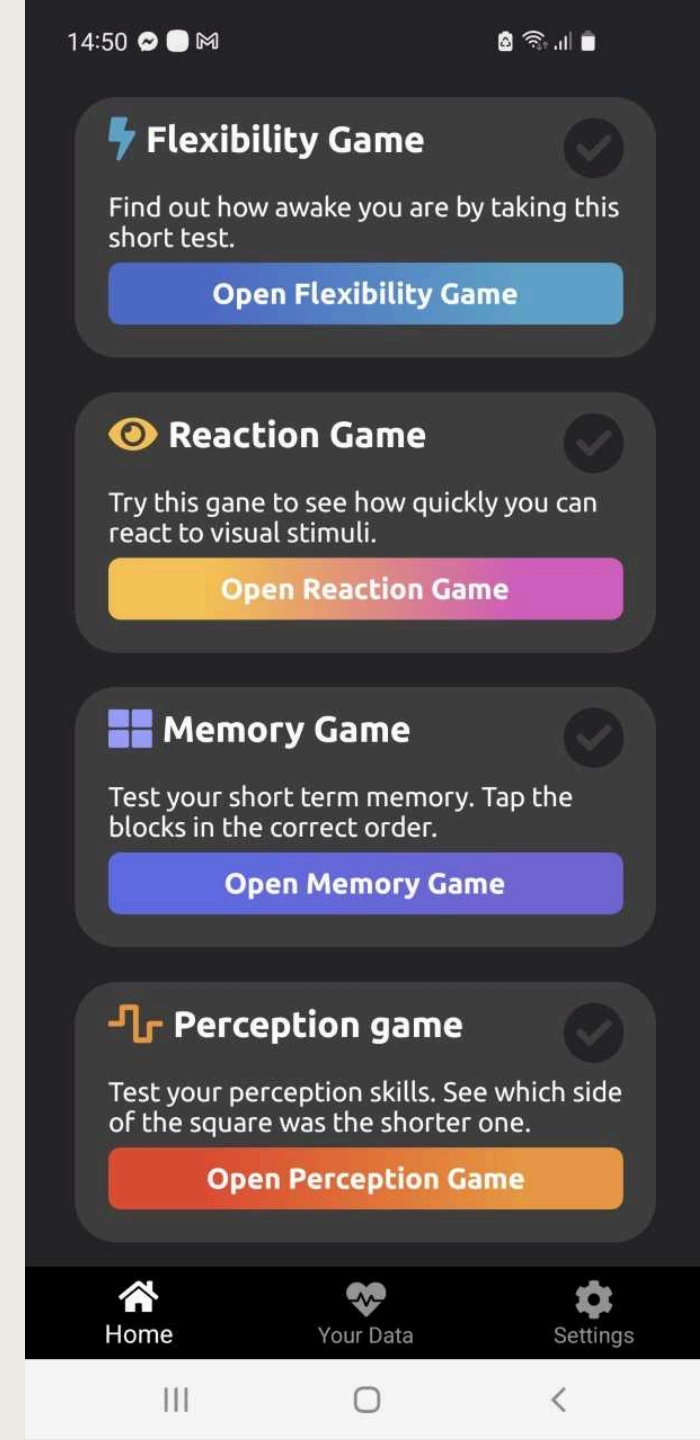


SLEEP REVOLUTION

Science Management

- Timeline: interdisciplinary teams challenging to discuss deliverables and timelines due to different disciplines
- Flexibility: the project has established deliverables and deadlines within the project EU Grant Agreement

Image: Screenshot from the Sleep Diary – SleepWell created by the Sleep Revolution



Trust & Conflict

- Trust existing from before the start
- Conflict is more likely to arise and escalate when cultural differences are present among the parties (Fisher, 1990).
- Conflict - not only harmful consequences but also to be remarkably constructive in some team-based work environments (De Dreu, 2007; De Dreu & Gelfand, 2008; Jehn & Mannix, 2001; Li & Li, 2009; Tjosvold, 2008)

