



SLEEP IN AOTEAROA 2021

ONLINE



WORKSHOP 9am - 12pm, 10 May

MAIN CONFERENCE

1 - 5pm, 10 May

9am - 5pm, 11 May

All enquiries to: sleepinaotearoa@gmail.com

WORKSHOP PROGRAMME

Monday 10 May – Workshop (separate registration and limited numbers)

9am-12pm Workshop – Actigraphy

Time	Topic		Speaker
8:55am	Introduction		Chair Karyn O’Keeffe
9:00 – 9:40am	Actigraphy Part 1: The Basics		Barbara Galland University of Otago
	Actigraphy Part 2: The processes: from sensor to sleep variable		
	Actigraphy Part 3: The pluses & minuses		
9.40 – 10.00am	Consumer sleep health devices – are these the way of the future?		Christopher Gordon University of Sydney
10:00 – 10:15am	Short break		
10.15 – 11:30am	Clinical Application	Paediatric Seep Medicine	Pre-recording: Lisa Meltzer National Jewish Health, Colorado, USA
		Adult Sleep Medicine	Andrew Davies
11:30 – 11:50am	Utility of actigraphs for measuring physical activity		Kim Meredith-Jones University of Otago
11:50am – 12:10pm	Compositional analysis of 24-hour time-use data		Jill Haszard University of Otago
12:10 – 12:15pm	Wrap up.		Karyn O’Keeffe



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Monday 10 May – Main conference

Time	Topic	Speaker
1.00-1.10pm	Welcome	Angela and Tom
	New Investigator award presentations	Chair: Alister Neill
1.10 - 1.30pm	Hearing function in Obstructive Sleep Apnea (OSA) patients and its effects with Continuous Positive Airway Pressure (CPAP) therapy.	Irene Northey
1.30 - 1.50pm	'My Routine is wrecked': Qualitative themes of changed sleep during COVID- 19 restrictions.	Ramil Adhikari
1.50 - 2.10pm	Effects of sleep education and training rescheduling on the sleep/wake behaviour and performance of elite adolescent swimmers. A pilot intervention.	Travis Steenekamp
2.10 – 2.30pm	Investigating the relationship between sleep and alcohol use in the health and wellbeing of older adults.	Courtney Jones
2.30 – 2.50pm	Streaming when we should be dreaming: Can video cameras be used to objectively measure adolescents' screen usage?	Bradley Brosnan

BREAK



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Time	Topic	Speaker
	Mindful approaches to Insomnia	Chair: Bronwyn Sweeney
3.15 - 3.45pm	'A Mindful Way' digital mindfulness based CBTi	Giselle Withers
3.45 - 4.15pm	Mindfulness-based digital therapies for the treatment of insomnia	Melinda Jackson
4.15 - 4.35pm	Prostate cancer and insomnia symptoms and treatments	Angela Campbell
4.35 - 4.50pm	Intermed	Mark Hayward

ASA NZ Branch AGM 5.00pm



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Tuesday 11 May – Main conference continued

Time	Topic	Speaker
9.00am	Surgery for sleep disorders in adults and children	Chair: Dawn Elder
9:00 – 9:20am	Adult sleep surgery	Dr Rachelle Love
9.20 – 9.40am	Paediatric sleep surgery	Mr Murali Mahadevan
9.40 - 10.00am	Bariatric surgery	Mr Steven Kelly
10.00 – 10.15am	ResMed Academy Online	Annelise La Roche

BREAK

Time	Topic	Speaker
	Free Abstracts (COVID + workforce fatigue)	Chair: Sonia Cherian
10.45 – 11.05am	Health consequences of sleep loss and implications for health care workers	Prof Alan Young
11.05 – 11.25am	Fatigue and nurses' work patterns: Findings from the Safer Nursing 24/7 Project	Karyn O'Keefe
11.25 - 11.45am	Cabin crews' views on managing fatigue and the importance of sufficient rest and company support – a qualitative study	Margo van den Berg
11.45 – 12.05am	Assessing impact of Covid-19 restrictions on care of patients with OSA at Middlemore Hospital: A retrospective audit of three methods of Positive Airway Pressure initiation	Josie McCabe
12.05 – 12.25pm	Sleeping in a Bubble: Factors affecting self-reported sleep changes during COVID-19 Alert Level Restrictions in Aotearoa/New Zealand	Rosie Gibson
12:25 – 12:45pm	Nurses' preferences for work flexibility versus predictability in shift work	Karyn O'Keefe



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BREAK

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	Medico-legal aspects of sleep medicine and working within scope	Chair : Merrhis Majurey
1.30 – 1.50pm	Oximetry training tool	Liz Edwards
1.50 - 2.10pm	Nursing – scope of practice	Sally Powell
2.10 - 2.30pm	Code of Practice for Suppliers of CPAP Sleep Therapies	Darren Mansfield
2.30 – 2.50pm	The Future of ANZSSA	Tom Churchward, President ANZSSA
2.50-3.10pm	The application of sleep and circadian science as an expert witness	Leigh Signal

BREAK

Time	Topic	Speaker
	Free Abstracts	Chair: Angela Campbell
3.30 – 3.50pm	Primary care-based sleep assessment service: Are we meeting our population expectations?	Paul Kelly
3.50 – 4.10pm	Study overview: Investigating the impact of sleep on ethnic inequities in child and adolescent mental health in Aotearoa/New Zealand	Dee Muller
4.10 – 4.30pm	Sleep and parenting in ethnically diverse Pacific families in southern New Zealand: A qualitative exploration	Lou Fangupo
4.30 - 4.50pm	CPAP for paediatric patients in Aotearoa NZ: audit of a developing service at CCDHB 2005-20	Dawn Elder
4.50 – 5.00pm	Close of meeting	