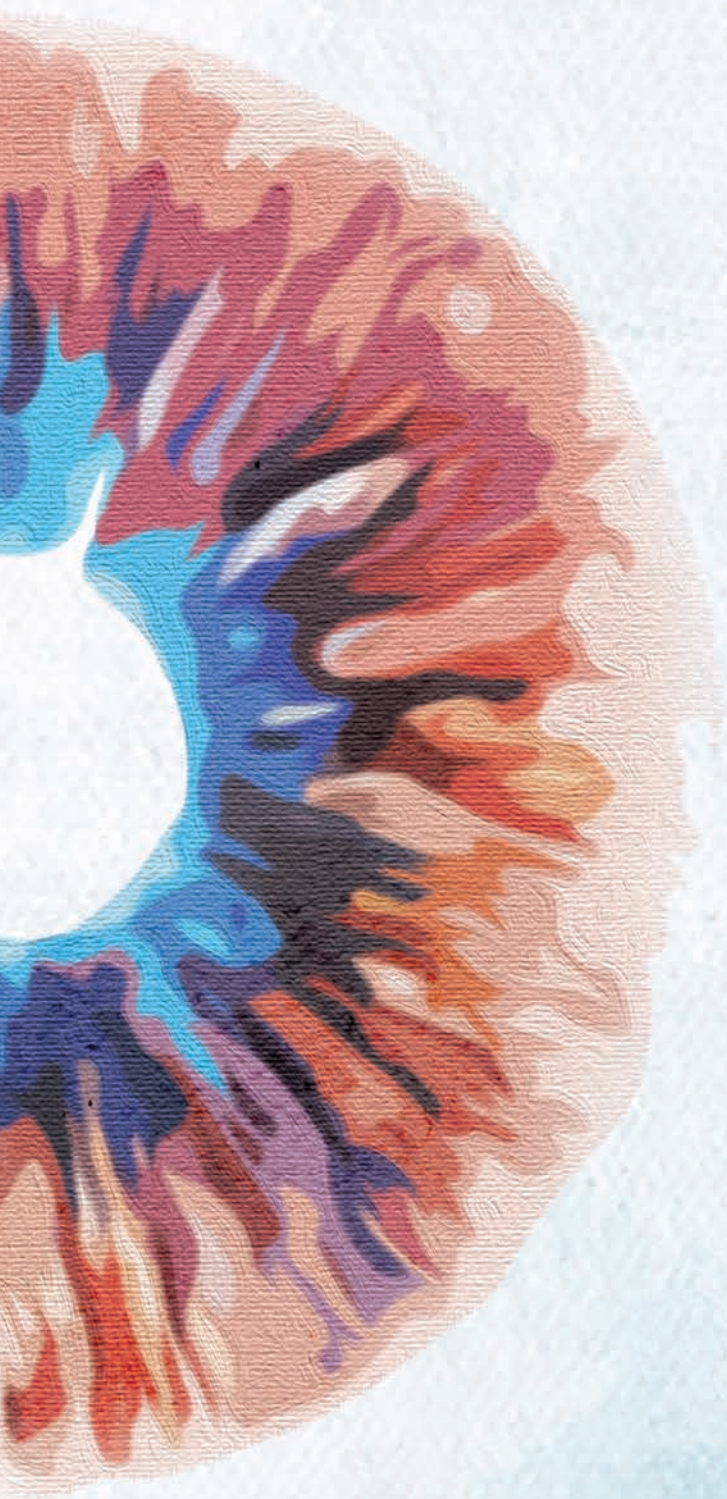


ANNUAL REPORT **2023**

Australasian Sleep Association



www.sleep.org.au



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Vision

A community with healthy sleep practices, supported by best-practice sleep science and sleep medicine

Mission

Lead and promote sleep health and sleep science, provide professional development for members, foster research and establish clinical standards

Board 2022-2023

President	A/Prof Sutapa Mukherjee
President Elect	Clin Prof Garun Hamilton
Clinical Chair	Dr David Cunningham
Conference Chair	Ms Teanau Roebuck
Education Chair	A/Prof Jasneek Chawla
Finance Chair	A/Prof Melinda Jackson
Membership Chair	Dr Jennifer Walsh
Research Chair	A/Prof Denise O'Driscoll
NZ Branch President	Prof Barbara Galland
ANZSSA representative	Tom Churchward

My second and final year as ASA President is ending and what an amazing year it has been. The ASA continues to grow and this year we surpassed 1000 members which is a significant milestone for us as an organisation. The core work of our association is to develop clinical standards and guidelines for sleep services, to develop educational opportunities for ASA members, to organise the Annual Scientific Meeting where the latest sleep practice and research is showcased, and to undertake ongoing advocacy efforts about the importance of sleep to governments and other relevant bodies. Over the last 12 months we have forged ahead in each of these areas and the details can be found in each of the Board Director reports.

Highlights of the year include the development and implementation of sleep education for psychologists, general practitioners and practice nurses as part of the Commonwealth grant program under the management of Alex Sweetman. We have also recently secured another government grant specifically to help pharmacists increase their skills and knowledge in insomnia and sleep health which commenced in September 2023. In addition, the Fellow of Dental Sleep Medicine program has been well supported by dentists and the first cohort will be awarded their Fellowships at Sleep DownUnder 2023, having completed all requirements.

There has been remarkable progress on the updated adult polysomnography guidelines and the application for Medicare funding for home-based polysomnography in children. We work closely with the Royal Australasian College of Physicians regarding training of sleep fellows and other matters, and we continue to advocate strongly for a separation of respiratory and sleep specialties to improve patient outcomes for sleep disorders. I and other Board directors have given many media interviews for print media, radio and television on sleep issues, and it seems that the interest in sleep is increasing. Our webinar program throughout the year has been well attended as have our state meetings in Western Australia, Victoria and South Australia and the NZ Branch conference. Interest in Sleep DownUnder, our annual conference, remains high in the post-COVID environment.

On the research front I am particularly excited about the recent MRFF targeted calls for research into the screening, diagnosis and management of sleep apnoea. This is undoubtedly because of our continued



Annual Report President

communication with the Department of Health and NHMRC about the importance of sleep research to improve patient outcomes.

I am proud of the governance changes we have made in the last 12 months which required changes to the Constitution to improve transparency in the way Board directors are elected. For the first time in 2023, ASA members will vote electronically before the Annual General Meeting to elect new Board directors who will take office after the AGM. This approach ensures that Board members are truly elected by the membership as directed by the ASA Constitution and ensures participation of all full ASA members during the voting process. We are a broad, diverse organisation and it is to be hoped this will encourage representation from all craft groups of the ASA.

On the advocacy front we have made inroads this year. We finally had a government response in 2023 to the report of the Parliamentary Inquiry into Sleep Health Awareness in Australia from 2019. There was broad support for almost all recommendations, and this gives us a clear platform to focus our advocacy efforts moving forward. ASA will continue to work with the Sleep Health Foundation to improve awareness of the importance of good sleep. I am reminded that advocacy takes decades of continued, persistent clear messaging and we are certainly reaping the rewards of many committed individuals who started this work many years ago. This year I had the opportunity to work on a TV series – *Australia's Sleep Revolution* with Michael Mosley. This will air on SBS in 2024 and will hopefully propel our advocacy efforts even further.

Finally, a huge thank you to all the office staff who enable us to do the work needed to keep the association running (Marcia Balzer, Mischka Yates, Alex Sweetman, Dinukshi Daniels, Cassie Real, Phillipa Ward and Kristen Ellard).

I am immensely grateful to all the ASA members who volunteer their precious time on the committees, sub-committees and working groups of the association. As a volunteer organisation the success of the ASA relies on your continued participation and enthusiasm and your efforts are appreciated.

I would also like to formally thank the current Board directors who have assisted and supported me over the past two years of my presidency.

