Wednerd	ay 9 Navember									Wednesday 8 November					
	Wednesday 8 November Short Course 1	Panorama 1	0900-1700	Short Course 2	Panorama 2	1300-1700	Short Course 3	Panorama 3	1100-1700	ANZSSA Planning Day	City Room 1			0830-1700	
)	The 'who when where why and how' of			Actigraphy masterclass - a guide to successful analysis and interpretation			NEST Fest received grant funding from the Theo Murphy							2 2.30	
	integrating psychological approaches into the management of sleep disorders			anarysis and interpretation			(Australia) Initiative administered by the								
	Chairs: Hannah Scott, Alan Young and Melinda			Chair: Elizabeth Cayanan			Australian Academy of Science Chairs: Madeline Sprajcer, Samantha Lee,	Speakers		Tom Churchward, Graham Hall, Nicole Verginis					
	Jackson Session #1: Why we should integrate psychology	,	0900-0930	Section One: Theory - introduction and	Elizabeth	1300-1315	Charlotte Guota Session open and overview of NEST	Grace Vincent						0830-084	15
	into the management of all sleep disorders	'	0,000,000	background	Cayanan	1300-1313	SEZUCI OPEN BIO OPEN VEW OF INCOM	Hannah Scott						00000	
945	Course Introduction and why we need to better	Robert Adams	0930-1015	Principles and practice of actigraphy	Christopher	1315-1415	Session #1:	Caroline Tiddy						0845-0	915
	integrate psychology into sleep clinics				Gordon		How to write a compelling CV and sell yourself Chair: Madeline Sprajcer	Jessica							
							Criai. Madeine sprajcer	Panel with CT, JB,							
1030	Multi-disciplinary clinical practice in action:	Nicole Lovato	1015-1025	Optional software download support - Rick		1415-1445	AFTERNOON TEA	GV						0915-09	45
	Learnings from Australia's Sleep Revolution MORNING TEA		1015-1045	Wassing MORNING TEA			Session #2:	Grace Vincent						0945-10	
							How to make a five-year career plan	Metrics.							
	1						Chair: Samantha Lee	Alex Wolkow Charli Sargent							
	Session #2: The fundamentals Assessment 101: case formulation, assessments		1045-1115	Approaches to Analysis – What do you do? Live Demo (Cicada, require download prior)	Rick Wassing	1545-1600	short break	Panel AW & CS						1015-10 1040-11	40
0-1145	Assessment 101: case formulation, assessments in varying presentations and comorbidities, and	Bei Bei	1115-1200	Live Demo (Cicada, require download prior)	Rick Wassing	1600-1700	short break Session #3: You Can't Ask That Chair: Charlotte Gupta	Danny Eckert						1040-11	15
	using assessments to inform treatment planning	:					Chair. Charlotte Gapta	Sally Ferguson Brad Edwards							
5-1230	Treatment 101: Major psychological techniques	Sean Drummond	1200-1230	Snap Shot – Assessing clinical data	Delwyn Bartlett									1115-120	10
	to support the treatment of sleep disorders														
0-1330	LUNCH		1230-1330	LUNCH					1230-1315	LUNCH				1200-123	0
	Session #3: Psychology for specific populations:			Section Two: Hands On - Scoring and Analysis										1230-131	5
	How-to guides														
0-1400	Managing comorbid insomnia and sleep apnoea	Leon Lack	1330-1430	Data Interpretation – Considerations, Tips and	Delwyn Bartlett									1315-134	45
0-1430	Managing circadian rhythm sleep-wake disorders	s Shantha Rajaratna	n 1430-1500	AFTERNOON TEA										1345-14	15
		**PRE-RECORDING	**												
0-1500	Considering the importance of managing sleep disorders for the workplace	Amy Reynolds	1500-1630	See One Do One - Get your hands dirty	Delwyn Bartlett									1415-14	45
	disorders for the workplace			- Data scoring and interpretation	Elizabeth Cayanan										
0-1530	AFTERNOON TEA				Rick Wassing Sheila Sivam				1500-1530	AFTERNOON TEA				1445-19	515
	Session #4: Navigating the challenges of		1645-1700	Question panel and evaluation	Elizabeth Cayanan									1515-1	40
	implementing psychological approaches in clinical practice				Cayanan										
0-1600	The common pitfalls and how to avoid them	Gorica Micic												1540-162	
0-1630	When psychological approaches fail	Darren Mansfield												1620-170	0
1700	General Q&A discussion														
000	WELCOME RECEPTION										I				
	Thursday 9 November			Paediatric focus						Thursday 9 November					
800	Fun Run											•			
0-0845	Official Opening and Welcome to Country	Hall L												0830-1700	
	Sutapa Mukherjee and Tom Churchward														
5-0900	Opening talk - The Hon. Mark Butler MP,													0830-090	0
	Minister for Health and Aged Care														
0-1030	Plenary 1 International Keynote Presentations													0900-094	5
	Chairs: Sutapa Mukheriee and Tom Churchward													0945-103	_
10-0945	Disordered sleep and rhythms: Causes or consequences of psychiatric disorders?	Ruth Benca												1030-104	5
15-1030	Light, circadian rhythms and sleep: Fundamental	Russell Foster												1045-111	
	science to new drug discovery	ussen i Uster												2045-111	,
30-1100	MORNING TEA	1												1115-114	5
.00-1230	Plenary 2	Hall L												1145-124	
	New Investigator Award Presentations														
	(10mins ares + Smins questions)														
00-1115	Chairs: Brad Edwards and Roo Killick Expanding the reach of sleep science:	Hailey Meaklim												1245-13 1330-14	30 15
	Expanding the reach of sleep science: disseminating sleep education to psychology programs online to improve the management of														
	insomnia in mental healthcare														
15-1130	High strain evening exercise disrupts sleep: insights from a real-world examination of ~7-	Josh Leota												1415-1	445
