SDU2016 'Connections'

Adelaide Convention Centre
Thursday, 20 October 2016
to
Saturday, 22 October 2016
Organised by
Mischka Yates

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ResMed
Changing lives with every breath

Gold Supporter

PHILIPS

Silver Supporters

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Air Liquide Healthcare  BMedical  BMC  Radiometer  APEX  Aspen Australia  Oventus  DeVilbiss Healthcare  MSD  Transcend  Compumedics  Sleep Health Foundation  SoClean  Lükenstein Medical Technology
Wednesday, 19 October 2016

Short course 1: Practical approaches to common problems in paediatric and adult OSA
Riverbank 5
Supported by

09:00 AM – 04:40 PM

Short course 2: The pressure to breathe – Non-invasive ventilation in neuromuscular disease and obesity hypoventilation syndrome
Panorama 2
Supported by

08:20 AM - 05:30 PM

Short course 3: Sleep in the older population: molecules to people, theory to practice
Panorama 1
Supported by

09:00 AM – 03:00 PM

Early Career Seminar: Quality research: Why scientific rigour is so important and strategies for optimisation
Panorama 1

04:00 PM - 06:00 PM

4:00pm  Brief introduction
4:05pm  Bias, natural selection and scientific rigour: Why you should be worried?
  Simon Gandevia, NeuRA
4:35pm  Statistics, sample size and power calculations
  Jill Dorrian, UniSA
5:00pm  Common study design and statistical problems (optional stopping/P-value issues)
  Phillip Alday, UniSA
5:20pm  Sound clinical trials practice part 1: Overview and key principles
  Nat Marshall, USyd
5:35pm  Sound clinical trials practice part 2: Practical tips
  Julia Chapman, Woolcock; Camilla Hoyos, CPC USyd
5:45pm  Panel discussion
6:00pm  Meet and greet for those signed up for the 2016/2017 ASA mentorship program

Programme subject to change without notice
Wednesday, 19 October 2016

**ASTA AGM**
Riverbank S

**05:00 PM – 06:00 PM**

Welcome Drinks
Foyer F
Supported by SomnoMed

*Programme subject to change without notice*
Thursday, 20 October 2016

Fun Run
Supported by

Breakfast: ASA/NATA Accreditation Update
Riverbank 5
07:00 AM - 08:15 AM
Sleep service accreditation update
John Wheatley
Management review
Pam Singh
Internal audits
Brett Duce
Revised standards update
Stephanie Phillips

Official Opening Address
Hall L
08:15 AM - 08:30 AM
The Hon. Jack Snelling M.P.
Minister for Health
Minister for the Arts
Minister for Health Industries

Welcome
Hall L
08:30 AM - 08:45 AM
Sleep DownUnder 2016 opens
ASA & ASTA Presidents

Plenary
Sam Robinson Memorial Lecture
Hall L
08:45 AM - 10:20 AM
Chaired by Simon Carney and Stuart Mackay

8:45am 001 How I interpret the key adult OSA surgery quality of life, cardiovascular/neurocognitive literature
Doug McEvoy
9:05am 002 Response to 'How I interpret the key adult OSA surgery quality of life, cardiovascular/neurocognitive literature'
Edward Weaver
9:15am 003 How I interpret the key adult OSA CPAP quality of life literature
Edward Weaver
9:35am 004 Response to 'How I interpret the key adult OSA CPAP quality of life literature'
Doug McEvoy
9:45am 005 How I interpret the key paediatric adenotonsillectomy literature for quality of life, cardiovascular/neurocognitive outcomes
Gillian Nixon
10:05am 006 Response to 'How I interpret the key paediatric adenotonsillectomy literature for quality of life, cardiovascular/neurocognitive outcomes'

Programme subject to change without notice
## Thursday, 20 October 2016

*Stacey Ishman*

### MORNING TEA

| Hall H | 10:20 AM - 10:50 AM |

### New Investigator Presentations

**Hall L**

Chaired by Jennifer Walsh and Nigel McArdle

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
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</table>
| 10:50am| 007 Effects of one month of nightly zopiclone on obstructive sleep apnoea severity and measures of alertness: A randomised controlled trial  
Sophie Carter, Jayne Carberry, Lauren Fisher, Garry Cho, Charlotte Rollo, David Stevens, Angela D’Rozario, David McKenzie, Ronald Grunstein, Danny Eckert |
| 11:05am| 008 Brief sleep psychoeducation program improves sleep quality and reduces insomnia symptoms in new mothers  
Liora Kempler, Louise Sharpe, Delwyn Bartlett |
| 11:20am| 009 Assessing sleep in schizophrenia and evaluating treatment (ASSET) study  
Hannah Myles, Nick Antic, Gary Wittert, Robert Adams, Dennis Liu, Madhu Chandrilleke, Jeremy Mercer, Andrew Vakulin, Andrew Vincent, Nick Myles, Cherrie Galletly |
| 11:35am| 010 Performance and validation of a model to predict central sleep apnoea from pulse oximetry  
Belinda Suthers, Jeff Pretto, Michael Hensley |
| 11:50am| 011 The pharmacogenomics of morphine effect on obstructive sleep apnea: A randomised double-blind placebo-controlled crossover trial  
Luke Rowsell, Brendon Yee, Keith Wong, Andrew Somogyi, Danny Eckert, Ronald Grunstein, David Wang |
| 12:05pm| 012 Loop gain predicts response to upper airway surgery for obstructive sleep apnoea  
Paul Leong, Simon Joosten, Shane Landry, Scott Sands, Philip Terrill, Dwayne Mann, Anthony Turton, Jhanavi Rangaswamy, Glen Burgess, Andrew Hays, Darren Mansfield, Garun Hamilton, Bradley Edwards |

### CSRS Early Career Development Awardee Presentation

**Hall L**

12:20pm  
013 The medial parabrachial nucleus controls wakefulness in rats  
Qi Xu

### LUNCH

**Hall H**

12:30 PM - 01:30 PM

### Research Seminar: The role of social media to enhance research impact

**Riverbank 5**

12:45pm Social media for scientists  
Joseph Milton

1:00pm Social media, online research profile platforms and blogging: Everything you need to know to enhance your research impact  
Owen Churches

1:15pm Social media and motor impairment: view from a novice  
Simon Gandevia

### Concurrent Symposia

*Programme subject to change without notice*
<table>
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<th>Session</th>
<th>Location</th>
<th>Time</th>
<th>Chair</th>
<th>Talks and Presenters</th>
</tr>
</thead>
</table>
| **S1: Advances in the genetics of sleep** | Hall L         | 01:30 PM - 03:00 PM | Sutapa Mukherjee | 1:30pm 014 Genetics of eye disease  
Jamie Craig  
1:50pm 015 Recent advances in the genetics of OSA  
Lyle Palmer  
2:15pm 016 A novel association of polymorphisms in the circadian clock Period3 gene with sleepiness in obstructive sleep apnoea  
Kim Ward  
2:35pm 017 Genetics of insomnia/shift work disorder  
Sean Cain |
| **S2: Intraindividual variability in human sleep/wake patterns: another piece of the Puzzle** | Riverbank 5    | 01:30 PM - 03:00 PM | Sarah Blunden | 1:30pm 018 Sleep wake variability in Indigenous and non-Indigenous children  
Sarah Blunden  
1:50pm 019 Intraindividual variability in sleep/wake patterns: some data, some methods and an ongoing systematic review  
Bei Bei  
2:15pm 020 Sleep wake variability and its consequences at a population level  
Jessica Paterson  
2:35pm 021 Sleep regularity and binge drinking in university students  
Mary Carskadon |
| **S3: Circadian and sleep disruption in occupational settings - Challenges and Interventions** | Riverbank 6    | 01:30 PM - 03:00 PM | Sally Ferguson and Suzanne Ftouni | 1:30pm 022 Applying circadian and sleep medicine principles to improve occupational performance  
Steve Lockley  
1:50pm 023 Lighting the occupational setting: The importance of light for sleep and alertness  
Tracey Sletten  
2:15pm 024 Fighting fires and fatigue: sleep, physical activity and physical performance  
Grace Vincent  
2:35pm 025 Competing for sleep: understanding the sleep/wake patterns of professional athletes  
Charli Sargent |
| **S4: CNS depressant drugs and sleep apnoea** | Riverbank 7    | 01:30 PM - 03:00 PM | David Wang and Peter Eastwood |  
*Programme subject to change without notice* |
Thursday, 20 October 2016

1:30pm 026 Perioperative use of opioids in patients with sleep disordered breathing
  David Hillman
1:50pm 027 Effects of morphine on awake ventilatory control and OSA severity
  David Wang
2:15pm 028 Effects of different sleeping pills on upper airway physiology
  Jayne Carberry
2:35pm 029 CNS depressants and sleep apnoea: Friend or foe?
  Danny Eckert

S5: Insomnia treatment using CBTi within sleep clinics: Multidisciplinary interactions and effectiveness
Riverbank 8
Chaired by Leon Lack
01:30 PM - 03:00 PM

