

Comprehensive

dental sleep medicine

A two-day
postgraduate
short course

Join international speaker

Fernanda Almeida

and a faculty of local experts for an update on the very latest in dental sleep medicine in conjunction with Sleep DownUnder, the premier sleep conference in the southern hemisphere.

This comprehensive survey of the latest in research findings and clinical practice in dental sleep medicine is an opportunity to learn from others practising in dental sleep medicine, and connect with experts in the field from Australia, New Zealand and beyond.



8-9 November 2023 • Adelaide Convention Centre



**DENTAL
SLEEP
MEDICINE**

Sponsored by



who?

This two-day short course is for dentists or other oral health professionals of all experience levels (beginner through to advanced), who have completed an introduction to dental sleep medicine course, or clinicians experienced in dental sleep medicine who wish to expand or refresh their knowledge in more broad sleep medicine concepts and complex cases.

course aims

- Provide learning opportunities for dentists and oral health practitioners with a variety of knowledge levels and backgrounds from beginners to more advanced clinicians
- Provide detailed learning on normal sleep, chronobiology and circadian rhythms, healthy sleep practices
- Educate on other sleep disorders, their diagnostic pathways, treatments and impact they may have particularly on treatment for sleep disordered breathing and oral appliance therapy outcomes
- Provide evidence-based conclusions on the detrimental outcomes of untreated sleep disordered breathing and poor sleep
- Educate on combination therapy treatment for obstructive sleep apnoea and sleep disordered breathing, particularly focused around oral appliance therapy

- Educate on bruxism, temporomandibular dysfunction and orofacial pain and how they relate to sleep disorders
- Educate on paediatric sleep disordered breathing, treatment options, orthodontic considerations
- Discuss complex cases in dental sleep medicine and oral appliance therapy
- Educate and provide expert discussion on how to prevent, mitigate and manage side effects related to oral appliance therapy
- Provide a comprehensive knowledge base to start the **Fellow of Dental Sleep Medicine certification program**

cost

This short course is only available to people attending in person at the Adelaide Convention Centre, and registration includes morning and afternoon teas, lunch, and attendance at the Sleep DownUnder welcome reception in the exhibition hall at 6pm on Wednesday 8 November.

Registration fees include GST.

Australasian Sleep Association members early bird (before 22 September)	\$950
Non-members early bird (before 22 September)	\$1150
Members standard	\$1250
Non-members standard	\$1650



REGISTER NOW

<http://bit.ly/DSMSDU2023>

www.sleepdownunder.com/registration/register-now

Attendees will receive 14 CPD Credits



sleep.org.au



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T +61 2 9920 1968 E conference@sleep.org.au

Wednesday 8 November

- 8:30 am** Welcome and introductions
- 8:45** Normal sleep and healthy sleep practices *Dr Jennifer Walsh*
- 9:15** Sleep chronobiology – introduction to circadian rhythms
A/Prof. Andrew Phillips
- 9:45** A brief history of obstructive sleep apnoea, dental sleep medicine and the public health impacts *Dr Rob Shea*
- 10:15** Morning tea
- 10:40** Sleep studies and the latest in sleep measurement *Dr Marcus McMahon*
- 11:15** Sleep disordered breathing and the obstructive sleep apnoea spectrum
Dr David Cunnington
- 12.00 pm** Health and quality of life consequences of sleep disordered breathing
Dr Julia Chapman
- 12:30** Lunch
- 1:15** Phenotyping and treatment selection for sleep disordered breathing
Prof. Danny Eckert
- 1:45** CPAP therapy in clinical practice
Dr Claire Ellender
- 2:15** Oral appliance therapy for obstructive sleep apnoea *Prof. Fernanda Almeida*
- 2:45** Management of obstructive sleep apnoea – positional therapies, weight loss, other therapies
A/Prof. Darren Mansfield
- 3:15** Afternoon tea
- 3:40** Surgical management of sleep disordered breathing from an ENT perspective *Dr Nicholas Phillips*
- 4:20** Surgical management of sleep disordered breathing and temporomandibular disorders from a maxillofacial perspective
Dr Krishnan Parthasarathi
- 5:00** Close
- 6:00 pm** Sleep DownUnder welcome reception – all delegates welcome to attend

