

Wednesday 8 November				Wednesday 8 November				Wednesday 8 November						
0900-1700	Short Course 1 The 'who, when, where, why, and how' of integrating psychological approaches into the management of sleep disorders	Panorama 1	0900-1700	Short Course 2 Actigraphy masterclass - a guide to successful analysis and interpretation	Panorama 2	1300-1700	Short Course 3 NEST Fest received grant funding from the Theo Murphy (Australia) Initiative administered by the Australian Academy of Science.	Panorama 3	1100-1700	ANZSA Planning Day	City Room 1	0830-1700	Short Course 4 Advanced dental sleep medicine (Day 1) "Comprehensive Dental Sleep Medicine"	L1
	Chairs: Hannah Scott, Alan Young and Melinda Jackson		Chair: Elizabeth Cayanan		Speakers		Tom Churchward, Graham Hall, Nicole Vergies					Chairs: Adam Teo and Anam Khan		
	Session #1: Why we should integrate psychology into the management of all sleep disorders		0900-0930	Section One: Theory - introduction and background	Elizabeth Cayanan	1300-1315	Session open and overview of NEST	Grace Vincent Hannah Scott				0830-0845	Welcome and introduction to comprehensive dental sleep medicine	Marcia Baltar
0900-0945	Course Introduction and why we need to better integrate psychology into sleep clinics	Robert Adams	0930-1015	Principles and practice of actigraphy	Christopher Gordon	1315-1415	Session #1: How to write a compelling CV and sell yourself Chair: Madeline Sprajcer	Caroline Tiddy Jessica Bohorequez Panel with CT, JB, GV				0845-0915	The basis of normal sleep and sleep hygiene	Jan Walsh
0945-1030	Multi-disciplinary clinical practice in action: Lessons from Australia's Sleep Revolution	Nicole Lovato	1015-1025	Optional software download support - Rick Wasing		1415-1445	AFTERNOON TEA					0915-0945	Sleep chronobiology - introduction to circadian rhythms	Andrew Phillips
1030-1100	MORNING TEA		1015-1045	MORNING TEA		1445-1545	Session #2: How to make a five-year career plan Chair: Samantha Lee	Grace Vincent Metrics, Alex Wolkow Charli Sargent Panel AW & CS				0945-1015	A brief history of Obstructive Sleep Apnoea (OSA), dental sleep medicine and the public health impacts	Rob Shea
	Session #2: The Fundamentals		1045-1115	Approaches to Analysis - What do you do?	Rick Wasing	1545-1600	about break					1015-1040	MORNING TEA	
1100-1145	Assessment 101: case formulation, assessments in varying presentations and comorbidities, and using assessments to inform treatment planning	Bei Bei	1115-1200	Live Demo (Cicada, require download prior)	Rick Wasing	1600-1700	Session #3: You Can't Ask That Chair: Charlotte Gupta	Danny Eckert Sally Ferguson Brad Edwards				1040-1115	Sleep study education and the latest in sleep measurement tools	Marcus McMahon
1145-1230	Treatment 101: Major psychological techniques to support the treatment of sleep disorders	Sean Drummond	1200-1230	Snap Shot - Assessing clinical data	Delwyn Bartlett							1115-1200	Sleep-Disordered Breathing (SDB) and the obstructive sleep apnoea spectrum	David Cunnington
1230-1330	LUNCH		1230-1330	LUNCH					1230-1315	LUNCH		1200-1230	Health and quality of life consequences of SDB	Julia Chapman
	Session #3: Psychology for specific populations: How to guides											1230-1315	LUNCH	
1330-1400	Managing comorbid insomnia and sleep apnoea	Leon Lack	1330-1430	Data Interpretation - Considerations, Tips and Tricks	Delwyn Bartlett							1315-1345	Phenotyping and treatment selection for SDB	Danny Eckert
1400-1430	Managing circadian rhythm sleep-wake disorders	Shantha Rajaratnam **PRE-RECORDING**	1430-1500	AFTERNOON TEA								1345-1415	CPAP therapy in clinical practice	Claire Ellender
1430-1500	Considering the importance of managing sleep disorders for the workplace	Amy Reynolds	1500-1630	See One Do One - Get your hands dirty - Data scoring and interpretation	Delwyn Bartlett Elizabeth Cayanan Rick Wasing							1415-1445	Oral Appliance Therapy for OSA	Fernanda Almeida
1500-1530	AFTERNOON TEA		1630-1645	A clinician's guide to ordering actigraphy	Shelva Sivam				1500-1530	AFTERNOON TEA		1445-1515	Management of OSA	Charren Mansfield
1530-1600	The common pitfalls and how to avoid them	Gorica Mitic	1645-1700	Question panel and evaluation	Elizabeth Cayanan							1515-1540	AFTERNOON TEA	
1600-1630	When psychological approaches fail	Darren Mansfield										1540-1620	Surgical management of SDB from an ENT perspective	Nicholas Phillips
