

Monday 11th October

Session Time				
<b>AEDT</b>				
<b>0830-0915</b>	<b>Aspen Pharmacare Australia Symposium</b>			
	Sleep disturbances in children with Autism Spectrum Disorder (ASD)			
	Introduction -		Sharon Brouillard	
	Speaker 1		Vishal Saddi	
	Speaker 2		Tony Atwood	
<b>0930-0945</b>	<b>Official Opening and Welcome to country</b>			
0945-1000	Award Presentations		Marcia Balzer Alan Young Denise O'Driscoll	
<b>1000-1130</b>	<b>Opening Plenary:</b> Sleep and mental health – an under-recognised relationship			
	<b>Chairperson: Darren Mansfield</b>		<b>Presenter Names</b>	
1000-1023	A neurobiological basis for the relationship between sleep and mental health		Ian Hickie	
1023-1045	Optimising sleep as a therapeutic target for mental health		Shantha Rajaratnam	
1045-1108	Sleep disturbance: A suicide risk factor?		Darren Mansfield	
1108-1130	Challenges and strategies for treating sleep disturbance in patients with mental illness		Sean Drummond	
<b>1130-1200</b>	<b>MORNING TEA BREAK</b>			
<b>1200-1330</b>	<b>New Investigator Award Presentations</b>			
	<b>Chairpersons: Denise O'Driscoll &amp; Angela D'Rozario</b>		<b>Presenter Names</b>	
1200-1215	Reboxetine reduces obstructive sleep apnea severity: a randomized trial		Thomas Altree	
1215-1230	Medical therapy for Sleep Disordered Breathing in children: a randomised, double-blind placebo-controlled trial		Alice Baker	
1230-1245	The impact of wind farm noise in a laboratory setting on objective and subjective sleep efficiency		Tessa Liebich	
1245-1300	Obstructive Sleep Apnoea severity is associated with parasympathetic withdrawal in Coronary Artery Disease		Seren Ucak	
1300-1315	Cognitive behavioural therapy and light dark therapy for postpartum insomnia symptoms: A randomised controlled trial		Sumedha Verma	
1315-1330	Early vascular ageing in children with sleep disordered breathing: Evidence of vascular hypertrophy and hyperplasia		Priscilla Vokolos	
<b>1330-1445</b>	<b>LUNCH BREAK</b>			
<b>1330-1415</b>	<b>ResMed Industry Symposium</b>		<b>1345-1430</b>	<b>Eisai Industry Symposium</b>
	<b>Session 1:</b> <b>Title: Influence of Patient Reported Outcomes on Positive Airway Pressure Treatment Adherence in Obstructive Sleep Apnea.</b> Speaker: Adam Benjafield Moderators: Jasmine Davies & Rainy Ng  <b>Session 2:</b> <b>Title: Connected Care using ResMed cloud based data solutions.</b> Speaker: Jerome Abellana Moderators: Jasmine Davies & Rainy Ng		<b>EXPLORE the new DORA: DAYVIGO for the Treatment of Insomnia</b> Speaker: Dr David Cunningham Chair: John Bower	

1330-1445	Council Meetings Sugery, Paed, Phys							
1445-1615	<b>Symposium session:</b> Positioning primary care at the centre of sleep disorders management		1445-1615	<b>Abstract session: Sleep Health and Other</b>		1445-1615	<b>Symposium Session:</b> Paediatric sleep diagnostics: adapting monitoring models of care to the changing era	<i>Session Sponsor:</i> Temple Healthcare
1445-1450	<b>Chairpersons: Robert Adams and Andrew Vakulin</b>	<b>Presenter Names</b>		<b>Chairpersons: Amanda Richdale, David Cunnington</b>	<b>Presenter Names</b>		<b>Chairpersons: Karen Waters &amp; Gill Nixon</b>	<b>Presenter Names</b>
1450-1510	Design and implementation of a specialist-supported primary care management pathway for OSA	Sachin Pendharkar	1445-1457	Sleep health promotion in Aboriginal and Torres Strait Islander communities: untapped potential of Indigenous youth workers as sleep coaches	Dure Sameen Jabran	1445-1505	Paediatric home sleep studies: Private and public experience	Scott Burgess and Mandie Griffiths
1510-1530	Evidence for general practice-based models of care for obstructive sleep apnoea	Ching Li Chai-Coetzer	1457-1509	Embedding digital sleep health into primary care practice: perspectives of general practitioners, nurses, and pharmacists	Janet Cheung	1505-1525	Virtual health solutions for paediatric home sleep monitoring	Moya Vandeleur and Anne-Marie Adams
1530-1550	Introducing the new obstructive sleep apnoea primary care resource	Nick Zwar	1509-1521	The Good Sleeper Scale-13 Items: a standardised questionnaire for the assessment of good sleepers	Jack Manners	1525-1545	The Sonomat as an alternative to PSG for children with neurodisability: A pilot study in Down syndrome	Jasneek Chawla