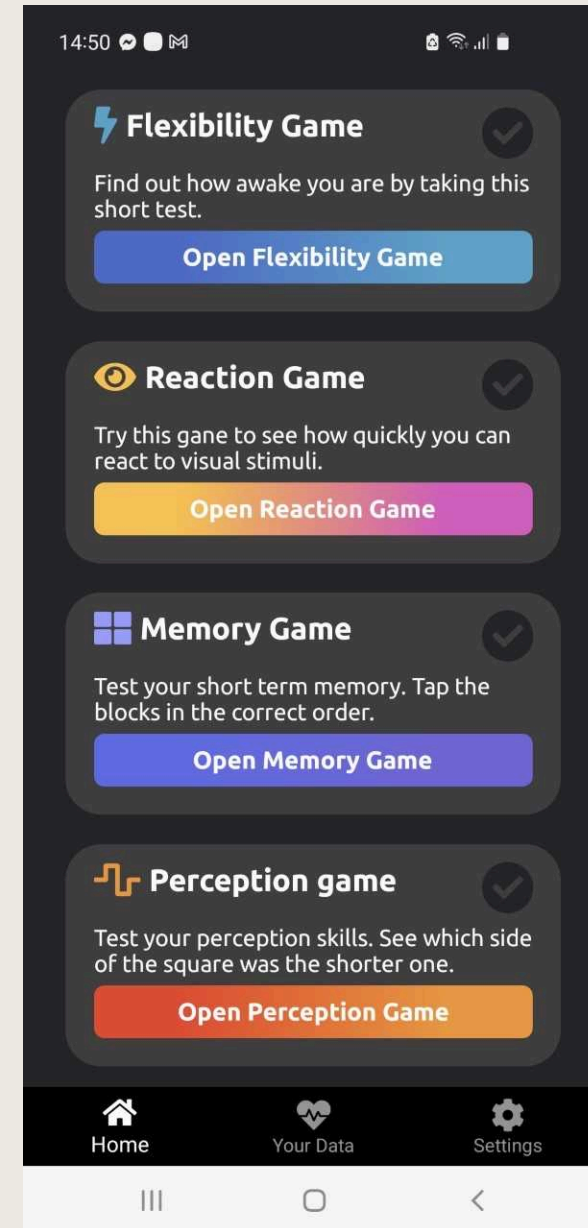
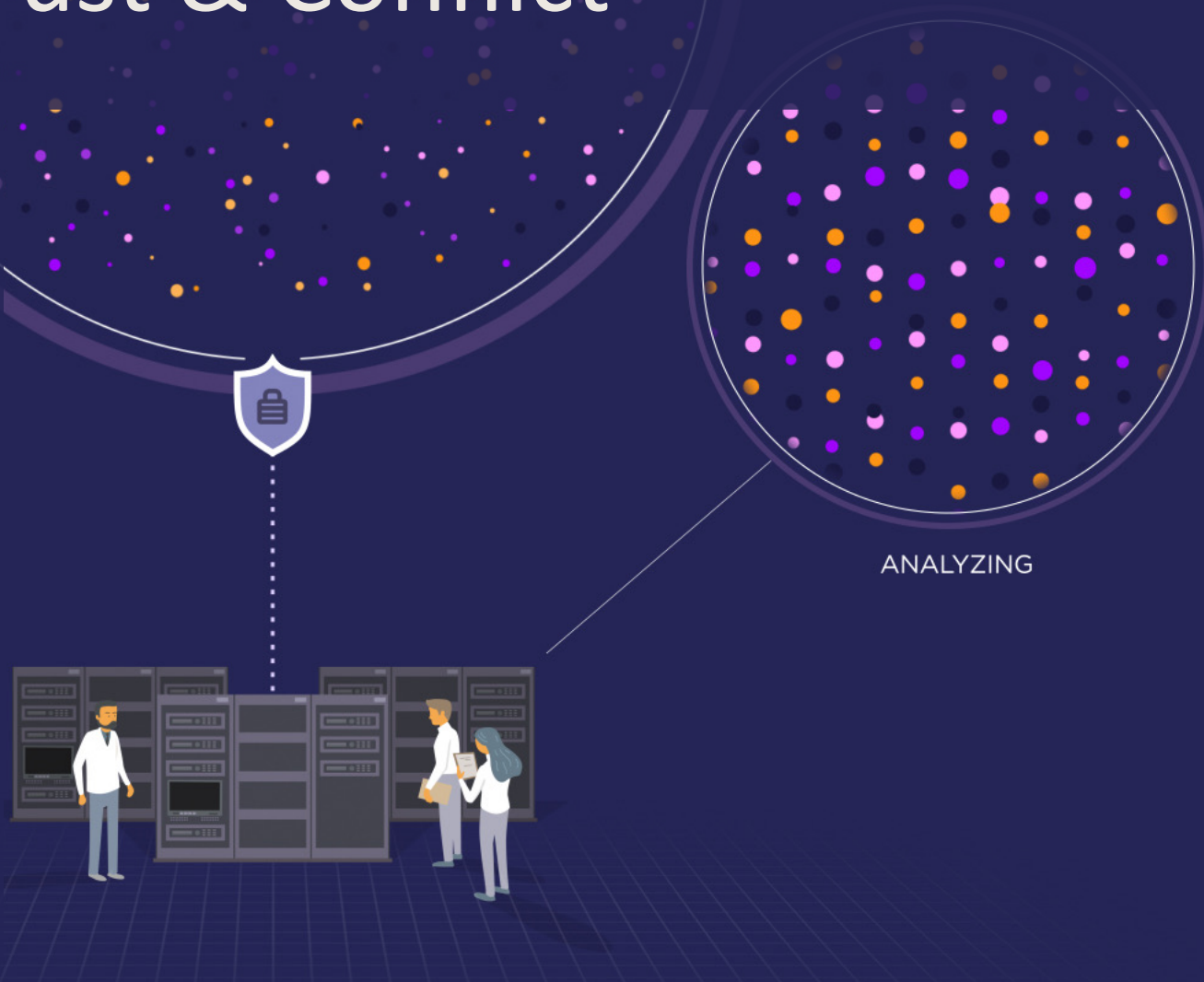