1630-1700	General Q&A discussion											1620-1700	Surgical management of SDB and TMD from a Maxillofacial surgeon perspective	Krishnan Parthasarathi
1800-2000	WELCOME RECEPTION													

Thursday 9 November				Thursday 9 November				Thursday 9 November							
0700-0800	Fun Run											0830-1700	Short Course 4 Advanced dental sleep medicine (Day 2)	L1	
0830-0845	Official Opening and Welcome to Country Sutapa Mukherjee and Tom Churchward	Hall L										0830-0900	Craniofacial development, orthodontics, and OSA	Fernanda Almeida	
0845-0900	Opening talk - The Hon. Mark Butler MP, Minister for Health and Aged Care											0900-0945	TMD, orofacial pain and sleep	Robert Delcunho	
0900-1030	Plenary 1 International Keynote Presentations											0945-1030	Paediatric OSA	Jasneek Chawla	
	Chairs: Sutapa Mukherjee and Tom Churchward											1030-1045	MORNING TEA		
0900-0945	Disordered sleep and rhythms: Causes or consequences of psychiatric disorders?	Ruth Benca										1045-1115	Insomnia, COMISA and CBT from a clinical perspective	Alexander Sweetman	
0945-1030	Light, circadian rhythms and sleep: Fundamental science to new drug discovery	Russell Foster										1115-1145	The latest research on mandibular advancement splints	Andrew Chan	
1030-1100	MORNING TEA											1145-1245	Oral Appliance Therapy for OSA - setting up for success	Fernanda Almeida and Harry Ball	
1100-1230	Plenary 2 New Investigator Award Presentations (30mins pres + 3mins questions)	Hall L										1245-1330	LUNCH		
	Chairs: Brad Edwards and Ron Milick											1330-1415	Sleep Bruxism	Karen McCloy	
1100-1115	Expanding the reach of sleep science: disseminating sleep education to psychology programs online to improve the management of insomnia in mental healthcare	Halley Meaklim										1415-1445	Non-respiratory sleep disorders	Brendon Yee	
1115-1130	High strain evening exercise disrupts sleep: insights from a real-world examination of ~7 million nights	Josh Leota										1445-1515	Mandibular advancement splints - designs and features	Adam Teo	
1130-1145	Investigating the relationship between core body temperature and changes in cognitive performance during simulated night shifts	Aisha Guyett										1515-1530	AFTERNOON TEA		
1145-1200	The effect of treating OSA with CPAP on mood and sleepiness	Julia Tolson										1530-1615	What about those drastic bite changes? A deep dive into the management of side effects associated with oral appliance therapy	Michelle Donegan	
1200-1215	Deficits in learning and overnight memory consolidation in children with mild sleep disordered breathing	Bethanie Menzies										1615-1700	Complex case presentations & general question time	Fernanda Almeida, Anam Khan, Adam Teo, Harry Ball and Rob Shea	
1215-1230	Major adverse cardiovascular events in severe obstructive sleep apnoea: associations with symptom subtypes and symptom burden	Bindya Shenoy													
1230-1345	LUNCH														
1245-1330												1245-1330	Industry lunch symposium session 2: Sponsored by: Temole Healthcare Chair: Inesha Sparks Sleep as a disease modifier and the potential for targeted intervention: A physiology-informed approach	City Room 2	
1345-1515	Symposium session 4 The new ASA polysomnography guidelines - updates and insights	Hall L	1345-1515	Symposium session 5 The sleepy brain: new neuroscience insights into sleep loss effects on human cognition and novel mitigation strategies	L2	1345-1515	Poster presentation session P2 Paediatric (30mins pres + 3mins questions)	City Room 1	1345-1515	Poster presentation session P3 Sleep health (30mins pres + 3mins questions)	City Room 2	1345-1515	Poster presentation session P5 Sleep in special populations (30mins pres + 3mins questions)	City Room 3	
1345-1355	Chairs: Trauman Roehrbuck and Claire Ellender Introduction and overview to the new guidelines	Claire Ellender	1345-1350	Chair: Sean Drummond Introduction	Sean Drummond	1345-1351	Chair: Adelaide Wilbers and Bifer Chaufey Remote monitoring paediatric non-invasive ventilation adherence: Utilising Airview to support paediatric patients and clinicians	Megan Anglis	1345-1351	Chair: Nicole Farrell and Grace Mowat Go to bed! A systematic review and meta-analysis of bedtime procrastination correlates and sleep outcomes	Grace Vincent	1345-1351	Chair: Christopher Gordon and Linda Gronow Daily association between post-traumatic stress symptoms and sleep in trauma-exposed young adults	Maya Schenker	

