On behalf of the Australasian Sleep Association and the Australasian Sleep Technologists Association, we welcome you to the 25th Annual Scientific Meeting in Brisbane.

I would like to thank our presenters for all their efforts to make the conference a success, with special thanks to our international speakers Fernanda Almeida, Ed Weaver, Raphael Heinzer and Charles Morin.

I would also like to thank all our sponsors and exhibitors, without whom it would not be possible to hold such a comprehensive meeting in such a great venue. I would ask you to recognise this contribution by ensuring you take the time to visit the stands and speak to the many exhibitors. This is the 25th ASA/ASTA meeting, a testament to the vibrant and productive sleep - community in Australasia.

Planning is already underway for the meeting next year in Perth, 9-11 October 2014, so please put the dates in your diary now and we hope to see you there.

I trust that you will enjoy the meeting and the excellent programme that has been put together.

Maree Barnes
Chair, Conference Committee

Future MEETINGS

Sleep DownUnder 2014 : Sleep Frontiers
23-25 October 2014, Hobart, TAS

Sleep DownUnder 2015
22-24 October 2015, Melbourne, VIC
Conference COMMITTEE 2013

Chairman: Maree Barnes
Members: Amanda Piper, Brendon Yee, Carolyn Dakin, Clare Anderson, David Cunnington, Davina Lovegrove, Denise O’Driscoll, Fergal O’Donoghue, Honey Heussler, James Douglas, Joachim Ngiam, Keith Burgess, Kristina Kairatis, Leon Lack, Melinda Jackson, Murray Johns, Peter Catcheside, Philip King, Sarah Biggs, Siobhan Banks, Stuart Mackay, Sue Cranage, Teanau Roebuck, Tom Churchward

Conference Secretariat: Stephanie Blower, Helen Burdette, Gaurika Bhalla, Mischka Yates

Australasian Sleep Association
ABN 51 138 032 014
114/30 Campbell Street, Blacktown NSW 2148
Phone: +61 (0)2 9920 1968  Email: conference@sleep.org.au
LIABILITY
In the event of industrial disruptions or service provider failures, neither Australasian Sleep Association (ASA), Australasian Sleep Technologists Association (ASTA) or Organising Committee members accept any responsibility for losses or injury incurred by delegates and partners.

Participation in the Industry Exhibition does not imply any endorsement or approval by ASA or ASTA and they take no responsibility in relation to the displays, products, representations or promotional material of the participants. Neither ASA nor ASTA has assessed, endorsed any display, representation or promotional material.

ENTRANCE TO SESSIONS
Your conference name badge is your official pass to Welcome Drinks, all sessions, the Industry Exhibition and catering areas. You are asked to wear these at all times during the meeting.

MOBILE PHONES
Please ensure that all mobile phones and pagers are switched off or set to silent mode during sessions.

PHOTOGRAPHS AND VIDEO RECORDING
You are kindly asked NOT to photograph or video record any of the presentations.

INTERNET ACCESS
Wireless Internet Access is available at the Brisbane Convention Centre. Access details can be found on the notice board, the conference app or near the Registration Desk.

NOTICE BOARD
Messages and programme changes will be posted on the notice board near the registration desk and Conference App.

No announcements will be made during sessions unless absolutely necessary. Please check the notice board at regular intervals.

CONFERENCE APP
We have created a mobile web app for Sleep DownUnder 2013. The app will allow you to use your smartphone or tablet onsite to easily:

- Access session details
- View speaker bios
- Take notes on sessions
- See other attendees at the event
- Access sponsor and exhibitor details
- Evaluate sessions
- Receive news alerts

Scan the code using your smartphone QR Reader to be instantly directed to the conference web app.

To access the app on your smartphone, tablet, or computer simply enter sdu2013.mobi into the address bar of your device’s browser, be careful not to put it in the Google search box!

You can add the link as a bookmark or an icon to your home screen on your smartphone or tablet for easy access anytime you need it.

If you’re using an iPhone/iPad simply press the + or the box with arrow at the bottom of your screen and select add icon to home screen or follow the prompts on your smartphone.

SPEAKER PREPARATION AREA
Speaker Presentation Centre, M10, Mezzanine Level
All speakers must report to the Speaker Preparation area where a technician will be available to assist presenters to load their presentations. Speakers are required to load their presentations at least three hours prior to their session. For morning sessions this can be done the day before. Early check in ensures the presentations run smoothly.

Opening Hours:
- Wednesday 10 October: 4:00pm to 6:00pm
- Thursday 11 October: 8:00am to 5:00pm
- Friday 12 October: 8:00am to 5:00pm
- Saturday 13 October: 8:00am to 5:00pm
POSTERS
Poster authors should stand by their posters during the poster viewing sessions. Posters should be left up for the full duration of the meeting, and must not be taken down prior to the end of afternoon tea on Saturday 19 October. Posters removed prior to this time WILL NOT be considered for Poster Prizes.

EARLY CAREER RESEARCHER SEMINAR
Wednesday 16 October 2013, 4:00pm
The Early Career Researcher Seminar will provide information on “Getting Published” to all ECRs from doctoral students to post doctoral fellows working in sleep research and sleep medicine. This year’s seminar will provide ECRs with advice from a panel of experts and mentors, on how to target journals, prepare manuscripts for publication and prepare responses to peer review. If you are an ECR, information in this seminar will be an important step toward getting your work published in the best journal. The seminar is free and open to all ECRs and Trainees attending ASM.

LUNCH TIME MEETINGS
Delegates are encouraged to pick up lunch and take this into the meeting rooms to maximize time available for discussion during the meetings. You are kindly asked to return plates and cutlery to the catering stations at the end of your meeting.

INDUSTRY SYMPOSIUM
Friday 18th October 2013 at 5:30pm – Brought to you by Philips Respironics
Patient Outcomes - Are we investing at the right end of the SDB pathway? Are we maximising healthcare expenditure?
Speakers: Professor David Hillman, Dr Mark Aloia, Dr Andrew Thornton, Dr Mark Howard
There is no charge but bookings are essential if you are not already booked please go to the Philips Respironics stand in the exhibition area.

BREAKFAST MEETINGS
All Breakfast Sessions will be held in the Convention Centre (see programme for details).
Entry will be by ticket only. Enquiries should be made to the Registration Desk if you have not already booked to check availability.