30-1145	million nights Investigating the relationship between core	Alisha Guvett												1445.1	-15
		Gayett												1400	217
45-1200	performance during simulated night shifts The effect of treating OSA with CPAP on mood	Julie Tolson												1515-1	530
00-1215	and sleepiness Deficits in learning and overnight memory	Bethanie Menzies												1530-16	
****	consolidation in children with mild sleep													1330-16	
	disordered breathing														
5-1230	Major adverse cardiovascular events in severe obstructive sleep apnoea: associations with	Bindiya Shenoy												1615-17	00
	symptom subtypes and symptom burden														
0-1345	LUNCH														
5-1330									1245-1330	Industry lunch symposium session 2: Sponsored by: Temple Healthcare	City Room 2				
											Denny Falsa :				
										Sleep as a disease modifier and the potential for targeted intervention: A physiology-informed	Danny Eckert				
										approach					
345 15	Communication 4	U-III	1245	Commenter contra C		1345 1	D	City Description	1345 1	Section and the section is an	Chu Baran C	Delta and Control of the Control of	0.0		
145-1515	Symposium session 4 The new ASA polysomnography guidelines –	Hall L	1345-1515	Symposium session 5 The sleepy brain: new neuroscience insights into		1345-1515	Poster presentation session P2 Paediatric	City Room 1	1345-1515	Poster presentation session P3 Sleep health	City Room 2	.345-1515 Poster presentation session P5 Sleep in special populations	City Room 3		
	updates and insights			sleep loss effects on human cognition and novel mitigation strategies			(3mins pres + 3mins questions)			(3mins pres + 3mins questions)		(3mins pres + 3mins questions)			
				mitigation strategies Chair: Sean Drummond			Chairs: Adelaide Withers and Rifat Chaudry			Chairs: Nicole Grivell and Grace Vincent Go to bed I A systematic review and meta-		Chair: Christopher Gordon and Linda 345-1351 Daily association between post-traum	a Grosser matic stress Maya Schenker		
5-1355	Chairs: Teanau Roeburk and Claire Filender Introduction and overview to the new	Claire Ellender	1345-1350	Introduction					1345-1351						
CH	nairs: Teanau Roeburk and Claire Ellender troduction and overview to the new idelines	Claire Ellender	1345-1350	Introduction	Sean Drummond	1345-1351	Chairs: Adelaide Withers and Bifat Chaudry Remote monitoring paediatric non-invasive ventilation adherence: utilising Airview to support paediatric patients and clinicians	Megan Angliss	1345-1351	Go to bed! A systematic review and meta- analysis of bedtime procrastination correlates	Grace Vincent	symptoms and sleep in trauma-expos	matic stress Maya Schenker osed young		

1355-1410	Level 1 and Level 2 studies	David Cunnington	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	Dahee Park	1351-1357	Exploring the roles of individual rapid eye movement sleep parameters in emotional	Zheng Zeng	1351-1357	Atypical N3 sleep: a biomarker for altered mental status in Lewy body disease?
1410-1430	Level 3 and Level 4 studies	Warren Ruehland	1411-1432	Mimicking slow wave sleep in the awake brain	Martin Sale	1357-1403	Paediatric limited channel sleep monitoring	Nicole Verginis	1357-1403	memory processing The effect of noise exposure during sleep on the	Gorica Micic	1357-1403	Patient experience and care needs within a motor Celine Goffinet
1430-1450	NIV studies, MSLT and MWT	Brett Duce	1432-1453	using non-invasive brain stimulation In a heartbeat and blink of an eye: tracking	Siobhan Banks	1403-1409	alternate sleep scoring compared with Type 1 PSG Use of digital technology during child bedtime	Cassandra	1403-1409	cortisol awakening response Factors associated with sleep and mental health	Ashley Montero	1403-1409	neurone disease multidisciplinary clinic The obstructive sleep apnoea endotypes are Elliot Brooker
1450-1500	ΔΡΔΡ	Christopher Worsnop	1453-1514	decision-making in 24/7 operational environments Type of sleep loss and sex moderate the	Jeryl Lim	1409-1415	routines: a qualitative investigation Decolonizing measures of sleep and wellbeing to	Pattinson	1409-1415	problems following athletic retirement Dreams, nightmares and the relationship with	In Dunican	1409-1415	similar in elderly veterans with and without PTSD Sleep biomarker phenotyping of Daniel Levendowski
1450-1500	A- A-	Cilibropilei Woralop	1435-1514	influence of sleep deprivation on decision making	Jeryr Cini	1405-1415	assess the outcomes of a Māori-led sleep intervention in Aotearoa whānau (New Zealand families)	cod rangupo	14051415	death anxiety and spiritual practices	ini Bulicali	14051415	neurodegenerative disorders using artificial intelligence – a pilot study
1500-1515	Q&A	Facilitator: Teanau Roebuck Panel: all speakers				1415-1421	The impact of growth hormone treatment on cardiovascular control in children with Prader- Willi syndrome	Okkes Patoglu	1415-1421	muscle training on Apnea-Hypopnea Index in	Supawit Ittinirundorn	1415-1421	Should we consider new mothers an at-risk group for fatigued driving? Madeline Sprajcer
1515	Finish	1 10152.501.204.051.7				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 Australasian 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	Poornima Wijayaratne	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)
						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 Olivia Dunstan sleep within rehabilitation wards, sub-acute care wards, and aged care facilities: A scoping review