Image: Screenshot from the Sleep Diary – SleepWell created by the Sleep Revolution

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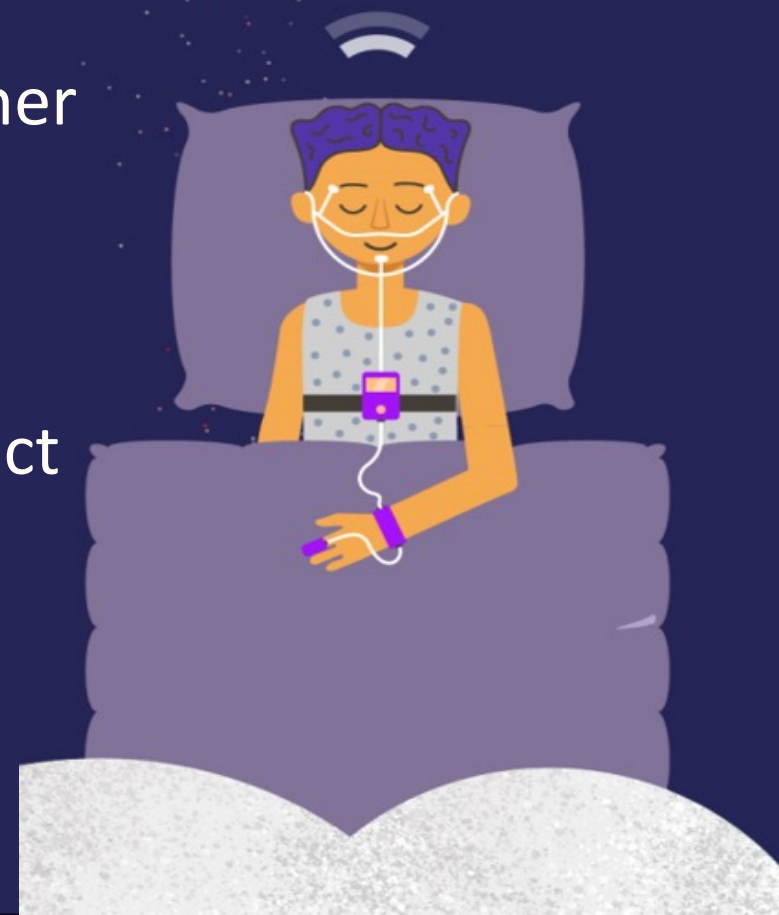
Finally: How to manage a revolution?

