

Sleep DownUnder 2019 Program

Wednesday 16 October

0900-1030	Short course: Insomnia - practical tips and tools for clinicians	Meeting Room C2.3
	Chairperson: Claire Ellender, Jessica Kennedy, Hailey Meaklim	Presenters
0900-0930	Welcome and Tips: Insomnia Essentials	Jessica Kennedy
0930-1000	Tips: Circadian masquerading as insomnia	Melinda Jackson
1000-1030	Tips: Practical pharmacotherapy for Insomnia	Claire Ellender
1030-1100	Morning break	
1100-1230	Short course: Insomnia - practical tips and tools for clinicians	Meeting Room C2.3
1100-1110	Assessment Tools 1: Sleep Questionnaires	Ksenia Chamula
1110-1120	Assessment Tools 2: Sleep Diary	Amanda Mackay
1120-1130	Assessment Tools 3: Actigraphy	Chin Moi Chow
1130-1140	Assessment Tools 4: Commercial Sleep Tracking Devices	David Cunnington
1150-1230	Management Tool: CBT-I - Core Knowledge	Hailey Meaklim
1230-1330	Lunch	
1330-1500	Short course: Insomnia - practical tips and tools for clinicians	Meeting Room C2.3
1330-1500	Practical Tips & Tools: CBT-I Breakout 1	Facilitators: Jessica Kennedy, Hailey Meaklim, Claire Ellender, Melinda Jackson, Moira Junge, Wendy Finck, Dorothy Bruck, Amanda MacKay, Geoff Brearley, Delwyn Bartlett, Sara Winter, Chin Moi Chow, David Cunnington, Ben Kwan, Ksenia Chamula, Brendon Yee
1500-1530	Afternoon break	
1530-1600	Short course: Insomnia - practical tips and tools for clinicians	Meeting Room C2.3
1530-1555	Practical Tips & Tools: CBT-I Breakout 2	Facilitators: Jessica Kennedy, Hailey Meaklim, Claire Ellender, Melinda Jackson, Moira Junge, Wendy Finck, Dorothy Bruck, Amanda MacKay, Geoff Brearley, Delwyn Bartlett, Sara Winter, Chin Moi Chow, David Cunnington, Ben Kwan, Ksenia Chamula, Brendon Yee
1555-1600	Close	

0900-1030	Short course: New insights in sleep and neurobehavioural function: Bench to bedside	Meeting Room C2.4
	Chairperson: Jill Dorian and Amy Reynolds	

0900-1030	Sleep loss, circadian misalignment and neurobehavioural impairment - current insights and the need for recovery	Ken Wright Jr
1030-1100	Morning break	
1100-1230	Short course: New insights in sleep and neurobehavioural function: Bench to bedside	Meeting Room C2.4
1100-1230	Sleep and neurobehavioural function - emerging insights from quantitative EEG and high-density EEG approaches	Angela D'Rozario
1230-1330	Lunch	
1330-1500	Short course: New insights in sleep and neurobehavioural function: Bench to bedside	Meeting Room C2.4
1330-1500	Neurobehavioral function and alertness failure phenotyping in OSA	Andrew Vakulin
1500-1530	Afternoon break	
1530-1630	Short course: New insights in sleep and neurobehavioural function: Bench to bedside	Meeting Room C2.4
1530-1615	New insights for measuring neurobehavioural impairment in operational settings	John Axelsson
1615-1700	Sleep and neurobehavioural function - considerations in the workplace	Sally Ferguson

0900-1030	Short course: "How I do it" - practical tips in paediatric sleep medicine	Meeting Room C2.2
	Chairperson: Jasneek Chawla and Gillian Nixon	
0900-0945	Behavioural insomnia at the pointy end	Honey Heussler
0945-1030	The sleepy child: Managing narcolepsy	Arthur Teng
1030-1100	Morning break	
1100-1230	Short course: "How I do it" - practical tips in paediatric sleep medicine	Meeting Room C2.2
	Chairperson: Jasneek Chawla and Gillian Nixon	
1100-1130	Oximetry testing in a tertiary service	Indra Narang
1130-1200	Actigraphy as a tool in clinical sleep medicine	Scott Burgess
1200-1230	Switching from invasive to non-invasive ventilation	Jasneek Chawla
1230-1330	Lunch	
1330-1500	Short course: "How I do it" - practical tips in paediatric sleep medicine	Meeting Room C2.2
	Chairperson: Jasneek Chawla and Gillian Nixon	
1330-1415	New scoring rules for infants	Alina Nunez
1415-1500	NIV titration studies	Rebecca Mihai
1500-1530	Afternoon break	
1530-1630	Short course: "How I do it" - practical tips in paediatric sleep medicine	Meeting Room C2.2
	Chairperson: Jasneek Chawla and Gillian Nixon	
1530-1630	Challenging cases	Honey Heussler, Indra Narang, Scott Burgess, Gillian Nixon

1600-1800	Early Career Seminar: Research Impact: What does it mean, how do we quantify it and why is it becoming increasingly important? - Supported by Aspen Pharma	Meeting Room C4.9
	Chairpersons: Danny Eckert, Brad Edwards and Rosemary Gibson	Presenter Names

1600-1610	Introduction	Danny Eckert, Brad Edwards and Rosemary Gibson
1610-1640	How to quantify research impact: Metrics and benchmarking	Timothy Haydon
1640-1700	Development of the STOP BANG Questionnaire	Frances Chung
1700-1720	Safer Nursing 24/7 study: Implementing survey findings into practice and policy	Karyn O'Keeffe
1720-1740	Sleep apnoea clinical trials	Ching Li Chai-Coetzer
1740-1800	Expert panel discussion on research impact	Ching Li Chai-Coetzer, Frances Chung, Rosemary Gibson, Tim Haydon, Karyn O'Keeffe, Andrew Vakulin and Josh Wiley
1800-2000	Meeting and greet for 2019-20 ASA mentorship program (with Weclome Reception)	

Thursday 17 October

Time		
0830-0900	Official opening and welcome	Pyrmont Theatre
0900-1030	Opening plenary: Sleep, circadian rhythms and lifestyle impacts on metabolism and longevity	Pyrmont Theatre
	Chairpersons: Peter Cistulli and Matthew Naughton	Presenter Names
0900-0930	Lifestyle influences on metabolism and longevity	Luigi Fontana
0930-1000	The circadian syndrome: Sleep and circadian dysrhythmia in diabetes, cardiovascular disease and other chronic diseases	Paul Zimmet
1000-1030	Does treating OSA have a role in the management of diabetes?	Matthew Naughton