program

Thursday 9 November

- 8:30am** Insomnia, COMISA and Cognitive Behavioural Therapy for Insomnia
Dr Alexander Sweetman
- 9:00** Temporomandibular disorders, orofacial pain and sleep
A/Prof. Robert Delcanho
- 9:30** Paediatric obstructive sleep apnoea
A/Prof. Jasneek Chawla
- 10:30** Morning tea
- 10:45** Craniofacial development, orthodontics and obstructive sleep apnoea
Prof. Fernanda Almeida
- 11:15** The latest research on mandibular advancement splints
A/Prof. Andrew Chan
- 11:45** Oral appliance therapy for obstructive sleep apnoea – setting up for success
Prof. Fernanda Almeida
Dr Harry Ball
- 12:45pm** Lunch
- 1:30** Sleep bruxism
Dr Karen McCloy
- 2:15** Non-respiratory sleep disorders
Prof. Brendon Yee
- 2:45** Mandibular advancement splints – designs and features
Dr Adam Teo
- 3:15** Afternoon tea
- 3:30** What about drastic bite changes? A deep dive into the management of side effects associated with oral appliance therapy
Dr Michelle Donegan
- 4:15** Complex case presentations and general question time
Prof. Fernanda Almeida
Dr Anam Khan
Dr Adam Teo
Dr Harry Ball
Dr Rob Shea
- 5:00 pm** Close



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presenters



International speaker

Fernanda Almeida holds a dental degree and master's focused on dental sleep medicine from Brazil, and a PhD in dental sleep medicine from the University of British Columbia (Canada). She is currently an Associate Professor at UBC. She teaches dental radiology for undergraduate students, obstructive sleep apnoea for dental hygiene, DMD, graduate orthodontic and prosthodontic students, and her own graduate students

(MSc, Ph.D., and post-doctoral fellows). Fernanda's research focuses on the role of dentistry in the field of sleep medicine and obstructive sleep apnoea.

Her current studies involve the assessment of children related to craniofacial form and obstructive sleep apnoea. For the adult population, her studies focus on the effectiveness of mandibular advancement splints and the identification of the elements of integrated care that are central to providing patient-centred medicine.



Dr Harry Ball
Founding Director,
SleepWise Clinic



Dr Julia Chapman
Postdoctoral Research Fellow,
Woolcock Institute of Medical
Research



A/Prof Andrew Chan
Consultant Respiratory and
Sleep Medicine Physician, Royal
North Shore Hospital, Sydney



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A/Prof Jasneek Chawla
Paediatric Respiratory and
Sleep Medicine Physician,
Queensland Children's Hospital



Dr David Cunnington
Specialist Sleep Physician,
Sunshine Coast



A/Prof Robert Delcanho
University of Western Australia



Prof Danny Eckert
Director of the Adelaide
Institute for Sleep Health,
Flinders University



Dr Claire Ellender
Respiratory and Sleep
Physician, Princess Alexandra
Hospital, Brisbane



Dr Anam Khan
Dentist, Perth



Dr Marcus McMahon
Sleep and Respiratory
Physician, Melbourne



A/Prof Darren Mansfield
Sleep and Respiratory
Physician, Monash Sleep
Service, Melbourne



Dr Karen McCloy
Dentist, Caboolture
Queensland



A/Prof Andrew Phillips
Turner Institute for Brain
and Mental Health,
Monash University



Dr Nicholas Phillips
Otolaryngology Head
and Neck Surgeon



Dr Rob Shea
Dentist, Adelaide



Dr Alexander Sweetman
Program Manager, Australasian
Sleep Association



Dr Adam Teo
Principal Dentist, Queensland
Dental Sleep Therapy



Dr Jennifer Walsh
Director, Centre for Sleep
Science, University of Western
Australia



Prof Brendon Yee
Respiratory and Sleep
Physician, Royal Prince Alfred
Hospital, Sydney



Dr Michelle Donegan
Dentist



Dr Krishnan Parthasarathi
Oral and Maxillofacial Surgeon,
Sydney