Do

- Accept that there will not be one linear project management tool
- Challenge the norms within specialisations
- Create infrastructure to assist on the administration

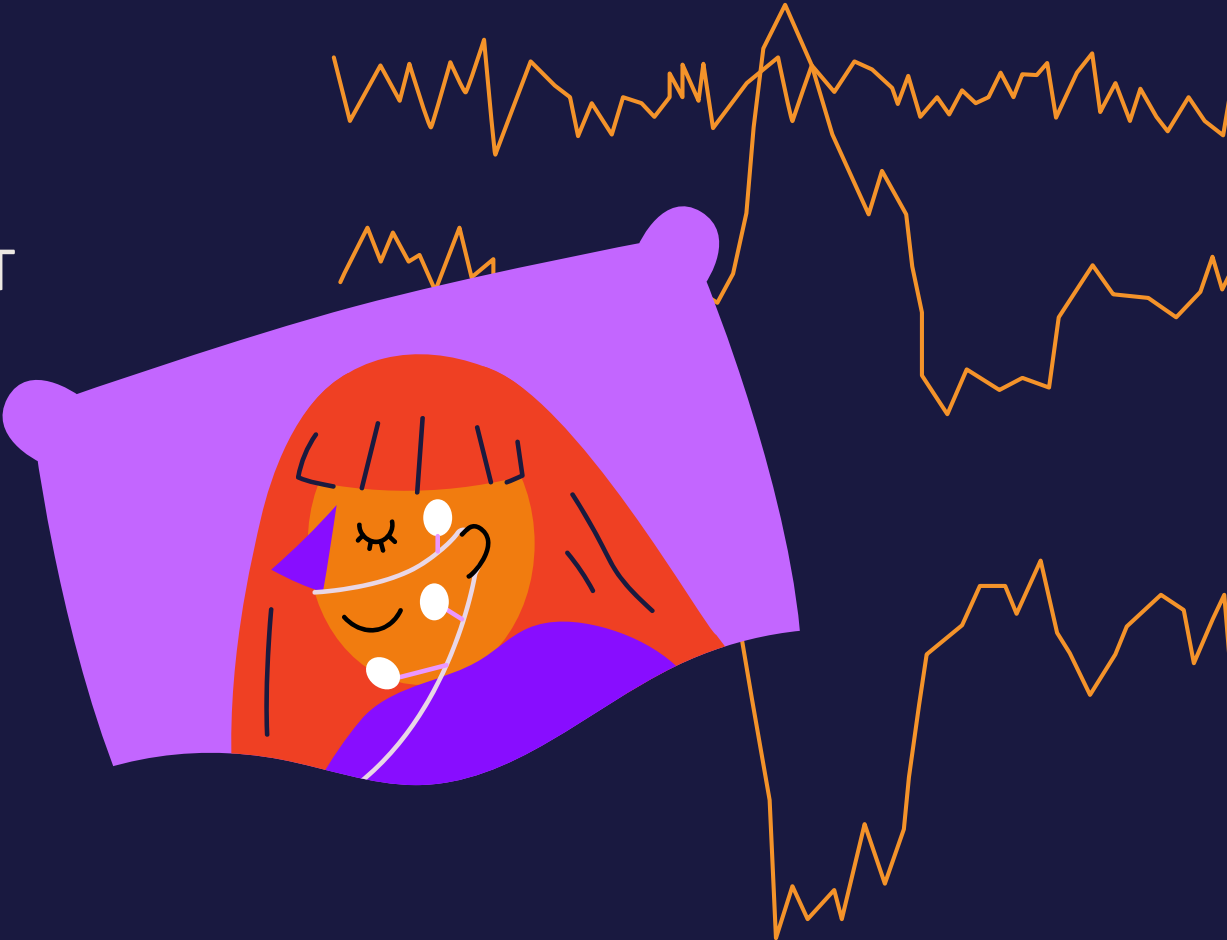
Don't

- Try to force every partner to be the same
- Assume there is an understanding of all obligations in the project
- Create information overload

