

ANNUAL REPORT 2024

Australasian Sleep Association



www.sleep.org.au





sleep research is drastically underfunded

While Australia and New Zealand have been at the forefront of global sleep research for several decades, we now run the risk of losing this world-leading role in the future of sleep health.

The Australasian Sleep Association is taking action to help fill this critical gap through the creation of a philanthropic arm of the ASA, the **Sleep Research Future Fund**.

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Vision

A community with healthy sleep practices, supported by best-practice sleep science and sleep medicine

Mission

Lead and promote sleep health and sleep science, provide professional development for members, foster research and establish clinical standards

Board 2023-2024

| | |
|----------------------------------|---------------------------------|
| President | Clin Prof Garun Hamilton |
| Immediate Past President | A/Prof Sutapa Mukherjee |
| Clinical Chair | Dr David Cunnington |
| Conference Chair | Ms Teanau Roebuck |
| Education Chair | A/Prof Jasneek Chawla |
| Finance Chair | A/Prof Melinda Jackson |
| Membership Chair | Dr Camilla Hoyos |
| Research Chair | A/Prof Andrew Vakulin |
| NZ Branch President | Prof Barbara Galland |
| ANZSSA representative (observer) | Ms Nicole Verginis |

It has been a pleasure serving as the president of the ASA during my first term. The organisation is in a very healthy state and now consistently has more than 1,000 members, many of whom are highly active. We have had a very busy and fulfilling year achieving many of the strategic goals that are aligned with our mission statement. It is clear that we have been leaders of sleep health and science and have provided tremendous professional development and research opportunities and clinical standards for our members, and the associated organisations who work in sleep.

There have been many highlights this year. In particular, our grant programs. Firstly, the Health Peak and Advisory Bodies (HPAB) grant, led by Alex Sweetman. This continues to focus on education for GPs, psychologists, nurses, and other primary care providers. We have seen the successful implementation of an online CBTi training program that was developed in association with the Australian Psychological Society. This program will help increase the numbers of skilled psychologists and other health care practitioners who have expertise in the delivery of CBT for insomnia (CBTi). Along with this, we also now have a searchable registry of practitioners who are either sleep-trained psychologists or who have completed this online course.

The Quality Use of Medicines for Insomnia and Sleep Health (QUMISH) grant, led by Stacey Putland, has been another enormous undertaking for us over the past 12 months. This program educates pharmacists about sleep, particularly insomnia and sleep health with a focus on behavioural management and de-emphasising the use of medications. This has been a highly successful collaboration with the Pharmaceutical Society of Australia, Sleep Health Foundation and the University of Sydney. Resources developed within this program include a new website called Sleep Central. This will become the key central repository where sleep educational resources for different primary care providers can be found. I encourage all members to use and become familiar with this website.

The Fellow of Dental Sleep Medicine (FDSM) is continuing and has been self-sustaining. The first cohort of dentists were awarded their certification through the program at Sleep DownUnder 2023, and the program is now also available to international candidates.



Annual Report President

We continued to perform a lot of advocacy work, in close collaboration with the Sleep Health Foundation. We have had regular meetings with the Department of Health and Aged Care. Our key focus has been on advocating for the development of a national 10-year sleep health strategy, and we have also put forward a proposal to run an implementation trial in primary care of digital CBTi.

The Clinical Committee has been very active with an ongoing focus on guidelines and providing expert advice to government. We have seen the publication of the new polysomnography guidelines as well as a substantial body of work with the rail safety critical worker guidelines. Unfortunately, the MSAC application for paediatric home sleep studies was unsuccessful. Although we were very disappointed with this outcome, we did receive some helpful feedback from the Department that will assist with a repeat application that hopefully will lead to success in the near future.

On the research front, we have seen the awarding of multiple MRFF grants within the realm of obstructive sleep apnoea, screening, diagnosis and monitoring. Work on these research projects will likely begin over the next 6 to 12 months and hopefully lead to longer term changes in the way we manage sleep apnoea, and potentially public funding applications for some of the novel diagnostic and monitoring devices being studied.

We have continued to run a large range of educational activities for our own members. This includes a comprehensive webinar program, state meetings and

roundtables, and, of course, the Sleep DownUnder conference, which is our major annual education event.

I have thoroughly enjoyed my first year as President. I am particularly grateful to all the ASA members who have volunteered their time to work on our various committees and subcommittees. Without the fantastic engagement of our members, we would not be able to achieve much. I'm also grateful to the support of the whole board and our CEO, Marcia Balzer. In particular, I would like to recognize Sutapa Mukherjee who will be shortly leaving her position as Immediate Past President. She has been wonderful to work with over the past year, and her wisdom and empathic approach will be missed. Finally, I would like to acknowledge and thank the office staff for their enormous support and work over the year. They have all been incredibly hard working and have maintained a positive and supportive attitude despite an exceptionally high workload. I would like to recognize Marcia Balzer, Mischka Yates, Asha Mohabir, Alex Sweetman, Dinukshi Daniels, Cassie Real, Phillipa Ward and Stacey Putland.

It has been an honour and privilege to serve as the ASA President over the past 12 months. I am looking forward to another busy and successful year for the organisation.

Clinical Professor Garun Hamilton

President



Annual Report Chief Executive Officer

A major highlight of the year was securing a second Commonwealth grant program. The Quality Use of Medicines for Insomnia and Sleep Health (QUMISH) program is a comprehensive approach to helping pharmacists provide evidence-based sleep health services. This has involved another expansion of ASA staff resources, and a significant research component to add to the literature on effective behaviour change in clinical practice.

Combined with our existing Health Peak and Advisory Bodies grant program promoting sleep health to general practitioners, psychologists and nurses, the ASA has provided education opportunities and resources for literally thousands of primary health care practitioners. It has been particularly notable that these achievements are a result of incredibly productive and collaborative partnerships with other organisations – the Pharmaceutical Society of Australia, the Sleep Health Foundation, the Australian Psychological Society, the Royal Australian College of General Practice, and the Australian Primary Care Nurses Association among others.

A significant proportion of my work is to support and guide the ASA's advocacy work. Some of the details are included in other reports, but some key achievements for the year included:

- Reaching a significant milestone in the multi-year project to secure Medicare funding for home sleep studies for children and adolescents. While our first application was not successful, we are in the process of trying again and are very hopeful of a positive result the second time around.
- In partnership with the Sleep Health Foundation, we progressed our national advocacy agenda with a Pre-Budget submission calling on the development of a 10-year National Sleep Health Strategy.
- Together with the Foundation, we also explored options to trial a broad-based implementation of digital Cognitive Behavioural Therapy for Insomnia in primary care.

ASA has also provided expert advice and feedback on multiple occasions to the Medical Services Advisory Committee, the Department of Health and Aged Care, the National Transport Commission and the Australian Medical Council during the course of the year.

We had a small but significant win by preventing a proposed change to Medicare that would have discontinued non-hospital rebates for attended sleep studies. Thanks to detailed feedback from members, we were able to make a strong case for the continuation of 85% Medicare rebates to ensure continued access to attended sleep studies for people in rural and regional areas, those without private health insurance, people with complex co-morbidities, and people living with disorders of hypersomnolence.

I was able to attend member gatherings in Adelaide, Hobart, Melbourne and Perth this year, updating them on ASA news, consulting them on policy and advocacy topics, and hearing the latest local sleep news. Sleep DownUnder was a vibrant and engaging meeting, achieving attendance and financial targets and offering great opportunities for members to meet, collaborate, learn and have fun together.

