

MONASH SLEEP NETWORK SYMPOSIUM

Sponsored by Avecho Biotechnology

Unmet Needs in Insomnia

DATE Tuesday 23rd April 2024
TIME 08:30 - 10:30 AM AEDT
VENUE Meeting Room 4, Building 1
270 Ferntree Gully Road
Notting Hill, VIC 3977

REGISTER [Eventbrite](#)
This is a hybrid event. If you are unable to join in person, please indicate when registering and call-in details will be provided



World-leading experts will discuss sleep health in national and global context, insomnia and mental health and the clinical unmet need. This symposium will provide a forum to explore new treatment approaches for insomnia. For those who attend in-person, there will be an opportunity to network at the conclusion of the symposium.

SPEAKERS



Professor Ruth Benca, MD, PhD

Professor Ruth Benca is Chair, Department of Psychiatry and Behavioral Health at Wake Forest School of Medicine. She received her AB at Harvard and her MD and PhD degrees from the University of Chicago and is board certified in Psychiatry and Sleep Medicine. Her research focuses on the interface between sleep and psychiatric disorders across the lifespan, and the role of sleep and sleep disorders on Alzheimer's disease. As a specialist in sleep disorders medicine, she has over 30 years of experience in the diagnosis and treatment of complex sleep disorders. She has served as President of the Sleep Research Society and on the Board of Directors of the American Academy of Sleep Medicine, is Editor-in-chief of Current Sleep Medicine Reports and Insomnia Section Editor of UpToDate, and a member of the Sleep Medicine Advisory Committee for the American Board of Internal Medicine.



Professor Robert Adams, MBBS, MD, FRACP, FRCP, FAASM

Professor Robert Adams is a respiratory and sleep physician based at Flinders Medical Centre and Medical Director of the Adelaide Institute for Sleep Health (AISH) at Flinders University. His multidisciplinary, translational research examines the impact of chronic conditions, particularly sleep apnea and insomnia, on health and effects of health services interventions. He leads the NHMRC Centre of Research Excellence National Centre for Sleep Health Services Research, which is conducting trials of new models of care for OSA and insomnia in primary care to enhance the ability of primary care to manage sleep health. He is the Deputy Chair of the Sleep Health Foundation, the leading advocacy group for sleep health in Australia and Chairs the Healthy Sleep in Hospital Working Group, aimed at providing the most conducive environment for sleeping in hospitals.