

WEDNESDAY 17th October

	Short Course: To eat or not to eat?: From animal models to shift workers <i>Chronobiology</i>	MEZZANINE M1
	Chairperson: Siobhan Banks	
0900-0910	Opening and introductions	Siobhan Banks
0910-1010	Metabolomics: A new window on peripheral oscillators	Hans Van Dongen
1010-1040	MORNING TEA - Mezzanine M1-4 Foyers	
1040-1120	Altering the timing of meals to improve metabolic health in shift workers	Siobhan Banks
1120-1200	Can “splitting” the timing of sleep reduce the adverse effects of night shift work? Implications of these novel schedules for health	Melinda Jackson
1200-1300	LUNCH - Mezzanine M1-4 Foyers	
1300-1400	Time restricted feeding to align clocks and improve health	Satchidananda Panda
1400-1440	Links between shift type and mood with food patterns, diet quality and macronutrient intake	Alison Coates
1440-1510	AFTERNOON TEA Mezzanine M1-4 Foyers	
1510-1550	How to translate laboratory science into workplace policy	Jill Dorrian
1550-1620	Panel discussion	All speakers

	Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine Session 1: Questionnaires to Assess Sleep Disorders	MEZZANINE M2
	Chairperson: Sarah Biggs	
0900-0910	Welcome and overview of course	Sarah Biggs
0910-0925	Overview of common questionnaires used to assess sleep disorders in children	Lisa Meltzer
0925-0950	Case study workshop – interpretation of sleep problems and treatment/further assessment pathways based on questionnaire data in paediatric patients	Lisa Meltzer
0950-1005	Overview of common questionnaires used to assess problems initiating and maintaining sleep in adults	Delwyn Bartlett
1005-1030	Case study workshop – interpretation of sleep problems and treatment/further assessment pathways based on questionnaire data in adult patients	Delwyn Bartlett
1030-1100	MORNING TEA - Mezzanine M1-4 Foyers	
	Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine Session 2: Wearable Accelerometer Devices to Assess Sleep Disorders	
	Chairperson: James Slater	
1100-1115	Overview of accelerometer devices: Who, how and why	Lisa Meltzer
1115-1125	Use of accelerometer devices in paediatric sleep medicine	Lisa Meltzer
1125-1150	Case study workshop – interpretation and development of potential treatment/further assessment based on accelerometer data in paediatric patients	Lisa Meltzer
1150-1200	Use of accelerometer devices in adult sleep medicine	Denise O’Driscoll

1200-1230	Case study workshop – interpretation and development of potential treatment/further assessment based on accelerometer data in adult patients	Denise O’Driscoll
1230-1330	LUNCH - Mezzanine M1-4 Foyers	
	Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine Session 3: Ambulatory Assessment of Sleep Disordered Breathing	
	Chairperson: Sarah Biggs	
1330-1350	Overview of the use of oximetry to assess sleep disordered breathing in children	Gillian Nixon
1350-1415	Case study workshop – interpretation and development of potential treatment/further assessment plan based on oximetry data in paediatric patients	Gillian Nixon
1415-1435	Overview of the use of screening questionnaires and ambulatory PSG to assess obstructive sleep apnoea in adult patients	Ching Li Chai-Coetzer
1435-1500	Case study workshop – interpretation and development of potential treatment/further assessment plan based on ambulatory sleep study data in adult patients	Ching Li Chai-Coetzer
1500-1530	AFTERNOON TEA Mezzanine M1-4 Foyers	
	Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine Session 4: Panel Discussion	
	Chairperson: Sarah Biggs & James Slater	
1530-1630	Panel Discussion	All Speakers
1630-1645	Closing Comments	Sarah Biggs

	Short Course: Assessment and treatment of excessive daytime sleepiness: Risk, rewards and patient perspectives on stimulant use Sleep Health	MEZZANINE M3
	Chairperson: Chris Blackwell	Presenter Names
0900-0915	Welcome and housekeeping	Chris Blackwell
0915-0945	A patient and carer view of excessive daytime sleepiness (EDS)	Melissa Jose
0945-1030	A guide to assessment of EDS	John Swieca
1030-1100	MORNING TEA - Mezzanine M1-4 Foyers	
	Chairperson: Chris Blackwell	Presenter Names
1100-1130	EDS in children and adolescents	Honey Heussler
1130-1200	Narcolepsy and PTSD: An underappreciated comorbidity	David Joffe
1200-1230	Pharmacology and overview of currently available stimulant medications	Claire Ellender
1230-1330	LUNCH - Mezzanine M1-4 Foyers	
	Chairperson: Dorothy Bruck & Chris Blackwell	Presenter Names
1330-1400	Use and abuse of stimulant medications: Common concerns	Jeremy Hayllar
1400-1430	Treatment-resistant EDS: What to do when the first (and second) line fails	Simon Frenkel
1430-1500	Challenges from the perspective of advocacy and support groups	Michelle Chadwick

1500-1530	AFTERNOON TEA Mezzanine M1-4 Foyers	
	Chairperson: Dorothy Bruck & Chris Blackwell	
1530-1630	Q&A session with all speakers and a panel of patient representatives	

1000	ASA Board Strategy Meeting	Merivales Boardroom 1
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	Early Career Seminar: Use of novel/emerging technology in sleep research and potential commercialisation/ industry partnerships <i>Supported by Aspen Australia</i>	MEZZANINE M4
	Chairpersons: Jen Walsh & Camilla Hoyos	Presenter Names
1600-1610	Introduction	Jen Walsh & Camilla Hoyos
1610-1640	High density EEG for sleep research - an example of the use of new technology to build a research program	Angela D'Rozario
1640-1720	Novel technologies for alertness and insomnia – insights from the CRC model	Chris Gordon & Andrew Vakulin
1720-1750	Insights into navigating sleep research and industry involvement	David White
1750-1800	Expert panel discussion	All Speakers

1700-1800	ASTA Board Meeting	Great Hall VIP Suits
1800-2000	Welcome Reception	Mezzanine Foyer

THURSDAY 18th October

0630-0730	Fun Run	
0830-0900	Official Opening and Welcome	GREAT HALL 2
	Announcement of Helen Bearpark, Rob Pierce, ASA International Travel Award, ASA/CSRS Career Development Award and President's Award	
0900-1030	Opening Plenary: Caffeine - friend or foe? <i>Supported by TEVA Phama Australia</i>	
	Chairperson: Siobhan Banks and Alison Coates	Presenter Names
0900-0930	What does caffeine do for us when we are chronically sleep restricted?	Hans van Dongen
0930-0950	Strategic use of caffeine during sustained operations: Implications for health and safety	Siobhan Banks
0950-1010	Caffeine consumption across the lifespan and implications for sleep quality	Alison Coates
1010-1030	Caffeine use in athletes: An ergogenic aid? It depends	Brad Aisbett
1030-1100	MORNING TEA	GREAT HALL 1,3 & 4