In summary, the ASA is a very healthy, growing organisation. Our member numbers continue to increase each year, and our financial viability is keeping pace with our organisational growth. Our volunteers on our committees and working groups remain active and engaged. Each year these volunteers achieve extraordinary things, supported by a staff team that

achieves a lot with a small number of very skilled people. We look forward together to continued growth and success in the coming years.

In relation to the staff team during 2023-2024, we welcomed Asha Mohabir back from parental leave, and added Stacey Putland to the team as the QUMISH grant project manager. Thank you to all team members for your extraordinary achievements over the year. It has been amazing to see the level of trust and teamwork we continue to enjoy while working virtually from our homes in various parts of Australia. Well done and thank you for all you've done, Mischka Yates, Cassie Real, Alex Sweetman, Dinukshi Daniels, Phillipa Ward, Stacey Putland and Asha Mohabir.

Thank you also to the Board, committees, working groups and sponsors who have been such a delight to work with this year. It's so rewarding to work with you, and enjoy the achievements we accomplish together. Thank you especially to Garun Hamilton and Sutapa Mukherjee for their support, encouragement and appreciation for me personally over the course of the year.

Ms Marcia Balzer

Chief Executive Officer



Annual Report Clinical Chair

Clinical Committee: *David Cunnington (Chair), Linda Schachter (Deputy Chair), Bandana Saini, Brendon Yee, Craig Hukins, Garun Hamilton, John Swieca, John Wheatley, Moya Vandeleur, Julia Crawford, Brett Duce, Julie Tolson, Nur Sulaiman, Sutapa Mukherjee, Roo Killick, Alexander McDonald, Sameh Samuel*

The major responsibilities of the Clinical Committee are:

- 1 To establish and promote best practice standards in sleep medicine;
- 2 To promote the highest quality of care for patients; and
- 3 To advocate for public funding for sleep medicine services.

Over the last 12 months there has been a steady stream of requests for input from the committee as well as ongoing work towards the goals of the Association.

Paediatric home sleep studies

The paediatric home sleep study working group's submission to the Medical Services Advisory Committee (MSAC) for levels 2 and 3 home-based sleep studies for those under the age of 18, was unfortunately unsuccessful. However, follow-up meetings with the

Department of Health have been encouraging, and the working group is preparing a re-submission for level 2 home-based sleep studies that they hope to re-submit to MSAC by the end of the year. This has been a significant undertaking by the working group and I want to express our collective thanks to each of them: Moya Vandeleur, Jasneek Chawla, Karen Waters, Margaret Anne Harris.

Update of MBS explanatory note for sleep studies

The Australasian Sleep Association (ASA) has advised the Department of Health over the last 18 months, on clarifying the requirements for performing sleep studies under Medicare. The Department of Health published an updated explanatory note on 1 July, outlining that only level 1 and level 2 studies are claimable under Medicare. It also specified the requirement that studies are performed as per the recommendations in the American Academy of Sleep Medicine (AASM) Manual for the Scoring of Sleep and Associated Events, the ASA and ANZSSA's commentary on the AASM manual and the ASA's guidelines for the performance of sleep studies in adults.

Assessment of Rail Safety workers

The ASA was part of a working group that has updated Rail Safety worker assessment guidelines. This has been a large project, requiring significant input from the ASA and our working group representative, Linda Schachter. The new guidelines provide specific guidance on the management of Rail Safety workers who have moderate to severe obstructive sleep apnoea and refuse or are unable to use treatment.

Medicines sub-committee

This sub-committee continues to advocate strongly for better access to medications for patients, especially those with narcolepsy and idiopathic hypersomnia. As part of this, a working group is working to develop an Australasian registry for people with disorders of hypersomnolence, including narcolepsy and idiopathic hypersomnia. The sub-committee is also preparing a commentary on equity of access to medications, particularly in disorders of hypersomnolence.

Publication of position statements and guidelines

The guideline for the performance of sleep studies in adults has been finalised and accepted for publication in *SLEEP*.

Working groups have been active in developing important guidelines on:

- Restless legs syndrome treatment
- Use of CPAP
- Management of disorders of hypersomnolence
- Insomnia

I would like to thank all the members of the Clinical Committee for the time and input they provide to the ASA in helping this committee perform its functions.

Dr David Cunnington

Clinical Chair



Annual Report Conference Chair

Conference Committee 2023: *Teanau Roebuck (Chair), Jasneek Chawla (Deputy Chair), Lyndon Chan, Janet Cheung, Tom Churchward, Scott Coussens, Amal Dameer, Angela D’Rozario, Nicole Grivell, Anam Khan, Aislinn Lalor, Charli Sargent, Adam Teo, Moya Vandeleur, Karen Waters, Alexander Wolkow*

Sleep DownUnder 2023 in Adelaide showcased over 200 abstracts presented in oral, poster discussion or poster viewing format. An annual highlight is the New Investigator Award plenary session where six early career researchers present their original research. Congratulations to the joint winners of the New Investigator Award for 2023, Hailey Meaklim and Bethanie Menzies.

The international invited speakers Russell Foster and Ruth Benca provided valuable insights in plenary and symposium sessions. Plenary and symposium sessions covered a breadth of topics from clinical, to sleep science and paediatrics, just to name a few.

Short courses preceded the meeting and provided detailed learnings in a variety of specialty areas. During the meeting, several awards are made to acknowledge excellence and contribution to the field.

It was a successful meeting with 549 delegates and 684 total attendees once sponsors and speakers are included. Thank you to the 24 sponsors and exhibitors to whom we are grateful, as without them the cost to delegates would be higher. In addition, their contribution to delegate learning at the stands and other events is an essential ingredient of Sleep DownUnder.

Attendance at the conference also provides both networking and social opportunities. The relationships formed and developed at the conference are of great benefit for follow up discussions and collaboration afterwards. Since the restrictions of the pandemic, I think we all value this more, as we do the social events, renewing of friendships and creating new connections.

I wish to thank the volunteers on the committee for their hard work in the planning and execution of the conference. I also extend gratitude to the deputy chair for Sleep DownUnder 2023, Jasneek Chawla, ASA staff and The Conference Company for their contributions.

Immediately following Sleep DownUnder 2023, the preparation for Sleep DownUnder 2024 in the Gold Coast began. We welcomed new committee members and a new Deputy Chair, Camilla Hoyos. Together we have curated a program that I am sure will provide education and inspiration for attendees. I look forward to welcoming you to the conference.

Ms Teanau Roebuck

Conference Chair



Annual Report Education Chair

Education Committee: *Jasneek Chawla (Chair), Hannah Scott (Deputy Chair), Alan Young, Christopher Gordon, Stephanie Yiallourou, Andrew Gikas, Anam Khan, Shyamala Pradeepan, Bandana Saini, Alex Sweetman, Adam Teo, Christiaan Yu, Stacey Putland*

It was a very busy year for the Education Committee. We welcomed Christopher Gordon who has taken over chair of the Nursing Education Sub-Committee, Hannah Scott who was appointed as Deputy Chair of the Education Committee and Stacey Putland who leads the QUMISH grant program. The committee has also continued to be involved in work related to the ASA grant programs and most recently were excited to see the launch of the Sleep Central website

Educational resources

The Education Committee completed review of a series of articles for the *Australian Journal of General Practice*, undertaken as part of the ASA grant program and many of these have now been published. The ASA *On the Spot Management* factsheets for GPs have also been finalised and are available on the ASA website.

Webinar series

The webinar series has continued to be popular attended by members and external interested parties. Highlights have included sessions on melatonin in children, health equity in sleep, First Nations Sleep and insomnia disorders in adolescents. All webinar recordings are available on demand through the ASA Learning Centre and access is free to members.

