Sleep DownUnder 2021
Program Schedule (All times in AEDT)

10 October – 13 October

Sunday, 10th October 2021 ⌄   Go

Sunday 10th October 2021

08:45 - 17:30

Short Course: When ventilation gets challenging in children
Room:

08:45 - 17:30
When ventilation gets challenging in children
Description:
For those attending in person, times will be in AEST and the short course will commence at 8.45am AEST

09:45 - 10:00
Welcome and introduction
Speaker: Moya Vandeleur & Jasneek Chawla

Description:
08:45 - 09:00 AEST for in-person attendees.

10:00 - 10:30
Scoring Events in Patients on Respiratory Support: The Need for Guidance
Speaker: Anne-Marie Adams
Organisation: The Royal Children's Hospital, Melbourne

Description:
09:00- 09:30 AEST for in-person attendees.

10:30 - 11:00
The Sleep Physician's Perspective
Speaker: Lena Xiao
Organisation: Toronto Sick Kids

Description:
09:30 - 10:00 AEST for in-person attendees.

11:00 - 11:30
The ENT Surgeon's perspective
Speaker: Hannah Burns
Organisation: Queensland Children's Hospital

Description:
10:00 - 10:30 AEST for in-person attendees.

11:30 - 12:00
Morning Tea

Description:
10:30 - 11:00 AEST for in-person attendees.

12:00 - 12:15
OSA following Vagal Nerve Stimulator Insertion
Speaker: Indra Narang
Organisation: Sick Kids Toronto

Description:
11:00 - 11:15 AEST for in-person attendees.

12:15 - 12:30
Vocal Cord Palsy
Speaker: David Kilner
Organisation: Queensland Children's Hospital

Description:
11:15 - 11:30 AEST for in-person attendees.

12:30 - 12:45
Cardiac Failure
Speaker: Moya Vandeleur
Organisation: RCH Melbourne

Description:
11:30 - 11:45 AEST for in-person attendees.

12:45 - 12:55
Family Perspective

Description:
11:45 - 11:55 AEST for in-person attendees.

12:55 - 13:15
The Developmental Physician's Perspective
Speaker: Honey Heussler
Organisation: Queensland Children's Hospital

Description:
11:55 - 12:15 AEST for in-person attendees.

13:15 - 13:50

The Sleep Physician's Perspective
Speaker: Andrew Wilson
Organisation: Perth Children's Hospital

Description:
12:15 - 12:50 AEST for in-person attendees.

13:50 - 14:10

"If we knew then what we know now?" Some ethical reflections on shared-decision making and respiratory technologies for children
Speaker: Anne Preisz
Organisation: Children's Hospital Westmead

Description:
12:50 - 13:10 AEST for in-person attendees.

14:10 - 15:00

Lunch Break

Description:
13:10 - 14:00 AEST for in-person attendees.

15:00 - 15:20

Roles of the Chest Wall and Diaphragm in Respiratory Mechanics
Speaker: Matthew Wong
Organisation: Queensland Children's Hospital

Description:
14:00 - 14:20 AEST for in-person attendees.

15:20 - 15:30

Skeletal Dysplasia
Speaker: David McNamara
Organisation: Starship Hospital

Description:
14:20 - 14:30 AEST for in-person attendees.

15:30 - 15:40

Congenital Diaphragmatic Hernia
Speaker: Jasneek Chawla
Organisation: Queensland Children's Hospital

Description:
14:30 - 14:40 AEST for in-person attendees.

15:40 - 15:50
Pompe's Disease
Speaker: Mimi Lu
Organisation: Children's Hospital Westmead

Description:
14:40 - 14:50 AEST for in-person attendees.

15:50 - 16:10
How do I Start a Patient on AVAPS?
Speaker: Vishal Saadi
Organisation: Sydney Children's Hospital

Description:
14:50 - 15:10 AEST for in-person attendees.

16:10 - 16:30
Afternoon Tea

Description:
15:10 - 15:30 AEST for in-person attendees.

16:30 - 16:50
Techniques in the treatment of severe scoliosis
Speaker: Athanasios Tsirikos
Organisation: Royal Hospital for Sick Children, Edinburgh

Description:
15:30 - 15:50 AEST for in-person attendees.

16:50 - 17:30
Why am I seeing a sleep and breathing doctor, when it's my spine that's being fixed?
Speaker: Don Urquhart
Organisation: Royal Hospital for Sick Children Edinburgh

Description:
15:50 - 16:30 AEST for in-person attendees.

17:30 - 17:50
Management of Severe Scoliosis: The Spinal Surgeonâ€™s Perspective
Speaker: Athanasios Tsirikos

Description:
16:30 - 16:50 1 AEST for in-person attendees.

17:50 - 18:05

Practical Aspects â€" how to adapt NIV masks & headgear
Speaker: Megan Angliss
Organisation: Queensland Children's Hospital

Description:
16:50 - 17:05 AEST for in-person attendees.

18:05 - 18:25
Remote Monitoring of Ventilated Patients
Speaker: Ross Langley
Organisation: Royal Hospital for Children, Glasgow

Description:
17:05 - 17:25 AEST for in-person attendees.

18:25 - 18:30
Course Close

Description:
17:25 - 17:30 AEST for in-person attendees.

Masterclass in obesity management for sleep practitioners
Room:

08:45 - 09:00
Welcome and introduction
Speaker: Carol Huang

09:00 - 09:20
Obesity and Sleep Disordered Breathing- Why raise the topic?
Speaker: Matthew Naughton
Organisation: Alfred Hospital

Description:
The impact of obesity upon health can be paralleled with smoking - both lead to cardiovascular health- and duration in life spent obese - or the change in weight with the passage of time - is extremely important but rarely discussed or mentioned in clinical trials that involve sleep apnoea. Moreover, unlike public education to control smoking, the public health education to control obesity has been less rewarding. Obesity is the most important risk factor leading to OSA, in some studies suggesting that 50% of the AHI variance can be explained by obesity (with 25% explained by craniofacial appearance and another 25% unknown - possibly alcohol or other medical conditions). This talk will highlight the importance of measuring weight, not just once, but repeatedly through a patients journey and to highlight obesity in a patient's medical problem list.

09:20 - 09:50

Hormonal adaptation following weight loss leading to weight regain
Speaker: Joe Proietto
Organisation: University of Melbourne

Description:
Nearly everyone regains the weight they have lost. This is due to the fact that obesity is predominantly genetic or epigenetic, which Joseph will explain with evidence. How does the body cause regain? An explanation of the hormonal regulation of body weight will be given and then he will show how the change in hormone levels lead to increased hunger

09:50 - 10:20
Overcoming the barriers to effective obesity care
Speaker: Lee Kaplan
Organisation: Massachusetts General Hospital

Description:
This talk will review the major barriers to effective obesity care, including the interplay between misunderstanding of the underlying biology and weight-based bias, stigma and discrimination. It will describe how healthcare practitioners can help overcome these barriers to provide compassionate, individualized care and improve clinical outcomes in people with obesity and pre-obesity.

