
LinkedIn www.linkedin.com/in/lizziehillsleptechservices Known as Lizzie

Professional Registration

- 2015 Registration Council for Clinical Physiologists (RCCP) M-level registration (Sleep)
- 2014 ESRS European Somnologist-Technologist (EST)
- 2005 Registered Polysomnographic Technologist (RPSGT)

Employment History

Centre for Clinical Brain Sciences, The University of Edinburgh

Sleep Research Fellow

January 2018 - date

- Research Assistant: *The Brain Changes in Sleep Apnea Study* (funded by Fondation Leducq).
- Setting up, scoring and reporting polysomnography (PSG), WatchPAT and actigraphy in adults.
- Initiating and monitoring continuous positive airway pressure (CPAP) therapy in adults.
- Administering cognitive function tests and health questionnaires.
- Data collection, collation and management.

Department of Paediatric Respiratory Physiology, Royal Hospital for Sick Children, Edinburgh (NHS Lothian)

NRS Career Research Fellow

April 2017 - date

Specialist Sleep Clinical Physiologist (B6)

August 2014 - date

- Setting up, scoring and reporting cardio-respiratory polygraphy, PSG and actigraphy studies in children from birth to age 18 years.
- Funded by NRS Career Research Fellowship, develop research protocols, undertake research studies and disseminate results.

Sleep & Circadian Neuroscience Institute (SCNi), Nuffield Department of Clinical Neurosciences, University of Oxford

Lecturer

August 2016 - date

- Devise, write and present three lectures and live online Q&A sessions as part of a novel 3-year online MSc Sleep Medicine course, the only sleep medicine degree course in the UK, commencing October 2016.
- Design and deliver practical teaching sessions in sleep scoring at annual residential SCNi Summer Schools.

Department of Sleep Medicine, Royal Infirmary of Edinburgh (University of Edinburgh)

PhD Research Fellow (UE07)

August 2010 - July 2014

Research Assistant (UE07)

February 2010 - July 2010

- Chief investigator: *Controlled prospective trial of the effectiveness of continuous positive airway pressure therapy in adults with Down's Syndrome* (funded by Chief Scientist Office, Fondation Jérôme Lejeune and Baily Thomas Charitable Trust).
- Involved in various other single- and multi-centre research studies ongoing within Department and in collaboration with other groups, including setting up and scoring PSG, cardio-respiratory polygraphy and actigraphy, and initiating and monitoring CPAP in adults.

The Edinburgh Sleep Centre

Sleep Services Manager

July 2005 - February 2010

- Technical manager of private sleep medicine clinic.
- Clinical Trial Co-ordinator for a number of international multi-centre clinical trials, for pharmaceutical companies including Actelion, Glaxo Smith Kline and Servier.
- Technical support for clinical trials, including setting up, monitoring, running & scoring sleep studies, electronic data transfer, processing biochemical samples, running 12-lead ECG and taking vital signs.

Department of Sleep Medicine, Royal Infirmary of Edinburgh (NHS Lothian)

Senior Sleep Technologist (MTO3)

August 2004 - June 2005

Sleep Technologist (MTO2)

October 2000 - August 2004

- Setting up, running, scoring and reporting of cardio-respiratory sleep studies, PSG, multiple sleep latency tests and maintenance of wakefulness tests in adults.
- Initiating and monitoring CPAP therapy in adults.

