

ANNUAL REPORT 2022

Australasian Sleep Association



www.sleep.org.au



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Board 2021-2022

President	A/Prof Sutapa Mukherjee
President Elect:	A/Prof Alan Young
Clinical Chair	Dr David Cunningham
Conference Chair	Dr Andrew Gikas
Education Chair	Dr Jasneek Chawla
Finance Chair	A/Prof Nathaniel Marshall
Membership Chair	Dr Jennifer Walsh
Research Chair	A/Prof Denise O'Driscoll
NZ Branch President	Prof Barbara Galland
ANZSSA representative	Ms Teanau Roebuck (observer)

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.

My first year as ASA President was an exciting, challenging one as we gradually entered the “new normal” of life as the pandemic came under control finally. We have continued to support members during a difficult year, and the ASA has continued to contribute to the Australian National COVID-19 Clinical Evidence Taskforce through Alan Young being on the Steering Committee and me co-chairing the Guideline Leadership Group.

Since June 2021, sleep services around Australia and New Zealand have been impacted by the Philips recall of PAP devices. ASA member Mark Howard and I continue to attend the Therapeutic Goods Administration (TGA) ventilator expert working group monthly meetings and provide feedback to Philips about the remediation plan. We are aware that many devices have been replaced successfully but challenges remain, particularly for those with poor health literacy. We have continued regular e-newsletter communications to members as new information comes to hand. These efforts have been capably supported by the Clinical Committee under the expert guidance of David Cunningham.

Our advocacy work in partnership with the Sleep Health Foundation was shelved in 2020 due to COVID and financial constraints but we have recently recommenced working together to communicate with government bodies and politicians especially considering the newly elected Federal Government. We plan further advocacy efforts in 2023 to keep sleep medicine and sleep health front and centre in our government's mind.

Despite the challenges described above we have continued with the core work of our association, and there have been many achievements in these areas that are covered in the various committee reports.

I will spotlight a few areas that deserve special mention. In October 2021 we adopted a Diversity and Inclusion Policy which outlines the ASA's need to encourage broad representation on all committees, working groups and the Board to ensure that all members can feel valued and respected regardless of gender, race, ethnicity, age, career stage, sexual preference, gender identity, discipline, or geographic location. This also extends to the educational activities and research awards we provide. This is a positive step to ensure that we remain relevant to our ASA member population which is diverse and broad and covers many craft groups.



Annual Report President

In a similar vein, to improve the openness and transparency of the ASA inner workings, particularly around election of the President and Board members we have convened a Governance Working group which meets regularly and is tasked with reviewing current processes and developing new strategies for review by the Board. This is an ongoing work in progress which will most likely require a review of the organisation's constitution.

Other highlights included the fantastic financial surplus we delivered despite the uncertainty and challenges we faced as an Association. In particular I would acknowledge our CEO, Marcia Balzer and Finance Chair, Nathaniel Marshall, who have made considered financial decisions during this turbulent time.

Another important endeavour by the Education committee under the guidance of Jasneek Chawla has been to commence the development of the ASA educational strategy. This framework seeks to ensure that ASA craft group and member segment received high value educational offerings across our various platforms. This is an important step forward as we seek to deliver better education for ASA members.

I am thrilled that the Fellowship of Dental Sleep Medicine accreditation program has enrolled 16 dentists at the time of writing, and many will be sitting the inaugural examination in Brisbane at Sleep Down Under.

The icing on the cake was certainly when the ASA was awarded a Health Peak Advisory Bodies grant of over 1 million dollars over 3 years which commenced in July 2022. Dr Alex Sweetman joined the ASA staff team in

July to lead the three-year Commonwealth grant program. This program has broad aims to:

- 1 Increase our capacity to work with Government and develop Government responses,
- 2 Improve communication with ASA members, and
- 3 Improve access and use of evidence-based sleep disorder resources by GPs, psychologists, and primary care nurses.

I would like to thank the office staff including Marcia Balzer, Mischka Yates, Asha Mohabir, Faiz Shariff and Dinukshi Daniels who have done an outstanding job during challenging times.

I would also like to formally thank our outgoing Board members Nathaniel Marshall and Alan Young for their diligent service over many years to the ASA. In particular I acknowledge the outstanding contribution Nathaniel Marshall has made to the Finance Committee and the Board. I have also been grateful to have worked alongside Alan Young for the past few years, and he has been an exemplary role model for the role of President. I have learnt a great deal from him and his wise counsel.

Finally, I would like to acknowledge the outstanding work of the committed ASA member volunteers who contribute immensely by serving on the Board, committees, working groups and councils. I am always inspired by your dedication and generosity of time and spirit as we work towards the goals of the ASA. You all make my position easier, and I am grateful for your efforts and wise counsel. I am excited for my next 12 months as ASA President as we transition out of pandemic mode.

A/Prof Sutapa Mukherjee

President



Annual Report Chief Executive Officer

We enjoyed some significant achievements during 2021-22 through excellent collaboration across staff, members, committees, working groups and volunteer leaders.