1:30pm 030 Comprehensive cognitive/behaviour therapy for insomnia at the Adelaide Institute for Sleep Health
  Leon Lack
1:50pm 031 Individual and group treatment of insomnia at the Woolcock Institute, Sydney
  Delwyn Bartlett
2:05pm 032 Treating insomnia co-morbid with other sleep disorders: How the practice operates at the Melbourne Sleep Disorders Centre
  David Cunnington
2:25pm 033 Practice nurse management of insomnia in the multidisciplinary Sleep WA clinic
  Paula Bailey
2:40pm 034 Insomnia and circadian rhythm disorders treatment at the research based Monash University Healthy Sleep Clinic
  Darren Mansfield

AFTERNOON TEA
Hall H
03:00 PM - 03:30 PM

Concurrent Oral Presentations

Oral Presentation 1 - Watching the clock: Phase delay, sleep deprivation and forced desynchrony
Hall L
Chaired by Siobhan Banks and Clare Anderson
03:30 PM - 05:00 PM

3:30pm 035 Can circadian phase be estimated from self-reported sleep timing in patients with Delayed Sleep Wake Phase Disorder to guide timing of chronobiologic treatment?
  Nicole Lovato, Gorica Micic, Michael Gradisar, Sally Ferguson, Helen Burgess, Leon Lack
3:45pm 036 Melatonin for improving sleep initiation and daytime impairments in Delayed Sleep Phase Disorder
  Tracey Sletten, Michelle Magee, Jade Murray, Chris Gordon, Nicole Lovato, David Kennaway, Delwyn Bartlett, Steven W. Lockley, Leon Lack, Ron Grunstein, Shantha Rajaratnam
4:00pm 037 Salivary alpha-amylase: a potential biomarker of reaction time during total sleep deprivation
  Maja Pajcin, Siobhan Banks, Jason M White, Jill Dorrian, Gemma M Paech, Crystal Grant, Katie Tooley, Gary Kamimori, Chris Della Vedova

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Thursday, 20 October 2016

4:15pm 038 Sleep loss and the human gut microbiome: Preliminary investigation of a novel mechanistic link between shiftwork and metabolic disease

Amy Reynolds, Jessica Paterson, Dragana Stanley, Karena Burke, Kenneth Wright, Helen Preece, Sally Perrin, Rob Moore, Drew Dawson, Sally Ferguson

4:30pm 039 Cognitive performance deteriorates during chronic sleep restriction in the absence of extended wake episodes

Andrew McHill, Joseph Hull, Wei Wang, Charles Czeisler, Elizabeth Klerman

4:45pm 040 Daily energy intake distribution differs in obese vs. non-obese adolescents studied in forced desynchrony - Preliminary data

Mary Carskadon, Hollie Raynor, Chantelle Hart, David Barker

Oral Presentation 2 - Insomnia and sleep health: Burden, barriers and treatments

Riverbank 5

Chaired by David Cunnington and Nathaniel Marshall

03:30 PM - 05:00 PM

3:30pm 041 Cognitive behavioural therapy for insomnia administered by practice nurses in rural NSW

Yael Galgut, Keith Wong, Judy Lobsey, Tammy Hall, Judith Collier, John Pearson, Doug Rutherford, Delwyn Bartlett

3:45pm 042 Insomnia with co-morbid depression can be effectively treated with cognitive/behaviour therapy

Sky Lambert, Leon Lack

4:00pm 043 The burden of sleeping difficulties and related daytime dysfunction in Australia in 2016 - results of a national population survey

Robert Adams, Sarah Appleton, Anne Taylor, Nick Antic, Doug McEvoy

4:15pm 044 Psychological and quality of life factors in men with comorbid obstructive sleep apnea (OSA) and Insomnia (Ins): a population study

Carol Lang, Sarah Appleton, Andrew Vakulin, Doug McEvoy, Gary Wittert, Sean Martin, Anne Taylor, Nicholas Antic, Peter Catcheside, Leon Lack, Robert Adams

4:30pm 045 The YAWN (young adults working nights) Study: Barriers and enablers to modifying sleep behaviour in young adults

Jessica Paterson, Holly Bowen, Amy Reynolds, Mitch Duncan, Corneel Vandelanotte, Sally Ferguson

4:45pm 046 Self-reported sleep differentially predicts memory and executive function in younger and older-onset Parkinson’s disease

Maria Pushpanathan, Romola Bucks, Natalie Gasson, Meghan Thomas, Andrea Loftus

Oral Presentation 3 - Consequences, screening and treatment of sleep disordered breathing in infants and children

Riverbank 6

Chaired by Declan Kennedy and Dean Beebe

03:30 PM - 05:00 PM

3:30pm 047 The longitudinal effects of persistent apnoea on cerebral oxygenation during sleep in ex-preterm infants

Rosemary Horne, Annie Fung, Scott McNeil, Karinna Fyfe, Alexisandra Odoi, Flora Wong

3:45pm 048 Central adiposity predicts increased heart rate in children and adolescents with obstructive sleep apnoea

Lisa Walter, Knarik Tamanyan, Lauren Nisbet, Aidan Weichard, Margot Davey, Gillian Nixon, Rosemary Horne

4:00pm 049 Can oximetry be used as a screening tool for Obstructive Sleep Apnoea (OSA) in obese children with BMI>25 to help reduce wait times for treatment with CPAP?

Marie-Josee Leclerc, Patricia Wales, Gordon Williams, David Kilner, Jasneek Chawla

4:15pm 050 Craniofacial morphometric analysis using facial photographs in children with sleep
Thursday, 20 October 2016

disordered breathing compared to non-snoring controls
Kate Sutherland, Aidan J. Weichard, Margot J. Davey, Rosemary S.C. Horne, Peter A. Cistulli, Gillian M. Nixon

4:30pm 051 A randomised trial of adenoidectomy against medical therapies for mild OSA in children
Karen Waters, Chenda Kol-Castro, Rebecca Greenslade, K.A.M.S (Madhavi) Jayachandra, Alan Cheng

4:45pm 052 Time for a review: Indications for adenotonsillectomy in children with sleep disordered breathing in light of new evidence
Scott Coussens, Melissa Cava, Alex Chatburn, Mark Kohler

Oral Presentation 4 - It's in our makeup: Physiological mechanisms and consequences of OSA
Riverbank 7 03:30 PM - 05:00 PM

3:30pm 053 Do anthropometric differences explain the increased severity of obstructive sleep apnoea (OSA) seen in Chinese compared with Caucasians?
Khin Hnin, Nick Antic, Peter Catcheside, Emma Heeley, Craig Anderson, Nanshan Zhong, Ferran Barbe, Geraldo Lorenzinho, XL Zhang, Yuan-Ming Luo, R Chen, Z-H Liu, B-L Du, Olga Mediano, Nigel Mc Ardle, Q Ou, G Chen, R Doug McEvoy

3:45pm 054 The effects of body size and gender on lung volumes during sleep
Joanne Avraam, Fergal O'Donoghue, Danny Brazzale, Andrew Dawson, Peter Rochford, Amy Jordan

4:00pm 055 Understanding the mechanisms by which obesity causes obstructive sleep apnoea

4:15pm 056 Genioglossus after-discharge occurs following arousal from sleep but is reduced by hypocapnia
Jennifer Cori, Peter Rochford, Fergal O’Donoghue, John Trinder, Amy Jordan

4:30pm 057 Awake upper airway collapsibility is related to airway collapsibility during sleep (Pcrit) in obstructive sleep apnoea
Amal Osman, Chinh Nguyen, Jayne Carberry, Peter Burke, Nirupama Wijesuriya, Benjamin Tong, Ron Grunstein, Danny Eckert

4:45pm 058 Brain diffusion and fibre density changes in obstructive sleep apnoea
Hailey Meaklim, Alan Connelly, Graeme Jackson, Shawna Farquharson, Farnoosh Sadeghian, David Berlowitz, Fergal O'Donoghue

Oral Presentation 5 - Medical Advanced Trainees
Riverbank 8 03:30 PM - 05:00 PM

3:30pm 059 Prospective study of non-invasive central blood pressure measurement to monitor outcomes in patients with severe obstructive sleep apnoea
Raymond Mariasoosai, Denise O’Driscoll, Robert MacGinley, Alan Young

3:45pm 060 Chronic condition management program in sleep apnoea: A prospective study
Carissa Yap, Melanie Harris, David Smith, Nicholas Antic, Doug McEvoy, Malcolm Battersby, Richard Weeks, Mannny Noakes, Catherine Hansen, Ching Li Chai-Coetzer

4:00pm 061 Incidence of post-operative complications in patients with suspected obstructive sleep apnoea (OSA) using the STOP-BANG questionnaire at a tertiary level pre-admission clinic undergoing major surgery
Ai-Ming Wong, Michael Wang, Daniel Garner, Stephen Baourizk, Christian Nicholls, Garun

