Sleep DownUnder 2011
Sydney Convention Centre, 27-29 October 2011
Programme (as at 11 September 2011)

Thursday 27 October 2011

0700 Breakfast Session 1: Bayside 105 (ticket holders only)
Sponsored by Aspen Australia
I have problems with the Mandibular Advancement Device – what happens next -
Jonathan Parker

0700 Industry Breakfast Session: Sponsored by BMedical Provent: Bayside 102
Provent Therapy - Research Findings and Clinical Practice Experience with Nasal EPAP
Provent Nasal EPAP represents a novel treatment option for patients with Obstructive Sleep Apnoea. David Rapoport MD (via video link) will discuss Provent’s Mechanism of action and highlight findings from his recently published clinical studies. Rajiv Doshi MD, the inventor of Provent, will review the results of the studies including the recently published study in Sleep.
(Bookings should have been made for this session)

0815 Conference Welcome
Craig Hukins and Brett Duce

0830 Plenary 1: Bayside Auditorium A
Sleep and the Heart: Reciprocal Interactions
Chairs: Amy Jordan and Garun Hamilton

0830 PI01 Helen Bearpark Memorial Lecture: The effect of myocardial infarction on sleep in mice
Chris O'Donnell

0900 PI02 Sleep disruption in heart failure
Matthew Naughton

0920 PI03 Can treating OSA reduce cardiovascular risk?
Doug McEvoy

0940 PI04 Is sleep disordered breathing a risk for cardiovascular disease in children?
Rosemary Horne

1000 Morning Tea & Trade Exhibition: Bayside Grand Hall

1030 Plenary - New Investigator Presentations: Bayside Auditorium A
Chair: Naomi Rogers

1030 NI01 Eliminating the circadian influence on sleep.
Gemma M Paech, Sally A Ferguson, Charli Sargent, David Darwent, Xuan Zhou, Raymond W Matthews, Georgia Heath, Gregory D Roach

1045 NI02 A randomised controlled trial to evaluate a simplified model of care for obstructive sleep apnoea in general practice.
Ching Li Chai-Coetzter, Nick Antic, L Sharn Rowland, Richard Reed, Adrian Esterman, Norman Vowles, Helena Williams, Sandra Dunn, R Doug McEvoy

1100 NI03 Increased sexual desire with exogenous testosterone administration in men with obstructive sleep apnea: An 18-week randomized double-blind placebo controlled study.
Kerri Melehan, Camilla Hoyos, Brendon Yee, Peter Buchanan, Ron Grunstein, Peter Liu

1115 NI04 Cardiometabolic and neurobehavioural changes after continuous positive airway pressure (CPAP) treatment for obstructive sleep apnea (OSA): A 12-week randomised sham-controlled study.
Camilla Hoyos, Roo Killick, Brendon Yee, Craig Phillips, Ronald Grunstein, Peter Liu

1130 NI05 Pulse transit time and the cardiovascular effects of sleep disordered breathing: Is it a question of exposure time?
Lauren Nisbet, Lisa Walter, Stephanie Yiallourou, John Trinder, Gillian Nixon, Margot Davey, Rosemary Horne

1145 NI06 Genioglossus EMG response to threshold resistive loads in severe obstructive sleep apnoea vs. healthy controls
Warren Ruehlman, Peter Rochford, John Trinder, Fergal O'Donoghue

1200 Lunch & Trade Exhibition: Bayside Grand Hall

1230 Special Interest Group Meetings:
Dental Orofacial SIG: Bayside 102
Neurology SIG: Bayside 103
Insomnia & Sleep Health SIG: Bayside 104
1330 Poster viewing: Bayside Grand Hall
   All presenters to attend their posters for the duration

1430 Afternoon Tea & Trade Exhibition: Bayside Grand Hall

1500 Concurrent Symposia
   1500 Symposium 1: Bayside 102
      Dental management of sleep disordered breathing and bruxism
      Chairs: Andrew Gikas and Keith Burgess
      1500 S01 Bruxism as a marker for OSA
      Ramesh Balasubramaniam
      1530 S02 Oral Appliances – Choosing the right patient
      Peter Cistulli
      1600 S03 Mandibular Advancement Devices – the clinical steps explained
      Joachim Ngiam

1500 Symposium 2: Bayside 103
   Genetic influences on sleep apnoea expression
   Chairs: Kristina Kairaitis and Peter Cistulli
   1500 S04 Genetic background, the carotid body and expressions of sleep apnoea
      Chris O’Donnell
   1530 S05 Genetic control of craniofacial development
      Peter Farlie
   1600 S06 Genetic influences on the timing of sleep
      David Kennaway

1500 Symposium 3: Bayside 104
   Problematic sleep in infancy: interventions, outcomes and controversies
   Chairs: Barbara Galland and Sally Baddock
   1500 S07 Intervention for infant sleep disturbance: empirical foundations for least restrictive alternatives
      Karyn France
   1520 S08 Effects of an infant sleep intervention at child age 6 years: randomized controlled trial
      Anna Price
   1540 S09 The impact of infant sleep problems on maternal and paternal wellbeing
      Harriet Hiscock
   1600 S10 The impact of culture on the identification of infant sleep problems
      Sally Baddock