Specifically, it has been rewarding and a pleasure to work closely with Marcia Balzer and Garun Hamilton this last year. I wish Garun all the best for his presidency and I look forward to supporting him in my role as Past President.

It has been a great honour and privilege to serve as the ASA President for the past two years and I am profoundly grateful for the opportunity.

A/Prof Sutapa Mukherjee

President



Annual Report Chief Executive Officer

Our work expanded substantially during this year with the commencement of a three-year Commonwealth grant program that saw both our staff team and our budget increase. The grant helps fund our all-important advocacy work as well as a large-scale program to increase knowledge and clinical skills in sleep health among primary healthcare practitioners – specifically general practitioners, psychologists and nurses. Strong partnerships with key professional bodies such as the RACGP, the Australian Psychological Society and the Australian Primary Care Nurses Association have helped deliver significant achievements during the first year of the program.

It was wonderful to achieve the milestone of 1000 ASA members for the first time in the organisation's history. With the sleep field continuing to expand, we look forward to ongoing member growth in years to come, along with the challenges that will bring to remain relevant and serving the needs of a very diverse membership.

The staff team expanded to undertake the additional work involved with the new Commonwealth grant program. We welcomed Alex Sweetman and Cassie Real onto the team, and Kristen Ellard joined us to take over the role of Sponsorship and Events Manager.

I was overjoyed to finally attend my first Sleep DownUnder in nearly three years of working with ASA. After hours and hours of virtual meetings, I got to meet many of my colleagues for the first time in real life. And of course I was able to experience the essential

expression of any professional association – the big annual conference – that offers so much insight into an organisation's culture, people and context. The excitement of members seeing each other again was palpable, and I think the gala dinner's dance floor will live in my memory for many years to come.

Much of my time during the year was involved in managing the ASA's advocacy work, and this was a particularly satisfying aspect of my role as CEO. I was able to visit members in Adelaide, Melbourne, Dunedin and Canberra to seek input on our advocacy work, and let them know about our work in explaining the importance of sleep health to decision makers and external health care audiences.

We worked with the Sleep Health Foundation to provide joint submissions to parliamentary inquiries into Long COVID and Repeated COVID Infections, and Assessment and Support Services for People with ADHD. We also presented a joint pre-Budget submission to improve the health and wellbeing of shift workers in health care and aged care.

Other advocacy activities during the year included:

- Meeting the chair of the Pharmaceutical Benefits Advisory Committee to discuss availability of medications to manage central disorders of hypersomnolence
- Substantial input from the Clinical Committee to the National Transport Commission on the review of guidelines to assess rail safety critical workers
- Other expert advice on request to the Medicare Schedule Advisory Committee, the Department of Health and Aged Care, Therapeutic Guidelines, the Australian Bureau of Statistics, the Royal Australasian College of Physicians and the Australian Consumer and Competition Commission.

We continued developing our online Learning Centre which has hours of education content available on demand, along with a system to track and report CPD points earned by individual members.

Financially, our year reflected the large expansion on both income and expenditure resulting from the new Commonwealth grant operations, with our operational revenue increasing by 46.5%. We enjoyed another successful Sleep DownUnder meeting, though some losses from COVID postponements reduced the surplus. Despite a small operational deficit caused by this and cost increases being felt by everyone, overall we made a small surplus once investment income was included.

I want to say a special thank you to our virtual staff team scattered in homes and communities across Australia. It has been a joy to work with you all and I'm in awe of the skills and dedication that you each bring to your work with ASA. Mischka Yates, Cassie Real, Alex Sweetman, Dinukshi Daniels, Phillipa Ward and Kristen Ellard have been essential to the operation of the ASA during 2022-23.

Our amazing Board, committees, working groups and sponsors are integral to all we're able to achieve as the ASA. We have so much to be proud of! This past year I have greatly appreciated the support, encouragement and hard work of Sutapa Mukherjee and Garun Hamilton, along with the rest of the Board. Thanks to all of you for what you bring to the association, and your contribution to our success!

Ms Marcia Balzer

Chief Executive Officer



Annual Report Clinical Chair

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

The major responsibilities of the Clinical Committee are:

- 1 To establish and promote best practice standards in sleep medicine;
- 2 To promote the highest quality of care for patients; and
- 3 To advocate for public funding for sleep medicine services.

Over the last 12 months there have been a steady stream of requests for input from the committee as well as ongoing work towards the goals of the Association.

Evaluation of new technologies

The Australasian Sleep Association (ASA) was approached by industry to evaluate a new device for the diagnosis of obstructive sleep apnoea. This request forced the Clinical Committee and the Board to review the role of the ASA, and the development of a policy on the evaluation of new technologies. This policy outlines that the ASA doesn't have the resources to conduct technical evaluations of new technologies.

The ASA also does not see this activity as part of its role as a professional association. However, the ASA is committed to working collaboratively with government and regulatory bodies to provide expert advice or input when requested.

Medicines subcommittee

This subcommittee continues to advocate strongly for better access to medications for patients, especially those with narcolepsy and idiopathic hypersomnia. As part of this, a working group has been meeting to scope the development of an Australasian registry for people with disorders of hypersomnolence including narcolepsy and idiopathic hypersomnia.

Medicare

The paediatric home sleep study working group continues to work through the Medical Services Advisory Committee (MSAC) application process. Although this process has been slow, it continues to move forward and has been a major undertaking by the working group involved who continue to work with the Department of Health on this important project to allow access to home sleep studies under Medicare for those under the age of 18.

Publication of position statements and guidelines

Several working groups continue to work on important guidelines. The updated guideline for performing sleep studies is close to completion. A working group has also been convened to write a position statement on the treatment of restless legs syndrome and is currently reviewing the literature.

Input has also been provided to the Rail safety critical worker guidelines and Therapeutic Guidelines.

I would like to thank all the members of the Clinical Committee for the time and input they provide to the ASA in helping this committee perform its functions.

Dr David Cunningham

Clinical Chair



Annual Report Conference Chair

Conference Committee 2022: *Andrew Gikas (Chair), Jasneek Chawla (Deputy Chair), Lyndon Chan, Janet Cheung, Scott Coussens, David Cunningham, Amal Mohd Dameer, Angela D'Rozario, Jenny Haycock, Aislinn Lalor, Jo Ngiam, Amanda Richdale, Teanau Roebuck, Charli Sargent, Moya Vandeleur, Alexander Wolkow*

Sleep DownUnder 2022 saw the association meeting in person again for the first time since 2019. It was an occasion of great excitement for members to gather together in Brisbane for a hybrid meeting that included a virtual component to facilitate access for people who could not travel.

The program was slightly more compact than usual with four concurrent streams for those attending in person, and three concurrent streams for virtual delegates. Recordings of the virtual streams were also made available through the ASA Learning Centre in eight learning packages by topic:

- Plenary sessions
- Sleep science
- Neuroscience
- Obstructive sleep apnoea
- Insomnia
- Paediatric
- Sleep health, policy and patients
- Chronobiology

More than 200 abstracts were submitted and presented during the conference, and the five short courses offered a wide range of in-depth learning opportunities.

There were 717 delegates who paid to attend, with 69% attending in person and 31% participating virtually. Total participants including speakers and sponsors reached 887, which was a fantastic result.

The contribution of our industry sponsors and exhibitors to the conference was enthusiastic and their participation ensured a successful event. We are very thankful that they have continued to support the ASA throughout the 'quiet' years of COVID, as well as for our return to in-person conferencing.

Thank you also to the Conference Committee and all our volunteer presenters who made Sleep DownUnder 2022 such a resounding success, including the previous Conference Chair, Andrew Gikas. It takes a lot of work to bring together such a significant event, and we are very grateful to our army of volunteers who make it happen.

Sleep DownUnder 2023 is returning to a full in-person format in Adelaide and I look forward to welcoming members to the annual scientific meeting very soon!