						1439-1445	Delivery of volume assured pressure support (VAPS) through tracheostomy in paediatric	Antonia O'Connor	1439-1445	Head position during sleep: potential implications for patients with period generalized in particular states and providers.	Daniel Levendowski	1439-1445	Understanding the relationships between sleep quality, and depression and anxiety in neurotrauma: a scoping review
1515,1545	AFTERNOON TEA					1445-1515	Poster discussion and viewing		1445-1515	Poster discussion and viewing		1445-1515	Poster discussion and viewing
1545-1715	Symposium session 1 Lighting and circadian rhythms: state of the	Hall L	1545-1715	Symposium session 2 The perfect storm - sleep in teenagers	L2	1545-1715	Symposium session 7 Beyond counting sheep: Navigating sleep health	City Room 1	1545-1715	Poster presentation session P1 Sleep and breathing / other	City Room 2	1545-1715	Poster presentation session P4 City Room 3 Sleep measurement / Neuroscience
	Lighting and circadian rhythms: state of the science from fundamentals to clinical applications			we benece arount - steep in teenagers			Beyond counting sheep: Navigating sleep health from a public health perspective			(3mins pres + 3mins questions)			Sleep measurement / Neuroscience (3mins pres + 3mins questions)
1545-1610	Chairs: Claire Dunbar and Nicole Lovato 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 Vandeleu	1545-1605	Chairs: Edith Botchway and Joshua Leota Sleep profiles and implications for public health	Lisa Matricciani	1545-1551	Chair: Camilla Hovos A novel oral appliance implementation protocol using nightly portable monitoring for OSA	Ivan Ling	1545-1551	Chairs: Peter Catcheside and Rick Wassing Audit findings of bilevel 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	Jasneek 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	Stephen Kinder	1551-1557	Lean six sigma approach to improve non-invasive Chioe Hartnett ventilation patient care
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	ossitional obstructive sleep apnoea Assessment of upper airway dilator muscle function and collapsibility in people with multiple sclerosis with versus without sleep	Emma Thomas	1557-1603	Comparison of sleep position classification between next and abdominal placement in late pregnancy
1700-1715	Panel Q&A	All speakers	1645-1705	Can Apps improve sleep and mental health in young people	Aliza Werner- Seidler (pre-record)	1645-1705	Relationship between sleep and mental health/sleep health advocacy within the general population	Moira Junge	1603-1609	annea 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 Szollosi	1603-1609	Assessing Sp02 data reliability in a paediatric laboratory: a comparative study of pulse aximetry and transcutaneous oxygen monitoring
			1705-1715	Q&A		1705-1715	Panel Q&A	All speakers	1609-1615	a metropolitan tertiary hospital Investigating the relationship between dietary timing and obstructive sleep apnoea	Stuart Huddle	1609-1615	Noxturnal CRIP: a comparative analysis of sensors for the identification of respiratory events in
									1615-1621		Karen Falloon	1615-1621	polysomnography Knowledge of REM behaviour disorder among Scott Coussens sleep technicians in Australia
									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 Julia Chapman compared with age matched controls; a high
									1627-1633	Characterising pulse wave amplitude drops in patients with acute coronary syndrome	Benjamin Tong	1627-1633	demity EEG study Does sleep reduce intrusive memories after analogue trauma? Recent findings of experimental sleep manipulations using the trauma film
									1633-1639	Genioglossus motor control during mandibular advancement	Amy Jordan	1633-1639	paradism Actigraphic rest-activity rhythms in older adults 'at Andrew McKinnon risk' for dementia: associations with reduced cortical thickness in frontal, temporal and occipital
										The fate of obstructive sleep apnea in long-term	Sue Jean Mun	1639-1645	Process O (onset/offset) cause of the 90-min sleep Leon Lack cycle
1715,1900	ASA Annual General Meeting	City Room 1							1645-1715			1645-1715	Poster discussion and viewine
	Friday 10 November			Sleep science focus						Friday 10 November			
0700-0820	Breakfast symposium session 1	ROOM L1	0700-0820	Breakfast symposium session 2	ROOM L2				0700-0820	Industry Breakfast symposium session 4:	City Room 2		
	Paediatric home ventilation - the state of play in Australia and New Zealand			Sleep and athletic performance: the current state of play						Sponsored by Philips 0715-0800hrs. breakfast served at 0700hrs			
0700-0705	Chairs: Adelaide Withers and Karen Waters Intro to session	Chairs	0700-0715	Chairs: Ian Dunican						Mask management - Top 10 lessons of the past 5	Dr Teofilo Lee-Chiong		
0705-0725	Children on home ventilation - a review of the literature and reflections from the 2021	Jasneek Chawla	0715-0730	Considerations for utilising wearable technology to estimate sleep, recovery, and performance	Dean Miller					years			
0725-0735	TSANZ/ASA revised consensus statement 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, Matty	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 CCHS	Vishal Saddi	0800-0815	The impact of total sleep deprivation on performance in the esport '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	Hall L			•					1			
	Inspirational update: how can we incorporate novel respiratory parameters into clinical practice?												