10:20 - 10:50
Refreshment Break

10:50 - 11:05
What can we learn from the new obesity Canada management guidelines?
Speaker: Arya Sharma
Organisation: University of Alberta

Description:
Late 2020, Obesity Canada released a comprehensive evidence-based clinical management guideline for adult obesity to wide acclaim. This guideline, targeted at front-line health practitioners, recommends a new definition of obesity (not based on BMI), emphasises the importance of recognising and managing obesity as a chronic disease, and notes the importance of weight bias as a major barrier to patient management. This talk will review some of the important aspects of this guideline, highlighting the salient points that should enable health practitioners to better help their patients living with obesity.

11:05 - 11:25
The role of sleep physicians in weight management - can it be more than CPAP?
Speaker: Deborah Inman
Organisation: Canberra Hospital and Health Services

Description:
Deborah will discuss the links between sleep and obesity beyond sleep apnoea with overview of evidence. Also, considerations for a Sleep Physician in the management of patients with

obesity and other sleep disorders. What to do if your sleep patient asks for help with weight management.

11:25 - 11:55
Weight loss and sleep disordered breathing- some case studies
Speaker: Carol Huang
Organisation: Canberra Obesity Management Service

Description:
Obesity is a chronic disease like sleep disordered breathing. Helping patients manage their obesity is not always straightforward. Dr Huang will share several real life cases from both the Canberra Hospital Sleep Clinic and Canberra Obesity Management Service to examine the effect of weight loss on sleep disordered breathing and quality of life.

11:55 - 12:15
Brief assessment and intervention for nutrition and physical activities
Speaker: Liz Cayanan
Organisation: The University of Sydney

Description:
Weight loss is an effective intervention for reducing OSA severity and we know that exercise in the absence of weight loss is also efficacious in the reduction of OSA symptoms. Yet effective obesity management in a clinical setting is challenging and sustaining the benefits of weight loss is equally variable in patients. This talk will outline the various effective nutritional and exercise based approaches to managing obesity that have been explored in patients with OSA and also explore some potential novel interventions in this space.

12:15 - 13:15
Lunch

13:15 - 13:35
What is intensive lifestyle intervention? Current guidelines and can we use technology smarter?
Speaker: Emily Lewis
Organisation: Canberra Health Services Obesity Management Service

Description:
Guidelines for the management of overweight and obesity in adults recommend that individuals participate in a comprehensive lifestyle program involving "intensive lifestyle intervention". This talk will discuss what exactly is considered intensive, and why the use of technology holds great promise as a mechanism for disseminating and supporting obesity management programs.

13:35 - 14:05
Working with the mind: Psychological interventions for weight management
Speaker: Natalie Chan
Organisation: Canberra Obesity Management Service

Description:
This talk will describe the most efficacious psychological interventions for weight management. It will also cover why it is important to take an individualised approach in determining the most appropriate psychological intervention to assist with improving health and weight management.

14:05 - 14:25
What is VLED and the role of VLED in obesity management
Speaker: Tim Greenaway
Organisation: The Canberra Hospital

Description:
Tim will cover the rationale for very low energy diets, their composition, how they are administered in practice, their place in obesity management and some results from the VLED programme at the Canberra Hospitals
Obesity Management service.

14:25 - 15:00
A new era in anti-obesity pharmacotherapy
Speaker: Lee Kaplan
Organisation: Massachusetts General Hospital

Description:
This talk will review the current status of anti-obesity pharmacotherapy and the recent emergence of new and more effective agents. It will review the basis for patient-to-patient variability in treatment response and describe effective strategies for choosing and using these medications to optimize obesity treatment.

15:00 - 15:20
Patient selection for bariatric surgery- who do you pick?
Speaker: Arya Sharma
Organisation: University of Alberta

Description:
Bariatric surgery is now well established as the "gold-standard" treatment for patients with severe obesity. However, some patients may be better suited for this treatment than others. This talk will briefly outline the considerations for patient selection and the challenges that may present themselves for patients undergoing bariatric surgery. Arya will also discuss measures to mitigate risk and maximise the potential for positive long-term outcomes.

15:20 - 15:30
Close

Program Schedule (All times in AEDT)

Monday, 11th October 2021 ⌄   Go

Monday 11th October 2021

08:30 - 09:30

Aspen Pharmacare Australia Industry Symposium: Sleep disturbances in children with Autism Spectrum Disorder (ASD)
Room:

Aspen Pharmacare Australia Industry Symposium: Sleep disturbances in children with Autism Spectrum Disorder (ASD)
Speaker: Dr Vishal Saddi and Prof. Tony Attwood

Description:
Insomnia is more prevalent in children and adolescents with ASD (approximately 40 - 80%) than in typically developing children (approximately 10 - 40%).
Insomnia can exacerbate core and associated ASD features, contributing to negative effects on mood and emotional regulation, behaviour and cognitive functioning. Lack of sleep can worsen this by causing daytime impairments such as increased hyperactivity and irritability, greater anxiety and higher sensory sensitivity. Insufficient sleep in children/adolescents with ASD may also impact the wider family, reducing caregiver's quantity and quality of sleep, and increasing caregiver stress.
Hear from the experts on what the underlying cause of insomnia is in ASD, how to diagnose and manage insomnia in clinical practice and learn how insomnia in children can have a deep impact on parents and caregivers' quality of life.

09:30 - 10:00

Official Opening and Welcome *Announcement of Helen Bearpark, Rob Pierce, Nick Antic, Distinguished Achievement Award and President's Awards and Philips Research Award*
Room: *Great Hall 2*

10:00 - 11:30

Sleep and mental health - an under-recognised relationship
Room: *Great Hall 2*

10:00 - 11:30
Sleep and mental health - an under-recognised relationship
Description:
Mental health has been identified by the Australian Government as a national priority and around 90% of people with a mental health condition describe sleep disturbance. Despite

compelling evidence for a bi-directional relationship there remains a low level of awareness for the importance of sleep as a therapeutic target in the management of mental health conditions.

This plenary session explores the facts and key clinical considerations to improve health outcomes for those with mental health and sleep problems. It also provides a forum to promote engagement of the professional sleep community in the mental health policy debates that are ongoing across the globe, particularly in the context of the pandemic.

10:00 - 10:23

A neurobiological basis for the relationship between sleep and mental health
Speaker: Ian Hickie

10:23 - 10:45

Optimising sleep as a therapeutic target for mental health
Speaker: Shantha Rajaratnam

10:45 - 11:08

Sleep disturbance: A suicide risk factor?
Speaker: Darren Mansfield

11:08 - 11:30

Challenges and strategies for treating sleep disturbance in patients with mental illness
Speaker: Sean Drummond

11:30 - 12:00

Morning Tea
Room:

12:00 - 13:30

New Investigator Award Presentations
Room: Great Hall 2

12:00 - 12:15

Reboxetine reduces obstructive sleep apnoea severity: a randomized trial
Speaker: Thomas Altree

12:15 - 12:30

Medical therapy for Sleep Disordered Breathing in children: a randomised, double-blind placebo-controlled trial
Speaker: Alice Baker

12:30 - 12:45

The impact of wind farm noise in a laboratory setting on objective and subjective sleep efficiency

Speaker: Tessa Liebich

12:45 - 13:00

Obstructive Sleep Apnoea severity is associated with parasympathetic withdrawal in Coronary Artery Disease
Speaker: Seren Ucak

13:00 - 13:15

Cognitive behavioural therapy and light dark therapy for postpartum insomnia symptoms: A randomised controlled trial
Speaker: Sumedha Verma

13:15 - 13:30

Early vascular ageing in children with sleep disordered breathing: Evidence of vascular hypertrophy and hyperplasia
Speaker: Priscilla Vokolos

13:30 - 14:45

Lunch
Room:

Eisai Industry Symposium: EXPLORE the new DORA: DAYVIGO for the treatment of insomnia
Room:

13:45 - 14:30

Eisai Industry Symposium: EXPLORE the new DORA: DAYVIGO for the treatment of insomnia
Speaker: Dr David Cunnington
Description:
Chronic Insomnia causes significant burden to the patient, is associated with an increased risk of comorbidities and contributes to substantial healthcare costs in Australia1.

