

# Sleep DownUnder 2018 Program

## WEDNESDAY 17th October

	<b>Short Course: To eat or not to eat?: From animal models to shift workers</b> <i>Chronobiology</i>	<b>MEZZANINE M1</b>
	Chairperson: Siobhan Banks	
0900-0910	Opening and introductions	Siobhan Banks
0910-1010	Metabolomics: A new window on peripheral oscillators	Hans Van Dongen
<b>1010-1040</b>	<b>MORNING TEA - Mezzanine M1-4 Foyers</b>	
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
<b>1200-1300</b>	<b>LUNCH - Mezzanine M1-4 Foyers</b>	
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
<b>1440-1510</b>	<b>AFTERNOON TEA Mezzanine M1-4 Foyers</b>	
1510-1550	How to translate laboratory science into workplace policy	Jill Dorrian
1550-1620	Panel discussion	All speakers

	<b>Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine</b> <b>Session 1: Questionnaires to Assess Sleep Disorders</b>	<b>MEZZANINE M2</b>
	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
<b>1030-1100</b>	<b>MORNING TEA - Mezzanine M1-4 Foyers</b>	
	<b>Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine</b> <b>Session 2: Wearable Accelerometer Devices to Assess Sleep Disorders</b>	
	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
<b>1230-1330</b>	<b>LUNCH - Mezzanine M1-4 Foyers</b>	
	<b>Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine</b> <b>Session 3: Ambulatory Assessment of Sleep Disordered Breathing</b>	
	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
<b>1500-1530</b>	<b>AFTERNOON TEA Mezzanine M1-4 Foyers</b>	
	<b>Short Course: Seeing the whole elephant – A practical guide to assessment tools in sleep medicine</b> <b>Session 4: Panel Discussion</b>	
	Chairperson: Sarah Biggs & James Slater	
1530-1630	Panel Discussion	All Speakers
1630-1645	Closing Comments	Sarah Biggs

	<b>Short Course: Assessment and treatment of excessive daytime sleepiness: Risk, rewards and patient perspectives on stimulant use</b> Sleep Health	<b>MEZZANINE M3</b>
	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
<b>1030-1100</b>	<b>MORNING TEA - Mezzanine M1-4 Foyers</b>	
	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
<b>1230-1330</b>	<b>LUNCH - Mezzanine M1-4 Foyers</b>	
	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
<b>1500-1530</b>	<b>AFTERNOON TEA Mezzanine M1-4 Foyers</b>	
	Chairperson: Dorothy Bruck & Chris Blackwell	
1530-1630	Q&A session with all speakers and a panel of patient representatives	

1000	<b>ASA Board Strategy Meeting</b>	<b>Merivales Boardroom 1</b>
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	<b>Early Career Seminar: Use of novel/emerging technology in sleep research and potential commercialisation/ industry partnerships</b> <i>Supported by Aspen Australia</i>	<b>MEZZANINE M4</b>
	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

<b>1700-1800</b>	<b>ASTA Board Meeting</b>	<b>Great Hall VIP Suits</b>
<b>1800-2000</b>	<b>Welcome Reception</b>	<b>Mezzanine Foyer</b>

**THURSDAY 18th October**

0630-0730	<b>Fun Run</b>	
0830-0900	<b>Official Opening and Welcome</b>	<b>GREAT HALL 2</b>
	Announcement of Helen Bearpark, Rob Pierce, ASA International Travel Award, ASA/CSRS Career Development Award and President's Award	
0900-1030	<b>Opening Plenary: Caffeine - friend or foe?</b> <i>Supported by TEVA Phama Australia</i>	
	Chairperson: Siobhan Banks and Alison Coates	<b>Presenter Names</b>
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	<b>MORNING TEA</b>	<b>GREAT HALL 1,3 &amp; 4</b>

1100-1115	<b>CSRS Early Career Development Awardee Presentation</b>	<b>GREAT HALL 2</b>
	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	<b>New Investigator Award</b>	<b>GREAT HALL 2</b>
	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 Mohammadi
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	<b>LUNCH</b>	<b>GREAT HALL 1,3 &amp; 4</b>
1245-1345	<b>Sleep Physicians Council Meeting</b>	<b>M1</b>
1245-1345	<b>Neuroscience Council Meeting</b>	<b>M2</b>