In May 2020 as the pandemic started taking hold, the ASA set three critical strategic goals. By 30 June 2022 we set out to:

- 1 Achieve a break-even financial result
- 2 Ensure the ongoing viability of the association, and
- 3 Have adapted effectively to the post-COVID environment.

While the 'post-COVID environment' is still partly imaginary, I'm proud to say we have met and exceeded those very important goals. This year's financial result is significantly better than break-even, setting a strong foundation for a return to annual surpluses that will enable us to grow and fulfil our organisation's mission more effectively into the future.

Operational income grew by 36% while expenses declined by 39% compared to last year. Membership returned to pre-COVID levels after a modest dip of 4% last financial year. We established new programs and activities. These included trialling an intensive virtual clinical masterclass concept, trialling a commercial partnership to deliver business education services, launching the Fellow of Dental Sleep Medicine certification program, and implementing the new ASA Learning Centre to manage all our educational activities and resources.

Our advocacy work increased to encompass ongoing COVID issues, the Philips device rectification process, and the lodging of a major application for Medicare funding for home sleep studies for certain paediatric patient populations.

We provided advice on various topics to government agencies such as the Department of Health, the National Transport Commission and the Australian Bureau of Statistics. We worked alongside the Sleep Health Foundation on a Pre-budget submission and a post-election advocacy campaign to raise the profile of sleep health with key new decision-makers.

The Medicines Sub-Committee achieved several milestones during the year, including:

- Publishing a Perspectives article in the *Medical Journal of Australia*, 'Narcolepsy management in Australia: time to wake up'
- Completing a systematic review that was accepted for publication in *Sleep Medicine Reviews*, 'Narcolepsy: Comorbidities, complexities and future directions'
- Meeting with the chair of the Pharmaceutical Benefits Advisory Committee to discuss pathways to improved access to medications for the management of central hypersomnolence.

The main advocacy achievement during the year was seeing the National Preventive Health Strategy 2021-2030 include sleep health after it was omitted in the draft strategy document. A concerted effort by ASA, the Sleep Health Foundation, and several ASA members resulted in some important additions relating to sleep health appearing in the final strategy. There have also been other flow-on effects from this work, with sleep being allocated to a policy 'home' within the Department of Health, and additional funding provided for health prevention activities in relation to sleep.

As wonderful as all these achievements are, the stand-out highlight of the year was the announcement that we would receive a 3-year Commonwealth grant that commenced on 1 July 2022 under the Health Peak and Advisory Bodies program. This funding round is linked to the policy goals set out in the National Preventive Health Strategy 2021-2030. Our grant will expand our policy advice and advocacy work and fund important outreach activities to primary healthcare practitioners.

In summary, ASA finished the financial year in excellent shape, having built up the momentum needed to enjoy continued success in the years to come.

I want to say a special thank you to our virtual staff team, who have persisted through good times and bad to help us achieve these results. The ASA staff have built a true team environment that is a pleasure to work in. Through hard work and supporting each other, we have so much to be proud of in relation to the ASA's achievements. Thank you to Mischka Yates, Asha Mohabir, Faiz Shariff, Dinukshi Daniels and our latest addition, Alex Sweetman, for being such a pleasure to work with. I hope you feel as proud as I do of what the ASA accomplished during 2021-22.

Of course, results like these would not be possible without our volunteer Board, committees, working groups and sponsors. It's only through our collective efforts that we can achieve all that has been accomplished in the 2021-22 financial year. This past year I have greatly appreciated the support, encouragement and hard work of Sutapa Mukherjee and Alan Young, along with the rest of the Board. The commitment of all our volunteers never ceases to amaze me – thank you for all you do!

Ms Marcia Balzer

Chief Executive Officer



Annual Report Clinical Chair

Clinical Committee: *David Cunningham (Chair), Linda Schachter (Deputy Chair), Bandana Saini, Brendon Yee, Christopher Pantin, Craig Hukins, Garun Hamilton, Jacob Twiss, John Swieca, John Wheatley, Moya Vandeleur, Roy Beran, Julia Crawford, Brett Duce, Julie Tolson, Nur Sulaiman, Sutapa Mukherjee*

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 year there was a steady stream of requests for input from the committee as well as ongoing work towards the goals of the Association.

COVID-19

As the pandemic evolved, sleep services throughout Australia and New Zealand have continually adapted to the changing circumstances. The statement on providing sleep services from the ASA continues to be updated after review by the Clinical Committee and is available via the ASA website as a resource for members and other healthcare providers and health services.

Philips product defect correction

This process of replacing affected devices is taking longer than expected. The Clinical Committee has provided ongoing input to try to make the process as fair and seamless as possible, providing guidance on triaging priority for device replacement as well as how to best manage settings for new devices. The ASA and Clinical Committee remain engaged with Philips to help ensure the best outcome possible for people with affected devices and their treating teams who have all been significantly impacted.