1030-1100	Morning tea	Exhibition Hall, The Gallery
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1100-1115	CSRS Early Career Development Awardee Presentation	Pyrmont Theatre
	Chairperson: Danny Eckert	Presenter Names
1100-1115	The protective effects of estrogen of chronic intermittent hypoxia induced endothelial dysfunction	Ying Ni Lin
1115-1245	New Investigator Award	Pyrmont Theatre
	Chairpersons: Denise O'Driscoll and Jen Walsh	Presenter Names
1115-1130	The role of ventilatory control instability in children with sleep disordered breathing	Leon Siriwardhana Abstract No. 002
1130-1145	Comparative effectiveness of an alarm-based supine-avoidance device vs CPAP for treating supine predominant OSA patients	Matthew Rahimi Abstract No. 003
1145-1200	Sleep states, habitual sleep and glycaemic control in children and adolescents with Type 1 Diabetes	Grace Macaulay Abstract No. 004
1200-1215	An assessment of a simple clinical technique to estimate pharyngeal collapsibility in people with OSA	Amal Osman Abstract No. 005
1215-1230	Prognostic impact of sleep-disordered breathing in hospitalised patients following acute decompensated heart failure	Sayaki Ishiwata Abstract No. 006
1230-1245	Individual variation in melatonin responses under constant lighting (100lux) during simulated night shiftwork	Jacqueline Stepien-Hulleman Abstract No. 007

1245-1345	Lunch	Exhibition Hall, The Gallery
1245-1345	Sleep Physicians Council Meeting	Meeting Room C2.1
1245-1345	Neuroscience Council Meeting	Meeting Room C2.2 and C2.3

1345-1515	Symposia session: Peri-operative sleep medicine: Drugs, diseases and their management	Pyrmont Theatre
	Chairpersons: John Wheatley	Presenter Names
1345-1405	Sleep in the hospitalized patient and its influence on recovery	David Hillman
1405-1425	Effects of commonly used anaesthetic and analgesic agents on patients with obstructive sleep apnoea	Viraj Siriwardana
1425-1445	Effect of an acute moderate dose of morphine on OSA	David Wang
1445-1505	Chronic pain, opioids and sleep disordered breathing: What knowledge we should have?	Frances Chung

1345-1515	Symposia session: The influence of gender on sleep and sleep disordered breathing across the lifespan	Meeting Room C2.1
	Chairpersons: Andrew Perkins and Nicole Verginis	Presenter Names
1345-1415	Gender differences in sleep and sleep disorders in children and adolescents	Sarah Blunden
1415-1445	Sleep-disordered breathing in pregnancy - screening, treatment and impact on maternal and fetal health	Danielle Wilson
1445-1515	Sleep disturbances among older men and women	Rosemary Gibson
1345-1515	Symposia session: Sleep in understudied populations: Implications for decision making, disease trajectories and performance	Meeting Room C2.2 and C2.3
	Chairpersons: Sarah Appleton and Sutapa Mukherjee	Presenter Names
1345-1410	Identifying need: Understudied groups and sleep in Australia	Robert Adams
1410-1435	Sleep problems and vascular health in patients with HIV and elevated blood pressure	Ken Wright Jr
1435-1455	Sleep disturbance in less common chronic illnesses: Knowledge, gaps, and areas for intervention	Amy Reynolds
1455-1515	Politicians, parliament and poor sleep	Peter Eastwood
1345-1515	Symposia session: Understanding and treating sleep problems in vulnerable children	Meeting Room C2.4
	Chairperson: Rosemary Horne	Presenter Names
1345-1405	Eye of the beholder: Obesity and hypothalamic sleep disorders	Indra Narang
1405-1425	Children born too soon: Effects on sleep	Rosemary Horne
1425-1445	Behaviourally-based assessment and treatment of sleep problems in children with rare genetic developmental disorders	Laurie McLay
1445-1505	Sleep doesn't matter in disability... or does it? The impact of treating sleep disorders in down syndrome	Jasneek Chawla
1345-1515	Symposia session: Sleep and cannabis - two ends of the spectrum	Meeting Room C2.5 and C2.6
1345-1350	Chairpersons: Jen Walsh and Brendon Yee	Presenter Names
1350-1405	An introduction to the endocannabinoid system - how sleep fits in	Iain McGregor
1405-1420	An industry perspective of the sleep and medicinal cannabis story	Meghan Thomas
1420-1435	What have we learnt about sleep from chronic cannabis use and withdrawal	Delwyn Bartlett
1435-1450	Medicinal cannabis for sleep disorders - review of the literature	Camilla Hoyos
1515-1545	Afternoon tea	Exhibition Hall, The Gallery
1545-1715	Symposia session: Practical obesity management in OSA - how to effectively tackle the elephant in the room	Pyrmont Theatre
	Chairperson: Elizabeth Cayanan	Presenter Names
1545-1600	Untangling the knots – a historical examination of evidence for OSA and obesity	Ron Grunstein
1600-1625	Practical strategies to initiate and sustain weight loss in clinical and tertiary settings	Elizabeth Cayanan
1625-1650	Practical aspects of running a publicly funded obesity management service	Carol Huang
1650-1715	Contemporary procedures for bariatric surgery – pros and cons	David Martin

1545-1715	Symposia session: Emotional regulation and mood – the role of sleep and circadian rhythms? - Supported by Teva	Meeting Room C2.1
	Chairperson: Clare Anderson	Presenter Names
1545-1605	Sleep deprivation and emotional regulation - the impact on cognitive function	Clare Anderson
1605-1625	Sleep, perception and social functioning	John Axelsson
1625-1645	Mood, circadian rhythms and light sensitivity	Sean Cain
1645-1705	Emotional regulation in obstructive sleep apnoea: Relationship with depression and treatment effects	Melinda Jackson
1705-1715	Discussion	

1545-1715	Symposia session: Sleep across generations	Meeting Room C2.2 and C2.3
	Chairpersons: Robert Adams and Amy Reynolds	Presenter Names
1545-1605	Associations of behaviour and sleep patterns in early childhood and insomnia symptoms in middle-age: Insights from longitudinal cohort studies	Yohannes Melaku
1605-1625	Being a school student - sleep, technology, bullying and mental health: Population data in students Year 3 to Year 12	Jill Dorrian
1625-1645	Sleep health in young adults (18-24 years old): Results from the 2019 Sleep Health Foundation National Survey	Sarah Appleton
1645-1705	Sleep and sleep disorders in older adults - associations with muscle mass, strength, frailty and physical activity: Insights from population cohort studies	David Stevens
1705-1715	Discussion	