1100-1115	CSRS Early Career Development Awardee Presentation	GREAT HALL 2
	Chairperson: Danny Eckert	Presenter Names
1100-1115	The clinical utility of subjective vs. objective tests of excessive daytime sleepiness in the assessment of patients with sleep apnoea	Yun Li <i>ASA/CSRS Awardee</i>

1115-1245	New Investigator Award	GREAT HALL 2
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	Chairperson: Danny Eckert & Anita Simonds	Presenter Names
1115-1130	Investigating the physiological mechanisms underlying airflow recovery following obstruction in obstructive sleep apnoea	Laura Gell
1130-1145	The effects of acute and chronic alcohol use on sleep architecture in male and female young adults	Caitlyn Gourlay
1145-1200	Non-invasive quantification of airflow obstruction severity	Dwayne Mann
1200-1215	Diagnosis of obstructive sleep apnoea in a cohort with atrial fibrillation	Anna Mohammadieh
1215-1230	Should we be placing preterm infants prone in the NICU? Effects on cerebrovascular function	Kelsee Shepherd
1230-1245	Sleep-disordered breathing in gestational hypertension and preeclampsia: Impact on maternal and fetal outcomes	Danielle Wilson

1245-1345	LUNCH	GREAT HALL 1,3 & 4
1245-1345	Sleep Physicians Council Meeting	M1
1245-1345	Neuroscience Council Meeting	M2

1345-1515	Symposia session: Towards personalised sleep health <i>Sleep and Breathing - Clinical</i>	GREAT HALL 2
	Chairperson: Doug McEvoy & Jade Murray	Presenter Names
1345-1405	OSA pathophysiology and phenotypes	Peter Catcheside
1405-1430	What's the hype with Insomnia phenotypes: Uncovering the evidence to date	Chris Gordon
1430-1455	Phenotyping delayed sleep-wake phase disorder	Jade Murray
1455-1515	Development of a consumer sleep health management system	Andrew Vakulin
1515-1545	AFTERNOON TEA	GREAT HALL 1,3 & 4
1545-1715	Symposia session: Sleep-disordered breathing (SDB) in pregnancy: Impact, pathophysiology, and treatment <i>Sleep and Breathing - Clinical</i>	GREAT HALL 2
	Chairperson: Yu Sun Bin & Maree Barnes	Presenter Names
1545-1550	Introduction	Yu Sun Bin & Maree Barnes
1550-1605	Physiological response to maternal sleep and sleep position	Jordan McIntyre
1605-1620	Pathophysiology of SDB in pregnancy	Colin Sullivan
1620-1635	Predicting and treating SDB in pregnancy	Danielle Wilson
1635-1650	Emerging research on SDB in pregnancy and postpartum	Karen Redhead
1650-1705	Impact of SDB in pregnancy	Sailesh Kumar
1705-1715	Discussion	

1345-1515	Symposia session: Linking poor sleep with cognitive impairment and dementia risk - epidemiology and mechanisms <i>Sleep and Neuroscience</i>	MEZZANINE M1
	Chairperson: Craig Phillips & Camilla Hoyos	Presenter Names
1345-1400	Why do we need to get serious about sleep for healthy brain ageing? An introduction	Sharon Naismith

1400–1415	Identifying sleep and circadian timing as targets for early intervention in older adults with subjective memory complaints	Jessica Manousakis
1415–1430	How is sleep associated with markers of neurodegeneration?	Shantel Duffy
1430–1445	The role of aquaporins in the glymphatic system and sleep?	Stephanie Rainey-Smith
1445–1500	Objective measurement of sleep in mild cognitive impairment: A systematic review and meta-analysis	Angela D'Rozario
1500-1515	Panel Discussion	


1545-1715	Symposia session: Shift work and individual management: The individual variability, impact and treatment for shift work <i>Chronobiology</i>	MEZZANINE M1
	Chairperson: Lauren Booker	Presenter Names
1545-1550	Introduction	Lauren Booker
1550-1610	Predicting/tracking circadian phase in shift workers	Julia Stone
1610-1630	Sydney-CRC model for predicting alertness, sleep, and circadian dynamics	Svetlana Postnova
1630-1650	Personalised shift work intervention program	Lauren Booker
1650-1710	Optimising 24 Hour Healthcare	Mark Howard
1710-1715	Discussion	

1715-1800	ASA Annual General Meeting	MEZZANINE M1
1800-1900	Government relations and MBS items: An update	MEZZANINE M1
		Peter Eastwood & Garun Hamilton

1345-1515	Symposia session: Women at work <i>Other</i>	MEZZANINE M2
	Chairperson: Sarah Jay	Presenter Names
1345-1410	What do we know about the sleep and health of women in the workplace?	Jill Dorrian
1410-1430	Fatigue in hospital nurses in New Zealand	Karyn O'Keefe
1430-1450	The challenges of on-call work for women in both paid and unpaid roles	Sarah Jay
1450-1515	Interindividual variability in sleepiness and performance in the workplace in women and men	Hans van Dongen

1545-1715	Symposia session: Poor sleep and pain: Chicken or the egg? <i>Sleep Health</i>	MEZZANINE M2
	Chairpersons: Paul Hodges	Presenter Names
1545-1547	Introduction	Paul Hodges
1547-1604	Insights into the sleep–pain interaction from a “bio-psycho-social” perspective	David Klyne
1604-1621	Can a bad night's sleep trigger a flare of low back pain?	Nathalia Cordeiro da Costa
1621-1638	Re-visiting the bi-directional relationship between sleep and pain	James McAuley

1638-1655	Genetic and environmental effects on the sleep-pain relationship; efficacy of current sleep interventions in low back pain, and future directions	Paulo Ferreira
1655-1715	Discussion	

1730-1930	MSD Symposium: Contemporary Insomnia Management 2018 	MEZZANINE M2
	Chairperson: Curtis Gray	
1730-1800	Registration and networking	
1800-1805	Open	Dr Curtis Gray
1805-1825	Current issues in insomnia	Assoc Prof Nathaniel Marshall
1825-1845	Cognitive behavioural therapy in 2018	Prof Sean Drummond
1845-1855	Medication for insomnia	Dr Simon Frenkel
1855-1925	2 cases presented by Dr Simon Frenkel discussed with a panel of Dr Janet Cheung, Prof Sean Drummond and Dr Curtis Gray	Dr Simon Frenkel, Dr Janet Cheung, Prof Sean Drummond and Dr Curtis Gray
1925-1930	Q&A	

1345-1515	Symposia session: Sound and vision - the importance of audio and video monitoring in sleep disorder assessment <i>Sleep and Breathing - Measurement</i>	MEZZANINE M3
	Chairperson: Angela Anniss & Rebecca Williamson	Presenter Names
1345-1410	The importance of sound and vision technology in sleep disorder diagnosis	Marcus McMahon
1410-1430	The utility of audio and video monitoring in paediatrics	Nicole Verginis
1430-1455	Current sound and vision technology – assessment and implementation	Jeremy Mercer
1455-1515	Challenges and future technology	Kerri Melehan

