

**Visions of the Night:
Sleep, Science & Research on the World Stage**

**21st Annual Scientific Meeting of Australasian Sleep Association
& Australasian Sleep Technologists Association**

Sofitel Melbourne on Collins

Thursday, 8 October 2009

to

Saturday, 10 October 2009

PROGRAMME 8 May 2009

Organised by
Australasian Sleep Association

MONDAY 5 OCTOBER to WEDNESDAY 7 OCTOBER

09:00 – 17:00

3 Day Certification Course

Oral Sleep Medicine 2009

WEDNESDAY 7 OCTOBER

PG Course 2

09:00 – 17:00

Practical Approach to Common Sleep Problems Across the Life Span

PG Course 3

Clinical Epidemiology & Biostatistics for Sleep

09:00 – 15:00

Welcome Drinks -

18:00 – 20:00

Ballroom, Sofitel Melbourne on Collins

Welcome Drinks are included with full registration, but you should nominate on the registration form whether or not you will be attending.

Thursday, 8 October 2009

Upper Airway Physiology & Sleep Disordered Breathing **08:30 - 10:15**

Chaired by David Hillman & Brett Duce

Helen Bearpark Memorial Lecture

Physiology of the upper airway (causes of OSAHS)

David Rapoport

Termination of respiratory events without cortical arousal from sleep

Amy Jordan

Does Upper Airway Sensory/Motor Impairment Play A Role In OSA Pathogenesis Or Disease Progression?

Danny Eckert

Morning Tea

10:15 - 10:45

New Investigator Presentations **10:45 - 12:15**

Lunch

12:15 - 13:30

Orofacial SIG meeting

12:30 - 13:30

Insomnia and Sleep Health SIG meeting

12:30 - 13:30

Concurrent Symposia **13:30 - 15:00**

Narcolepsy -

13:30 - 15:00

Concurrent Symposia

Chaired by Dorothy Bruck

Clinical and etiological developments in the understanding and management of narcolepsy-cataplexy

Claudio Bassetti

Cognitive implications of the excessive daytime sleepiness symptom of narcolepsy

Bernadette Moore

Narcolepsy across the lifespan: symptomology, psychosocial implications and behavioural aspects

Dorothy Bruck

Upper Airway Approaches to the Management of OSA **13:30 - 15:00**

Chaired by Andrew Ng & Greg Reynolds

Surgical Approaches to the Management of Sleep Disordered Breathing in Children

Andrew Heggie

Genioglossal stimulation for the treatment of OSA

Jennifer Walsh

Current concepts in Oral Appliance Design for SDB Treatment

Greg Reynolds

Light Therapy for Circadian Rhythm Disorders **13:30 - 15:00**

Chaired by Leon Lack & Shantha Rajaratnam

Light Therapy for nonseasonal depression

Anna Wirz-Justice

Light Therapy for the treatment of circadian insomnia

Leon Lack

Spectral sensitivity and spectral adaption of the human circadian timing system

Steven Lockley

Light Therapy for Night Work and Jet Lag

Helen Burgess

Neurocognitive Impairment in OSA **13:30 - 15:00**

Chaired by Gillian Nixon

Neurocognitive Function in moderate-severe OSA before and after CPAP therapy

Nick Antic

Neurocognitive and behavioural characteristics of children with sleep disordered breathing

Vicki Anderson

Neurocognitive function in children with upper airway obstruction pre/post adenotonsillectomy

Mark Kohler

Afternoon Tea 15:00 - 15:30

Poster Discussion Sessions x 4 15:30 - 17:00

Poster Viewing Session 17:00 - 17:30

Australasian Sleep Association Annual General Meeting 17:30 - 18:30

Industry Symposium – hosted by Respiroics 19:00 – 20:00

Must be booked on Registration Form

Home based Diagnostics for OSA: Is the sleep lab or physican required?

Chaired by David White

Home diagnostics and nurses provide quality care for OSA

Doug McEvoy

The current state of home diagnostics for OSA in the USA

David P White

All diagnostic procedures for OSA can be handled in the home

Linda Schachter

There is still an important role for lab-based diagnostics and sleep physicians in the care of the OSA patient.

David Hillman

Friday, 9 October 2009

Breakfast Sessions **07:00 - 08:15**

Must be booked on Registration Form Cost: \$40 or \$20 for students

1. David Rapoport: CPAP and non-CPAP Positive Treatment Modes. Do they work? **07:00 - 08:15**

Chaired by Peter Rochford

CPAP variants and non-CPAP modes of positive pressure

David Rapoport

Jason Kirkness

or

2. Anna Wirz Justice - Sleep Chronobiology and Psychiatry **07:00 - 08:15**

Chaired by Naomi Rogers

Anna Wirz-Justice

World Sleep Foundation Plenary Session **08:30 - 10:15** **Cardiovascular Disease and OSA**

Chaired by Rosemary Horne & Matt Naughton

Sleep apnea and stroke: Clinically relevant?