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Hamilton, Darren Mansfield

4:15pm 062 Loop gain in paediatric patients with an elevated central apnoea index
Bradley A Edwards, Katharine Harman, Gillian M Nixon, Margot J Davey

4:30pm 063 Results of the multiple sleep latency test (MSLT) using different diagnostic criteria: A quaternary centre experience
Andrew Fon, Sonya Johnston, Aeneas Yeo

4:45pm 064 Home mechanical ventilation in Western Australia: patterns of use and outcomes in a tertiary centre
Geak Poh Tan, Nigel McArdle, Jane Douglas, Clare Rea, Stuart King, Christopher Kosky, Ivan Ling, Bhajan Singh

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<td>ASA AGM</td>
<td>05:00 PM - 06:00 PM</td>
<td>Hall L</td>
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<tr>
<td>RACP Supervisor Workshop</td>
<td>06:30 PM - 08:30 PM</td>
<td>Riverbank 5</td>
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**Friday, 21 October 2016**

*Registration for Breakfast Sessions is an additional cost*

### Breakfast Session 1: Clinical utility of sleep measurements. The present and the future

**Riverbank 5**  
**07:00 AM - 08:15 AM**

**Chaired by David Cunnington**

- **7:00am**  
  276 Current systems for measuring and analysing sleep  
  *Rosemarie Joyce*

- **7:20am**  
  277 Getting more out of the PSG  
  *Simon Frenkel*

- **7:40am**  
  278 Integrating sleep measurements in to clinical practice, now and into the future  
  *John Swieca*

### Breakfast Session 2: Dental Sleep Medicine

**Riverbank 6**  
**07:00 AM - 08:15 AM**

**Chaired by Rob Shea**

- **7:00am**  
  280 Sleep bruxism, morning headache, sleep apnoea: Coincidental or concomitant? A differential diagnosis challenge!  
  *Gilles Lavigne*

### Special Presentation

**Hall L**  
**08:15 AM - 08:30 AM**

- **8:15am**  
  290 Roles of the basal ganglia in sleep-wake regulation, with focus on dopamine D1/D2 receptors  
  *Zhi-Li Huang, Wei-Min Qu*

### Keynote Presentation

**Hall L**  
**08:30 AM - 09:30 AM**

**Chaired by Mary Carskadon and Ron Grunstein**

- **08:30am**  
  065 Sleepy, spacey, surly, scary, sugared-up, and a bit less smart: causal impact of short sleep in adolescence  
  *Dean Beebe*

- **09:00am**  
  066 The Sleep Apnea cardiovascular Endpoints (SAVE) study results  
  *Doug McEvoy, Nick Antic, Emma Heeley, Yuanming Luo, Olga Mediano, Nigel McArdle, Manjari Tripathi, Geraldo Lorenzi-Filho, Nanshan Zhong, Craig S. Anderson*

### Concurrent Council Meetings

**Paediatric Council**

**Hall L**  
**09:30 AM - 10:30 AM**

**Dental Sleep Medicine Council**

**Riverbank 2**  
**09:30 AM - 10:30 AM**

**Insomnia & Sleep Health Council**

**Riverbank 5**  
**09:30 AM - 10:30 AM**

**Respiratory Council**

**Riverbank 6**  
**09:30 AM - 10:30 AM**

**Occ Health, Safety & Performance Council**

**Riverbank 7**  
**09:30 AM - 10:30 AM**

*Programme subject to change without notice*
### Sleep Physicians Council

**Riverbank 8**

09:30 AM - 10:30 AM

### Neuroscience Council

Please see registration desk

09:30 AM - 10:30 AM

### Surgery Council

Please see registration desk

09:30 AM - 10:30 AM

### Chronobiology Council

Please see registration desk

09:30 AM - 10:30 AM

### MORNING TEA

Hall H

10:30 AM - 11:00 AM

### Concurrent Oral Presentations

#### Oral Presentation 6 – Timing is everything. Impact of eating, sleeping and everything in between on performance

**Riverbank 5**

11:00 AM - 12:30 PM

Chaired by Murray Johns and Tracey Sletten

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<tr>
<th>Time</th>
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| 11:00am | 067 Driving performance is worse after eating during the nightshift
Charlotte Gupta, Jillian Dorrian, Crystal Grant, Maja Pajcin, Alison Coates, David Kennaway, Gary Wittert, Leonie Heilbronn, Chris Della Vedova, Siobhan Banks |
| 11:15am | 068 The timing of shift start affects pre-work sleep duration and subjective ratings of sleepiness and fatigue among motorcoach drivers
Lora Wu, Greg Belenky |
| 11:30am | 069 Sleeping difficulties as sources of risk on roads and in workplaces in Australia in 2016 - results of a national population survey
Robert Adams, Sarah Appleton, Anne Taylor, Nick Antic, Doug McEvoy |
| 11:45am | 070 How does the likelihood of a call during an overnight on-call shift affect sleep and next day cognitive performance in a laboratory environment?
Madeline Sprajcer, Sarah Jay, Grace Vincent, Brad Aisbett, Leon Lack, Sally Ferguson |
| 12:00pm | 071 The ability to self-monitor performance during 66 hours of total sleep deprivation and recovery
Johanna Boardman, Bei Bei, Alix Mellor, Sean Drummond |
| 12:15pm | 072 Exercise effects on the circadian rhythm of adolescents with extreme evening-type circadian preference: A novel treatment to improve sleep health
Christin Lang, Cele Richardson, Michael Gradasar |

### Oral Presentation 7 – Behavioural sleep problems in children: Assessment and intervention

**Riverbank 6**

11:00 AM - 12:30 PM

Chaired by Angela Campbell and Kurt Lushington

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| 11:00am | 073 Overnight video and maternal questionnaires to investigate the use of pépi-pods (plastic bassinet-sized containers) as an in-bed sleep device for vulnerable babies at increased risk of SUDI
Sally Baddock, David Tipene-Leach, Sheila Williams, Angeline Tangiora, Raymond Jones, Barry Taylor |
| 11:15am | 074 Objective measures of sleep (actigraphy) in New Zealand children aged 7-9 years: associations with ethnicity, school decile, behaviour and learning
Philippa McDowall, Dawn Elder, Angela Campbell |
Friday, 21 October 2016

11:30am  075 Impact of sugar on sleep and behaviour in children
  Emily Watson, Siobhan Banks, Alison Coates, Mark Kohler

11:45am  076 The effects of a randomised-controlled group sleep improvement intervention on sleep and behavioural problems in adolescents
  Monika Raniti, Lian Snoep, Matthew Blake, Orli Schwartz, Julian Simmons, Joanna Waloszek, Elizabeth Landau, Laura Blake, Greg Murray, Ronald Dahl, Paul Dudgeon, John Trinder, Nicholas Allen

12:00pm 077 A brief school-entry sleep intervention improves child and parent outcomes: A randomized controlled trial
  Jon Quach, Melissa Wake, Lisa Gold, Sarah Arnup, Harriet Hiscock

12:15pm 078 Temporal and bidirectional associations between physical activity and sleep in primary school-aged children
  Grace Vincent, Lisa Barnett, David Lubans, Anna Timperio, Jo Salmon, Nicola Ridgers

Oral presentation 8 - Working models of care in sleep medicine
Riverbank 7  11:00 AM - 12:30 PM

Chaired by Alister Neill and John Wheatley

11:00am  079 Primary care management of insomnia in Australia: The BEACH study (2000-15)
  Christopher Miller, Lisa Valenti, Christopher Harrison, Helena Britt, Delwyn Bartlett, Nick Glozier, Nathan Cross, Ron Grunstein, Nathaniel Marshall

11:15am  080 A national model of primary sleep care now in its 4th year
  John Malouf

11:30am  082 Barriers and enablers for successful uptake of CPAP treatment for Indigenous Australians with OSA
  Neill Madeira, Christopher Kosky

11:45am  083 Description of an inpatient overnight ward sleep oximetry service
  Neill Madeira, Christopher Kosky

12:00pm 084 The sleep health application: A digital solution for a burgeoning workload
  Paul Kelly

Oral Presentation 9 - CPAP and beyond: approaches to treatment for OSA
Hall L  11:00 AM - 12:30 PM

Chaired by Peter Cistulli and Michael Hlavac

11:00am  087 Six months of continuous positive airway pressure (CPAP) treatment improves neurobehavioural function and quantitative sleep electroencephalographic (EEG) parameters in obstructive sleep apnea
  Angela D'Rozario, Camilla Hoyos, Keith Wong, Jong Won Kim, Dennis Kim, Claire Field, Andrew Vakulin, Ronald Grunstein, Delwyn Bartlett

11:15am  086 Polysomnographic assessment of automatic adjustable vs fixed EPAP intelligent volume assured positive airway pressure support (iVAPS) in chronic hypventilation
  Nigel Mcardle, Jeff Armitstead, Dinesh Ramanan, Sahisha Ketheeswaran, Lisa Erikli, Bhajan Singh, David hillman, Glenn Richards, Stuart King, Siobahn Rea, Peter Eastwood