1355-1410	Level 3 and Level 2 studies	David Cunningham	1350-1411	The role of local sleep in the recognition of performance errors	Johanna Boardman	1351-1357	Positive airway pressure adherence in children with sleep apnea may be similar to adults	Daher Park	1351-1357	Exploring the roles of individual rapid eye movement sleep parameters in emotional reactivity	Zheng Zeng	1351-1357	Atypical N3 sleep: a biomarker for altered mental status in Lewy body disease?	Daniel Leventowski
1410-1430	Level 3 and Level 4 studies	Warren Ruehlhand	1411-1432	Mimicking slow wave sleep in the awake brain using non-invasive brain stimulation	Martin Sale	1357-1403	Paediatric limited channel sleep monitoring alternate sleep scoring compared with Type 1 PSG	Nicole Vergnis	1357-1403	The effect of noise exposure during sleep on the cortisol awakening response	Gorica Micic	1357-1403	Patient experience and care needs within a motor neurone disease multidisciplinary clinic	Celine Goffinet
1430-1450	NIV studies, MSLT and MWT	Brett Duce	1432-1453	In a heartbeat and blink of an eye: tracking decision-making in 24/7 operational environments	Slobhan Banks	1403-1409	Use of digital technology during child bedtime routines: a qualitative investigation	Cassandra Pattinson	1403-1409	Factors associated with sleep and mental health problems following athletic retirement	Ashley Montero	1403-1409	The obstructive sleep apnoea endotypes are similar in elderly veterans with and without PTSD	Eliot Booker
1450-1500	APAP	Christopher Worsnop	1453-1514	Type of sleep loss and sex moderate the influence of sleep deprivation on decision making	Jeryl Lim	1409-1415	Decolonizing measures of sleep and wellbeing to assess the outcomes of a Māori-led sleep intervention in Aotearoa whānau (New Zealand families)	Lou Fanguipo	1409-1415	Dreams, nightmares and the relationship with death anxiety and spiritual practices	Ian Dunican	1409-1415	Sleep biomarker phenotyping of neurodegenerative disorders using artificial intelligence – a pilot study	Daniel Leventowski
1500-1515	Q&A	Facilitator: Teanaui Roodbeck Panel: all speakers				1415-1421	The impact of growth hormone treatment on cardiovascular control in children with Prader-Willi syndrome	Okkes Potoglu	1415-1421	Effects of aerobic exercise versus inspiratory muscle training on obstructive sleep apnoea in patients with obstructive sleep apnoea	Supawit Ithirundorn	1415-1421	Should we consider new mothers an at-risk group for fatigued driving?	Madeline Sprague
1515	Feish					1421-1427	High temperature pasteurization used at donor breast milk banks reduces melatonin levels in breast milk	Lauren Booker	1421-1427	The sleep and sleep environment of shift workers in extractive industries: methodology to assess the on-site and at-home sleep environment	Philipp Beranek	1421-1427	Insights from a 10-year Australian consumer data registry study	Jack Anderson
						1427-1433	Pilot and feasibility of bright light therapy in improving sleep and quality of life in children with acute lymphoblastic leukaemia	hoorima Wajaratne	1427-1433	The relationships between multidimensional sleep health and work productivity in individuals with neurological conditions	Mitchell Turner	1427-1433	Treating sleep disturbances in refugees – preliminary results from a randomized controlled pilot trial on the group therapy program Sleep Training Adapted for Refugees (STARS)	Britta Dummer
						1433-1439	Time spent with SpO2 below 90% during sleep is greater in children with Down syndrome and OSA than in typically developing children	Lisa Walter	1433-1439	Sleep and circadian interventions for mental health and mood in athletes	Elie Walsh	1433-1439	Measurement of environmental factors affecting sleep within rehabilitation wards, sub-acute care wards, and aged care facilities: A scoping review	Olivia Dunstan
						1439-1445	Delivery of volume assured pressure support (VAPS) through tracheostomy in paediatric patients	Antonia O'Connor	1439-1445	Head position during sleep: potential implications for patients with neurodegenerative disorders	Daniel Leventowski	1439-1445	Understanding the relationships between sleep quality, and depression and anxiety in neurotrauma: a scoping review	Krishna Saravanan
						1445-1451	Poster discussion and viva voce		1445-1451	Poster discussion and viva voce		1445-1451	Poster discussion and viva voce	
1515-1545	AFTERNOON TALK													