DAYVIGO, a duel orexin receptor antagonist, has recently been TGA-approved for the treatment of insomnia, characterized by difficulties with sleep onset and/or maintenance in accordance with the latest DSM criteria. This approval was based on two pivotal phase III studies (SUNRISE I and SUNRISE II).

In this session, Dr David Cunnington from the Melbourne Sleep Disorders Centre, will take us through the core safety and efficacy data and provide the clinical context for DAYVIGOâ€™s use.

1 Reynolds AC, Appleton SL, Gill TK, Adams RJ. Chronic insomnia disorder in Australia: A report to the Sleep Health Foundation; Sleep Health Foundation; 2019.

ResMed Industry Symposium: Influence of patient reported outcomes on positive airway pressure treatment adherence in obstructive sleep apnea
Room:

13:30 - 13:53

Influence of patient reported outcomes on positive airway pressure treatment adherence in obstructive sleep apnea
Speaker: Dr Adam Benjafield
Description:
Dr. Adam Benjafield explains the relationship between self-reported sleepiness and PAP adherence, and how important patient reported outcomes can be in PAP therapy management. He will also discuss the latest findings on remote management and patient engagement including real-world evidence from big data. Dr. Benjafield will explore the potential of using big data to improve clinical care.

13:53 - 14:15

Connected care using ResMed cloud based data solutions
Speaker: Jerome Abellana B.E.E
Description:
In the current climate of the Covid 19 pandemic our face to face appointments have been limited. Our session will address how better use of data collected by our devices can serve to retain high levels of patient care and support. Jerome Abellana will delve into the ways ResMed cloud based solutions can help to achieve positive patient outcomes including adherence to therapy.

14:45 - 16:15

Abstract Session: Sleep Health and Other
Room: M1

14:45 - 14:57

Sleep health promotion in Aboriginal and Torres Strait Islander communities: untapped potential of Indigenous youth workers as sleep coaches
Speaker: Dure Sameen Jabran

14:57 - 15:09

Embedding digital sleep health into primary care practice: perspectives of general practitioners, nurses, and pharmacists
Speaker: Janet Cheung

15:09 - 15:21

The Good Sleeper Scale-13 Items: a standardised questionnaire for the assessment of good sleepers
Speaker: Jack Manners

15:21 - 15:33

The role of dysfunctional beliefs and attitudes about sleep in the association between daily sleep and affect in adolescents and emerging adults
Speaker: Evangelos Chachos

15:33 - 15:45
Associations between sleep and Alzheimer's disease biomarkers within the EPAD cohort
Speaker: Sharon Naismith

15:45 - 15:57
A prospective evaluation of the nature and time course of sleep disordered breathing and respiratory failure in patients with motor neurone disease (MND): the BreatheMND-1 study
Speaker: Vinod Aiyappan

15:57 - 16:09
The pathogenesis of obstructive sleep apnea in individuals with comorbid insomnia and obstructive sleep apnoea (COMISA)
Speaker: Elliot Brooker

Paediatric sleep diagnostics: adapting monitoring models of care to the changing era *Session Sponsor: Temple Healthcare*
Room: *M2*

14:45 - 16:15
Paediatric sleep diagnostics: adapting monitoring models of care to the changing era
Description:
This session explores innovative developments in sleep monitoring and models of care that have the potential to change the landscape of paediatric sleep medicine. It will be of interest to paediatric clinicians but is also broadly relevant to all sleep physicians and scientists. The COVID-19 pandemic has highlighted the limitations of our gold standard sleep test - attended, in-laboratory polysomnography (PSG). It can be expensive and involve long waiting times for studies. New portable technologies for diagnosis of sleep disordered breathing inclusive of home sleep studies, are key.

14:45 - 15:05
Paediatric home sleep studies: private and public experience
Speaker: Mandie Griffiths and Scott Burgess

15:05 - 15:25
Virtual health solutions for paediatric home sleep monitoring
Speaker: Moya Vandeleur and Anne-Marie Adams

15:25 - 15:45
The Sonomat as an alternative to PSG for children with Neurodisability: A pilot study in Down Syndrome

Speaker: Jasneek Chawla

15:45 - 16:05
Opportunities (and pitfalls) of modern data analysis and artificial intelligence in paediatric sleep medicine
Speaker: Phil Terrill

16:05 - 16:15
Q & A

Positioning primary care at the centre of sleep disorders management
Room: *Great Hall 2*

14:45 - 16:15
Positioning primary care at the centre of sleep disorders management
Description:
This session features an international guest speaker from Canada and three Australian presenters with expertise and interest in primary care management of sleep disorders, clinical guidelines development and translational research. Speakers will present evidence for general practice-based OSA models of care; introduce the new ASA-endorsed Primary Care Resource for OSA Management; and present details of recent advocacy work and pathways to effect policy change in sleep medicine in Australia.

14:50 - 15:10
Design and implementation of a specialist-supported primary care management pathway for OSA
Speaker: Sachin Pendharkar

15:10 - 15:30
Evidence for general practice-based models of care for obstructive sleep apnoea
Speaker: Ching Li Chai-Coetzer

15:30 - 15:50
Introducing the new obstructive sleep apnoea primary care resource
Speaker: Nick Zwar

15:50 - 16:10
How to effect policy change in sleep medicine
Speaker: Sally Redman

16:10 - 16:15
Concluding statement from Chairs

16:15 - 16:45

Afternoon Tea
Room: *Exhibition Hall*

16:45 - 18:15

Abstract Session: Paediatric
Room: M2

16:45 - 16:57

Heart rate response to obstructive respiratory events in children born preterm with OSA
Speaker: Lisa Walter

16:57 - 17:09

Upper airway collapsibility measurement under anaesthesia in children: feasibility and utility in predicting perioperative respiratory adverse events
Speaker: Mon Ohn

17:09 - 17:21

Exploring the drivers of geographic variation for paediatric tonsillectomy and adenoidectomy
Speaker: Aimy Tran

17:21 - 17:33

Parents' experiences of having a child with Down Syndrome and sleep difficulties
Speaker: Maria Carmen Miguel

17:33 - 17:45

Changes in sleep parameters in children with Down Syndrome following treatment
Speaker: Jasneek Chawla

17:45 - 17:57

Mobile phone use at night, cyber-bullying, sleep, and mental wellbeing in young people aged 7 to 19 years
Speaker: Kurt Lushington

17:57 - 18:09

What helped you and what prevented you from getting good sleep? Contribution of daily facilitators and barriers to adolescent sleep
Speaker: Svetlana Maskevich

Sleeping in extreme operational spaces and places
Room: M1

16:45 - 18:15

Sleeping in extreme operational spaces and places
Description:
More and more people work in environments that are isolated and hostile such as at altitude, undersea, in Antarctica and in combat situations. These environments push the limits of

human endurance as we consider future generations living in space, the ultimate extreme environment, studies like these on earth today enable us to better understand the challenges we may face in the future.