1545-1715	Symposia session: Sleep and cancer: Cells to populations <i>Sleep and Breathing - Clinical</i>	MEZZANINE M3
	Chairperson: Peter Cistulli & Kristina Kairaitis	Presenter Names
1545-1615	The epidemiology of the sleep apnoea cancer link	Nat Marshall
1615-1645	Sleep in cancer cohorts	Kristina Kairaitis
1645-1715	Sleep apnoea and cancer: Molecular and cellular insights	Kristina Cook

1345-1515	Symposia session: The POSTA study - first outcomes <i>Paediatric</i>	MEZZANINE M4
	Chairperson: Margaret Harris & Honey Heussler	Presenter Names
1345-1405	Paediatric OSA & cognition what do we already know?	Kurt Lushington
1405-1425	First results from the POSTA study	Karen Waters
1425-1445	Primary snorers: Symptomatic with OAHl<1	Jasneek Chawla
1445-1505	Implications for the ENT surgeon	Robert Black
1505-1515	Discussion	

1545-1715	Symposia session: Sleep problems in Australia: Who is affected, what are the consequences and how do we improve sleep health? <i>Sleep Health</i>	MEZZANINE M4
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	Chairperson: Robert Adams & Doug McEvoy	Presenter Names
1545-1605	Sleep health in Australia: Causes and consequences	Robert Adams
1605-1625	Prioritising sleep: How do we measure up in Australia?	Grace Vincent
1625-1645	Social patterning of sleep problems: Who are the vulnerable subgroups in the Australian population?	Amy Reynolds
1645-1700	Sleep psychology: Who do we see and who could benefit?	Moira Junge
1700-1715	Discussion	

FRIDAY 19th October

0700-0830	ASA/NATA Accreditation Update 2018: Sleep Service Accreditation Update Other	GREAT HALL 2
	Chairperson: John Wheatley	
	Accreditation Update	John Wheatley
	5 most common non-conformances	Stephanie Phillips

0830-0900	Keynote Presentation: Growing up and growing old on NIV: Interaction with natural history of underlying disease	GREAT HALL 2
	Chairperson: Jasneek Chawla	Presenter Names
0830-0900	Growing up and growing old on NIV: interaction with natural history of underlying disease	Anita Simonds

0900-1030	ASTA Plenary: Sleep monitoring in challenging environments outside the sleep laboratory	GREAT HALL 2
	Chairpersons: Angela Annis & Tom Churchward	Presenter Names
0900-0920	Sleep monitoring in NICU	Anne-Marie Adams
0920-0940	Sleep monitoring of firefighters and emergency personnel in the field	Grace Vincent
0940-1000	Sleep monitoring in hypobaric chambers and in pilots on board long haul flights	Karyn O'Keefe
1000-1020	Sleep monitoring at high altitudes	Katie Colby
1020-1030	Discussion	
1030-1100	MORNING TEA	GREAT HALL 1,3 & 4


1100-1200	Poster discussion: OSA - a clinical perspective <i>Sleep & Breathing - Clinical</i>	GREAT HALL 2
	Chairpersons: Ching Li Chai-Coetzer & Simon Joosten	Presenter Names
1100-1106	An audit of the functioning and outcomes of a tertiary hospital respiratory high dependency unit	Anton Antonov
1106-1112	Long term follow up of obstructive sleep apnoea in primary care - a pilot study	Hima Vedam
1112-1118	Screening for obstructive sleep apnoea in the clozapine clinic – prevalence of 'high risk' and feasibility of screening	Megan Kalucy
1118-1124	Upper airway collapsibility during dexmedetomidine and propofol sedation	Kathleen Maddison

1124-1130	Temporal relationship between arousal from sleep and night-time gastroesophageal reflux events	Kelly Shepherd
1130-1136	Encouraging nasal/nasal pillow masks during initial titration reduces recommended CPAP pressures and improves titration outcomes	Matthew Leong
1136-1142	OSA anatomic risk factors and bariatric surgery weight loss: A pilot magnetic resonance imaging study	Kate Sutherland
1142-1148	The use of a driving simulator in the management of sleep disorders: A clinical perspective	Saul Gilbert
1148-1154	Association of OSA with the prevalence and incidence of malignant cancers in Western Australia	Bhajan Singh
1154-1200	Sleep disordered breathing and cephalometric predictors in an Australian rugby league team	Andrew Scott

1200-1245	Poster Viewing	
1245-1345	LUNCH	GREAT HALL 1,3 & 4
1245-1345	Paediatric Council Meeting	M1
1245-1345	Chronobiology Council Meeting	M2
1245-1345	Primary Care Council Meeting	M3

1345-1515	Oral Presentation: Paediatric sleep disordered breathing 1: Assessment, treatment and consequences <i>Paediatric</i>	GREAT HALL 2
	Chairpersons: Stacey Ishman & Karen Waters	Presenter Names
1345-1400	Sleep disordered breathing disrupts the normal relationship between cerebral oxygenation and autonomic control in children	Lisa Walter
1400-1415	Interpreting CPAP device respiratory indices in children	Rebecca Mihai
1415-1430	Can CPAP therapy for paediatric OSA ever be stopped?	Zachary King
1430-1445	The OSA-5: Validation of a brief questionnaire screening tool for obstructive sleep apnoea in children	Gillian Nixon
1445-1500	Intricacies of managing home ventilation: A hospital based program	Katrina Jess
1500-1515	Lung function changes with initiation of non-invasive ventilation (NIV) in childhood duchenne muscular dystrophy	Megan Angliss
1515-1545	AFTERNOON TEA	GREAT HALL 1,3 & 4

1545-1715	Sam Robinson Memorial Symposium: A review of surgical treatment of sleep apnoea <i>Sleep and Breathing - Clinical</i>	GREAT HALL 2
	Chairpersons: Julia Crawford	Presenter Names
1545-1610	Australian multi-level surgery RCT	Stuart MacKay
1610-1635	In and beyond the paediatric CHAT RCT	Stacey Ishman
1635-1700	Combining positional therapy and surgery in adult OSA	Madeline Ravesloot
1700-1715	Discussion	

0700-0830	Avadel Pharmaceuticals Breakfast Symposium: Narcolepsy: Current treatments and future pharmacological developments 	MEZZANINE M1
	Chairperson: David Monteith	

	Narcolepsy: Current Treatments and Future Pharmacological Developments	Ron Grunstein
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1100-1200	Poster discussion: Assessment and physiological consequences of sleep disorders <i>Physiology/Measurement</i>	MEZZANINE M1
	Chairpersons: Tom Churchward & Craig Hukins	Presenter Names
1100-1106	Low lung volume reduces sternohyoid muscle force generation and promotes pharyngeal obstruction in anaesthetized rats	Charith Horadagoda
1106-1112	HIF is activated in colorectal cancer in a cell culture model of obstructive sleep apnoea	Kristina Cook
1112-1118	Abnormal N3 sleep EEG patterns associated with medications affecting the central nervous system (CNS)	Gavin Sturdy
1118-1124	The AHI and RDI are similar for the AASM2012 recommended but not acceptable hypopnea criteria	Brett Duce
1124-1130	Allowing patients to sleep later in the morning has reduced indeterminate MSLT results	Andrew Perkins
1130-1136	A novel quality assurance program for multiple sleep latency tests	Jeremy Stonehouse
1136-1142	Utility of verbal questioning to improve efficiency of urinary drug testing during MSLT and MWT	Angela Anniss
1142-1148	Screening questionnaires and symptoms in female obstructive sleep apnea patients	Alison Wimms
1148-1154	Efficacy of the STOP-BANG questionnaire as a pre-diagnostic screening tool for Obstructive Sleep Apnoea (OSA) in patients awaiting hip or knee replacement	Thamali Naimana Vidhanage
1154-1200	Test-retest reliability of the Epworth Sleepiness Scale in a sleep clinic population	Jessica Lee

