

SLEEP IN AOTEAROA 2023

PROGRAMME



THURSDAY & FRIDAY, JUNE 22-23

Main Common Room

University Union Building, 640 Cumberland St

University of Otago

OUR INDUSTRY EXHIBITORS:

**APEX MEDICAL, B MEDICAL, FISHER & PAYKEL HEALTHCARE, RESMED, CANNAPLUS,
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Wifi: UO_Guest

For further information, please contact
sleepinaotearoa@gmail.com

FEATURING



SESSION HIGHLIGHTS

KEYNOTE ADDRESS A/PROF SARAH-JANE PAINE

Sleep Health Equity in Aotearoa

Dr Sarah-Jane Paine (Tūhoe) is Growing Up in New Zealand's Research Director. She is an experienced Kaupapa Māori epidemiologist and has been involved in an extensive range of projects investigating ethnic inequities in health and the determinants of health across the life-course. Sarah-Jane is also a Senior Lecturer at Te Kupenga Hauora Māori, Faculty of Medical and Health Sciences, University of Auckland.



SYMPOSIA

- Approaches to understanding and improving sleep health equity
- Are screens actually bad for sleep in children?
- From wearables to driving simulators: research-based sleep tools
- Sleep better to feel good: the role of sleep in wellbeing



NEW INVESTIGATOR AWARDS

Eligible applicants will present their work conducted during their research training (up to and including PhD studies or equivalent).

Sponsored by Apex Medical and SIA, the award includes free registration to SDU_2023 and \$1000 towards travel costs.



CONFERENCE DINNER & AWARDS

7pm Thursday 22nd June

University of Otago Staff Club, Leith Walk
University of Otago Campus



INDUSTRY DISPLAYS

INDUSTRY DISPLAYS



PROGRAMME



DAY 1

THURSDAY 22ND JUNE 9:00 AM

REGISTRATION DESK OPENS 8:00AM

9:00 AM Conference Opening

Kā mihi ka mutukā

Acknowledgements to presenters' organisers and everyone in attendance

KEYNOTE ADDRESS

9:15 AM **Sleep Health Equity in Aotearoa**

Associate Professor Sarah-Jane Paine, University of Auckland

10:15 AM **MORNING TEA**

NEW INVESTIGATOR AWARDS Chair: Associate Professor Angela Campbell

10:45 AM **Later School Start Times and Sleep: Adolescents' Perspectives.** Hazel Smith (A1)

11:00 AM **Validation of Apnealink for home screening of Sleep Disordered Breathing in pregnant women during early gestation.** Frances Clements (A2)

11:15 AM **Exploring the Role of Mediators Between Sleep & Risky/Inattentive Driving in NZ Teens.** Claudia Ousset (A3)

11:30 AM **Prostate cancer and sleep: relationship with quality of life.** Wendy Ni (A4)

11:45 AM **Social and Cultural Practices of Sleep in Aotearoa New Zealand: A Scoping Review.** Isabelle Ross (A5)

12:00 PM **Development of the Perception of Infant and Toddler Sleep Scale (PoITSS) for whānau (families) with pēpi (infants) in Aotearoa New Zealand.** Lou Fangupo (A6)

12:15 PM **UPDATE Australia & New Zealand Sleep Scientists Association: Dr Nicole Verginis**

12:30 PM **LUNCH**

SYMPOSIUM 1 Chairs: Professor Leigh Signal & Associate Professor Sarah-Jane Paine

1:30 PM **Approaches to understanding and improving sleep health equity.**

Sarahmarie Kuroko, Justine Camp, Yaqoot Fatima (Fatima), Sally Baddock

FREE ABSTRACT SESSION 1

2:45 PM **A pilot evaluation of a telehealth-delivered intervention for improving the sleep of autistic children.** Monique Clarke (A7)

3:00 PM **Effects of activity breaks in the evening on subsequent sleep and physical activity in healthy adults: a randomized crossover trial.** Jennifer Gale (A8)

3:15 PM **AFTERNOON TEA**

SYMPOSIUM 2 Chair: Professor Rachael Taylor

3:45 PM **Are screens actually bad for sleep in children? Using the power of technology to answer this question properly.** Kim Meredith-Jones, Brad Brosnan, Rosie Jackson

4:45 PM **FINISH**

PROGRAMME



DAY 2

FRIDAY 23RD JUNE 8:45 AM

SYMPOSIUM 3 Chair: Professor Barbara Galland

8:45 AM **From wearables to driving simulators: research-based sleep tools**
Rachael Taylor, Angela Campbell, Barbara Galland, Vanessa Beanland

10:00 AM **MORNING TEA**

MEDICAL ASPECTS OF FITNESS TO DRIVE Chair: Dr Sonia Cherian

10:30 AM **Invited Presentation from Waka Kotahi**
Mark Pugin, Manager, Driver safety, and Catherine Knight, Product Advisor

FREE ABSTRACT SESSION 2 Chair: Dr Karyn O’Keeffe

11:00 AM **Risk factors for Sleepiness While Driving and Sleep-Related Accidents in a Clinical Population Referred for Suspected Obstructive Sleep Apnoea (OSA).** Paul Kelly (A9)

