

Sleep DownUnder 2010

Biodiversity of Sleep

Programme as at 1 June 2010

This programme is subject to change without notice

		Title	Convenor / Speakers	
Thursday 21 Oct 2010	Breakfast 1	0700-0815	Improvement in Cardiovascular Outcomes for Patients with Mild to Moderate OSA treated with Oral Appliances	Fernanda Almeida
	Opening of the Meeting	0815		Craig Hukins Brett Duce
	Plenary 1	0830-1015	New Insights into Upper Airway Dilator Muscle Function in Obstructive Sleep Apnoea	Amy Jordan
		0830-0905	Upper Airway Dilator Muscle Function and Dysfunction in Children	Carole Marcus
		0905-0930	The Role of Dilator Muscles other than the Genioglossus in OSA Pathophysiology	John Trinder
		0930-0950	Artificial Stimulation of an Upper Airway Dilator Muscle for the Treatment of Adult OSA	Peter Eastwood
		0950-1015	Quantifying Upper Airway Dilator Muscle Action in Humans	Lynne Bilston
	Morning Tea	1015-1045		
	New Investigator Presentations	1045-1215	To be selected from submitted abstracts	
	Lunch	1215-1330		
	SIG Meetings	1230-1330	Dental/Orofacial, Insomnia & Sleep Health, Respiratory.	
	Concurrent Symposia			
	Symposium 1	1330 - 1500	Upper Airway Approaches to the Management of OSA	Andrew Gikas
			Dental Approaches to Sleep Disorders in Children	Fernanda Almeida
			Orofacial pain - a cause or consequence of sleep disorders?	Helen Boocock
			Structural changes in the upper airway with alteration in position	Jen Walsh
	Symposium 2	1330 - 1500	Development of sleep: Implications for sleep disorders in children	Rosemary Horne
			Development of sleep in preterm babies – what sleep studies can tell us about respiratory control	Dawn Elder
			Sleep in infancy – understanding the risks for SIDS	Rosemary Horne
			Sleep disorders and treatment in childhood	Karen Waters
			CPAP use in children: adherence and neurodevelopmental outcomes	Carole Marcus
	Symposium 3	1330 - 1500	Laboratory to Lane: Simulated detection of drowsiness in clinical & occupational environments	Melinda Jackson
			Laboratory and On-Road Investigations of Driving Performance in Obstructive Sleep Apnoea	Andrew Vakulin
			Simulated driving performance, circadian misalignment and recovery	Melinda Jackson

Driving and Measuring Sleepiness on the Road
Testing the effectiveness of sleepiness countermeasures in the driving simulator

Mark Howard
Simon Smith

Symposium 4

1330-1500

Genetics of Sleep and Sleep Disorders

Overview of genetic technologies in current use
What is known about circadian rhythm genes and what is their impact on sleep and sleep disorders
What is known about OSA genetics and its related phenotypes

Sutapa Mukherjee
Shantha Rajaratnam
Sutapa Mukherjee
Shantha Rajaratnam

Lyle Palmer

Afternoon Tea

1500-1530

Poster Sessions x 4

1530-1730

To be chosen from submitted abstracts

ASA AGM

1730-1830

Friday 22 October	Fun Run	0700-0815		
	Breakfast Session 2	0700-0815	Sleep Lab Accreditation - what is it and how can we achieve it?	Nick Antic John Wheatley Andrew Thornton
	Plenary 2	0830-1015	Sleep in an Ageing Population	Phil King
		0830-0915	Sleep and dementia	Sonia Ancoli-Israel
		0915-0945	Sleep architecture and EEG changes with ageing.	Kate Crowley.
		0945-1015	Sleep and falls in older people	David Berlowitz.
	Morning Tea	1015-1045		
	Oral Presentations x 4	1045-1215	To be chosen from submitted abstracts	
	Lunch	1215-1330		
	SIG Meetings	1230-1330	Chronobiology, Paediatrics, Neurology	
	Poster Sessions x 4	1330-1500	To be chosen from submitted abstracts	
	Afternoon Tea	1500-1600		
		1520-1600	Panel Discussion - Strategies to improve NHMRC Success	John Wheatley Doug McEvoy Peter Cistulli Peter Eastwood
Plenary 3	1600-1730	The interrelationship between diet, appetite, hormonal balance and sleep in adults and children: Chicken or egg?	Sarah Blunden	
		Does diet affect sleep? Current evidence	Amanda Richdale	
		The relative and combined effect of a diet and behavioural intervention on sleep problems in children with significant challenging behaviour	Mickaela Schelleman	
		The effects of sugar load on sleep in 118 children and adolescents: subjective and objective measures	Sarah Blunden	
		The effects of sleep restriction on adipose-derived hormones in healthy adults	Siobhan Banks	
	ASTA AGM	1730-1830		