1345-1515	Oral Presentation: Assessment of respiratory events: Utility of current methods and new technologies <i>Sleep & Breathing Measurement</i>	MEZZANINE M1
	Chairpersons: Brad Edwards & Brett Duce	Presenter Names
1345-1400	The upper airway is most collapsible during expiration in obstructive sleep apnoea	Amal Osman
1400-1415	Diurnal changes in central blood pressure and pulse pressure amplification in obstructive sleep apnoea	Yasmina Serinel
1415-1430	Analysing morphine-induced respiratory depression in obstructive sleep apnea patients using new technologies - an RCT study	David Wang
1430-1445	The feasibility and utility of performing polysomnography in patients with mechanical circulatory support	Teanau Roebuck
1445-1500	Scoring respiratory events that begin in epochs scored as wake	Jane Douglas
1500-1515	Effect of hypopnoea scoring criteria on non-invasive assessment of loop gain and surgical outcome prediction	Shane Landry

1545-1715	Symposia Session: Innovations in research into the nature and treatment of REM-related parasomnias and sleep disturbance in PTSD <i>Other</i>	MEZZANINE M1
	Chair persons: Andrea Phelps	Presenter Names
1545-1550	Introduction	Andrea Phelps
1550-1610	Trauma associated sleep disorder: Unmasking the invisible wounds of trauma	Matthew Brock
1610-1630	Addressing nightmares is inherent to the treatment of sleep patients	Vincent Mysliwec
1630-1650	An ambulatory PSG study of the posttraumatic nightmares of PTSD	Andrea Phelps
1650-1710	The additional benefit of sleep interventions to standard evidence-based treatment for PTSD	Sean Drummond
1710-1715	Discussion	

1715-1815	SHF AGM	MEZZANINE M3
1815-1915	The Annual Sleep Health Foundation Great Debate: The notion that 'we are sleeping less today than we used to' is just fake news	MEZZANINE M3
	Chairperson: Moira Junge Adjudicator: Sean Drummond	
	Presenters: Nat Marshall, Nick Glozier, Angela Campbell, Siobhan Banks, Michael Hlavac, Sarah Jay	

0700-0830	Breakfast Symposia Session: Development, evolution and functions of the larynx. Relevance of larynx to sleep <i>Sleep and Breathing - Clinical</i>	MEZZANINE M2
	Chairpersons: Shyamala Pradeepan & Stuart Mackay	Presenter Names
0700-0745	Evolution of larynx	William Coman
0745-0755	Discussion	
0755-0820	Vocal cord dysfunction: Assessment and treatment	Anne Vertigan
0820-0830	Discussion	

1100-1200	Poster discussion: Advanced trainee poster discussion	MEZZANINE M2
	Chairpersons: Marcus McMahon & Shyamala Pradeepan	Presenter Names
1100-1106	Mobile phone video clips to aid diagnosis of OSA – development of a scoring tool	Samuel Dalton
1106-1112	Pulse oximetry in diagnosis of paediatric obstructive sleep apnoea - adding value with heart rate analysis	Ramaa Puvvadi
1112-1118	The impact of tubing on biphasic inspiratory waveforms in non-invasive ventilation in simulated lung models	Geoffrey Fanning
1118-1124	Effectiveness of a pilot patient-centered sleep study report in the management of obstructive sleep apnoea	Joseph Duncan
1124-1130	Sleeping position during laboratory polysomnography compared to habitual sleeping position at home	Hari Wimalaswaran
1130-1136	Nusinersen and sleep in children with spinal muscular atrophy	Vishal Saddi
1136-1142	Comparison of 4 and 5 nap MSLT protocols in the diagnosis of hypersomnolence	John Goddard

1142-1148	Impact of positive pressure ventilation on BMI in patients with obesity hypoventilation syndrome: A meta-analysis	Nicole Roche
1148-1154	A retrospective audit of obstructive sleep apnoea (OSA) and central sleep apnoea (CSA) in achondroplasia	Thomas Goddard
1154-1200	Nasal CPAP versus sham CPAP in participants with metabolic syndrome and obstructive sleep apnoea	Jennifer Mann

1345-1515	Oral Presentation: Sleep to work: Clocks and chronotypes <i>Chronobiology</i>	MEZZANINE M2
	Chairpersons: Jill Dorrian & Charli Sargent	Presenter Names
1345-1400	Simulating the evolution of sleep circuits in the mammalian brain	Andrew Phillips
1400-1415	Pre-drive ocular assessment predicts driving performance in shift workers: A naturalistic driving study	Megan Mulhall
1415-1430	Eating a large meal during the nightshift may increase accident risk on the commute home	Charlotte Gupta
1430-1445	Who is best suited to on-call work? Understanding individual differences in trait anxiety and sleep	Madeline Sprajcer
1445-1500	Increased circadian light sensitivity in delayed sleep-wake phase disorder (DSWPD)	Lauren Watson
1500-1515	Characteristics of morning, intermediate, and evening chronotypes in a sample of older adults	Maria Pushpanathan

1545-1715	Symposia session: What are the consequences of shifting circadian rhythms for our health? Paying homage to the bodyclock: Current knowledge and future directions <i>Chronobiology</i>	MEZZANINE M2
	Chairperson: Moira Junge	Presenter Names
1545-1615	Shift work and desynchronization of central and peripheral oscillators as seen through the lens of human metabolomics	Hans van Dongen
1615-1645	Passenger wellbeing in the air and on the ground: An interdisciplinary approach	Svetlana Postnova
1645-1715	Circadian rhythms and health: How 'work' works against us	Amy Reynolds

1730-1900	Philips Symposium: Slow wave sleep induction methodology and the digital management of sleep and its disorders PHILIPS	MEZZANINE M1
	Slow wave sleep induction methodology and the digital management of sleep and its disorders	David White

0700-0830	Breakfast Symposia Session: Oximetry for paediatric sleep disordered breathing: Developing ASA standards <i>Paediatric</i>	MEZZANINE M3
	Chairpersons: Jasneek Chawla	Presenter Names
0700-0705	Introduction	Jasneek Chawla
0705-0725	ASA guidelines: Oximetry for paediatric sleep disordered breathing: Technical specifications and interpretation	Jacob Twiss