1545-1715	Symposia session: Sleep's role in cognitive impairment and dementia: Personal experiences, neurophysiological changes, modifying risk and tailored CPAP	Meeting Room C2.4
	Chairperson: Rosemary Gibson	Presenter Names
1545-1605	The sleep experiences and disruptions of people with dementia and their family care partners	Rosemary Gibson
1605-1625	Insights into bidirectional mechanisms linking sleep and dementia	Sharon Naismith
1625-1645	Improving sleep to reduce risk of dementia	Stephanie Rainey-Smith
1645-1705	Sleep disordered breathing and mild cognitive impairment - treatment effects and barriers	Camilla Hoyos
1705-1715	Discussion	

1545-1715	Symposia session: Alternatives to PSG: Tackling the burden on paediatric sleep services	Meeting Room C2.5 and C2.6
	Chairpersons: Jasneek Chawla and Sadasivam Suresh	Presenter Names
1545-1605	The role and limitations of pulse oximetry in diagnosing paediatric SDB	Gillian Nixon
1605-1625	Practicalities of implementing a home PSG service: Perspectives from a private lab	Scott Burgess
1625-1645	To PSG or not to PSG an ENT perspective	Marlene Soma
1645-1705	Challenges to delivering sleep diagnostic services when demand exceeds capacity: A director's perspective	David Kilner
1705-1715	Discussion	

1715-1800	ASA Annual General Meeting	Pyrmont Theatre
1800-1900	Keynote presentation	Pyrmont Theatre
	Chairpersons: Sutapa Mukherjee and Alan Young	Presenter Names
	What happens if you are referred to the Professional Services Review and what constitutes inappropriate practice	Andrew Shelley and Bruce Topperwien

Friday 18 October

Time		
0700-0830	ASA/NATA Accreditation Update	Meeting Room C2.1
	Chairperson: John Wheatley	Presenter Names
0700-0720	Accreditation update 2019	John Wheatley
0720-0800	Common issues across the accreditation cycle and NATA report format changes	Janet Copland
0800-0830	Discussion	John Wheatley and Janet Copland

0700-0830	ASA Clinical Committee Breakfast meeting	Meeting Room C2.2 and C2.3
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0700-0830	Breakfast symposia session: The 'ins' and 'outs' of sleep – interactive workshop covering a range of issues around sleep / wake transitions	Meeting Room C2.4
	Chairperson: Martin Urban	Presenter Names
	EEG during sleep / wake transitions (adults)	Tom Churchward
	Respiration during sleep / wake transitions (adults)	Kerri Melehan
	Sleep/wake transitions in paediatrics	Rebecca Mihai

0700-0830	Breakfast symposia session: A national advertising campaign targeting sleep health? Where do we start? A panel discussion	Meeting Room C2.5 and C2.6
	Chairperson: Moira Junge	Presenter Names
	Panel	Dorothy Bruck, Ron Grunstein, Rita Harding, David Hillman, Jon Quach, Donna Van Bueren

0830-0900	Keynote presentation: Pre-operative screening for sleep apnoea and CPAP treatment: Is this evidence-based?	Pyrmont Theatre
	Chairpersons: David Hillman	Presenter Names
	Pre-operative screening for sleep apnoea and CPAP treatment: Is this evidence-based?	Frances Chung

0900-1030	ASTA plenary: Beyond staging - what else can sleep EEG tell us?	Pyrmont Theatre
	Chairpersons: Kerri Melehan and Teanau Roebuck	Presenter Names
0900-0920	Sleep EEG: Beyond staging	Scott Coussens
0920-0940	High-density EEG signatures in obstructive sleep apnoea – exploring cognitive deficits and response to treatment	Angela Rozario
0940-1000	Sleep spindle therapeutics? The effects of drugs on spindles and sleep-dependent memory	Bandana Saini
1000-1020	What about the kids? What we can learn from sleep EEG in children	Mark Kohler
1020-1030	Discussion	

1030-1100	Morning tea	Exhibition Hall, The Gallery
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1100-1200	Poster discussion: Cardiac disease and cancer in OSA	Pymont Theatre
	Chairpersons: Maththew Naughton and Fergal O'Donoghue	Presenter Names
1100-1106	Obstructive sleep apnoea and endothelial function in patients with an acute coronary syndrome	Hasthi Dissanayake
1106-1112	Obstructive sleep apnoea severity and markers of autonomic function in acute coronary syndrome	Seren Ucak
1112-1118	Body composition and obstructive sleep apnoea severity in an acute coronary syndrome population	Kate Sutherland
1118-1124	Differences in obstructive sleep apnoea pathogenesis between obese and non-obese people	Charlotte Rollo
1124-1130	Sleep apnoea screening for patients with atrial fibrillation: Results of the SAFARI study	Anna Mohammaddieh
1130-1136	A new screening tool for obstructive sleep apnoea tailored to a cardiac population	Amal Mohamed Dameer
1136-1142	Age-related differences in association of OSA with cancer incidence in a large sleep clinic cohort	Bhajan Singh
1142-1148	Association between hypoxemia in OSA and cancer incidence in a large sleep clinic cohort	Nigel McArdle
1148-1154	Intermittent hypoxia simulating obstructive sleep apnoea increases HIF-1 in brain, breast and prostate cancer cells	Chloe-Anne Martinez
1154-1200	Activation of oxygen sensing pathways in a cancer cell culture model of obstructive sleep apnoea	Kristina Cook