This symposium will showcase unique data sets on sleep in extreme environments including combat and a Mars mission simulation, undersea in submarines, hypoxic at altitude and socially isolated and cold in the Antarctic. The findings examine how the environment impacts sleep and the implications for relationships between fatigue, cognitive and physical performance, and mental health.

16:45 - 17:15
High Seas: The impact of two distinct hostile environments on sleep and fatigue
Speaker: Nita Shattuck

17:15 - 17:35
Dark, cold, and isolated: Sleep in the Antarctic winter
Speaker: Tracey Sletten

17:35 - 17:55
Sleeping in the Deep: How the undersea environment impacts sleep and performance
Speaker: Siobhan Banks

17:55 - 18:15
The air up there: Does exposure to altitude impair sleep in elite footballers?
Speaker: Charli Sargent

Big data in sleep: lessons, opportunities and challenges
Room: Great Hall 2

16:45 - 18:15
Big data in sleep: lessons, opportunities and challenges
Description:
With the imminent introduction of an AASM - accredited Artificial Intelligenc software for scoring polysomnography, and the increased reliance on technology for delivering sleep care during the pandemic, it's time for the sleep community to raise the bar in AI and big data uses in research and clinical practice.

The symposium is a springboard to understand the current conversations in the wider sleep field. It starts with two primer talks on big data and AI as background to the big data/tech panel conversation in the sleep field.

16:45 - 17:05
Making Sleep Health more Precise and Personalized: The use of machine learning, artificial intelligence and digital technilogy to understand and improve sleep at the population level
Speaker: Azizi Seixas

17:05 - 17:25

Big Data Applications based on data in Electronic Health Records (EHR)
Speaker: Allan Pack

17:25 - 17:40

A technical perspective: Can wearables provide useful insights into sleep?
Speaker: Mathias Baumert

Description:
Recent advancements in sensors and microelectronics enabled the continuous streams of physiological data while machine learning effectively detects patterns that correlate with sleep, yet clinical use might require some re-thinking.

17:40 - 17:55

Logan Schneider
Speaker: Sleep in silico

Description:
Sleep health at scale: how the profusion of sleep-tracking technologies, enabled by the explosive growth of the Internet of Things, is affording new insights into patterns of healthy and disordered sleep in the population, while offering new opportunities to guide people to optimize their sleep in order to improve their daily life

17:55 - 18:15

Panel Discussion
Speaker: Alan Pack, Azizi Seixas, Logan Schneider, Mathias Baumert

18:15 - 19:00

ASA Annual General Meeting
Room: Great Hall 2

19:00 - 21:00

Sam Robinson Memorial Lecture - The latest in sleep surgery
Room: Great Hall 2

19:00 - 21:00

Sam Robinson Memorial Lecture - The latest in sleep surgery
Description:
Join a panel of leading sleep surgeons for a session covering up-to-the-minute science on sleep surgery. It includes a clinician's guide to the ASA Position Statement on the Surgical Management of OSA, and the latest in combination therapy for OSA. There will also be surveys of scientific papers published in the last year on hypoglossal nerve stimulation, adult sleep surgery and paediatric sleep surgery.

19:01 - 19:30

The ASA Position Statement on Surgical Management of OSA: A clinician's guide
Speaker: Panelists: Dr Nick Stow, Dr Julia Crawford, Dr Lyndon Chan, Dr Rachelle Love, Dr Nathan Hayward; Dr Richard Lewis

19:30 - 20:00
Year in review: Notable papers in adult sleep surgery
Speaker: Panelists: Dr Nick Stow, Dr Julia Crawford, Dr Lyndon Chan, Dr Rachelle Love, Dr Nathan Hayward, Dr Richard Lewis

20:00 - 20:30
Year in review: Notable papers in paediatric sleep surgery
Speaker: Panelists: Dr Nick Stow, Dr Julia Crawford, Dr Lyndon Chan, Dr Rachelle Love, Dr Nathan Hayward, Dr Richard Lewis

20:30 - 21:00
Year in review: Notable papers in Hypoglossal nerve stimulation
Speaker: Panelists: Dr Nick Stow, Dr Julia Crawford, Dr Lyndon Chan, Dr Rachelle Love, Dr Nathan Hayward, Dr Richard Lewis

Program Schedule (All times in AEDT)

Tuesday, 12th October 2021 ⌄   Go

Tuesday 12th October 2021

08:00 - 09:30

Updates in oral appliance therapy: understanding mechanisms, treatment usage and severe OSA health outcomes
Room: M2

08:00 - 09:30

Updates in oral appliance therapy: understanding mechanisms, treatment usage and severe OSA health outcomes
Description:
Personalised therapy for obstructive sleep apnoea (OSA) focuses on how to select a therapy which will be both efficacious in terms of AHI reduction and effective in terms of health benefits for each individual with OSA. Mandibular advancement splints (MAS) clearly have a role as an effective long-term therapy for OSA, but there are still gaps in the knowledge base about how it works, who it will work for and how treatment usage ultimately contributes to health outcomes.

Join two international speakers and one local expert for a critical update on the latest findings on MAS therapy mechanisms, treatment usage and effects on health specifically in severe OSA, where MAS therapy is usually not first choice of therapy.

08:00 - 08:30

MAS effects on the upper airway and treatment response: Insights from dynamic imaging
Speaker: Lynne Bilston

08:30 - 09:00

Health outcomes of MAS vs. CPAP for treatment of severe OSA: an individual participant data meta-analysis
Speaker: Wojciech Trzepizur

09:00 - 09:30

Objective MAS adherence and comparative treatment usage patterns
Speaker: Mona Hamoda

Obstructive sleep apnoea and autonomic function - a mediator of cardiometabolic risk
Room: M1

08:00 - 09:30

Symposia Session: Obstructive sleep apnoea and autonomic function - a mediator of cardiometabolic risk
Description:
This session takes a multidisciplinary approach to better understand the links between sleep related disorders and cardiometabolic diseases. Recent clinical trials have failed to show improvement in cardiovascular outcomes with OSA therapy. Therefore, there is a need to better understand disease pathology, establish mechanistic plausibility of treatment approach by studying key perturbations that occur during OSA and its relation to cardiovascular disease. This can only be achieved through a multidisciplinary approach that include speakers from sleep, obstructive sleep apnea, autonomic function and cardiovascular disease research areas. This session is applicable to a wide audience that include researchers across basic science, clinical research and bioengineering.