1500 Symposium 4: Bayside Auditorium A
   Neurobehavioural outcomes for adults and children treated for OSA – may not be a good as you think?
   Chairs: Amy Jordan and Nick Antic
   1500 S11 Neurobehavioural outcomes for OSA patients treated with CPAP. Not as good as you think?
      Nick Antic
   1515 S12 Driving simulator performance and cortical activation remain abnormal despite CPAP treatment in patients with severe Obstructive Sleep Apnoea
      Andrew Vakulin
   1530 S13 Failure to return to normal following optimal CPAP use?
      Terri Weaver
   1610 S14 What we leave behind: The efficacy of adenotonosillectomy in snoring children
      Mark Kohler

1630 Annual General Meeting Australasian Sleep Association: Bayside Auditorium A

1730 Annual General Meeting Sleep Health Foundation: Bayside Auditorium A

1800 Industry Symposium sponsored by Philips Home Healthcare: Bayside Auditorium A
FRIDAY

Friday 28 October 2011

0700  Breakfast Session 2:  Bayside 102 (ticket holders only)
M01  Alternative positive airway therapies for OSA
Kannan Ramar

0700  Breakfast Session 3:  Bayside 105 (ticket holders only)
Domiciliary NIV – from residence to registry
Alan Young

0830  Plenary 2:  Bayside Auditorium A
Sleep across species and ages
Sponsored by World Sleep Federation
Chairs:  Kristina Kairaitis and Peter Eastwood

0830  P05  Sleep across the lifespan
Terri Weaver

0900  P06  Monotreme dreams and cool sex:  a comparative physiologist’s story
Stewart Nicol

0930  P07  Sleeping without slumber
Naomi Rogers

1000  Morning Tea & Trade Exhibition:  Bayside Grand Hall

1030  Concurrent Oral Presentations

1030  Paediatrics Oral Presentations:  Bayside 102
Chairs:  Carolyn Dakin & Karen Waters

1030  O01  Comparison of lateral airway radiograph assessment methods for predicting obstructive sleep apnoea (OSA) severity in children
Chenda Kol-Castro, Karen Waters, Ajoy Varghese, Lawrence Lam, Kristina Prelog, Alan Cheng

1045  O02  Time course of slow-wave EEG activity in pre-school children with sleep disordered breathing:  A possible mechanism for daytime deficits
Sarah N Biggs, Lisa m Walter, Angela R Jackman, Lauren Nisbet, Vicki Anderson, Gillian M Nixon, Margot J Davey, John Trinder, Robert Hoffmann, Roseanne Armitage, Rosemary SC Horne

1100  O03  An objective assessment of the reliability of parental reports of snoring in preschool children
Katie Appleyard, Barbara Galland, Amelia Gill, Carmen Lobb, Elizabeth Scaughency

1115  O04  Improving detection of obstructive sleep apnoea by overnight oximetry in children using pulse rate parameters
Suraian Sahadan, Margot Davey, Rosemary Horne, Gillian Nixon

1130  O05  Sleep disordered breathing has a marked effect on the polysomnographic characteristics of both preschool and primary school aged children.
Lisa Walter, Gillian Nixon, Margot Davey, Vicki Anderson, John Trinder, Rosemary Horne

1145  O06  Breathe easy:  Heart rate variability is not affected by sleep disordered breathing in preschool children
Lauren Nisbet, Lisa Walter, Stephanie Yiallourou, John Trinder, Gillian Nixon, Margot Davey, Rosemary Horne

1030  Sleep and Breathing Physiology Oral Presentations:  Bayside 103
Chairs:  Peter Catcheside and Fergal O’Donoghue

1030  O07  Reduction of Carotid Artery Wall Shear Stress and Blood Flow due to Induced Snoring in an Animal Model
Jin-Gun Cho, Manisha Verma, Jodie Narayan, George Larcos, Terence Amis, John Wheatley

1045  O08  Common Pre-Motor Drive to Genioglossus and Tensor Palatini Motor Neurons
John Trinder, Christian Nicholas, Leila Heckel, Amy Jordan, Michael Woods, Joanna Waloszek, Christopher Worsnop, John Semmler

1100  O09  Subjects with obstructive sleep apnoea have a reduced number of velopharyngeal folds compared with healthy subjects.
Kristina Kairaitis, Sheryl Foster, Josh Martin, Manisha Verma, Jason Amatoury, Mayuresh Korgaonkar, John Wheatley, Terence Amis
1115  O10  Long Term Effectiveness of Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea

1130  O11  Microvascular Disease: A Potential a Mechanism for Stroke in Snoring and Obstructive Sleep Apnoea

1145  O12  Impact of sleep state and position on ventilatory stability in healthy adults at high altitude (5050m)
Scott Sands, Bradley Edwards, Philip Berger, Kelly Shepherd, Andrew Dawson, Marianne Swart, Philip Ainslie, Keith Burgess

1030  Clinical Sleep and Breathing Oral Presentations:  Bayside Auditorium A
Chairs: Michael Hlavac and James Douglas

1030  O13  A Comparative Effectiveness Trial of Continuous Positive Airway Pressure (CPAP) versus Oral Appliance (OA) Therapy in Obstructive Sleep Apnea (OSA)
Craig Phillips, Ron Grunstein, Ali Darendeliler, Anastasia Mihailidou, Brendon Yee, Peter Cistulli

1045  O14  Maternal sleep health and fetal outcomes
Alison Fung, Helen Essade, Danielle Wilson, Gabrielle Fleming, Barnes Maree, Fergal O'Donoghue, Mark Howard, Susan Walker

1100  O15  Effects of Continuous Positive Airway Pressure on Coagulation Parameters in Obstructive Sleep Apnoea: A Randomised, Placebo-Controlled Crossover Study
Brad McEwen, Craig Phillips, Marie-Christine Morel-Kopp, Brendon Yee, David Sullivan, Christopher Ward, Ron Grunstein, Geoffrey Tofler