1100-1200	Poster discussion: Advanced Trainee	Meeting Room C2.1
	Chairpersons: Vinod Aiyappan and Andrew Chan	Presenter Names
1100-1106	Barriers to sleep in patients hospitalised with an acute exacerbation of chronic obstructive pulmonary disease	Golsa Adabi
1106-1112	Predictors of weight loss in obesity and obstructive sleep apnoea	Thomas Atree
1112-1118	Effect of body position on cerebral tissue oxygenation, cerebral haemodynamics and sleep in preterm infants	Pranav Jani
1118-1124	Incidence of allergen specific and total IgE positivity in children undergoing adenotonsillectomy	Matthew Lam
1124-1130	Obstructive sleep apnoea is associated with dynamic intra-thoracic central airway collapse	Thomas Crowhurst
1130-1136	Continuous positive airway pressure therapy adherence in women with obstructive sleep apnoea in Northern Territory	Kyi Kyi Zaw
1136-1142	Telemonitoring in users of long-term non-invasive ventilation: Feasibility and determining clinical limits	Vishnu Jeganathan
1142-1148	Patients with heart failure have abnormal breathing in exercise and sleep	Belinda Liu
1148-1154	Prevalence and predictors of REM sleep without Atonia in a sleep clinic population	Christiaan Yu
1154-1200	Short term impacts of in-hospital sleep disruption on adult patients' health: A systematic review	Archit Chawla

1100-1200	Poster discussion: CPAP: Usage and outcomes	Meeting Room C2.2 and C2.3
	Chairpersons: Kristina Kairaitis and Sameh Samuel	Presenter Names
1100-1106	Impact of age on the prediction of CPAP pressure in patients with obstructive sleep apnoea	Yasuhiro Tomita
1106-1112	First week of CPAP usage and older age predict CPAP usage at 4 months	Julie Tolson
1112-1118	An automated system for sizing nasal PAP masks using facial photographs	Benjamin Johnston
1118-1124	Cost-effective novel innovative box (C-Box) to prevent cockroach infestation of continuous positive airway pressure equipment	Subash Heraganahally
1124-1130	Absence of sleep-disordered breathing predicts successful weaning from non-invasive ventilation in acute hypercapnic respiratory failure	Sherman Siu
1130-1136	CPAP treatment, glycaemia and diabetes risk in obstructive sleep apnoea with comorbid cardiovascular disease	Kelly Loffler
1136-1142	CPAP treatment on depression and anxiety symptoms in OSA patients: A SAVE study and meta-analysis	Danni Zheng
1142-1148	Encouraging nasal/nasal pillow masks during initial titration - real world outcomes	Matthew Fanning
1148-1154	Reliability of simple sleep evaluation system "Watch-PAT" at split night polysomnography	Taro Adachi
1154-1200	Dysfunctional breathing treated with CPAP in newly diagnosed obstructive sleep apnoea: A prospective cohort study	Adrian Barnett

1100-1200	Poster discussion: Sleep health across professions	Meeting Room C2.4
	Chairpersons: Nathaniel Marshal and Bei Bei	Presenter Names
1100-1106	Are we sleeping enough? Usual sleep duration in nationally representative sample of Australians	Yu Sun Bin
1106-1112	The effect of rotating shift on sleep, mood and stress of Australian paramedics: A field study	Wahaj Khan
1112-1118	Sleep hygiene in paramedics: What do they know and what do they do?	Grace Vincent
1118-1124	Associations between shift work characteristics, shift schedules, sleep problems, and burnout in police officers	Alex Wolkow
1124-1130	Health risks and potential predictors of fatigue and sleepiness in airline cabin crew	Candice Chien-Yu Wen
1130-1136	Sleep quality in medical students - a New Zealand perspective	Karen Falloon
1136-1142	"I'm only as good as the sleep I get": Sleep health among family carers	Rosemary Gibson
1142-1148	Sleep and cardiovascular health screening in commercial drivers and associations between screening outcomes and accidents	Alex Wolkow
1148-1154	How much training do Australian postgraduate psychology students receive in sleep, sleep disorders and chronobiology	Hailey Meaklim
1154-1200	Perceptions, skills and knowledge of sleep-related difficulties within a cancer psychosocial support workforce	Bronwyn Sweeney

1100-1200	Poster discussion: OSA, CSA and sleep health: Insights	Meeting Room C2.5 and C2.6
	Chairpersons: Teanau Roebuck and Brendon Yee	Presenter Names
1100-1106	Severe sleep disordered breathing disrupts sleep architecture	Gemma Paech
1106-1112	Obstructive sleep apnoea during pregnancy as a predictor of future disease: A case-control study	Gurpreet Chaggar
1112-1118	Sleep and intrusive memories immediately after a traumatic event in emergency department patients	Kate Porcheret
1118-1124	Central sleep apnoea (CSA) - could it be due to non-traditional risk factors?	Shyamala Pradeepan
1124-1130	Technology use at night, sleep quality and daytime disturbances: A screenshot of Australian adults	Sarah Appleton
1130-1136	Customization of actigraph activity thresholds to improve accuracy of total sleep time and sleep efficiency	Kirk Kee
1136-1142	Predictors and correlates of changes in sleep duration over 3-years: Data from a community-based cohort	Yu Sun Bin
1142-1148	Automatic scoring of non-apnoea arousals using time and frequency based features derived from the polysomnogram	Nadi Sadr
1148-1154	The relationship between sleepiness, tiredness and lapses of attention in patients undergoing daytime sleep testing	Andrew Perkins

1200-1230	Poster Viewing	Exhibition Hall, The Gallery
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1230-1330	Lunch	Exhibition Hall, The Gallery
1230-1330	Paediatric Council Meeting	ROOM
1230-1330	Chronobiology Council Meeting	ROOM
1230-1330	Primary Care Council Meeting	ROOM

1330-1515	Oral presentation: Insomnia: Outcomes and strategies	Pyrmont Theatre
	Chairpersons: Delwyn Bartlett and Hailey Meaklim	Presenter Names
1330-1345	Administering intensive sleep retraining to treat chronic insomnia using the Sleep On Cue smartphone application	Hannah Scott
1345-1400	Insomnia and driving: Comparisons between insomnia outpatients and healthy adults	Tiffany Lo
1400-1415	Insomnia and mortality: A meta-analysis	Nicole Lovato
1415-1430	Uptake and outcomes of low-cost cognitive behavioural therapy for insomnia in a multidisciplinary sleep clinic	Yvonne Ng
1430-1445	Prototype of a patient education tool to support treatment decision-making	Janet Cheung
1445-1500	Group CBT for Insomnia: Establishing effectiveness in a real-world psychiatric setting	Melissa Ree
1500-1515	Anxiety and depression predict dyadic sleep characteristics differently in bed-sharing couples with and without insomnia	Elizabeth Walters