1545-1715	Symposium session 1 Lighting and circadian rhythms: state of the science from fundamentals to clinical applications	Hall L	1545-1715	Symposium session 2 The perfect storm - sleep in teenagers	L1	1545-1715	Symposium session 7 Beyond counting sheep: Navigating sleep health from a public health perspective	City Room 1	1545-1715	Poster presentation session P1 Sleep and breathing / other (3mins pres + 3mins questions)	City Room 2	1545-1715	Poster presentation session P4 Sleep measurement / Neuroscience (3mins pres + 3mins questions)	City Room 3
1545-1610	Chairs: Claire Dunbar and Nicole Ivaros A deep dive into the current state of research on light and circadian rhythms	Russell Foster	1545-1605	Chairs: Kurt Lushington and Rifat Chaudry Sleep in Adolescents - an overview	Moya Vandeleur	1545-1605	Chairs: Edith Botswana and Joshua Leeds Sleep profiles and implications for public health	Lisa Matricciani	1545-1551	Chair: Camilla Hooves A novel oral appliance implementation protocol using nightly portable monitoring for OSA patients follow CPAP therapy	Ivan Ling	1545-1551	Chairs: Peter Cateforis and Rick Wessing Audit findings of sleep titrations performed in 2022 at a public sleep laboratory	Geoffrey Doyle
1610-1635	Individual differences in retinal ganglion cells on circadian adaptation	Alisha Guyett	1605-1625	Sleep disordered breathing in adolescents - risk factors and treatment challenges	Jaseek Chawla	1605-1625	Shiftwork, sleep and occupational health: putting science behind caring for workers	Mark Howard	1551-1557	Prospective crossover trial of positional and continuous positive airway pressure therapy (PACT) for the treatment of mild-to-moderate positional obstructive sleep apnoea	Stephen Kinder	1551-1557	Lean six sigma approach to improve non-invasive ventilation patient care	Chloe Hartnett
1635-1700	Light and circadian rhythm: Clinical implications and applications	Gorica Micic	1625-1645	Reducing crash risk for young drivers- why is sleep important	Simon Smith	1625-1645	Sleep quality and obstructive sleep apnoea in indigenous populations in Australia	Subash Heragana hally	1557-1603	Assessment of upper airway dilator muscle function and collapsibility in people with multiple ideosyncrasies versus without sleep apnoea	Erma Thomas	1557-1603	Comparison of sleep position classification between neck and abdominal placement in late pregnancy	Danielle Wilson
1700-1715	Panel Q&A	All speakers	1645-1705	Can Apps improve sleep and mental health in young people	Asha Wiener-Saidler (pre-record)	1645-1705	Relationship between sleep and mental health/sleep health advocacy within the general population	Maira Junge	1603-1609	An economic evaluation comparing the provision of sleep disorder services via a regional hub-and-spoke model of care to standard care in a metropolitan tertiary hospital	Irene Scallios	1603-1609	Assessing SpO2 data reliability in a paediatric laboratory: a comparative study of pulse oximetry and transcutaneous oxygen monitoring	Conry-Ann Roberts
			1705-1715	Q&A		1705-1715	Panel Q&A	All speakers	1609-1615	Investigating the relationship between dietary timing and obstructive sleep apnoea	Stuart Huddle	1609-1615	Nocturnal cRP: a comparative analysis of sensors for the identification of respiratory events in polysomnography	Natalie Eriksson
									1615-1621	A novel approach to nurture sleep education in a crowded curriculum	Karen Falloon	1615-1621	Knowledge of REM behaviour disorder among sleep technicians in Australia	Scott Cousins
									1621-1627	The Big Sleep ACT Project: developing a modern dataset to support sleep research	Nicolo Malagutti	1621-1627	Slow wave dynamics in mild cognitive impairment compared with age matched controls: a high density EEG study	Julia Chapman
									1627-1633	Characterising pulse wave amplitude drops in patients with acute coronary syndrome	Benjamin Tong	1627-1633	Does sleep reduce intrusive memories after analogue trauma? Recent findings of experimental sleep manipulation using the trauma film paradigm	Jessica Ogden
									1633-1639	Genioglossus motor control during mandibular advancement	Amy Jordan	1633-1639	Actigraphic rest-activity rhythms in older adults at risk for dementia: associations with reduced cortical thickness in frontal, temporal and occipital regions	Andrew McKinnon
												1639-1645	Process D (onset/offset) cause of the 90-min sleep cycle	Leon Lack