1115  O16  Improvement in neurocognitive function in compliant continuous positive airway pressure (CPAP) users
Clarice Field, Delwyn Bartlett, Angela Denotti, Keith Wong, Ron Grunstein

1130  O17  The Increase in Snoring During Pregnancy is Associated with an Increase in Systemic Blood Pressure
Colin Sullivan, Julie Zieschang, Pamela Johnson, Sally Middleton, Mark Norman, Ann Clark

1145  O18  Comparison of facial photographic dimensions and bony measurements from MRI in OSA patients
Kate Sutherland, Richard Schwab, Sigrunur Juliusson, Richard Lee, Bryndis Benediksdottir, Thorarinn Gislason, Allan Pack, Peter Cistulli

1030  Chronobiology, Insomnia, Sleep Health Oral Presentations:  Bayside 104
Chairs: Delwyn Bartlett and Melinda Jackson

1030  O19  Both actigraphy data and the intensity of insomnia complaints differ between suicidal and non-suicidal depressed patients enrolled in a hypnotic clinical trial
W Vaughan McCall, Jil Blocker, Ralph D'Agostino, Jr, Jia Wang, William Shannon

1045  O20  Day to day functioning is related to prior night sleep in insomniacs but not good sleepers
Leon Lack, Rashelle Smith, Helen Wright, Nicole Lovato

1100  O21  Brain activity markers of sleep correlate with performance during a subsequent extended wakefulness challenge.
Angela Denottia, Jong Wan Kim, Keith Wong, Ron Grunstein

1115  O22  Sleep architecture and sleep stability in chronic fatigue syndrome
David Cunnington, Danielle Bussella, Shalini Bamberpul, John Sviesca

1130  O23  Changes in Positive and Negative Affect Across Two Weeks of Simulated Night Shift
Melinda Jackson, Devon Grant, Gregory Belyenko, Hans Van Dongen

1145  O24  Assessment of fatigue in New Zealand's rural general practitioners.
Sarah Jay, Pat Farry, Susan Dovey, Dee Muller, Philippa Gander

1200  Lunch & Trade Exhibition:  Bayside Grand Hall

1230  Special Interest Group Meetings:
Paediatric SIG:  Bayside 102
Respiratory SIG:  Bayside 103
Chronobiology SIG:  Bayside 104
1330  **Poster Viewing:** All poster presenters for this session to be at their poster  - Bayside Grand Hall

1430  **Concurrent Poster Discussions**

1430  **Poster Discussion - Sleep & breathing, physiology and neurology:** Bayside 104

1430  Po01  Understanding pharyngeal airflow and upper airway collapse in OSA: Use of Computational Fluid Dynamics and Fluid-Structure Interaction

1436  Po02  Does increasing the ventilatory response to arousal induce genioglossus muscle hypotonia on the resumption of sleep?

1442  Po03  Awake Nasal Resistance Does Not Predict Breathing Route or Sleep Disturbance in Patients with Chronic Nocturnal Nasal Congestion (CNNC)

1448  Po04  High-dose corticosteroid use in acute onset narcolepsy

1454  Po05  Loud Snores Reduce Peak Carotid Arterial Wall Shear Stress and Peak Systolic Blood Flow Velocity

1500  Po06  The effects of alcohol administration on sleep evoked potentials in heavy drinking and light drinking male university students.

1506  Po07  Correlation of brain activity and heart rate time courses during nocturnal sleep: A pilot study

1512  Po08  A pilot, randomised controlled trial of retinal artery flicker induced vasodilatation to detect change in endothelial function in severe OSA.

1518  Po09  Pathogenesis of obstructive sleep apnoea in quadriplegia

1524  Po10  Perry Syndrome: an unusual cause of central hypoventilation

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**Poster Thematic (No oral component)**

1430  Po11  Adenosine A1 receptor agonist and modafinil reduce the neurite outgrowth in cultured cortical neuron

1436  Po15  The effect of acute alcohol consumption on sleep in late adolescence (18-21years)

1442  Po16  Comparison of objective and subjective measures of working memory in children with sleep disordered breathing: What are we really assessing?

1440  Po17  Management and outcomes of persistent obstructive sleep apnoea after adenotonsillectomy in children
1454  Po18  Growing pains and periodic limb movements of sleep in children: a retrospective observational study  
Man Wai Wong, Arthur Teng, Bruce Williamson, David Champion, Wen Qiu

1500  Po19  Neuro-developmental follow-up of infants with cleft lip and/or palate at high risk of sleep disordered breathing: outcomes at 3 years of age.  
Courtney Smith, Karen Walker, Nadia Badawi, Karen Waters, Joanna MacLean

1506  Po20  Audit of Home CPAP/BPAP-How children access machines.  
Virginia Noronha Oliveira, Sonia Pithers, Bruce Williamson, Ganesh Thambipillay, Arthur Teng

1512  Po21  Can a sleep education program improve pre-adolescent’s sleep and health-related quality of life?  
Hayley Etherton, Sarah Blunden, Gabrielle Rigney

1518  Po22  Sleep and memory consolidation in children with sleep disordered breathing (SDB)  
Rachael Spooner, Stephanie Whealan, Mark Kohler

**Poster Thematic (No oral component)**

Po23  Combined obesity-OSA condition in adolescence: implications for neurobehavioural functioning  
Evan Tan, Barbara Galland, Dione Healey, Elizabeth Schaughency, Andrew Gray, Carmen Lobb