11:30am  085 Modified uvulopalatopharyngoplasty and tongue channelling as a surgical option for treating obstructive sleep apnoea
  Leba Sarkis, Nicholas Stow

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| 11:45am | 088 A randomized controlled trial of auto-titrating continuous positive airway pressure treatment for obstructive sleep apnoea after acute quadriplegia (COSAQ)  
  David Berlowitz for the COSAQ Collaborative |
| 12:00pm | 089 The effect of CPAP therapy on levels of Troponin and pro-BNP in patients with obstructive sleep apnoea: A randomised controlled trial  
  Yashu Chang, Keith Wong, Brendon Yee, Camilla Hoyos, David Sullivan, Ronald Grunstein, Craig Phillips |
| 12:15pm | 090 Diet, exercise and armodafinil for obstructive sleep apnoea patients unable to tolerate standard treatments (DEAR). A randomised, parallel group, placebo-controlled trial  
  Julia Chapman, Elizabeth Cayanan, Camilla Hoyos, Yasmina Serinel, Brendon Yee, Keith Wong, Ronald Grunstein, Nathaniel Marshall |

Oral Presentation 10 - It's just a phase: Sleep, mood and cognitive performance during life events

**Riverbank 8**  
Chaired by Dorothy Bruck and Jillian Dorrian  
11:00 AM - 12:30 PM

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<th>Time</th>
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| 11:00am | 091 Sleep apnea and depressive symptoms in pregnancy  
  Karen Redhead, Chris Griffin, Jennifer Walsh, David Hillman, John Newnham, Peter Eastwood |
| 11:15am | 092 Changes in sleep, sleep-related functioning, and psychological distress in mothers attending a five-day residential program for unsettled infants  
  Nathan Wilson, Karen Wynter, Patsy Thean, Clare Anderson, Shantha Rajaratnam, Jane Fisher, Bei Bei |
| 11:30am | 093 Memory performance after sleep deprivation in adolescents  
  Mark Kohler, Michelle Short |
| 11:45am | 094 The effects of acute and chronic alcohol use on sleep architecture in male and female young adults  
  Caitlyn Gourlay, Ian Colrain, Julia Chan, John Trinder, Christian Nicholas |
| 12:00pm | 095 Sleep disorders and risk of incident depression: A population case-control study  
  Enda Byrne, Esben Agerbo |
| 12:15pm | 096 Sleep, mood and shift timing influence eating behaviour in shiftworkers  
  Georgina Heath, Alison Coates, Jillian Dorrian |

LUNCH

**Hall H**  
12:30 PM - 01:15 PM

**Concurrent Poster Discussion Sessions**

Poster Discussion 1 - Medical Advanced Trainees

**Riverbank 5**  
Chaired by Alan Young and Dev Bannerjee  
01:15PM - 02:15PM

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<th>Time</th>
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| 1:15pm | 097 Comparison of overnight oximetry download with polysomnography in children  
  Catherine Jonas, Arthur Teng, Ganesh Thambipillay, Greg Blecher |
| 1:21pm | 155 Evaluation of auto-CPAP for commencement and titration of CPAP in paediatric patients  
  Stephen Oo, Anne O'Donnell, Andrew Wilson |
| 1:27pm | 099 Obstructive sleep apnoea in commercial vehicle license holders: A single-centre audit of assessment and management practices  
  Andrew Pattison, Deanne Curtain |
| 1:33pm | 100 Continuous positive airway pressure (CPAP) compliance and control of obstructive sleep apnoea (OSA) using a home-based auto-titration model of care are comparable with conventional management methods: A 5 year review  
  Vanessa Tee, Andrew Fon, Baranitharan Manoharan, Sonya Johnston, Aeneas Yeo |

Programme subject to change without notice
Friday, 21 October 2016

1:39pm  101 Prescription and outcomes of home ventilation in MND
        Miranda Smith, Bhajan Singh, Nigel McArdle

1:45pm  102 A multivariate comparison of the durability and cost effectiveness of CPAP devices: the experience from a sleep disorders centre at a tertiary institution
        Robert Sheehy, Craig Hukins, Brett Duce

1:51pm  103 Biphasic inspiratory waveforms (double triggering) in non-invasive ventilation in a simulated lung model – Causative factors and subsequent effect on ventilation
        Robert Sheehy, Brett Duce, Craig Hukins

1:57pm  104 Analysis of treatment uptake and response for outpatients on long-term waiting lists with sleep disordered breathing – A tertiary hospital sleep laboratory experience
        Robert Sheehy, Craig Hukins, Brett Duce

2:03pm  105 Retrospective cohort review of people with narcolepsy treated with sodium oxybate: An Australian experience
        Jun Khoo, David Cunnington, John Swieca, Claire Ellender

2:09pm  106 A qualitative audit on a sleep multidisciplinary team meeting and a national survey on multidisciplinary referral practices for the management of Obstructive Sleep Apnoea
        Alyssa Arnold, Michael Hensley, Kelvin Kong, Shyamala Pradeepan

Poster Discussion 2 - Bidirectional relationship between sleep and psychological health
Hall L  01:15PM - 02:15 PM

1:15pm  107 Links between sleep-disordered breathing, numeracy performance, and neurobehavioural and cognitive functioning of eight-year-old children
        Rebecca Harding, Elizabeth Schaughency, Carmen Lobb, Jill Haszard, Barbara Galland

1:21pm  108 The relationship between sleep apnoea severity and working memory deficits in patients with mild cognitive impairment and obstructive sleep apnoea
        V Vien Lee, Kwang Lim, Andrew Kyoong, Stephen Robinson, Melinda Jackson

1:27pm  109 The effect of an enriched environment lifestyle intervention on sleep and memory in older adults with memory complaints: Preliminary findings
        Jessica Manousakis, Sharon Naismith, Anna Scovelle, Shantha Rajaratnam, Clare Anderson

1:33pm  110 Actigraphic and polysomnographic sleep disruption in older adults with amnestic mild cognitive impairment
        Marina G. Cavuoto, Glynda J. Kinsella, Ben Ong, Kerryn E. Pike, Julia K.-M. Chan, Christian L. Nicholas

1:39pm  111 The use of actigraphy to assess sleep patterns in Vietnam veterans with and without post-traumatic stress disorder
        Sarah Gleeson, Dayna Law, Fraser Lowrie, Rebecca Theal, Sarah McLeay, Robyn O'Sullivan

1:45pm  112 Genetic correlation analysis suggests association between increased self-reported sleep duration in adults and schizophrenia and type-2 diabetes
        Enda Byrne, Philip Gehrman, Henning Tiemeier, Allan Pack

1:51pm  267 The effect of floatation restricted environmental stimulation therapy on sleep
        Sheridan Findlay, Sarah Loughran, Georgia Fogden, Rodney Croft

1:57pm  114 Does continuous positive airway pressure (CPAP) treatment for obstructive sleep apnoea improve mood in patients with comorbid depression?
        Maree Barnes, Melinda Jackson, Julie Tolson, Delwyn Bartlett

2:03pm  115 Meditation can reduce sleepiness and improve attention following acute sleep restriction
        Mark Kohler, Siobhan Banks, Maarten Immink

2:09pm  116 Representations of the experience of the night and sleep in literature and the arts: A

Programme subject to change without notice
### Poster Discussion 3 - Knowledge is power: efficacy of assessments in sleep medicine

**Poster Discussion 3**

**Riverbank 6**

**01:15PM - 02:15 PM**

**Chaired by Peter Rochford and Teanau Roebuck**

1:15pm  **117** Commitment language does not predict therapy compliance in adolescents with Delayed Sleep-Wake Phase Disorder  
*Gorica Micic, Cele Richardson, Michael Gradisar*

1:21pm  **118** The accuracy of TcCO2 monitoring compared with pCO2 and the frequency of pairing these measurements in polysomnography performed in a tertiary hospital  
*Geoffrey Doyle*

1:27pm  **119** Is a single-item numeric rating scale valid for patient self-report of their previous night’s sleep?  
*Lynn Hoey, Greg Jorgensen*

1:33pm  **120** Evaluating sensitivity of literacy and numeracy measures to assess effects of SDB treatment in children  
*Sarah Maessen, Elizabeth Schaughency, Jill Haszard, Patrick Dawes, Barbara Galland*

1:39pm  **121** Obstructive sleep apnoea and subjective and objective measures of nasal obstruction – What is the relationship?  
*Katherine Leonard, Nicholas Stow*

1:45pm  **122** Prevalence of positional OSA according to the Amsterdam positional OSA classification is dependent upon hypopnea criteria  
*Brett Duce, Antti Kulkas, Christian Langton, Juha Toyras, Craig Hukins*

1:51pm  **123** Characterising sleeping posture by measuring torso rotation as a continuous variable  
*Albert Tate, Veena Kurup, Dwayne Mann, Craig Freakley, Peter Eastwood, Jennifer Walsh, Philip Terrill*