08:00 - 08:05
Symposium open
Speaker: Dr Hasthi Dissanayake & Prof Philip de Chazal

08:05 - 08:25
Profile of autonomic function in obstructive sleep apnoea
Speaker: Hasthi Dissanayake

08:25 - 08:45
Intersecting the fields of sleep apnoea, brain function and cardiometabolic function
Speaker: Melissa Farnham

08:45 - 09:05
Non-invasive measurement of autonomic function
Speaker: Philip de Chazel

09:05 - 09:25
Heart rate variability in OSA
Speaker: Bhajan Singh

09:25 - 09:30
Closing comments
Speaker: Dr Hasthi Dissanayke & Prof Philip de Chazal

09:30 - 11:00

Sleep and society continuity and chaos across the life course
Room: *Great Hall 2*

09:30 - 09:35
ANZSSA 2021 Awards Presentations
Speaker: Tom Churchward

Description:
ANZSSA Conference Attendance Grants
ANZSSA Fisher and Paykel Healthcare NZ Conference Attendance Grants
ANZSSA President's Award

09:35 - 11:00
Sleep and society continuity and chaos across the life course
Description:
Sleep is a social issue. Across the life course sleep is foundational for behavioural regulation, social wellbeing, and learning. Culture, social circumstance, work patterns, education, childcare and aged care patterns all significantly contribute to, and respond to the duration, pattern and regularity of sleep.

Adequate sleep quantity and quality is a human right and sleep security is vital for social wellbeing, learning and productivity. This plenary session presents a framework for understanding sleep in this context, and sets out a research priority agenda for sleep in society. Speakers will address key life course transitions (early childhood, adolescence, working age, and older age)

09:35 - 09:50
Sleep and society: overview
Speaker: Simon Smith

09:50 - 10:05
Sleep in a complex social world: sleep, families, and care environments
Speaker: Sally Staton

10:05 - 10:20
Sleep in a broadening social world: sleep, education and mental health
Speaker: Kalina Rossa

10:20 - 10:35
Sleep in a 24-hour society: sleep, work, and social disadvantage
Speaker: Sally Ferguson

10:35 - 10:50
Sleep in an aging society: sleep, aging and the 'new old'
Speaker: Rosie Gibson

10:50 - 11:00
Q & A

11:00 - 11:30

Morning Tea
Room: Exhibition Hall

11:30 - 13:00

Abstract Session: Sleep and breathing - clinical and epidemiology
Room: M2

11:30 - 11:42

Preferred attributes of care pathways for obstructive sleep apnoea from the perspective of diagnosed patients and high-risk individuals: a discrete choice experiment
Speaker: Andrea Natsky

11:42 - 11:54

Long-term cardiovascular risk in obstructive sleep apnoea: a sleep clinic cohort study
Speaker: Bindiya Shenoy

11:54 - 12:06

Impact of weight loss on OSA pathophysiology
Speaker: Ai-ming Wong

12:06 - 12:18

Weight loss surgery in obese patients with obstructive sleep apnoea is associated with increased inter-hemispheric electroencephalographic coherence
Speaker: Brett Duce

12:18 - 12:30

Smart polymer implants as an emerging technology for treating airway collapse in obstructive sleep apnoea: proof of concept
Speaker: Timothy Do

12:30 - 12:42

Pharyngeal enlargement via tongue advancement differs with mandibular advancement therapy response and improves treatment prediction
Speaker: Fiona Knapman

12:42 - 12:54

The combination of mandibular advancement devices (MAD) and supplemental oxygen dramatically improves OSA severity: preliminary results from the MADOX trial.
Speaker: Bradley Edwards

What's the remedy? Managing insomnia in primary care treatment options and perspectives
Room: M1

11:30 - 13:00

What's the remedy? Managing insomnia in primary care treatment options and perspectives
Description:

Sleep disruptions are commonly reported in primary care settings, but recent research shows that they are often inadequately treated. This session provides a comprehensive overview of current treatments employed for insomnia and barriers that primary healthcare professionals (PHPs) face in implementing effective treatments.

11:30 - 11:50

Insomnia management within Australian general practice: current experiences, knowledge and interest of general practitioners and practice nurses
Speaker: Nicole Grivell

11:50 - 12:10

Rethinking safety and efficacy of sleep medicines use in Australia
Speaker: Janet Cheung

12:10 - 12:25

Psychologists' knowledge, perspectives and attitudes towards the treatment of insomnia
Speaker: Jenny Haycock

12:25 - 12:45

Implementation of CBTi in Australian primary care
Speaker: Alexander Sweetman

12:45 - 13:00

Q & A

At the end of the day we've got this for tomorrow. Evolution of sleep (physiological) monitoring in the digital healthcare age *Session Sponsor: Compumedics Limited*
Room: *Great Hall 2*

11:30 - 13:00

ANZSSA Session: At the end of the day we've got this for tomorrow. Evolution of sleep (physiological) monitoring in the digital healthcare age
Description:
During the pandemic there has been rapid and widespread deployment of digital healthcare models similar to polysomnography that may incorporate elements of artificial intelligence (AI). 'Consumer grade' wearables that are promoted as being able to measure sleep and related functions are increasingly available. This session will explore the techniques for assessment and validation of devices, data processing, automated analysis, data reporting, and automated alerts. It will also discuss the consequences of false positives and false negatives in some models of digital healthcare and population data collection and analysis. The role of regulators such as the Therapeutic Goods Administration will also be included.

11:30 - 11:40

Introduction
Speaker: Teanau Roebuck

11:40 - 12:00

OSA in the digital age
Speaker: Brett Duce

12:00 - 12:20

Actigraphy & Wearables - Evolving technologies in sleep
Speaker: Denise O'Driscoll

12:20 - 12:40

Impact of night to night AHI variability on OSA diagnosis and management
Speaker: Andrew Vakulin

12:40 - 13:00

Enhancing PSG data presentation and analysis
Speaker: Angela D'Rozario

13:00 - 14:00

SomnoMed Industry Symposium: Complex Case Discussion: A multi-disciplinary approach to treating sleep apnea
Room: M1

13:00 - 13:45

SomnoMed Industry Symposium: Complex Case Discussion: A multi-disciplinary approach to treating sleep apnea
Speaker: Dr Leon Kitipornchai, Dr Adam Teo, Dr Claire Ellender
Description:
A review of complex Obstructive Sleep Apnoea cases; a discussion on the multi-disciplinary approach to treating patients with sleep apnea and what are the predictors of outcomes. In this session Dr Leon Kitipornchai, ENT Surgeon from Brisbane, Dr Claire Ellender, Sleep Physician from Brisbane and QLD Sleep Dentist Adam Teo will present their complex patient case studies, provide their perspectives and invite questions within an open discussion.

Lunch
Room:

14:00 - 15:30

Abstract Session: Chronobiology/insomnia and sleep health
Room: M2

14:00 - 14:12

Effectiveness of digital brief behavioural therapy for insomnia with wearable technology: pilot randomized controlled trial
Speaker: Christopher Gordon

14:12 - 14:24

Predictors of acute insomnia during the COVID-19 pandemic beyond perceived stress
Speaker: Hailey Meaklim

14:24 - 14:36

Changes in sleep-wake patterns, circadian timing, and mood in Australian teens during the COVID-19 pandemic
Speaker: Julia Stone

14:36 - 14:48

Nocturnal melatonin secretion in post-treatment breast cancer patients: a preliminary study
Speaker: Harini Subramanian

14:48 - 15:00

The influence of travel and recovery inequality on game outcome in the National Basketball Association
Speaker: Josh Leota

15:00 - 15:12

Predicting subjective sleep quality using multi-day actigraphy data: A machine learning approach
Speaker: Chien-hui Tancy Kao

15:12 - 15:24

Rockabye sailor: investigating the impact of simulated motion on sleep and cognitive performance
Speaker: Raymond Matthews

Sleep difficulties and their treatment in developmental disorders: what do we know?
Room: Great Hall 2

14:00 - 15:30

Sleep difficulties and their treatment in developmental disorders: what do we know?
Description:
Attention-Deficit/Hyperactivity Disorder (ADHD) and autism are two of the most common disorders of development where children and adults present with sleep difficulties, while chromosomal disorders associated with developmental delay are frequently accompanied by sleep problems. There is a significant risk for often chronic sleep difficulties in these populations across the lifespan which include sleep onset delay, significant night waking, decreased total sleep, poor sleep efficiency and circadian sleep-wake problems.