1550-1610	How to effect policy change in sleep medicine	Sally Redman	1521-1533	The role of dysfunctional beliefs and attitudes about sleep in the association between daily sleep and affect in adolescents and emerging adults	Evangelos Chachos	1545-1605	Opportunities (and pitfalls) of modern data analysis and artificial intelligence in paediatric sleep medicine	Phil Terrill
1610-1615	Concluding statement from Chairs		1533-1545	Associations between sleep and Alzheimer's disease biomarkers within the EPAD cohort	Sharon Naismith	1605-1615	Q&A	
			1545-1557	A prospective evaluation of the nature and time course of sleep disordered breathing and respiratory failure in patients with motor neurone disease (MND): the BreatheMND-1 study	Vinod Aiyappan			
			1557-1609	The pathogenesis of obstructive sleep apnea in individuals with comorbid insomnia and obstructive sleep apnoea (COMISA)	Elliot Brooker			
1615-1645	AFTERNOON TEA BREAK							
1645-1815	<b>Symposium session:</b> Big data in sleep: lessons, opportunities and challenges		1645-1815	<b>Symposium session:</b> Sleeping in extreme operational spaces and places	ROOM	1645-1815	<b>Abstract session: Paediatric</b>	
	<b>Chairpersons: David Berlowitz &amp; Amal Dameer</b>	<b>Presenters Names</b>		<b>Chairperson: Siobhan Banks</b>	<b>Presenter Names</b>		<b>Chairpersons: Moya Vandeleur &amp; Sadasivam Suresh</b>	<b>Presenter Names</b>
1645-1705	Making sleep health more precise and personalized: The use of machine learning, artificial intelligence, and digital technology to understand and improve sleep at the population level	Azizi Seixas	1645-1715	High Seas: The impact of two distinct hostile environments on sleep and fatigue	Nita Shattuck	1645-1657	Heart rate response to obstructive respiratory events in children born preterm with OSA	Lisa Walter
1705-1725	Big Data Applications based on data in Electronic Health Records (EHR)	Allan Pack	1715-1735	Dark, cold, and isolated: Sleep in the Antarctic winter	Tracey Sletten	1657-1709	Upper airway collapsibility measurement under anaesthesia in children: feasibility and utility in predicting perioperative respiratory adverse events	Mon Ohn
1725-1740	A technical perspective: Can wearables provide useful insights into sleep?	Mathias Baumert	1735-1755	Sleeping in the Deep: How the undersea environment impacts sleep and performance	Siobhan Banks	1709-1721	Exploring the drivers of geographic variation for paediatric tonsillectomy and adenoidectomy	Aimy Tran
1740-1755	"Sleep in silico"	Logan Schneider	1755-1815	The air up there: Does exposure to altitude impair sleep in elite footballers?	Charli Sargent	1721-1733	Parents' experiences of having a child with Down Syndrome and sleep difficulties	Maria Carmen Miguel
1755-1815	Panel discussion	Allan Pack Azizi Seixas Mathias Baumert Logan Schneider				1733-1745	Changes in sleep parameters in children with Down Syndrome following treatment	Jasneek Chawla
						1745-1757	Mobile phone use at night, cyber-bullying, sleep, and mental wellbeing in young people aged 7 to 19 years	Kurt Lushington
						1757-1809	What helped you and what prevented you from getting good sleep? Contribution of daily facilitators and barriers to adolescent sleep	Svetlana Maskevich
1815-1900	ASA Annual General Meeting							
1900-2100	<b>Symposium session:</b> Sam Robinson Memorial Lecture - The latest in sleep surgery							
	<b>Chairpersons: Stuart MacKay &amp; Leon Kitipornchai</b>	<b>Panelists:</b>						
1900-1920		Stuart Mackay						
1920-1935	Year in review: Notable papers in paediatric sleep surgery	Lyndon Chan						
1935-1955	The ASA position statement on surgical management of OSA: A clinician's guide	Nick Stow						
1955-2010	Year in review: Notable papers in Hypoglossal nerve stimulation	Rachelle Love						
2010-2025		Nathan Hayward						
2025-2035		Leon Kitipornchai						
2035-2055		Richard Lewis						
2055-2100	Q+A	Richard Lewis						

Tuesday 12th October

Session Time					
0800-0930	<b>Symposium session: 27</b> Obstructive sleep apnoea and autonomic function - a mediator of cardiometabolic risk		0800-0930	<b>Symposium session: 21</b> Updates in oral appliance therapy: understanding mechanisms, treatment usage and severe OSA health outcomes	