Po24  Adherence in Children on Non Invasive mask ventilation (NIV) at Home  
Arun Kumar Pugalenthi, Pat Wales, Margaret Harris, Gordon Williams, Carolyn Dakin, Sadasivam Suresh

Po25  The effect of Forest kindergarten programs on sleep habits in Korean preschool children  
Soyoung Youn, Jung In Son, Jangho Park, Hye Won Kim, Hye Rym Kim, Seockhoon Chung

Po26  Exploration of a novel mask system in the treatment of sleep disordered breathing in paediatric patients  
Patricia Wales, Margaret-Anne Harris

Po27  The importance of parental engagement in promoting behavioural changes in health interventions: A sleep education example.  
Gabrielle Rigney, Sarah Blunden, Hayley Etherton, Timothy Olds, Carol Maher

**14.30 Poster Discussion - Chronobiology, insomnia and sleep health: Bayside Auditorium A**

Chairs: Sarah Jay and Stuart Armstrong

Po28  Infra-red reflectance oculography reveals changes in drowsiness, and is commensurate with gold standard laboratory measures.  
Clare Anderson, Anne-Marie Chang, Joseph Ronza, Charles Czeisler

Po29  Driving Home After the Night Shift: Awareness of Drowsiness and Distractibility  
Clare Anderson, Charles Czeisler, Steven Lockley

Po30  Driving with a cocktail of extended wake, sleep restriction and biological night.  
Raymond W. Matthews, Sally A. Ferguson, Xuan Zhou, Georgina Heath, Gemma Paech, David J. Kennaway, Gregory D. Roach

Po31  Perception of driving ability is impaired by sleep enhancing medication.  
Vanessa Wilkinson, Melinda Jackson, Maree Barnes, Bronwyn Stevens, Justine Westlake, Philip Swann, Mark Howard

Po32  The utility of different eyelid movement metrics for detecting drowsiness-related lapses  
Mark Howard, Vanessa Wilkinson, Melinda Jackson, Bronwyn Stevens, Justine Westlake, Maree Barnes, Shantha Rajaratnam, Philip Swann

Po33  Exploring melatonin use among customers of compounding pharmacies in Australia  
Bandana Saini, Victor Lo, Jenny Giam, Jane Nikles

Po34  Preliminary results of sleep pill reduction program for psychiatric inpatients  
Soyoung Youn, Jung In Son, Seokhoon Chung

Po35  Acute alerting effects of daytime exposure to specific wavelengths of light  
Ahuva Y. Segal, Tracey L. Sletten, Jennifer R. Redman, Steven W. Lockley, Shantha M.W. Rajaratnam

Po36  Subjective sleep quality, depression and anxiety in Australian adolescents.  
Joanna Waloszek, Bei Bei, Michelle Byrne, Christian Nicholas, Monika Ranilt, Greg Murray, Nicholas Allen, John Trinder, Michael Woods

Po37  The effects of sleep restriction on the architecture of early sleep cycles.  
Lee Harmer, Siobhan Banks, Amy Reynolds, Peter Catcheside

**Poster Thematic (No oral component)**

Po38  Five Consecutive Nights of Sleep Restriction Decreases Sex Hormone Binding Globulin, But Not Testosterone, In Young Men.  
Amy C Reynolds, Peter Y Liu, Gary Wittert, Brittany C James, Paige R Knott, Isla M Reid-Dicks, Lee J Harmer, Hans P A Van Dongen, Gregory Belenky, Siobhan Banks

Po39  A contemporary primary care perspective on the management of insomnia  
Bandana Saini, Kristina Attenas, Madeliene Melchior, Romano Fois, Nathaniel Marshall
Po40 The Australian Centre for Education in Sleep (ACES) program: sleep education trials for middle school students in Australia and New Zealand
Sarah Blunden, Geoff Kira, Michelle Hull, Ralph Maddison
Po41 Sleepiness and fatigue in sleep restriction therapy for chronic insomnia disorder
Christopher B Miller, Simon D Kyle, Colin A Espie

1430 Poster Discussion - Treatment of Sleep Disordered Breathing: Bayside 103
Chairs: Nick Antic and Belinda Miller
1430 Po42 Multimodal assessments improve prediction of oral appliance treatment outcome in OSA: potential importance of patient phenotyping
Kate Sutherland, Peter Petocz, Andrew Chan, M. Ali Darendeliler, Jin Qian, Andrew Ng, Peter Cistulli
1436 Po43 Effects of Nasal Dilator Strip on Nasal Resistance During Sleep in Patients Reporting Nocturnal Nasal Congestion
Warde Elias, Andrea Vidal, Rila Perri, Manisha Verma, Sharon Lee, John R Wheatley, Terence C Amis
1442 Po44 Optimal CPAP pressure as a predictor of oral appliance treatment outcome in OSA
Kate Sutherland, Craig Phillips, Amanda Greenwood, Vasanth Srinivasan, Oyku Dalci, Brendan Yee, M. Ali Darendeliler, Ronald Grunstein, Peter Cistulli
1448 Po45 Continuous Positive Airway Pressure requirements are lower in those with quadriplegia and Obstructive Sleep Apnoea compared with able-bodied individuals with Obstructive Sleep Apnoea.
Mariannick Le Guen, Peter Cistulli, David Berlowitz
1454 Po46 Surfactant for OSA in patients with primary sjogren’s syndrome-a randomised, placebo controlled, cross over study
Zafar A. Usmani, Peter Catcheside, Nick Antic, Maureen Rischnueller, Malcolm Smith, Tom Gordon, R. Doug McEvoy
1500 Po47 The effects of testosterone on ventilatory responses in men with obstructive sleep apnoea – a randomised, placebo controlled trial.
Roo Killok, David Wang, Camilla Hoyos, Brendan Yee, Keith Wong, Ron Grunstein, Peter Liu
1506 Po48 The use of a simple positional belt in the management of positional obstructive sleep apnoea
Keiran Phillips, Antonio Ambrogetti
1512 Po49 The efficacy of mandibular advancement splint (MAS) therapy - a snoring perspective
Joachim Ngiam, Mark Norman, Colin Sullivan
1518 Po50 Continuous Positive Airway Pressure Management of Obstructive Sleep Apnoea via a Nasal Interface vs a Full Face Mask: A Pilot Study
Lucy Burr, Robyn O’Sullivan
1524 Po51 Changes in ESS after two months of CPAP therapy are similar in patients obstructive sleep apnoea with or without REM predominance.
Rajesh Thomas, Brett Duce, Craig Hukins

