



Sleep Health Foundation Research Grant Program

Request for Expressions of Interest for

Project on “Reducing Sleep Disruption in Carers”

This is a call for EOIs from institutions (e.g. Universities) to undertake a research project conducted on behalf of the Sleep Health Foundation, with funding provided by Carers Australia (CA).

Purpose and Outcomes

The research will (1) systematically gather and review the evidence-based literature on the extent, causes and consequences of sleep disruption among (unpaid) carers and (2) develop fact sheets to convey useful information about sleep issues to carers. The latter will be informed by the literature review. The deliverables must readily allow CA to deliver online information to carers and develop strategies and recommendations that aim to

- reduce the sleep disruption of carers through identifying practical ways carers can manage their caring to maximise healthy sleep routines;
- mitigate the short, medium and long term health consequences of poor sleep for carers; and
- advance their advocacy work with government

Grant Total \$ 20,000 plus GST

Required Tasks

1. Liaise at all key phases with a designated contact at the Sleep Health Foundation.
2. Complete the project according to the Brief which can be obtained by emailing Dorothy.bruck@vu.edu.au
3. Produce the deliverables by the dates as set out below. Adherence to timelines is critical.
4. It is expected that the research team will submit a manuscript based on the literature review to a quality journal, acknowledging the roles of the SHF and CA, during the second half of 2019.
5. Appoint a media spokesperson for any media that might arise from the report launch.

Timeline and Deliverables

	Due Date	Payment schedule (plus GST)
EOIs to SHF close	3 rd December 2018	
Grant awarded	Late Dec 2018	
Contract signed	By mid Feb 2019	\$10,000
Draft Report to SHF	8 th April 2019	
Revisions complete and draft Report to CA	22 nd April 2019	
Final Report	6 th May 2019	
Draft fact sheets to SHF and CA	20 th May 2019	
Revisions complete and final fact sheets to CA	3 rd June 2019	\$10,000
Publication submitted to journal	By the end of 2019	

Project Management

The research team conducting this survey will liaise with Professor Dorothy Bruck on behalf of the Sleep Research Foundation. Regular contact (i.e. every two months as a minimum) on progress and any unexpected difficulties is required. At key points, such as the decision on what fact sheets to produce, liaison with CA through the SHF is expected.

Expressions of Interest

EOIs are sought consistent with the research Brief. An EOI should include details of the points below but be no more than 3 pages:

- Principal contact and research team (attach CVs as an Appendix)
- Capability (skills) to achieve the desired output including a description of similar work undertaken
- Background in sleep/sleep health and any knowledge of the relevant literature
- Capacity to achieve the proposed timeline and deliverables for the project

EOIs are due by 4pm on **Monday 3rd December 2018** and should be submitted via email to Dorothy.bruck@vu.edu.au Any specific questions about this project can be addressed to Professor Bruck via this email address.

Contract

A draft contract has been developed for this research and is attached to the Brief. If the institution and the SHF cannot agree on a suitable legal contract by mid-February 2019, the SHF reserves the right to withdraw the offer of the grant to that institution and award it to another applicant.