1345-1515	<b>Symposia session: Towards personalised sleep health</b> <i>Sleep and Breathing - Clinical</i>	<b>GREAT HALL 2</b>
	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
<b>1515-1545</b>	<b>AFTERNOON TEA</b>	<b>GREAT HALL 1,3 &amp; 4</b>
1545-1715	<b>Symposia session: Sleep-disordered breathing (SDB) in pregnancy: Impact, pathophysiology, and treatment</b> <i>Sleep and Breathing - Clinical</i>	<b>GREAT HALL 2</b>
	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	<b>Symposia session: Linking poor sleep with cognitive impairment and dementia risk - epidemiology and mechanisms</b> <i>Sleep and Neuroscience</i>	<b>MEZZANINE M1</b>
	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	<b>Symposia session: Shift work and individual management: The individual variability, impact and treatment for shift work</b> <i>Chronobiology</i>	<b>MEZZANINE M1</b>
	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 HourHealthcare	Mark Howard
1710-1715	Discussion	

<b>1715-1800</b>	<b>ASA Annual General Meeting</b>	<b>MEZZANINE M1</b>
<b>1800-1900</b>	<b>Government relations and MBS items: An update</b>	<b>MEZZANINE M1</b>

		<b>Peter Eastwood &amp; Garun Hamilton</b>
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1345-1515	<b>Symposia session: Women at work</b> <i>Other</i>	<b>MEZZANINE M2</b>
	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	<b>Symposia session: Poor sleep and pain: Chicken or the egg?</b> <i>Sleep Health</i>	<b>MEZZANINE M2</b>
	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	

<b>1730-1930</b>	<b>MSD Symposium: Contemporary Insomnia Management 2018</b> 	<b>MEZZANINE M2</b>
	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	<b>Symposia session: Sound and vision - the importance of audio and video monitoring in sleep disorder assessment</b> <i>Sleep and Breathing - Measurement</i>	<b>MEZZANINE M3</b>
	Chairperson: Angela Annis & 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	<b>Symposia session: Sleep and cancer: Cells to populations</b> <i>Sleep and Breathing - Clinical</i>	<b>MEZZANINE M3</b>
	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	<b>Symposia session: The POSTA study - first outcomes</b> <i>Paediatric</i>	<b>MEZZANINE M4</b>
	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 OAH1<1	Jasneek Chawla
1445-1505	Implications for the ENT surgeon	Robert Black
1505-1515	Discussion	

1545-1715	<b>Symposia session: Sleep problems in Australia: Who is affected, what are the consequences and how do we improve sleep health?</b> <i>Sleep Health</i>	<b>MEZZANINE M4</b>
	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**

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

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

<b>0900-1030</b>	<b>ASTA Plenary: Sleep monitoring in challenging environments outside the sleep laboratory</b>	<b>GREAT HALL 2</b>
	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'Keeffe
1000-1020	Sleep monitoring at high altitudes	Katie Colby
1020-1030	Discussion	
<b>1030-1100</b>	<b>MORNING TEA</b>	<b>GREAT HALL 1,3 &amp; 4</b>

1100-1200	<b>Poster discussion: OSA - a clinical perspective</b> <i>Sleep &amp; Breathing - Clinical</i>	<b>GREAT HALL 2</b>
	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
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1200-1245	<b>Poster Viewing</b>	
1245-1345	<b>LUNCH</b>	<b>GREAT HALL 1,3 &amp; 4</b>
1245-1345	<b>Paediatric Council Meeting</b>	<b>M1</b>
1245-1345	<b>Chronobiology Council Meeting</b>	<b>M2</b>
1245-1345	<b>Primary Care Council Meeting</b>	<b>M3</b>

1345-1515	<b>Oral Presentation: Paediatric sleep disordered breathing 1: Assessment, treatment and consequences</b> <i>Paediatric</i>	<b>GREAT HALL 2</b>
	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	<b>AFTERNOON TEA</b>	<b>GREAT HALL 1,3 &amp; 4</b>