1330-1515	Oral presentation: Sleep and neuroscience	Meeting Room C2.1
	Chairpersons: Chris Blackwell and Sharon Naismith	Presenter Names
1330-1345	Indicators of REM without atonia from standard PSG scoring	Anthony Turton
1345-1400	Obstructive sleep apnoea is associated with amyloid burden and cognitive dysfunction: A PET imaging study	Melinda Jackson
1400-1415	Amyloid burden and less slow-wave sleep are associated with poor cognition in obstructive sleep apnoea	Marina Cavuoto
1415-1430	Nocturnal heart rate variability in older adults with mild cognitive impairment	Shawn Kong
1430-1445	Attention and emotion do not modulate memory consolidation in a short sleep relative to wake	Scott Coussens
1445-1500	Correlation of self-reported sleep duration with working memory of teenagers	Bharati Mehta
1500-1515	The effects of acute and chronic alcohol consumption on sleep power spectra in young adults	Caitlyn Gourlay

1330-1515	Oral presentation: Sleep and breathing measurement	Meeting Room C2.2 and C2.3
	Chairpersons: Brad Edwards and Kerri Melehan	Presenter Names
1330-1345	A pilot study examining EEG spectral power in the presence of infrasound during sleep	Claire Dunbar
1345-1400	Quantitative measurement of snoring in patients referred for Oral Appliance therapy	Joachim Ngiam
1400-1415	An algorithm to estimate sleep apnoea phenotypes from standard sleep study and clinical data	Ritaban Dutta
1415-1430	Non-invasive diagnosis of sleep apnoea using ECG and respiratory bands	Nadi Sadr
1430-1445	The effect of hypopnoea scoring criteria on the estimation of arousal threshold	Luke Thomson
1445-1500	Altered inspiratory airway dilation patterns with mandibular advancement splints may help predict treatment outcomes	Lauriane Jugé
1500-1515	A new approach to the assessment of inter-scorer variability	Jeremy Stonehouse

1330-1515	Oral presentation: Clocks and chronotypes	Meeting Room C2.4
	Chairpersons: Gemma Paech and Amy Reynolds	Presenter Names
1330-1345	A pilot study investigating wind farm noise effects on objective and subjective sleep onset latency	Tessa Liebich
1345-1400	Sleep inertia in physicians working on-call night shifts	Raymond Mathews
1400-1415	Using daytime sleep strategies to increase sleep duration during a week of simulated night work	Charli Sargent
1415-1430	The duration of light exposure in the morning and early-afternoon affects adaptation to night work	Greg Roach
1430-1445	Associations between suicidality and subjective and objective sleep-wake disturbances in young people with mood disorders	Joanne Carpenter
1445-1500	Quantifying the influence of flight and travel characteristics on subjective jetlag	Yu Sun Bin
1500-1515	Crash risk and sleepiness during a simulated commute decrease over a week of night work	Greg Roach

1330-1515	Oral presentation: Paediatric sleep health	Meeting Room C2.5 and C2.6
	Chairpersons: Jasneek Chawla and Barbara Galland	Presenter Names
1330-1345	The epidemiology of paediatric adenotonsillectomy and inter-hospital transfers in Victoria, Australia	Aimy Tran
1345-1400	Lifetime sleep trajectories predict variations in children's outcomes at 10-11 years: Australian longitudinal study	Jon Quach
1400-1415	Are there gender differences in the effects of sleep disordered breathing in children?	Rosemary Horne
1415-1430	Sleep and affect in adolescents: Bi-directional relationships over 28 days of constrained and unconstrained sleep	Bei Bei
1430-1445	Does TcCO2 correlate with partial obstruction in children suspected of sleep disordered breathing?	Bebe D'Souza
1445-1500	Maternal and neonatal outcomes for restless legs syndrome in pregnancy: A systematic review	Kate Steinweg
1500-1515	Sleep pattern and Body Mass Index gain in Indigenous Australian children	Yaqoot Fatima

1515-1545	Afternoon tea	Exhibition Hall, The Gallery
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1545-1715	Symposia session: Personalised medicine for OSA -approaches to assessment and management	Pyrmont Theatre
	Chairpersons: Garun Hamilton and Simon Joosten	Presenter Names
1545-1555	Introduction	Garun Hamilton
1555-1620	Symptom presentation, clinical phenotypes and OSA treatment effects	Bhajan Singh
1620-1645	Disease severity, co-morbidities and biological impact - how should we measure them and what is the effect of treatment?	Peter Cistulli
1645-1710	Pathophysiological traits causing OSA - how can we use them to select the best treatment?	Brad Edwards
1710-1715	Summary and conclusions	Garun Hamilton

1545-1715	Symposia session: Paediatric year in review	Meeting Room C2.1
	Chairperson: Barbara Galland	Presenter Names
1545-1605	Infant sleep: Latest research update	Sally Baddock
1605-1625	Childhood sleep: Latest research update	Barbara Galland
1625-1645	Adolescent sleep: Latest research update	Bei Bei
1645-1705	Paediatric OSA: Latest research update	David McNamara

1545-1715	Symposia session: Societal impact of sleep research: Does science have to be sexy?	Meeting Room C2.2 and C2.3
	Chairpersons: Siobhan Banks and Sarah Blunden	Presenter Names
1545-1605	Research dissemination methods to maximize impact in Sweden	John Axelsson
1605-1625	Delivering parenting sleep information online for wider access: Does it work?	Sarah Blunden
1625-1645	When the messages don't work... looking for an alternative approach	Sally Baddock
1645-1705	Connecting parents to evidence-based, online sleep information: Resources for parents and practitioners	Robyn Ball
1705-1715	Discussion	

1545-1715	Symposia session: Shedding new light on delayed sleep-wake phase disorder	Meeting Room C2.4
	Chairpersons: Michelle Magee and Shantha Rajaratnam	Presenter Names
1545-1550	Shedding new light on Delayed Sleep-Wake Phase Disorder: Introduction	Shantha Rajaratnam
1550-1610	DSWPD: Novel evaluations of etiology	Leon Lack
1610-1630	Circadian neurobiology of 'night owls' and the impact on well-being and performance	Elise Facer-Childs
1630-1650	Clinical presentation and management of insufficient sleep and circadian delay in adolescents	Chris Seton
1650-1710	Melatonin treatment approaches for Delayed Sleep-Wake Phase Disorder	Tracey Sletten
1710-1715	Discussion	

1545-1715	Year In Review symposia session: Measures of propensity to sleep and alertness	Meeting Room C2.5 and C2.6
	Chairperson: Scott Coussens	Presenter Names
1545-1605	Presentation 1	Teanae Roebuck
1605-1625	Presentation 2	Denise O'Driscoll
1625-1645	Presentation 3	Craig Phillips