Breakfast Topics:
- How do I know whether my patient is receiving the best oral appliance treatment? – Thursday, 7:00 am ($60.00)
- Sleep Service Accreditation Information Session – Thursday, 7:00am (no charge)
- Sleep Disorders and Insulin Resistance– Friday, 7:00am ($60)
- Statistics for Clinicians and Researchers – Clinical Trial Registration and Repeated Measures Analysis – Friday, 7:00am ($60)
- How to match patients to the operation? – Saturday, 7:00am ($60)
- Combining Medication for Insomnia with CBT: When is Medication Needed and When should it be Discontinued – Saturday, 7:00am ($60)

GALA DINNER
The Gala Dinner will be held on Saturday 19th October, 7pm for 7.30pm in Plaza Ballroom, Brisbane Convention & Exhibition Centre.
Dress Code: Jacket and bow tie for the men, evening dress and tiara for the ladies to celebrate the Silver Anniversary.
If you forgot to pack your tiara or bow tie these can be purchased from the Registration Desk, in aid of the Helen Bearpark Memorial Scholarship
If you do not plan to attend the Dinner, it would be appreciated if you would return your ticket to the Conference Secretariat. These tickets will be made available to those who wish to attend and have been unable to obtain a ticket.
Trade Exhibitors

B1 Breathing and Medical
B2 Sleep Health Foundation
B3 Temple Health Care
B4 Mortara
B5 Compumedics Ltd
B6 SomnoMed
B7 LMT Surgical
B8 Bio CSL
B9 Bio CSL
B10 DeVilbiss
B20 Bmedical
B21 Bmedical
B22 Bmedical (Theravent)
B23 BOC Health Care
B24 Aspen Pharma
B25 Air Liquide Healthcare
B26 Air Liquide Healthcare
B27 Philips
B28 ResMed
B29 Fisher & Paykel Healthcare
B30 My Transcend
Wisp – performance has a new style

We asked clinicians, homecare providers and patients around the world how we could improve their experience.

Clinicians wanted us to resolve the trade-off between nasal and pillows masks, homecare providers wanted a solution that could reduce operational complexity by getting more patients served from the one package, and patients wanted a better overall mask experience that improved their quality of sleep and lifestyle.

We put it all together and our solution is Wisp.

For more information please visit www.philips.com/respironics
Wednesday, 16 October 2013

Registration Desk Open  4:00 - 7:00pm
Early Career Researcher Seminar – Plaza P9  4:00pm
ASTA Annual General Meeting – Plaza P11  5:00pm
Welcome Drinks – Mezzanine Concourse  6:00pm

Thursday, 17 October 2013

Fun Run – Start near the Giant Ferris Wheel  6:30am
Breakfast Session 1: How do I know whether my patient is receiving the best oral appliance treatment? Meeting Room M2 • Must be pre-booked
ASA NATA – Establishing Quality Systems in a Sleep Service Meeting Room M3 • No charge but pre-booking essential
Conference Welcome: Great Hall, Door 6  8:15am
Plenary 1: Quality and practice issues in 2013: how gold is our standard, on our silver anniversary? Great Hall, Door 6
Morning Tea  10:00am
New Investigator Presentations Plenary I Great Hall, Door 6  10:30am
Lunch  12:00pm
Special Interest Group Meetings: 12:30pm
  Dental Orofacial Meeting Room M2
  Neurology Meeting Room M3
  Insomnia & Sleep Health Great Hall, Door 6
  Occupational Health, Safety and Performance Great Hall, Door 8
Concurrent Year in Review Sessions  1:30pm
  1 Sleep and Breathing Year in Review Great Hall, Door 6
  2 Physiology & Measurement Year in Review Meeting Room M2
  3 Paediatric Year in Review Great Hall, Door 8
  4 Insomnia, Sleep Health, Chronobiology Year in Review Meeting Room M3
  5 Dental & Orofacial Year in Review Meeting Room M1
Afternoon Tea  2:30pm
Concurrent Symposia  3:00pm
  1 The EEG – research and clinical measures and applications – Great Hall, Door 6
  2 Sleep in Extreme Environments – Great Hall, Door 8
  3 Sleep & Alertness Management – Meeting Room M3
  4 Clinical Update - The Dark Side of Dental Devices – Meeting Room M1
Annual General Meeting – Great Hall, Door 6 Australasian Sleep Association  4:30pm
Annual General Meeting – Great Hall, Door 6 Sleep Health Foundation  5:30pm

Friday, 18 October 2013

Breakfast Session 2: Sleep disorders and insulin resistance – Meeting Room M1 • Must be pre-booked
Breakfast Session 3: Statistics for Clinicians and Researchers: Clinical Trial Registration Repeated Measure Analysis Meeting Room M1 • Must be pre-booked
Plenary 2: Cognitive Behavioural Therapy for Insomnia Disorder: An overview of the evidence base and state of the science – Great Hall, Door 6
Morning Tea  10:00am
Poster Sessions Poster Viewing | Great Hall, Door 1  10:30am
Concurrent Poster Presentations 11:30am
  Insomnia and Sleep Health in Adults and Children – Great Hall, Door 8
  Sleep Health in Children – Meeting Room M1
  Sleep Measurements in Adults – Meeting Room M3
  Pathophysiology of Sleep Disordered Breathing – Meeting Room M2
  CPAP treatment of Sleep Disordered Breathing – Great Hall, Door 6
Lunch  12:30pm
Special Interest Group Meetings: 1:00pm
  Respiratory Meeting Room M3
  Chronobiology Meeting Room M2
  Paediatrics Meeting Room M1
Concurrent Plenary 3 2:00pm
  3a Autonomic Function dysregulation with sleep disturbance – Great Hall, Door 6
  3b The 3As – sleep problems in ADHD, Autism and Adolescents – Great Hall, Door 8
Afternoon Tea  3:30pm
Concurrent Symposia  4:00pm
  5 New ambulatory management pathways for adult sleep apnoea – Do we need them? Are they effective? And what can we learn from other disciplines? – Great Hall, Door 6
  6 Treatment of Circadian Disorders in Adults and Adolescents – Great Hall, Door 8
Philips Respironics Symposium 5:30pm
  Patient Outcomes – Are we investing at the right end of SDB pathway? Are we maximising health care expenditure? – Meeting Room M3

Saturday, 19 October 2013

Breakfast Session 4: How to match patients to the operation? – Meeting Room M1 • Must be pre-booked
Breakfast Session 5: Epidemiology of Insomnia: Natural history, risk factors and burden of chronic insomnia – Meeting Room M2 • Must be pre-booked
Poster Session Poster Viewing | Great Hall, Door 1  8:30am
### Concurrent Poster Presentations

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Location</th>
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<tbody>
<tr>
<td>9:30am</td>
<td>Management of Sleep Disordered Breathing in Children</td>
<td>Great Hall, Door 6</td>
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<tr>
<td></td>
<td>Sleep Measurement in Adults and Children</td>
<td>Meeting Room M3</td>
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<td>Treatment of Sleep Disorders</td>
<td>Meeting Room M2</td>
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<td></td>
<td>Chronobiology and Sleep Health</td>
<td>Meeting Room M1</td>
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<td>Clinical Management of Sleep Disordered Breathing in Adults</td>
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<tr>
<td>Morning Tea</td>
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### Concurrent Symposia