Education sub-committees

The GP Education Sub-committee coordinated a survey of medical schools across Australia around sleep education within the curriculum and are finalising the manuscript relating to this for peer review publication. The group also organised some very successful podcasts for Health ed which have received between 300-800 downloads. Looking forward, the group are now focusing on an audit tool for GPs which relates to “what happens next” after someone is diagnosed with OSA and starts CPAP.

The Behavioural Management of Sleep Disorders Education Sub-committee has continued their excellent work running sleep psychology workshops with Dr Hailey Meaklim which were exceptionally successful. Each session was attended by 280-320 individuals and feedback has been very positive. The group is in discussion with the Australasian Psychological Society to run a co-branded webinar on sleep health in neurodiverse populations.

The First Nations Working Party is in the process of merging with the corresponding Sleep Health Foundation group, and new terms of reference and a work plan are under development.

Fellow of Dental Sleep Medicine

The Fellow of Dental Sleep Medicine certification program has been working well, with the first cohort of 14 graduates announced at Sleep DownUnder 2023:

| | |
|---------------------|------------------|
| Ben Abbott | Harry Ball |
| Emma Bond | Michelle Donegan |
| Ken Lee | Sue Lim |
| Derek Mahony | Ian Maratos |
| Amanda Phoon Nguyen | Rebecca Oliver |
| Krystal Skilton | Sam Talpis |
| Adam Teo | Stephen Tjhin |
| Keith Tong | |

For the two years the program has been accepting enrolments, 43 dentists from Australia and New Zealand have enrolled. We have now established a matching certification program for dentists registered in other countries (the International Fellow of Dental Sleep Medicine). To date, five dentists have enrolled and one of those has completed certification.

Learning Centre

The ASA's Learning Centre is an important member benefit and learning resource. All webinar recordings from the last five years are available free to members, and a range of other past education and conference sessions are available either free or at a discounted rate for members. A future focus for the Education Committee is to promote the Learning Centre and help members gain as much value from it as possible through developing new and engaging learning activities.

I would like to thank the current Education Committee for all their hard work and support during my four years as chair of this committee. I will be moving into the role of president elect in 2024 and look forward to working alongside the new Education Committee Chair to continue the important work of this committee.

A/Prof Jasneek Chawla

Education Chair



Annual Report Finance Chair

Finance Committee: *Melinda Jackson (Chair), Garun Hamilton, Sutapa Mukherjee, Robert Estcourt, Julia Chapman, Nathaniel Marshall, Kathleen Maddison, Karyn O’Keeffe, Christopher Worsnop, Marcia Balzer*

The Association remains in a good financial position, which has allowed the organisation to continue to develop and undertake new initiatives to benefit our members. The financial performance for the 2023-24 financial year has seen us post a surplus of \$73,160, which includes an adjustment for fair value remeasurement gains on our investment portfolio this year of \$33,927.

Our investment portfolio had a market value of \$1,093,000 as of 30 June 2024, and income yield of \$47,002 for the full financial year, well ahead of our target of \$40,000. Overall, there was a 10.62% return for the financial year with this being well ahead of inflation of the past 12 months. Thanks to Robert Estcourt and Mark Leslie along with the team at JB Were for their expert and sound advice regarding our investment portfolio and ensuring that we continue to be in a strong financial position moving forward.

The Association has continued to provide educational programs through the webinar series, workshops and State Meetings, the Fellow of Dental Sleep Medicine program, awarded scholarships and research grants, and published clinical guidelines.

The Commonwealth grants – Health Peak and Advisory Bodies Program grant and the Quality Use of Medicines

for Insomnia and Sleep Health grant – have facilitated organisational growth and development through continued advocacy work in collaboration with the Sleep Health Foundation, and increased our visibility and profile with key government agencies as well as allowed increases in professional staff numbers.

These projects have also presented challenges to the Association’s financial risk management and cash flow management processes, which the Finance Committee has carefully and continually monitored. Our long-term goal is to secure additional funding for staff resources to support an expanded and sustainable research and awards program.

I also want to remind members of the Sleep Research Future Fund (SRFF), which was launched in October 2023. The goal of this capital investment fund is to provide long-term support for our Early Career Researchers through philanthropic and industry donations to generate income into perpetuity, which will fund larger research initiatives, Fellowships and PhD stipends, in addition to the current annual grants on offer.

Thank you to our Foundation Donors for their support of the Sleep Research Future Fund this past year.

- | | |
|------------------------------|---------------------------|
| Sutapa Mukherjee | Garun Hamilton |
| David Cunnington | Liam Morris |
| Marcus McMahon | Andrew Gikas |
| Ching Li Chai-Coetzer | Yu Sun Bin |
| Melius Consulting | Nathaniel Marshall |
| Rosemary Horne | |

I encourage all ASA members to consider making a tax-deductible donation, and to reach out to me if you know of any philanthropic or industry contacts who may be interested in investing in the Sleep Research Future Fund.

Many thanks to the Finance Committee members, as well as our book keeper, Phillipa Ward, for their time and support of this committee over the past year.

A/Prof Melinda Jackson
Finance Chair



Annual Report Membership Chair

Membership Committee: *Camilla Hoyos (Chair), Kathleen Maddison, Jennifer Walsh, Philip Terrill, Kirk Kee, Nicole Lovato, Laurie McLay, Tina Ledger, Charlotte Gupta, Jenny Liu*

In the last year, ASA membership has continued to grow and remain above 1000. As of 30 June 2024, the total number of members were 1027. The majority of our members reside on the east coast of Australia (64% in New South Wales, Victoria and Queensland) with 8% living in New Zealand.

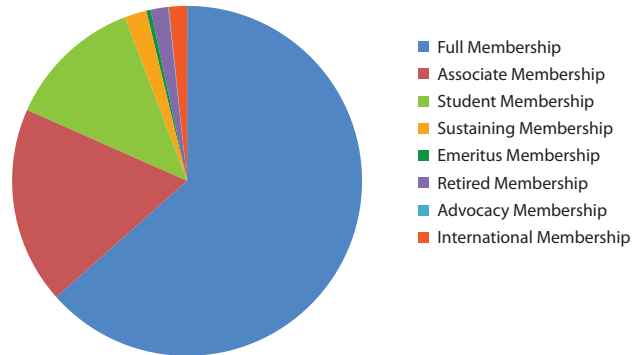
ASA members are predominantly Full (64%), Associate (18%) and Student (13%) members. However, we also have a number of Sustaining members, Emeritus members, Retired members, Advocacy members and International members.

The ASA continues to be an inclusive association, representing members from diverse occupational backgrounds. Our membership is comprised predominantly of physicians or trainee physicians (44%), researchers or academics (12%) and dentists (12%). We also have 53 psychologists, 20 nurses, 16 ENT surgeons and 9 GPs. Other members include psychiatrists, pharmacists, sleep coaches, physiotherapists, industry partners and students.

Mentorship Program

This was the first year that the ASA mentoring program was overseen by the Membership Committee. We have successfully partnered 11 mentees with mentors, and we look forward to hearing reports at the end of the

ASA Member Categories 2024



6-month program. We would like to thank all the mentors who have volunteered their time and to Kath Maddison and Charlotte Gupta for overseeing the program.