1715-1815	ASTA Annual General Meeting	Meeting Room C2.1
1715-1815	SHF Annual General Meeting	Meeting Room C2.5 and C2.6

1800-2000	Philips Sponsored Symposium: Auditory Stimulation for Slow Wave Sleep Enhancement	Meeting Room C2.2 and C2.3
	Chairperson: Mark Aloia	Presenter Names
1800-1830	Welcome canapés	
1830-1835	Philips symposia open	Mark Aloia
1835-1900	SmartSleep: A closed loop system to enhance slow wave sleep	Gary Garcia Molina
1900-1930	SmartSleep: A novel intervention to improve cognitive function	Clare Anderson
1930-2000	Question time and close	Mark Aloia

1815-1915	The Annual Sleep Health Foundation Great Debate: In terms of sleep health the body clock trumps the upper airway	Meeting Room C2.5 and C2.6
	Adjudicator: Sean Drummond	Presenters
	Team 1	Siobhan Banks, Sally Ferguson, Amy Reynolds
	Team 2	Michael Hlavac, Darren Mansfield
1910-1915	Adjudicator: Final decision	Sean Drummond

Saturday 19 October

Time		
0700-0830	Breakfast symposia session: Expert insights into the new NHMRC and MRFF grant schemes	Meeting Room C2.1
	Chairperson: Danny Eckert	Presenter Names
	Co-facilitators	Peter Eastwood and Ron Grunstein
0700-0830	Q and A with expert panel	David Berlowitz, Rosemary Horne, Melinda Jackson, Sutapa Mukherjee, Craig Phillips and Andrew Vakulin

0700-0830	Breakfast symposia session: Surgery for paediatric OSA	Meeting Room C2.4
	Chairperson: Alan Cheng	Presenter Names
	Measures of partial obstruction around surgery in paediatric OSA	Mark Norman
	RCT results around surgery in pre-schoolers with OSA	Karen Waters
	An ENT surgeons perspective on paediatric OSA	Megan Hobson
	A paediatric sleep physician's perspective on paediatric OSA	Jasneek Chawla

0700-0830	Breakfast symposia session: Obesity hypoventilation (OHS) - all you need to know	Meeting Room C2.5 and C2.6
	Chairperson: Shyamala Pradeepan	Presenter Names
0700-0720	Morbid obesity and obesity hypoventilation syndrome: A clinical challenge for surgery and anaesthesia	Frances Chung
0720-0740	Who needs NIV vs CPAP for long term treatment in OHS	Mark Howard
0740-0800	NIV to manage OHS in the acute setting	Amanda Piper
0800-0815	Discussion	

0830-0900	Keynote presentation: Stress, sleep and health: What are the links?	Pyrmont Theatre
	Chairpersons: Sally Ferguson	Presenter Names
0830-0900	Stress, sleep and health: What are the links?	John Axelsson

0900-1030	Sam Robinson Memorial Symposium: Practical techniques in sleep surgery	Pyrmont Theatre
	Chairpersons: Rachelle Love	Presenter Names
0900-0920	Role of the hypoglossal nerve stimulator in adult patients	Ryan Soose
0920-0940	Role of the hypoglossal nerve stimulator in paediatric patients	Stacey Ishman
0940-1000	Perioperative management of patients with sleep apnoea	Frances Chung
1000-1015	Beyond the Australian surgical RCT	Stuart Mackay
1015-1030	Panel Discussion	

0900-1030	Symposia session: Oral appliances - part of the mainstream treatment for obstructive sleep apnoea	Meeting Room C2.1
	Chairpersons: Maree Barnes and Jamison Spencer	Presenter Names
0900-0930	Oral appliances - a targeted therapeutic approach	Kate Sutherland
0930-1000	Which appliance for which patient? Side effects and complications of oral appliances - how a good dentist can mitigate these	Harry Ball
1000-1020	Bruxism - diagnosis, clinical relevance and treatment	Ramesh Balasubramaniam
1020-1030	Discussion	Harry Ball, Kate Sutherland, Ramesh Balasubramaniam, Jamieson Spencer

0900-1030	Symposia session: Sleep and mental health in perinatal women	Meeting Room C2.2 and C2.3
	Chairpersons: Yu Sun Bin	Presenter Names
0900-0920	Sleep in late pregnancy and the relationship to depressive symptoms	Leigh Signal
0920-0940	Impact of a sleep education intervention on depression	Clare Ladyman
0940-1000	Sleep and the postpartum – observations and an intervention	Bronwyn Sweeney
1000-1020	Sleep and mental health from pregnancy to 2 years postpartum: Findings from the SEED project	Bei Bei
1020-1030	Discussion	

0900-1030	Symposia session: Run, eat, sleep, repeat...the relationships between exercise, sleep, and performance	Meeting Room C2.4
	Chairpersons: Charli Sargent and Grace Vincent	Presenter Names
0900-0922	Playing the long game... how do the demands of elite sport affect the sleep of athletes?	Charlie Sargent
0922-0944	Travel implications for team sport athletes	Hugh Fullagar
0944-1006	Does exercise before bed impact sleep inertia?	Grace Vincent
1006-1028	Pilot interventions aimed at improving the sleep/wake behaviour of adolescent athletes	Travis Steenekamp

0900-1030	Symposia session: The biological clock and insomnia: Treatment and measurement	Meeting Room C2.5 and C2.6
	Chairpersons: Sean Cain	Presenter Names
0900-0920	Insomnia - an integrative treatment approach: 1. Melatonin	David Cunningham
0920-0940	2. Light exposure, light sensitivity, and sleep disorders	Sean Cain
0940-1000	3. Psychological treatment: Considerations to address the chronobiological components of insomnia disorder	Hailey Meaklim
1000-1020	Measurement of sinusoidal rhythms vs. irregular 24h rest-activity rhythms	Chin Moi Chow
1020-1030	Discussion	