Medicines subcommittee

This subcommittee continue to advocate strongly for better access to medications for patients, especially those with narcolepsy and idiopathic hypersomnia. To better understand barriers and opportunities for having medications reimbursed, representatives of the medicines committee met with Andrew Wilson, chair of the Pharmaceutical Benefits Advisory Committee. A review of co-morbidities associated with narcolepsy has also been published in *Sleep Medicine Reviews*, that highlights the broad impacts of narcolepsy and will provide an important reference for future advocacy for people with narcolepsy and central disorders of hypersomnolence.

Medicare and compliance

Another round of compliance activities on the utilisation of items 12203 and 12250 for laboratory-based and ambulatory diagnostic sleep studies was undertaken by Medicare. The clinical committee provided background outlining why some sleep medicine physicians may bill more of these items than their peers.

The paediatric home-sleep study working group continues to work through the Medical Services Advisory Committee (MSAC) application process responding to requests for further input as the application moves through the approval process.

Position statements and guidelines

A number of working groups continue to work on important guidelines including the guidelines for performing sleep studies in adults. A working group has been convened and is working on an updated document.

Input has also been provided to the latest edition of the national fitness to drive guidelines.

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 Cunningham

Clinical Chair



Annual Report Conference Chair

Conference Committee: *Andrew Gikas (Chair), Jasneek Chawla (Deputy Chair), Angela D'Rozario, Amal Mohamed Dameer, Jenny Haycock, Charli Sargent, Aislinn Lalor, Janet Cheung, Moya Vandeleur, Teanau Roebuck, Alex Wolkow, Amanda Richdale, Scott Coussens, Lyndon Chan, Joachim Ngiam*

The Conference Committee makes recommendations to the ASA Board about all aspects of the annual conference, Sleep DownUnder and is tasked with making the ASA/ANZSSA Annual Scientific Meeting the premier sleep meeting in our region, through high quality programming, competitive registration fees and value-added benefits.

Travel restrictions and border closures resulted in Sleep DownUnder 2021, the 32nd ASM of the Australasian Sleep Association and the Australia and New Zealand Sleep Science Association being held as a virtual event held from 10-13 October 2021.

The program included 3 concurrent streams and two short courses with 571 delegates registered. 191 general abstracts were submitted as well as 30 Advanced Trainee and 32 New Investigator abstracts. Delegates appreciated that although there was a quick pivot from a hybrid event to a virtual event, they did not feel that this affected the quality of the program. The Conference Committee and the membership should be proud of the work they put in to provide a high-quality program with varied topics.

As expected with a virtual event, there were limitations with networking opportunities, but the advantage of

the virtual platform was that session recordings were accessible to delegates almost immediately as well as for six months post conference.

I would like to thank and acknowledge the generous support of all our sponsors and supporters for the 2021 virtual meeting, especially our Digital Partners **Teva, Phillips, ResMed, Eisai, Jazz Pharmaceuticals, and SomnoMed**. We appreciate and rely on the support of our industry sponsors and exhibitors, and we value the contribution they make to our conferences and other activities.

We are all looking forward to catching up in Brisbane, as we get back to face to face meetings, and next year's plans are well underway for Sleep DownUnder in Adelaide!

Dr Andrew Gikas

Conference Chair



Annual Report Education Chair

Education Committee: *Jasneek Chawla (Chair), Amy Reynolds (Deputy Chair), Alan Young, Andrew Gikas, Sarah Blunden, Alex Sweetman, Thomas Altree, Helen Gilbert, Bandana Saini, Catherine Buchan, Shyamala Pradeepan, Amanda Phoon Nguyen*

It has been my pleasure to step into the role of Education Chair this year, working with the Board and members of the Education sub-committees and working groups to continue to develop the strong education focus of ASA. An additional key role this year has also been my involvement in the Fellow of Dental Sleep Medicine Advisory Committee, which has oversight for this important accreditation program launched by ASA this year.

A new priority for 2022 has been to refine the overarching education strategy for ASA, ensuring that professional education of members remains at the forefront of our organisation's activities. A new framework has been developed, which aims to capture the key educational requirements of individual craft groups and career stages for ASA members. We hope to be able to utilise this framework to deliver relevant and focused education sessions and activities across the ASA's many educational offerings each year, ensuring that, where possible, content is recorded and made readily available afterwards for members to access, through the new online learning management centre.

Highlights of the year have included a fantastic webinar led by the Indigenous Sleep Health Working Group (chaired by Sarah Blunden) discussing *Sleep Health of First Australians: what we know and where to from*

here. This was followed closely by the launch of the *Sleep Health in Indigenous Australians* report, which has been published on the ASA website. The webinar series has continued to be of a high standard throughout the year.

The Education sub-committees have continued to participate actively in developing new ideas over the course of the year.

The GP Education Subcommittee (Chaired by Alan Young) has been preparing to undertake a survey of Australasian universities to determine the sleep content within medical training programs. They have also been focusing on resources for medical students undertaking shift work and have continued their involvement in Healthed podcasts aimed at GPs and nurses.