0830-0835	Chairs: Sutapa Mukherjee and Amy Jordan Introduction	Tom Churchward	1										
0835-0850	Endotypic treatment customisation for	Brad Edwards											
0850-0905	obstructive sleep apnoea The interwoven strands of flow limitation,	Danielle Wilson	i										
0905-0920	sleeping position, and pregnancy Lifting hypoxic burden into practice	Brett Duce	1										
0920-0935	The changing landscape of diagnosis	Bastien LeChat	1										
0935-1000	Panel discussion		1										
	MORNING TEA												

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	12	1030-1200	Poster presentation session P6 Chronobiology / Insomnia	City Room 1	1030-1200	Poster presentation session P8 Sleep and breathing	City Room 2	1030-1200	Symposium session 6 "No-picnic PSGs" - Interactive polysomnography analysis session	City Room 3		
	Chairs: Amy Jordan and Danny Eckert			Chairs: Meagan Crowther and Hannah Scott			(3mins pres + 3mins questions) Chairs: Jessemarie Bongcac and Alisha Guyett			(3mins pres + 3mins questions) 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 Melehan		
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 lifesoan	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 Somte for diagnosis of OSA in pregnant women during early sestation	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		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 flatworms	Shauni Omond	1048-1054	Predictive value of awake supine pulse oxygen saturation in detecting resting hypercapnoea prior to polysomnography	Fedil 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-i approach	Alexander Sweetman	1054-1100	A comparison of two obesity related hypoventilation disorders – impact on sleep, quality of life and neurocognitive outcomes and	Yizhong 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 insomnia Scale	Fiona Gardiner	1100-1106	the effects of PAP therapy The relationship between chronic breathlessness and perceived sleep quality in adult Australians	Barbara Toson					
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	Dissetting 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 Mendes	1118-1124	Assessing the prevalence of anatomical abnormalities amongst patients with sleep disordered breathing and high non-invasive	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 O2Vent Optima oral appliance in the treatment of obstructive sleep apnea – a clinical trial	Sat Sharma					
1200-1315	LUNCH					1130-1200	Poster discussion and viewing		1130-1200	Poster discussion and viewing					1	4
1230-1300	Walk and Talk Networking Session								1215-1300	Industry lunch symposium session 6:	City Room 2				1215-1300 ANZSSA Certification in Sleep Science Exam:	u
										Snonsored by ResMed Chair: Justin Weight					Information session Presenter: Warren Ruehland	
										Cloud connectivity and clinical management of PAP therapy	Peter Cistulli					
1315-1445	CLINICAL STREAM	Hall L	1315-1445	Oral presentations O2	L2	1315-1445	Oral presentations O1	City Room 1	1315-1445	Poster presentation session P7	City Room 2	1315-1445	Symposium session 13	City Room 3		
	Restless legs syndrome: more than just a dopamine hit			Paediatric (8mins pres + 4mins questions)			Sleep measurement / Neuroscience (8mins pres + 4mins questions)			Occupational health safety and performance (3mins pres + 3mins questions)			Preventive sleep health in Australia: perspectives from scientists, primary care, policy, and government			
	Chairs: Maree Barnes and Brendon Yee			Chairs: Jasneek Chawla and Moya Vandeleur			Chairs: Andrew Vakulin and Scott Coussens			Chairs: Alisha Guyett and Elizabeth Cayanan			Chairs: Alan Young and Bei Bei		1	
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		1315-1327	Validation of an under-mattress sleep tracker to estimate sleep and wake during day and night sleep opportunities		1315-1321	Simple vestibular-occular motor assessment as a predictor of driving perfomance vulnerability following extended wakefulness		1315-1320	Introduction			
1340-1405	Update on management of RLS in Australia/NZ in 2023 regarding first-line treatments What happens when first line treatments fail?	James Di Michiel David Cunnington	1327-1339	Measuring body movements during sleep. Sonomat vs video polysomnography	Mimi Lu Kiara Sclip	1327-1339	Refining the hypoxic burden algorithm by investigating different methods for calculating the SoO2 baseline Are there differences in SpO2 recordings from	., .	1321-1327	Sleep, shift work patterns and work-related accidents in regional/rural versus metropolitan healthcare shift workers Examining the complex relationships among	Jo Spong	1320-1335	An overview of the landscape of sleep health science in Australia Developing sleep health policy recommendations	Melinda Jackson Rosemary Calder		
1430-1445	What happens when first line treatments rail? The role of opioids and novel therapies Questions and panel discussion	David Cunnington	1351-1403	Caregivers' perspectives on the Sonomat as a polysomnography alternative in children with Down syndrome Real-world utility of overnight oximetry for the	Chloe Harnett	1351-1403	Are there differences in SpU2 recordings from two oximeters on the same hand during an overnight sleep study significant? Capturing localised electroencephalography	Nicole Stuart	1327-1333	Examining the complex relationships among insomnia, PTSD, psychological distress, and suicidal ideation in firefiehters Sleep-related predictors of road and workplace	Sally Ferguson Kelly Sansom	1350-1405	Integrating sleep health measures and	Lauren Thorn		