Selected publications

- Hill EA, Fairley DM, Williams SR, Vennelle M, Williams L, Cooper S, Riha RL. A prospective, randomised, controlled trial of CPAP in adults with Down syndrome. *In submission*.
- Hill EA, Sawatari H, Nishizaka M, Fairley DM, Chishaki A, Riha RL, Ando S. Symptoms of obstructive sleep apnoea in adults with Down syndrome in Scotland and Japan. *In submission*.
- Langley RJ, Hill L, Hill EA, Urquhart DS. The curious incident of groaning in the night-time. *Breathe* 2017; 13: 123-126.
- Urquhart DS, Hill EA, Morley A. Sleep-disordered breathing in children. *Paediatrics and Child Health* 2017; 27(7): 328-336
- Hill EA. Obstructive sleep apnoea/hypopnoea syndrome in adults with Down syndrome. *Breathe* 2016; 12: e91-e96.
- Hill EA, Williams LJ, Cooper S-A, Riha RL. Symptoms of obstructive sleep apnoea are common in adults with Down syndrome despite previous adenoid/tonsillar surgery. *Journal of Sleep Research* 2016; 25 (suppl.1): P245
- Hill EA, Fairley DM, Williams LJ, Cooper S-A, Riha RL. A prospective, randomised, controlled trial of CPAP in adults with Down syndrome. *Eur Respir J*. 2015; 46: Suppl. 59, 497. **Awarded ERS Travel Grant for Sleep Medicine.**
- Hill EA, Van Putten S, Cooper S, Williams L, Riha RL. Obstructive sleep apnoea in adults with Down syndrome: a cross-sectional prevalence study. *7th World Congress of the World Sleep Federation, Istanbul 2015. Awarded WSF2015 travel grant.*
- Sawatari H, Hill EA, Nishizaka MK, Fairley D, Chishaki A, Ando S, Riha RL. Comparison of signs related to sleep disordered breathing among adult people with Down syndrome between two different races, Japanese and Scottish. *Somnologie* 2015; (suppl 1) 19:4-45
- Yoon C-H, Hill EA, Riha RL. Unusual presentations of free-running circadian rhythm disorder in the sighted - Case report and Discussion. *Res Medica* 2013; 21(1):50-55
- Sawatari H, Hill E, Nishizaka M, Chisaki A, Riha R, Ando S. Sleep-disordered breathing in adults with down syndrome: a cross cultural comparison. *Sleep Medicine* 2013; 14(suppl.): e260
- McConnell E, Hill EA, Pataka A, Riha RL. Behavioural and emotional disturbances associated with sleep disturbances in children with Down's syndrome. *European Respiratory Journal* 2013; 42 (suppl. 57)
- White C, Hill EA, Morrison I, Riha RL. Diagnostic delay in REM sleep behaviour disorder (RBD). *Journal of Clinical Sleep Medicine* 2012; 8(2): 133-136.
- Hill EA, Fairley D, Van Putten S, Cooper S, Forbes JF, Williams L, Riha RL. Use of the pictorial Epworth Sleepiness Scale in adults with Down's Syndrome. *Journal of Sleep Research* 2012; 21 (suppl.1): 291
- Hill EA, Fairley D, Van Putten S, Cooper S, Forbes JF, Williams L, Riha RL. Prevalence of sleep apnoea, sleepiness and behavioural/emotional disturbances in adults with Down's syndrome in Scotland. *European Respiratory Journal* 2012; 40 (suppl.56): 325s
- Hill EA, Fairley D, Van Putten S, Cooper SA, Forbes JF, Williams L, Riha RL. Prevalence of sleep-disordered breathing in adults with Down's Syndrome in Scotland. *SLEEP* 2012; 35(suppl.):A189

University Education

2011-2016	University of Edinburgh <i>PhD Clinical Sciences & Community Health (Respiratory Medicine)</i> Prevalence and treatment of obstructive sleep apnoea/hypopnoea syndrome in adults with Down syndrome.
1994-1998	University of Aberdeen <i>Degree of BSc(Hons) Human Life Sciences (2:2)</i>

Selected Professional Memberships

2012-date	American Academy of Sleep Medicine (AASM)
2011-date	European Respiratory Society (ERS)
2009-date	European Sleep Research Society (ESRS)
2002-date	European Society of Sleep Technologists (ESST) - <i>UK Delegate since 2010; President since 2016</i>
2001-date	British Sleep Society (BSS) - <i>Executive Committee member since 2011</i>