

CURRICULUM VITAE

1. Personal details

Saaresranta, Tarja Sinikka

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Born 1960

Nationality: Finnish

Language skills: Finnish (native language), English (fluent), Swedish (good), German (basic), Spanish (basic)

2. Education and degrees completed

- 2009 Nordic Sleep Medicine Specialist (Nordic Sleep Medicine Association)
- 2005 Title of Docent in Pulmonary Medicine, University of Turku, Turku, Finland
- 2005 Specialist in Respiratory Allergology, University of Turku, Turku, Finland
- 2005 Degree in Administration and Leadership in Health Care, University of Turku, Turku, Finland
- 2005 Licenciated instructor of sleep medicine (unilääketieteen kouluttajaoikeudet), Finnish Sleep Research Society
- 2001 Special Competence in Sleep Medicine (unilääketieteen erityispätevyys), Finnish Medical Association
- 2001 Expert in sleep research (unitutkimuksen asiantuntija), Finnish Sleep Research Society
- 2000 PhD, Pulmonary and Sleep Medicine, University of Turku, Turku, Finland
- 1993 Pulmonary Medicine Specialist, University of Turku, Turku, Finland
- 1986 MD, University of Turku, Turku, Finland

3. Current position

- Professor 50%, Respiratory Medicine, 6/2021 ongoing, University of Turku, Turku, Finland
- Acting Professor (Respiratory Medicine 30 % 2017-18, 60 % 2019, 50% 1/2020-5/21),
- 2007-2018, 2020- Chief Specialist (osastonylilääkäri), Department of Pulmonary Diseases, Turku University Hospital, Turku, Finland
- 2018 ongoing: Coordinating Director (20%), Sleep and Breathing Centre, Turku University Hospital, Finland
- 2004 ongoing: Director of the Turku Sleep Research Centre

4. Previous work experience

- 1-12/2019 Acting Head of the Department of Pulmonary Diseases (ylilääkäri) (50%), Turku University Hospital, Turku, Finland
- 10-12/2010, 2014-15 Acting Professor (30%), University of Turku, Turku, Finland
- 2003-17 several periods (1 wk to 1 month) as a full-time researcher funded by several foundations
- 12/2001-3/2003 Research Associate, Sleep, Circadian Rhythms and Neuroendocrinology Laboratory at the University of Chicago (Prof. Eve Van Cauter)

6. Research

- Primary fields of research: mostly clinical research focusing on sleep-disordered breathing (special interest endocrine changes, gender differences, comorbidity, and outcome), sleep in middle-aged women, non-invasive ventilation of chronic respiratory failure, health technology (e.g. telemonitoring)
- Collaboration: ESADA (European Sleep Apnoea Database) Study Group (<http://esada.med.gu.se/>), Sleep Revolution Horizon 2020 Consortium, ICOSS (International COVID Sleep Study Study Group), Aalto University School of Business (prof. Pekka Malo, assoc. prof. Eeva Vilkkumaa), University of Tampere (adjunct prof. Tarja Laitinen), Aalto University and University of Eastern Finland (prof. Miika Linna), University of Oulu (MD, PhD Juha Huhtakangas, MD, PhD Jaana Huhtakangas), University of Turku, Department of Future Technologies (adjunct prof. Pasi Liljeberg, PhD Mikko Pänkäälä, adjunct prof. Matti Kaisti), University of Turku, Department of Obstetrics and Gynaecology (prof. Päivi Polo-Kantola, MD, PhD Varpu Jokimaa), Turku University Hospital, Auria Clinical Informatics (adjunct prof. Arho Virkki)
- Publications: 100 peer-reviewed original articles, 32 reviews, 17 textbook chapters, 34 other articles, Academic dissertation (Saaresranta T. Effect of medroxyprogesterone acetate on breathing and sleep in postmenopausal women with chronic respiratory failure or partial upper airway obstruction during sleep. Annales Universitatis Turkuensis D 422. 229 p. Painosalama Oy, Turku, 2000. ISBN 951-29-1814-5)