1030-1100	Morning tea	Exhibition Hall, The Gallery
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1100-1200	Poster discussion: The collapsable upper airway and non PAP treatments	Pyrmont Theatre
	Chairpersons: Maree Barnes and Rob Shea	Presenter Names
1100-1106	Can upper airway collapsibility predict risk for post-operative adverse respiratory events in adults?	Jen Walsh
1106-1112	Hyoid suspension experience in multilevel OSAHS surgery	S M Khorshed Alam Mazumder
1112-1118	The effect of oxygen therapy in patients who have failed surgical treatment for OSA	Simon Joosten
1118-1124	Identifying the site of upper airway collapse in OSA patients using snoring signal	Arun Sebastian
1124-1130	The dose dependent effect of progressive mandibular advancement on snoring with mandibular advancement splint therapy	Joachim Ngiam
1130-1136	Comparison of efficacy from a custom and trial oral appliance	Daniel Levendowski
1136-1142	A novel oral device to assess mandubular advancement splint tolerance and efficacy	Saul Gilbert
1142-1148	Nasal cycle - a novel trait. Can it be measured in obstructive sleep apnoea syndrome?	Alister Neill
1148-1154	Nocturnal swallowing augments arousal intensity and arousal tachycardia	Peter Burke
1154-1200	Intra-oral negative pressure therapy upper airway imaging in obstructive sleep apnoea patients: Responders vs. nonresponders	Ching-Lung Liu

1100-1200	Poster discussion: Paediatric sleep disordered breathing	Meeting Room C2.1
	Chairpersons: Mandie Griffiths and Rosemary Horne	Presenter Names
1100-1106	The effect of paediatric masks on non-invasive ventilation pressures in children under 2 years	Gordon Williams
1106-1112	Comparing sleep parameters in paediatric patients treated with conventional bi-level PAP and bi-level PAP (AVAPS)	Sonia Pithers
1112-1118	Long term PAP in paediatrics: Family experiences with the system	Angela Campbell
1118-1124	The response of obstructive sleep apnoea symptoms in children to continuous positive airway pressure	Kirsten Ellis
1124-1130	Validation of transcutaneous CO2 to paediatric oximetry to improve accuracy of screening	Felicity Cheng
1130-1136	Development of a technical paediatric polysomnography training program for clinical measurement practitioners: Pilot evaluation	Alina Nunez
1136-1142	The timecourse of obstructive sleep apnoea in children with Down Syndrome	Karen Waters
1142-1148	Sleep disturbances and related factors in young adults with a history of childhood TBI	Edith Botchway
1148-1154	The POSTA study: 24-month follow-up of IQ after randomised adenotonsillectomy for mild OSA in preschoolers	Karen Waters
1154-1200	Characterising sleep in young people with borderline personality disorder using actigraphy and self-report measures	Claire Jenkins

1100-1200	Poster discussion: Insomnia and sleep health	Meeting Room C2.2 and C2.3
	Chairpersons: Charli Sargent and Prerna Varma	Presenter Names
1100-1106	Sleep disturbance and relationship satisfaction in couples treated for insomnia	Alix Mellor
1106-1112	Stress, cognition, and sleep: A comparison of good sleepers and insomnia symptom groups	Wendy Finck
1112-1118	A feasibility study of a mobile app to treat insomnia	Melissa Aji
1118-1124	The accuracy of the THIM device for estimating sleep onset with good and poor sleepers	Hannah Scott
1124-1130	The efficacy of biofeedback for the treatment of insomnia: A critical review	Nicole Lovato
1130-1136	Can a tailored 28-day mobile-health behaviour change intervention improve sleep outcomes?	Grace Vincent
1136-1142	Economic evaluation of cognitive behavioural therapy for insomnia (CBT-I) in adult population: A systematic review	Andrea Natsky
1142-1148	The accuracy of THIM for measuring sleep and wakefulness overnight with good and poor sleepers	Hannah Scott
1148-1154	Addressing insomnia in autistic adults: A pilot study	Amanda Richdale
1154-1200	Novel evaluation of task participation diary as a metric for daytime functioning in insomnia patients	Kelsey Bickley

1100-1200	Poster discussion: Sleep disorders and primary care	Meeting Room C2.4
	Chairpersons: Alan Young	Presenter Names
1100-1106	Nurses roles and practice in managing sleep health in Australia and New Zealand cross-sectional survey	Catherine Buchan
1106-1112	Sleep health management within primary care: Knowledge, experiences and attitudes of Australian general practice nurses	Nicole Grivell
1112-1118	Analysis of health related quality of life and primary care management of OSA and insomnia	Jenny Haycock
1118-1124	A scoping review of approaches used to educate primary care providers to manage sleep disorders	Nicole Grivell
1124-1130	Managing sleep disorders: A qualitative study exploring current practices, knowledge and attitudes of general practitioners	Elizabeth Hoon
1130-1136	Exploring clinicians' comfort with the inclusion of sleep apnoea patients' designated partners in clinic	Kim Ward
1136-1142	The impact of the November 2018 Medicare changes on sleep services in New South Wales	Kerri Melehan
1142-1148	Impact of Medicare changes to diagnostic sleep studies and consultations - a retrospective audit	Courtney Jarrett
1148-1154	Internal and external consistency of the Liverpool Jetlag Questionnaire	Yu Sun Bin
1154-1200	Effectiveness of a patient-centred sleep study report in the management of obstructive sleep apnoea	Meera Srinivasan

1100-1200	Poster discussion: Insights into OSA. Insights into Indigenous sleep health	Meeting Room C2.5 and C2.6
	Chairpersons: Garun Hamilton and Camilla Hoyos	Presenter Names
1100-1106	Literature review on the association between obstructive sleep apnoea and organ damage	Amal Mohamed Dameer
1106-1112	MIF -794 CATT 5-8 gene polymorphism and MIF level in obstructive sleep apnea	Yogendra Singh
1112-1118	The impact of sleep apnoea on sleep quality of haemodialysis patients - a mix-methods study	Gemma Paech
1118-1124	Genioglossus reflex responses to brief pulses of negative pharyngeal pressure in people with multiple sclerosis	Hanna Hensen
1124-1130	Obstructive sleep apnoea induced hypoxemia reduces hand grip strength	David Stevens
1130-1136	Gender difference among Aboriginal patients with obstructive sleep apnoea in the Northern Territory of Australia	Ram Ghimire
1136-1142	Top End Sleepiness Scale - an alternative to Epworth Sleepiness Scale in remote Aboriginal populations	Sam Benn
1142-1148	Impact of development of a paediatric sleep service on remote children in the Northern Territory	Natalie Gentin
1148-1154	An audit on health department funded CPAP through nurse led clinic in the Northern Territory	Claire Kerlake