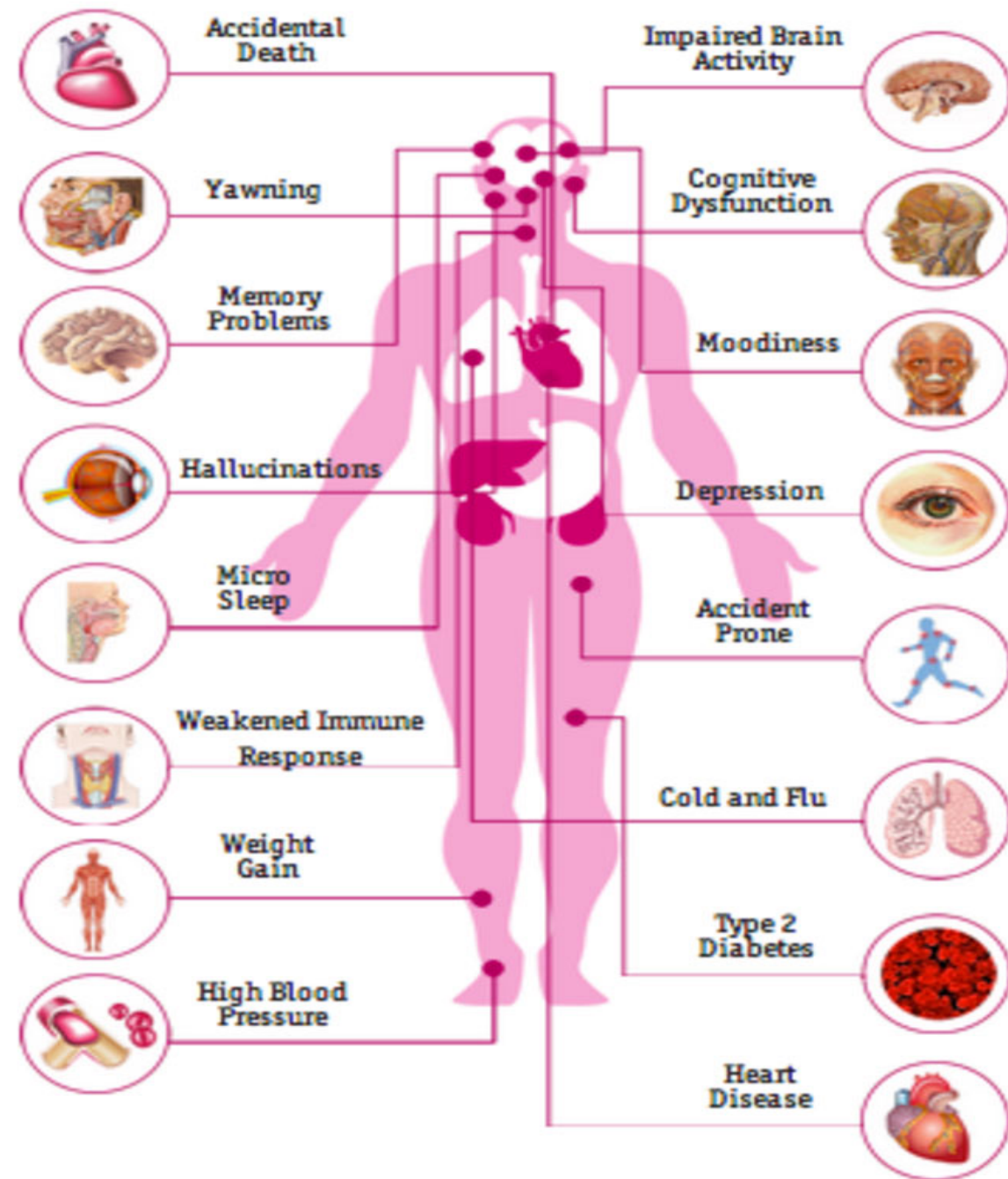


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Now switching over to THE SLEEP MANAGEMENT