Ms Teanau Roebuck
Conference Chair



Annual Report Education Chair

Education Committee: *Jasneek Chawla (Chair), Catherine Buchan, Andrew Gikas, Anam Khan, Shyamala Pradeepan, Teanau Roebuck, Bandana Saini, Alex Sweetman, Adam Teo, Stephanie Yiallourou, Alan Young, Christiaan Yu*

The Education Committee had a busy year developing the ASA educational strategy which will be implemented over the coming years. The webinar program has continued to be successful and the committee has been involved in the development and review of several resources for the ASA grant program, which will also be accessible to members.

Survey

At Sleep DownUnder 2022 a member education survey was undertaken. Approximately 20% of the membership participated with this skewed towards more experienced members than early career individuals. The key areas identified as a focus for ASA education activities were *new technology, new innovations in sleep medicine, measurement and diagnostic tools and core sleep assessment and management*. Sleep psychology, pharmacology, indigenous sleep health and paediatrics were listed as key specialty areas for education.

Resource development

The Education Committee has reviewed a publication from the nursing sub-committee relating to the *Sleep Nurse National Survey* and a series of articles for

the *Australian Journal of General Practice*, undertaken as part of the ASA grant program. The ASA On the Spot Management factsheets for GPs are also in the process of being updated and the GP insomnia resource has also been recently reviewed.

Webinars

The webinar series has continued to be popular, attended by members and external interested parties. Highlights included a World Sleep Day session on *Sleep Snapshots from Across the Lifespan*, an exceptional session *Asleep at the Wheel - who's responsible?* and most recently a thought-provoking session on *Maternal and Infant Sleep and Mental Health*.

Subcommittees

The GP Education Subcommittee have coordinated a survey of medical schools across Australia around sleep education within the curriculum and are finalising an advice factsheet for shift work in medical students. Another key piece of work which is reaching completion by the Behavioural Management of Sleep Disorders subcommittee is the CBT-i Education Program, which has been developed in conjunction with the Australian Psychological Society. Information regarding this valuable resource will be available following final reviews and approval from the board.

Fellow of Dental Sleep Medicine

The Fellow of Dental Sleep Medicine program undertook the first examination at Sleep DownUnder 2022 with a fantastic pass rate. This year the Board has approved expansion to an International FDSM accreditation, enabling dentists working beyond Australia and New Zealand to participate.

Many thanks to the Education Committee for their hard work throughout 2022-2023. The efforts of the seven education sub-committees have also been outstanding during the year, and we thank all our amazing volunteers for their efforts in creating educational opportunities for ASA members and broader healthcare practitioner audiences.

A/Prof Jasneek Chawla

Education Chair



Annual Report Finance Chair

Finance Committee: *Melinda Jackson (chair), Sutapa Mukherjee, Garun Hamilton, Robert Estcourt, Julia Chapman, Nathaniel Marshall, Kath Maddison, Karyn O'Keeffe, David Stevens, Christopher Worsnop, Marcia Balzer*

The Association remains in a sound financial position, which has allowed the organisation to continue to develop and undertake new initiatives to benefit members.

Some of the ongoing and new activities over the last 12 months include the educational programs through the webinar series and workshops, commencement of the Fellow of Dental Sleep Medicine program, scholarships and research grant programs, advocacy work in collaboration with the Sleep Health Foundation, and the publication of clinical guidelines.

The Association is undergoing an exciting period of growth, having been successful in a number of Commonwealth grants, including a Health Peak and Advisory Bodies Program grant from the Department of Health and the Quality Use of Medicines scheme. This has allowed new staff and structures to come into place over the last 12 months. Along with this growth also comes budgetary challenges which we will continue to navigate as a committee, that have been safeguarded by membership numbers reaching an all-time high and a successful hybrid Sleep DownUnder conference.

Our investment portfolio is performing well after a few difficult years and despite the recent financial downturn

in the economy, with a market value of \$997,000 as of 30 June 2023, and an income yield of \$42,720. Thanks to Robert Estcourt and Mark Leslie along with the team at JB Were for their expert and sound advice regarding our investment portfolio and ensuring that we continue to be in a strong financial position moving forward.

The financial performance for 2022-23 has seen us post a surplus of \$18,354, which includes an adjustment for fair value remeasurement of our investment portfolio this year of \$34,749.

I am also pleased to announce a new initiative from the Research and Finance Committees which will be launched during Sleep DownUnder 2023 – the Sleep Research Future Fund (SRFF). The goal of this capital investment fund is to provide long-term support for our Early Career Researchers through philanthropic and industry donations to generate income into perpetuity, which will fund larger research initiatives, Fellowships and PhD stipends. This fund will be in addition to the current annual grants on offer. I encourage members who have had their careers supported by the ASA (including myself!) to consider giving back and become a “Foundation Donor”. Please let us know if you have any suggested donors or industry contacts who may be interested in investing in the SRFF.

Having now completed my first year as Chair of the Finance Committee, I wish to thank Nat, Marcia, Sutapa and the committee for their support during my transition into this role. I would also like to thank our bookkeeper, Phillipa Ward.

I would finally like to formally acknowledge and thank Nat Marshall for so deftly steering the Association through some difficult financial times, and putting us in a strong position for the coming years.

A/Prof Melinda Jackson
Finance Chair



Annual Report Membership Chair

Membership Committee: *Jennifer Walsh (Chair), Charlotte Gupta, Gorica Micic, Jenny Liu, Kathleen Maddison, Kirk Kee, Laurie McLay, Nicole Lovato, Phil Terrill, Tina Ledger*

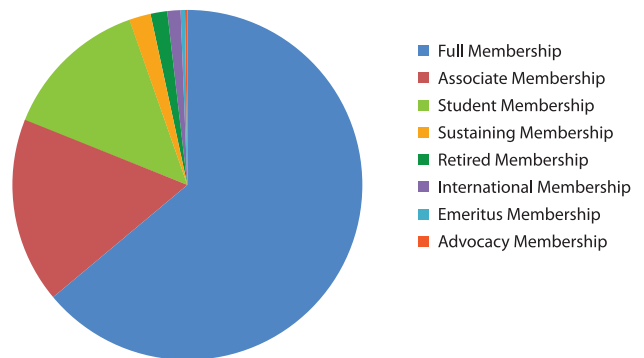
Sub-Committee of Councils: *Anam Khan, Adam Teo, Ajak Kevat, Amal Mohamed Dameer, Edith Botchway, Christopher Worsnop, Grace Vincent, Hannah Scott, Jenny Haycock, John Swieca, Julia Crawford, Julia Stone, Meagan Crowther, Mimi Lu, Nicole Grivell, Nicole Lovato, Scott Coussens, Simon Frenkel, Stuart MacKay, Thomas Denson*

In the last year, the ASA membership grew above 1000 for the first time. As at 30 June 2023, the total number of members was 1013. The majority of our members reside on the east coast of Australia (63% in New South Wales, Victoria and Queensland) with 8% living in New Zealand.

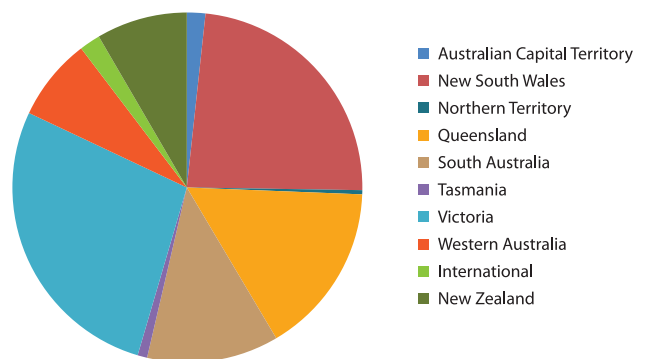
ASA members are predominantly Full (64%), Associate (17%) and Student (14%) members. However, we also have a number of Sustaining members, Emeritus members, Retired members, Advocacy members and International members.

