

Staying Well in the Law: Better Sleep for Staying Well in the Law

Wednesday 19 July 2023 – 12.30pm – 1.30pm



Dr Moira Junge

CEO, Sleep Health Foundation and Health Psychologist

Moira commenced her role as the CEO of the Sleep Health Foundation, and Director of ASAC at the beginning of 2022. Moira is a registered Health Psychologist and she holds a Doctorate in Health Psychology. Moira has over twenty-five years' experience in the healthcare sector and has worked in the sleep disorders field since 1994. She was a founding member of the Behavioural Management of Sleep Disorders Committee within the Australasian Sleep Association (ASA) and was the Chair of the ASA Insomnia and Sleep Health Council (2008-2015). She was on the board of the Sleep Health Foundation from

2016-2022 before becoming its inaugural CEO. She is passionate about promoting the importance of good sleep health, providing the community with access to evidence-based solutions for sleeping difficulties, and about translating research into practical applications in our community. These are the main reasons she has pursued working for the Sleep Health Foundation and that drive her everyday work.



THE LAW SOCIETY
OF NEW SOUTH WALES