Thursday, 22 October 2015

* Registration for Breakfast Sessions is an additional cost

Fun Run
06:00AM
6:00am registration for a 6:30am start - Sponsored by Compumedics

* Breakfast Session 1
07:00AM – 08:15AM
CPAP: The pressure to support
MEETING ROOM 204
Chaired by Paul Kelly and Chloe Parsley
07:00am 296 An overview of CPAP delivery in Australia and New Zealand
Michael Hlavac
07:15am 297 CPAP in the real world – goals and compliance versus clinical outcome
Sally Powell
07:35am 298 Current and future monitoring of CPAP compliance
Angela Campbell
07:55am 299 Sleep disorders and their impact on health, safety and productivity in police and firefighters
Shantha Rajaratnam

* Breakfast Session 2
07:00AM – 08:15AM
Dental Breakfast
MEETING ROOM 208
Chaired by Joachim Ngiam and Ramesh Balasubramaniam
07:00am 300 Paediatric and adolescent sleep – the role of the dentist
Dennis Bailey
Sponsored by SomnoMed

* Breakfast Session 3
07:00AM – 08:15AM
Assessing sleepiness and fatigue in children
MEETING ROOM 207
Chaired by Margot Davey
07:00am 301 The assessment of sleepiness in children and adolescents
Murray Johns
07:30am 302 Chronic fatigue syndrome in young people: How do we differentiate the sleep disturbance that is part of the condition from sleep disorders needing referral to a sleep specialist?
Kathy Rowe

Welcome by ASA & ASTA Presidents
08:30AM – 08:45AM

Plenary
Helen Bearpark Memorial Lecture
08:45AM – 10:00AM
PLENARY HALL 1
Chaired by Matt Naughton and Bei Bei
08:45am 001 Role of inflammation in the cardiometabolic co-morbidities of sleep apnoea
Walter McNicholas
09:30am 002 How the brain controls upper airway muscles to maintain airway patency
John Trinder

Morning Tea & Exhibition
10:00AM – 10:30AM
EXHIBITION – MELBOURNE ROOM 1
New Investigator Presentations
10:30AM – 12:15PM
PLENARY HALL 1
Chaired by Danny Eckert and Kenneth Wright

10:30am 003 Effects of evening versus morning administration of an ACE-inhibitor on 24 hour blood pressure control in patients with obstructive sleep apnoea and hypertension: a double blind randomised controlled trial
Yasaman Djavadkhani, Brendon Yee, Philip Lee, Keith Wong, Peter Cistulli, Hisatomi Arima, Ronald Grunstein, Craig Phillips

10:45am 004 Arousal induced hypocapnia is not detrimental to genioglossus muscle activity following the return to sleep in obstructive sleep apnea
Jennifer Cori, Therese Thornton, Peter Rochford, Fergal O'Donoghue, John Trinder, Amy Jordan

11:00am 005 Zopiclone increases the respiratory arousal threshold without impairing genioglossus muscle activity in obstructive sleep apnoea
Sophie Carter, Michael Berger, Jayne Carberry, Lynne Bilston, Jane Butler, Benjamin Tong, Rodrigo Martins, Lauren Fisher, David McKenzie, Ronald Grünstein, Danny Eckert

11:15am 006 Collapsibility of the Human Upper Airway: Influence of State, Posture and Instrumentation
Kathleen Maddison, David Hillman, Kelly Shepherd, Chrianna Bharat, Bradley Lawther, Peter Platt, Peter Eastwood, Jennifer Walsh

11:30am 007 The effect of obstructive sleep apnoea on the relationship between sigma power and memory performance in mild cognitive impairment
Nathan Cross, Zoe Terpening, Angela D'Rozario, Jong-Won Kim, Simon Lewis, Ron Grunstein, Sharon Naismith

11:45am 008 Interactions of sleep, wake and the internal body clock on driving performance
Raymond Matthews, Sally Ferguson, Siobhan Banks, Jill Dorrain, Gregory Roach

Invited Presentation, Chinese Sleep Research Society
12:00pm 009 Elimination of central sleep apnea by cardiac valve replacement in patients with rheumatic valvular heart disease
Ding Ning

Lunch & Exhibition
12:15PM – 01:30PM
EXHIBITION – MELBOURNE ROOM 1

DOSIG Year In Review
12:30PM – 01:30PM
MEETING ROOM 208

12:30pm Bruxism
Ramesh Balasubramaniam

01:00pm Oral appliance therapy
Kate Sutherland

Research Committee Seminar
12:30PM – 01:30PM
MEETING ROOM 203

How to enhance your scientific writing skills to improve academic success and scientific communication

Concurrent Symposia
S1: Heart failure and sleep disordered breathing
01:30PM – 03:00PM
MEETING ROOM 207
Chaired by Maree Barnes, Meroula Richardson and Matthew Naughton

