

# **SIMONE SLEEP N.D**

## **Masters in Medical Research**

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## **CAREER SUMMARY AND OBJECTIVES**

A healthcare professional with clinical experience as a naturopath, western herbalist, homeopath and nutritional medicine for twenty-two years.

Simone is currently studying for her masters in School of Medical Sciences at Griffith University, Australia. She completed her BS in medical biochemistry at Bond University, Gold Coast. Her current research focuses on the effect of maternal diet in offspring's cardiovascular health. She is also interested in oral health and associated diseases, endocannabinoid system and metabolic diseases. She has published three peer-reviewed journal articles currently under review and presented her current research at different national conferences.

Analytical, enthusiastic and self-reliant with well-developed problem solving and leadership skills. Simone has a willingness to learn and implement strategies to improve health for the local community.

A dedicated conscientious and highly motivated individual. She is passionate about improving the health of her local community. When available Simone provides free educational health related seminars to the Gold Coast community at her clinic and under the Active and Healthy program for the Gold Coast City Council. Simone also has lecturing experience teaching English to Chinese students while living in Shanghai. She has also lectured to allied health practitioners in pathology, oral health issues, presented at research conferences and supervised students in laboratory work.

While completing her studies, Simone is currently building her new diagnostics and research laboratory that will improve oral health issues in Australia. Her mission is to raise the bar for health care. Her new patient-centred laboratory will revolutionise the way we diagnose our patients with accurate results through artificial intelligence that will guide dentists and general practitioners to treat the individual. As a one-size fits all approach is proving to be ineffective and is something truly needed in healthcare.

## EXPERIENCE

April 2019 to present

### **Pathocell Diagnostics and Research Ltd**

**- Title - Founding Director**

#### **Responsibilities**

- Tendering for grants to help finance projects for improving oral health issues of Australia
- Reporting to the board with the financials, marketing and membership strategies for future growth.
- Medical research consultant for a patient-centric diagnostics and research laboratory.

May 2012 to 2017

### **Institute of Metabolic Syndrome & Research (NFP)**

**- Title - Founding Director**

#### **Responsibilities**

- Undertaking all roles to set up not for profit organisation and tendering for grants to help finance the project outlined in our constitution.
- Reporting to the board with the financials, marketing and membership strategies for future growth.
- Updating the software application that processes pathology results and creates a report of findings.

#### **Major Achievements**

- Won the Divisional Grant
- Won the Australian Volunteer Grant
- Won the Jupiter's Grant

September 2012 to 2013

### **Australian Traditional Medicine Society**

**- Title – Director/Treasurer**

## Responsibilities

- Finance & Audit Committee

February 2002 to present

## Gold Coast Anti-Ageing & Wellbeing Centre

- Current Title – Owner

## Responsibilities

- Actively running all roles of operating a small based business
- Providing educational health programs and clinical practitioner

## Education

**2018 to current**      **Masters in Medical Research – Griffith University**

**2015 – 2017**      **Bachelor of Biomedical Science – Bond University**

**2012**      **Introductory to Director’s Roles & Governance**

**2009**      **Institute of Health Realities (Colorado)**

Certificate for Advanced Medical Pathology & Environmental Toxicology

**1998**      **No.1 Shanghai Medical University/Hospital**

Certificate in Advanced Medical Acupuncture and Chinese Herbal Medicine

**1994 – 1997**      **College of Natural Therapies**

Advanced Diploma of Applied Science (Naturopathy)

Advanced Diploma of Nutritional Medicine

Advanced Diploma of Herbal Medicine

## **PROFESSIONAL MEMBERSHIPS & INTERESTS**

Member of Australian Society for Medical Research

Second language Japanese

Interests in health & research, outdoor activities, horse riding, family and beach walks.

## **PUBLICATIONS**

1. Nirajan Shrestha, Simone Sleep, James SM Cuffe, Olivia J Holland, Andrew J McAinch, Marloes D Nitert, Deanne H Hryciw. Pregnancy and diet-related changes in the maternal gut microbiota following exposure to an elevated linoleic acid diet. *Am J Physiol Endocrinol Metab.* [Under review]
2. Simone L Sleep, Nirajan Shrestha, James SM Cuffe, Olivia J Holland, John P Headrick, Andrew J McAinch, Deanne H Hryciw. The Effect of High Maternal Linoleic Acid On Endocannabinoid Signalling In Rodent Hearts. *J Developmental Origins of Health and Disease.* [Under review]
3. Nirajan Shrestha, Simone L Sleep, James SM Cuffe, Olivia J Holland, Anthony V Perkins, Suk Yu Yau, Andrew J McAinch, Deanne H Hryciw. Role of Omega-6 Fatty Acids In Fetal Programming. *Clinical and Experimental Pharmacology and Physiology.* [Under review]

## **Referees**

Professional references provided upon request