0725-0745	QLD statewide guidelines: The use of oximetry for chronic neonatal lung disease	Matthew Wong
0745-0820	Interactive case examples	Gillian Nixon & Jasneek Chawla
0820-0830	Discussion	

1100-1200	Poster discussion: Sleep health in childhood <i>Paediatric</i>	MEZZANINE M3
	Chairpersons: Dawn Elder & Rosemary Horne	Presenter Names
1100-1106	Regularity of infant and toddler sleep practices between home and childcare settings	Sally Staton
1106-1112	A systematic review of reciprocal relationships between parent and child sleep	Prerna Varma
1112-1118	A systematic review of infant physiology and behaviour during overnight infant/adult bedsharing	Sally Baddock
1118-1124	Follow-up at 3.5 and 5 years of the prevention of overweight in infancy (POI) study	Barbara Galland
1124-1130	Sleep problem severity and behaviour in children with autism aged 2-years to 5-years	Amanda Richdale
1130-1136	Sleep, function and behaviour in children with down syndrome referred to a tertiary sleep clinic	Jasneek Chawla
1136-1142	Subjective sleep quality and associated predictors following childhood TBI: A 20-year follow-up study	Edith Botchway
1142-1148	Sleep health across development for students in the United States	Lisa Meltzer
1148-1154	Sluggish cognitive tempo, daytime sleepiness, and academic performance in a community sample of school-aged children	Rebecca Harding
1154-1200	Effectiveness of an alarm intervention for improving sleep quality among children with enuresis	Russell Conduit

1345-1515	Oral Presentation: Effects of treating OSA: New insights <i>Sleep & Breathing Treatment</i>	MEZZANINE M3
	Chairpersons: Michael Hlavac & Roo Killick	Presenter Names
1345-1400	Which CPAP side effects are associated with CPAP non-acceptance?	Chris Kosky
1400-1415	Predictors of adherence to continuous positive airway pressure in obstructive sleep apnoea and cardiovascular disease	Ching Li Chai-Coetzer
1415-1430	Effect of CPAP on blood pressure variability in obstructive sleep apnoea and cardiovascular disease	R. Doug McEvoy
1430-1445	Effect of continuous positive airway pressure (CPAP) treatment on autobiographical memory in obstructive sleep apnoea	Kelly Brown
1445-1500	VLED is an effective real-life treatment for severe complex obesity, and improves obstructive sleep apnoea	Shyamala Pradeepan
1500-1515	Tongue deformation during mandibular advancement may help to predict mandibular advancement treatment outcome in obese patients with obstructive sleep apnoea	Lynne Bilston

	Symposia session: Sleep health issues in indigenous populations <i>Sleep Health</i>	MEZZANINE M3
	Chairperson: Peter Eastwood	
1545-1546	Introduction	Peter Eastwood
1546-1603	Epidemiological evidence of inadequate sleep in Indigenous Australians	Yaqoot Fatima
1603-1620	What type of sleep is best for school performance in indigenous children	Sarah Blunden
1620-1637	Indigenous concepts of good and bad sleep: Yolnu sleep stories	Philippa Turvey
1637-1655	Sleep associations between sleep and cardio-metabolic risk in indigenous adults	Stephanie Yiallourou
1655-1710	ENT issues in adult indigenous populations	Kelvin Kong
1710-1715	Discussion	

0700-0830	Breakfast Symposia Session: Interactive sleep scoring workshop - deciphering artifact and bad signals <i>Sleep and Breathing - Measurement</i>	MEZZANINE M4
	Chairpersons: Warren Ruehland	Presenter Names
0700-0730	Adult sleep staging	Kerri Melehan
0730-0800	Adult respiratory scoring	Tom Churchward
0800-0830	Paediatric scoring	Rebecca Mihai

1100-1200	Poster discussion: Sleep health in our communities <i>Sleep Health</i>	MEZZANINE M4
	Chairpersons: Yu Sun Bin & Nat Marshall	Presenter Names
1100-1106	Bi-directional relations between daily stress and sleep: An intensive daily study	Yi Yang Yap
1106-1112	Daily sleep and affect: Examining the bidirectional relationship through ecological momentary assessment	Lin Shen
1112-1118	Fatigue and sleepiness in airline cabin crew	Candice Chien-Yu Wen
1118-1124	Effects of sleep-focused treatments on sleep and mental health in a clinical psychology outpatient clinic	Mark Lawrence Wong
1124-1130	Melatonin for REM sleep behaviour disorder in Parkinson's disease: A double blind, randomised, placebo-controlled trial	Nathaniel Marshall
1130-1136	The validity of a novel wearable device for estimating sleep onset	Hannah Scott
1136-1142	Can changing the mattress have an effect on the spinal muscle activity and sleeping efficiency in people with chronic neck and back pain? A pilot study	Grace Szeto
1142-1148	Relationships between sleep, mental health and post-migration difficulties in newly arrived Syrian refugees	July Lies
1148-1154	Complementary and alternative medicine (CAM) use by Australians with sleep disorders: A descriptive study	Vibha Malhotra
1154-1200	Gender features of hypertension and stroke in population with sleep disturbance in Russia / Siberia: WHO program MONICA-Psychosocial - Withdrawn	Dmitriy Panov

1345-1515	Oral Presentation: Insomnia and sleep health: New technologies and treatments <i>Insomnia & Sleep Health</i>	MEZZANINE M4
	Chairpersons: Delwyn Bartlett & Bei Bei	Presenter Names
1345-1400	Mobile phone technology to administer an effective behaviour therapy for insomnia in patient's homes	Leon Lack
1400-1415	Improving sleep in psychiatric inpatients: Entertaining video-based cognitive behavioral therapy for insomnia	Matthew Brock
1415-1430	Exploring the user preferences and needs for mobile apps for sleep – a mixed-methods study	Melissa Aji
1430-1445	Examination of help-seeking behaviours for behavioural and clinical sleep problems within the Australian adult population	Amy Reynolds
1445-1500	Usage transitions between natural products, over-the-counter, and prescription sleep aid use: A longitudinal cross-lagged analysis	Janet Cheung
1500-1515	Implementation of a professional development program to improve sleep health within the childcare sector	Sally Staton

1545-1715	Symposia session: Insomnia and sleep health from pregnancy to postpartum <i>Insomnia & Sleep Health</i>	MEZZANINE M4
	Chairperson: Maree Barnes & Yu Sun Bin	Presenter Names
1545-1550	Introduction	Maree Barnes & Yu Sun Bin
1550-1605	Normal sleep changes from pregnancy to the end of the first postpartum year: How to manage and maximise sleep	Liora Kempler
1605-1620	Healthy sleep for mums: A scalable cognitive behavioural program	Bei Bei
1620-1635	Maternal sleep practices and stillbirth	Robin Cronin
1635-1650	Sleep length, quality, and position in late pregnancy and fetal outcomes	Jill Dorrian
1650-1705	Case histories of sleep in mothers and babies	Delwyn Bartlett
1705-1715	Discussion	

1715-1815	ASTA AGM	M2
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SATURDAY 20th October