	<b>Chairpersons: Hasthi Dissanayake &amp; Philip de Chazal</b>	<b>Presenter Names</b>		<b>Chairperson: Kate Sutherland</b>	<b>Presenter Names</b>
0800-0805	Symposium open	Hasthi Dissanayake/ Philip de Chazal	0800-0830	MAS effects on the upper airway and treatment response: Insights from dynamic imaging	Lynne Bilston
0805-0825	Profile of autonomic function in obstructive sleep apnoea	Hasthi Dissanayake	0830-0900	Health outcomes of MAS vs. CPAP for treatment of severe OSA: an individual participant data meta-analysis	Wojciech Trzepizur
0825-0845	Intersecting the fields of sleep apnoea, brain function and cardiometabolic function	Melissa Farnham	0900-0930	Objective MAS adherence and comparative treatment usage patterns	Mona Hamoda
0845-0905	Non-invasive measurement of autonomic function	Philip de Chazal			
0905-0925	Heart rate variability in OSA	Bhajan Singh			
0925-0930	Closing comments	Hasthi Dissanayake/ Philip de Chazal			

0930-1100	<b>Plenary / Keynote Presentation:</b> Sleep and society: continuity and chaos across the life course				
	<b>Chairperson: Nick Glozier</b>	<b>Presenter Names</b>			
	<b>ANZSSA 2021 Awards Presentations (5mins)</b> ANZSSA Conference Attendance Grants ANZSSA Fisher and Paykel Healthcare NZ Conference Attendance Grants ANZSSA President's Award - Kerri Melehan (winner)	Tom Churchward Kerri Melehan			
0930-0945	Sleep and society: Overview	Simon Smith			
0945-1000	Sleep in a complex social world: sleep, families, and care environments	Sally Staton			
1000-1015	Sleep in a broadening social world: sleep, education and mental health	Kalina Rossa			
1015-1030	Sleep in a 24-hour society: sleep, work, and social disadvantage	Sally Ferguson			
1030-1045	Sleep in an aging society: sleep, aging and the 'new old'	Rosie Gibson			
1045-1100	Q&A				

1100-1130 MORNING TEA BREAK							
1130-1300	<b>ANZSSA session Symposium:</b> At the end of the day we've got this for tomorrow. Evolution of sleep (physiological) monitoring in the digital healthcare age		1130-1300	<b>Symposium session:</b> What's the remedy? Managing insomnia in primary care-treatment options and perspectives		1130-1300	<b>Abstract session: Sleep and breathing - clinical and epidemiology</b>
	<b>Chairperson: Tom Churchward, Nicole Verginis</b>	<b>Presenter Names</b>		<b>Chairpersons: Hannah Scott &amp; Prerna Varma</b>	<b>Presenter Names</b>		<b>Chairpersons: Andrew Gikas &amp; Amal Dameer</b>
1130-1140	Introduction	Teanau Roebuck	1130-1150	Insomnia management within Australian general practice: current experiences, knowledge and interest of general practitioners and practice nurses	Nicole Grivell	1130-1142	Preferred attributes of care pathways for obstructive sleep apnoea from the perspective of diagnosed patients and high-risk individuals: a discrete choice experiment
1140-1200	OSA in the digital age	Brett Duce	1150-1210	Rethinking safety and efficacy of sleep medicines use in Australia	Janet Cheung	1142-1154	Long-term cardiovascular risk in obstructive sleep apnoea: a sleep clinic cohort study
1200-1220	Actigraphy & Wearables – Evolving Technologies in Sleep	Denise O'Driscoll	1210-1225	Psychologists' knowledge, perspectives and attitudes towards the treatment of insomnia	Jenny Haycock	1154-1206	Impact of weight loss of OSA pathophysiology
1220-1240	Impact of night to night AHI variability on OSA diagnosis and management	Andrew Vakulin	1225-1245	Implementation of CBTi in Australian primary care	Alex Sweetman	1206-1218	Weight loss surgery in obese patients with obstructive sleep apnoea is associated with increased inter-hemispheric electroencephalographic coherence
1240-1300	Enhancing PSG data presentation and analysis	Angela D'Rozario	1245-1300	Q&A - all speakers		1218-1230	Smart polymer implants as an emerging technology for treating airway collapse in obstructive sleep apnea: proof of concept
						1230-1242	Pharyngeal enlargement via tongue advancement differs with mandibular advancement therapy response and improves treatment prediction
						1242-1254	The combination of mandibular advancement devices (MAD) and supplemental oxygen dramatically improves OSA severity: preliminary results from the MADOX trial.

