

Sleep DownUnder 2010

# BIODIVERSITY OF SLEEP

21-23 OCTOBER



## venue

Christchurch (Maori: ōtautahi), the largest city in the South Island of New Zealand, and host to **Sleep DownUnder 2010** from 21-23 October at the Christchurch Convention Centre. Traditionally the most English of all New Zealand cities Christchurch is a walking city: comfortably compact, but scratch the surface a little and a more dynamic Christchurch is reflected in the restored laneways and great restaurant & café scene.

## guest speakers

Dr Carole Marcus, Director, Sleep Center, Children's Hospital of Philadelphia

Professor Sonia Ancoli-Israel, Professor of Psychiatry, University of California

Professor Fernanda Almeida, Faculty of Dentistry, University of British Columbia

Professor Barbara Phillips, Professor of Pulmonary, Critical Care, and Sleep Medicine, University of Kentucky College of Medicine

## call for papers

Original abstracts are invited on any aspect of sleep health and sleep science.

Both oral and poster presentations are welcome.

Presenters must be prepared to make a short oral presentation, even if they are opting for a poster presentation.

All accepted abstracts will be published in a special edition of the journal *Sleep & Biological Rhythms*.

Abstract submissions:

Open 1 April 2010 : Close 16 June 2010

## travel grants

Travel grants will be available to assist student members of ASA or ASTA, or researchers on low incomes to present their work.

## awards

New Investigator Award & Best Poster Award

## programme

### Day 1 - Thursday 21 October

7.00 **Breakfast Session 1:**  
Fernanda Almeida - Cardiovascular improvement with OA use in mild to moderate OSA

8.30 **Plenary 1:** New Insights into Upper Airway Dilator Muscle Function in Obstructive Sleep Apnoea

10.15 Morning Tea

10.45 New Investigator Presentations

12.15 Lunch

**SIG Meetings - Dental**  
Orofacial, Insomnia, Respiratory

1.30 **Concurrent Symposia:**

Lab to Lane, Genetics, Paediatrics, Dental Orofacial

3.00 Afternoon Tea

3.30 Poster Sessions x 4

5.30 **ASA AGM**

### Day 2 - Friday 22 October

7.00 **Breakfast Session 2:**  
Sleep Lab Accreditation

**Breakfast Session 3:** Maternal Sleep Health - Colin Sullivan

8.30 **Plenary 2** Sleep in an Ageing Population

10.15 Morning Tea

10.45 Oral Presentations x 4

12.15 Lunch

**SIG Meetings - Neurology,**

A fuller programme can be found at [www.sleep.org.au/meetings](http://www.sleep.org.au/meetings)

Chronobiology, Paediatrics

1.30 Poster Sessions x 4

3.00 Afternoon Tea

3.20 Panel Discussion - Strategies to improve NHMRC success

4.00 **Plenary 3:**

The interrelationship between diet, appetite, hormonal balance and sleep

5.30 **ASTA AGM**

### Day 3 - Saturday 23 October

7.00 **Fun Run - Christopher Worsnop**

**Breakfast Session 4:**

Congenital Hypoventilation - Carole Marcus

8.30 **Concurrent Symposia**  
Sleep Health, Circadian Disorders, Snoring, Community Based Treatment

10.00 Morning Tea

10.30 Posters or Orals

12.00 Lunch

12.15 Research Meeting

1.15 **ASTA Symposium**  
Scoring in the Sleep Lab, Adult and Paediatric

2.45 Afternoon Tea

3.15 **Plenary 4:**

Sleep in Other Illnesses  
4.45 Conference Conclusion:  
Craig Hukins, Brett Duce

7.00 for 7.30

CONFERENCE DINNER

## registration fees

|                    | prior to<br>31 July 2010 | 1 August<br>– 15 October | After<br>15 October |
|--------------------|--------------------------|--------------------------|---------------------|
| ASA/ASTA<br>Member | AUD <b>790</b>           | AUD <b>990</b>           | AUD <b>1,190</b>    |
| Non-Member         | AUD <b>990</b>           | AUD <b>1,100</b>         | AUD <b>1,300</b>    |
| Student Member     | AUD <b>385</b>           | AUD <b>450</b>           | AUD <b>550</b>      |

**BREAKFAST SESSIONS:** AUD **60** each

On-Line Registrations will open on 1 May 2010

## further information

Further information on all aspects of the conference and postgraduate courses, including abstract submission and eligibility for Grants & Awards can be found on the ASA website at [www.sleep.org.au](http://www.sleep.org.au)

or contact the Conference Secretariat at [conference@sleep.org.au](mailto:conference@sleep.org.au)