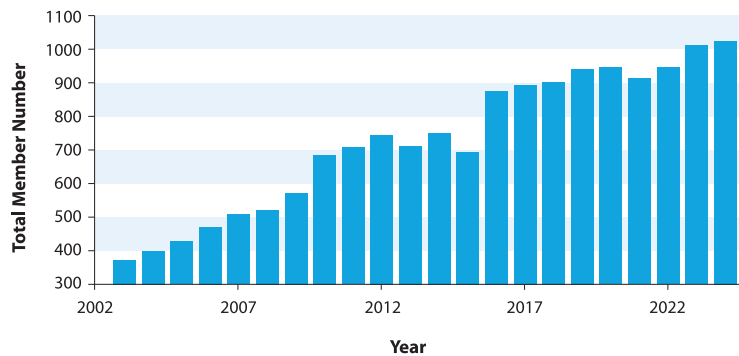
State meetings

State meetings are a great opportunity for regular networking with other local ASA members and to hear about current research and clinical practices. In 2023-2024 we held successful state meetings in Victoria and South Australia. Thank you to the South Australian team (Maddy Sprajcer and Hannah Scott), the Western Australian team (Kath Maddison and Jen Walsh) and the Victorian team (Melinda Jackson, Denise O’Driscoll, Brad Edwards and Kirk Kee) for organising these. Unfortunately, we were unable to hold a New South Wales event this year however we have formed a new sub-committee to ensure an event occurs in 2025. Thank you to Carla Haroutonian, Julia Chapman, Emily Kemp, Derek Mahony and Kristina Kairaitis for volunteering.

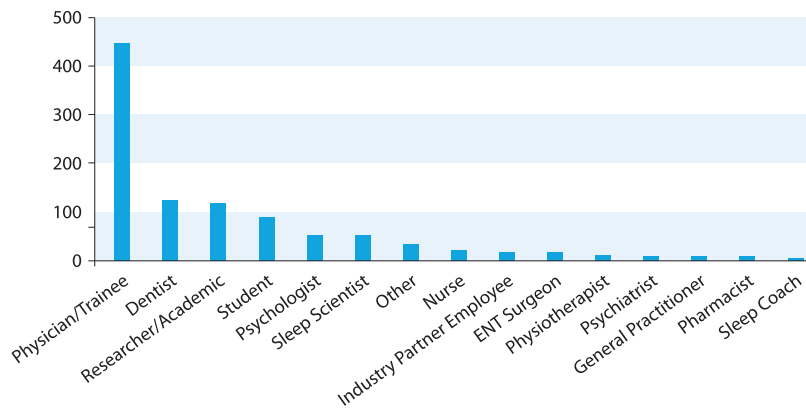
Additionally, a new CEO Roundtable meeting format was introduced into Canberra and Hobart to great success.

We are planning for growth in these events across Australia in the coming years. State meetings are also a great way for members to get involved with assisting with ASA events and contributing to the association – reach out to your local state organising team or the membership committee if you’d like to get involved.

ASA Membership 2003-2024



ASA Member Occupation 2024



Councils

The ASA councils allow members with similar research and clinical interests to share news, work together and contribute their expertise to the collective work of the ASA. This includes contributing proposals for webinars, conference sessions, and offering feedback on our advocacy work. Each council runs independently and uniquely according to the aims and goals of the council. Members are encouraged to engage with their council(s) of interest and get involved in council activities. There are a number of roles within each council, outlined in the Council Toolbox¹, which are important and rewarding. Thank you to all members who have contributed to the councils over the past year.

Communication and services

Members are regularly being updated via email and the website remains a valuable source of information in relation to upcoming events, position statements, awards and other member benefits.

Thank you to the Membership Committee, ASA staff, and all ASA members who have contributed to the ASA over the past year.

Dr Camilla Hoyos

Membership Chair

¹ www.sleep.org.au/common/Uploaded%20files/Public%20Files/ASA%20Councils/ASA%20Councils%20Toolbox%20FINAL_2020May12.pdf



Annual Report Research Chair

Research Committee: *Andrew Vakulin (Chair), Denise O'Driscoll, Angela D'Rozario, Danny Eckert, David Wang, Fergal O'Donoghue, Jennifer Walsh, Scott Coussens, Brad Edwards, Amy Jordan, Laurie McLay, Ben Tong, Lauriane Juge, Grace Vincent*

The Research Committee has had another busy year leading important strategic initiatives to support and achieve our collective mission of conducting highest quality research and supporting researchers of all career stages and pathways across Australia and New Zealand.

First of all, I would like to take this opportunity to acknowledge our previous Research Chair, Associate Professor Denise O'Driscoll. Denise has led the Research Committee as the Chair for four years and has made an enormous contribution to the ASA for which we are very grateful.

I would also like to acknowledge all the contributions of Camilla Hoyos and Roo Killick who have stepped down from the Research Committee after many years of service to take on other key roles within the ASA.

As we say goodbye to leaving members, I am also pleased to welcome two new members to the Research Committee, Grace Vincent and Lauriane Juge, who have been appointed to join the Research Committee after a rigorous selection process.

There have been a number of great research achievements including awards and research funding which should be highlighted and celebrated!

Awards

The Research Committee continues to receive many excellent applications for our annual awards including the Helen Bearpark Memorial Scholarship, Nick Antic Career Development Award and the Rob Pierce Grant-in-Aid. As always, the quality of the applications for all these awards is excellent, making it very challenging to rank and I am very grateful to all the Research Committee members for their dedication and commitment in taking on this challenge. I would like to acknowledge and congratulate the awardees for 2023!

- **Helen Bearpark Scholarship:** Karen Falloon
- **Nick Antic Career Development Award:** Scott Coussens
- **Rob Pierce Grant-in-Aid:** Madeline Sprajcer

A great example of the high-quality research by our early career members was evident at the New Investigator Award presentations at Sleep DownUnder 2023. The top six New Investigator presenters were all outstanding but the top two presentations were completely tied and so unprecedentedly, the top prize was shared by Bethanie Menzies and Hailey Meaklim

Funding success

The ASA continues to receive a large number of partnership requests on grant applications as a key professional sleep association to support research dissemination, advocacy and translation. We have further streamlined the process and guidelines for the formal partnerships process and in the last 12 months have supported more than 16 research grant applications. These included 12 applications in the first ever Medical Research Future Fund targeted call for Optimising Screening, Diagnosis and Management of Obstructive Sleep Apnoea Grant Opportunity. We would like to acknowledge and celebrate the successfully funded grants by our members in the last 12 months! Congratulation to the lead researchers of successful grants, Bandana Saini and Karen Waters (University of Sydney), Nick Zwar (Bond University), Yaqoot Fatima (University of Queensland), Sutapa Mukherjee, Ching Li Chai-Coetzer and Robert Adams (Flinders University).

Future activities

The Research Committee is continuing its important work in developing strategies to grow the Sleep Research Future Fund established by ASA in 2023. We will be seeking philanthropic funding opportunities

to grow this important source of funding to support future early career investigators.

We are developing clearer guidelines and processes for research partnering and formalising the scope of support the ASA can provide to research grants. The Research Committee is also providing important input into prospective ASA-led applications for government funding to continue critical work to achieve the ASA mission.

Finally, I would like to thank all our members, the ASA staff and Research Committee for the wonderful opportunity to chair the Research Committee in the first year of my term. It has been an absolute pleasure and a privilege to work with so many wonderful researchers and clinicians as together we continue to support, encourage and advocate highest quality sleep research across Australia and New Zealand.

A/Prof Andrew Vakulin

Research Chair



Annual Report New Zealand Branch

New Zealand Branch Executive Committee:

Barbara Galland (Chair), Karyn O’Keeffe, Rosie Gibson, Bronwyn Sweeney, Patryk Szulakowski, Sonia Cherian, Angela Campbell, Leigh Signal, Michael Hlavac

Sleep in Aotearoa

For the second consecutive year, the University of Otago in Ōtepoti Dunedin hosted a well-attended scientific conference on 20-21 June 2024, drawing 90 participants, including 15 industry professionals and six Australians.