1300-1400	LUNCH BREAK							
1300-1345	<b>Somnomed Industry Symposium:</b> <b>A review of complex OSA cases, a discussion on a multi-disciplinary approach to treating sleep apnea and predicting outcomes</b> Leon Kitipornchai, Adam Teo, Claire Ellender							
1300-1400	Council Meetings: Insomnia, NEST, Dental, Primary Care							
1400-1530	<b>Symposium session:</b> Sleep difficulties and their treatment in developmental disorders: what do we know?		1400-1530	<b>Symposium Session:</b> Interactive PSG analysis session – help the experts with some PSG dilemmas		1400-1530 9min: Presentation 3min: Q+A	<b>Abstracts session: Chronobiology/insomnia and sleep health</b>	
	<b>Chairperson: Amanda Richdale</b>	<b>Presenter Names</b>		<b>Chairperson: Tom Churchward</b>	<b>Presenter Names</b>		<b>Chairpersons: Alexander Wolkow &amp; Charli Sargent, <del>Janet Cheung</del></b>	
1400-1420	All you need to know about sleep in children, adolescents & adults with ADHD	Emma Sciberras	1400-1430	Adult PSG - Sleep Analysis	Kerri Melehan	1400-1412	Effectiveness of digital brief behavioural therapy for insomnia with wearable technology: pilot randomized controlled trial	Christopher Gordon
1420-1440	Sleep problems in Chromosome 15 Imprinting Disorders	Emma Baker	1430-1500	Adult PSG - Respiratory Analysis	Tom Churchward	1412-1424	Predictors of acute insomnia during the COVID-19 pandemic beyond perceived stress	Hailey Meaklim
1440-1500	Sleep Problems and Autism: What do we know?	Amanda Richdale	1500-1530	Paediatric PSG - Sleep & Respiratory Analysis	Rebecca Mihai	1424-1436	Changes in sleep-wake patterns, circadian timing, and mood in Australian teens during the COVID-19 pandemic	Julia Stone
1500-1520	The primary and secondary benefits of behavioural sleep interventions for children with developmental disabilities	Laurie McLay				1436-1448	Nocturnal melatonin secretion in post-treatment breast cancer patients: a preliminary study	Harini Subramanian
1520-1530	Q&A					1448-1500	The influence of travel and recovery inequality on game outcome in the National Basketball Association	Josh Leota
						1500-1512	Predicting subjective sleep quality using multi-day actigraphy data: A machine learning approach	Chien-hui Tancy Kao
						1512-1524	Rockabye sailor: investigating the impact of simulated motion on sleep and cognitive performance	Raymond Matthews
1530-1600	AFTERNOON TEA BREAK							
1600-1730	<b>Symposium session: 19</b> The Sleep Health Foundation's Great Debate: "That COVID-19 has been good for sleep"		1600-1730	<b>Symposium session:</b> Non-invasive ventilation in progressive neuromuscular disorders		1600-1730	<b>Abstract session: Sleep and breathing measurement and sleep and neurosciences</b>	
	<b>Chairperson: Sean Cain</b>	<b>Presenter Names</b>		<b>Chairpersons: David Berlowitz, Andrea Loewen</b>	<b>Presenter Names</b>		<b>Chairpersons: Scott Coussens, Teanau Roebuck</b>	
	Introduction on behalf of SHF	Moira Junge	1600-1615	Respiratory physiology in neuromuscular disease and implications for ventilation-are all NMD's the same?	Nicole Sheers	1600-1612	Automated vs expert manual analysis of the Multiple Sleep Latency Test	Suzana Miseski
	<b>Debate Contest</b>	Gemma Paech	1615-1630	"Home ventilation" models of care	Mark Howard	1612-1624	Respiratory event related oxygen desaturation is predictive of cardiovascular mortality in sleep apnoea patients	Philip de Chazal
		Jennifer Walsh	1630-1645	Use of polysomnography in decision making	Liam Hannan	1624-1636	Genioglossus motor control following the return to sleep after brief arousal	Amy Jordan