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<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Location</th>
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<tbody>
<tr>
<td>11:00am</td>
<td>The impact of maternal sleep on foetal outcomes</td>
<td>Meeting Room M2</td>
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<tr>
<td></td>
<td>Sam Robinson Memorial Symposium</td>
<td>Great Hall, Door 6</td>
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<tr>
<td></td>
<td>The Role of Reconstructive Surgery in Adult OSA</td>
<td>Meeting Room M1</td>
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<td>Sleep basics, psychiatry and psychology</td>
<td>Meeting Room M1</td>
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<td>Drug Effects on Sleep and Breathing</td>
<td>Meeting Room M3</td>
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<tr>
<td></td>
<td>Clinical Update - Alternatives to PSG in children - real world experiences</td>
<td>Great Hall, Door 8</td>
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</tbody>
</table>

### Lunch

12:30pm | Research Committee Session – Strengthening the Future of Australian and New Zealand Sleep Research – Concurrent Meeting Room M1

### Concurrent Oral Presentations

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>2:00pm</td>
<td>Chronobiology, Insomnia and Sleep Health</td>
<td>Meeting Room M1</td>
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<tr>
<td></td>
<td>Non CPAP Treatment of OSA in Adults and Children</td>
<td>Meeting Room M2</td>
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<td></td>
<td>Paediatrics – Meeting Room M3</td>
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<tr>
<td></td>
<td>Sleep and Breathing Measurement – Great Hall, Door 8</td>
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<tr>
<td></td>
<td>Sleep and Breathing Clinical – Great Hall, Door 6</td>
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</tbody>
</table>

### Afternoon Tea

3:00pm | Plenary 4 – Helen Bearpark Memorial Session
|       | Sleep Medicine and Sleep Services in Australasia - Past, Present and Future – Great Hall, Door 6

### Conference Conclusion

5:15pm | Gala Conference Dinner – Plaza Ballroom
7:00pm |
invited international speakers

Dr. Charles Morin

Charles M. Morin, PhD, is Professor of Psychology and Director of the Sleep Research Center at Université Laval in Quebec City, Canada. He holds a Canada Research Chair on sleep disorders and is past President of the Canadian Sleep Society and Clinical section of the Canadian Psychological Association. He is a Deputy Editor for the journal SLEEP and Associate Editor for Behavioral Sleep Medicine. He serves on several advisory boards including the World Association of Sleep Medicine (Member-at-large), Society of Behavioral Sleep Medicine (Board of Directors) and the American Psychiatric Association (Work group revising sleep disorders diagnostic criteria for DSM-V). Professor Morin has published six books and over 200 articles and chapters on insomnia with a primary focus on psychological and behavioral approaches to treating insomnia.

Dr Raphael Heinzer

Raphael Heinzer is the Medical Director of the Centre for Investigation and Research in Sleep and senior lecturer at University of Lausanne, Switzerland. In parallel with training in internal medicine and pulmonology, Dr. Heinzer began his specialization in sleep medicine in 1996 at the Stanford Sleep Clinic with Professor Guilleminault. He then had the opportunity to work with Prof. Jacques Montplaisir in Montreal and from 2003 to 2005 with Prof. David White at Harvard University. Returning to Switzerland in 2006, he opened the Centre for Investigation and Research in Sleep with Prof Mehdi Tafti at the University of Lausanne. His main research interests are sleep-disordered breathing, sleep in extreme conditions (high altitude, solo sailor, long-term solo flights) and the epidemiology of sleep disorders through the HypnoLaus Sleep Cohort. This population based cohort is one of the largest in this field including data on sleep, metabolic, cardiovascular and genetic characteristics of more than 5,000 individuals.

Professor Chris O’Donnell

Chris O’Donnell received his undergraduate training at the University of Otago, New Zealand, graduating with First Class Honors in Physiology. After continuing his education and training at Cambridge University and the University of California, San Francisco, his first faculty appointment was at Johns Hopkins Medical School before joining the University of Pittsburgh in 2004. He is currently a Professor of Medicine in the Division of Pulmonary, Allergy, and Critical Care Medicine as well as a Professor of Cell Biology and Physiology. He has been funded by the NIH since 1996 and is past Chairman of the NIH Respiratory Integrative Biology and Translational Research (RIBT) study section and recently completed terms as Associate Editor of the journals Obesity and Journal of Applied Physiology. Professor O’Donnell’s research interests are in the pathophysiology of sleep apnea and its relationship to metabolic and cardiovascular dysfunction. He is currently studying the effect of intermittent hypoxia on cardiac function as well as the impact of heart failure on sleep and breathing. His metabolic focus is on the how varying regimens and durations of hypoxia affect insulin sensitivity.

CONTINUED OVER PAGE
Dr. Fernanda Almeida

Fernanda Almeida, Assistant Professor at University of British Columbia (UBC). She has recently been awarded the WW Wood Teaching Award for her outstanding contributions to the educational progress of the undergraduate dental students at UBC. Dr. Almeida received her Doctorate (PhD) at UBC, both in the field of Dental Sleep Medicine. She also sees patients in a private practice restricted to the treatment of sleep disordered breathing. She has received the Pierre Robin Award from the American Academy of Dental Sleep Medicine (2011) and the Meier-Ewert Award from the German Dental Sleep Society (2012) for significant, original and sustained contributions evidenced by publications, and academic appointments and other efforts in the field of Dental Sleep Medicine. Dr. Almeida is currently the chair of the steering committee for a new initiative in dental sleep medicine: the Oral Appliance Network for Global Effectiveness (ORANGE Registry). This is a group of international expert researchers from 9 countries (14 centers) compiling long-term data on oral appliance therapy. She is also an associate editor for the journal Sleep & Breathing and is on the board of the Journal of Clinical Sleep Medicine.

Dr. Paul Macey

Paul Macey is an Assistant Professor in Residence at the UCLA School of Nursing. He completed his Ph.D. in Electrical Engineering at the University of Canterbury, New Zealand, where he studied breathing and temperature in infants. His postdoctoral training was at UCLA in the Department of Neurobiology, where, using neuroimaging, he investigated brain function and structure in children and adults with sleep-disordered breathing. He is known for his work demonstrating brain changes in obstructive sleep apnea (OSA), and linking these changes to physical and psychological symptoms in the sleep disorder. Dr. Macey is currently investigating sex variations in OSA-related brain injury, including changes that affect autonomic regulation, and how such changes develop over time. The aim is to understand both the causes and consequences of brain changes in OSA, and how best to treat patients with the sleep condition. In addition to his faculty roles, Dr. Macey is Associated Dean for Information Technology and Innovations, and Chief Innovation Officer in the UCLA School of Nursing.

Professor Ed Weaver, MD

Ed Weaver is a Professor of Otolaryngology and the Chief of Sleep Surgery at the University of Washington, Seattle, Washington, U.S.A. He obtained his medical degree and completed his Otolaryngology Residency at Yale University. After obtaining a Masters degree in Public Health (Health Services Research), Prof Weaver completed a Clinical Research Fellowship at the University of Washington. He is one of the few ENT surgeons to have U.S. board certification in both otorlaryngology/ head & neck surgery and in sleep medicine.