The event featured New Investigator Awards and symposium and free abstract sessions. Noteworthy was Auckland psychiatrist and sleep specialist Dr Tony Fernando's keynote presentation on sleep and mental health that was exceptionally well received with many interesting takeaways.

ASA President Prof Garun Hamilton and ANZSSA committee representative Jane Douglas travelled across the Tasman to attend the meeting and provide updates concerning their respective organisations. Symposium sessions addressed topical issues in the sleep world: an invited symposium on sleep and smoking/vaping, shift work and workplace fatigue, and a novel research focus on dreaming and exceptional experiences.

Thank you to the five sponsors (Apex Medical, Fisher & Paykel Healthcare, ResMed, Compumedics, ResMed and Open Airway Dental Solutions) and the three additional exhibitors (B Medical, Excellcare and Active Healthcare). The conference dinner at the University Staff Club was

well attended, and as usual there was great atmosphere on the night. Visual highlights of the conference can be found on the ASA website.²

Special thanks to ASA Sponsorship and Events Manager, Asha Mohabir, who did an outstanding job securing the sponsors and exhibitors, and to Cassie Real (Executive & Team Support) and CEO Marcia Balzer for supporting much of the planning and communications. Planning is already underway for the next conference to be held at a venue in the North Island, 26-27 June 2025.

Awards

Congratulations to the winners of the following awards:

- **New Investigator Award** went to Shay-Ruby Wickham (University of Otago, Dunedin) for her presentation entitled "Streaming rather than dreaming: does screen use before bed really impair adolescent sleep?" The award includes registration to Sleep DownUnder 2024 on the Gold Coast and \$1000 towards travel sponsored by Apex Medical.
- **Sleep Apnoea Association of New Zealand (SAANZ) Emerging Researcher Award** went to Dr Margo van den Berg (Massey University) for research excellence and her contribution to fatigue science in Aotearoa New Zealand.
- **SAANZ Distinguished Service Award** went to Professor Alister Neill (University of Otago, Wellington) for outstanding clinical practice, research, and service to the field of sleep over many years, with significant contributions made locally, nationally, and internationally.

Webinar

The New Zealand branch hosted a webinar on World Sleep Day (March 15th) aligning with the 2024 theme "Sleep Equity for Global Sleep Health". The presentation was given by Dr Rachele Love, of Ngāpuhi and Te Arawa descent, an otolaryngology, head and neck surgeon from Ōtautahi Christchurch, and Chair of the NZ Medical Council. In her presentation, Dr Love discussed health disparities and the frameworks to understand them, examined sleep inequity and its causes, and explored current trends and future research and resource opportunities.

The presentation can be viewed via the Learning Centre.³ Thanks to Rachele for a really informative presentation on this clearly important topic.

2 www.sleep.org.au/Public/Public/NZ/Past-events.aspx

3 <https://asaprod.topclasslms.com/topclass/topclass.do?expand=OfferingDetails-Offeringid=330944>

Executive

The branch's annual meeting held on Zoom early July elected the following:

- **President** – Barbara Galland was elected for a two-year term on the Branch Executive, as President for one year and one year as Immediate Past President.
- **President Elect** – Karyn O'Keeffe was elected to the role of President Elect.
- **Executive** – Sonia Cherian, Rosie Gibson and Patryk Szulakowski were re-elected for another two-year term.

Plans are to revert to holding the annual meeting in person at Sleep in Aotearoa in 2025.

Advocacy

Past concerns about the difficulties sleep physicians have assessing patients with severe sleep apnoea and/or severe sleepiness under the current Fitness to Drive guidelines was raised at Sleep in Aotearoa 2023.

A working party was formed after that meeting with 9 New Zealand Branch members and recommendations were developed and discussed with Waka Kotahi (NZ Transport Agency).

The recommendations were presented in the driver safety guidelines session at Sleep in Aotearoa 2024 and are currently open for feedback by ASA members. Feedback will be reviewed by the working party and the next step will be to discuss the feedback further with Waka Kotahi.

Acknowledgements

Thanks to the NZ Branch committee for their continuing work in ensuring sleep health research is given the attention it deserves and clinical services continue to be advocated for. A personal thank you to Dr Karyn O'Keeffe whose work as Treasurer and support of my role and the conference organisation, has, once again, been outstanding. Thanks also to ASA President, Garun Hamilton, and the ASA Board Directors who continue to fully support and encourage the activities of our branch.

Prof Barbara Galland

New Zealand Branch Chair



Annual Report ANZSSA Representative

Over the 2023-2024 financial year, the Australia and New Zealand Sleep Science Association has been actively implementing and updating processes to enable the effective implementation of our strategic plan that was finalised at the end of 2023.

As part of process improvement, the entire Board attended a customised Australian Institute of Company Directors (AICD) board governance training session that provided further insight into attainable improvements in our governance and operational systems. We began the process of reviewing our policy and procedure documents including the Terms of Reference for each of our Portfolio Committees. These steps demonstrate the Board's commitment to achieving our strategic objective of operating ANZSSA with the highest management and governance standards.

The inaugural ANZSSA Certification Exam held in March 2024 was very successful, with 17 of the 26 examinees awarded the Certification in Sleep Science (CSS) credential. An additional 12 New Zealand members who had already completed the NZ Sleep Science Exam and continue to meet eligibility criteria were grandfathered in. This credential provides important recognition of professional competence and aligns with numerous strategic objectives including leading the development of standards and guidelines relevant to sleep science and providing professional development opportunities for those working in sleep science. We are looking forward to the next exam sitting scheduled for 25 November 2024.

ANZSSA continue to maintain a strong financial position with continued record levels of membership.

ANZSSA has expanded opportunities for connection and education for our members. From January 2024, each regional representative is co-ordinating a social

event/function to facilitate engagement and collaboration amongst local members, as well as hosting an education-based event. The regional educational meetings as well as ongoing quarterly journal club meetings are recorded and made available for later viewing, and of course we had the Sleep DownUnder 2023 annual scientific meeting.

We are very grateful to the ANZSSA Conference Committee who were involved in co-ordinating numerous sessions at Sleep DownUnder 2023 including the ANZSSA plenary "Inspirational update: how can we incorporate novel respiratory parameters into clinical practice?" and symposium "No-picnic PSGs – Interactive PSG analysis session". These committee members represented ANZSSA on the Sleep DownUnder Conference Committee, and we want to express our gratitude to the entire Sleep DownUnder Conference Committee for planning an outstanding program.

ANZSSA supported three members to attend Sleep DownUnder 2023 and Fisher & Paykel Healthcare generously supported two New Zealand-based members to attend. Providing such opportunities for ANZSSA members is vital to us meeting our objectives of supporting research in sleep science, as well as developing a strong community and providing professional development opportunities for those who work in sleep science.

Sleep DownUnder is a prime example of the highly valuable collaboration between ANZSSA and the Australasian Sleep Association (ASA), and we firmly believe such relationships continue to benefit members of both associations as well as sleep science and the community more broadly. ANZSSA is committed to continuing to foster collaborations with our key stakeholders the ASA, the Australian Council for Clinical Physiologists and the New Zealand Clinical Physiologists Registration Board. We are excited to have commenced discussions with other physiologist associations including the Australian and New Zealand Society of Respiratory Science and Professionals in Cardiac Sciences Australia in early 2024, with view to developing an alliance initially focusing on additional educational opportunities for our members.