The Behavioural Management of Sleep Disorders Subcommittee (chaired by Alex Sweetman) have continued to develop an online postgraduate education resource on CBTi (cognitive behavioural therapy for insomnia) which is aiming to be launched in 2023. They have recently published a feature article 'Sleep problems in psychological practice', for *InPsych*, the key publication provided to members of the Australian Psychological Society (APS).

The Advanced Trainee Education Subcommittee (chaired by Thomas Altree) have been working to refine the online resources for advanced trainees, which will be incorporated into the learning management centre for ease of access. The Subcommittee also ran a webinar designed to help trainees decide on whether to do an extra year of sleep medicine training.

The Indigenous Sleep Health Working Group (chaired by Sarah Blunden) completed the *Sleep Health in Indigenous Australians* report and also published a systematic review on 'Sleep health and its implications in First Nation Australians' in the *Lancet Regional Health - Western Pacific*. Some group members are now also representing ASA within the Sleep Health Foundation Indigenous Sleep Health Working Group and collectively developing surveys to determine how to help practitioners to meet the needs of Indigenous individuals.

The Dental Sleep Medicine Accreditation Working Party (chaired by Andrew Gikas) established the Dental Sleep Medicine Fellowship certification program, which was launched in September 2021. With the establishment of the Fellow of Dental Sleep Medicine (FDSM) Advisory Committee, the working party was dissolved. We are grateful to Dr Dinukshi Daniels who has come on board

with ASA as the FDSM Program Manager and has had a key role in promoting this new certification within the dental community.

The Pharmacy and Nursing Education Subcommittees (chaired by Bandana Saini and Catherine Buchan respectively) have taken some time to re-group after clinical duties being a priority through the COVID pandemic. Both groups are actively recruiting new members and hope to revive their focus on educational activities for their membership craft groups in the near future.

I would like to extend a huge thank-you to the subcommittee teams for welcoming me into my new role as Education Chair and continue to actively participate through this year. I am also grateful to the ASA team, led by Marcia for their support with administration and advice.

Dr Jasneek Chawla

Education Chair



Annual Report Finance Chair

Finance Committee: *Nathaniel Marshall (Chair), Sutapa Mukherjee, Alan Young, Romola Bucks, Robert Estcourt, Christopher Worsnop, Melinda Jackson, Kath Maddison, David Stevens and Marcia Balzer (CEO).*

The Association continues to be in a sound financial position. Financial performance and cash flow management have also significantly improved since last year and are healthy. These will still require continued attention going forward.

The value of our investment at the end of the tumultuous financial year in the share market is still

more (\$866,350) than our initial investment of \$800,000 despite some withdrawals of capital during the previous years.

This year's financial performance has seen us post a profit of \$56,342 which was ahead of our breakeven goal and thanks largely to a financially successful Sleep DownUnder virtual conference. This profit also includes a book adjustment for a drop in the fair market value of our investment portfolio this year of \$82,895 and so our underlying operating performance is better than that estimated by the final summary surplus.

Last year's challenge to match operating revenues from non-investment activities to the operating expenses of the association's day-to-day activities has been met. The Board will need to be watchful in a post-pandemic environment that is yet to crystalise.

My thanks again go out to the team at JB Were, Mark Leslie and Robert Estcourt who provide us with expert advice on how to manage the ASA's financial reserves and scholarship funds sustainably into the future. They have helped steer us through the most recent period and we will continue to work with them to provide income to support the member services of the Association.

A/Prof Nathaniel Marshall
Finance Chair



Annual Report Membership Chair

Membership Committee: *Jennifer Walsh (Chair), Gorica Micic, Kathleen Maddison, Kirk Kee, Nicole Lovato, Phil Terrill*

Sub-Committee of Councils: *Amy Reynolds, Christopher Worsnop, Honey Heussler, Kate Sutherland, Ksenia Chamula, Nick Stow, Nicole Grivell, Prerna Varma, Scott Coussens*

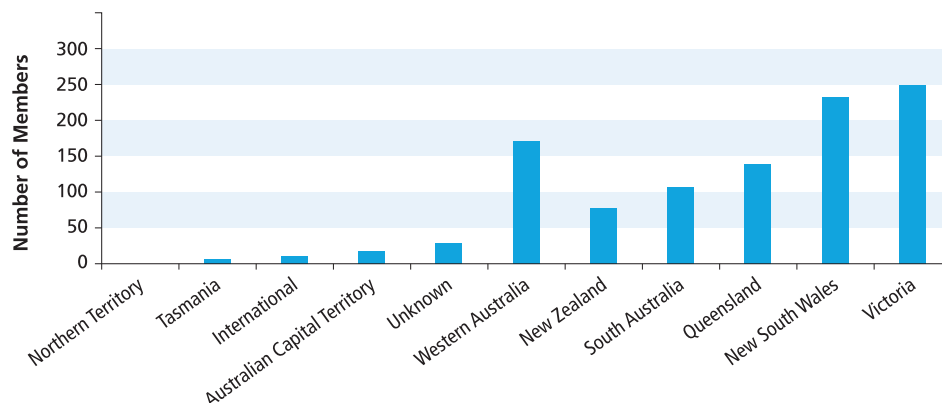
Membership Numbers

As of 30 June 2022, the total number of members was 950, which is equivalent to pre-COVID levels. Most members are based on the east coast of Australia; 66% reside in Victoria, New South Wales or Queensland; 8.5% are based in New Zealand and 12 members are located outside of Australia or New Zealand.