1:57pm  **124** The utility of sleep studies in children with snoring- perspective of ENT surgeons  
*Gillian M Nixon, Joanne Rimmer, Stuart G MacKay*

2:03pm  **125** Dentofacial morphology in children with and without sleep disordered breathing  
*Benlee Yap, Anna Kontos, Declan Kennedy, Wayne Sampson, Craig Dreyer*

2:09pm  **126** Predicting OSA severity from 3-dimensional craniofacial photography  
*Jen Walsh, Upasana Jayaraman, Sarah Finlay-Jones, Nigel McArdle, David Hillman, Syed Zulqarnain Gilani, Ajmal Mian, Peter Eastwood*

### Poster Discussion 4 - Improving treatment for OSA

**Poster Discussion 4**

**Riverbank 7**

**01:15PM - 02:15 PM**

**Chaired by Kristina Kairaitis and Kirk Kee**

1:15pm  **127** Extended CPAP therapy monitoring with CPAP naïve private patients over 18 months  
*Helen Gilbert*

1:21pm  **128** Ongoing care of CPAP users  
*Rosianna Wee*

1:27pm  **129** Therapeutic CPAP level can be used to predict upper airway collapsibility in patients with obstructive sleep apnoea  
*Shane Landry, Simon Joosten, Scott Sands, David White, Atul Malhotra, Andrew Wellman, Garun Hamilton, Bradley Edwards*

1:33pm  **130** A CPAP intervention program to improve treatment adherence and self-efficacy in patients with Obstructive Sleep Apnoea  
*Julie Tolson, Maree Barnes, Delwyn Barlett, John Trinder, Peter Rochford, Melinda Jackson*

*Programme subject to change without notice*
1:39pm  131 Continuous positive airway pressure (CPAP) for management of obstructive sleep apnoea (OSA) following acute, traumatic tetraplegia: adherence rates and factors influencing adherence
   Marnie Graco, Rachel Schembri, David Berlowitz

1:45pm  132 Positional modification techniques for supine obstructive sleep apnoea: a systematic review and meta-analysis
   Hayley Barnes, Bradley Edwards, Simon Joosten, Matthew Naughton, Garun Hamilton, Eli Dabscheck

1:51pm  133 The effect of temazepam on the severity of obstructive sleep apnoea – A retrospective analysis
   Kathleen Maddison, Carolyn Visser, Chrianna Bharat, David Hillman, Peter Eastwood, Jennifer Walsh

1:57pm  134 Dose-dependent effects of mandibular advancement on upper airway physiology in obstructive sleep apnoea
   Ahmad A. Bamagoos, Peter Cistulli, Kate Sutherland, Joachim Ngiam, Peter Burke, Lynne Bilston, Jane Butler, Danny Eckert

2:03pm  135 Effects of a novel mandibular advancement device on AHI and snoring in patients with obstructive sleep apnoea: A pilot study
   Damian Lavery, Irene Szollosi, Stefan Czyzewski, Fiona Beer, Chris Hart

2:09pm  136 Evaluation of reasons for non-compliance with CPAP in the Singaporean population and patient satisfaction following uvulopalatopharyngoplasty – Audit of practice
   Mei Fen Chia, Chu Qin Phua, Yaw Khian Chong

Poster Discussion 5 - Paediatric sleep disordered breathing: The story continues

Riverbank 8  01:15PM - 02:15 PM

1:15pm  137 Relationship between vascular resistance and sympathetic nerve fibre density in children with sleep disordered breathing
   Anna Kontos, Quenten Schwarz, Ryan Green, David Wabnitz, James Martin, Kurt Lushington, Elke Sokoya, Mathias Baumert, Scott Willoughby, Antonio Ferrante, Declan Kennedy

1:21pm  138 In children and adolescents with obstructive sleep apnoea, anthropomorphic measures and severity predict autonomic dysfunction in an age and sleep stage dependent manner
   Lisa Walter, Knarik Tamanyan, Aidan Weichard, Lauren Nisbet, Margot Davey, Gillian Nixon, Rosemary Horne

1:27pm  139 Combined effects of childhood obesity and obstructive sleep apnoea on blood pressure
   Rosemary Horne, Aidan Weichard, Alexandria Odoi, Knarik Tamanyan, Sarah Biggs, Gillian Nixon, Margot Davey, Lisa Walter

1:33pm  140 Clinical characteristics and post-operative course of severe obstructive sleep apnoea in under 3’s
   Kovie P Soosapilla, David S Armstrong, Margot J Davey, Rosemary SC Horne, Gillian M Nixon

1:39pm  141 Effects of sleep disordered breathing severity on cerebral oxygenation in children
   Knarik Tamanyan, Aidan Weichard, Alexandria Odoi, Margot Davey, Gillian Nixon, Sarah Biggs, Lisa Walter, Rosemary Horne

1:45pm  142 Outcomes of adenoidectomy in children; one year follow up
   Rebecca Greenslade, Chenda Kol-Castro, Alan Cheng, Rita Machaalani, Karen Waters

1:51pm  143 Developing best practice for bi-level positive airway pressure titrations in paediatric patients when using machines with volume-assured pressure support

Programme subject to change without notice
Sonia Pithers
1:57pm 144 Bi-level positive airway pressure support (BPAP) with average volume assured pressure support (AVAPS) to successfully manage paediatric sleep-related respiratory insufficiency
Natalie Gentin, Bruce Williamson, Sonia Pithers, Ganesh Thambipillay, Arthur Teng
2:03pm 145 Supporting the use of overnight trend oximetry in infants and children at regional centres across Queensland; a state-wide service profile
Rebecca Greenslade, Sandra Schilling, Gordon Williams, Phil Terril, Jasneek Chawla
2:09pm 146 24 – hour oxygen saturation recordings at discharge in preterm infants – a measure of intermittent hypoxia
Grace Wellington, Angela Campbell, Dawn Elder

Poster Viewing

2:15pm 148 Incidence of OSA in patients scheduled for bariatric surgery in a South East Asian cohort
Xiu Juan Tan, Leong Chai Leow, Siti Raudha Bte Senin
2:15pm 149 Time analysis of snoring and its impact on development of other comorbidities
Sameer Karnam, Darren Low, Ashley Tan, Kirk Kee, Eli Dabscheck, Belinda Miller, Matthew Naughton
2:15pm 150 A community survey of partner-reported habitual loud snoring
Peter Catcheside, Emer Van Ryswyk, Andrew Vakulin, Nicole Lovato, David Stevens, Nick Antic, Doug McEvoy
2:15pm 151 Effects of renal sympathetic denervation on sleep apnoea severity and metabolic indices in patients with resistant hypertension and sleep apnoea: a prospective before-and-after study
Simon De Freitas, Faisal Sharif
2:15pm 152 Impact of the treatment effect of continuous positive airway pressure between young-old and very old obstructive sleep apnea syndrome patients
Gohira Yasunobu
2:15pm 153 Heart rate variability outcomes of continuous positive airway pressure versus oral appliance treatment for obstructive sleep apnoea
Herman Lam, Kate Sutherland, Thomas Buckley, Gary Cohen, Ronald Grunstein, Peter Cistulli
2:15pm 154 Uptake and benefits of positive airway therapy in the elderly
Vicky Chang, Clarissa Susanto, Yewon Chung, Leon Laks, Elizabeth Veitch
2:15pm 156 An audit of the respiratory ward-based non-invasive ventilation (NIV) in a tertiary care centre
Jien Ni Cheng, Benjamin Spencer, Vinod Aiyappan, Dimitar Sajkov
2:15pm 157 Exploring the association between sleepiness and mood disorder in patients with excessive daytime sleepiness
Eve Denton, Maree Barnes, Allison Collins, Eli Dabscheck
2:15pm 158 Assessment of upper airway dilator function before and after jaw protrusion.
Alexandra Dollman, Stuart Miller, Nicolo Malagutti, Saidul Ansary
2:15pm 159 Impact of anthropometric changes on CPAP requirement in re-titration studies
Carl Pahoff, Trent Segal, Alexander Ritchie, Stephen Morrison
2:15pm 160 A case presentation of Perry’s syndrome: an unusual cause of central hypoventilation
Miranda Smith, Ivan Ling
2:15pm 161 A patient with pulmonary embolism and stroke- Is sleep apnoea the culprit?
Jien Ni Cheng, Carissa Yap, Vinod Aiyappan, Douglas McEvoy
2:15pm 162 The recommended CPAP pressures from in-laboratory titration studies for patients
with severe obstructive sleep apnoea increase significantly over a 12 month period of CPAP therapy

Timothy Dinihan, Jimmy Chien, Sharon Lee, Terry Amis, Maria Kristina Kairaitis, John Wheatley

2:15pm 163 Effects of antidepressants on polysomnographic parameters in obstructive sleep apnoea patients

Vicky Chang, Elizabeth Brown, Peter Burke, Lynne Bilston

2:15pm 164 Efficacy of daytime sleep studies in assessment of hypersomnolence; An audit of daytime sleep studies performed at a tertiary care hospital

Qaiser Niazi, Eric Wong

2:15pm 165 Demographic and anthropometric associations with sleep-disordered breathing

Melinda Wilson, Hoan Tran, Ann Marie Southcott

AFTERNOON TEA

Hall H 03:00PM - 03:30 PM

Concurrent Symposia

S6: Sleep Health Foundation Symposium: Why sleep is not a waste of time: Understanding sleep function and sleep loss

Riverbank 5 03:30PM - 05:00 PM

Chaired by Siobhan Banks

3:30pm 166 How the sleep ‘perfect storm’ impacts on adolescence

Mary Carskadon

4:00pm 167 Circadian timing impacts individual differences in performance with sleep loss

Tracey Sletten

4:30pm 168 Do we sleep to re-wire the brain?

