

FOR IMMEDIATE RELEASE

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### **Bloomberg Nursing scientist earns prestigious Canadian Sleep Society recognition**

The Canadian Sleep Society (CSS) has selected Bloomberg Nursing assistant professor Robyn Stremler as the recipient of the 2011 Roger Broughton Young Investigator Award. The award was presented to her at the 2011 World Association of Sleep Medicine & Canadian Sleep Society Congress in Quebec City.

Stremler is a nurse scientist, specializing in sleep research. Her work aims to improve sleep and health outcomes for parents, infants and children, through pregnancy and beyond. Few health care professionals are trained in sleep research, and nurses are especially underrepresented in this field. In addition to conducting randomized controlled trials (RCT), Stremler has mentored other nurses generating sleep research, trained graduate students in the specifics of carrying out studies in this field, and integrated sleep research into the nursing curricula at the University of Toronto.

“I was very honoured to learn I’d been chosen to receive the Roger Broughton Young Investigator Award,” says Stremler. “My research efforts have benefitted from the support and collegueship of Canadian sleep clinicians and researchers, so to have my early career work recognized by the Canadian Sleep Society is a wonderful distinction.”

Although Stremler’s training in sleep research only began in late 2004, she’s received five peer-reviewed, sleep-focused grants as a principal investigator, including the Sleep Research Society Foundation’s 2007 Gillin award. She is the first nurse scientist and Canadian to receive this distinction. In addition to successful grants in several CIHR competitions – including the Sleep and Circadian Rhythms competition and RCT committee – Stremler is also an Ontario Ministry of Research and Innovation’s 2011 Early Researcher Award recipient, a highly competitive program designed to support the province’s most promising young researchers build teams to produce world-leading research innovations.

Notably, Stremler developed a behavioural-educational sleep intervention to improve maternal and infant sleep in the postpartum period and published evidence of its effectiveness in the journal *SLEEP*. Her work has identified significant sleep disturbances, health care system barriers and areas for intervention to improve the sleep of hospitalized children and their parents, and children undergoing chemotherapy and their parents. One of Stremler’s current studies, the “Sleep TYME (Throughout Your Motherhood Experience) study,” aims to provide a better understanding of the risk factors for sleep problems in pregnancy, which will help her develop ways to find, prevent and treat sleep problems, improving the health of mothers and babies.

The Roger Broughton Young Investigator Award is named after a reputable figure in Canadian sleep research and founding president of CSS. It’s presented once every two years in recognition of a young scientist’s early career research contributions.

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