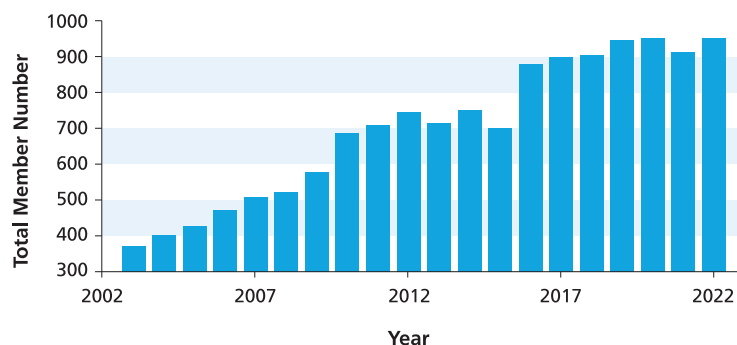
The majority of our members are Full Members (66%) with Associate (17%) and Student Members (12%) making up the bulk of the remaining membership. We had 6 members join under the new International member category this year.

The ASA represents members with diverse occupations. Of 812 members in whom we have occupation details approximately 44% are Physicians or Trainee Physicians. Dentists are the next largest group, followed by Researchers, Students and Scientists. We also have members who are Psychologists, Nurses, GPs, ENT Surgeons, Psychiatrists, Physiotherapists, Occupational Therapists, Speech Pathologists, Pharmacists, and Industry Partners.

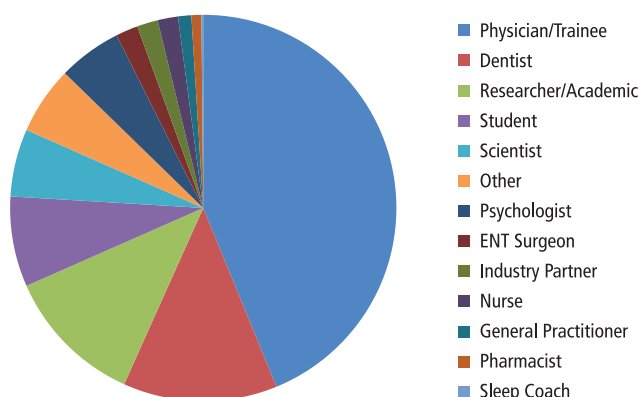
ASA Member Location 2022



ASA Membership 2003-2022



ASA Member Occupation 2022



State meetings

After a COVID-induced hiatus in ASA meetings in most states, 2021-22 saw the resumption of meetings in South Australia and Victoria. Thank you to Amy Reynolds and the South Australian team (Sally Ferguson, Jill Dorrian, Robert Adams, Sutapa Mukherjee and Hannah Scott) and Melinda Jackson and the Victorian team (Kirk Kee, Denise O'Driscoll and Brad Edwards) for organising these.

The state meetings provide an opportunity for ASA members to network with local peers and stay informed on current research and clinical practices. Thanks to the organising teams, there are now meetings planned in several states in the coming months. We are all looking forward to the prospect of meeting face to face with our colleagues.

Recognition of long-term membership

The membership committee have been thinking of ways to recognise members who have been long-standing members of the ASA. After considering many options it was decided that the number of years of consecutive membership will be highlighted on the conference name tags. Members will also be sent a certificate after each decade of continuous membership. To all our long-standing members – thank you for your ongoing support, please look out for your certificate.

Sub-committee of councils

The ASA councils provide an opportunity for members to engage with others with similar research and clinical interests. Each council runs independently and uniquely to serve its members and achieve the goals of the council. Members wishing to be more actively involved in the ASA are encouraged to engage with their council(s) of interest as there are many roles within each council, outlined in the Toolbox for Councils, which are important and rewarding. Thank you to all members who have contributed to the councils over the past year.

Communication platforms

Members are kept up to date on relevant information and events through the regular news emails. The website is also updated regularly and remains a valuable source of information in relation to upcoming events, position statements and ASA awards. The new Learning Centre hosts hundreds of hours of webinar, conference, and education material, most of which is freely available to members.

The Membership Committee aims to ensure the ASA is working to serve you best. Please reach out to us if you think we could do more to enhance your membership in our great association.

Thank you to the Membership Committee, ASA staff, and all ASA members who have contributed to the ASA over the past year. It continues to be a great pleasure to work with you all in the pursuit of promoting sleep health and sleep science. I look forward to continued engagement and exciting progressions in our association in the year to come.