1200-1230	Poster Viewing	Exhibition Hall, The Gallery
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1230-1330	Lunch	Exhibition Hall, The Gallery
1230-1330	Sleep and Respiratory Council Meeting	Meeting Room C2.1
1230-1330	Occupational Health, Safety and Performance Council Meeting	Meeting Room C2.2 and C2.3
1230-1330	Insomnia and Sleep Health Council Meeting	Meeting Room C2.4
1230-1330	Dental Council Meeting	Meeting Room C2.5 and C2.6

1330-1515	Oral presentation: The upper airway: Surgery and oral appliance therapy	Pyrmont Theatre
	Chairpersons: Peter Cistulli and Rachelle Love	Presenter Names
1330-1345	The effect of upper airway surgery on the underlying physiological causes of obstructive sleep apnoea	Ai-ming Wong
1345-1400	Modelling the upper-airway: A precursor to personalised surgical interventions for the treatment of sleep apnoea	Gregory Peoples
1400-1415	MRI analysis of tissue and airway volumes following upper airway surgery for obstructive sleep apnoea	Aimee Lowth
1415-1430	Mandibular advancement splint efficacy is higher but tolerance lower in people without lateral wall tendon	Liz Brown
1430-1445	Distributions of OSA therapy outcomes based on a trial oral appliance and/or supine avoidance	Daniel Levendowski
1445-1500	Treatment usage patterns across the first 60 days of oral appliance therapy: A cluster analysis	Kate Sutherland
1500-1515	Bilateral hypoglossal nerve stimulation for treatment of obstructive sleep apnoea	Peter Eastwood

1330-1515	Oral presentation: Supplements and strategies	Meeting Room C2.1
	Chairpersons: Ching Li Chai-Coetzer and David Wang	Presenter Names
1330-1345	High dose zopiclone does not change OSA severity, the arousal threshold or genioglossus muscle responsiveness	Sophie Carter
1345-1400	Reboxetine and hyoscine butylbromide reduce obstructive sleep apnoea severity	Richard Lim
1400-1415	Effects of atomoxetine combined with different anti-muscarinics on OSA severity and upper airway physiology	Atqiya Aishah
1415-1430	Magnesium supplementation for restless legs syndrome and periodic limb movement disorder: A systematic review	Nathaniel Marshall
1430-1445	Cannabis use patterns for sleep disorders in Australia: A subanalysis of an online cross-sectional survey	Anastasia Suraev
1445-1500	Oral cannabis: Can it be a substitute for the treatment of insomnia under naturalistic conditions?	Sneha Ambwani
1500-1515	Eye blink drowsiness measures are elevated in obstructive sleep apnoea patients during regular driving	Jennifer Cori

1330-1515	Oral presentation: OSA prevalence, surveys and research resources	Meeting Room C2.2 and C2.3
	Chairpersons: Robert Adams and Jen Walsh	Presenter Names
1330-1345	Prevalence of OSA Globally, in Asia and Oceania: Estimates using currently available data	Peter Eastwood
1345-1400	Prevalence of suboptimal sleep in Australia and receipt of care: Results from a national survey	Alexandra Metse
1400-1415	Sydney Sleep Biobank (SSB): Development of a research resource	Kate Sutherland
1415-1430	Sarcopenic obesity is associated with obstructive sleep apnoea: A population-based study	David Stevens
1430-1445	Ethnicity, socioeconomic position and preschoolers' sleep durations in Aotearoa/New Zealand: A mixed methods study	Dee Muller
1445-1500	Quality of service in paediatric sleep patients: Comparison of paper based versus online surveys	Nicole Verginis
1500-1515	Prediction of sleep duration with machine learning techniques based on BISQ survey in Korean children	Won Hee Seo

1330-1515	Oral presentation: Sleep loss, driving and cognitive impairment	Meeting Room C2.4
	Chairpersons: Mark Howard and Leigh Signal	Presenter Names
1330-1345	Strategies used by passengers to improve the experience of long-haul flights	Yu Sun Bin
1345-1400	Do people know when they're sleepy? The temporal profile of subjective and objective alertness changes	Jessica Manousakis
1400-1415	Delineating the influence of orexin 1 and 2 receptors on sleep architecture and aversive memory	Laura Jacobson
1415-1430	Younger and older drivers show high risk of adverse on-road driving events following sleep loss	Anna Cai
1430-1445	Sleepy drivers, sleepy passengers: Ability to perceive sleepiness and crash risk in others	Tiffany Lo
1445-1500	Sleep-wake change in cognitively impaired older adults with subsyndromal depression	Bonnie Tran
1500-1515	The impact of sleep loss on sustained and transient attention: An EEG study	Lucienne Shenfield

1330-1515	Oral presentation: Advanced trainee	Meeting Room C2.5 and C2.6
	Chairpersons: Sutapa Mukherjee and Shyamala Pradeepen	Presenter Names
1330-1345	Relationship between obstructive sleep apnoea, other cardiovascular risk factors and cardiovascular disease	Taha Huseini
1345-1400	Development of a CPAP titration protocol using a validated mathematical formula	Muhammad Ali Tahir
1400-1415	Prospective crossover trial of Positional and CPAP Therapy (PaCT) for the treatment of positional OSA	Malcolm Wilson
1415-1430	Randomised controlled trial on efficacy of audio-visual health educational materials on CPAP adherence: AHEAD trial	Chinthaka Samaranayake
1430-1445	Quantification of upper airway anatomical dimensions before and after upper airway surgery using MRI-based techniques	Timothy Cheung
1445-1500	Effect of propranolol on sleep in children with infantile hemangiomas	Vishal Saddi
1500-1515	Pulse oximetry: Useful tool to rule out significant obstructive sleep apnoea in children with laryngomalacia?	Rahul Thomas

1515-1545	Afternoon tea	Exhibition Hall, The Gallery
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1545-1715	Helen Bearpark Plenary: The time of your life: Sleep and circadian disruption in health and disease	Pyrmont Theatre
	Chairpersons: Robert Adams and Sally Ferguson	Presenter Names
1545-1607	Sleep, circadian disruption and disease: Knowledge advances and challenges from population data	Amy Reynolds
1607-1629	Sleep loss, circadian disruption and the human microbiome: Novel pathways for disease management?	Ken Wright Jr
1629-1651	Shiftwork disorder: Circadian mechanisms and treatment/management strategies	Shantha Rajaratnam
1651-1713	Sleep, circadian disruption and mental health: Relationships and therapeutic possibilities	Ian Hickie

1900	Sleep DownUnder Gala Dinner	Grand Ballroom
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