This session offers an overview of our current knowledge and knowledge gaps on sleep in people with developmental disorders. It covers the most common sleep difficulties and disorders in people with ADHD, Angelman's Syndrome (AS), Prader-Willi Syndrome (PWS) and autism across research and clinical practice.

14:00 - 14:20

All you need to know about sleep in children, adolescents & adults with ADHD
Speaker: Emma Sciberras

14:20 - 14:40

Sleep problems in Chromosome 15 imprinting disorders
Speaker: Emma Baker

14:40 - 15:00

Sleep problems and autism: What do we know?
Speaker: Amanda Richdale

15:00 - 15:20

The primary and secondary benefits of behavioural sleep interventions for children with developmental disabilities
Speaker: Laurie McLay

15:20 - 15:30
Q & A

Interactive PSG analysis session - help the experts with some PSG dilemmas
Room: M1

14:00 - 15:30

Interactive PSG analysis session - help the experts with some PSG dilemmas
Description:
This session offers education, knowledge sharing and discussion of dilemmas or challenges with PSG analysis methods and interpretation. Sleep scientists, advanced trainees, and sleep physicians will all gain value from the interactive session, which offers forum to identify current challenges or gaps in rulesets or ambiguities in their interpretation.

14:00 - 14:30
Adult PSG - Sleep Analysis
Speaker: Kerri Melehan

14:30 - 15:00
Adult PSG - Respiratory Analysis
Speaker: Tom Churchward

15:00 - 15:30
Paediatric PSG - Sleep & Respiratory Analysis
Speaker: Rebecca Mihai

15:30 - 16:00

Afternoon Tea
Room:

16:00 - 17:30

Abstract Session: Sleep and breathing measurement and sleep and neurosciences
Room: M2

16:00 - 16:12

Automated vs expert manual analysis of the Multiple Sleep Latency Test
Speaker: Suzana Miseski

16:12 - 16:24

Respiratory event related oxygen desaturation is predictive of cardiovascular mortality in sleep apnoea patients
Speaker: Philip de Chazal

16:24 - 16:36

Genioglossus motor control following the return to sleep after brief arousal
Speaker: Amy Jordan

16:36 - 16:48

Lower mean oxygen saturation in sleep is associated with worse cognitive performance in subjects with obstructive sleep apnoea
Speaker: Thomas Georgeson

16:48 - 17:00

Differential effects of sleep deprivation and sleep restriction on error awareness
Speaker: Johanna Boardman

17:00 - 17:12

Sleep restriction impairs the ability to integrate multiple pieces of information into a decision
Speaker: Sean Drummond

17:12 - 17:24

The impact of including oxygen desaturations occurring during awake epochs on the oxygen desaturation index
Speaker: Carley Whenn

Non-invasive ventilation in progressive neuromuscular disorders
Room: M1

16:00 - 17:30

Non-invasive ventilation in progressive neuromuscular disorders
Description:
This session is of particular interest for clinicians, researchers and allied health practitioners involved in the management of ventilation of patients with neuromuscular weakness. This is

an evolving topic with new information generated regularly through research and new understanding of the physiology of these patients. There are also very variable practices across services on how non-invasive ventilation (NIV) is delivered. Four presentations on the latest research findings will be followed by a panel discussion including session chairs David Berlowitz and Andrea Loewen (who will join virtually from Alberta Canada).

16:00 - 16:15
Respiratory physiology in neuromuscular disease and implications for ventilation - are all NMD's the same?
Speaker: Nicole Sheers

16:15 - 16:30
"Home Ventilation" models of care
Speaker: Mark Howard

16:30 - 16:45
Use of polysomnography in decision making
Speaker: Liam Hannan

16:45 - 17:00
MND in clinical practice - case studies
Speaker: Amanda Piper

17:00 - 17:30
Panel Discussion
Speaker: Nicole Sheers, Mark Howard, Liam Hannan, Amanda Piper, David Berlowitz, Andrea Loewen

The Sleep Health Foundation's Great Debate *Session Sponsor: Radiometer* **Room**: *Great Hall 2*

16:00 - 17:30
Radiometer Sponsored Debate: The Sleep Health Foundation's Great Debate
Speaker: Gemma Paech, Jennifer Walsh, Elise Facer-Childs, Peter Eastwood, Raymond Matthews & Bradley Edwards
Description:
Topic of debate: "That COVID-19 has been good for sleep"

Introduction on behalf of SHF: Moira Junge

The Great Debate is a unique blend of science and entertainment and brings together many people across disciplines within the sleep field. From the young research assistant to the seasoned professor, all are united in laughter and a shared vision of what their sleep research or clinical practice brings to the world.

This year, the spotlight turns to the topic that has dominated the lives of the whole human

race - COVID-19. Tease out the good, the bad and the ugly of the pandemic's effect on sleep health with the trans-Tasman teams.

17:30 - 18:30

ANZSSA AGM
Room:

18:30 - 20:00

Early Career Researchers - Funding 101: ECR Funding opportunities in Australia and NZ
Room:

18:30 - 18:35
Introduction
Speaker: Denise O'Driscoll

18:35 - 18:55
Success by using a silver platter and making the reviewer nod along
Speaker: Rick Wassing

18:55 - 19:15
Brick by brick: the mixed funding experiences of an ECR building a portfolio
Speaker: Rosemary Gibson

19:15 - 19:35
Think outside the academic money box: funding your research from industry
Speaker: Tracey Sletten

19:35 - 20:00
Panel Q&A
Speaker: Rick Wassing, Rosemary Gibson, Tracey Sletten & Andrew Vakulin

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Program Schedule (All times in AEDT)

Wednesday, 13th October 2021 ⌄   [Go]

Wednesday 13th October 2021

08:30 - 10:00

Standardising reporting standards in insomnia RCTS
Room: M1

08:30 - 10:00

Standardizing reporting standards in insomnia RCTs
Speaker: Michael Perlis, Daniel J. Buysse, Michael Grandner, Hannah Scott, Alexandria Muench

Description:
The study of insomnia has come a long way in the past thirty years. Now, progress is being hampered because there are minimal to no reporting standards for insomnia RCTs. Although standards have been discussed in relation to assessment, there is little in the literature about how to go about standardising reporting on sleep continuity, questionnaires and statistics.

A discussion panel featuring international guests from the USA will outline and debate standards and recommendations to build upon existing work, and highlight what still needs to be done to ensure the success of behavioural sleep medicine well into the future.