Dr Jennifer Walsh

Membership Chair



Annual Report Research Chair

Research Committee: *Denise O'Driscoll (chair), Romola Bucks, Scott Coussens, Angela D'Rozario, Danny Eckert, Bradley Edwards, Rosemary Gibson, Camilla Hoyos, Roo Killick, Fergal O'Donoghue, Andrew Vakulin, Jennifer Walsh, David Wang*

The Research Committee has continued to work on a number of key strategic goals to achieve our overall mission to strengthen and encourage high quality sleep research in Australia and New Zealand.

Awards

I am pleased to report the ASA awards are again a highlight of the work of the Research Committee. The Research Committee received and reviewed a large number of applications for the prestigious awards offered by our association including: the Nick Antic Career Development Award, the Helen Bearpark Memorial Scholarship, the Rob Pierce Grant in Aid, and the Philips Sleep Research Grant. Award applications now utilise a streamlined ASA CV template. The Committee continues to be impressed by the quality of the applications from the membership, although it makes selecting winners all the more challenging! Awardees will be announced at Sleep DownUnder 2022.

The committee also reviewed a high volume of applications for the highly competitive 2022 New Investigator Award. The top six finalists will present their research in a competitive plenary session at Sleep Downunder 2022, a true highlight of the conference. The top prize will be announced at the Gala Dinner.

Research funding

Political advocacy for increased research funding remains a key role for the Research Committee. Activities included an ASA response to the public consultation on the Australian Medical Research and Innovation Strategy and Priorities, as well as ministerial correspondence requesting a dedicated MRFF call into sleep health. Both initiatives highlighted the need to include sleep research as a national priority.

Whilst sleep research funding remains challenging we continue to celebrate the successes of our members. ASA members awarded NHMRC Ideas grants for 2022 include Craig Philips (University of Sydney) and Bei Bei (Monash University). In addition, Professor Ron Grunstein was named a Fellow of the Australian Academy of Health and Medical Sciences. The prestigious fellowship is in recognition of outstanding contributions to the health and medical research landscape.

As part of the ASA's commitment to members, we continue to provide support as a grant partner where appropriate, to assist with research dissemination and policy.

Sleep DownUnder

The ASA mentorship program successfully recommenced in 2021, and we have continued the program for 2022 receiving a large boost in applications. This program is open to members at every career stage and matches mentees with ASA mentors to provide an avenue for emerging sleep researchers, clinicians and scientists to establish formal mentorship relationships with experts in the field.

Finally, I would like to express my thanks to the staff at the ASA office for their support this year as well as the Research Committee members for their continued hard work and dedication. We look forward to another highly productive and engaging year ahead.

A/Prof Denise O'Driscoll

Research Chair



Annual Report New Zealand Branch

New Zealand Branch Executive Committee:

Barbara Galland (Chair), Karyn O'Keeffe, Rosie Gibson, Bronwyn Sweeney, Jacob Twiss, Andy Davies, Patryk Szulakowski, Sonia Cherian, Sally Powell, Angela Campbell

Ance again we held our annual Sleep in Aotearoa meeting in May over Zoom, and all ran very smoothly with the support of the ASA team. The main feature was a session on parasomnias with thanks to New Zealand and Australian speakers who gave some very informative talks covering both adult and child parasomnias. A highlight was the session on real life sleep research featuring altitude breathing, things that go bump in the night, adventure racing and sleeping with pets. The New Investigator award was won by Massey University student Mikaela Carter who presented her research entitled: Sleep in infancy in New Zealand Māori and non-Māori differences.

The annual meeting saw some changes to the committee with the resignation of Angela Campbell from her role as President, held since 2019. We thank Angela for her dedication and support to leading the New Zealand branch and especially for the tremendous amount of work she has put into organising Sleep in Aotearoa meetings (particularly over the last few extremely challenging years). Hopefully her time is a bit more freed up now for even more cycle events, and of course training for the annual ASA meeting fun runs.

A conference sub-committee has been formed, meeting on a 6 weekly basis as we plan our first face-to-face meeting in June 2023. The meeting is to be held in Dunedin with symposia and free abstracts delivered within a hybrid format. We hope to see some Australians attending on Zoom, if not in person.

The NZ branch has gratefully received a donation of \$5570 from the New Zealand Sleep Apnoea Association that wound up recently. Discussions are taking place as to how we may use this, but potentially for annual awards for professional contributions/services to the field of sleep in Aotearoa New Zealand.

With the NZ District Health Boards changing to a more co-ordinated health system of governance (Te Whatu Ora), several members with a paediatric clinical interest met recently to look at national services for children.

Finally, I'd like to thank both Angela and Karyn who have helped enormously with my transition to this new role. I'd also like to thank Marcia and the support of ASA as I become familiar with how the board runs and look forward to working with all on the ASA board over the next year, and particularly meeting face-face in Brisbane in November.