1545-1715	<b>Sam Robinson Memorial Symposium: A review of surgical treatment of sleep apnoea</b> <i>Sleep and Breathing - Clinical</i>	<b>GREAT HALL 2</b>
	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	<b>Avadel Pharmaceuticals Breakfast Symposium: Narcolepsy: Current treatments and future pharmacological developments</b>	<b>MEZZANINE M1</b>
	Chairperson: David Monteith	
	Narcolepsy: Current Treatments and Future Pharmacological Developments	Ron Grunstein

1100-1200	<b>Poster discussion: Assessment and physiological consequences of sleep disorders</b> <i>Physiology/Measurement</i>	<b>MEZZANINE M1</b>
	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	<b>Oral Presentation: Assessment of respiratory events: Utility of current methods and new technologies</b> <i>Sleep &amp; Breathing Measurement</i>	<b>MEZZANINE M1</b>
	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	<b>Symposia Session: Innovations in research into the nature and treatment of REM-related parasomnias and sleep disturbance in PTSD</b> <i>Other</i>	<b>MEZZANINE M1</b>
	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	

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

0700-0830	<b>Breakfast Symposia Session: Development, evolution and functions of the larynx. Relevance of larynx to sleep</b> <i>Sleep and Breathing - Clinical</i>	<b>MEZZANINE M2</b>
	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	<b>Poster discussion: Advanced trainee poster discussion</b>	<b>MEZZANINE M2</b>
	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	<b>Oral Presentation: Sleep to work: Clocks and chronotypes</b> <i>Chronobiology</i>	<b>MEZZANINE M2</b>
	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	<b>Symposia session: What are the consequences of shifting circadian rhythms for our health? Paying homage to the bodyclock: Current knowledge and future directions</b> <i>Chronobiology</i>	<b>MEZZANINE M2</b>
	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	<b>Philips Symposium: Slow wave sleep induction methodology and the digital management of sleep and its disorders</b> <b>PHILIPS</b>	<b>MEZZANINE M1</b>
	Slow wave sleep induction methodology and the digital management of sleep and its disorders	David White

0700-0830	<b>Breakfast Symposia Session: Oximetry for paediatric sleep disordered breathing: Developing ASA standards</b> <i>Paediatric</i>	<b>MEZZANINE M3</b>
	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	<b>Poster discussion: Sleep health in childhood</b> <i>Paediatric</i>	<b>MEZZANINE M3</b>
	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	<b>Oral Presentation: Effects of treating OSA: New insights</b> <i>Sleep &amp; Breathing Treatment</i>	<b>MEZZANINE M3</b>
	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

	<b>Symposia session: Sleep health issues in indigenous populations</b> <i>Sleep Health</i>	<b>MEZZANINE M3</b>
	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	<b>Breakfast Symposia Session: Interactive sleep scoring workshop - deciphering artifact and bad signals</b> <i>Sleep and Breathing - Measurement</i>	<b>MEZZANINE M4</b>
	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	<b>Poster discussion: Sleep health in our communities</b> <i>Sleep Health</i>	<b>MEZZANINE M4</b>
	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 - <b>Withdrawn</b>	Dmitriy Panov

1345-1515	<b>Oral Presentation: Insomnia and sleep health: New technologies and treatments</b> <i>Insomnia &amp; Sleep Health</i>	<b>MEZZANINE M4</b>
	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	<b>Symposia session: Insomnia and sleep health from pregnancy to postpartum</b> <i>Insomnia &amp; Sleep Health</i>	<b>MEZZANINE M4</b>
	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	

<b>1715-1815</b>	<b>ASTA AGM</b>	<b>M2</b>
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**SATURDAY 20th October**

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

0900-1030	<b>Symposia session: Advances in predicting effects of oral appliance therapy</b> <i>Sleep and Breathing - Clinical</i>	<b>GREAT HALL 2</b>
	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
<b>1030-1100</b>	<b>MORNING TEA</b>	<b>GREAT HALL 1,3 &amp; 4</b>

1100-1200	<b>Poster discussion: Responses and effects of OSA treatment modalities</b> <i>Sleep &amp; Breathing - Treatment</i>	<b>GREAT HALL 2</b>
	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