7. Leadership and supervision experience

- Supervisor of post-docs MD, PhD Jenni Aittokallio, MD, PhD Laura Lampio, MD, PhD Nea Kalleinen, PhD Ville Rimpilä
- Officially appointed supervisor to undergraduate (10 medical students; completed) and 10 doctoral students: MD Ulla Anttalainen 2008 (University of Turku), MD Jenni Aittokallio 2009 (University of Turku), MD Päivi Korhonen 2009 (University of Turku), MD Laura Lampio 2018 (University of Turku), MSc Ville Rimpilä 2019 (University of Tampere) MD Jaana Huhtakangas 2019 (University of Oulu), MD Minna Myllylä 2020 (University of Turku), MD Miia Aro 2020 (University of Turku), MD Eveliina Hirvonen 2021 (University of Turku), MD Salla Fagerudd due 2024 (University of Turku), MD Olli Lyyra due 2024 (University of Turku), MD Marja Palomäki due 2024 MD Petri Ojala due 2026, in all shared supervision
- Member of the follow-up group for PhD students (4 completed, University of Turku, Finland; 2 ongoing, University of Turku, Finland; 2 ongoing, University of Helsinki, Finland)
- 2004 ongoing: Director, Sleep Research Centre, University of Turku, Turku, Finland

8. Teaching experience

- 2015 Delphi 1 and 2016 Delphi 2, European Respiratory Society Adult Respiratory Medicine Training Programme
- 2005 ongoing, certified instructor for special competence in sleep medicine (Finnish Sleep Research Society)
- 2004 ongoing, lectures and group education for medical students, University of Turku, Finland
- 2004 ongoing, organizing monthly during academic year Sleep School, University of Turku, Finland
- 9-11/2004, Research Associate, Running workshops of sleep physiology and pathophysiology for medical students, Dept. of Physiology, University of Turku, Finland
- 1-2/2001 Research associate, teaching problem-based learning of circulation and respiratory physiology for medical students, Dept. of Physiology, University of Turku, Finland
- 5-7/1999 Senior lecturer, Dept. of Pulmonary Diseases and Clinical Allergology, University of Turku, Finland
- Lectures in national (>300) and international (1 key note, 46 lectures and 5 oral presentations in international educational and scientific meetings) conferences
- Published study materials:

- Editor of the Finnish respiratory medicine textbook (due 2021), author of 17 chapters in Finnish and international textbooks (see details on the list of publications)
- Author in e-learning courses of Nasal CPAP treatment and Non-invasive ventilation (The Finnish Medical Society Duodecim), 2020

9. Experience of organising scientific meetings

- 2019 16th International Symposium of Sleep and Breathing, Member of the organising committee, Tampere, Finland
- 2017 ESADA Meeting, President, Turku, Finland
- 2009 Nordic Sleep Conference, President, Turku, Finland
- 2003 World Congress on Sleep Apnea, Member of the organizing committee, Helsinki, Finland
- 1999 Nordic Sleep Conference, Member of the organizing committee, Helsinki, Finland
- Member of the Faculty (selected congresses): 2004 and 2007 The Russian Scientific School-Seminar Experimental and Clinical Physiology of Breathing, Repino, Russian; 2005 Interim Congress of The World Federation of Sleep Research and Sleep Medicine Societies (WFSRSMS), New Delhi, India; 2006 World Association of Sleep Medicine, 2nd World Congress, Bangkok; 2007 EU-Marie Curie Project: 1st Training Course in Sleep Research and Sleep Medicine, Bertinoro, Italy; 2009 World Association of Sleep Medicine, 3rd World Congress, Sao Paulo; 2012 21st Congress of the European Sleep Research Society, Paris; 2014 International Congress of the European Respiratory Society, Munich; 2017 Sleep and Breathing Conference, Marseilles, organized by the European Respiratory Society and European Sleep Research Society; 2011, 2015, 2017, 2019 Nordic Sleep Conference, (Iceland, Sweden, Estonia, Norway): 2011, 2013, 2017, 2019 Nordic Lung Conference, (Finland, Iceland, Sweden, Estonia)
- Chairing sessions in international conferences
- Organized several local and national scientific meetings