That reversal of OSA is of benefit to the long-term control of paroxysmal atrial fibrillation *Session Sponsor: Bird Healthcare*
Room: M2

08:30 - 10:00

Bird Healthcare Sponsored Debate - That reversal of OSA is of benefit to the long-term control of paroxysmal atrial fibrillation
Speaker: John Kalman, Dominic Linz, Prashanthan Sanders, Rajeev Pathak

Description:
OSA affects 1 in 5 people and about 50% have cardiovascular disease burden. The most common cardiovascular co-morbidity is paroxysmal atrial fibrillation (AF) which is difficult to treat in untreated OSA patients. AF has been discussed among cardiologists to be the leading cause of morbidity and mortality from OSA. Many recent randomised controlled trials have recently brought attention to the overall AF burden that is created from OSA, as opposed to only development of AF. This session will help clinicians better understand OSA's impact on patients and how best to intervene to stop its effects.

09:00 - 09:45

Entoura Industry Symposium: Does medicinal cannabis work as a sleep aid? Clinical Trial Results
Room:

09:00 - 09:45

Does medicinal cannabis work as a sleep aid? Clinical Trial Results
Speaker: A/Prof Dr Karin Ried
Description:
This presentation will give an overview of a randomised cross-over double-blind placebo-controlled study where the aim was to assess the tolerability and effectiveness of a medicinal cannabis oil on sleep in adults with insomnia.
A summary of the findings to be presented include:
Entoura medicinal cannabis oil THC:CBD 10:15 was generally well tolerated, and was found to be effective in improving sleep, melatonin levels, and quality of life.

In particular, the trial concluded that the active group;
- Was significantly more satisfied with their sleep pattern, and their daily functioning.
- Had a significant increase in Melatonin levels at midnight, resulting in better sleep.
- Increased the nightly sleep length, and significantly improved light sleep, with a trend towards longer REM sleep.
- Comparing mood, the active group significantly felt more clear headed, and felt more tranquil after the intervention, than the placebo group.

3 Key Learning Objectives:
- How medicinal cannabis can be a suitable alternative for managing sleep disorders
- Potential side effects when using medicinal cannabis and how to manage them effectively
- Testing for biomarkers

10:00 - 11:40

Helen Bearpark Plenary - Sleep health in occupational settings: a view to the future
Room: Great Hall 2

10:00 - 11:30

Helen Bearpark Plenary Session - Sleep health in occupational settings: a view to the future
Description:
From around-the-clock patient care in hospitals, to overnight services in restaurants, to emergency response (and a global pandemic!), there is work to be done 24-hours a day. Join four of our emerging leaders in sleep research to explore how to improve sleep health and empower workers to enjoy better health throughout their working lives.

The chronic disease burden and economic costs of inadequate sleep experienced by shift workers are significant, but the good news is that sleep health may be improved by early intervention. We know that the early establishment of healthy sleep habits critically influences lifelong adherence. However, current sleep health initiatives, advocacy, and education for

workers are only just beginning. This session will discuss what we know so far about the relationship between sleep and work and provide a pathway for future research efforts.

10:00 - 10:10

New Investigator's Award and poster presentation prizes

10:10 - 10:30

Shift work, sleep and health: The first year of work as a new paramedic
Speaker: Amy Reynolds

10:30 - 10:50

Shifting towards healthy sleep practices for workers: what, why and how?
Speaker: Grace Vincent

10:50 - 11:10

Sleep and mental health interactions in new recruit emergency service personnel
Speaker: Alexander Wolkow

11:10 - 11:30

Influencing the sleep and circadian health of the next generation: opportunities and challenges
Speaker: Yu Sun Bin

11:30 - 11:40
Q & A

11:40 - 12:00

Morning Tea
Room: *Exhibition Hall*

12:00 - 13:30

Live paediatric scoring practice - interesting and challenging cases
Room: *M2*

12:00 - 13:30

Live Paediatric Scoring Practice - interesting and challenging cases
Description:
This is an interactive session on paediatric PSG analysis. Cases will be presented by clinical sleep fellows and scientists to illustrate challenges, discussing clinically interesting PSG as well as those where scoring has been difficult or where the PSG has provided valuable insights into diagnosis and therapy response.

12:00 - 12:15
Beyond the Numbers
Speaker: Dr Anne-Marie Adams

12:15 - 12:30

Awake and asleep? A curious case of control of breathing

Speaker: Dr Miriam Cameron

12:30 - 12:45

Apnoea scoring in infants

Speaker: Rebecca Mihai

12:45 - 13:00

Spike and wave complexes: Normal vs Abnormal

Speaker: Katrina Zaballa

13:00 - 13:15

Common Artefacts (Things that go bump in the night)

Speaker: Bruce Williamson

13:15 - 13:30

The art of scoring

Speaker: Dr John Wong

Sleep health of indigenous Australians: untapped opportunities to improve health outcomes
Room: M1

12:00 - 13:30

Sleep health of Indigenous Australians: Untapped opportunities to improve health outcomes

Description:

Four presenters provide the latest updates on sleep health and sleep health disparities in Indigenous Australian communities, highlighting the impact on cardiometabolic outcomes. They will share strategies for culturally-appropriate diagnosis and management of sleep issues and develop ideas for future research to promote sleep health in Indigenous communities. The speakers are four of the leading researchers in this field in Australia (including the Chair, Co-chair, and members of the ASA Indigenous Working Party).

12:00 - 12:20

The state of sleep health in First Nations Australians

Speaker: Sarah Blunden

12:20 - 12:40

Sleep and heart structure and function in First Nations Australians

Speaker: Stephanie Yiallorou

12:40 - 13:00

Culturally appropriate diagnosis of sleep disorders in Indigenous Australian Communities

Speaker: Subash Heraganahally

13:00 - 13:20

Sleep health service delivery in Indigenous Australian Communities
Speaker: Yaqoot Fatima

13:20 - 13:30

Q & A

Shifting out of neutral: challenges and new approaches to assessing fitness to drive
Room: Great Hall 2

12:00 - 13:30

Shifting out of neutral: challenges and new approaches to assessing fitness to drive
Description:
Many clinicians face difficult decisions when assessing fitness to drive in patients with sleep disorders and excessive daytime sleepiness (EDS). Current national guidelines around assessing fitness to drive in patients with sleep disorders are not clear cut and rely mainly on patient self-report, adding to the difficulty in making decisions around fitness to drive. This session discusses the pros and cons of assessing fitness to drive in clinical and will allow open discussion of how different clinical and research centres assess fitness to drive.

12:00 - 12:20

Case by case: the clinician's perspective on assessing fitness to drive
Speaker: Shyamala Pradeepan

12:20 - 12:40

Influence of sleep disorders on crash involvement
Speaker: Sjaan Koppel

12:40 - 13:00

Is your patient fit to drive? Simulated and naturalistic driving paradigms to assess sleep disorder patients
Speaker: Mark Howard

13:00 - 13:20

But I'm fine when I drive. Alternative ways of assessing performance in the clinical setting
Speaker: Gemma Paech

13:20 - 13:30

Panel Q & A

13:30 - 14:30

Lunch
Room: *Exhibition Hall*

14:30 - 16:00

Circadian disruption methods, modelling, measurement and mood
Room: *M2*

14:30 - 16:00

Circadian disruption methods, modelling, measurement and mood
Description:
The role of circadian rhythms, and the misalignment of our 'social' clocks (in terms of work, personal and medical disturbance) from our biologically ideal timing is an important facet of future inquiry into the relationship between sleep and physical and mental health.

This session covers cutting-edge research on circadian disruption from methods for measurement through new modelling approaches, applications in population settings and relevance for mood outcomes in our community. This holds importance for chronic disease endpoints from dementia through to cardiovascular disease.