James Krueger

S7: The sleepy brain in children and adolescents

Riverbank 6 03:30PM - 05:00 PM

Chaired by Scott Coussens and Mark Kohler

3:30pm 169 Impact of multi-night sleep restriction on adolescents’ attention: a network-based analysis of MRI data during the Psychomotor Vigilance Test

Dean Beebe, Mark Difrancesco

3:50pm 170 Dose-dependent effects of sleep restriction on adolescent cognition

Michelle Short

4:15pm 171 Cognitive performance and sleep spindles in adolescents: A review and data from a sleep restriction protocol

Chelsea Reynolds, Michael Gradisar, Michelle Short

4:35pm 172 Neurocognitive repercussions of sleep disordered breathing in children: Predicting treatment outcomes

Scott Coussens

S8: Obesity, sleep disordered breathing and atrial fibrillation - What is the link?

Hall L 03:30PM - 05:00 PM

Programme subject to change without notice
3:30pm 173 Treating OSA to improve AF management – what is the evidence?  
Craig Phillips

3:55pm 174 Mechanisms linking OSA and obesity with AF  
Dominic Linz

4:20pm 175 The effects of weight loss on AF and the interaction with OSA  
Prash Sanders

4:45pm Panel discussion  
Craig Phillips, Dominic Linz, Prash Sanders

**S9: The clocks that tick in our brain: Chronobiology in mental health**  
Riverbank 7 03:30PM - 05:00 PM

Chaired by Maria Comas Soberats

3:30pm 176 Light therapy for adolescents with delayed sleep phase: Effects on mood  
Michael Gradisar

3:50pm 177 Role of the circadian reward rhythm in mental health and disorder  
Jamie Byrne

4:15pm 178 Circadian dysfunction and affective disorders  
Sean Cain

4:35pm 179 The case for chrono-schizo-biology  
Bronwyn Siviour

**S10: Identifying and treating OSA in the peri-operative setting: Mitigating patient risk or logistic burden**  
Riverbank 8 03:30PM - 05:00 PM

Chaired by Darren Mansfield

3:30pm 180 Identifying and treating OSA in the peri-operative setting: Mitigating patient risk or logistic burden  
Darren Mansfield

4:00pm 181 The perspective of the anaesthetist  
David Hillman

4:30pm 182 Approaches to screening and management of obstructive sleep apnoea in the surgical population: balancing the logistic burden with the peri-operative risk  
John Wheatley

**SHF AGM**  
Riverbank 5 05:15PM – 06:15 PM

*Programme subject to change without notice*
Saturday, 22 October 2016

* Registration for Breakfast Sessions is an additional cost

**Breakfast Session 3: Sleep study analysis - What are we doing about the problem?**

Riverbank 5 07:00 AM - 08:15 AM

Chaired by Chloe Parsley

7:00am  281 Scoring concordance methods  
  Kerri Melehan

7:20am  282 How well do auto algorithms perform? Current evidence and real world examples  
  Tom Churchward and Warren Ruehland

7:55am  283 Developing a PSG reference library. A way forward?  
  Peter Rochford

**Breakfast Session 4: People who say sleeping like a baby do not have one: Parental perspectives on sleep management**

Riverbank 6 07:00 AM - 08:15 AM

Chaired by Sarah Blunden

7:00am  285 Recent survey findings on parental opinion on sleep interventions  
  Sarah Blunden

7:15am  286 Cognitions in parents and how it predicts sleep management  
  Hayley Etherton

7:30am  287 Listening to parents: A qualitative perspective on sleep management in young children  
  Diane Muller

7:45am  288 Parenting adolescents: trials and tribulations  
  Michelle Short

8:00am  289 Education and prevention: sleep education for new parents  
  Delwyn Bartlett

**Breakfast: MBS review – Implications and challenges**

Riverbank 7 07:00 AM - 08:15 AM

Chaired by Maree Barnes

7:00am  Discussion on outcome of MBS review of sleep items  
  Craig Hukins, Garun Hamilton, Maree Barnes, John Swieca

**Plenary**

**ASTA Plenary: Pulse oximetry in sleep medicine: From signal acquisition to interpretation strategies**

Hall L 08:30 AM - 10:00 AM

Chaired by Chloe Parsley

8:30am  183 Pulse oximetry: The right tool in the right hands  
  Teanau Roebuck

8:50am  184 New methods for the interpretation of pulse oximetry data  
  Philip Terrill

9:15am  185 In the clinician’s toolbox – overnight oximetry  
  Jacob Twiss

9:35am  186 TBC  
  Gillian Nixon

**MORNING TEA**

Hall H 10:00 AM - 10:30 AM

Programme subject to change without notice
## Concurrent Symposia

### S11: Central versus peripheral clocks: Understanding the rhythms of life

**Riverbank 5**

**Chaired by Tracey Sletten**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:30am</td>
<td>Resetting peripheral circadian rhythms</td>
<td>Steve Lockley</td>
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<tr>
<td>10:50am</td>
<td>Hippocampal rhythms and optimal memory performance</td>
<td>Oliver Rawashdeh</td>
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<tr>
<td>11:15am</td>
<td>Implications of peripheral clock disruption: Lessons from osteoarthritis</td>
<td>Raewyn Poulsen</td>
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<tr>
<td>11:35am</td>
<td>Brain molecular rhythms; sleep consequences in health and disease</td>
<td>James Krueger</td>
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### S12: Sleep and cognitive neuroscience: Links between the sleeping brain and daytime performance

**Riverbank 6**

**Chaired by Chloe Parsley**

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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:30am</td>
<td>The effects of 2 types of sleep deprivation on decision making</td>
<td>Sean Drummond</td>
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<tr>
<td>10:50am</td>
<td>EEG measurement of associative memory processing during sleep</td>
<td>Alex Chatburn</td>
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<tr>
<td>11:15am</td>
<td>Previous and current research at the New Zealand Brain Research Institute: Impact of sleep restriction and obstructive sleep apnoea on cerebral perfusion</td>
<td>Carrie Innes, Govinda Poudel, Paul Kelly, Michael Hlavac, Tracy Melzer, Richard Jones</td>
</tr>
<tr>
<td>11:35am</td>
<td>Neurophysiology (EEG) insights into cognitive deficits in sleep disorders and neurodegenerative disease</td>
<td>Angela D’Rozario</td>
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### S13: Technological innovations in home sleep monitoring devices

**Riverbank 7**

**Chaired by Tim Leufkens and Tim Weysen**

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<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:30am</td>
<td>What are we aiming for? Successes, failures and promise of home sleep monitoring</td>
<td>Dean Beebe</td>
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<tr>
<td>11:00am</td>
<td>The validity and clinical relevance of home-based devices for measuring parameters related to sleep</td>
<td>Greg Roach</td>
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<tr>
<td>11:30am</td>
<td>Validation of photoplethysmography-based sleep staging compared with polysomnography in healthy middle-aged adults</td>
<td>Pedro Fonseca, Tim Weysen, Maaike Goelema, Els MØst, Mustafa Radha, Charlotte Lunsingh Scheurleer, Leonie Van Den Heuvel</td>
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### S14: Cardiorespiratory interactions and the role of sleep, arousal and hypoxia: From utero to adulthood and bench to bedside

**Hall L**

**Chaired by Danny Eckert**

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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
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<tbody>
<tr>
<td>10:30am</td>
<td>Sleep and cardiovascular control before birth</td>
<td>Laura Bennet</td>
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<tr>
<td>10:50am</td>
<td>Cardiovascular consequences of sleep disordered breathing in infants and children</td>
<td>Rosemary Horne</td>
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## S15: Mood disorders in the sleep clinic

**Riverbank 8**

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<th>Time</th>
<th>Session</th>
<th>Speaker/s</th>
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<tbody>
<tr>
<td>10:30</td>
<td>203 Circadian rhythms and mood</td>
<td>Sean Cain</td>
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<tr>
<td>11:00</td>
<td>204 Looking for depression in the sleep clinic</td>
<td>Eli Dabscheck</td>
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<tr>
<td>11:30</td>
<td>205 Managing depression in the sleep clinic</td>
<td>Curtis Gray</td>
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**Chaired by Simon Frenkel**