10. Awards and honours

- 2018 Kliininen silmä (Clinical Eye) award, University of Turku, Finland
- Poster awards: 2014 Turun Lääketiedepäivät (Turku, Finland), 2004 17th European Sleep Research Society Conference (Prague, Czech Republic)
- 2001 Honorary Mention of the Thesis, Finnish Sleep Research Society
- 1999 1st Award, Progress Report, Finnish Association of Pulmonary Medicine

11. Other key scientific or academic merits

- Pre-examiner of a doctoral dissertation: 2021 MBBS, MRes, FRACP Wai Kuen Chow (Macquarie University, Sydney, Australia), 2014 MA P. Haaramo (University of Helsinki, Finland), MSc HM Ollila 2012 (University of Helsinki, Finland), 2011 MD A-K Juuti (University of Oulu, Finland)
- Pre-examiner of a master thesis: 2021 BPsychol Enyu Li (University of Turku, Finland)
- Opponent of a doctoral dissertation: 2019 MD Erve Sõõru (Tallinn University of Technology, Estonia), 2018 MD M. Viigimäe (Tallinn University of Technology, Estonia), 2013 MD H-R Kreivi (University of Helsinki, Finland)
- Evaluation of title of docent: 2016 MD, PhD A. Bachour (University of Helsinki, Finland), 2014 MD, PhD P. Kauppi (University of Helsinki, Finland)
- Evaluation of funding applications: 2019 PSI Foundation, Ontario, Canada, 2017-20 Swedish Respiratory Society, 2003 Swiss National Science Foundation

- 2020 Expert opinion, International survey on the diagnosis, treatment, and financing of OSAS (KCE, Belgian Health Care Knowledge Center)
- 2010 Expert opinion, European Respiratory Society HERMES: Sleep Medicine Task Force
- 2012-14 European Board of Accreditation in Pneumology, Member of MC
- 2007-10 Member of MC COST Action B26 (Sleep apnoea)
- 2007-10 Member of the Nordic Sleep Medicine Accreditation Committee
- 2006-10, 2016-17 President, Task Force for Finnish Current Care Guidelines of Adult Sleep Apnoea
- 2004, 2017 Member, Task Force for National Criteria for Non-Emergency Healthcare Access in Respiratory Medicine
- 2018 ongoing Coordinating treatment of respiratory failure, sleep and vigilance disorders in Finland based on Finnish governmental decree in 2017
- Evaluation for national funding applications: 1999-2001 and 2004-2008 Finnish Sleep Research Society, 2010-16 Governmental VTR Grants of the Southwestern Hospital District, Instrumentarium Foundation 2020-21
- Referee for several international and national scientific journals
- PI in Turku site of the the ESADA Study Group (<http://esada.med.gu.se/>)
- Invited international keynote lectures: 2015 10th Anniversary Meeting of the Estonian Sleep Association

12. Memberships and positions of trust in scientific societies

- 2014 Abstract reviewer for the International Congress of the European Respiratory Society
- 2007-09 President of the Nordic Sleep Research and Sleep Medicine Society
- 2006-09 The Finnish Representative in the Assembly of European Sleep Research Societies
- 2005-09 The Finnish Sleep Research Society, President
- 2004-05 The Finnish Sleep Research Society, Vice President
- 1999-2001 The Finnish Sleep Research Society, treasurer
- 2004-06 The Finnish Sleep Research Society, President of the Board of Sleep Medicine
- 2006 ongoing The Finnish Sleep Research Society, Member of the Board of Sleep Medicine
- 2014 ongoing European Clinical Respiratory Journal, Member of an editorial board
- Member of the following scientific societies: European Respiratory Society, European Sleep Research Society, Finnish Medical Association, Finnish Medical Society Duodecim, Finnish Society of Respiratory Medicine, Finnish Society of Allergology and Immunology, Finnish Sleep Research Society