Professor Weaver is the Surgical Program Director of the University of Washington Sleep Disorders Center, the Associate Director of the University of Washington Comparative Effectiveness, Cost and Outcomes Research Center, the Chair of the Sleep Disorders Committee, American Academy of Otolaryngology - Head and Neck Surgery and the Chair of the Outcomes Research and Evidence-Based Medicine Subcommittee, American Academy of Otolaryngology – Head and Neck Surgery. In addition to leading an active clinical research program studying sleep apnoea, he is involved internationally in policy, research, and clinical activities in sleep surgery. Prof Weaver attended the 2011 ASA meeting and was very well-received by both ENT surgeons and sleep physicians.
Oral Sleep Medicine
7th Annual Course

IN THE
JAWS
OF TIME

Perth Convention & Exhibition Centre
6-8 October 2014

Offered by the
Australasian Sleep Association

www.sleep.org.au
Programme Wednesday-Thursday

**Wednesday 16 October 2013**

**NATA Technical Assessors Workshop**
Plaza P9
9:00am - 4:00pm

**Postgraduate Course 1:**
Management of Non-Respiratory Sleep Disorders
SPONSORED BY BIO CSL
Plaza P10
9:30am - 5:00pm

**Postgraduate Course 2:**
Sleep Medicine – A Clinical Update
MAJOR SPONSOR: RESMED
MINOR SPONSOR: BIO CSL
Plaza P11
9:00am - 4:00pm

**Registration Desk Open**
Plaza P9
4:00pm - 7:00pm

**Early Career Researcher Seminar**
4:00pm - 5:30pm
Plaza P9

**ASTA Annual General Meeting**
5:00pm - 6:00pm
Plaza P11

**Welcome Drinks**
SPONSORED BY MY TRANSCEND
Mezzanine Concourse
6:00pm

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**Thursday 17 October 2013**

**Fun Run**
SPONSORED BY COMPUMEDICS
6:30am
Start near the Giant Ferris Wheel, Southbank.
3km, 6km & 9km options available

**Breakfast Session 1:**
7:00am - 8:15am
How do I know whether my patient is receiving the best oral appliance treatment?
Cost $60 – Pre-booking essential
SPONSORED BY SOMNOMED
Meeting Room M2
Fernanda Almeida

**ASA NATA:** Establishing Quality Systems in a Sleep Service
Meeting Room M3. No charge but booking is essential. Coffee and muffins will be provided.
John Wheatley, Nick Antic
7:00am - 8:15am

**Welcome and Conference Opening**
8:15am - 8:30am
Great Hall, Door 6
Shanitha Rajaratnam and Brett Duce

**Quality and practice issues in 2013: how gold is our standard, on our silver anniversary?**
Plenary Great Hall, Door 6
8:30am - 10:00am
Chair: Teanau Roebuck, Brett Duce

**001 Which numbers do you want? Scoring and OSA prevalence**
Raphael Heinzner
8:30am

**002 Once we’ve got the numbers, what do we think they mean?**
Andrew Thornton
8:55am

**003 Different methods of collecting numbers - Limited Studies, US perspective**
Sharon Keenan
9:15am

**004 Are these new numbers the same as the old numbers?**
Peter Rochford
9:35am

**Morning Tea**
10:00am – 10:30am

**New investigator presentations**
Plenary Great Hall, Door 6
Chair: Danny Eckert
10:30am - 12:00pm

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**Selected from submitted abstracts**

**010 Cortical response to threshold resistive loads in severe obstructive sleep apnoea**
Warren Rueland, Peter Rochford, Kate Webster, John Trinder, Fergal O’Donoghue
11:45am

**007 The effects of ‘catch-up’ sleep on insulin sensitivity in men with lifestyle driven, chronic, intermittent sleep restriction**
Roo Killick, Camilla Hoyos, Kerri Melehan, George Dunang, Jonathon Poh, Peter Liu
11:15am

**008 The effects of textile fabrics for sleeping apparels and beddings on sleep quality at ambient conditions of 17°C and 22°C**
Mirim Shin, Paul Swan, Chin Moi Chow
11:30am

**009 Excessive daytime sleepiness and body composition: a population-based study of women**
Amie Hayley, Lana Williams, Gerard Kennedy, Julie Pasco, Michael Berk
11:30am

**Lunch**
12:00pm – 1:30pm

**Special Interest Group Meetings**
12:30pm - 1:30pm
Dental & Orofacial
Meeting Room M2
Neurology
Meeting Room M3
Insomnia & Sleep Health
Great Hall, Door 6
Occupational Health, Safety & Performance
Great Hall, Door 8

**Year in Review**
1:30pm - 2:30pm
Sleep and Breathing
Great Hall, Door 6
James Douglas, Michael Hlavac

**Paediatric**
Great Hall, Door 8
Barbara Galland, Karen Waters

**014 Insomnia, Sleep Health, Chronobiology**
Meeting Room 3
Clare Anderson, David Cunningham
12:30pm

**015 Sleep Bruxism Year in Review**
Meeting Room 1
Ramesh Balasubramaniam
1:30pm

**Dental and Orofacial**
Meeting Room 1
Kate Sutherland
2:00pm

**Afternoon Tea**
2:30pm – 3:00pm

**Concurrent Symposia: The EEG - measurement, interpretation and developing frontiers**
3:00pm - 4:30pm
Chair: David Cunnington, Sara Biggs

**3:00pm**
Measuring EEG during sleep
Rosemarie Joyce

**3:30pm**
Using sleep EEG in clinical practice
Philip King
4:00pm 019 Beyond sleep staging – Tapping into the hidden wealth of EEG Sarah Biggs, Craig Hukins

Concurrent Symposia: Sleep in Extreme Environments
Great Hall, Door 8
Chair: Kristina Kairatis, Maree Barnes
3:00pm 020 Sleep-disordered breathing in high altitudes Raphael Heinzer

3:30pm Sleep and circadian rhythmicity during the Antarctic winter Dr Tracey Sletten

4:00pm Performance and physiological effects of simulated sustained operations - experience with the US airforce Prof Naomi Rogers

Concurrent Symposia: Sleep and Alertness Management
Meeting Room 3
Chair: Ian Duncan, Mark Howard
3:00pm 023 Fatigue risk management systems to ensure a safe work environment Ian Duncan

3:20pm Identifying needs and selecting appropriate fatigue management technology for business Clare Anderson

3:40pm 025 Case study: Utilising bio mathematical models for managing fatigue risk in a mining company Liam Wilson

4:00pm 026 Fatigue Management within the transportation and logistics industry - An alternative industry perspective Neil Findlay

Concurrent Symposia: Clinical Update - The Dark Side of Dental Devices
Meeting Room 1
Chair: Andrew Gikas, Keith Burgess
3:00pm 027 Long term side effects of MAS - does it matter? Fernanda Almeida

3:30pm 028 The importance of measurement in the clinical success of MAS therapy Joachim Ngiam

4:00pm 029 MAS treatment for severe OSA - are we dreaming? Peter Cistulli

AGM - Australasian Sleep Association
4:30pm - 5:30pm
Annual Meeting, Great Hall, Door 6