The ASA continues to be an inclusive association, representing members from diverse occupational backgrounds. Our membership is comprised predominantly of Physicians or Trainee Physicians (45%), Researchers/Academics (11%) and Dentists (11%). We also have 46 Psychologists, 15 Nurses, 12 ENT surgeons and 12 GPs. Other members include Psychiatrists, Pharmacists, Sleep Coaches, Physiotherapists, Industry Partners and Students.

ASA Member Categories 2023



ASA Member Location 2023

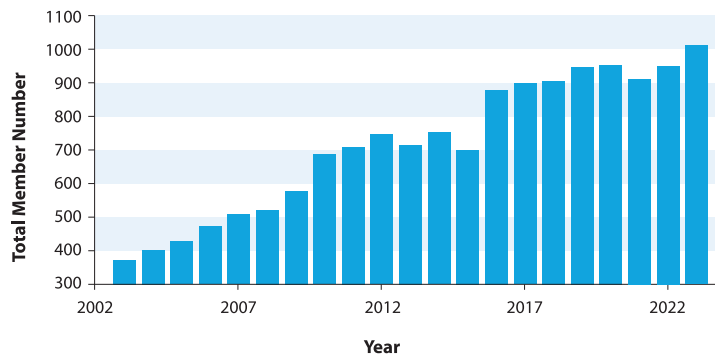


2022-23 saw the return of successful ASA meetings in South Australia and Victoria. Thank you to Amy Reynolds and the South Australian team (Sally Ferguson, Jill Dorrian, Robert Adams, Sutapa Mukherjee, Hannah Scott, Darah-Bree Benson-Boakes, Emily Lawton and Charlotte Gupta) and the Victorian team (Melinda Jackson, Denise O'Driscoll, Brad Edwards and Kirk Kee) for organising these.

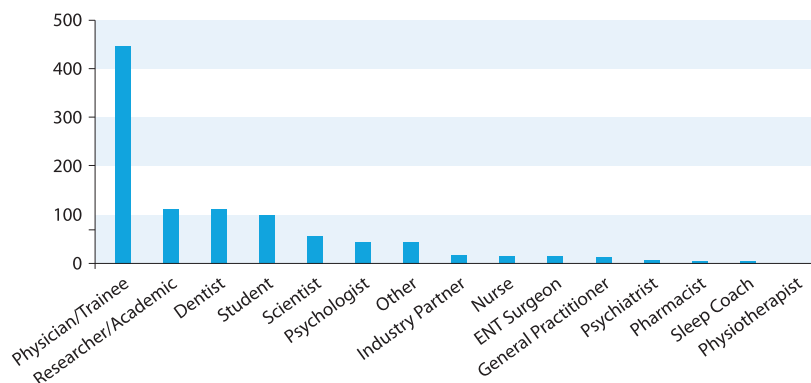
State meetings

State meetings are a great opportunity for regular networking with other local ASA members and to hear about current research and clinical practices. We are planning for growth in these events across Australia in the coming years. State meetings are also a great way for members to get involved with assisting with ASA events and contributing to the association – reach out to your local state organising team or the membership committee if you'd like to get involved.

ASA Membership 2003-2023



ASA Member Occupation 2023



Councils

The ASA councils allow members with similar research and clinical interests to engage with each other and work together. Each council runs independently and uniquely according to the aims and goals of the council. Members are encouraged to engage with their council(s) of interest and get involved in council activities. There are a number of roles within each council, outlined in the Toolbox for Councils, which are important and rewarding. Thank you to all members who have contributed to the councils over the past year.

Communication and services

Member communication has traditionally been a duty of the membership committee. However, our fantastic ASA staff now predominantly perform the task of keeping members up to date on ASA and other relevant events and activities. Members are regularly being updated via email and the website remains a valuable source of

information in relation to upcoming events, position statements and ASA awards. The new Learning Centre and online learning platform hosts hundreds of hours of webinar, conference, and education material, most of which is freely available to members.

Thank you to the Membership Committee, ASA staff, and all ASA members who have contributed to the ASA over the past year. Thank you also to everyone, especially those on the Membership Committee and the Board, who has supported me as Membership Chair during my time on the Board – it has been a rewarding journey that I will remember fondly. I look forward to working with you all in a different capacity in the coming years. I highly recommend any member looking to become more involved in the ASA to reach out and be a part of the future of our great association.

Dr Jennifer Walsh

Membership Chair



Annual Report Research Chair

Research Committee: *Denise O'Driscoll (chair), Scott Coussens, Angela D'Rozario, Danny Eckert, Bradley Edwards, Camilla Hoyos, Amy Jordan, Roo Killick, Laurie McLay, Fergal O'Donoghue, Benjamin Tong, Andrew Vakulin, Jennifer Walsh, David Wang*

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

Awards

The Research Committee received and reviewed a large number of applications for the prestigious awards offered by our association including: the Nick Antic Career Development Award, the Helen Bearpark Memorial Scholarship, and the Rob Pierce Grant-in-Aid. Selecting the winners for these awards is by no means an easy task given the high quality of the applications from the membership! Awardees for 2022 were:

- **Rob Pierce Grant-in-Aid:** Julia Chapman
- **Helen Bearpark Scholarship:** Bastien Lechat
- **Nick Antic Career Development Award:** Grace Vincent

Reviewing the applications for the highly competitive 2022 New Investigator Award was also a highlight for the committee. The top six finalists presented their research in a competitive plenary session at Sleep DownUnder 2022. The top prize was presented at the

gala dinner to Anastasia Suraev for her presentation "Acute effects of combined cannabidiol (CBD) and Δ^9 -tetrahydrocannabinol (THC) in insomnia disorder: A randomised, placebo-controlled trial using high-density EEG".

Research funding

We have provided input to national research strategies while advocating for increased funding dedicated to sleep research as a national priority. Activities included an ASA response to the government consultation on the alignment of the Medical Research Future Fund (MRFF) and the NHMRCs Medical Research Endowment Account. Political advocacy continues to be a key role for the Research Committee. We were therefore very pleased to see the recent announcement of the MRFF 2023 Optimising Screening, Diagnosis and Management of Obstructive Sleep Apnoea Grant Opportunity. It is a wonderful achievement to see sleep research being recognised as a national research priority!

Importantly, we celebrate the successes of our members. ASA members leading successful MRFF grants in the last year include Danny Eckert (Flinders University), Yaqoot Fatima (University of Queensland) and Perna Varma (Monash University). In addition, a team including Barbara Galland, Rosalie Jackson (University of Otago) and Leigh Signal (Massey University) were awarded a large Programme Grant from the Health Research Council of New Zealand.

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

Sleep Research Future Fund

At Sleep DownUnder 2023, we will be announcing the establishment of the ASA Sleep Research Future Fund. Research funding for sleep health in Australia has been completely inadequate over recent years. Sleep research is drastically underfunded relative to the prevalence and scope of sleep problems, and the importance of sleep for good health. We are taking action to help fill this critical gap through the creation of a philanthropic arm of the ASA, a new capital investment fund, called the Sleep Research Future Fund, that will generate income in perpetuity to support early career sleep researchers and their work. Whilst this will take time, we have an ambitious and visionary target to accumulate a

significant capital fund that will generate income for sleep research in perpetuity.

Finally, as I come to the end of my second term as Research Chair and finish my time on the Board, I would like to express my thanks to the staff at the ASA office for their support as well as the Research Committee members for their continued hard work and dedication. It has been a great honour to serve as Research Chair for the last 4 years, and very rewarding to reflect on everything we have achieved. I am confident that the committee will continue to be a successful advocate to strengthen and encourage high quality sleep research in Australia and New Zealand!

A/Prof Denise O’Driscoll

Research Chair



Annual Report New Zealand Branch

New Zealand Branch Executive Committee:

Barbara Galland (Chair), Karyn O’Keeffe, Rosie Gibson, Bronwyn Sweeney, Patryk Szulakowski, Sonia Cherian, Angela Campbell, Leigh Signal, Michael Hlavac

Sleep in Aotearoa

The annual scientific conference, Sleep in Aotearoa, was held for the first time in Dunedin at the University of Otago in June 2023. Despite having to make a hasty change to the venue a few weeks before the start, the conference ran very smoothly. Final delegate numbers were 106 including 13 industry attendees, and 5 Australian attendees.