Upon reflection at the end of my first year as ANZSSA President, I am very proud of all our achievements. I would like to formally express my gratitude to the Board, Committees and our members for all their support and tireless contribution to ANZSSA and the field of sleep science. Thank you also to the ASA and our other key stakeholders for your ongoing support and collaboration.

Nicole Verginis

ANZSSA representative

financial report

FOR THE YEAR ENDED 30 JUNE 2024

Liability limited by a scheme approved under Professional Standards Legislation

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Level 1, 5 George Street North Strathfield NSW 2137

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www.sleep.org.au | ABN 51 138 032 014

Directors' Report

The directors present their report on the company for the financial year ended 30 June 2024.

Information on Directors

The names of each person who has been a director during the year and to the date of this report are:

Sutapa Mukherjee

David Cunnington

Jasneek Chawla

Barbara Galland

Melinda Downey

Garun Hamilton

Teanau Rosebuck

Andrew Vakulin

Appointed 9 November 2023

Camilla Padula

Appointed 9 November 2023

Denise Marie O'Driscoll

Resigned on 9 November 2023

Jennifer Helene Walsh

Resigned on 9 November 2023

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

Operating Results

The profit of the company amounted to \$73,160 (2023 profit: \$18,354).

Significant Changes in the State of Affairs

There have been no significant changes in the state of affairs of the company during the year.

Principal Activities

The principal activities of the company during the financial year were:

- Drawing up of clinical standards and guidelines
- Overseeing training in the area of clinical sleep medicine
- Provision of quality assurance through credentialing of sleep services, together with the National Association of Testing Authorities (NATA)
- Organisation of an Annual Scientific Meeting, where the latest practice and research is showcased
- Advocacy with Government and Department of Health

No significant change in the nature of the company's activity occurred during the financial year.

Events After the Reporting Date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Environmental Issues

The company's operations are not regulated by any significant environmental regulations under a law of the Commonwealth or of a state or territory of Australia.

Indemnification and Insurance of Officers and Auditors

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

Auditor's Independence Declaration

The lead auditor's independence declaration in accordance with section 307C of the *Corporations Act 2001*, for the year ended 30 June 2024 has been received and can be found on the following page.

Signed in accordance with a resolution of the Board of Directors:

Director:

Director:



Garun Hamilton



Melinda Downey

Dated this 13th day of September 2024



Auditor's Independence Declaration

UNDER SECTION 307C OF THE CORPORATIONS ACT 2001
TO THE DIRECTORS OF AUSTRALASIAN SLEEP ASSOCIATION

I hereby declare, that to the best of my knowledge and belief, during the financial year ended 30 June 2024 there have been no:

- (i) contraventions of the auditor independence requirements as set out in the *Corporations Act 2001* in relation to the audit; and
- (ii) contraventions of any applicable code of professional conduct in relation to the audit.

Name of Firm: Boyd Audit
Chartered Accountants

Name of Auditor: 
Nathan Boyd
Registered Company Auditor No. 471054

Address: 1.06, 10 Century Circuit, Norwest NSW 2153

Dated this 13th day of September, 2024

Statement of Profit or Loss and Other Comprehensive Income

for the Year ended 30 June 2024

| | Note | 2024 \$ | 2023 \$ |
|---|------|-------------|------------|
| Income | | | |
| Revenue | 3 | 1,204,782 | 944,400 |
| Other income | 3 | 38,816 | 23,487 |
| | | 1,243,598 | 967,887 |
| Expenditure | | | |
| Accountancy expenses | | (2,300) | (13,825) |
| Auditor's remuneration | | (9,350) | (9,350) |
| Depreciation and amortisation expenses | | (2,423) | (1,666) |
| Employee benefits expenses | | (801,528) | (577,037) |
| Other expenses | 4 | (388,764) | (382,404) |
| | | (1,204,365) | (984,282) |
| Current year profit/(loss) before income tax | | 39,233 | (16,395) |
| Net current year profit/(loss) | | 39,233 | (16,395) |
| Other comprehensive income | | | |
| Fair value remeasurement gains/(losses) on available-for-sale financial assets | 3 | 33,927 | 34,749 |
| Other comprehensive income for the year | | 33,927 | 34,749 |
| Total comprehensive income for the year | | 73,160 | 18,354 |

Statement of Financial Position

as at 30 June 2024

| | Note | 2024 \$ | 2023 \$ |
|--------------------------------|------|------------|------------|
| ASSETS | | | |
| Current Assets | | | |
| Cash and cash equivalents | 5 | 345,683 | 233,267 |
| Trade and other receivables | 6 | 294,326 | 235,630 |
| TOTAL CURRENT ASSETS | | 640,009 | 468,897 |
| Non-current assets | | | |
| Other financial assets | 7 | 1,051,229 | 967,297 |
| Property, plant and equipment | 8 | 5,597 | 3,720 |
| TOTAL NON-CURRENT ASSETS | | 1,056,826 | 971,017 |
| TOTAL ASSETS | | 1,696,835 | 1,439,914 |
| LIABILITIES | | | |
| Current Liabilities | | | |
| Trade and other payables | 9 | 371,399 | 235,690 |
| Provisions | 10 | 37,753 | 23,673 |
| TOTAL CURRENT LIABILITIES | | 409,152 | 259,363 |
| Non-current Liabilities | | | |
| Trade and other payables | 9 | 370,356 | 338,453 |
| Provisions | 10 | 18,906 | 16,837 |
| TOTAL NON-CURRENT LIABILITIES | | 389,262 | 355,290 |
| TOTAL LIABILITIES | | 798,414 | 614,653 |
| NET ASSETS (LIABILITIES) | | 898,421 | 825,261 |
| EQUITY | | | |
| Retained surplus | 11 | 898,421 | 825,261 |
| TOTAL EQUITY | | 898,421 | 825,261 |

The accompanying notes form part of these financial statements.

Statement of Changes in Equity

for the Year ended 30 June 2024

| | Note | Retained surplus \$ | Total \$ |
|--|------|---------------------------|-------------|
| Balance at 1 July 2022 | | 806,907 | 806,907 |
| Profit attributable to members of the entity | | 18,354 | 18,354 |
| Balance at 30 June 2023 | | 825,261 | 825,261 |
| Profit attributable to members of the entity | | 73,160 | 73,160 |
| Balance at 30 June 2024 | | 898,421 | 898,421 |

Statement of Cash Flows

for the Year ended 30 June 2024

| | Note | 2024 \$ | 2023 \$ |
|--|------|-------------|-------------|
| Cash Flows from Operating Activities | | | |
| Membership fees received | | 251,316 | 282,448 |
| Conference income received | | 139,524 | 207,738 |
| Grant income | | 820,822 | 360,877 |
| Other income received | | 131,572 | 108,047 |
| Payments to suppliers, employees & others | | (1,302,784) | (1,015,848) |
| Interest received | | 2,211 | 3,160 |
| Net cash provided by (used in) operating activities | 12 | 42,661 | (53,578) |
| Cash Flows from Investing Activities | | | |
| Proceeds from sale of available-for-sale investments | | 258,134 | 115,689 |
| Earnings received from investments | | 107,569 | 36,046 |
| Payments for plant and equipment | | (4,300) | – |
| Payments for available-for-sale investments | | (291,648) | (176,999) |
| Net cash provided by (used in) investing activities | | 69,755 | (25,264) |
| Net increase (decrease) in cash held | | 112,416 | (78,842) |
| Cash at beginning of financial year | | 233,267 | 312,109 |
| Cash at end of financial year | 5 | 345,683 | 233,267 |

The accompanying notes form part of these financial statements.