			1403-1415	screening of obstructive sleep apnoea in children Improvement in obstructive sleep apnoea	Lisa Walter	1403-1415	signals during sleep using tripolar concentric ring electrodes Exploring nocturnal blood pressure surges	Christopher Bull		safety in young adults: results from a community representative sample Strategies to improve sleep disorder diagnosis	Brandon Brown	1405-1420	interventions in the Healthy Habits preventive health program Implementation of the National Preventive Health	Erika Gunadasa, Dept of		
				improves heart rate response to obstructive respiratory events in children with Down syndrome			relationships with brain health and cognitive function			and management in the workplace: perspectives of future shift workers living with sleep disorders	5		Strategy	Health and Aged 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 Kavaliotis	1345-1351	Comparing four different simulated shiftwork schedules on higher order cognitive function	Jacob Guzzetti	1420-1445	Q&A			
			1427-1439	Twitch in the night: periodic limb movements during sleep in children with neuromuscular disease or cerebral palsy	Lauren Nisbet	1427-1441	Preliminary results from a Phase 1 study of ALKS 2680, an orexin-2 receptor agonist, in healthy participants and patients with narcolepsy or ulonathic hypergroupis.	Julia Chapman	1351-1357	Associations of sex, sleep, and circadian rhythms with performance in elite Australian Rules footballers	Luis Mascaro					
									1357-1403	"It's very good but it needs to be better": usability and acceptance of fatigue detection technology in Australia	Madeline Sprajcer					
									1403-1409	Shifting the paradigm: implementation science in enhancing sleep health among shiftworkers Using your mobile/tablet device at bedtime for	Grace Vincent Kurt Lushington					
										work: implications for adult sleep and job performance	wart custington				1	
1445-1515	AFTERNOON TEA Symposium session 11	I trail t	1515-1645	Company and a 12	lia .	1515-1645	Out assessment Co.		1415-1445 1515-1645	Poster discussion and viewing Oral presentations O8	City Room 2	1515-1645	Oral Presentations	City Room 3	1	
1515-1645	Symposium session 11 The ripple effect: understanding the role of abnormal sleep brain waves and dementia in at risk populations	Hall L	1915-1645	Symposium session 12 Sam Robinson Memorial Lecture Great Debates: is pharyngeal surgery going to become irrelevant in the era of physiology driven treatments and nerve stimulation?		1515-1645	Oral presentations O3 Chronobiology / insomnia (8mins pres + 4mins questions)	City Koom 1	1515-1645	Oral presentations O8 Sleep and breathing (8mins pres + 4mins questions)	City Room 2	1515-1645	Oral Presentations Advanced Trainees OAT (8mins pres + 4mins questions)	City Room 3		
1515-1532	Chairs: Camilla Hovos and Garun Hamilton Sleep oscillations, sleep apnea and sleep-	Ruth Benca		Chairs: Lyndon Chan and Simon Carney Is pharyngeal surgery going to become irrelevant		1515-1527	Chairs: Nicole Lovato and Delwyn Bartlett GABAA receptor expression in the	Janelle Chong	1515-1527	Chairs: Brendon Yee and Craic Phillios Diagnostic accuracy of OSA screening tools for	Benjamin Tong	1515-1525	Chairs: Christiaan Yu and Annie Walker Indigenous sleep health survey	Sarah Yeo	1	
	dependent memory in individuals at risk for Alzheimer's dementia			in the era of physiology driven treatments & nerve stimulation?			suprachiasmatic nucleus under different light conditions			acute coronary syndrome		1313-1323				
1532-1549	Regional patterns of brain activity and memory consolidation in older adults at risk for dementia	Angela D'Rozario a Melinda Jackson		Positive Side: Peter Eastwood, Danny Eckert, Pater Catcheside		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 election fraction (HFDEF) clinic	Glenn Stewart			Stephen Kinder		
1549-1606 1606-1623	Abnormalities in sleep microarchitecture in sleep apnea: links with cognition and neuronathology The impact of sleep apnea on sleep	Melinda Jackson Aaron Lam		Negative Side: Stuart Mackay, Nicholas Phillips, Lyndon Chan		1539-1551 1551-1603	It's OK to lose your head! Is sleeping and waking important for the cortisol	Shauni Omond Linda Grosser	1539-1551 1551-1603	A novel approach to quantify breathing effort in obstructive sleep apnoea Assessment of heart rate variability during	Phuc Nguyen Soroor Behbahani	1535-1545 1545-1555	Quality of life in central disorders of hypersomnolence Sodium oxybate for refractory narcolepsy and	Stephen Kinder Adrian Hernest		
1623-1645	microarchitecture and cognitive decline in older adults at risk of dementia Interactive Q&A and panel discussion					1603-1615	awakening response? Insomnia management in Australia: an overview	Jenny Haycock	1603-1615	respiratory events and arousals using symbolic dynamics Exploring the landscape of sleep data resources:		1555-1605	idiopathic hypersomnia: clinical and employment outcomes Concordance between a home sleep apnoea test	Ajit Nair		