14:30 - 14:50

A new method of measuring circadian light exposure and individual differences in the sensitivity to light
Speaker: Sean Cain

14:50 - 15:10

A novel modelling paradigm for understanding how individual differences in physiology contribute to circadian disruption
Speaker: Andrew Phillips

15:10 - 15:30

Circadian disruption in Australian populations
Speaker: Amy Reynolds

15:30 - 15:50

Rest-activity rhythms and anxious-depressive and somatic symptoms among adolescents in the community
Speaker: Jacob Crouse

15:50 - 16:00
Q & A

Sleeping to win: the impact of sleep and chronobiology on health and performance in athletes
Room: *M1*

14:30 - 16:00

Sleeping to win: the impact of sleep and chronobiology on health and performance in athletes

Description:

The target audience for this symposium is broad, including any individuals interested in sleep and chronobiology within an elite context i.e., sports, military, emergency personnel, or those who are active within the general population. The focus on health and performance outcomes will increase the relevance of this presentation across ASA and ASTA membership. In addition to academics, clinicians and researchers, this symposium could also be of interest to industry experts attending ASA.

The session is of relevance to a broad range of members, given the role that the circadian system and sleep plays on almost all physiological and behavioural function including sleep, waking performance, health and psychological wellbeing. Novel research, methodological challenges, future directions and expert experiences will be discussed.

14:30 - 14:35
Introduction
Speaker: Elise Facer-Childs

14:35 - 14:45
Stress and sleep in elite athletes prior to the Rio 2016 Games
Speaker: Shona Halson

14:45 - 14:55
The sleep of elite Australian rules footballers: A comparison of men and women
Speaker: Spencer Roberts

14:55 - 15:05
Examining the impact of sleep loss on muscle strength in females
Speaker: Olivia Knowles

15:05 - 15:15
Napping in athletes: what do we know and why does it matter?
Speaker: Grace Vincent

15:15 - 15:25
Associations between diet and sleep in elite Australian rules footballers
Speaker: Dominique Condo

15:25 - 15:35
Athlete clocks: the link between circadian phase, sleep and mental health
Speaker: Elise Facer-Childs

15:35 - 15:45
Sleep probability before and after matches during an entire home and away season in professional footballers

Speaker: Charli Sargent

15:45 - 16:00
Q & A, Panel Discussion

OSA and the brain: short-term and long-term neurological consequences in adults and children
Room: *Great Hall 2*

14:30 - 16:00
OSA and the brain: short-term and long-term neurological consequences in adults and children
Description:
1-6% of children have OSA while primary snoring too has health effects on children. In adults 1 in 5 people have OSA. One of the very common consequences to be crucially aware of is the gradual impact on cognition in both adults and children, with varying sleep breathing disorder severity and effects. International speakers and local experts in this session will break down the short term and long-term neurological consequences from OSA across the full age spectrum of OSA patients - from children to adults.

14:30 - 14:50
OSA and the brain - acute neurological consequences in the pediatric age group
Speaker: Rosemary Horne

14:50 - 15:10
OSA and the brain - long term neurological consequences in the pediatric age group
Speaker: Kurt Lushington

15:10 - 15:30
OSA and the brain - acute neurological consequences in adults
Speaker: Ina Djonlagic

15:30 - 15:50
OSA and the brain - long term neurological consequences in adults
Speaker: Andrew Varga

15:50 - 16:00
Q & A

16:00 - 16:30

Afternoon Tea
Room: *Exhibition Hall*

16:30 - 18:00

Advanced Trainee Presentations
Room: M2

16:30 - 16:39

Impact of supine REM AHI on diagnostic sleep studies for OSA
Speaker: Jack Callum

16:40 - 16:49

"My Fitbit tells me I don't sleep" - Validation of a consumer-wearable device (Fitbit Charge 3TM) using gold standard in-laboratory polysomnography to assess sleep in adults presenting for medical evaluation in a sleep laboratory
Speaker: Maitri Munsif

16:50 - 16:59

PROMISing questionnaires to measure sleep disturbance and impairment
Speaker: Anton Antonov

17:00 - 17:09

Anxiety and daytime sleepiness scores have a weak but statistically significant correlation with apnoea-hypopnoea index
Speaker: Julia Lachowicz

17:10 - 17:19

Association of sleep characteristics with low muscle strength: the Hypnolaus cohort study
Speaker: Ronaldo Piovezan

17:20 - 17:29

Sleep quality and fatigue in children and adolescents with multiple sclerosis
Speaker: Jessica Tran

17:30 - 17:39

The CF elephant in the adolescent room: a cross sectional study of sleep and mood in adolescents with cystic fibrosis
Speaker: Hiep Pham

17:40 - 17:49

Sleep quality and its impact on children with primary ciliary dyskinesia
Speaker: Isabelle Ewert

17:50 - 17:59

Hypersomnolence in children: the diagnostic dilemma
Speaker: Aveena Anantharajah

Challenges to sleep in infancy
Room: M1

16:30 - 18:00

Challenges to sleep in infancy

Description:

Join three international speakers and one local expert to explore the latest research on infant sleep.

Sleep develops rapidly during the first few years of life and is a highly dynamic process. The definition of what constitute "normal infant sleep" remains controversial, acknowledging that night wakings are common in the first 12 months of life. Additional factors can disrupt normal sleep development during infancy, including medical conditions such as sleep-disordered breathing, and environmental factors that prevent typical sleep consolidation.

16:30 - 16:50

Typical infant sleep development and what can go wrong

Speaker: Don Urquhart

16:50 - 17:10

Sleep in Infants and Toddlers with Down syndrome: looking beyond snoring

Speaker: Catherine Hill

17:10 - 17:30

Laryngomalacia and Sleep Disordered Breathing

Speaker: Hazel Evans

17:30 - 17:50

COVID-19 Sleeping Babies: evidence from two longitudinal investigations of infant auto-videosomnography metrics

Speaker: Michal Kahn

17:50 - 18:00

Panel questions

Medicinal cannabis for the treatment of sleep disorders - the current state of play in Australia *Session Sponsor: Zelira Therapeutics*
***Room**: Great Hall 2*

16:30 - 18:00

Medicinal cannabis for the treatment of sleep disorders - the current state of play in Australia

Description:

An overview of medicinal cannabis prescription rates, market supply and regulations will be included. A summary of the most widely studied and utilised cannabinoids will be provided and current evidence for the use of different cannabinoids for the treatment of sleep disorders including insomnia, obstructive sleep apnoea, nightmare disorder and restless legs syndrome will be presented.

Issues relating to the use of medicinal cannabis such as driving regulation and daytime performance will be discussed and the session concludes with an interactive discussion between the panel and audience.

16:30 - 16:45
Medicinal cannabis - phytochemistry & the Australian scene
Speaker: Justin Sinclair

16:45 - 17:05
Cannabinoids for the treatment of sleep disorders: What is the evidence?
Speaker: Jen Walsh

17:05 - 17:25
Medicinal cannabis: What do we know about intoxication and impairment?
Speaker: Danielle McCartney

17:25 - 17:40
Prescribing and accessing medicinal cannabis for treating sleep disorders in Australia
Speaker: Bandana Saini

17:40 - 18:00
Panel discussion