01:30pm 010 Heart failure overview
Justin Mariani  
01:55pm 011 Pathophysiology of the link between heart failure and sleep disordered breathing  
Matthew Naughton  
02:20pm 012 Cardiovascular disease and lessons from the ESADA database  
Walter McNicholas  
02:40pm 013 Insights into heart failure related sleep disordered breathing from exercise and sleep monitoring  
Kirk Kee

### S2: Assessment and management of infant obstructive sleep apnoea

**What are the options?**

**01:30PM – 03:00PM**  
**MEETING ROOM 208**

**Chaired by Margot Davey**

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>01:30pm 014</td>
<td>Colin Robertson</td>
<td>Clinical assessment of OSA in infants – what is important?</td>
</tr>
<tr>
<td>01:50pm 015</td>
<td>Margaret Harris</td>
<td>Use of nasopharyngeal tube for management of OSA</td>
</tr>
<tr>
<td>02:10pm 016</td>
<td>Karen Waters</td>
<td>Role of CPAP in infants – special considerations</td>
</tr>
<tr>
<td>02:30pm 017</td>
<td>Jocelyn Shand</td>
<td>Surgical options and the place of mandibular distraction</td>
</tr>
</tbody>
</table>

### S3: Wide awake still – Challenges in the treatment of insomnia

**01:30PM – 03:00PM**  
**MEETING ROOM 211**

**Chaired by Bei Bei and Moira Junge**

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>01:30pm 018</td>
<td>David Cunnington</td>
<td>What to do if patients won’t accept or don’t respond to CBT-I?</td>
</tr>
<tr>
<td>01:50pm 019</td>
<td>Allie Peters</td>
<td>The interpersonal aspect of insomnia</td>
</tr>
<tr>
<td>02:10pm 020</td>
<td>Bronwyn Milkins</td>
<td>Meeting the challenges of insomnia and anxiety with CBT-I</td>
</tr>
<tr>
<td>02:30pm 021</td>
<td>Melissa Ree</td>
<td>Translating outcome research to the individual patient: Using case formulations in CBT-I</td>
</tr>
</tbody>
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**Sponsored by Sleep Health Foundation**

### S4: Shiftwork and night work: Matching solutions to the problems

**01:30PM – 03:00PM**  
**MEETING ROOM 203**

**Chaired by Ian Dunican and Tracey Sletten**

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
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<tbody>
<tr>
<td>01:30pm 022</td>
<td>Sally Ferguson</td>
<td>Key characteristics of shiftwork schedules that impact sleep and health</td>
</tr>
<tr>
<td>01:50pm 023</td>
<td>Kenneth Wright</td>
<td>Sleep disruption and circadian misalignment in shift work and shift work disorder</td>
</tr>
<tr>
<td>02:10pm 024</td>
<td>Philippa Gander</td>
<td>Organisational responses to managing fatigue-related risk in industry settings</td>
</tr>
<tr>
<td>02:30pm 025</td>
<td>Jill Dorrian</td>
<td>Countermeasures to assist in managing the risks associated with shiftwork and night work for individuals</td>
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</tbody>
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**Sponsored by Teva Pharma**
Thursday, 22 October 2015

S5: Sleep-related learning and memory after typical, fragmented and misaligned sleep
01:30PM – 03:00PM
MEETING ROOM 204

Chaired by Russell Conduit and Mark Kohler

01:30pm 026 Sleep and emotional learning in children
Mark Kohler

01:50pm 027 Shallow sleep and memory consolidation: Evidence from experimental sleep fragmentation studies
Melinda Jackson

02:10pm 028 Sleep dependent learning in treated and untreated obstructive sleep apnoea
Shane Landry

02:30pm 029 Neural correlates of associative memory
Alex Chatburn

Afternoon Tea & Exhibition
03:00PM – 03:30PM
EXHIBITION – MELBOURNE ROOM 1

Concurrent SIG Meetings

Paediatric SIG
03:30PM – 04:30PM
PLENARY HALL 1

Occupational health, safety & productivity SIG
03:30PM – 04:30PM
MEETING ROOM 203

Chronobiology SIG
03:30PM – 04:30PM
MEETING ROOM 204

Surgery SIG
03:30PM – 04:30PM
MEETING ROOM 205

DOSIG SIG
03:30PM – 04:30PM
MEETING ROOM 207

Sleep Physicians SIG
03:30PM – 04:30PM
MEETING ROOM 208

Insomnia SIG
03:30PM – 04:30PM
MEETING ROOM 210

Respiratory SIG
03:30PM – 04:30PM
MEETING ROOM 211

Neurology SIG
03:30PM – 04:30PM
MEETING ROOM 202 (organisers office)

ASA AGM
04:30PM – 05:30PM
MEETING ROOM 203

SHF AGM
05:30PM – 06:00PM
MEETING ROOM 203

RACP PREP Supervisor Workshop
05:30PM – 07:30PM