		Elise Facer-Childs	1645-1700	MND in clinical practice – case studies	Amanda Piper	1636-1648	Lower mean oxygen saturation in sleep is associated with worse cognitive performance in subjects with obstructive sleep apnoea	Thomas Georgeson
		Peter Eastwood	1700-1730	Panel discussion		1648-1700	Differential effects of sleep deprivation and sleep restriction on error awareness	Johanna Boardman
		Raymond Matthews				1700-1712	Sleep restriction impairs the ability to integrate multiple pieces of information into a decision	Sean Drummond
		Bradley Edwards				1712-1724	The impact of including oxygen desaturations occurring during awake epochs on the oxygen desaturation index	Carley Whenn
1730-1830	SHF AGM							
1730-1830	ANZSSA AGM							
1830-2000	<b>Early Career Researchers</b> Funding 101: ECR Funding opportunities in Australia and New Zealand							
	<b>Chairpersons: Andrew Vakulin, Charlotte Gupta and Prerna Varma</b>							
1830-1835	Introduction	Denise O'Driscoll						
1835-1855	Success by using a silver platter and making the reviewer nod along	Rick Wassing						
1855 - 1915	Brick by brick: the mixed funding experiences of an ECR building a portfolio	Rosemary Gibson						
1915-1935	Think outside the academic money box: funding your research from industry	Tracey Sletten						
1935-2000	Panel Q&A	Rick Wassing, Rosemary Gibson, Tracey Sletten & Andrew Vakulin						

Wednesday 13th October

Session Time								
0900-0945	<b>Entoura Industry Symposium:</b>		0830-1000	<b>Symposium session: 5</b> Standardizing reporting standards in insomnia RCTS		0830-1000	<b>Symposium Session: E2</b> Debate: "That reversal of OSA is of benefit to the long-term control of paroxysmal atrial fibrillation"	
	Chairperson: Clare Barker	Presenter Names		Chairperson: Jason Ellis & Sean Drummond	Presenter Names		Chairpersons: Matthew Naughton & Amal Dameer	Presenters Names
	Does medicinal cannabis work as a sleep aid? Clinical Trial	Karin Ried		A discussion panel featuring international guests from the USA will outline and debate standards and recommendations to build upon existing work, and highlight what still needs to be done to ensure the success of behavioural sleep medicine well into the future. <i>Chairs will manage speakers and timings</i>	Michael Perlis Daniel J. Buysse Michael Grandner Hannah Scott Alexandria Muench		Pro - 10 mins then 20mins Pro - 10 mins Con - 10 mins Con - 10 mins Q&A - 10 minutes	John Kalman Dominic Linz Prashanthan Sanders Rajeev Pathak
1000-1130	<b>Helen Bearpark Plenary Session 14:</b> Sleep Health in occupational settings: a view to the future Chairpersons: Nicole Lovato & Sally Ferguson	Presenter Names						
1000-1010	New Investigator's Award prizes							
1010-1030	Shift work, sleep and health: The first year of work as a new paramedic	Amy Reynolds						
1030-1050	Shifting towards healthy sleep practices for workers: what, why and how?	Grace Vincent						
1050-1110	Sleep and mental health interactions in new recruit emergency service personnel	Alexander Wolkow						
1110-1130	Influencing the sleep and circadian health of the next generation: opportunities and challenges	Yu Sun Bin						
1130-1140	Q&A							
1140-1200	<b>MORNING TEA BREAK</b>							
1200-1330	<b>Symposium session:</b> Shifting out of neutral: challenges and new approaches to assessing fitness to drive Chairperson: Gemma Paech	Presenter Names	1200-1330	<b>Symposium session:</b> Sleep health of indigenous Australians: untapped opportunities to improve health outcomes Chairperson: Yaqoot Fatima	Presenter Names	1200-1330	<b>Symposium Session:</b> Live paediatric scoring practice - interesting and challenging cases Chairpersons: Sadasivam Suresh and Moya Vandeleur	Presenter Names