									1645-1715	Poster discussion and viva voce		1645-1715	Poster discussion and viva voce	
1715-1800	ASA Annual General Meeting	City Room 1												
Friday 10 November														
0700-0820	Breakfast symposium session 1 Paediatric home ventilation - the state of play in Australia and New Zealand	ROOM L1	0700-0820	Breakfast symposium session 2 Sleep and athletic performance: the current state of play	ROOM L2				0700-0820	Industry Breakfast symposium session 4: Sponsored by Philips 0715-0800hrs - breakfast served at 0700hrs	City Room 2			
0700-0705	Chairs: Adelaide Waters and Karen Waters Intro to session	Chairs	0700-0715	Chairs: Ian Dunican										
0705-0725	Children on home ventilation - a review of the literature and reflections from the 2021 TSANZASA revised consensus statement	Jaseek Chawla	0715-0730	Considerations for utilising wearable technology to estimate sleep, recovery, and performance	Dean Miller									
0725-0735	Consumer perspectives on navigating the paediatric home ventilation journey in Australia	Pre-recorded videos: 1. Parent 1, Archer 2. Archer's Room 3. Parent 2, Maddy	0730-0745	Sex differences among endurance athletes in pre-race relationships between sleep, and perceived stress and recovery	Spencer Roberts									
0735-0755	From 2017-2023 - what is current practice for children receiving home ventilatory support across ANZ?	Moya Vandeleur	0745-0800	Diurnal variation in sub-elite tennis players	Mitchell Turner									
0755-0815	Paediatric home ventilation registry development - let's start with CKUS	Vishal Sadiq	0800-0815	The impact of total sleep deprivation on performance in the sport 'Rocket League'	Tim Smithies									
0815-0820	Session Close	Chairs	0815-0820	Closing remark and panel questions	Ian Dunican									
0830-1000	Plenary 3 ANZSSA Awards at the Helen Bearpark Memorial Session Inspirational update: how can we incorporate novel respiratory parameters into clinical practice? Chairs: Sutapa Mukherjee and Amy Jordan	Hall L												
0830-0835	Introduction	Tom Churchward												
0835-0850	Endotypic treatment customisation for obstructive sleep apnoea	Brad Edwards												
0850-0905	The interwoven strands of flow limitation, sleep architecture, and respiratory	Danielle Wilson												
0905-0920	Lifting hypoxic burden into practice	Brett Duce												
0920-0935	The changing landscape of diagnosis	Bastien LeChat												
0935-1000	Panel discussion													
1000-1030	MORNING TEA													
												0900-1200	0900-1200 - FDSM exam	L1

1030-1200	Clinical Stream Upper airway physiology and new treatment options for OSA	Hall L	1030-1200	Symposium session 3 Insomnia and sleep health across the lifespan	L2	1030-1200	Poster presentation session P6 Chronobiology / Insomnia (3mins pres + 3mins questions)	City Room 1	1030-1200	Poster presentation session P8 Sleep and breathing (3mins pres + 3mins questions)	City Room 2	1030-1200	Symposium session 6 "No-bleep PSG" - Interactive polysomnography analysis session	City Room 3			
	Chairs: Amy Jordan and Danny Eckert			Chairs: Megan Crowther and Naama Scott			Chairs: Jessemie Bongac and Alina Guyett			Chairs: Jennifer Walsh and Toby Fothergill			Chairs: Nicole Verginis and Tom Churchward				
1030-1035	Introduction	Chairs	1030-1050	Insomnia in early adulthood - The Australian context	Amy Reynolds	1030-1036	Sleep and Fibromyalgia: identifying and managing sleep disorders	Nicole Lovato	1030-1036	CPAP investigation results: physician vs scientist delivered. Is there a difference in CPAP compliance and uptake?	Geoffrey Doyle	1030-1100	Quenching the quest	Dr Kerri Melanah			
1035-1050	Novel physiology and technology-based approaches to redefining sleep disordered breathing severity	Bastien Lechat	1050-1110	Looks like insomnia but is it? Navigating insomnia assessment and diagnosis in varying contexts across the lifespan	Bei Bei	1036-1042	Is circadian adaptation to night work affected by the intensity of ambient lighting?	Charli Sargent	1036-1042	Validation of unattended polysomnography using Somnia for diagnosis of OSA in pregnant women during early gestation	Frances Clements	1100-1130	Sandwiched signals	Tom Churchward			