11:15 AM **Acute effects of combined cannabidiol (CBD) and Δ^9 -tetrahydrocannabinol (THC) in insomnia disorder: a randomised, placebo-controlled trial using high-density EEG.** Nathaniel Marshall (A10)

11:30 AM **UPDATE: Paediatric Clinical Sleep Guidelines Network: Professor Dawn Elder**

11:45 AM **ASA. Address from CEO, Marcia Balzer**

12:00 PM **LUNCH: Sponsored by Fisher & Paykel Healthcare**

SYMPOSIUM 4 Chair: Professor Rachael Taylor

1:00 PM **Sleep better to feel good: the role of sleep in wellbeing.**
Deidre Brown, Dee Muller, Lou Fangupo, Rosie Jackson

FREE ABSTRACT SESSION 3 Chair: Professor Sally Baddock

2:15 PM **The Health Effects of 72 Hours of Simulated Wind Turbine Infrasound: A Double-Blind Randomized Crossover Study in Noise-Sensitive, Healthy Adults.** Nathaniel Marshall (A11)

2:30 PM **Sleepier females in a clinical population referred for obstructive sleep apnoea are discharged at higher rates than males.** Chloe Flinn (A12)

2:45 PM **Comparison of the responsiveness of two oximeters on the same hand of a participant during an overnight sleep study – do oximeters respond in the same way regardless of skin type?** Teanau Roebuck (A13)

3:00 PM Conference Closing

Karakia Whakamutunga

Closing karakia



SYMPOSIA



1. APPROACHES TO UNDERSTANDING AND IMPROVING SLEEP HEALTH EQUITY

There are clear inequities between minority and dominant groups in Aotearoa and Australia across a range of health outcomes, including sleep health. For example, Māori children and adults in Aotearoa are more likely to have short and problematic sleep than their non-indigenous peers. Similarly, in Australia the prevalence of respiratory sleep disorders is higher in Indigenous children and adults than in non-Indigenous individuals. International literature also shows that transgender teens and young adults are more likely to report insomnia compared to cisgendered individuals of the same age. This symposium brings together experts in a wide range of areas relevant to sleep health equity and will cover novel approaches to identifying and understanding sleep health inequities, designing and conducting Indigenous sleep health interventions, and provide findings on sleep health equity by ethnicity and gender.

Speakers: *Sarahmarie Kuroko (1), Dr Justine Camp (2), Dr Yaqoot Fatima (Fatima) (3), Prof Sally Baddock (4)*

2. ARE SCREENS ACTUALLY BAD FOR SLEEP IN CHILDREN?

We have all heard that using screens prior to bed is bad for sleep. However, the vast majority of this research is based on questionnaires, which we believe cannot truly measure screen time in children, or have been conducted in laboratory-type settings, with potentially limit translation to real life. This symposium will review the current literature that has examined whether screens impact sleep in children, then show how children truly interact with their screens using wearable cameras – both photo and video – to measure screen time. Initial findings from our BED and DREAM studies which have used wearable cameras to measure screen time and actigraphy to measure sleep in children will be presented.

Speakers: *A/Prof Kim Meredith-Jones (2), Brad Brosnan (2), Rosie Jackson (2)*

3. FROM WEARABLES TO DRIVING SIMULATORS: RESEARCH-BASED SLEEP TOOLS

Measuring what happens before, during, and after sleep requires a range of measurement tools that can be study-specific, but also require a certain degree of confidence in having the right tool for the job. In this symposium, speakers will cover the usefulness of novel wearable devices for capturing pre-bedtime behaviours (wearable cameras) and measuring sleep (EEG headbands). Speakers in this symposium will also explore how a very traditional tool (rating sleep quality) links to objectively-measured sleep, and then look at a notorious (for all the wrong reasons) outcome of poor sleep, namely driver inattention and fatigue and a range of methods to assess these.

Speakers: *Prof Rachael Taylor (2), A/Prof Angela Campbell (5), Prof Barbara Galland (1), Dr Vanessa Beanland (6)*

4. SLEEP BETTER TO FEEL GOOD: THE ROLE OF SLEEP IN WELLBEING

We all know that we feel better after a good night's sleep but what does the research tell us? What is wellbeing and how do we best measure it? How do we assess wellbeing in children, particularly those who might be too young to verbalise it? And is it chicken or egg – does sleeping better make you feel good, or does feeling good make you sleep better? This symposium will outline current issues in measuring wellbeing, then talk about three recent studies in children from infancy to adolescence, that have evaluated the links between a good night's kip and feeling good.

Speakers: *A/Prof Deidre Brown (6), Dr Dee Muller (7), Lou Fangupo (2), Rosie Jackson (2)*

1. Department of Women's & Children's Health, University of Otago, Dunedin
2. Department of Medicine, University of Otago, Dunedin
3. Poche Centre for Indigenous Health, University of Queensland, Australia
4. Otago Polytechnic, Te Pūkenga, Dunedin
5. Department of Medicine, University of Otago, Wellington
6. Department of Psychology, University of Otago, Dunedin
7. Massey University, Wellington