The 2-day program included symposia, New Investigator Award (NIA) and free abstracts presentations, and presentations from various clinical groups and an invited presentation from Waka Kotahi on driver safety.

Symposia covered sleep health equity, sleep measurement tools, sleep and wellbeing, and screens and sleep. The keynote address was given by Associate Professor Sarah-Jane Paine from Auckland University on the topic of Sleep Health Equity in Aotearoa.

The conference dinner at the University Staff Club was attended by 70 delegates and all seemed to have a great time judging by the vibrant atmosphere on the night. The conference was supported by two main sponsors (Fisher & Paykel Healthcare and Apex Medical), with six trade displays from Apex Medical, B Medical, Cannaplus, Fisher & Paykel Healthcare, ResMed and Breathing & Medical Ltd. We thank the sponsors and

industry delegates for their support of SIA and hope to see them again in 2024.

Visual highlights of the conference can be found at www.sleep.org.au/Public/News/Articles/June/SiA-2023.aspx

Awards

Congratulations to the winners of the following awards:

- **New Investigator Award 2023:** Lou Fangupo (University of Otago, Dunedin) for her presentation entitled "Development of the Perception of Infant and Toddler Sleep Scale (PoITSS) for whānau (families) with pēpi (infants) in Aotearoa New Zealand".
- **Inaugural SAANZ (Sleep Apnoea of Association on NZ) Emerging Researcher Award:** Dr Dee Muller (Massey University) for research excellence and contribution to sleep health inequities in Aotearoa New Zealand.
- **Inaugural SAANZ Distinguished Service Award:** Emeritus Professor Dawn Elder (University of Otago, Wellington) for significant and sustained contributions to paediatric sleep medicine and sleep health at the clinical and research level, as well as considerable and sustained community service to sleep across Aotearoa.

Executive

The annual general meeting held on Zoom in early July saw changes to the executive with Dr Andrew Davies stepping down having completed his term, and Prof. Leigh Signal and Dr Michael Hlavac coming on board for the first time in 2023. Thanks to Andrew for his dedicated work over several years with the NZ branch executive. His contribution has been much appreciated by many.

Advocacy

Work on driver safety assessment guidelines is underway following difficulties sleep physicians were having assessing patients with severe sleep apnoea and/or severe sleepiness under the current NZ guidelines. This was initiated at the conference within a session on the Medical Aspects of Fitness to Drive guidelines and led by Dr Sonia Cherian (Auckland) with presenters from Waka Kotahi (Ministry of Transport).

A taskforce of NZ clinicians working with Waka Kotahi, together with ASA members involved in the establishment of the AusRoad guidelines has since been established to work on the guidelines and address the issues involved.

Plans in train

Planning is already underway for the 2024 conference likely to be held in the last week of June – and in Dunedin again. Dunedin is close to Queenstown, a top tourist destination with direct flights from Australia. Queenstown is home to many adventure activities. Several ski fields are close by, the scenery is amazing and there are many vineyards around Central Otago to explore – just a few of the highlights to tempt Australians across. We would love to see more of our Aussie neighbours at the conference!

Work is underway by the executive to enhance communications and advertising for NZ branch members as regards NZ sleep activities across the motu/country i.e. on social media platforms, regular email newsletters, and on the ASA website. We have set up a Twitter account in anticipation of this, added an Instagram account to our Facebook page, and expect to have more up on the ASA website soon.

Finally, thanks to the NZ Branch Executive for their continuing work in ensuring sleep health research is given the attention it deserves and clinical services continue to be advocated for. Huge thanks to Dr Karyn O'Keeffe, particularly for her unwavering and tireless support of the NZ Branch and running of the conference. Within ASA, a big thanks to ASA events co-ordinator, Kristen Ellard, who worked tirelessly from Perth to ensure our conference was well supported by industries and delegates, and that everything was planned to run as smoothly as possible. Also thanks to CEO Marcia Balzer for always being there to answer the endless questions. It was a pleasure to have Marcia attend our conference, and to see first-hand how we do things "sleep" in Aotearoa. Thanks also to ASA President, Dr Sutapa Mukherjee, and the ASA Board who continue to fully support and encourage the activities of our branch.

Prof Barbara Galland

New Zealand Branch Chair



Annual Report ANZSSA Representative

I am pleased to present the ANZSSA Representative report for 2022-2023, highlighting the significant developments and achievements within the Australia and New Zealand Sleep Science Association (ANZSSA) over the course of this year.

One of the key milestones for ANZSSA in 2023 has been the successful completion of preparations for the Certification of Sleep Science Exam. I am pleased to announce that the inaugural exam is scheduled to be held in March 2024. This achievement reflects our commitment to advancing the field of sleep science and ensuring the highest standards of professional competence.

I would like to express our gratitude to the dedicated Conference Committee for their tireless efforts in planning Sleep DownUnder 2022.

ANZSSA has been committed to supporting its members, and this year awarded several travel grants to facilitate attendance at important events. These grants include sponsorships by ANZSSA itself and, notably, two grants exclusively for our New Zealand members, generously sponsored by Fisher and Paykel Healthcare. These initiatives underscore our commitment to promoting professional growth and development within our membership.

ANZSSA's strategic initiatives included exam development, revising our communications plan, expanding our educational opportunities, revitalising our governance committee, and most significantly, embarking on a strategic planning exercise. This exercise is pivotal in shaping our organisational strategy for the coming years, ensuring that ANZSSA remains at the forefront of sleep science and clinical physiologists' practice.

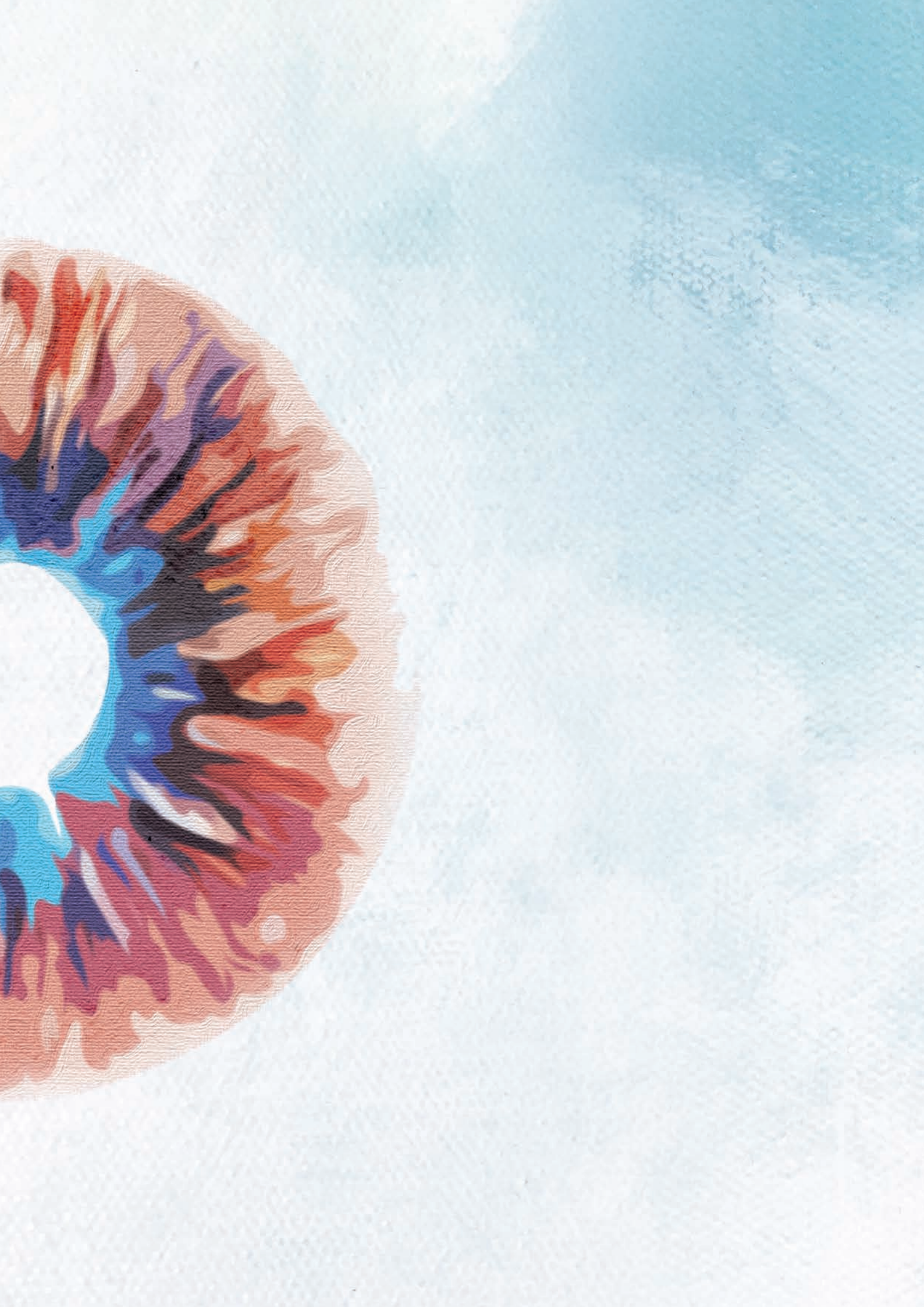
I am pleased to report that ANZSSA continues to maintain a sound financial footing, which is further bolstered by record-high membership levels. This financial stability positions us favorably to seize emerging opportunities and continue our collaborative efforts with key partners, including the New Zealand Clinical Physiologists Registration Board, the Australian Council for Clinical Physiologists, and, of course, the Australasian Sleep Association.