Poster Thematic (No oral component)
Po52 Efficacy of body position manouevring in positional obstructive sleep apnoea
Robyn O’Sullivan, Shiv Erigadoo
Po53 Retrospective analysis of the relationship between anthropometric measures and short-term compliance of auto-PAP by treatment naive patients with obstructive apnoea.
Philip Dionysopoulos, Amy Collard, Samantha Hollis, Jackie Erthaia, Goldin Jeremy
Po54 Compliance Patterns in Patients on Hospital Funded Long Term CPAP Therapy in the Greater Canterbury Region, New Zealand.
Emma Betley, Rebecca Calwell, Michael Hiavac, Paul Kelly
Po55 Nasal vasomotor reactivity is related to the decision to purchase a humidifier for CPAP therapy
Saul Gilbert, Mary Dimasi, Helen Gilbert, Michael Chia
Po56 CPAP prescription - Does additional follow up increase the frequency of CPAP therapy uptake?
Maureen Stuart, Jennie Fry, Jan Robinson
Po57 The role of social cognitive theory (SCT) in CPAP adherence: Data from two randomised controlled studies.
Delwyn Bartlett, Camilla Hoyos, Keith Wong, Diane Richards, Ronald Grunstein, Peter Liu
Po58 Quality audit to determine the success of in lab CPAP titrations and common reasons for suboptimal titrations
Colleen Mumby, Kate Quinlan, Ian Brown, Stephen Morrison, Irene Szollosi
Po59 Interface Changes from CPAP education to Prescription Issue - How Often and Why
Jennie Fry, Jan Robinson
Po60 The effect of continuous positive airway pressure (CPAP) on energy expenditure in obstructive sleep apnoea – preliminary findings.
1530  Afternoon Tea & Trade Exhibition: Bayside Grand Hall

1600  Concurrent Mini Symposia

1600  Improving grant success:  Bayside 102
       John Wheatley

1600  Why is CPAP usage poor and how can this be improved?:  Bayside Auditorium A
       Amy Sawyer, Delwyn Bartlett

1600  FLAME study (a longitudinal investigation of the relationship between sleep and obesity in children):  Bayside 104
       Barry Taylor

1700  Concurrent Year in Review Sessions

1700  Paediatrics Year in Review:  Bayside 102
       Rosemary Horne

1700  Sleep and Breathing Year in Review:  Bayside Auditorium A
       Garun Hamilton

1700  M02 Physiology/Measurement Year in Review:  Bayside 103
       Peter Catcheside

1700  Insomnia, Sleep Health, Chronobiology Year in Review:  Bayside 104
       Tracey Sletten and Gerard Kennedy

1800  Annual General Meeting Australasian Sleep Technologists’ Association:
       Bayside Auditorium A
Saturday 29 October 2011

0700  Fun Run: Sponsored by Compumedics
       (Meet in park cnr Art Gallery & Hospital Road, The Domain)

0700  Breakfast Session 4: Bayside 105
       Surgery for OSA
       Ed Weaver

0715  Multidisciplinary input to sleep apnoea
       Stuart Mackay

0730  Case based discussion and questions

0830  Plenary 3 ASTA Session - Polysomnography measurement dilemmas:
       Bayside Auditorium A
       Chairs: Gordon Williams and Mark Jurisevic

0830  Introduction
       Andrew Thornton

0835  P108 Flow measurement:
       Peter Catcheside

0850  P109 Body position
       Jeremy Mercer

0905  P110 Eye movements
       Tom Churchward

0935  P111 Snoring
       Teanau Roebuck

0935  P112 ASTA/ASA Paediatric scoring guidelines
       Yvonne Pamula

0955  Summary and future directions
       Andrew Thornton

1000  Morning Tea & Trade Exhibition: Bayside Grand Hall

1030  Poster Viewing: All poster presenters for this session to be at their poster - Bayside Grand Hall

1100  Poster Discussion - Insomnia and sleep health: Bayside 103
       Chairs: Leon Lack and Shantha Rajaratnam

1100  Po61 Development & feasibility trial of a mindfulness-based multi-component in-school group
       sleep intervention for poor sleep & anxiety symptoms in adolescent girls
       Bei Bei, Joanna Waloszek, Michelle Byrne, Michael Woods, Clare Ivens, Christian Nicholas, Gregory Murray,
       Nicholas Allen, John Trinder

1106  Po62 The sleep of elite cyclists during a typical training/competition cycle.
       Michele Lastella, Gregory Roach, Shona Halson, Charli Sargent