<b>1200-1245</b>	<b>Poster Viewing</b>	
<b>1245-1345</b>	<b>LUNCH</b>	<b>GREAT HALL 1,3 &amp; 4</b>




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	<b>OSA and respiratory failure: Risk of mortality and morbidity</b> <i>Sleep &amp; Breathing Clinical</i>	<b>GREAT HALL 2</b>
	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
<b>1515-1545</b>	<b>AFTERNOON TEA</b>	<b>GREAT HALL 1,3 &amp; 4</b>

1545-1715	<b>Helen Bearpark Plenary: Snoring to oblivion: the role of OSA in the pathogenesis of Alzheimer's disease</b> <i>Neurology and Neurophysiology</i>	<b>GREAT HALL 2</b>
	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	
<b>1900</b>	<b>Gala Dinner</b>	<b>PLAZA BALLROOM</b>

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

0700-0830	<b>Breakfast Symposia Session: Primary care models of care for OSA</b> <i>Sleep and Breathing - Clinical</i>	<b>MEZZANINE M1</b>
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	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	

0900-1030	<b>Symposia session: Let's get physical - exploring the relationship between sleep and exercise</b> <i>Other</i>	<b>MEZZANINE M1</b>
	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	<b>Poster discussion: Paediatric sleep disordered breathing 2: Brain, heart and NIV</b> <i>Paediatric</i>	<b>MEZZANINE M1</b>
	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	<b>Oral Presentation: Advanced trainees oral presentation</b> <i>Other</i>	<b>MEZZANINE M1</b>

	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	<b>Breakfast Symposia Session: Supine positional obstructive sleep apnoea – all you need to know</b> <i>Sleep and Breathing - Clinical</i>	<b>MEZZANINE M2</b>
	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	<b>Symposia session: Biomarkers of alertness state: Towards fitness for work and roadside testing</b> <i>Chronobiology</i>	<b>MEZZANINE M2</b>
	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	<b>Poster discussion: Short, long and shifting sleep: Effects on rhythm and performance</b> <i>Chronobiology</i>	<b>MEZZANINE M2</b>
	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	<b>Oral presentation: Sleep health from infancy to adolescence</b> <i>Paediatric</i>	<b>MEZZANINE M2</b>
	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	<b>Breakfast Symposia Session: Addressing inadequate sleep in Australia and New Zealand: Interdisciplinary approaches to healthcare practitioner training in sleep and sleep disorders</b> <i>Sleep Health</i>	<b>MEZZANINE M3</b>
	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	<b>Symposia session: The changing face of paediatric neuromuscular disease</b> <i>Paediatric</i>	<b>MEZZANINE M3</b>
	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	<b>Poster discussion: Optimising assessment of sleep breathing disorders</b> <i>Sleep &amp; Breathing - Measurement</i>	<b>MEZZANINE M3</b>
	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	<b>Oral presentation: Sleep and Neuroscience</b>	<b>MEZZANINE M3</b>
	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

0700-0830	<b>Breakfast Symposia Session: Practical management of ventilation in neuromuscular disease</b> <i>Sleep and Breathing - Clinical</i>	<b>MEZZANINE M4</b>
	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	<b>Symposia session: Sleep health in our communities</b> <i>Sleep Health</i>	<b>MEZZANINE M4</b>
	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	<b>Poster discussion: Disorders of initiating and maintaining sleep: Effects on health and well-being</b> <i>Insomnia &amp; Sleep Health</i>	<b>MEZZANINE M4</b>
	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	<b>Oral presentation: Physiological aspects of OSA</b> <i>Physiology</i>	<b>MEZZANINE M4</b>
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	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	<b>Surgical Short Course: Surgical treatments for obstructive sleep apnoea</b>	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	
<b>1045-1100</b>	<b>MORNING TEA</b>	<b>Plaza Foyer</b>
	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
<b>1230-1330</b>	<b>LUNCH</b>	<b>Plaza Foyer</b>
	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
<b>1445-1500</b>	<b>AFTERNOON TEA</b>	<b>Plaza Foyer</b>
	Chairperson: Julia Crawford	
1500-1555	Panel discussion: Which operation and when (Moderator Rachelle Love)	All speakers
1555-1600	Close and housekeeping	Julia Crawford