In conclusion, ANZSSA remains steadfast in its commitment to advancing the field of sleep science and supporting its members. The achievements and initiatives outlined in this report are a testament to the dedication and hard work of our team and our valuable partnerships within the sleep science community.

We look forward to a promising future filled with opportunities for growth and collaboration as we continue to serve our members and contribute to the broader field of sleep science.

Tom Churchward

President,
Australia and New Zealand Sleep Science Association



financial report

FOR THE YEAR ENDED 30 JUNE 2023

Liability limited by a scheme approved under Professional Standards Legislation

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www.sleep.org.au | ABN 51 138 032 014

Directors' Report

The directors present their report on the company for the financial year ended 30 June 2023.

Information on Directors

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

Sutapa Mukherjee

Jennifer Helene Walsh

Denise Marie O'Driscoll

David Cunnington

Jasneek Chawla

Barbara Galland

Melinda Jackson

Appointed 9 November 2022

Garun Hamilton

Appointed 9 November 2022

Teanau Roebuck

Appointed on 11 January 2023

Alan Charles Young

Resigned on 9 November 2022

Nathaniel Stuart Marshall

Resigned on 9 November 2022

Andrew Gikas

Resigned on 19 November 2022

Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

Operating Results

The profit of the company amounted to \$18,354 (2022 profit: \$56,342).

Significant Changes in State of Affairs

There have been no significant changes in the state of affairs of the Company during the year.

Principal Activities

The principal activities of the company during the financial year were:

- Drawing up of clinical standards and guidelines
- Overseeing training in the area of clinical sleep medicine
- Provision of quality assurance through credentialing of sleep services, together with the National Association of Testing Authorities (NATA)
- Organisation of an Annual Scientific Meeting, where the latest practice and research is showcased
- Advocacy with Government and Department of Health

No significant change in the nature of the company's activity occurred during the financial year.

Events After the Reporting Date

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect the operations of the company, the results of those operations, or the state of affairs of the company in future financial years.

Environmental Issues

The company's operations are not regulated by any significant environmental regulations under a law of the Commonwealth or of a state or territory of Australia.

Indemnification and Insurance of Officers and Auditors

No indemnities have been given or insurance premiums paid, during or since the end of the financial year, for any person who is or has been an officer or auditor of the company.

Auditor's Independence Declaration

The lead auditor's independence declaration in accordance with section 307C of the *Corporations Act 2001*, for the year ended 30 June 2023 has been received and can be found on the following page.

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

Director:

Director:



Sutapa Mukherjee



Melinda Jackson

Dated this 29th day of September 2023



Auditor's Independence Declaration

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

I hereby declare, that to the best of my knowledge and belief, during the financial year ended 30 June 2023 there have been no:

- (i) contraventions of the auditor independence requirements as set out in the *Corporations Act 2001* in relation to the audit; and
- (ii) contraventions of any applicable code of professional conduct in relation to the audit.

Name of Firm: Boyd Audit
Chartered Accountants

Name of Auditor: 
Nathan Boyd
Registered Company Auditor No. 471054

Address: 1.06, 10 Century Circuit, Norwest NSW 2153

Dated this 29th day of September, 2023

Statement of Profit or Loss and Other Comprehensive Income

for the Year ended 30 June 2023

	Note	2023 \$	2022 \$
Income			
Revenue	3	944,400	603,383
Other income	3	23,487	57,030
		967,887	660,413
Expenditure			
Accountancy expenses		(13,825)	(10,278)
Auditor's remuneration		(9,350)	(9,310)
Depreciation and amortisation expenses		(1,666)	(1,588)
Employee benefits expenses		(577,037)	(360,337)
Other expenses	4	(382,404)	(139,663)
		(984,282)	(521,176)
Current year profit/(loss) before income tax		(16,395)	139,237
Net current year profit/(loss)		(16,395)	139,237
Other comprehensive income			
Fair value remeasurement gains/(losses) on available-for-sale financial assets	3	34,749	(82,895)
Other comprehensive income for the year		34,749	(82,895)
Total comprehensive income for the year		18,354	56,342

Statement of Financial Position

as at 30 June 2023

	Note	2023 \$	2022 \$
ASSETS			
Current Assets			
Cash and cash equivalents	5	233,267	312,109
Trade and other receivables	6	235,630	382,479
TOTAL CURRENT ASSETS		468,897	694,588
Non-current assets			
Other financial assets	7	967,297	866,350
Property, plant and equipment	8	3,720	5,386
TOTAL NON-CURRENT ASSETS		971,017	871,736
TOTAL ASSETS		1,439,914	1,566,324
LIABILITIES			
Current Liabilities			
Trade and other payables	9	235,690	393,784
Provisions	10	23,673	18,308
TOTAL CURRENT LIABILITIES		259,363	412,092
Non-current Liabilities			
Trade and other payables	9	338,453	332,738
Provisions	10	16,837	14,587
TOTAL NON-CURRENT LIABILITIES		355,290	347,325
TOTAL LIABILITIES		614,653	759,417
NET ASSETS (LIABILITIES)		825,261	806,907
EQUITY			
Retained surplus	11	825,261	806,907
TOTAL EQUITY		825,261	806,907

The accompanying notes form part of these financial statements.

Statement of Changes in Equity

for the Year ended 30 June 2023

	Note	Retained surplus \$	Total \$
Balance at 1 July 2021		750,565	750,565
Profit attributable to members of the entity		56,342	56,342
Balance at 30 June 2022		806,907	806,907
Profit attributable to members of the entity		18,354	18,354
Balance at 30 June 2023		825,261	825,261

Statement of Cash Flows

for the Year ended 30 June 2023

	Note	2023 \$	2022 \$
Cash Flows from Operating Activities			
Membership fees received		282,448	260,169
Conference income received		207,738	257,875
Grant income		360,877	40,544
Other income received		108,047	26,248
Payments to suppliers, employees & others		(1,015,848)	(580,341)
Interest received		3,160	805
Net cash provided by (used in) operating activities	12	(53,578)	5,300
Cash Flows from Investing Activities			
Proceeds from sale of available-for-sale investments		115,689	339,350
Earnings received from investments		36,046	60,787
Payments for plant and equipment		–	(4,249)
Payments for available-for-sale investments		(176,999)	(359,348)
Net cash provided by (used in) investing activities		(25,264)	36,540
Net increase (decrease) in cash held		(78,842)	41,840
Cash at beginning of financial year		312,109	270,269
Cash at end of financial year	5	233,267	312,109

The accompanying notes form part of these financial statements.

