

**Professor Ron Grunstein**

Professor of Sleep Medicine  
MBBS, MD, PhD, FRACP  
Medical Advisor Sleep Disorders Australia



Professor Grunstein is a consultant physician with 27+ years of experience in clinical practice and sleep disorder research.

He is a Professor of Sleep Medicine at the Woolcock Institute of Medical Research, University of Sydney, Australia and a Senior Staff Specialist at Royal Prince Alfred Hospital. He also works as an Honorary Medical Officer at St Vincent's Hospital. Professor Grunstein received his MD from University of Sydney, Australia and a PhD from Department of Clinical Pharmacology at the University of Gothenburg, Sweden. In January 2016, he commenced 5 year term as a Senior Principal Research Fellow with the National Health and Medical Research Council of Australia (NHMRC). Previously he had been an NHMRC Practitioner Fellow 2002-2015.

Professor Grunstein has had a distinguished career in medicine domestically, being the first Staff Specialist appointed to a full - time position in sleep medicine in Australia in 1988. He is recognised as a world leader in his field, having been the first person outside of North America to win the prestigious Nathaniel Kleitman Distinguishable Service Award from the American Academy of Sleep Medicine in 2011.

He was also recognised for his pivotal research into sleep disorders and their treatment, winning the RPA Foundation medal in 2012. Ron pioneered research into the links between sleep apnea and the endocrine system/metabolic diseases, including the links between central obesity/metabolic syndrome and breathing disorders during sleep. His research emphasis more recently has expanded in the field of the clinical sleep neurobiology.

Professor Grunstein has an international reputation in the clinical application of nasal CPAP therapy for the management of snoring and sleep apnea. He has written the chapter on CPAP treatment for the definitive textbook in the sleep; "Principles and Practice of Sleep Medicine" for the first 5 editions.

He is the chief investigator on the Australasian Sleep Trials Network, as well as Program Leader and Education Chair of the Australian Government Department of Industry collaboration, the CRC for Alertness Safety and Productivity. He has been the chief investigator on three NHMRC Centre of Clinical Research Excellence grants, including the current interdisciplinary Centre of Sleep and Circadian Translation Neurobiology/NeuroSleep.

**Past Appointments**

President, World Sleep Federation (2007-2011)

Public Member, Australian Press Council (2008-2014)

President, Australasian Sleep Association (1994-1997)

NHMRC Reference Group, Health Effects of Wind Turbines

National Prescriber Service, Management of Insomnia