						1615-1627	of patient, clinician and health system factors Digital CBT-i versus digital sleep education	Alexander	1615-1627	a literature survey Healthy lifestyle is associated with reduced	Robert Adams	1605-1615	based on peripheral artery tonometry and laboratory polysomnography Sleep outcomes in paediatric patients pre- and	Sophie Jarvis	-	
						1627-1639	control in an Australian community-based cohort: a randomised controlled trial	Sweetman Darah-Bree	1627-1639	cardiovascular disease, depression and mortality in people at elevated risk of sleep apnea Investigating upper-alivay mechanics with	Robert Lloyd	1615-1625	post-pharyngoplasty Patterns of nocturnal swallow frequency and	Amelia Lin		
						1627-1639	Measuring sleep-wake state discrepancy in the home across multiple nights	Darah-Bree Bensen-Boakes	1627-1639	Investigating upper-airway mechanics with computational tongue models	nubert Lloyd	1615-1625	Patterns of nocturnal swallow frequency and related tachycardia with sleep stages and obstructive sleep apnoea severity	Pinela Lin		

												1625-1635	Worsened sleep and mood after initiating elexacaftor/tezacaftor/ivacaftor treatment in	Hiep Pham
												1635-1645	children with cystic fibrosis Clinical features and outcomes of patients referred	Eamonn Moore
1645 1730	ANZSSA AGM	City Room 1										1033-1043	to a respiratory failure service	Camoin Moore
1645-1730	SHF AGM	City Room 2												
	Saturday 11 November			Clinical focus						Saturday 11 November				
0830-0900	Award Presentations Helen Bearpark Award	Hall L												
	Rob Pierce Award Nick Antic Award													
	NEST Mentor Award													
	Fellows of Dental Sleep Medicine													
0900-1030	Plenary 4: Sleep health equity in Australian First Nations communities													
	Chair: Melinda Jackson													
0900-0905 0905-0925	Welcome and Introduction Co-designed sleep health program for First	Melinda Jackson Roslyn Von Senden												
0903-0923	Nations adolescents: a case study from a remote	and Markesh Fanti												
0925-0945	Queensland community Community response to a culturally responsive	Yaqoot Fatima and												
	sleep health program: evidence from a community-based study	Daniel Sullivan												
0945-1005	Development of a co-designed model of care for obstructive sleep apnea based within First	Ching Li Chai-Coetzer												
1005-1020	Nations Australian communities	Timothy Skinner												
1003-1010	Sleep health equity in First Nations communities: Privileging First Nations'	Timochy Skilling												
	epistemologies and ethical research governance													
1020-1030 1030-1100	O&A MORNING TEA	1												
1100-1230	Symposium session 15 Sleep and shiftwork: how bad is it? Can we	Hall L	1100-1230	Oral presentations 05 Sleep Health	L2	1100-1230	Oral presentations O6 Sleep and breathing clinical	City Room 1	1100-1230	Symposium session 16 Contemporary dental sleep medicine: bite-sized	City Room 2	1100-1230	Clinical Stream Living with narcolepsy and idiopathic hypersomnia	City Room 3
	make it better?			(8mins pres + 4mins questions)			(8mins pres + 4mins questions)			overviews of the latest in sleep-disordered breathing and sleep bruxism dental			in Australia	
	Chairs: Ian Dunican and Sally Ferguson			Chairs: Nicole Grivell and Jenny Haycock			Chairs: Robert Adams and Nathaniel Marshall			management Chair: Adam Teo			Chairs: Sheila Sivam and Brendon Yee	
1100-1105	Opening remarks and introduction	Sally Ferguson	1100-1112	Are we sleeping enough? Short and irregular	Hannah Scott	1100-1112	Comparison of standard CPAP therapy and the	Alister Neill	1100-1120	Oral Appliance Therapy and combination	Fernanda Almeida	1105-1125	Central disorder of hypersomnolence – the lived	Michelle Chadwick
1100-1103	opening remarks and introduction	Sally Perguson	1100-1112	sleep is common in a large global community sample with objective, multi-night, in-home	naman scott	1100-1112	RACer airway device for the treatment of obstructive sleep apnoea: a randomised clinical	Albier Neil	1100-1120	treatment for SDB	Pernanda Ameida	1103-1123	experience	(consumer)
1105-1120	Health consequences of night shift work in the banking sector	Russell Foster	1112-1124	sleep data Sleep duration is associated with young adults' heart rate variability response to stress	Sylistah Gadam	1112-1124	Patient preference and acceptability of sleep diagnostic tests during early pregnancy	Frances Clements	1120-1140	Latest research/developments for Oral Appliance Therapy for SDB	Andrew Chan	1125-1145	Narcolepsy and idiopathic hypersomnia diagnostic challenges in Australasia, and proposed solutions	Claire Ellender
1120-1135	Digging for data, uncovering sleep in fly in fly out mining	Gemma Maisey	1124-1136	Adherence to dietary guidelines predicts sleep outcomes in older Australian women: findings from the Australian longitudinal study on women's health	Charlotte Gupta	1124-1136	Cardio-metabolic health effects of CPAP treatment for sleep apnoea during weight loss: a randomised controlled pilot trial	Camilla Hoyos	1140-1200	Updates on sleep bruxism assessment and management	Karen McCloy	1145-1205	Management options for narcolepsy and idiopathic hypersomnolence in Australasia, barriers to overcome and proposed solutions - The Western Australian Experience	Christopher Kosky