0830-0900	Keynote Presentation: OSA phenotyping: Is there value in guiding future therapies?	GREAT HALL 2
	Chairperson: Brad Edwards	Presenter Names
0830-0900	OSA phenotyping: Is there value in guiding future therapies?	David White

0900-1030	Symposia session: Advances in predicting effects of oral appliance therapy <i>Sleep and Breathing - Clinical</i>	GREAT HALL 2
	Chairperson: Peter Cistulli	Presenter Names
0900-0920	Clinical prediction of oral appliance therapeutic response	Kate Sutherland

0920-0940	Effects of oral appliance therapy on upper airway physiology and relationship to treatment response	Peter Burke
0940-1000	Novel imaging biomarkers for predicting oral appliance treatment response	Lynne Bilston
1000-1030	Understanding symptomatic and other health benefits from oral appliance therapy	Marie Marklund
1030-1100	MORNING TEA	GREAT HALL 1,3 & 4

1100-1200	Poster discussion: Responses and effects of OSA treatment modalities <i>Sleep & Breathing - Treatment</i>	GREAT HALL 2
	Chairpersons: Andrew Gikas & Maree Barnes	Presenter Names
1100-1106	MERGE study: The effect of CPAP on energy and vitality in patients with mild OSA	Alison Wimms
1106-1112	Three months of CPAP therapy improves global cognition and memory in comorbid OSA and MCI patients	Melinda Jackson
1112-1118	Emotional regulation in obstructive sleep apnoea before and after treatment with continuous positive airway pressure	Emily Pattison
1118-1124	Predictors of response to a novel mandibular advancement device (Oventus O2VentT) in patients with OSA	Jen Walsh
1124-1130	Airway open-airway closed: The effect of mandibular advancement therapy for obstructive sleep apnoea with and without a novel in-built airway	Chris Hart
1130-1136	Combination therapy with CPAP plus MAS reduces CPAP therapeutic requirements in incomplete MAS responders	Benjamin Tong
1136-1142	Combination therapy with mandibular advancement and expiratory positive airway pressure valves reduces OSA severity	Victor Lai
1142-1148	Optimal length of APAP trial to determine fixed pressure in OSA treatment	Helen Hills
1148-1154	The effects of zolpidem on obstructive sleep apnoea severity: An open label pilot study	Jayne Carberry
1154-1200	Alteration of the severity and pattern of sleep disordered breathing following cardiac resynchronization therapy	Hiroki Matsumoto


1200-1245	Poster Viewing	
1245-1345	LUNCH	GREAT HALL 1,3 & 4
1245-1345	Sleep and Respiratory Council Meeting	M1
1245-1345	Occupational Health, Safety and Performance Council Meeting	M2
1245-1345	Insomnia and Sleep Health Council Meeting	M3

1345-1515	OSA and respiratory failure: Risk of mortality and morbidity <i>Sleep & Breathing Clinical</i>	GREAT HALL 2
	Chairpersons: Peter Catcheside & Mark Howard	Presenter Names

1345-1400	Diagnoses among patients with hypercapnic respiratory failure and effect on in-hospital mortality	Yewon Chung
1400-1415	Nocturnal hypoxaemia is a risk factor for mortality in middle aged women	Philip Terrill
1415-1430	Impact of obstructive sleep apnoea on post-operative outcomes	Hima Vedam
1430-1445	Dysphagia as a predictor of sleep-disordered breathing in acute stroke	Kelly Shepherd
1445-1500	Long-term CPAP, weight and BMI in patients with OSA and cardiovascular disease: data from SAVE	Kelly Loffler
1500-1515	How surgical weight loss affects the underlying causes of obstructive sleep apnoea using non-invasive phenotyping	Ai-Ming Wong
1515-1545	AFTERNOON TEA	GREAT HALL 1,3 & 4

1545-1715	Helen Bearpark Plenary: Snoring to oblivion: the role of OSA in the pathogenesis of Alzheimer's disease <i>Neurology and Neurophysiology</i>	GREAT HALL 2
	Chairperson: Melinda Jackson & Romola Bucks	Presenter Names
1545-1605	Time to consider obstructive sleep apnoea syndrome a risk factor for alzheimer's disease	Ricardo Osorio
1605-1620	Considerations on the cognitive profile of OSA: Mechanisms, mediators and underlying brain change	Sharon Naismith
1620-1635	Sleep apnoea and oxidative stress: Is this a mechanism for brain degeneration?	Shantel Duffy
1635-1650	Alzheimer's-related neuropathology in association with OSA and CPAP use in autopsied human hippocampus	Stephen Robinson
1650-1705	Mechanisms of OSA-induced neuronal degeneration leading to Alzheimer's disease	Elizabeth Coulson
1705-1715	Discussion	
1900	Gala Dinner	PLAZA BALLROOM

0700-0830	Physician Readiness for Expert Practice (PREP) workshop	MEZZANINE M7&8
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0700-0830	Philips Breakfast Symposium: Smart Technologies for Sleep: Choosing the right mask for PAP therapy and advanced PAP features for OSA patients 	PLAZA P6&7
	Smart Technologies for Sleep: Choosing the right mask for PAP therapy and advanced PAP features for OSA patients	Dr Tripat Deep Singh

0700-0830	Breakfast Symposia Session: Primary care models of care for OSA <i>Sleep and Breathing - Clinical</i>	MEZZANINE M1
	Chairperson: Margaret Hardy	Presenter Names
0700-0715	An evidence-based model of care for sleep apnoea in general practice	Ching Li Chai Coetzer
0715-0730	Obstructive sleep apnoea: Nursing roles - current and future management	Catherine Buchan
0730-0745	The challenges of managing sleep disorders in primary care	Luke Katahanas
0745-0800	Identifying and managing sleep apnoea in general practice in New Zealand	Alex Bartle

0800-0830	Discussion	
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0900-1030	Symposia session: Let's get physical - exploring the relationship between sleep and exercise <i>Other</i>	MEZZANINE M1
	Chairperson: Grace Vincent	Presenter Names
0900-0922	Faster, higher, stronger...sleepier? The impact of training and competition on the sleep of elite athletes	Charli Sargent
0922-0944	Understanding the role of exercise training on sleep, health and appetite regulation in middle-age women	Melissa Skein
0944-1006	Interaction between physical activity, sleep problems and all-cause mortality risk	Mitch Duncan
1006-1030	Inadequate sleep and resistance training: How hitting the hay could help you hit the gym	Brad Aisbett