Notes to the Financial Statements

for the Year ended 30 June 2024

The financial statements cover Australasian Sleep Association as an individual entity, incorporated and domiciled in Australia. Australasian Sleep Association is a company limited by guarantee.

The financial statements were authorised for issue on 13 September 2024 by the directors of the company.

1 Basis of Preparation

The Company is non-reporting since there are unlikely to be any users who would rely on the general purpose financial statements.

The special purpose financial statements have been prepared in accordance with the significant accounting policies described below and do not comply with any Australian Accounting Standards unless otherwise stated.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

The significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

2 Summary of Significant Accounting Policies

Property, Plant and Equipment

Each class of property, plant and equipment is carried at cost less, where applicable, any accumulated depreciation and impairment.

Plant and equipment

Plant and equipment are measured using the cost model.

Depreciation

Property, plant and equipment excluding freehold land, is depreciated on a straight line basis over the asset's useful life to the Company, commencing when the asset is ready for use.

Leased assets and leasehold improvements are amortised over the shorter of either the unexpired period of the lease or their estimated useful life.

The depreciation rates used for each class of depreciable asset are shown below:

Plant & Equipment **20%**

Financial Instruments

Financial instruments are recognised initially using trade date accounting, i.e. on the date that company becomes party to the contractual provisions of the instrument.

On initial recognition, all financial instruments are measured at fair value plus transaction costs (except for instruments measured at fair value through profit or loss where transaction costs expenses as incurred).

Loans and receivables

Loans and receivables are non-derivative financial assets with fixed or determinable payments that are not quoted in an active market. They arise principally through the provision of goods and services to customers but also incorporate other types of contractual monetary assets.

After initial recognition these are measured at amortised cost using the effective interest method, less provision for impairment. Any change in their value is recognised in profit or loss.

The company's trade and most other receivables fall into this category of financial instruments.

In some circumstances, the company renegotiates repayment terms with customers which may lead to changes in the timing of the payments, the company does not necessarily consider the balance to be impaired, however assessment is made on a case-by-case basis.

The accompanying notes form part of these financial statements.

Available-for-sale financial assets

Available-for-sale financial assets are non-derivative financial assets that do not qualify for inclusion in any of the other categories of financial assets or which have been designated in this category. The company's available-for-sale financial assets comprise listed securities.

All available for sale financial assets are measured at fair value, with subsequent changes in value recognised in other comprehensive income.

Gains and losses arising from financial instruments classified as available-for-sale are only recognised in profit or loss when they are sold or when the investment is impaired.

In the case of impairment or sale, any gain or loss previously recognised in equity is transferred to the profit or loss.

A significant or prolonged decline in value of an available-for-sale asset below its cost is objective evidence of impairment, in this case, the cumulative loss that has been recognised in other comprehensive income is reclassified from equity to profit or loss as a reclassification adjustment. Any subsequent increase in the value of the asset is taken directly to other comprehensive income.

Impairment of Non-Financial Assets

At the end of each reporting period the company determines whether there is evidence of an impairment indicator for non-financial assets.

Where this indicator exists and regardless for goodwill, indefinite life intangible assets and intangible assets not yet available for use, the recoverable amount of the assets is estimated.

Where assets do not operate independently of other assets, the recoverable amount of the relevant cash-generating unit (CGU) is estimated.

The recoverable amount of an asset or CGU is the higher of the fair value less costs of disposal and the value in use. Value in use is the present value of the future cash flows expected to be derived from an asset or cash-generating unit.

Where the recoverable amount is less than the carrying amount, an impairment loss is recognised in profit or loss.

Reversal indicators are considered in subsequent periods for all assets which have suffered an impairment loss.

Employee Benefits

Provision is made for the company's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits expected to be settled more than one year after the end of the reporting period have been measured at the present value of the estimated future cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may satisfy vesting requirements. Cash flows are discounted using market yields on high quality corporate bond rates incorporating bonds rated AAA or AA by credit agencies, with terms to maturity that match the expected timing of cash flows. Changes in the measurement of the liability are recognised in profit or loss.

Cash and Cash Equivalents

Cash and cash equivalents comprises cash on hand, demand deposits and short-term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

Provisions

Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

Provisions are measured at the present value of

management's best estimate of the outflow required to settle the obligation at the end of the reporting year. The discount rate used is a pre-tax rate that reflects current market assessments of the time value of money and the risks specific to the liability. The increase in the provision due to the unwinding of the discount is taken to finance costs in the statement of other comprehensive income.

Revenue and Other Income

Revenue is recognised when the amount of the revenue can be measured reliably, it is probable that economic benefits associated with the transaction will flow to the company and specific criteria relating to the type of revenue as noted below, has been satisfied.

Revenue is measured at the fair value of the consideration received or receivable and is presented net of returns, discounts and rebates.

Interest revenue

Interest revenue is recognised using the effective interest rate method.

Rendering of services

Revenue in relation to rendering of services is recognised depends on whether the outcome of the services can be measured reliably. If this is the case then the stage of completion of the services is used to determine the appropriate level of revenue to be recognised in the period. If the outcome cannot be reliably measured then revenue is recognised to the extent of expenses recognised that are recoverable.

Grant income

A number of the company's programs are supported by grants received from the federal government.

If conditions are attached to a grant which must be satisfied before the company is eligible to receive the contribution, recognition of the grant as revenue is deferred until those conditions are satisfied.

Where a grant is received on the condition that specified services are delivered to the grantor, this is

considered a reciprocal transaction. Revenue is recognised as services are performed and at year end a liability is recognised until the service is delivered.

Revenue from a non-reciprocal grant that is not subject to conditions is recognised when the company obtains control of the funds, economic benefits are probable, and the amount can be measured reliably. Where a grant may be required to be repaid if certain conditions are not satisfied, a liability is recognised at year end to the extent that conditions remain unsatisfied.

Comparative Amounts

Comparatives are consistent with prior years, unless otherwise stated.

Where a change in comparatives has also affected the opening retained earnings previously presented in a comparative period, an opening statement of financial position at the earliest date of the comparative period has been presented.

| | 2024 | 2023 |
|---|-------------|-------------|
| | \$ | \$ |
| 3 Revenue and Other Income | | |
| Income | | |
| Membership subscriptions | 258,224 | 267,737 |
| Conference income | 137,420 | 207,738 |
| Grant received | 693,095 | 360,877 |
| State Meetings | 12,250 | 9,728 |
| Fellow of Dental Sleep Medicine Program | 55,200 | 40,600 |
| Sundry income | 46,381 | 54,561 |
| Interest received | 2,212 | 3,159 |
| | 1,204,782 | 944,400 |
| Other income | | |
| Dividend and investment earnings received | 38,288 | 23,487 |
| Foreign currency translation gains | 528 | – |
| Fair value remeasurement gains /(losses) on available-for-sale financial assets | 33,927 | 34,749 |
| | 72,743 | 58,236 |
| | 1,277,525 | 1,002,636 |

Investment earnings

During the year, net realised and unrealised gains of \$106,712 was earned from available-for-sale financial assets held. This amount comprised of unrealised gains of \$50,134 and realised gains of \$56,578, including franking credits of \$9,086. Earnings have been allocated to special funds held on trust on a pro-rata basis, with the balance recognised as earnings of the company. The total gains allocated to special funds for the current year totalled \$34,497, representing 32.33% of total net investment earnings.