## Concurrent Year in Review Sessions

### YIR 1: Physiology & measurement

**Hall L**

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<th>Time</th>
<th>Session</th>
<th>Speaker/s</th>
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<tr>
<td>12:00</td>
<td>Measurement</td>
<td>Kerri Melehan</td>
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<tr>
<td>12:30</td>
<td>Physiology</td>
<td>Paul Kelly</td>
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### YIR 2: Paediatric

**Riverbank 5**

**Scott Coussens, Jasneek Chawla**

### YIR 3: Insomnia & sleep health

**Riverbank 6**

**David Cunnington, Hailey Meaklim**

### YIR 4: Sleep & breathing

**Riverbank 7**

**Matthew Naughton, Brad Edwards**

### YIR 5: Chronobiology & alertness and performance

**Riverbank 8**

**Amy Reynolds, Raymond Matthews**

## LUNCH

**Hall H**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>01:00</td>
<td>01:45 PM - 01:45 PM</td>
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## Concurrent Poster Discussion Sessions

### Poster Discussion 6 - Improving the lives of children and adolescents, one sleep problem at a time

**Hall L**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/s</th>
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<tbody>
<tr>
<td>1:45</td>
<td>An investigation of the longitudinal relationship between sleep and depressed mood in developing teens</td>
<td>Nicole Lovato, Michelle Short, Gorica Micic, Rachel Hiller, Michael Gradisar</td>
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<tr>
<td>1:51</td>
<td>What is the impact of social support on the relationship between child sleep disturbance and postnatal depression?</td>
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*Programme subject to change without notice*
Saturday, 22 October 2016

Yaroslava King, Sarah Blunden

1:57pm 208 Time-of-day preference impacts Year 8 students’ sleep timing, stress, and food intake during the school holidays
Alex Agostini, Silvia Pignata, Roberta Camporeale, Kathryn Scott, Jill Dorrian, Anne Way, Kurt Lushington

2:03pm 209 Implementing a school-based sleep intervention: Voices of the school nurses
Jon Quach, Kate Paton, Kah-Ling Sia, Rebecca Peat, Julie Stecher

2:09pm 210 Withdrawn

2:15pm 211 The reliability of self-reported sleep problems in adolescents aged 16-19 years according to gender and ethnicity (Asian-Australian vs Caucasian-Australian)
Kurt Lushington, James Dollman, Declan Kennedy, James Martin, Andrew Wilson

2:21pm 212 A preliminary study investigating sleep and emotional memory consolidation in school-aged children
Amanda Santamaria, Megan Millar, Scott Coussens, Mark Kohler

2:27pm 213 Is history of parasomnias a contraindication to sleep restriction therapies for middle childhood insomnia?
Neralie Cain, Cele Richardson, Kate Bartel, Michael Gradisar

2:33pm 214 The direction of the relationship between symptoms of insomnia and psychiatric disorders in adolescents
Pasquale Alvaro, Rachel Roberts, Jodie Harris, Oliviero Bruni

2:39pm 215 Sleep patterns and quality in children with cystic fibrosis and the relationship to disease severity
Moya Vandeleur, Gillian Nixon, David Armstrong, Philip Robinson, Rosemary Horne

Poster Discussion 7 - Comorbid sleep disordered breathing: Impact on body and brain
Riverbank 5 01:45 PM - 02:45 PM

Chaired by Brett Duce and James Krueger

1:45pm 216 The prevalence of sleep disordered breathing in patients admitted for video-EEG monitoring
Shobi Sivathamboo, Patrick Kwan, Elise White, Callum Hollis, Andrew Strawhorn, John Carino, Erica MacKinnon, Meng Tan, Christopher French, Raju Yerra, Piero Perucca, Dennis Velakoulis, Nigel Jones, Terence O'Brien, Jeremy Goldin

1:51pm 217 Cardiopulmonary function during the peri-ictal state of epileptic and psychogenic non-epileptic seizures
Shobi Sivathamboo, Nigel Jones, Elise White, Callum Hollis, Andrew Strawhorn, John Carino, Erica MacKinnon, Meng Tan, Christopher French, Raju Yerra, Piero Perucca, Jeremy Goldin, Dennis Velakoulis, Patrick Kwan, Terence O'Brien

1:57pm 218 Sleep spindle activity significantly correlates with implicit memory consolidation in obstructive sleep apnoea (OSA)
Andrew Vakulin, Helena Hiu-Laam Cheung, David Stevens, Joanne Arciuli, Jong-Won Kim, Josiah Leow, Caroline (Lindy) Rae, Keith Wong, Bandana Saini, Ronald Grunstein, Angela D'Rozario

2:03pm 219 Sleep spindle characteristics before and after sleep deprivation in obstructive sleep apnea
Anna Mullins, Angela D'Rozario, Nathan Cross, Jong Won Kim, Nathaniel Marshall, Delwyn Bartlett, Keith Wong, Ronald Grunstein

2:09pm 220 Sleep spindle density increases with six months of continuous positive airway pressure (CPAP) treatment and correlates with improved neurobehavioural function in obstructive sleep apnea (OSA)
Angela D'Rozario, Camilla Hoyos, Jong Won Kim, Andrew Vakulin, Keith Wong, Josiah Leow, Delwyn Bartlett, Ron Grunstein

2:15pm 221 The utility of clinical variables for identifying OSA patients vulnerable to working memory impairment during extended wakefulness
David Stevens, Andrew Vakulin, Hannah Openshaw, Angela D'Rozario, Keith Wong, Peter Catcheside, Doug McEvoy, Ron Gunstein

2:21pm 222 Does Parkinson’s disease moderate the relationship between disrupted sleep and cognition? A case-controlled polysomnographic study
Maria Pushpanathan, Andrea Loftus, Natalie Gasson, Meghan Thomas, Romola Bucks

Programme subject to change without notice
2:27pm 223 To what extent do accepted principles of sleep medicine apply in Parkinson’s disease?  
Maria Pushpanathan, Andrea Loftus, Natalie Gasson, Meghan Thomas, Romola Bucks

2:33pm 224 Outcome of obstructive sleep apnoea in children with Down’s syndrome  
Chenda Castro, Chetan Pandit, Carla Uy, Radagini Kumaran, Jennifer Nguyen,  
Verushka Dhanasar, Edwin Lazatin, Alan Cheng, Karen Waters

2:39pm 225 A cross-sectional analysis of day versus night respiratory parameters during early adolescence in cystic fibrosis  
Karen Waters, Alison Lowe, Peter Cooper, Silvano Vella, Hiran Selvadurai

Poster Discussion 8 - What does that number tell us? A closer look at sleep measures  
Riverbank 6 01:45 PM - 02:45 PM

Chaired by Mark Jurisevic and Nicole Verginis

1:45pm 226 The Effect of atorvastatin, escitalopram, and pregabalin on polysomnography parameters  
Gavin Sturdy, Ivan Ling

1:51pm 227 Effect of increasing cerebral blood flow on sleep architecture at high altitude  
Katie Burgess, Sam Lucas, Kate Sprecher, Joseph Donnelly, Philip Ainslie, Keith Burgess, Aparna Basnet

1:57pm 228 Age, gender and OSA associated changes on polysomnographic measures of sleep quality in a sleep laboratory setting  
Adam Rossely, Garun Hamilton, Peter Rochford, Tom Churchward, Anthony Turton, Darren Mansfield

2:03pm 229 The utility of automatic sleep analysis in verifying total sleep time prior to an MSLT  
Geoffrey Hammond, Brett Duce, Craig Hukins

2:09pm 230 Microsleep assessment enhances interpretation of maintenance of wakefulness testing  
Angela Anniss, Alan Young, Denise O’Driscoll

2:15pm 231 Classification of hypopneas according to the AASM 2012 respiratory event criteria  
Jasmina Milosavljevic, Brett Duce, Antti Kulkas, Christian Langton, Juha Toyras, Craig Hukins

2:21pm 232 The oxygen desaturation index: should we take their word for it?  
Anthony Turton, Philip Terrill, Brad Edwards, Yvonne Ng, Simon Joosten, Garun Hamilton

2:27pm 233 Can oximetry be used in sleep clinics to reduce the cost of obstructive sleep apnea diagnosis without compromising accuracy?  
Phillip Wilson, Ching Li Chai-Coetzee, Nick Antic, Garun Hamilton, Nigel McArdle, Keith Wong, Brendon Yee, Aeneas Yeo, Rajeev Ratnavadivel, Matthew Naughton, Teana Roebuck, Doug McEvoy

2:33pm 234 Identifying cardiogenic artefact in oesophageal pressure measurements in obstructive sleep apnoea  
Laura Gell, Peter Catcheside, Karen Reynolds

2:39pm 235 Open access software to calculate respiratory control loop gain from standard polysomnogram  
Marnie Lamprecht, Craig Freakley, Dwayne Mann, Garun Hamilton, Brad Edwards, Scott Sands, Philip Terrill