1100-1200	Poster discussion: Paediatric sleep disordered breathing 2: Brain, heart and NIV <i>Paediatric</i>	MEZZANINE M1
	Chairpersons: Anita Simonds & Mandie Griffiths	Presenter Names
1100-1106	Sleep macro-architecture and micro-architecture in children born preterm with sleep disordered breathing	Rosemary Horne
1106-1112	EEG spectral differences in children with sleep disordered breathing: A sensitive measure of sleep disruption	Aidan Weichard
1112-1118	Does being born preterm affect the cardiovascular consequences of sleep disordered breathing in children?	Rosemary Horne
1118-1124	Sleep disordered breathing in children disrupts the normal maturation of autonomic control of heart rate	Lisa Walter
1124-1130	Outcomes of home nCPAP and nNIV (non-invasive ventilation) in children under 2 years	Patricia Wales
1130-1136	Use of non-invasive ventilation in children with tracheal stenosis over a 10-year period	Grace Pellen
1136-1142	Use of non-invasive ventilation in children with congenital heart disease over a 3 year period	Lina Zafirah & Mohd Yusoff
1142-1148	Development of a structured education & psychosocial program for support workers - home ventilation program	Loretta Scaini
1148-1154	Longitudinal follow-up of sleep disordered breathing in a cohort of children with down syndrome	Karen Waters
1154-1200	Sleep patterns at hospital discharge in infants undergoing cardiac surgery	Alison Boynton

1345-1515	Oral Presentation: Advanced trainees oral presentation <i>Other</i>	MEZZANINE M1
	Chairpersons: Garun Hamilton & Andrew Chan	Presenter Names
1345-1400	Motor unit recruitment in human genioglossus during flow-limited breathing in sleep	Vineeth George
1400-1415	Barriers to good sleep in non-ICU hospitalised patients	Chuan Tai Foo
1415-1430	Ventilatory differences between active and passive leak tracheostomy ventilation circuits in a simulated lung model	Sebastian Le Feuvre

1430-1445	Algorithmic advice for paediatric behavioural sleep problems to reduce outpatient waitlists: Pilot randomised controlled trial	Katrina Hannan
1445-1500	Success rates for unattended polysomnography in diagnosis of OSA in a tertiary sleep centre	Michelle Tan
1500-1515	A statewide consensus for interpretation of continuous pulse oximetry data in chronic neonatal lung disease	Matthew Wong

0700-0830	Breakfast Symposia Session: Supine positional obstructive sleep apnoea – all you need to know <i>Sleep and Breathing - Clinical</i>	MEZZANINE M2
	Chairpersons: Danny Eckert & Garun Hamilton	Presenter Names
0700-0715	Supine positional OSA - definitions and prevalence	Garun Hamilton
0715-0730	The effect of body position on sleep apnoea pathophysiology	Simon Joosten
0730-0745	Measuring sleeping posture: Current technologies and future opportunities	Phil Terrill
0745-0800	Treatment options - what works well!	Shyamala Pradeepan
0800-0830	Discussion	

0900-1030	Symposia session: Biomarkers of alertness state: Towards fitness for work and roadside testing <i>Chronobiology</i>	MEZZANINE M2
	Chairperson: Andrew Vakulin & Doug McEvoy	Presenter Names
0900-0920	Developing a biological marker of sleep loss	Clare Anderson
0920-0940	Predicting drowsiness with ocular biomarkers	Mark Howard
0940-1000	Markers of alertness failure in obstructive sleep apnoea	Andrew Vakulin
1000-1020	Dealing with multiple dimensions of fitness for duty in biomarker development	Hans van Dongen
1020-1030	Discussion	

1100-1200	Poster discussion: Short, long and shifting sleep: Effects on rhythm and performance <i>Chronobiology</i>	MEZZANINE M2
	Chairperson: Sarah Jay & Clare Anderson	Presenter Names
1100-1106	Evaluation of a portable light device for phase advancing the circadian rhythm in normal sleepers	Leon Lack
1106-1112	Imaging individual differences in the response of the circadian system to light	Elise McGlashan
1112-1118	Release properties of melatonin loaded mesoporous silica materials	Irene Moroni
1118-1124	Characterising a putative EEG switching biomarker in chronobiology	Guohun Zhu
1124-1130	Betting on sleep restriction: Examining the relationship between sleep and gambling using online behaviour reporting	Hannah Thorne

1130-1136	The effects of sleep extension and sleep restriction on the performance of endurance cyclists	Spencer Roberts
1136-1142	Fixed sleep schedules prior to an in-lab study: Individual differences in sleep and circadian timing	William McMahon
1142-1148	Glucose metabolism is impacted by timing of food intake during simulated night shift	Crystal Grant
1148-1154	Sleep and wake are shared and transmitted between members of bed-sharing couples	Elizabeth Walters
1154-1200	Eye-blink parameters detect drowsy driving impairment	Shamsi Shekari Soleimanloo

1345-1515	Oral presentation: Sleep health from infancy to adolescence <i>Paediatric</i>	MEZZANINE M2
	Chairpersons: Barbara Galland & Kurt Lushington	Presenter Names
1345-1400	Observed non-compliance with safe sleeping guidelines in licensed home- and centre- based childcare services	Sally Staton
1400-1415	Can child's sleep predict parent sleep? Examining the association between parent and child sleep	Prerna Varma
1415-1430	Associations between infant regulation and childhood mental health concerns in a large, prospective, community cohort	Fallon Cook
1430-1445	Positive and negative emotions: Differential associations with sleep duration and quality in adolescents	Lin Shen
1445-1500	Homeostatic response to sleep restriction in adolescents	Scott Coussens
1500-1515	HEIST: Healing eczema and improving sleep trial	Lisa Meltzer

0700-0830	Breakfast Symposia Session: Addressing inadequate sleep in Australia and New Zealand: Interdisciplinary approaches to healthcare practitioner training in sleep and sleep disorders <i>Sleep Health</i>	MEZZANINE M3
	Chairpersons: Moira Junge & James Slater	Presenter Names
0700-0705	Introduction	Moira Junge & James Slater
0705-0720	Post-graduate training in sleep and sleep disorders for psychologists	Lisa Meltzer
0720-0735	Dissemination of sleep psychology in Australia	Hailey Meaklim
0735-0750	Sleep education and training at the coalface - minefield or Minecraft (Pre-Recorded)	Karen Falloon
0750-0805	Sleep awareness and education for nurses	Delwyn Bartlett
0805-0820	Sleep health and pharmacy education	Bandana Saini
0820-0830	Discussion	

0900-1030	Symposia session: The changing face of paediatric neuromuscular disease <i>Paediatric</i>	MEZZANINE M3
	Chairperson: Mandie Griffiths & Moya Vandeleur	Presenter Names
0900-0905	Introduction	Mandie Griffiths & Moya Vandeleur

0905-0925	Sleep disordered breathing and respiratory function in duchenne muscular dystrophy (DMD)	Andrew Wilson
0925-0945	New advances in the treatment of spinal muscular atrophy: A sleep medicine perspective	Leanne Gauld
0945-1005	Sleep disordered breathing in myotonic dystrophy	Jasneek Chawla
1005-1025	Outcomes and transition in paediatric neuromuscular disease	Anita Simonds
1025-1030	Discussion	