Barbara Galland

New Zealand Branch Chair



Annual Report ANZSSA Representative

ANZSSA continues to support close ties with the activities of ASA, particularly with regards to the joint conference, input through the clinical committee and NATA Accreditation Advisory Committee. ANZSSA continued in 2020-21 to work on educational activities focussed on sleep science and the creation of a local accreditation examination.

Ms Teanau Roebuck
ANZSSA Representative





financial report

FOR THE YEAR ENDED 30 JUNE 2022

Liability limited by a scheme approved under Professional Standards Legislation

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Directors' Report

The directors present their report on the company for the financial year ended 30 June 2022.

Information on Directors

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

Andrew Gikas

Alan Charles Young

Nathaniel Stuart Marshall

Sutapa Mukherjee

Jennifer Helene Walsh

Denise Marie O'Driscoll

David Cunningham

Jasneek Chawla

Appointed 11 October 2021

Barbara Galland

Appointed 12 May 2022

Ching Li Chai-Coetzer

Resigned 11 October 2021

Teanau Roebuck

Resigned 4 April 2022

Angela Jane Campbell

Resigned 12 May 2022

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 \$56,342 (2021 loss: \$24,886).

Significant Changes in 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 2022 has been received and can be found on the following page.

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

Director:



Sutapa Mukherjee

Director:



Nathaniel Marshall

Dated this 27th day of September 2022



Auditor's Independence Declaration

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

We hereby declare, that to the best of my knowledge and belief, during the financial year ended 30 June 2022 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 27th day of September, 2022

Statement of Profit or Loss and Other Comprehensive Income

for the Year ended 30 June 2022

	Note	2022 \$	2021 \$
Income			
Revenue	3	603,383	484,742
Other income	3	57,030	(723)
		660,413	484,019
Expenditure			
Accountancy expenses		(10,278)	(11,607)
Auditor's remuneration		(9,310)	(9,152)
Depreciation and amortisation expenses		(1,588)	(1,572)
Employee benefits expenses		(360,337)	(341,607)
Other expenses	4	(139,663)	(229,895)
Current year profit/(loss) before income tax		139,237	(109,814)
Net current year profit/(loss)		139,237	(109,814)
Other comprehensive income			
Fair value remeasurement gains/(losses) on available-for-sale financial assets	3	(82,895)	84,928
Other comprehensive income for the year		(82,895)	84,928
Total comprehensive income for the year		56,342	(24,886)

The accompanying notes form part of these financial statements.

Statement of Financial Position

as at 30 June 2022

	Note	2022 \$	2021 \$
ASSETS			
Current Assets			
Cash and cash equivalents	5	312,109	270,269
Trade and other receivables	6	382,479	322,421
TOTAL CURRENT ASSETS		694,588	592,690
Non-current assets			
Financial assets	7	866,350	967,674
Property, plant and equipment	8	5,386	2,725
TOTAL NON-CURRENT ASSETS		871,736	970,399
TOTAL ASSETS		1,566,324	1,563,089
LIABILITIES			
Current Liabilities			
Trade and other payables	9	393,784	435,946
Provisions	10	18,308	11,172
TOTAL CURRENT LIABILITIES		412,092	447,118
Non-current Liabilities			
Trade and other payables	9	332,738	350,570
Provisions	10	14,587	14,836
TOTAL NON-CURRENT LIABILITIES		347,325	365,406
TOTAL LIABILITIES		759,417	812,524
NET ASSETS (LIABILITIES)		806,907	750,565
EQUITY			
Retained surplus	11	806,907	750,565
TOTAL EQUITY		806,907	750,565

The accompanying notes form part of these financial statements.

Statement of Changes in Equity

for the Year ended 30 June 2022

	Note	Retained surplus \$	Total \$
Balance at 1 July 2020		775,451	775,451
Loss attributable to members of the entity		(24,886)	(24,886)
Balance at 30 June 2021		750,565	750,565
Profit attributable to members of the entity		56,342	56,342
Balance at 30 June 2022		806,907	806,907

Statement of Cash Flows

for the Year ended 30 June 2022

	Note	2022 \$	2021 \$
Cash Flows from Operating Activities			
Membership fees received		260,169	269,106
Conference income received		257,875	181,224
Grant income		40,544	36,323
Other income received		26,248	59,342
Payments to suppliers, employees & others		(580,341)	(511,522)
Interest received		805	2,140
Net cash provided by (used in) operating activities	12	5,300	36,613
Cash Flows from Investing Activities			
Proceeds from sale of property, plant and equipment		–	323
Proceeds from sale of available-for-sale investments		339,350	176,511
Earnings received from investments		60,787	25,062
Payments for plant and equipment		(4,249)	–
Payments for available-for-sale investments		(359,348)	(213,378)
Net cash provided by (used in) investing activities		36,540	(11,482)
Net increase/(decrease) in cash held		41,840	25,131
Cash at beginning of financial year		270,269	245,138
Cash at end of financial year	5	312,109	270,269

The accompanying notes form part of these financial statements.

Notes to the Financial Statements

for the Year ended 30 June 2022

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 27 September 2022 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%
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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 are expensed 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.