Effects of short and fragmented sleep



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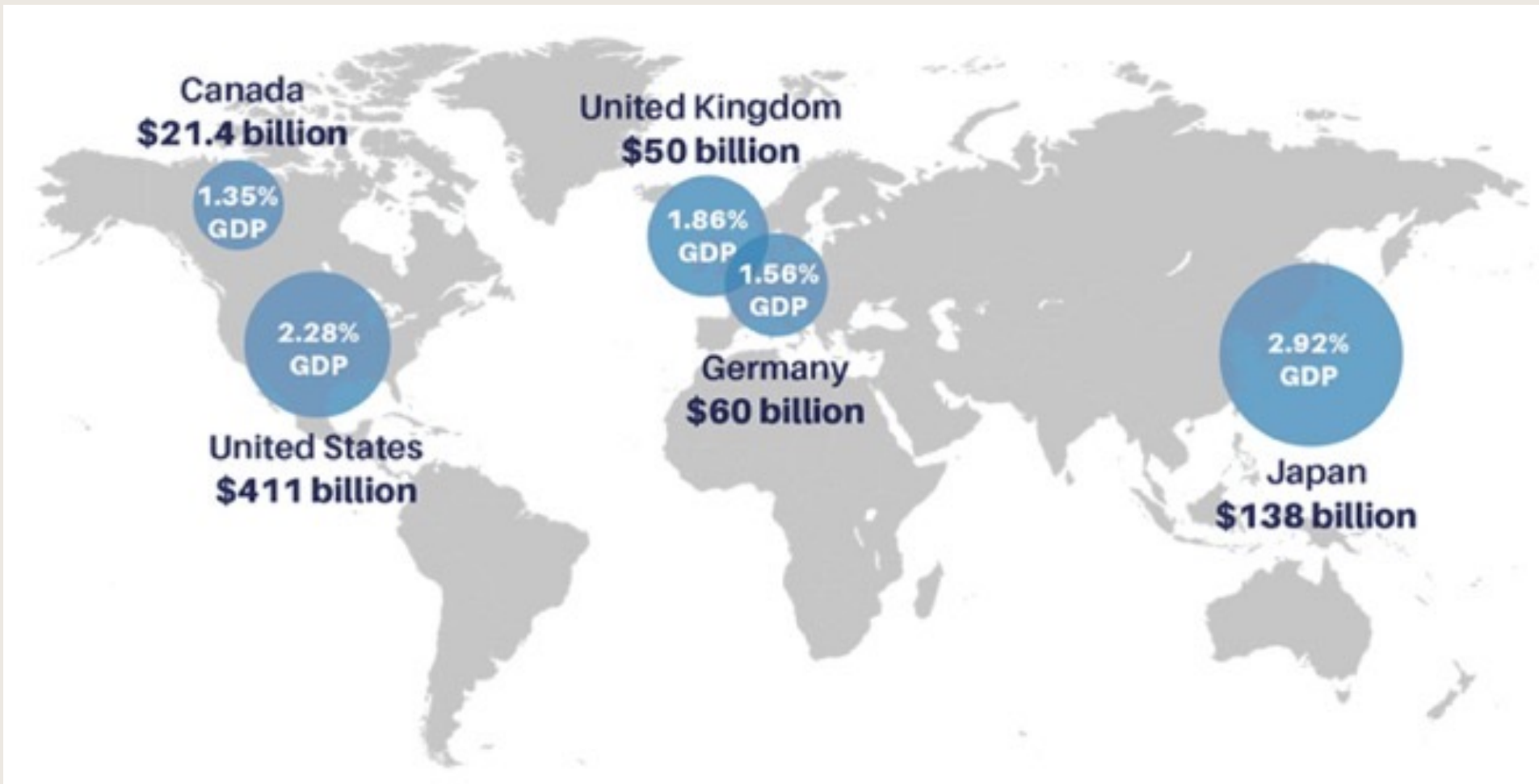
Human factor in accidents



Why Sleep Matters—The Economic Costs of Insufficient Sleep

A Cross-Country Comparative Analysis

[Marco Hafner](#), [Martin Stepanek](#), [Jirka Taylor](#), [Wendy M. Troxel](#), and [Christian van Stolk](#)



What can work places do?

- Encourage a healthy lifestyle
 - Pillars of health
 - > sleep – nutrition – caffeine – exercise – mental wellbeing
- Flexibility in work start and stop times
- Provide sleep education
- If shift work – review the schedule for optimal sleep and health

Thank you,



SCAN ME



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