1112  Po63 Predictors of sleeping difficulties in young women
       Dorothy Bruck, Jill Astbury

1118  Po64 Objective and subjective drowsiness increases due to benzodiazepines and alcohol
       consumption and is associated with decreased driving simulator performance.
       Vanessa Wilkinson, Melinda Jackson, Maree Barnes, Bronwyn Stevens, Justine Westlake, Philip Swann, Mark Howard

1124  Po65 What does the Epworth measure? A confirmatory factor analysis of the Epworth
       Sleepiness Scale
       Michelle Olaithe, Jemma Clarke, Timothy Chas Skinner, Peter Eastwood, Romola Bucks

1130  Po66 Sleep after moderate to vigorous aerobic exercise in sedentary adults
       Shi N Wong, Chin Mai Chow, Mark Halaki

1136  Po67 The habitual sleep patterns of elite athletes
       Michele Lastella, Gregory Roach, Shona Halson, Charli Sargent

1142  Po68 Self-reported Memory Function in a Community Sample: More Sleep Difficulties Lead
       to Lower Memory Ability (Self-appraisal of One’s Memory Capabilities)
       Romola Bucks, Michelle Olaithe, Melanie Marshall
1148  Po69  The Rise and Fall of Zolpidem in Australia
Nathaniel Marshall, Ying Pan, Bandana Saini, Romano Fois, Christopher Harrison, Helena Britt, Ronald Grunstein

1154  Po70  New insights in understanding automatic behaviour
Michelle Mcindoe, Dorothy Bruck

**Poster Thematic (no oral component)**

Po71  Age-related changes in sleep and their relationship to depression
Alix Mellor, Michelle Olathe, Flavie Waters, Romola S Buck

Po72  The influence of personality and dysfunctional beliefs toward sleep on the severity of insomnia
Jong-Man Seo, Jangho Park, Hooyoung An, Seockhoon Chung

**Poster Discussion - The measurement and epidemiology of paediatric sleep disorders:**

**Bayside 102**

**Chairs:** Sally Baddock and Mark Kohler

1100  Po73  EEG spectral changes associated with spontaneous arousals in children with upper airway obstruction
Scott Caussens, Mark Kohler, Mathias Baumert, James Martin, Declan Kennedy, Kurt Lushington, David Saint, Yvonne Pamula

1106  Po74  A review of indications for polysomnography in children in an Australian sleep laboratory – comparison to AASM recommendations
Sadasivam Suresh, Leanne Gauld, Arun Kumar Pugalenthi, Carolyn Dakin, Alison Boynton, Margaret Harris

1112  Po75  Should we take season in to account when assessing sleep disordered breathing severity in Australian children?
Lisa Walter, Gillian Nixon, Margot Davey, Vicki Anderson, John Trinder, Rosemary Home

1118  Po76  Primary snoring in children from a community-based sample compared to a clinical sample
Diana Cicua-Navarro, Mark Kohler, Kurt Lushington, Declan Kennedy

1124  Po77  Role of Carbon Dioxide monitoring during Polysomnography in Paediatric Obstructive Sleep Apnoea (OSA)
Sadasivam Suresh, Chloe Parsley, Patricia Wales, Carolyn Dakin, Margaret-Anne Harris

1130  Po78  Are changes in pulse transit time and blood pressure during sleep correlated in children?
Anna Kourbasis, Lisa Walter, Gillian M Nixon, Margot J Davey, Rosemary SC Home

1136  Po79  Normal sleep patterns in infants and children aged 0 to 12 years
Barbara Galland, Barry Taylor, Dawn Elder, Peter Herbison

1142  Po80  Long-term follow-up of sleep disordered breathing in children: Time does not heal all
Anna Kourbasis, Lisa Walter, Gillian M Nixon, Margot J Davey, Rosemary SC Home

1148  Po81  Genetic and environmental contributions to sleep behaviour in 12-year-old monozygotic and dizygotic twins
Tracey Sletten, Shantha Rajaratnam, Sharon Naismith, Ian Hickie

1154  Po82  Australian Year 11 and 12 secondary students: Homework and sleep
Kurt Lushington, James Dollman, Andrew Wilson, Declan Kenendy, Sarah Biggs, James Martin, Kieu Nguyen

1200  Po83  School sleep schedules in adolescent girls in the community: A pilot study investigating the effect of weekday vs. weekend sleep on sleepiness and mood
Rachel Samson, Sarah Blunden, Sheridan Gentili, Siobhan Banks, Tim Olds

**Poster Thematic (no oral component)**

Po84  Measuring the effect of weekday vs weekend sleep on biological markers in adolescent girls: a community based pilot study
Sarah Blunden, Siobhan Banks, Sheridan Gentili, Tim Olds, Rachel Samson

Po85  Relationship between the occurrence of infantile colic and a family history of sleepwalking
Sheryl van Nunen, Mark Norman, Sally Middleton, Colin Sullivan

Po86  An Overview of Paediatric Sleep Services Available in New Zealand
Alana Harper, Michael Hiavac, Paul Kelly

**Poster Discussion - The measurement of sleep and breathing:**

**Bayside 104**

**Chairs:** Christopher Worsnop and Andrew Thornton

1100  Po87  Comparison of machine reported apnoea hypopnea index (AHI) with manually measured AHI in an unselected population commencing auto-titrated continuous positive airway pressure (APAP) therapy for sleep disordered breathing (SDB)
Shyamala Pradeepan, Andrew Thornton, Michelle Ng, Aeneas Yeo, Carolyn Gill, Pamjit Singh