Claudio Bassetti

Cardiovascular consequences of sleep disordered breathing in children

Rosemary Horne

OSA and cardiac disease – significance and mechanisms

Garun Hamilton

Morning Tea *10:15 - 10:45*

Oral Presentations x 4 **10:45 - 12:15**

The programme for these sessions will depend on the abstracts submitted and chosen for Oral Presentation

Lunch *12:15 - 13:30*

Paediatric SIG meeting **12:30 - 13:30**

Chronobiology SIG meeting **12:30 - 13:30**

Neurology SIG meeting **12:30 - 13:30**

Respiratory SIG Meeting **12:30 - 13:30**

Poster Discussion Sessions x 4 **13:30 - 14:30**

Poster viewing Session **14:30 - 15:00**

Afternoon Tea *15:00 - 15:30*

Melatonin: Mechanisms of action and therapeutic applications **15:30 - 17:30** **for circadian rhythm sleep disorders**

Chaired by Shantha Rajaratnam & Stuart Armstrong

Miraculous melatonin: what does it do?

Anna Wirz-Justice

Melatonin receptors and mechanisms of melatonin action

David Weaver

Role of melatonin in the diagnosis and treatment of circadian rhythm sleep disorders in the blind

Steven Lockley

Melatonin and melatonin agonists for circadian rhythm sleep disorders

Shantha Rajaratnam

Australasian Sleep Technologists Association AGM

17:45 - 06:30

Saturday, 10 October 2009

Fun Run

07:00 - 08:30

Please nominate on Registration Form if you will be participating

Concurrent Symposia

08:30 - 10:00

Clinical Applications of NIV in the Acute & Chronic Setting

08:30 - 10:00

Sponsored by ResMed

Chaired by Alan Young & Amanda Piper

Physiologic basis for NIV

Bhajan Singh

Applications of NIV in the acute setting

Nicholas Hill

NIV in the paediatric population

Gillian Nixon

The evidence for domiciliary NIV

Mark Howard

Parasomnias - Fact or Fiction

Sponsored by CSL

08:30 - 10:00

Chaired by Philip King & David Cunnington

The neurobiology of REM sleep behaviour disorder

Claudio Bassetti

Parasomnias and nocturnal frontal lobe epilepsy

Simon Harvey

Medicolegal aspects of parasomnias

Peter Buchanan

Sleep health from Infancy to Adolescence

08:30 - 10:00

Chaired by Margot Davey & Michael Gradisar

Sleeping like a baby: evidence-based interventions for the first year of life

Harriet Hiscock

Sleep well, Be well: a randomised controlled trial of sleep program for primary school children

John Quach

Graduated extinction versus bedtime fading: a randomised controlled trial for infants with sleep disturbance

Kate Jackson

CBT-I for behavioural insomnia of childhood in a sample of primary school aged children

Sarah Paine

Obesity and OSA

08:30 - 10:00

Chaired by Maree Barnes & Jason Kirkness

A multi-disciplinary approach to obesity management

John Dixon

Paediatric epidemiology of obesity

Sue Byrne

The pathophysiology and metabolic aspects of obesity

Joe Proietto

Morning Tea

10:00 - 10:45

ASTA Symposium

Putting the theory into practice

10:45 - 12:15

Chaired by Brett Duce

How and why nasal pressure monitors flow in a PSG (and how to do it better)

David Rapoport

The diagnosis and treatment of circadian rhythm disorders

Leon Lack

Sleep & Epilepsy

Dr John Archer

Lunch

12:15 - 13:30

Research Meeting – Grantsmanship

Chaired by Mark Howard

Robyn O'Hehir

12:30 - 13:30

Poster Discussion Sessions x 4

13:30 – 15:00

Poster viewing Session

15:00 - 15:30

Afternoon Tea

15:30 – 16:00

Sleep in Transportation

Chaired by Mark Howard & Sutapa Mukherjee

16:00 - 17:30

FMP Legislation, Past, Present, Future

Philip Swann

Fatigue Management: the recipe and evidence

Sally Ferguson

Sleep in the Air

Philippa Gander

Drowsy driving legislative changes in the USA

Shantha Rajaratnam:

Healthbreak - Sleep Disorders Screening in Road Transport

Mark Howard:

CONFERENCE DINNER

19:30 – 23:30

PLAZA BALLROOM, Collins Street

Dress Code: Glitz & Glam (Jackets & ties for the guys and cocktail attire for the girls)

Conference Dinner is included with full registration, but you should nominate on the registration form whether or not you will be attending.