Poster Discussion 9 - Respiratory sleep disorders: Clinical considerations  
Riverbank 7 01:45 PM - 02:45 PM

Chaired by Nigel McArdle and Amanda Piper

1:45pm 236 The relationship between Beta-blockers and Obstructive Sleep Apnea  
Kym Packer, Anthony Turton, Garun Hamilton, Darren Mansfield

1:51pm 237 A preliminary analysis of brief arousal and awakening responses associated with posture shifts in sleep, and the impact of supine-avoidance alarm treatment  
Matthew Rahimi, Melanie Heath, Amanda O’Grady, Jeremy Mercer, Nick Antic, Doug McEvoy,  
Andrew Vakulin, Khin Hnin, David Tickner, Steve Quinn, Maree Barnes, Peter Catcheside

1:57pm 238 Sleep apnea and adverse pregnancy and birth outcomes  
Karen Redhead, Diane Loh, Chris Griffin, David Hillman, John Newnham, Peter Eastwood

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2:03pm 239 Prevalence of diabetes mellitus in patients undergoing evaluation for obstructive sleep apnea at the Gold Coast University Hospital

Eunice Chuah, Bajee Krishna Sriram

2:09pm 240 Impact of ethnicity on sleep phenotype: A comparison between Chinese and Caucasian patients with obstructive sleep apnoea

Jonathan Pham, Alan Young, YT (Eric) Kuo, Denise O’Driscoll

2:15pm 241 Differences in respiratory arousal threshold in Caucasians and Chinese patients with obstructive sleep apnoea

Richard W W Lee, Kate Sutherland, Scott A Sands, Bradley A Edwards, Tat On Chan, Susanna Ng, David S Hui, Peter A Cistulli

2:21pm 242 Bed partner apnoea anxiety is high in Cheyne-Stokes respiration and obstructive sleep apnoea

Alister Neill, Angela Campbell, Shelly Mather

2:27pm 243 An audit of a community sleep assessment service – Wait-times and outcomes

Michael Epton, Paul Kelly, Brett Shand, Sally Powell, Judy Jones, Graeme McGeoch, Michael Hlavac

2:33pm 244 The effect of age on comorbidity burden and inflammation in obstructive sleep apnoea

Robert Adams, Sarah Appleton, Carol Lang, Sean Martin, Anne Taylor, Andrew Vakulin, Nick Antic, Peter Catcheside, Doug McEvoy, Gary Wittert

2:39pm 245 The inter-breath transition period decreases with increasing upper-airway resistance

Dwayne Mann, Scott Sands, Bradley Edwards, Garun Hamilton, Simon Joosten, Shane Landry, Stephen Wilson, Philip Terrill

Poster Discussion 10 - Clocks, walks and counts: sleep timing and non-respiratory sleep disorders

Riverbank 8 01:45 PM - 02:45 PM

Chaired by Sean Drummond and Nicole Lovato

1:45pm 246 Paradoxical effects of the wake maintenance zone on waking performance and sleep

Elena Skornyakov, Hans P.A. Van Dongen, Shobhan Gaddameedhi, Gemma M Paech

1:51pm 247 Eating vs not eating at night differentially affects performance during the night shift

Crystal Grant, Jillian Dorrian, Alison Coates, David Kennaway, Gary Wittert, Leonie Heilbronn, Maja Pajcin, Chris Della Vedova, Charlotte Gupta, Siobhan Banks

1:57pm 248 Glucose metabolism during sleep following seven nights of eight or six hours of time in bed

Thomas Kontou

2:03pm 249 Migraines, headaches and depressive symptoms in narcolepsy: Investigation of differences in those with and without Cataplexy

Samantha Gauci, Dorothy Bruck, Warwick Hosking

2:09pm 250 A collaborative approach for improving insomnia management in general practice setting

Fatema-Tun-Naher Sake, Bandana Saini, Keith Wong, Delwyn Bartlett

2:15pm 251 While you were sleepwalking: The science of somnambulism

Helen Stallman

2:21pm 252 The beat up on heart rate variability in insomnia patients: A critical literature review

Kirsty Dodds, Christopher Miller, Simon Kyle, Nathaniel Marshall, Christopher Gordon

2:27pm 253 Excessive daytime sleepiness, but not objective sleep measures, is independently associated with self-reported erectile dysfunction in a community-dwelling cohort of men

Sean Martin, Sarah Appleton, Robert Adams, Anne Taylor, Andrew Vakulin, Peter Catcheside, Doug McEvoy, Nick Antic, Gary Wittert

2:33pm 254 Understanding why patients present for sleep-related primary healthcare: A multicentre retrospective analysis of 747 Australian patients from 2013 to 2015

John Malouf, Allegra Boccabella

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2:39pm 255 Psychometric sleep measures at post-therapy follow-up in melanoma, breast and endometrial cancer cohorts: Preliminary data

  Ayey Susan Madut, Anna De Fazio, Graham Mann, Christine Clarke, Elisabeth Elder, Gerard Wain, James French, Nirmala Pathmanathan, Matteo Carlino, Julie Howle, Eva Wong, John Wheatley, Kristina Lindemann, Haryana Dhillon, Nathaniel Marshall, Terence Amis, Kristina Kairaitis

Poster Viewing

Hall H 02:45 PM - 03:20 PM

2:45pm 256 Time for translational molecular chronobiology in Parkinson’s disease

  Maria Comas, Richard Lin Gan, Ron Grunstein, Simon Lewis

2:45pm 257 Can postural balance be used as an indicator of sleep-related fatigue?

  Sarah Lipu, Thomas Kontou

2:45pm 258 Flow cytometric enumeration of bacterial and virus-like particle populations in the human oral cavity pre and post sleep

  Jessica Carlson-Jones, Anna Kontos, James Paterson, Renee Smith, Lisa Dann, Peter Speck, Kurt Lushington, James Martin, Declan Kennedy, James Mitchell

2:45pm 259 Analysis of mallampati assessment protocol and methodology

  Saul Gilbert, Mark Earl, Michael Chia

2:45pm 260 Long-term non-invasive ventilation (NIV) support in children less than 5 years of age

  Megan Angliss, Jasneek Chawla, Patricia Wales

2:45pm 261 Effects of age on cerebral oxygenation in children with sleep disordered breathing

  Knarik Tamanyan, Aidan Weichard, Alexandria Odoi, Margot Davey, Gillian Nixon, Sarah Biggs, Lisa Walter, Rosemary Horne

2:45pm 262 Paediatric polysomnography at WellSleep- creating a child friendly environment in an adult sleep laboratory

  Stephanie Black, Angela Campbell, Dawn Elder

2:45pm 263 Type 2 PSG may not be appropriate for classifying OSA patients as positional

  Kevin Hanssen, Brett Duce, Craig Hukins

2:45pm 264 Combined full EEG with polysomnography in a clinical setting: a review

  Thomas Churchward, Linda Dalic, Mark Edmonds, Christopher Worsnop, Patrick Carney, Peter Rochford

2:45pm 265 Agreement in sleep scoring: Does scoring 200 epochs represent scoring a full study?

  Stephen Gyulay, Joe Donoghue, Michael Hensley

2:45pm 266 Use of grip strength as an indicator of sleep problems: Preliminary analysis

  David Stevens, Peter Catcheside, Nicole Lovato, Rohit Philip, Andrew Vakulin

2:45pm 268 Slow wave activity in obstructive sleep apnoea and depression

  Rachel Schembri, Henry Baleviani, Angela L D’Rozario, Delwyn J Bartlett, Anna Mullins, Jong Won Kim, Maree Barnes, Melinda Jackson

2:45pm 269 Relationship between sleep, night eating and substance use

  John Brown, Rhonda Brown, Yasmine Umar

2:45pm 270 38 Question paediatric sleep unit feedback survey

  Rebecca Greenslade, Alina Nunez, Marie-Josee Leclerc, Pat Wales

2:45pm 271 A protocol exploring caregiver semi-structured caregiver telephone interviews and questionnaires

  Kirstin Maltby, Christine Sanderson, Elizabeth Lobb, Jane Phillips

2:45pm 291 Home sleep studies: clinical correlation is required

  Lyndon Chan, Stuart Mackay, Andrew Jones

2:45pm 292 Palatal fistula after trans-palatal advancement pharyngoplasty surgery: A review of incidence and contributory factors

  Lyndon Chan, Stuart Mackay

AFTERNOON TEA

Foyer L 03:30 PM - 04:00 PM

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Plenary

Helen Bearpark Memorial Session: Sleep - Why and how in humans and animals

Hall L 04:00 PM - 05:30 PM

Chaired by Maree Barnes and Shantha Rajaratnam

4:00pm  273 Sleep’s kernel; initiation of sleep within small networks
        James Krueger

4:25pm  274 Local aspects of animal sleep
        John Lesku

4:50pm  275 Dynamics of slow wave sleep - clues to the function of sleep
        Clare Anderson

5:15pm  Panel discussion
        James Krueger, John Lesku, Clare Anderson

Conference Dinner

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