AGM - Sleep Health Foundation
5:30pm – 6:00pm
Annual Meeting, Great Hall, Door 6
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Location</th>
<th>Chair</th>
<th>Authors</th>
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<tbody>
<tr>
<td>8:30am</td>
<td>Overview of Insomnia - Where are we now?</td>
<td>Great Hall, 6</td>
<td>Tim Hannan, Christopher Miller</td>
<td>Charles Morin</td>
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<tr>
<td>8:55am</td>
<td>Extending CBT-I to ‘at risk’ populations and the reality of the clinic</td>
<td>Great Hall, 6</td>
<td>Delwyn Bartlett</td>
<td>Leon Lack</td>
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<tr>
<td>9:10am</td>
<td>Exploring paradoxical insomnia through home based PSG and the value of light treatment</td>
<td>Great Hall, 6</td>
<td>Leon Lack</td>
<td>Leon Lack</td>
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<td>9:25am</td>
<td>Behaviour therapy in a brief form and applications to stepped care</td>
<td>Great Hall, 6</td>
<td>Christopher Miller</td>
<td>Charles Morin</td>
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<tr>
<td>9:40am</td>
<td>Future directions in insomnia treatments</td>
<td>Great Hall, 6</td>
<td>Amanda Richdale</td>
<td>Charles Morin</td>
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<tr>
<td>7:00am - 8:15am</td>
<td>Morning Tea</td>
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<tr>
<td>10:00am – 10:30am</td>
<td>Poster Session 1 - Insomnia and Sleep Health in Adults and Children</td>
<td>Great Hall, 6</td>
<td>Kurt Lushington, Leon Lack</td>
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<td>10:30am – 12:30pm</td>
<td>Concurrent poster presentations</td>
<td>Great Hall, 8</td>
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<td>11:00am - 11:30am</td>
<td>Concurrent poster presentations</td>
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<td>11:30am - 12:30pm</td>
<td>Concurrent poster presentations</td>
<td>Meeting Room M1</td>
<td>Harriet Hiscock</td>
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<td>035</td>
<td>Examining Family Demographic and Environmental Effects on Sleep in Children Aged 2-5 years with and without Autism Spectrum Disorder</td>
<td>Great Hall, 6</td>
<td>Amanda Richdale</td>
<td>Amanda Richdale, Leon Lack</td>
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<td>036</td>
<td>Long Term Effects of Caffeine Withdrawal</td>
<td>Leon Lack, Kristo Johansson</td>
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<td>037</td>
<td>Dissociative Identity Disorder and Central Hypersomnolence: co-morbid diagnoses, or the same phenomena at different ends of a spectrum?</td>
<td>Leon Lack, Kristo Johansson</td>
<td>Karmen Kokkin, Dieniah Dang</td>
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<td>038</td>
<td>Hush-a-by mummy: interactions between co-sleeping and maternal sleep disturbance</td>
<td>Leon Lack, Kristo Johansson</td>
<td>Ashleigh Fitton, Janelle Mackenzie, Kerry Armstrong</td>
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<td>039</td>
<td>The alerting effects of ad-libitum daytime naps</td>
<td>Great Hall, 8</td>
<td>Leon Lack, Leon Lack</td>
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<td>040</td>
<td>Mindfulness-Based Therapy for Insomnia</td>
<td>Meeting Room 1</td>
<td>Alii Peters, David Cunnington, Moira Junge, John Reece, Jason Ong, Ken Greenwood</td>
<td>Alii Peters, David Cunnington, Moira Junge, John Reece, Jason Ong, Ken Greenwood</td>
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<td>041</td>
<td>Objective measurements are needed to determine sleep state misperception and short sleep phenotype in primary insomnia</td>
<td>Meeting Room 2</td>
<td>Nathaniel Marshall, Jillian Dorrion</td>
<td>Nathaniel Marshall, Jillian Dorrion</td>
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<td>042</td>
<td>The prevalence and impact of post stroke insomnia</td>
<td>Meeting Room 2</td>
<td>Nick Glozier, Kim Dukyeon</td>
<td>Nick Glozier, Kim Dukyeon</td>
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<td>043</td>
<td>The ‘Sleep Well, Think Well’ program for older adults at risk of dementia: preliminary findings from a randomised, controlled trial</td>
<td>Great Hall, 6</td>
<td>Zoe Terpening, Delwyn Bartlett, SL Naismith</td>
<td>Zoe Terpening, Delwyn Bartlett, SL Naismith</td>
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<td>044</td>
<td>Is glucose the mediator between sleep and cognitive function in prepubescent children?</td>
<td>Great Hall, 6</td>
<td>Emily Watson, Siobhan Banks, Alison Coates, Mark Kohler</td>
<td>Emily Watson, Siobhan Banks, Alison Coates, Mark Kohler</td>
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<td>045</td>
<td>Sleep and psychopathology in adolescents with high-functioning autism spectrum disorder (HFASD)</td>
<td>Great Hall, 6</td>
<td>Emma Baker, Amanda Richdale, Michelle Short, Michael Gradisar</td>
<td>Emma Baker, Amanda Richdale, Michelle Short, Michael Gradisar</td>
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<td>046</td>
<td>Identifying adolescent sleep problems: Adolescent, parent and clinical perspectives</td>
<td>Great Hall, 6</td>
<td>Michelle Short, Michael Gradisar, Jason Gill, Danny Camfferman</td>
<td>Michelle Short, Michael Gradisar, Jason Gill, Danny Camfferman</td>
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<td>047</td>
<td>Sleep EEG Maturation and Infant Development</td>
<td>Great Hall, 6</td>
<td>Mangalam Sankuvelay, Helen Heussler, Stephen Wilson, Maggie Yuill, Carolyn Dukin</td>
<td>Mangalam Sankuvelay, Helen Heussler, Stephen Wilson, Maggie Yuill, Carolyn Dukin</td>
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<td>048</td>
<td>The impact of sleep hygiene on sleep onset issues in children with High Functioning Autism and Asperger Syndrome</td>
<td>Great Hall, 6</td>
<td>Pay Fletcher, Mistral Foster-Owens, Russell Conduit, Kim Cornish</td>
<td>Pay Fletcher, Mistral Foster-Owens, Russell Conduit, Kim Cornish</td>
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<td>049</td>
<td>Sleep quality and overnight oximetry in children with cystic fibrosis</td>
<td>Great Hall, 6</td>
<td>Moya Vandevel, Gillian Nixon, David Armstrong, Philip Robinson, Rosemary Horne</td>
<td>Moya Vandevel, Gillian Nixon, David Armstrong, Philip Robinson, Rosemary Horne</td>
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<td>050</td>
<td>The child's perspective of sleep time in full-day childcare centres</td>
<td>Great Hall, 6</td>
<td>Michaela Northard, Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe</td>
<td>Michaela Northard, Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe</td>
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<td>051</td>
<td>Parental preferences towards daytime sleep for preschool aged children in Early Childhood Education and Care settings</td>
<td>Meeting Room M1</td>
<td>Dominique Sinclair, Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe</td>
<td>Dominique Sinclair, Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe</td>
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<td>052</td>
<td>Is the change in sleep and depression in adolescent males simultaneous over a school term?</td>
<td>Meeting Room M1</td>
<td>Breanna Drew, Larissa Clarkson, Amelia Searle, Timothy Olds, Siobhan Banks, Sarah Blunden</td>
<td>Breanna Drew, Larissa Clarkson, Amelia Searle, Timothy Olds, Siobhan Banks, Sarah Blunden</td>
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11:30am 053 Problem nappers: are they really a problem? Elizabeth Neil, Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe

11:36am 054 Napping in Preschoolers: Staff beliefs and experiences in early childhood centres. Jasmine Inglis, Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe

11:42am 055 Observing emotional climate of sleep-time in early childhood education and care settings Cassandra Pattinson, Sally Staton, Simon Smith, Karen Thorpe

11:48am 056 Assessing the optimal sleep duration for cognitive performance in school aged children Sarah Blunden, Barbara Galland, Tim Olds, Gabby Rigney, Michelle Short, Scott Coussens, Nick Stow

11:54am 057 How Do Current Sleep Practices in Early Education and Care Settings Reflect Current Knowledge About Good Sleep Habits and Environments? Annette Marriott, Sally Staton, Karen Thorpe, Simon Smith

12:00pm 058 Group differences in diurnal salivary cortisol patterns in relation to sleep practices in childcare Sally Staton, Simon Smith, Cassandra Pattinson, Karen Thorpe

12:06pm 059 Mood in children with stable cystic fibrosis: associations with sleep quality Moya Vandevelde, Gillian Niven, David Armstrong, Philip Robinson, Rosemary Horne

12:12pm 060 Prevalence of sleep disorders in children aged 5-12 years in the Illawarra and the impact on quality of life Kalpesh Jain, Terry Sands, Stuart Mackay

12:18pm 061 Resiliency mediates the impact of sleep problems on quality of life in children Scott Coussens, Alex Chatburn, Mark Kohler

12:24pm 062 Day-time sleep patterns of Australian preschool aged children Karen Thorpe, Sally Staton, Cassandra Pattinson, Simon Smith

Poster Session 3 - Sleep Measurement in Adults
Concurrent 10:30am - 12:30pm
Selected from submitted abstracts

Poster viewing 10:30am – 11:30am
Great Hall, Door 1

Poster presentations 11:30am – 12:30pm
Meeting Room M3

063 A review of Multiple Sleep Latency Testing over 12 months Deirdre Sheppard, Satish Hulikunte, Angela Campbell, Alister Neill

064 Quantitative snore index using higher intensity snoring performs better at detecting the presence of obstructive sleep apnoea Hari Sudhan Adoni, Ivan Ling, David Hillman

065 Breathing and snoring sound analysis technology for the diagnosis and treatment of Sleep Apnea: the present and the future Udanthia Abeyratne

066 Snore episode classification based obstructive sleep apnea diagnosis Dulip Herath, Udanthia Abeyratne, Craig Hukins

11:30am 067 Validation of an automated algorithm to identify and reject artefact for quantitative EEG analysis during sleep in patients with sleep-disordered breathing Angela D’Rozario, George Dungan, Siobhan Banks, Peter Liu, Keith Wong, Roo Killick, Ron Grunstein, Jong Won Kim

11:36am 068 Investigation Into Periodic Limb Movements (PLM) Muscle Activation Patterns and the Impact of Sensor Type on PLM Detection Jessica Raubenheimer, Tom Churchward, Warren Ruehland, Fergal O’Donoghue, Julie Tolson, Peter Rochford

11:42am 069 Measuring limb movements during sleep using accelerometry: Comparison with electromyogram and piezo-electric scored events Matthew Leong

11:48am 070 Assessing Sleep Using Hip and Wrist Actigraphy James Slater, Thalia Botosis, Leon Straker, Peter Eastwood

11:54pm 071 An Android smart phone app for the snore sound based diagnosis of sleep Apnea Udanthia Abeyratne, Vinayak Swarnkar, Craig Hukins, Emerson Keenan

12:00am 072 Repeatability of Supine Related Obstructive Sleep Apnoea Phenotypes Simon Joosten, Kais Harma, Tom Churchward, Fergal O’Donoghue, Maree Barnes, Peter Rochford, Philip Berger, Garun Hamilton

12:06pm 073 Performance of Konno-Mead loops for identification of optimal CPAP pressure Michael Trotter, Craig Hukins

12:12pm 074 Episode-by-episode assessment of snore events in the diagnosis of obstructive sleep apnea Dulip Herath, Udanthia Abeyratne, Craig Hukins

12:18pm 075 Validation of Finite-Impulse-Response Based Algorithm for Estimation of Event Related Potential Components in Sleep Research Andrew Vakulin, Yu Xin Kwan, Hannah Openshaw, Peter Catcheside, Angela D’Rozario, Keith Wong, Ronald Grunstein

12:24pm 076 Accuracy of questionnaire-based measures for predicting sleep disordered breathing Shiho Rose, Brooke Emmett, Jeffrey Pretto, Michael Hensley, Frans Henskens, Kandis Tindall, Christine Paul

Poster Session 4 - Pathophysiology of Sleep Disordered Breathing
Concurrent 10:30am - 12:30pm
Selected from submitted abstracts

Poster viewing 10:30am – 11:30am
Great Hall, Door 1

Poster presentations 11:30am – 12:30am
Meeting Room M2

Chair: Kelly Shepherd, John Wheatley

077 Investigation into the role of morning bicarbonate and carboxy-haemoglobin as biomarkers of severity of obstructive sleep apnoea Alister Neill, Ashleigh Parrott, Geraldine Back, James Pickering, Angela Campbell

078 Alveolar-derived exhaled Nitric Oxide in severe obstructive sleep apnoea syndrome Helen Jo, Yasmina Djavadkhani, Peter Rogers, Gavina Cossa, Leon Laks

079 Relationships between nutrition knowledge, obesity and severity of sleep-disordered breathing Shiho Rose, Brooke Emmett, Christine Paul, Michael Hensley, Frans Heskens, Jeffrey Pretto
11:30am 080 Anthropometric and cranio-facial sexual dimorphism in obstructive sleep apnoea patients: is there male-female phenotypic convergence? Terence Amis, Rita Perri, Kristina Kairaitis, John Wheatley

11:36am 081 Physiological Trait Changes in Obstructive Sleep Apnoea Patients in Supine and Lateral Sleep Simon Joosten, Bradley Edwards, Anthony Turton, Elizabeth Skuzu, Philip Berger, Garun Hamilton

11:42am 082 Posture during NREM sleep does not influence obstructive apnoea duration or degree of measurement in obese obstructive sleep apnoea (OSA) patients Steven Mai, Stephen Lambert, Terry Amis, John Wheatley