1050-1105	What can big data and modelling tell us about OSA pathophysiology?	Phil Terrill	1110-1130	Insomnia in older adults	Nicole Lovato	1042-1048	A Chrononutrition questionnaire to capture sleep, temporal patterns of eating, and chronotype, reliability and validity	Yan Yin Phoi	1042-1048	Long term non-invasive ventilation in patients with COPD: a retrospective cohort study	Rohan Broadhead	1130-1200	Paediatric PSG playtime	Nicole Verginis			
1105-1120	Shining a light on the tongue - optogenetics for OSA treatment	Fiona Knapman	1130-1150	Insomnia in aging and the effect of sleep medications on the Sleep EEG	Ruth Benca	1048-1054	Neurotransmitters of sleep and wake in Rats	Shaun Omond	1048-1054	Predictive value of awake sugine pulse oxygen saturation in detecting resting hypercapnoea prior to polysomnography	Fedeli Metti						
1120-1135	Using physiology knowledge to trial new drugs for OSA	Amal Osman	1150-1200	Panel Q&A	All speakers	1054-1100	Maintaining effectiveness and mitigating sleepiness: a tailored digital CBT+ approach	Alexander Sweetman	1054-1100	A comparison of two obesity related hypoventilation disorders - impact on sleep, quality of life and neurocognitive outcomes and the effects of PAP therapy	Xizhong Zheng						
1135-1150	Will new weight loss therapies resolve OSA?	Brendon Yee				1100-1106	Improvements in daytime function items of the insomnia Severity Index are correlated with a positive impact of treatment on the Patient Global Impression of Severity Scale	Fiona Gardiner	1100-1106	The relationship between chronic breathlessness and perceived sleep quality in adult Australians	Barbara Toon						
1150-1200	Q&A					1106-1112	Exploring the 'pharmacist role' in insomnia management and care provision: a scoping review	Christopher Gordon	1106-1112	Patient perceived sleep quality at CPAP titration study as an early indication of short and long-term adherence to CPAP therapy	Timothy Riddles						
						1112-1118	Dissecting sleep restriction: defining and empirically testing a two-stage build-maintain model of sleep restriction therapy for insomnia	Sean Drummond	1112-1118	Factors affecting sleep quality in hospitalised respiratory medicine patients	Kavya Koshy						
						1118-1124	Associations between chronotype and symptoms of depression in patients attending an outpatient sleep clinic	Jennifer Mendet	1118-1124	Assessing the prevalence of anatomical abnormalities amongst patients with sleep disordered breathing and high non-invasive ventilation pressure requirements	Olivia Dixon						
						1124-1130	Effectiveness of current digital interventions for children and adolescents with sleep problems: a systematic review and meta-analysis	Melissa Cleary	1124-1130	Efficacy of the Exvent accessory with the OZvent Optima oral appliance in the treatment of obstructive sleep apnea - a clinical trial	Sat Sharma						
						1130-1200	Poster discussion and viewing		1130-1200	Poster discussion and viewing							
1200-1215	LUNCH																
1215-1300	Walk and Talk Network Session																
									1215-1300	Industry lunch symposium session 6: Sensory and clinical management of PAP therapy	City Room 2						
									Chair: Justin Weisheit								
									Cloud connectivity and clinical management of PAP therapy	Peter Cistulli							
1315-1445	CLINICAL STREAM Restless legs syndrome: more than just a dopamine hit	Hall L	1315-1445	Oral presentations O2 Paediatric (3mins pres + 4mins questions)	L2	1315-1445	Oral presentations O1 Sleep measurement / Neuroscience (3mins pres + 4mins questions)	City Room 1	1315-1445	Poster presentation session P7 Occupational health safety and performance (3mins pres + 3mins questions)	City Room 2	1315-1445	Symposium session 13 Preventive sleep health in Australia: perspectives from scientists, primary care, policy, and government	City Room 3			
	Chairs: Maree Barnes and Brendon Yee			Chairs: Jasneek Chawla and Moya Vandekur			Chairs: Andrew Valulim and Scott Cousens			Chairs: Alina Guyett and Elizabeth Cayanen			Chairs: Alan Young and Bei Bei				
1315-1340	An overview of RLS diagnosis and pathophysiology. What is our understanding of this condition in 2023?	Roo Killick	1315-1327	Contactless sleep monitoring using the Sonomat in children with Down Syndrome	Klara Scip	1315-1327	Validation of an under-mattress sleep tracker to estimate sleep and wake during day and night sleep opportunities	Jack Manners	1315-1321	Simple vestibular-ocular motor assessment as a predictor of driving performance vulnerability following extended wakefulness	Clare Dunbar	1315-1320	Introduction				
