

SOPHIA E SCHIZA MD, PhD, FERS



***Professor of Respiratory and Sleep medicine
School of Medicine University of Crete***

- Place of birth:** Thessaloniki
- Marriage status:** Married: One child
- Undergraduate training:** School of Medicine, University of Crete 1985-1991
- Medical specialties:** ➤ Pulmonary Medicine 1992-1996 (Boards 1996)
- Academic Degrees:** ➤ MD, Crete University 1991
➤ **PhD**, Crete University 1998
➤ **Somnologist Expert in Sleep Medicine** (ESRS board certified 2012)
➤ **FERS** (Fellow of European Respiratory Society), since 2022
- Postgraduate training/
academic positions:** ➤ Center for Sleep and Chronobiology, University of Toronto, Ontario, Canada, **Clinical research fellow** (1999-2001)
➤ **Lecturer of Respiratory Medicine**, Dept of Respiratory Medicine, University of Crete, 2003-2008
➤ **Assistant professor of Respiratory Medicine**, Department of Respiratory Medicine, University of Crete 2008- 2016
➤ **Associate Professor of Respiratory Medicine**,
➤ Department of Respiratory Medicine, University of Crete

2016-2020

- **Professor of Respiratory and Sleep Medicine** 2020-today
- **Head of Sleep Disorders Unit**, Department of Respiratory Medicine, School of Medicine, University of Crete (2009-today)
- **Head of Respiratory Department**, University hospital, Heraklion, Crete, Greece (since September 2024)
- **Chair of ERS Group 4.01 Sleep and control of Breathing** (2018-2020), **Secretary of ERS Assembly 4 Sleep Disordered Breathing** (2021-2023) **Head of ERS Assembly 4** (2023-2025)
- **ERS Teaching Award 2019**
- **ERS Teaching Award 2024**
- **Vice President of the Accreditation Committee of Sleep Laboratories**, of the Hellenic Thoracic Society (www.hts.org.gr) (2008- 2018)
- **Member of the board of Hellenic Sleep Research Society (HSRS)** (2010-2022)
- **Chair of the educational committee of HSRS** 2012-2022
- **Coordinator of the Sleep Breathing Disorders group** of the Hellenic Thoracic Society (2008-2014)
- **Representative from Greece in the European Committee for “safe driving” and the causes for care crashes**(2013-2014)
- **Member of numerous ERS Task forces and in collaboration with ESRS and of the ERS Guideline group for Non_CPAP therapies in OSA**
- **Member of the European multi-center long term observational cohort: European Sleep Apnea Database (ESADA)**, (2014-today)
- **Member of HERMES (Harmonised Education in Respiratory Medicine for European Specialists) organizing committee** (2018-today), **chair of ERS Sleep Training Committee** (2018-today), **vice chair of S&B**

Congress organizing committee (2018-today)member of **ERS Educational Committee**(2019-2023), member of **ERS Guideline Committee** (2020-2023), member of **ERS Science Council** (2023-today), member of **ERS Executive Committee** (2023-today)member of **Sleep Medicine Summer School committee of European Sleep foundation**(2022-today

European Union funded programmes

- Active member of 2 European Union funded research projects: **a)**Digital literacy enables up to date Sleep Medicine in inclusive health care (-esleep-dHealth) started in 2023 with 2 years duration and **b)** Sleep Revolution: a new way to diagnose and treat patients with suspected Obstructive Sleep Apnea, started in 2022 for 5 years.

Prof Schiza, has authored more than 165 peer-reviewed articles (h-index 39, >3700citations) on her main research interests in SBD, IPF and OSA, COPD Overlap Syndrome. She is one of the Editors of the ERS Sleep Handbook (published in 2023), Field Editor of Sleep Medicine. She has also an increasing role in the generation of guidelines and TaskForce statements within ERS and in collaboration with ESRS and ATS and in the development of a European registry for Home PaP/NIV in patients with Sleep Breathing Disorders and neuromuscular diseases in collaboration with Assembly 2, which resulted in an ERS funded Clinical Research Collaboration starting from March 2024. Additionally she is part of 2 European Union funded Research Projects: a): Digital literacy enables up to date Sleep Medicine in inclusive health care (-esleep-dHealth), started in 2023 for 3 years, b) Sleep Revolution: a new way to diagnose and treat patients with suspected Obstructive Sleep Apnea, started in 2021 for 5 years.

One of her main tasks, in National and European level, is the development of educational activities, University based PhD programs and Fellowships for Sleep with a main focus on Sleep Breathing Disorders. From 2008 to 2014 she served as coordinator of the Sleep Breathing Disorders Group of Hellenic Respiratory Society (HTS) and from 2016 until today she is serving as Chair of the Educational committee of Hellenic Sleep Research Society (HSRS). In

a European level she is highly engaged in the development of numerous educational activities for the ERS Assembly 4 Sleep Disordered Breathing in collaboration also with the European Sleep Research Society and with the American Thoracic Society. All these activities was acknowledged by European Respiratory Society from which she received in 2019 the ERS Teaching Award and she was also awarded with the 2024 ERS Teaching Award.

Lastly, she was and is the supervisor of numerous masters, PhD's and research projects. Additionally the Sleep Disorders Center in which serving as Head hosts fellowship recipients not only from Greece but also from Balkan and European countries.