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 an 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.

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.

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.

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.

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.

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.

	2022 \$	2021 \$
3 Revenue and Other Income		
Income		
Membership subscriptions	254,705	246,846
Conference income	224,237	181,224
Grant received	40,545	36,323
Sleep Health Foundation fees	1,486	3,094
MasterClass income	33,638	–
State Meetings	11,500	–
Fellow of Dental Sleep Medicine program	19,233	–
Sundry income	17,234	15,432
Interest received	805	1,823
	603,383	484,742
Other income		
Dividend and investment (losses)/earnings received	57,030	(723)
Fair value remeasurement gains /(losses) on available-for-sale financial assets	(82,895)	84,928
	(25,865)	84,205
	577,518	568,947

During the year, net realised and unrealised losses of \$38,573 was earned from available-for-sale financial assets held. This amount comprised of unrealised losses of \$123,624 and realised gains of \$85,051. 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 losses allocated to special funds for the current year totalled \$12,708, representing 32.95% of total net investment earnings.

4 Expenses

Advertising & promotion	1,641	2,455
Awards & grants	455	1,000
Bank charges	5,870	3,507
Cleaning	–	1,217
Consultants fees	1,500	1,100
Conference expenditure	12,856	115,598
Donations	689	3,104
Filing fees	–	340
Foreign currency translation losses	3,562	643

	2022	2021
	\$	\$
Insurance	5,821	4,178
Computer & IT service expenses	20,851	11,602
Legal costs	–	5,888
Loss on sale of fixed assets	–	7,493
MasterClass expenses	19,190	–
Board meeting expenses	3,265	4,846
Office expenses	368	3,002
Printing & stationery	2,340	5,935
Rent & outgoings	4,794	17,596
Research & special projects	1,043	33,485
Staff & board training	1,530	969
State meetings	5,238	–
Fellow of Dental Sleep Medicine program	42,172	–
Subscriptions	2,714	2,498
Telephone & internet	2,212	2,736
Travelling, accommodation & meals	1,552	703
	139,663	229,895

5 Cash and Cash Equivalents

Cash at bank	223,009	205,489
Savings account	107	8
Petty cash	31	31
Cash at bank - NZ	29,625	23,434
Cash at bank - JBWere	45,415	4,154
Deposits at call	13,922	37,153
	312,109	270,269

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	312,109	270,269
	312,109	270,269

	2022 \$	2021 \$
6 Trade and Other Receivables		
Trade debtors	16,041	1,873
Prepayments	97,689	121,507
Other debtors	44,578	22,616
Deposits paid	224,171	176,425
	<u>382,479</u>	<u>322,421</u>
7 Other Financial Assets		
Non-Current		
Available-for-sale financial assets	866,350	967,674
	<u></u>	<u></u>
8 Property, Plant and Equipment		
Plant and Equipment:		
At cost	11,572	7,323
Accumulated depreciation	(6,186)	(4,598)
Total Plant and Equipment	<u>5,386</u>	<u>2,725</u>
9 Trade and Other Payables		
Current		
Trade creditors	20,234	49,459
Credit card liabilities	4,282	1,574
GST liabilities	15,749	14,326
PAYG tax payable	5,311	4,727
Income in advance	343,208	311,659
ASA research grant	–	40,000
Other creditors	–	9,201
Travel Grant held	5,000	5,000
	<u>786,516</u>	<u>534,676</u>
Non-Current		
Rob Pierce Fund	29,397	38,840
Helen BearPark Fund	258,043	267,364
Nick Antic Fund	45,298	44,366
	<u>332,738</u>	<u>350,570</u>

	2022 \$	2021 \$
10 Provisions		
Current		
Provision for annual leave	18,308	11,172
Non-Current		
Provision for long service leave	14,587	14,836
11 Retained Surplus		
Retained surplus at the beginning of the financial year	750,565	775,451
Net profit/(loss) attributable to members of the company	56,342	(24,886)
Retained surplus at the end of the financial year	806,907	750,565
12 Cash Flow Information		
Reconciliation of Cash Flow from Operations with Profit after Income Tax		
Profit (Loss) after income tax	56,342	(24,886)
Cash flows excluded from loss attributable to operating activities		
Non-cash flows in profit		
Depreciation expense	1,588	9,065
(Gains)/losses on available-for-sale investments	25,865	(84,205)
Changes in assets and liabilities		
(Increase)/Decrease in trade and other receivables	(61,913)	(71,612)
(Increase)/Decrease in prepayments	25,962	(30,416)
Increase/(Decrease) in payables	(35,856)	35,822
Increase/(Decrease) in income in advance	(13,575)	203,692
Increase/(Decrease) in employee provisions	6,887	(847)
	5,300	36,613

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 2022 the number of members was 950 (2021: 915).

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 2022 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 2022 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:



Sutapa Mukherjee

Director:



Nathaniel Marshall

Dated this 27th day of September 2022



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 2022, 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 2022, 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 2022, 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 27th day of September 2022



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