1340-1405	Update on management of RLS in Australia/NZ in 2023 regarding first-line treatments	James Di Michiel	1327-1339	Measuring body movements during sleep. Sonomat vs video polysomnography	Mimi Lu	1327-1339	Refining the hypoxic burden algorithm by investigating different methods for recording the SpO2 baseline	Syng He	1321-1327	Sleep, shift work patterns and work-related accidents in regional/rural versus metropolitan healthcare shift workers	Jo Spong	1320-1335	An overview of the landscape of sleep health science in Australia	Melinda Jackson			
1405-1430	What happens when first line treatments fail? The role of opioids and novel therapies	David Cunningham	1339-1351	Caregivers' perspectives on the Sonomat as a polysomnography alternative in children with Down syndrome	Klara Scip	1339-1351	Are there differences in SpO2 recordings from two oximeters on the same hand during an overnight sleep study (significant)?	Teannu Roebuck	1327-1333	Examining the complex relationships among insomnia, PTSD, psychological distress, and suicidal ideation in firefighters	Sally Ferguson	1335-1350	Developing sleep health policy recommendations	Rosemary Calder			
1430-1445	Questions and panel discussion		1351-1403	Real-world utility of overnight oximetry for the screening of obstructive sleep apnoea in children	Chloe Hammett	1351-1403	Capturing localised electroencephalographic signals during sleep using triplanar concentric ring electrodes	Nicole Stuart	1333-1339	Sleep-related predictors of road and workplace safety in young adults: results from a community representative sample	Kelly Sansom	1350-1405	Integrating sleep health measures and interventions in the Healthy Habits preventive health program	Lauren Thorn			
			1403-1415	Improvement in obstructive sleep apnoea improves heart rate response to obstructive respiratory events in children with Down syndrome	Lisa Walter	1403-1415	Exploring nocturnal blood pressure surges relationships with brain health and cognitive function	Christopher Bull	1339-1345	Strategies to improve sleep disorder diagnosis and management in the workplace: perspectives of future shift workers living with sleep disorders	Brandon Brown	1405-1420	Implementation of the National Preventive Health Strategy	Erika Gunadaya, Dept of Health and Ageed Care			
			1415-1427	Sleep spindles are reduced in children with Down syndrome and sleep disordered breathing	Rosemary Horne	1415-1427	The impact of sleep restriction on reward learning in healthy adults	Eleni Kavalioti	1345-1351	Comparing four different simulated shiftwork schedules on higher order cognitive function	Jacob Guzzetti	1420-1445	Q&A				
			1427-1439	Twich in the night: periodic limb movements during sleep in children with neuromuscular disease or cerebral palsy	Lauren Ribbet	1427-1441	Preliminary results from a Phase 1 study of ALM 2680, an orexin-2 receptor agonist, in healthy participants and patients with narcolepsy or idiopathic hypersomnia	Julia Chapman	1351-1357	Associations of sex, sleep, and circadian rhythms with performance in elite Australian Rules footballers	Luis Muzcaro						
									1357-1403	"It's very good but it needs to be better": usability and acceptance of fatigue detection technology in Australia	Madeline Sprager						
									1403-1409	Shifting the paradigm: implementation science in enhancing sleep health among shiftworkers	Grace Vincent						
									1409-1415	Using your mobile/tablet device at bedtime for work: implications for adult sleep and job performance	Kurt Lushington						
									1415-1445	Poster discussion and viewing							
1445-1515	AFTERNOON TEA																
1515-1645	Symposium session 11 The ripple effect: understanding the role of abnormal sleep brain waves and dementia in at-risk populations	Hall L	1515-1645	Symposium session 12 Sam Robinson Memorial Lecture Great Debates: Is pharyngeal surgery going to become irrelevant in the era of physiology driven treatments & nerve stimulation?	L2	1515-1645	Oral presentations O3 Chronobiology / Insomnia (3mins pres + 4mins questions)	City Room 1	1515-1645	Oral presentations O8 Sleep and breathing (3mins pres + 4mins questions)	City Room 2	1515-1645	Oral Presentations Advanced Trainees OAT (3mins pres + 4mins questions)	City Room 3			
	Chairs: Camilla Hovey and Gavin Hamilton			Chairs: Lyndon Chan and Simon Carnay			Chairs: Nicole Lovato and Delewa Bartlett			Chairs: Brendon Yee and Craig Phillips			Chairs: Christian Yu and Annie Walker				