1200-1220	Case by case: the clinician's perspective on assessing fitness to drive	Shyamala Pradeepan	1200-1220	The state of sleep health in First Nations Australians	Sarah Blunden	1200-1215	Beyond the Numbers	Anne-Marie Adams
1220-1240	Influence of sleep disorders on crash involvement	Sjaan Koppel	1220-1240	Sleep and heart structure and function in First Nations Australians	Stephanie Yiallorou	1215-1230	<del>Awake and asleep? - A curious case of control of breathing</del> Central apnoeas awake and asleep? A curious case of control of breathing	Miriam Cameron
1240-1300	Is your patient fit to drive? Simulated and naturalistic driving paradigms to assess sleep disorders patients	Mark Howard	1240-1300	Culturally appropriate diagnosis of sleep disorders in Indigenous Australian Communities	Subash Heraganahally	1230-1245	Apnoea scoring in infants	Rebecca Mihai
1300-1320	But I'm fine when I drive. Alternative ways of assessing performance in the clinical setting	Gemma Paech	1300-1320	Sleep health service delivery in Indigenous Australian Communities	Yaqoot Fatima	1245-1300	Spike and wave complexes: Normal vs Abnormal	Katrina Zaballa
1320-1330	Panel Q & A	Panel	1320-1330	Q&A		1300-1315 1315-1330	Common Artefacts (Things that go bump in the night) The art of scoring	Bruce Williamson John Wong
1330-1430	<b>LUNCH BREAK</b>							
1330-1430	Councils Meetings: Chronobiology, Neuro, Resp							
1430-1600	<b>Symposium Session:</b> OSA and Brain: Short-term and long-term neurological consequence in adults and children Chairpersons: Elizabeth Brown and Scott Coussens	Presenters Names	1430-1600	<b>Symposium Session:</b> Sleeping to win: the impact of sleep and chronobiology on health and performance in athletes Chairperson: Elise Facer-Childs	Presenter Names	1430-1600	<b>Symposium session:</b> Circadian disruption: methods, modelling, measurement and mood Chairpersons: Nicole Lovato and Gorica Micic	Presenter Names
1430-1450	OSA and the brain - acute neurological consequences in the pediatric age group	Rosemary Horne	1435-1445	Stress and Sleep in Elite athletes prior to the Rio 2016 Games	Shona Halson	1430-1450	A new method of measuring circadian light exposure and individual differences in the sensitivity to light	Sean Cain
1450-1510	OSA and the brain - long term neurological consequences in the pediatric age group	Kurt Lushington	1445-1455	The sleep of elite Australian rules footballers: A comparison of men and women	Spencer Roberts	1450-1510	A novel modelling paradigm for understanding how individual differences in physiology contribute to circadian disruption	Andrew Phillips
1510-1530	OSA and the brain - acute neurological consequences in adults	Ina Djonlagic	1455-1505	Examining the impact of sleep loss on muscle strength in females	Olivia Knowles	1510-1530	Circadian disruption in Australian populations	Amy Reynolds
1530-1550	OSA and the brain - long term neurological consequences in adults	Andrew Varga	1505-1515	Napping in athletes: what do we know and why does it matter?	Grace Vincent	1530-1550	Rest-activity rhythms and anxious-depressive and somatic symptoms among adolescents in the community	Jacob Crouse
1550-1600	Q&A		1515-1525	Associations between diet and sleep in elite Australian rules footballers	Dominique Condo	1550-1600	Q&A	
			1525-1535	Athlete clocks: the link between circadian phase, sleep and mental health	Elise Facer-Childs			
			1535-1545	Sleep probability before and after matches during an entire home and away season in professional footballers	Charli Sargent			
			1545-1600	Q & A, Panel Discussion				