Saturday 23 October	Breakfast Session 3	0700-0815	Maternal Sleep Health	Colin Sullivan
	Breakfast Session 4	0730-0815	Congenital Hypoventilation Syndrome in children and adults	Carole Marcus Fergal O'Donoghue
	Concurrent Symposia Symposium 5	0830-1000	Sleep Health Education and Awareness - where are we in 2010?	Deirdre Stewart David Hillman Drew Dawson
			Fatigue management and protective behaviours: what we don't know we're doing works well!	
			Sleep health education in tertiary institutions	Peter Cistulli
			Sleep Health Education and the Public	Barbara Phillips
	Symposium 6	0830-1000	Community-Based Approaches to Diagnosis and Treatment of Sleep Disorders	Michael Hlavac Phillipa Gander Michael Hlavac Philippa Gander Sutapa Mukherjee
			An integrated model for the management of OSA in primary and secondary care	
			Community-Based approaches - Does one size fit all?	
			Sleep apnoea in Aboriginal and Torres Strait Islanders - data from a sleep clinic population	
			An integrated sleep apnea service utilising sleep trained general practitioners	Alistair Watson
			Simplified Models of Care for OSA, broadening the health professional base to help us deal with a common disorder	Nick Antic
	Symposium 7	0830-1000	Circadian Rhythms and Sleep-Wake Behaviour in Clinical Psychiatry	Naomi Rogers Tony Fernando Sonia Ancoli Israel Sharon Naismith
			Sleep-wake changes associated with ageing	
			Circadian and sleep-wake disruption in neurodegenerative disorders - the link with cognitive functioning and cognitive decline	
			Circadian disruption associated with adolescence - differentiating normal development and the onset of mood disorders	Naomi Rogers
			Sleep-wake changes across clinical stages - how should we use this information clinically?	Nick Glozier
	Symposium 8	0830-1000	Snoring - is it really simple?	Kristina Kairaitis Terence Amis John Wheatley Matthew Naughton Craig Hukins
			Identifying sounds in the night: perceptions of snoring	
			Does snoring cause vascular disease?	
			A tale of two citizens - consequences of snoring for the bed partner	
			Analysis of snore related sounds and what it can tell us	
	Morning Tea	1000-1030		
	Poster or Oral Session x 4	1030-1200	To be chosen from submitted abstracts	
	Lunch	1200-1315		
	Research Meeting	1215-1315		
	ASTA Symposium	1315-1445	The What, When, How and Why of Scoring in the Sleep Laboratory (Adult and Paediatric)	Nicole Verginis, Andrew Thornton Carole Marcus Brett Duce Denise O'Driscoll
		1315	AASM respiratory event scoring in children – the way of the future	
		1330	PSG Technical Specifications	
		1345	Arousal, Cardiac & PLM Scoring	

1400 Respiratory Event Scoring
1415 Summary of ASA / ASTA Guidelines

Peter Rochford
Andrew Thornton

**Afternoon Tea
Plenary 4**

1445-1515
1515-1645 Sleep in Other Illnesses
1515-1545 Sleep and Cancer: Theory and Practice
1545-1605 Sleep Issues in the Intensive Care Unit
1605-1625 Sleep in Patients with COPD
1625-1645 Sleep in Down's Syndrome

Christopher Worsnop
Sonia Ancoli-Israel
Kannan Ramar
TBA
Denise O'Driscoll

Conference Conclusion

1645-1700

Craig Hukins
Brett Duce

CONFERENCE DINNER

1900 for 1930