1100-1200	Poster discussion: Optimising assessment of sleep breathing disorders <i>Sleep & Breathing - Measurement</i>	MEZZANINE M3
	Chairpersons: Teanau Roebuck & Anthony Turton	Presenter Names
1100-1106	Continuous head posture during sleep and its impact on obstructive sleep apnoea severity	Albert Tate
1106-1112	Optimising the performance an apnoea detection system processing ECG-oximetry signals	Philip De Chazal
1112-1118	Using ECG-derived respiration to boost the performance of an automated ECG based apnoea detection system	Nadi Sadr
1118-1124	Rethinking RIP – potential advantages of DC respiratory effort bands	Paul Breen
1124-1130	An improved method for automated breath detection using pharyngeal pressure signals	Alan Chiang
1130-1136	Can we use the Apple Watch to measure sleep reliably?	Sirinthip Roomkham
1136-1142	Smartphones-based diagnosis of sleep apnoea using the nocturnal respiratory sound spectrum from breathing to snoring	Udantha Abeyratne
1142-1148	Effects of different scoring criteria on the smartphone-based diagnosis of sleep apnoea	Udantha Abeyratne
1148-1154	Assessment of the in-lab effect on sleep duration	Teresa Shirlaw
1154-1200	What is the best way to interpret inter-scorer reliability (ISR)?	Chloe Parsley

1345-1515	Oral presentation: Sleep and Neuroscience	MEZZANINE M3
	Chairpersons: Curtis Gray & Sean Drummond	Presenter Names
1345-1400	Heterogeneity of psychiatric symptom profiles in sleep clinic outpatients: A cross-cutting dimensional approach	Marie-Antoinette Spina
1400-1415	Preliminary outcomes following cognitive behavioural therapy for insomnia in a multidisciplinary outpatient sleep clinic	Yvonne Ng
1415-1430	Daily coping moderates the relations of stress and sleep: A daily study over 12 days	Yi Yang Yap
1430-1445	Emotional processing and arousal level following a daytime sleep opportunity among youths with anxiety disorder(s)	Mark Lawrence Wong
1445-1500	Night-to-night sleep variability versus delta power: Effects on working memory in younger and older adults	Elissa Pasula

1500-1515	Poor sleep and sleep disorders are very common in people with multiple sclerosis	Hanna Hensen
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0700-0830	Breakfast Symposia Session: Practical management of ventilation in neuromuscular disease <i>Sleep and Breathing - Clinical</i>	MEZZANINE M4
	Chairperson: Deanne Curtin	Presenter Names
0700-0705	Introduction	Deanne Curtin
0705-0725	How to select patients who will benefit from NIV in neuromuscular weakness	Deanne Curtin
0725-0745	Establishing NIV in neuromuscular weakness and the role of mouth piece ventilation	Carl Downey
0745-0805	Establishing a neuromuscular weakness MDT clinic	Craig Hukins
0805-0825	Airway clearance in neuromuscular weakness	Claire Hackett
0825-0830	Discussion	

0900-1030	Symposia session: Sleep health in our communities <i>Sleep Health</i>	MEZZANINE M4
	Chairperson: James Slater & Hailey Meaklim	Presenter Names
0900-0920	Aboriginal and Torres Strait Islander communities	Graeme Maguire
0920-0940	Maori and Pacific Island communities	Sarah-Jane Paine
0940-1000	Ethnic and migrant communities	Dorothy Bruck
1000-1020	Social and economic factors affecting sleep health	Yu Sun Bin
1020-1030	Discussion	

1100-1200	Poster discussion: Disorders of initiating and maintaining sleep: Effects on health and well-being <i>Insomnia & Sleep Health</i>	MEZZANINE M4
	Chairpersons: David Cunnington & Camilla Hoyos	Presenter Names
1100-1106	Clinical profile of suvorexant in phase-3 trials	W. Joseph Herring
1106-1112	Sleep complaints, regardless of insomnia, are associated with worse sleep and mental health during pregnancy	Donna Neemia
1112-1118	Does treating a client's insomnia improve mental health and relationship satisfaction in the bed partner?	Kellie Hamill
1118-1124	Cognitive performance misperception in patients with insomnia disorder	Johanna Boardman
1124-1130	The impact of sleep- and wake- promoting drugs on sleep, psychological distress, and performance indices	Rowan Ogeil
1130-1136	The effect of long sleep on the recurrence of ischemic stroke	Jong-geun Seo
1136-1142	Executive function improves following acoustic slow wave sleep enhancement with a novel, automated device	Charmaine Diep
1142-1148	Rapid-eye-movement (REM) sleep-associated post-nap enhancement of affective inhibitory control in depressed college students	Mark Lawrence Wong
1148-1154	What unique demographic and lifestyle factors contribute to the risk of SWD in shift workers?	Lauren Booker
1154-1200	Stability of sleep duration over 3-year follow-up: Data from an Australian community-based cohort	Yu Sun Bin

1345-1515	Oral presentation: Physiological aspects of OSA <i>Physiology</i>	MEZZANINE M4
	Chairpersons: David White & Peter Cistulli	Presenter Names
1345-1400	Vascular changes in the hippocampus in obstructive sleep apnoea	Cuicui Xu
1400-1415	An association between brain amyloid burden and cognition in severe obstructive sleep apnoea	Melinda Jackson
1415-1430	Upper airway obstruction is associated with abnormal energy metabolism and changes in GH axis	Mohammad Assadi
1430-1445	Variation in horizontal and oblique genioglossus dilatory motion during inspiration in obstructive sleep apnoea	Lynne Bilston
1445-1500	Physiological differences between NREM and REM Predominant OSA	Simon Joosten
1500-1515	Parsing the craniofacial phenotype in OSA: Effect of weight loss	Kate Sutherland

SUNDAY 21st October

0800-0900	Surgical Council Meeting	Plaza P3
0900-1045	Surgical Short Course: Surgical treatments for obstructive sleep apnoea	Plaza P3
	Chairperson: Julia Crawford	
0900-0905	Welcome	
0905-0920	Fundamentals of sleep apnoea	Andrew Jones
0920-0940	Taking an OSA history	Rachelle Love
0940-0955	Upper airway surgical evaluation in the office	Julia Crawford
0955-1015	DISE: Why we routinely do it	Madeline Ravesloot
1015-1025	DISE: Why we routinely don't use it	Richard Lewis
1025-1035	DISE: Why we sometimes use it	Stuart MacKay
1035-1045	Discussion	
1045-1100	MORNING TEA	Plaza Foyer
	Chairperson: Julia Crawford	
1100-1120	Role of investigation in paediatric OSA	Stacey Ishman
1120-1140	Treatment of paediatric OSA: Beyond adenotonsillectomy	Stacey Ishman
1140-1200	Interpreting the sleep study for dummies	Andrew Jones
1200-1230	Positional therapy in OSA: Combined therapy with surgery	Madeline Ravesloot
1230-1330	LUNCH	Plaza Foyer
	Chairperson: Julia Crawford	
1330-1345	Management of the nose	Julia Crawford
1345-1415	Management of the soft palate	Stuart MacKay

1415-1445	Management of the tongue	Richard Lewis
1445-1500	AFTERNOON TEA	Plaza Foyer
	Chairperson: Julia Crawford	
1500-1555	Panel discussion: Which operation and when (Moderator Rachelle Love)	All speakers
1555-1600	Close and housekeeping	Julia Crawford