11:48am 083 Simulation of upper airway collapse with and without MAS: Enhancing computational modelling using Fluid-Structure Interaction Moyin Zhao, Tracie Barber, Peter Cistulli, Kate Sutherland, Gary Rosengarten

11:54am 084 Quantification of snoring-associated neck tissue vibrations using a tri-axial accelerometer Jason Amatoury, Manisha Verma, John Wheatley, Terence Amis

12:00pm 085 Validation of respiratory magnetometers to measure end expiratory lung volume (EELV) in the supine position in men and women Amy Jordan, Rosie Bourke, John Trinder, Peter Rochford, Fergal O’Donoghue

12:06pm 086 Thermoregulatory responses in obstructive sleep apnea patients during simulated driving across extended wakefulness Christopher Gordon, Lorenza Harrowell, Hannah O’Shansky, Nathaniel Marshall, Anna Mullins, Angela D’Rozario, Jon-Won Kim, Ron Grunstein, Andrew Vakulin

12:12pm 087 Comprehensive cephalometric analysis of patients with obstructive sleep apnoea in three axis Tsu-Hui (Hubert) Low, Michael Philips, Nishan Davidoss, Bernard Koong, Richard Lewis

12:18pm 088 Identifying sites in the brain responsible for the increase in muscle sympathetic nerve activity in obstructive sleep apnoea Rania Fatoulen, Linda Lundblund, Luke Henderson, Vaughan Macfield

12:24pm 089 Retinal Microvascular Diameters Appear Unaffected by Sleep in Healthy Adults Sharon Lee, Oliver Stewart, Manisha Verma, Rita Perri, Anne Drury, Tracey Burns, Jie Jin Wang, Paul Mitchell, Terence Amis, John Wheatley

12:30pm 090 The acute effects of pre bedtime alcohol consumption on heart rate and blood pressure during sleep and at arousal Caitlyn Gourlay, Abbie Couchman, Julia Chan, Ian Colrain, John Trinder, Christian Nicholas

Poster Session 5 - CPAP treatment of Sleep

Disordered Breathing
Concurrent 10:30am - 12:30pm
Selected from submitted abstracts

Poster viewing
Poster 10:30am – 11:30am
Great Hall, Door 1

Poster presentations
11:30am – 12:30am
Great Hall, Door 6
Chair: Christopher Worsnop, Andy Veale

091 Inadequate control of OSA using Oro-nasal masks Satya Mysore, Peter Catchside, Vinod Aiyappan, Sham Rowland, Madhu Chandratilleke, Doug McEvoy, Nick Antic


11:36am 093 Autotitivating Positive Airways Pressure reduces symptoms of Aerophagia Teresa Shirlaw, Craig Hukins, Kevin Hансsen, Brett Duce

11:42am 094 Development of a patient care model for pharmacy-based CPAP providers: phase one Carissa Hanes, Keith Wong, Bandana Saini

11:48am 095 CPAP adherence in clinical research participants with mild to moderate OSA Anne Drury, Sharon Lee, Ayey Susan Madut, Manisha Verma, Meredith Wickers, Rita Perri, Kristina Kairaitis, Terence Amis, John Wheatley

11:54am 096 Compliance with Continuous Positive Airway Pressure Therapy in Obstructive Sleep Apnoea Patients with and without Chronic Obstructive Pulmonary Disease Paul McCaughey, Michael McGettrick, Hangwi Tang, Krishna B. SiriRam

12:00pm 097 Depression Predicts Poor Adherence During an Initial Auto-Titrating Continuous Positive Pressure Trial Eli Dabscheck, Mandy Law, Ned Douglas, Sally Ho, Teanau Roebuck, Matthew Naughton

12:06pm 098 Factors influencing CPAP adherence following in-lab CPAP titration Alison Teare, Michael Bowes, Amanda McKenna, Saul Gilbert, Michael Chia

12:12pm 099 Humidified High Flow Nasal Prongs (HHFNP) can improve initial CPAP acceptance Rachel DiMasi, Simon Kemp, Jeanie Leong

12:18pm 100 Factors Predicting successful CPAP use in the elderly Tajalli Saghae, Katrina Tonga, Gavin Cossa, Elizabeth Veitch, Matthew Peters, Leon Laks

12:24pm 101 Applying the principles of quality improvement to manual CPAP titration outcomes Amanda Canham, Ian Brown, Sophie Williams, Irene Szollosi

12:30pm 102 Formal Polysomnographic Titration Studies Lead to Significant Pressure Setting Changes in Patients Using Positive Airway Pressure For Obesity Hypoventilation Syndrome Kovi Levin, Catherine Buchan, Kerry Parker, Matthew Naughton, Eli Dabscheck

Lunch 12:30pm – 2:00pm

Special Interest Group Meetings: Respiratory
Concurrent 1:00pm - 2:00pm
Meeting Room M3

Special Interest Group Meetings: Chronobiology
Concurrent 1:00pm - 2:00pm
Meeting Room M2

Special Interest Group Meetings: Paediatrics
Concurrent 1:00pm - 2:00pm
Meeting Room M1
4:05pm Prevalence and burden of disease
Robert Adams

4:15pm Survey of the literature plus Adelaide studies
Professor Doug McEvoy

4:25pm Management pathways in New Zealand
Alister Neill

4:35pm Diagnosis and management of sleep disorders by GPs and Pharmacists
Keith Wong

4:45pm 114 Electronic Communication for the specialist management of a remote cohort: cystic fibrosis as a model
Scott Bell

4:55pm 115 Pilot programme for regional management of obstructive sleep apnoea in Indigenous Community Health Centres
Craig Hukins

5:05pm Panel Discussion
Nick Antic, Robert Adams, Doug McEvoy, Alister Neill, Keith Wong, Scott Bell, Craig Hukins

Clinical Update: Treatment of Circadian Disorders in Adults and Adolescents

4:00pm Delayed Sleep Phase Disorder and the treatment of common circadian rhythm disturbances
Leon Lack

4:30pm 117 Using bright light and melatonin for the adjustment to night shiftwork
Helen Burgess

5:00pm 118 Chronotherapy for treatment of severe sleep phase delay in adolescence
Dr Sarah Blunden

Philips Respironics Symposium
Patient Outcomes – Are we investing at the right end of the SDB pathway? Are we maximising healthcare expenditure?