Notes to the Financial Statements

for the Year ended 30 June 2023

The financial statements cover Australasian Sleep Association as an individual entity, incorporated and domiciled in Australia. Australasian Sleep Association is a company limited by guarantee.

The financial statements were authorised for issue on 29 September 2023 by the directors of the company.

1 Basis of Preparation

The Company is non-reporting since there are unlikely to be any users who would rely on the general purpose financial statements.

The special purpose financial statements have been prepared in accordance with the significant accounting policies described below and do not comply with any Australian Accounting Standards unless otherwise stated.

The financial statements have been prepared on an accruals basis and are based on historical costs modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities.

The significant accounting policies adopted in the preparation of these financial statements are presented below and are consistent with prior reporting periods unless otherwise stated.

2 Summary of Significant Accounting Policies

Property, Plant and Equipment

Each class of property, plant and equipment is carried at cost less, where applicable, any accumulated depreciation and impairment.

Plant and equipment

Plant and equipment are measured using the cost model.

Depreciation

Property, plant and equipment excluding freehold land, is depreciated on a straight line basis over the asset's useful life to the Company, commencing when the asset is ready for use.

Leased assets and leasehold improvements are amortised over the shorter of either the unexpired period of the lease or their estimated useful life.

The depreciation rates used for each class of depreciable asset are shown below:

Plant & Equipment	20%
-------------------	------------

Financial Instruments

Financial instruments are recognised initially using trade date accounting, i.e. on the date that company becomes party to the contractual provisions of the instrument.

On initial recognition, all financial instruments are measured at fair value plus transaction costs (except for instruments measured at fair value through profit or loss where transaction costs are expensed as incurred).

Loans and receivables

Loans and receivables are non-derivative financial assets with fixed or determinable payments that are not quoted in an active market. They arise principally through the provision of goods and services to customers but also incorporate other types of contractual monetary assets.

After initial recognition these are measured at amortised cost using the effective interest method, less provision for impairment. Any change in their value is recognised in profit or loss.

The company's trade and most other receivables fall into this category of financial instruments.

In some circumstances, the company renegotiates repayment terms with customers which may lead to changes in the timing of the payments, the company does not necessarily consider the balance to be impaired, however assessment is made on a case-by-case basis.

The accompanying notes form part of these financial statements.

Available-for-sale financial assets

Available-for-sale financial assets are non-derivative financial assets that do not qualify for inclusion in any of the other categories of financial assets or which have been designated in this category. The company's available-for-sale financial assets comprise listed securities.

All available for sale financial assets are measured at fair value, with subsequent changes in value recognised in other comprehensive income.

Gains and losses arising from financial instruments classified as available-for-sale are only recognised in profit or loss when they are sold or when the investment is impaired.

In the case of impairment or sale, any gain or loss previously recognised in equity is transferred to the profit or loss.

A significant or prolonged decline in value of an available-for-sale asset below its cost is objective evidence of impairment, in this case, the cumulative loss that has been recognised in other comprehensive income is reclassified from equity to profit or loss as a reclassification adjustment. Any subsequent increase in the value of the asset is taken directly to other comprehensive income.

Impairment of Non-Financial Assets

At the end of each reporting period the company determines whether there is evidence of an impairment indicator for non-financial assets.

Where this indicator exists and regardless for goodwill, indefinite life intangible assets and intangible assets not yet available for use, the recoverable amount of the assets is estimated.

Where assets do not operate independently of other assets, the recoverable amount of the relevant cash-generating unit (CGU) is estimated.

The recoverable amount of an asset or CGU is the higher of the fair value less costs of disposal and the value in use. Value in use is the present value of the future cash flows expected to be derived from an asset or cash-generating unit.

Where the recoverable amount is less than the carrying amount, an impairment loss is recognised in profit or loss.

Reversal indicators are considered in subsequent periods for all assets which have suffered an impairment loss.

Employee Benefits

Provision is made for the company's liability for employee benefits arising from services rendered by employees to the end of the reporting period. Employee benefits that are expected to be wholly settled within one year have been measured at the amounts expected to be paid when the liability is settled.

Employee benefits expected to be settled more than one year after the end of the reporting period have been measured at the present value of the estimated future cash outflows to be made for those benefits. In determining the liability, consideration is given to employee wage increases and the probability that the employee may satisfy vesting requirements. Cash flows are discounted using market yields on high quality corporate bond rates incorporating bonds rated AAA or AA by credit agencies, with terms to maturity that match the expected timing of cash flows. Changes in the measurement of the liability are recognised in profit or loss.

Cash and Cash Equivalents

Cash and cash equivalents comprises cash on hand, demand deposits and short-term investments which are readily convertible to known amounts of cash and which are subject to an insignificant risk of change in value.

Provisions

Provisions are recognised when the company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

Provisions are measured at the present value of

management's best estimate of the outflow required to settle the obligation at the end of the reporting year. The discount rate used is a pre-tax rate that reflects current market assessments of the time value of money and the risks specific to the liability. The increase in the provision due to the unwinding of the discount is taken to finance costs in the statement of other comprehensive income.

Revenue and Other Income

Revenue is recognised when the amount of the revenue can be measured reliably, it is probable that economic benefits associated with the transaction will flow to the company and specific criteria relating to the type of revenue as noted below, has been satisfied.

Revenue is measured at the fair value of the consideration received or receivable and is presented net of returns, discounts and rebates.

Interest revenue

Interest revenue is recognised using the effective interest rate method.

Rendering of services

Revenue in relation to rendering of services is recognised depends on whether the outcome of the services can be measured reliably. If this is the case then the stage of completion of the services is used to determine the appropriate level of revenue to be recognised in the period. If the outcome cannot be reliably measured then revenue is recognised to the extent of expenses recognised that are recoverable.

Grant income

A number of the company's programs are supported by grants received from the federal government.

If conditions are attached to a grant which must be satisfied before the company is eligible to receive the contribution, recognition of the grant as revenue is deferred until those conditions are satisfied.

Where a grant is received on the condition that specified services are delivered to the grantor, this is

considered a reciprocal transaction. Revenue is recognised as services are performed and at year end a liability is recognised until the service is delivered.

Revenue from a non-reciprocal grant that is not subject to conditions is recognised when the company obtains control of the funds, economic benefits are probable, and the amount can be measured reliably. Where a grant may be required to be repaid if certain conditions are not satisfied, a liability is recognised at year end to the extent that conditions remain unsatisfied.

Comparative Amounts

Comparatives are consistent with prior years, unless otherwise stated.

Where a change in comparatives has also affected the opening retained earnings previously presented in a comparative period, an opening statement of financial position at the earliest date of the comparative period has been presented.

	2023 \$	2022 \$
3 Revenue and Other Income		
Income		
Membership subscriptions	267,737	254,705
Conference income	207,738	224,237
Grant received	360,877	40,545
Sleep Health Foundation fees	–	1,486
MasterClass income	–	33,638
State Meetings	9,728	11,500
Fellow of Dental Sleep Medicine program	40,600	19,233
Sundry income	54,561	17,234
Interest received	3,159	805
	944,400	603,383
Other income		
Dividend and investment earnings/(losses)	23,487	57,030
Fair value remeasurement gains /(losses) on available-for-sale financial assets	34,749	(82,895)
	58,236	(25,865)
	1,002,636	577,518

Investment earnings

During the year, net realised and unrealised gains of \$88,201 was earned from available-for-sale financial assets held. This amount comprised of unrealised gains of \$52,443 and realised gains of \$35,758, including franking credits of \$11,563. Earnings have been allocated to special funds held on trust on a pro-rata basis, with the balance recognised as earnings of the company. The total gains allocated to special funds for the current year totalled \$29,965, representing 33.98% of total net investment earnings.