1135-1150	Lights out, stress on: challenges and strategies for supporting sleep in high-stress environments	Grace Vincent	1136-1148	Representations of sleep in social media: a Tik Tok case study	Simon Smith	1136-1148	What measure of CPAP treatment is most closely associated with reduced risk of future major	Nigel McArdle	1200-1220	Latest developments on paediatric craniofacial development, SDB and orthodontic	Fernanda Almeida	1205-1215	Mestern Australian Experience Hypersomnolence research in Australasia – what's going on?	Sheila Sivam
1150-1205	Computational modelling and light data in shiftworkers	Andrew Phillips	1148-1200	Why don't Australians with private health insurance prioritise their sleep health?	Alison Sweet	1148-1200	cardiovascular events (MACE)? NIV titration: how to match ventilator settings to the patient?	Anna Ridgers	1220-1230	Overview of fellowship of dental sleep medicine	Dinukshi Daniels	1215-1230	Panel discussion/Audience participation Expert panel: Aaron Schokman (consumer/narcolepsy researcher), Simon Frenkel,	Moderators: Sheila Sivam and Brendon Yee
1205-1220	Dealing with the hidden burden of sleep disorders in safety-critical work	Mark Howard	1200-1212	A quantitative EEG analysis of overnight noise exposure effects on sleep – a laboratory study	Claire Dunbar	1200-1212	Is obstruction obstructing survival? Long-term mortality in patients with chronic obstructive pulmonary disease (COPD) requiring acute non-invasive ventilation (NIV) with and without obstructive international (CSS).	Benjamin Nguyen					Elizabeth Cavanan	Aaron Schokman
1220-1230	Closing remarks and panel questions	Ian Dunican	1212-1224			1212-1224	The impact of surgical weight loss on the physiological endotypes causing obstructive sleen appea	Caroline Beatty						
1230-1345 1245-1330	LUNCH		1						1245-1330	Industry lunch symposium session 13:	City Room 2		1	
										Health Insurance Fund of Australia (HIF) Chairs: Moira Junge and Justin James				
										What if private health insurers invested in	David Cunnington	i		
										sleep	Jen Walsh			
1345-1515	Clinical Stream A ruffled mind makes a restless pillow: relationships between sleep and PTSD	Hall L	1345-1515	Oral presentations O7 Sleep in special populations	12	1345-1515	Oral presentations 04 Paediatric (2)	City Room 1	1345-1515	Oral presentations 09 Occupational health safety and performance	City Room 2	1345-1515	Symposium session 8 Sleep matters for hospital patients too	City Room 3
	reacondings between seep and 1155			(8mins pres + 4mins questions)			(8mins pres + 4mins questions)			(8mins pres + 4mins questions)				
1345-1350	Chairs: Melinda Jackson and Brad Edwards	Ruth Benca	1345-1357	Chair: Julia Chaoman and Siobhan Banks		1345-1357	Chairs: Sam Lee and Scott Coussens	Rosemary Horne	1345-1357	Chairs: Grace Vincent and Gemma Paech		1345-1350	Chairs: Robert Adams and Teanau Roebuck	Robert Adams
1345-1350	Introduction to sleep and PTSD	Ruth Benca	1345-1357	Autonomic dysregulation during sleep in Parkinsonian spectrum disorders	Daniel Levendowski	1345-1357	Are short central apnoeas in preterm infants really benign? Effects on cardiovascular control	Rosemary Horne	1345-1357	Simple vestibular-occular motor assessment as a predictor of alertness state and driving	Phuc Nguyen	1345-1350	Opening remarks	Robert Adams
1350-1410	Sleep difficulties as a risk factor for PTSD	Alexander Wolkow	1357-1409	The lived experience of narcolepsy - from symptoms to stigma	Aaron Schokman	1357-1409	Exploring environmental light exposure in children: a novel pilot spectrometer study	Cassandra Pattinson	1357-1409	impairment durting extended wakefulness The relationship between circadian type and physical activity on cognitive performance	Dayna Easton	1350-1410	Sleep in the hospitalized child	Moya Vandeleur
1410-1430	Mechanisms underlying the relationship	Maya Schenker	1409-1421	Comparison of sleep quantity and quality during	Isabella Marando	1409-1421	Loop gain as a measure of respiratory instability	Dwayne Mann	1409-1421	during simulated nightshifts: a randomised controlled trial Does sleep duration, shift work or sleep disorder	Kelly Sansom	1410-1430	Sleep disruption and modifiable factors in adult	Alan Young
	between sleep and PTSD			watchkeeping schedules			in premature infants			status predict perceived work performance and quality of life in young adults?			hospital patients	
1430-1450	OSA and PTSD in young adults Can sleep interventions improve PTSD	Amy Jordan	1421-1433	Sleep cyclists? Night-time recovery of competitors in the Tour de France and Tour de France Femmes Links between sleep outcomes and lifestyle	Charli Sargent	1421-1433	Maternal circadian disruption from shift work and the impact on the timing of melatonin in their hread milk Adolescents' mental health trajectories	Lauren Booker Serena Bauducco	1421-1433	Improving sleep health in paramedics through an app-based intervention: a randomised waitlist control trial	Alexandra Shriane Megan Crowther	1430-1450	Noise and circadian management in hospital ICU settings	Peter Catcheside Moira Junge