1106  Po88  Validation of a portable monitoring device for investigation of obstructive sleep apnoea (OSA)
Kim Ward, Lyle Palmer, Sutapa Mukherjee, Jessica Lee, Greg Love, Annette Fedson, Laila Simpson, Alan James, Alexandra Bremner, David Hillman
Po89  A Comparison Between Sleep Latency and Microsleep Latency observed during MSLT’s and MWT’s day tests.
Joe Donoghue, Stephen Gyulay, Michael Hensley, Jeffrey Pretto

Po90  Energy expenditure in obstructive sleep apnoea: Validation of a multiple physiological sensor for determination of sleep and wake.
Denise O’Driscoll, Anthony Turton, Janet Copland, Boyd Strauss, Garun Hamilton

Po91  Light sensors for determination of lights off time in home polysomnography
Rachel Schembri, Jo Spong, David Berlowitz, Fergal O’Donoghue, Ken Greenwood, Maree Barnes, Tom Churchward, Peter Rochford

Po92  Measurement of Service Quality in a Tertiary Sleep Disorders Centre with the Servqual Scale.
Brett Duce, Moses Chikazaza, Conchita Rego, Craig Hukins

Po93  The comparison of an unobtrusive method of recording airflow with recordings using nasal cannulae for the diagnosis of SDB in the home
Mark Norman, Colin Sullivan

Po94  Impact of Respiratory Effort Related Arousals (RERAs) inclusion in scoring severity grading of obstructive sleep apnoea (OSA)
Robyn O’Sullivan, Shiv Erigadoo

Po95  Predicting multiple sleep latency test (MSLT) results from baseline polysomnographic and demographic data.
Krishan Gupta, Jeffrey Pretto, Michael Hensley

Po96  Relationship between Polysomnographic and Actigraphic Assessment of Sleep Variables in Adults with Late-life Neuropsychiatric or Neurodegenerative Disorders
Tony Ip, Sharon Naismith, Simon Lewis, Stergos Pates, Naomi Rogers

Poster Thematic (no oral component)

Po97  General Practitioners are not well informed about portable sleep studies
Andrew Perkins, Jackie Ertaia, Jeremy Goldin

Po98  Investigating PSG Amplifier Quality Assurance Utilising Measurement Systems Analysis
Brett Duce, Conchita Rego, Craig Hukins

Po99  An Audit of Transcutaneous Carbon Dioxide Monitoring during Polysomnography at Liverpool Hospital
Queenie Luu, Cheryl Scott, Wendy Xu, Hima Vedam

Po100  Can a small change in oximeter averaging time affect the Respiratory Disturbance Index?
Jackie Ertaia, Aaron Matthews, Jeremy Goldin

Po101  Evaluation of the Snoring Symptoms Inventory
David Langton, Van LeBlanc, Gary Braun, Dionne Panettieri

Po102  In a rural cohort of patients is there a correlation between ESS and OSA severity.
Andrew Bradbeer, Jessica Beattie

Poster Discussion - Clinical aspects of sleep and breathing: Bayside Auditorium A
Chairs: Amanda Piper and Mark Howard

Po103  Driving simulator performance deficits in OSA patients distinguished by auditory reaction time lapses and cortical evoked potentials but not OSA severity or sleepiness.
Andrew Vakulin, Peter Catcheside, Stuart Baulk, Nick Antic, Cameron van den Heuvel, Sibbhan Banks, Jill Dorian, Doug McEvoy

Po104  Can minocycline reverse morphine-induced respiratory depression in obstructive sleep apnea patients?
David Wang, Andrew Somogyi, Brendon Yee, Keith Wong, Jasminde Singh, Paul Wrigley, Ronald Grunstein

Po105  Prediction of Sleep-Disordered Breathing in Pregnancy
Danielle Wilson, Alison Fung, Sue Walker, Fergal O’Donoghue, Mark Howard, Maree Barnes

Po106  Snoring during pregnancy. Questionnaire results versus objective measurement
Pamela Johnson, Annette Robertson, Sally Middleton, Mark Norman, Annemarie Hennessy, Colin Sullivan

Po107  Investigating obstructive sleep apnoea - Will the health system have the capacity to cope? A population study
Robert Adams, Cynthia Plantadosi, Sarah Appleton, Doug McEvoy, Catherine Hill, Renuka Visvanathan, David Wilson

Po108  The Novanz Study – Non-Invasive Domiciliary Ventilation in Australia and New Zealand
Daniel Garner, Matthew Naughton, David Berlowitz, Mark Howard, Amanda Piper, Alister Neill, Nigel Mc Ardle, James Douglas, Aeneas Yeo, Nick Harkness, Alan Young

Po109  Investigating the Relationship Between Memory Accuracy and Speed of Memory Retrieval in Obstructive Sleep Apnoea
Michelle Olathe, Alisa Holt, Anna Wallace, Timothy Skinner, Peter Eastwood, Keith Wesnes, Romola Bucks
Sleep DownUnder 2011  
Sydney Convention Centre, 27-29 October 2011  
Programme (as at 11 September 2011)

1142  Po110  Investigation of binge eating behaviours in narcolepsy  
Danielle Gatti, Dorothy Bruck

1148  Po111  The Audit of Rapid Eye Movement Sleep Related Breathing Disorders at a metropolitan tertiary referral centre  
Wai Kuen Chow, Ruby Brillante, Gavina Cossa, Leon Laks