Commonwealth grants

During the year, the company secured commonwealth funding of \$360,877 as part of the Health Peak and Advisory Bodies program. During the year, all funding received was spent in accordance with the grant agreement.

	2023	2022
	\$	\$
4 Expenses		
Advertising & promotion	12,312	1,641
Awards & grants	2,734	455
Bank charges	10,540	5,870
Board and other meeting expenses	15,396	3,265
Computer & IT service expenses	17,072	20,851
Consultants Fees	1,500	1,500
Conference expenditure	84,237	12,856
Donations	–	689
Educational activities and expenses	123,506	–
Fellowship of Dental Sleep Medicine Program	948	42,172
Filing fees	22	–
Foreign currency translation losses	939	3,562
Insurance	8,072	5,821
Legal costs	2,250	–
MasterClass expenses	–	19,190
Postage	183	368
Printing & stationery	1,602	2,340
Program evaluation expenses	13,200	–
Rent & outgoings	5,442	4,794
Speaker expenses	6,054	–
Special projects	6,672	1,043
Staff & board training	639	1,530
State Meetings	10,943	5,238
Subscriptions	22,573	2,714
Staff costs	9,451	–
Telephone & internet	2,182	2,212
Travelling, accommodation & meals	23,935	1,552
	382,404	139,663

Conference expenditure

Additional conference expenditure in the amount of \$56,734 was recognised as an expense in the current year. This amount included conference costs of \$43,013 paid in February 2020, but deferred for two years due to the COVID-19 pandemic.

	2023 \$	2022 \$
5 Cash and Cash Equivalents		
Cash at bank	147,407	223,009
Savings account	107	107
Petty cash	31	31
Cash at bank - NZ	51,616	29,625
Cash at bank - JBWere	19,666	45,415
Deposits at call	14,440	13,922
	<u>233,267</u>	<u>312,109</u>
Reconciliation of cash		
Cash and cash equivalents reported in the statement of cash flows are reconciled to the equivalent items in the statement of financial position as follows:		
Cash and cash equivalents	233,267	312,109
	<u>233,267</u>	<u>312,109</u>
6 Trade and Other Receivables		
Trade debtors	15,416	16,041
Prepayments	87,507	97,689
Other debtors	57,707	44,578
Deposits paid	75,000	224,171
	<u>235,630</u>	<u>382,479</u>
7 Other Financial Assets		
Non-Current		
Available-for-sale financial assets	967,297	866,350
8 Property, Plant and Equipment		
Plant and Equipment:		
At cost	11,572	11,572
Accumulated depreciation	(7,852)	(6,186)
Total Plant and Equipment	<u>3,720</u>	<u>5,386</u>

	2023 \$	2022 \$
9 Trade and Other Payables		
Current		
Trade creditors	17,984	20,234
Credit card liabilities	5,171	4,282
GST liabilities	13,857	15,749
Superannuation payable	5,919	–
PAYG tax payable	14,276	5,311
Prepaid membership income	171,806	157,095
Prepaid conference income	5,000	186,113
Other creditors	1,677	–
Travel Grant liability	–	5,000
	235,690	393,784
Non-Current		
Rob Pierce Fund	22,148	29,397
Helen Bearpark Fund	266,826	258,043
Nick Antic Fund	49,479	45,298
	338,453	332,738
10 Provisions		
Current		
Provision for annual leave	23,673	18,308
Non-Current		
Provision for long service leave	16,837	14,587
11 Retained Surplus		
Retained surplus at the beginning of the financial year	806,907	750,565
Net profit attributable to members of the company	18,354	56,342
Retained surplus at the end of the financial year	825,261	806,907

	2023	2022
	\$	\$
12 Cash Flow Information		
Reconciliation of Cash Flow from Operations with Profit after Income Tax		
Profit (Loss) after income tax	18,354	56,342
Cash flows excluded from loss attributable to operating activities		
Non-cash flows in profit		
Depreciation expense	1,666	1,588
(Gains)/losses on available-for-sale investments	(58,847)	25,865
Changes in assets and liabilities		
(Increase)/Decrease in trade and other receivables	149,795	(61,913)
(Increase)/Decrease in prepayments	8,037	25,962
Increase/(Decrease) in payables	15,453	(35,856)
Increase/(Decrease) in income in advance	(195,652)	(13,575)
Increase/(Decrease) in employee provisions	7,616	6,887
	(53,578)	5,300

13 Company Details

The registered office and principal place of business of the Company is: Australasian Sleep Association
Level 1, 5 George Street
North Strathfield NSW 2137

14 Members' Guarantee

The entity is incorporated under the Corporations Act 2001 and is a company limited by guarantee. If the company is wound up, the constitution states that each member is required to contribute a maximum of \$10 each towards meeting any outstanding obligations of the company. At 30 June 2023 the number of members was 1013 (2022: 950).

Directors' Declaration

The directors have determined that the company is not a reporting entity and that this special purpose financial report should be prepared in accordance with the accounting policies described in Note 1 to the financial statements.

The directors of the company declare that:

1. The financial statements and notes, as set out in this report, for the year ended 30 June 2023 are in accordance with the *Corporations Act 2001* and:
 - (a) comply with the Australian Accounting Standards applicable to the company; and
 - (b) give a true and fair view of the financial position of the company as at 30 June 2023 and of its performance for the year ended on that date in accordance with the accounting policies described in Note 1 to the financial statements.
2. In the directors' opinion there are reasonable grounds to believe that the company will be able to pay its debts as and when they become due and payable.

This declaration is made in accordance with a resolution of the Board of Directors.

Director:



Sutapa Mukherjee

Director:



Melinda Jackson

Dated this 29th day of September 2023



Independent Auditor's Report

TO THE MEMBERS OF AUSTRALASIAN SLEEP ASSOCIATION
ABN 51 138 032 014

Opinion

We have audited the accompanying financial report, being a special purpose financial report, of Australasian Sleep Association which comprises the statement of financial position as at 30 June 2023, the statement of profit or loss and other comprehensive income, statement of changes in equity and statement of cash flows for the year then ended, and notes to the financial statements, including a summary of significant accounting policies, and the directors' declaration by those charged with governance.

In our opinion, the accompanying financial report presents fairly, in all material respects, the financial position of the Company as at 30 June 2023, and of its financial performance and its cash flows for the year then ended in accordance with Australian Accounting Standards.

Basis for Opinion

We conducted our audit in accordance with Australian Auditing Standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of our report. We are independent of the Entity in accordance with the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to our audit of the financial report in Australia. We have also fulfilled our other ethical responsibilities in accordance with the Code. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Information Other than the Financial Report and Auditor's Report Thereon

Those charged with governance are responsible for the other information. The other information comprises the information included in the Company's annual report for the year ended 30 June 2023, but does not include the financial report and our auditor's report thereon.

Our opinion on the financial report does not cover the other information and accordingly we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial report, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial report or our knowledge obtained in the audit or otherwise appears to be materially misstated.

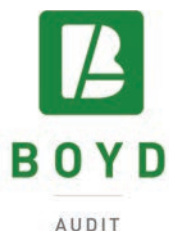
If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards, and for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Company or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Company's financial reporting process.



Auditor's Responsibilities for the Audit of the Financial Report

Our objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

Name of Firm: Boyd Audit
Chartered Accountant

Name of Auditor:

Nathan Boyd
Registered Company Auditor No. 471054

Address: 1.06, 10 Century Circuit Norwest NSW 2153

Dated this 29th day of September 2023



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