1515-1532	Sleep oscillations, sleep apnea and sleep-dependent memory in individuals at risk for Alzheimer's dementia?	Ruth Benca	1515-1527	Is pharyngeal surgery going to become irrelevant in the era of physiology driven treatments & nerve stimulation?		1515-1527	GABA _A receptor expression in the suprachiasmatic nucleus under different light conditions	Janelle Chong	1515-1527	Diagnostic accuracy of OSA screening tools for acute coronary syndrome	Benjamin Tong	1515-1525	Indigenous sleep health survey	Sarah Yeo			
1532-1549	Regional patterns of brain activity and memory consolidation in older adults at risk for dementia	Angela D'Rozario	1527-1539	Positive Side: Peter Eastwood, Danny Eckert, Peter Catcadesie		1527-1539	The Inter-stimulus Interval effect in the Psychomotor Vigilance Task	Leon Lack	1527-1539	Obstructive sleep apnoea prevalence and severity in a specialist heart failure with preserved ejection fraction (HFpEF) clinic	Glenn Stewart						
1549-1606	Abnormalities in sleep microarchitecture in sleep apnea: links with cognition and neuroinflammation	Melinda Jackson	1539-1551	Negative Side: Stuart Mackay, Nicholas Phillips, Lyndon Chan		1539-1551	It's OK to lose your head!	Shaun Omond	1539-1551	A novel approach to quantify breathing effort in obstructive sleep apnoea	Phuc Nguyen	1535-1545	Quality of life in central disorders of hypersomnolence	Stephen Kinder			
1606-1623	The impact of sleep apnea on sleep microarchitecture and cognitive decline in older adults at risk of dementia	Aaron Lam	1551-1603			1551-1603	Is sleeping and waking important for the cortisol awakening response?	Linda Grosser	1551-1603	Assessment of heart rate variability during respiratory events and arousals using symbolic dynamics	Soroor Behbahani	1545-1555	Sodium oxybate for refractory narcolepsy and idiopathic hypersomnia: clinical and employment outcomes	Adrian Herneist			
1623-1645	Interactive Q&A and panel discussion		1603-1615			1603-1615	Insomnia management in Australia: an overview of patient, clinician and health system factors	Jenny Haycock	1603-1615	Exploring the landscape of sleep data resources: a literature survey	Nicola Malagutti	1555-1605	Concordance between a home sleep apnoea test based on peripheral artery tonometry and laboratory polysomnography	Ajit Nair			
			1615-1627			1615-1627	Digital CBT-i versus digital sleep education control in an Australian community-based cohort: a randomised controlled trial	Alexander Sweetman	1615-1627	Healthy lifestyle is associated with reduced cardiovascular disease, depression and mortality in people at elevated risk of sleep apnoea	Robert Adams	1605-1615	Sleep outcomes in paediatric patients pre- and post-pharyngoplasty	Sophie Jarvis			
			1627-1639			1627-1639	Measuring sleep-wake state discrepancy in the home across multiple nights	Darrah-Bree Benson-Boakes	1627-1639	Investigating upper-airway mechanics with computational tongue models	Robert Lloyd	1615-1625	Patterns of nocturnal swallow frequency and related tachycardia with sleep stages and obstructive sleep apnoea severity	Amelia Lin			

1630-1650	Obstructive Sleep Apnoea: driving risk and assessment	Anup Desai	1644-1702	Skin temperature and vigilance performance relationships	Christopher Gordon				1621-1633	A survey to explore the knowledge and education needs of perinatal health professionals to support the provision of inclusive care to transgender people in Aotearoa New Zealand	Sally Baddock		Finalist 2:	Aaron Schokman
1700-1715	Panel discussion, Q&A	All	1702-1715	Whole group discussion	Chair and speakers				1633-1645	Myopic or short-sighted, children show delayed melatonin circadian timing, lower melatonin output and sleep disruptions	Ranjay Chakraborty		Finalist 3:	Alex Shriane
									1645-1657	How sex and age moderate the effect of sleep loss on pain perception: a systematic review and meta-analysis	Shima Rouhi		Finalist 4:	Daniel Sullivan
									1657-1709	"It's satisfying but destructive": a mixed methods approach to understanding the impact of bedtime procrastination and pre-sleep screen time on sleep in new career starters	Grace Vincent		Finalist 5:	Alexander Sweetman
1900	GALA DINNER President's Award Distinguished Achievement Award New Investigator Award Poster Prizes (x 7 in total) Advanced Trainee Oral Presentation Award	Panorama Ballroom												