1450-1510	Can sleep interventions improve PTSD treatment? Summary and future directions	Sean Drummond Ruth Benca	1433-1445	Links between sleep outcomes and lifestyle factors in young adults who sustained traumatic brain iniury in childhood Prevalence of central sleep apnoea in people	Dr Edith Botchway- Commey David Berlowitz	1433-1445	throughout the COVID-19 pandemic and the protective role of healthy sleep patterns	Serena Bauducco Barbara Galland	1433-1445	Changes in sleep and perceived health risk in early career paramedics	Megan Crowther Charlotte Gupta	1450-1510	Implementation of the Sleep Health Foundation "Sleep Care in Haspitals Code of Practice" Closing remarks	Moira Junge Chairs
2310-1315	and source directions	Note being		with tetraplegic spinal cord injury: a retrospective analysis of research and clinical			Objective sleep quality metrics underlying next- day sleep quality ratings in adolescents			The impact of breaking up sitting during simulated nightshifts on driving performance during the commute home	·	1510-1515	Seeming PETHINA	Cidits
			1457-1509	Moemoeä: the development of an Indigenous sleep and well-being intervention in Aotearoa whānau (New Zealand families)	Takiwai Russell- Camp	1457-1509	Screen time, sleep, and behavioural development in preschool children: relationships, caregiver rules and perceptions of screen time	Emma Axelsson	1457-1509	A comparison of subjective sleepiness and subjective driving performance between people vulnerable versus resistant to driving impairment following extended wakefulness	Katrina Nguyen			
	AFTERNOON TEA CLINICAL STREAM	Hall L	1545-1715	Symposium session 18	L2	1545-1715	Symposium session 19	City Room 1	1545-1715	Oral presentations 10	City Room 2	1545-1715	Symposium session 17	City Room 3
1515-1545 1545-1715	CLINICAL STREAM			Re-examining relationships between sleep, circadian rhythms and body temperatures			Sleep beyond the snores: Understanding and managing non-snoring sleep disorders in			Sleep health (2)			Innovation and sleep science communication in the sleep field	
1515-1545 1545-1715	Sleepiness, driving and motor vehicle crashes -						children			(8mins pres + 4mins questions)				
	Sleepiness, driving and motor vehicle crashes – the road less travelled						Chair: Mimi Lu and Adelaide Withers						Chairs: Moira Junge and Jon Walsh	
	Sleepiness, driving and motor vehicle crashes -	Christiaan Yu	1550-1608	Chair: Hannah Scott Airflow to improve sleep in hot thermal	Yorgi Mavros	1545-1615	Chair: Mimi Lu and Adelaide Withers Behavioural insomnia in children – what are	Kelly Stone	1545-1557	Chairs: Kurt Lushington and Nat Marshall Investigating hypersomnolence disorders in	Megan O'Reilly		JUDGES:	
1545-1550	Sleepiness, driving and motor vehicle crashes – the road less travelled Chairs: Christiaan Yu, Al-Ming Wong Welcome and introduction	Ai-Ming Wong		Chair: Hannah Scott Airflow to improve sleep in hot thermal environments			Behavioural insomnia in children – what are some behavioural strategies? Insight from a non for profit early parenting service	.,		Investigating hypersomnolence disorders in South Australia: a retrospective audit of multiple sleep latency tests			JUDGES: Olivia Henry, Jenny Haycock and Melissa Cleary	
	Sleepiness, driving and motor vehicle crashes – the road less travelled Chairs: Christiaan Yu, Al-Ming Wong	Ai-Ming Wong	1550-1608 1608-1626	Chair: Hannah Scott Airflow to improve sleep in hot thermal	Yorgi Mavros Sally Ferguson	1545-1615 1615-1645	Behavioural insomnia in children – what are some behavioural strategies? Insight from a non	Kelly Stone Scott Burgess	1545-1557 1557-1609	investigating hypersomnolence disorders in South Australia: a retrospective audit of multiple sleep latency tests. The associations between sleep environment factors and sleep health in individuals living with	Megan O'Reilly Travis Cruickshank		JUDGES: Olivia Henry, Jenny Haycock and Melissa Cleary Science Communication: Olivia Henry, Media Officer, Australian Science	Olivia Henry
1545-1550	Skeepiness, driving and motor vehicle crashes – the road less travelled Chairs: Christiaan Yu, Al-Ming Wong Welcome and introduction The past (landmark cases in court), present and	Ai-Ming Wong		Chair: Hannah Scott Airflow to improve sleep in hot thermal environments			Behavioural insomnia in children – what are some behavioural strategies? Insight from a non for profit early parenting service Excessive daytime sleepiness in adolescence –	.,		Investigating hypersomnolence disorders in South Australia: a retrospective audit of multiple sleep latency tests. The associations between sleep environment factors and sleep health in individuals living with neurological conditions.			JUDGES: Olivia Henry, Jenny Haycock and Melissa Cleary Science Communication:	Olivia Henry Fadia Isaac

1630-1650	Obstructive Sleep Apnoea: driving risk and assessment	Anup Desai	1644-1702	Skin temperature and vigilance performance relationships	Christopher Gordon			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		Chair and speakers			Myopic, or short-sighted, children show delayed melatonin circadian timing, lower melatonin output and sleep disruptions	Ranjay Chakraborty	Finalist 3:	Alex Shriane
								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
								"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									