1154  PO112  Neurocognitive function in obstructive sleep apnea – a case control study  
Ajantha Raguparan, Keith Wong, Nathaniel Marshall, Donna Palmer, Michelle Wang, Delwyn Bartlett, Angela Denotti, Ronald Grunstein

Poster Thematic (no oral component)

Po113  Relationship between overnight blood pressure and snoring during pregnancy  
Pamela Johnson, Annette Robertson, Sally Middleton, Mark Norman, Annemarie Hennessy, Colin Sullivan

Po114  Are we really sleeping less? Systematic review of secular trends in adult sleep duration  
Yu Sun Bin, Nathaniel Marshall, Nick Glozier

Po115  Relationship between reported snoring during pregnancy and blood pressure, body mass index, neck circumference and daytime sleepiness  
Annette Robertson, Pamela Johnson, Sally Middleton, Gaksoo Lee, Angela Makris, Annemarie Hennessy, Colin Sullivan

Po117  A review of perioperative risk management of known or suspected Obstructive Sleep Apnoea patients undergoing laparoscopic gastric banding surgery  
Catherine Buchan, Pauline Wong, Matthew Naughton

Po118  Percutaneous enteroscopic gastrostomy (PEG), Radiologically inserted gastrostomy (RIG) and Motor Neuron Disease - Risks, Benefits, Timing and Outcome. A clinical audit  
Andrew Rosenstengel, James Douglas

Po119  Duration of Apnoeas and Severity of Excessive Daytime Somnolence in Obstructive Sleep Apnoea  
Andrew Webster, David Hillman, Bhajan Singh, Alan James

Po120  Flinders Chronic Disease Management Program for moderate-severe OSA – Can we do more than treat the OSA?  
Stephanie Garner, Emer Heatley, Nick Antic, Melanie Harris, Malcolm Battersby, Doug McEvoy

1200  Lunch & Trade Exhibition:  Bayside Grand Hall

1230  Research Presentation – Understanding and becoming involved in peer review:  
Bayside 102

Chair:  Naomi Rogers  
Panel:  Shantha Rajaratnam, Peter Cistulli, Peter Eastwood, Ron Grunstein, Rosemary Horne, Doug McEvoy, Matt Naughton

1230  Sleep Service Accreditation Information Session:  Bayside Auditorium A

Chair:  Nick Antic

1230  Nursing Group Meeting:  Bayside 105

Chair:  Deirdre Stewart

1330  Concurrent Symposium 5:  The impact of lung volumes on upper airway function:  
Bayside 104

Chairs:  Daniel Stadler and David Hillman

1330  S15  The importance and magnitude of lung volume changes in OSA  
Amy Jordan

1400  S16  Improving upper airway patency with phrenic nerve stimulation  
Jen Walsh

1430  S17  Abdominal compression effects on upper airway collapsibility and OSA severity  
Daniel Stadler

1330  Concurrent Symposium 6 - Sleep and nursing, what does the future hold?:  Bayside 102

Chair:  Deirdre Stewart

1330  S18  Sleep and nursing, what does the future hold  
Terri Weaver

1400  S19  Update of sleep medicine education for nurses in Australia  
Sharn Rowlands

1415  S20  Current status of sleep medicine education for nurses in New Zealand  
Sally Powell

1430  S21  Sleep medicine and nursing – where to from here? Current and future strategies to
improve sleep medicine education for nurses  
Deirdre Stewart

1330 Concurrent Symposium 7- Update on the role of surgical techniques for adult OSA:  
Bayside 103  
Chair & Introduction: Stuart MacKay

1335 S22 Sam Robinson Memorial Lecture  
Ed Weaver

1355 S23 Multicentre outcomes for modified UPPP, and multichannel radiofrequency tongue  
Stuart MacKay

1415 S24 Outcomes following major OSA surgery, including quality of life analysis  
Stuart MacKay

1435 S25 Lies, damned lies and statistics: different surgical outcomes according to different  
scoring systems  
Simon Carney

1450 S26 Surgery for paediatric OSA  
Kelvin Kong

1330 Concurrent Symposium 8 - Latest findings relevant to the treatment of circadian  
rhythm sleep disorders:  Bayside Auditorium A  
Chairs: Helen Burgess

1330 S27 Circadian rhythms and ambient light  
Helen Burgess

1350 S28 Melatonin and melatonin agonists  
Shantha Rajaratnam

1410 S29 Evening light exposure among adolescents with delayed sleep phase disorder  
Robert Auger

1430 S30 The endogenous circadian period in delayed sleep phase disorder  
Leon Lack

1450 Panel Discussion

1500 Afternoon Tea & Trade Exhibition:  Bayside Grand Hall

1530 Plenary 4: Sleep and metabolic function:  Bayside Auditorium A  
Sponsored by the Sleep Health Foundation  
Chairs: Siobhan Banks and Peter Liu

1530 PI13 Sleep Apnoea, intermittent hypoxia and insulin resistance  
Chris O’Donnell

1600 PI14 Sleep restriction increases cortisol, impairs glucose metabolism and disrupts adipose  
derived hormones in healthy, young men  
Siobhan Banks

1620 PI15 Hormonal, metabolic and reproductive consequences of OSA  
Peter Liu

1640 PI16 The effects of sleep restriction, circadian rhythm disruption and sleep disordered  
breathing on sexual, cardiometabolic function and cancer risk in men  
Gary Wittert

1700 Conference conclusion:  Bayside Auditorium A  
Shantha Rajaratnam and Brett Duce

1900 Gala Conference Dinner ticket holders only  
Parkside Ballroom