Commonwealth grants

During the year, the company secured commonwealth funding of \$339,126 as part of the Health Peak and Advisory Bodies program and \$481,696 as part of the Quality Use of Diagnostics, Therapeutics and Pathology program. Funding received was spent in accordance with the grant agreement, with \$127,726 unspent funds held at 30 June 2024. Unspent funds will be spent in the next financial year.

| | 2024 | 2023 |
|---|----------------|----------------|
| | \$ | \$ |
| 4 Expenses | | |
| Advertising & promotion | 21,998 | 12,312 |
| Awards & grants | 591 | 2,734 |
| Bank charges | 9,841 | 10,540 |
| Board & other meeting expenses | 12,464 | 15,396 |
| Computer & IT service expenses | 15,558 | 17,072 |
| Conference expenditure | 31,821 | 84,237 |
| Consultants fees | 24,000 | 1,500 |
| Educational activities and expenses | 80,600 | 123,506 |
| Fellow of Dental Sleep Medicine Program | 20,318 | 948 |
| Filing fees | – | 22 |
| Foreign currency translation losses | – | 939 |
| General expenses | 2,205 | – |
| Insurance | 13,375 | 8,072 |
| Legal costs | – | 2,250 |
| Market research expenses | 7,700 | – |
| Office expenses | 1,652 | – |
| Other education expenses | 27,657 | – |
| Postage | 521 | 183 |
| Printing & stationery | 4,266 | 1,602 |
| Program evaluation expenses | 6,250 | 13,200 |
| Rent & outgoings | 5,528 | 5,442 |
| Resource development | 26,315 | – |
| Speaker expenses | 1,200 | 6,054 |
| Special projects | – | 6,672 |
| Staff & board training | 2,497 | 639 |
| State meetings | 7,817 | 10,943 |
| Stakeholder group Honoraria | 8,900 | – |
| Subscriptions | 7,742 | 22,573 |
| Staff costs | 1,450 | 9,451 |
| Telephone & internet | 2,823 | 2,182 |
| Travelling, accommodation & meals | 43,675 | 23,935 |
| | <u>388,764</u> | <u>382,404</u> |

| | 2024 | 2023 |
|---|-------------|-------------|
| | \$ | \$ |
| 5 Cash and Cash Equivalents | | |
| Cash at bank | 235,175 | 147,407 |
| Savings account | 107 | 107 |
| Petty cash | 31 | 31 |
| Cash at bank - NZ | 67,702 | 51,616 |
| Cash at bank - JBWere | 27,939 | 19,666 |
| Deposits at call | 14,729 | 14,440 |
| | 345,683 | 233,267 |
| Reconciliation of cash | | |
| Cash and cash equivalents reported in the statement of cash flows are reconciled to the equivalent items in the statement of financial position as follows: | | |
| Cash and cash equivalents | 345,683 | 233,267 |
| | 345,683 | 233,267 |
| 6 Trade and Other Receivables | | |
| Trade debtors | 18,322 | 15,416 |
| Other debtors | 40,931 | 57,707 |
| Prepayments | 49,955 | 87,507 |
| The Conference Company investment | 185,118 | 75,000 |
| | 294,326 | 235,630 |
| 7 Other Financial Assets | | |
| Non-Current | | |
| Available-for-sale financial assets | 1,051,229 | 967,297 |
| 8 Property, Plant and Equipment | | |
| Plant and Equipment: | | |
| At cost | 15,872 | 11,572 |
| Accumulated depreciation | (10,275) | (7,852) |
| Total Plant and Equipment | 5,597 | 3,720 |

| | 2024 | 2023 |
|---|----------------|----------------|
| | \$ | \$ |
| 9 Trade and Other Payables | | |
| Current | | |
| Trade creditors | 11,935 | 17,984 |
| Credit card liabilities | 7,112 | 5,171 |
| GST liabilities | 20,828 | 13,857 |
| Superannuation payable | 7,481 | 5,919 |
| PAYG tax payable | 14,812 | 14,276 |
| Prepaid membership income | 164,897 | 171,806 |
| Prepaid conference income | 9,105 | 5,000 |
| Other creditors | 7,503 | 1,677 |
| Grants unspent | 127,726 | – |
| | <u>371,399</u> | <u>235,690</u> |
| Non-Current | | |
| Rob Pierce Fund | 14,713 | 22,148 |
| Helen BearPark Fund | 287,658 | 266,826 |
| Nick Antic Fund | 53,324 | 49,479 |
| Sleep Research Future Fund | 14,661 | – |
| | <u>370,356</u> | <u>338,453</u> |
| 10 Provisions | | |
| Current | | |
| Provision for annual leave | 37,753 | 23,673 |
| Non-Current | | |
| Provision for long service leave | 18,906 | 16,837 |
| 11 Retained Surplus | | |
| Retained surplus at the beginning of the financial year | 825,261 | 806,907 |
| Net profit attributable to members of the company | 73,160 | 18,354 |
| Retained surplus at the end of the financial year | <u>898,421</u> | <u>825,261</u> |

| | 2024 | 2023 |
|---|-----------|-----------|
| | \$ | \$ |
| 12 Cash Flow Information | | |
| Reconciliation of net income to net cash provided by operating activities: | | |
| Profit after income tax | 73,160 | 18,354 |
| Cash flows excluded from profit attributable to operating activities | | |
| Non-cash flows in profit | | |
| Depreciation expense | 2,423 | 1,666 |
| (Gains)/losses on available-for-sale investments | (106,713) | (58,847) |
| Changes in assets and liabilities | | |
| (Increase)/Decrease in trade and other receivables | (113,025) | 149,795 |
| (Increase)/Decrease in prepayments | 37,553 | 8,037 |
| Increase/(Decrease) in payables | 10,787 | 15,453 |
| Increase/(Decrease) in income in advance | 122,329 | (195,652) |
| Increase/(Decrease) in employee provisions | 16,147 | 7,616 |
| | 42,661 | (53,578) |

13 Company Details

The registered office and principal place of business of the Company is:

Australasian Sleep Association
Level 1, 5 George Street
North Strathfield NSW 2137

14 Members' Guarantee

The entity is incorporated under the Corporations Act 2001 and is a company limited by guarantee. If the company is wound up, the constitution states that each member is required to contribute a maximum of \$10 each towards meeting any outstanding obligations of the company. At 30 June 2024 the number of members was 1027 (2023: 1013).

Directors' Declaration

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out in this report, for the year ended 30 June 2024 are in accordance with the *Corporations Act 2001* and:
 - (a) comply with the Australian Accounting Standards applicable to the company; and
 - (b) give a true and fair view of the financial position of the company as at 30 June 2024 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements.
2. In the directors' opinion, there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Director:



Garun Hamilton

Director:



Melinda Downey

Dated this 13th day of September 2024



Independent Auditor's Report

TO THE MEMBERS OF AUSTRALASIAN SLEEP ASSOCIATION
ABN 51 138 032 014

Opinion

We have audited the accompanying financial report, being a special purpose financial report, of Australasian Sleep Association which comprises the statement of financial position as at 30 June 2024, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the directors' declaration by those charged with governance.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Company as at 30 June 2024, and of its financial performance and its cash flows for the year then ended in accordance with Australian Accounting Standards.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Information Other than the Financial Report and Auditor's Report Thereon

Those charged with governance are responsible for the other information. The other information comprises the information included in the Company's annual report for the year ended 30 June 2024, but does not include the financial report and our auditor's report thereon.

Our opinion on the financial report does not cover the other information and accordingly we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial report or our knowledge obtained in the audit or otherwise appears to be materially misstated.

If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards, and for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Company's financial reporting process.



Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

Name of Firm: Boyd Audit
Chartered Accountants

Name of Auditor: 
Nathan Boyd
Registered Company Auditor No. 471054

Address: 1.06, 10 Century Circuit Norwest NSW 2153

Dated this 13th day of September 2024



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