Symposium
Meeting Room M3
5:30pm
Saturday Session 6 - The Clinical Management of Sleep

1:00pm 118 Post respiratory care syndrome
Yesmin Almas, Stephen Wilson

1:10pm 119 How do I deal with infants who have excessive daytime sleepiness?
Sarah Biggs, Mohammed Milosavljevic, Craig Hukins

1:20pm 120 Does the sleep service at a tertiary paediatric sleep centre change the presentation of children referred for sleep assessment?
Karen Webb, Helen Heussler, Karinna Yuill

1:30pm 121 Severe Central Apnea And Hypoxia Treated With Acetazolamide In A Toddler With Brainstem Ganglioglioma
Sandra Chuang, Ganesh Thambipillay, Hugo Sampaio, Richard Cohn, Arthur Teng

1:40pm 122 Paediatric Late Onset Acquired Central Hypoventilation Responding to Adaptive Servo-Ventilation
Jasneek Chawla, Donald Urquhart, Pat Wales, David Cooper, Sadasivam Suresh, Carolyn Dakin

Poster Session 7 - Sleep Measurement in Adults and Children

9:30am 123 Residual obstructive sleep apnoea (OSA) post adenotonsillectomy in a cohort of children referred to a tertiary children's hospital
Arun Kumar Pugalenthi, Biju Thomas, Anne Goh, Oh Moh Chay, Tan Adeline, Lim Mei Lam, Tan Jasmine, Teoh Oon Hoe

10:00am 124 Comparison of oxygen desaturation index (ODI) and apnoea hypopnoea index (AHI) in patients referred to a tertiary children's hospital – Results of a six month audit
Adelaide Withers, Andrew Wilson

10:12am 125 Obstructive sleep apnoea severity in children with Down Syndrome: Are there positional or sleep state effects?
Lauren Nisbet, Nicole Phillips, Timothy Hoban, Louise O'Brien

10:24am 126 Does optimal positive airway pressure (PAP) for the treatment of Obstructive Sleep Apnoea (OSA) in children, correlate with the Body Mass Index (BMI)?
Biju Thomas, Anu Pugalenthi, Shauntel Mei Qing Tan, Anne Goh, Oh Moh Chay, Adeline Soh Gin Tan, Meilan Lim, Jasmine Qiao Ling Tan, Oon Hoe Teoh

Poster Session 8 - The Clinical Management of Sleep

9:30am 127 Infantile Laryngomalacia and Obstructive Sleep Apnea – PSG Outcome and Management
Sandra Chuang, Ganesh Thambipillay, Joanne Walton, Arthur Teng

9:45am 128 Characteristics of sleep EEG power spectra of infants with Prader Willi syndrome compared with healthy infants
Mangalam Sankupellay, Stephen Wilson, Helen Heussler, Maggie Yuill, Carolyn Dakin
9:42am 140 The New AASM Respiratory Scoring Criteria Increases the Apnoea-Hypopnoea Index
Jasmin Milosavljevic, Brett Duce, Craig Hukins

9:48am 154 Prevalence of, and Associations with, Persistent Hypocapnia Despite Treatment with Non-Invasive Ventilation in Obesity
Hypventilation Syndrome
James Pickering, Alister Neill

9:54am 155 Ward-based non-invasive ventilation has improved availability and shortened length of stay in COPD exacerbations compared to an ICU-based model of care
Paul Huang, Ali Aminzad, Kerry Parker, Matthew Naughton, Alan Young

10:00am 156 Evaluation of the apnea-hypopnea index determined by the AutoSet CS, adaptive-servo ventilation device, in heart failure patients with sleep disordered breathing
Satomi Kasuga, Takatoshi Kasai, Kanako Morimoto, Yasuhiro Tornita, Hisashi Takaya, Ken-ichi Maeno, Satoshi Kasagi, Taro Adachi, Fusae Kawana, Yuka Kimura, Sugao Ishiwata, Koji Narui

10:06am 157 Assessment of trainee confidence in contemporary adult sleep surgery
Elizabeth Foster, Stuart Mackay, Andrew Jones

10:12am 158 An Expiratory Positive Airway Pressure valve applied nasally(Provent™) improves polysomnographic indices of obstructive sleep apnoea severity in a clinical practice case series
Darren Mansfield, Garun Hamilton, Fiona Tabart

10:18am 159 Pterygomandibular raphe assessment on MRI and relationship to MAS treatment outcome in OSA
Kate Sutherland, Elizabeth Brown, Lynne Bilston, Peter Cistulli

10:24am 160 Anatomical balance assessed by three-dimensional imaging in OSA patients with Mandibular Advancement Splint treatment
Kate Sutherland, Andrew Chan, Peter Cistulli

Poster Session 7 - Treatment of Sleep Disorders
Concurrent 8:30am - 10:30am
Selected from submitted abstracts
Poster viewing 8:30am – 9:30am
Great Hall, Door 1
Poster presentations 9:30am – 10:30am
Meeting Room M2
Chair: Brendon Yee, Amanda Piper

148 Traditional Chinese medicine diagnosis of obstructive sleep apnoea
Therese Thornton, Fergal O’Donoghue, Peter Rochford, Charlie Xue, John Trinder, Amy Jordan

149 An NIV illlaby: a sleep nurse's perspective of non-invasive ventilation in patients with cystic fibrosis
Nicola Dunn

150 A Pilot Study of a Novel Tongue Retainer Device for Obstructive Sleep Apnoea (OSA)
Parminder Singh, Eric Goldfarb, Peter Cistulli

9:30am 151 Differentiating Narcolepsy phenotypes:
Management Implications
Anish Sachdev, John Swieca, David Cunningham

9:36am 152 A randomised placebo controlled cross-over trial of airway humidification in patients with primary Sjogrens Syndrome (pSS) and its effect on sleep apnea and sleep quality
Vinod Aiyappan, Peter Catcheside, Doug McEvoy, Lee Harner, Daniel Stadler, Naomi Deacon, Zafar Usmani, Nick Arnic

9:42am 153 A Review of Domiciliary Non Invasive Ventilation (NIV) in Adult Cystic Fibrosis in a Tertiary Referral Centre
Alexander Ritchie, James Douglas, Scott Bell

9:48am 155 Do shift workers fare as badly as obstructive sleep apnoea patients: investigating sleepiness, mood and performance
James Pickering, Alister Neill

Poster Session 9 - Chronobiology and Sleep Health
Concurrent 8:30am - 10:30am
Selected from submitted abstracts
Poster viewing 8:30am – 9:30am
Great Hall, Door 1
Poster presentations 9:30am – 10:30am
Meeting Room M1
Chair: Siobhan Banks, Nat Marshall

161 Total sleep deprivation and time-of-day influences on simulated pre-crash manoeuvres of motorcyclists
Clément Bougard, Sébastien Moussay, Stéphane Espié, Mounir Chennaoui, Alister Neill

162 Sleep inertia in shiftwork schedules
Cassie Hilditch, Michelle Short, Stephanie Centofanti, Hans Van Dongen, Mark Kohler, Jillian Domian, Siobhan Banks

163 The late pregnancy sleep characteristics of an under-served population of MCori women
Sally Baddock, David Tipene-Leach, Sheila Williams, Angelene Tangi, Raymond Jones, Barry Taylor

164 The relationship between total sleep time, subjective sleepiness and driving performance: A pilot study in Australian Army drivers
Kayla Johnson, Siobhan Banks, Victor Denczuk

9:30am 165 Do shift workers fare as badly as obstructive sleep apnoea patients: investigating sleepiness, mood and performance
Justine Westlake, Gerard Kennedy, Paul Emerson, Philip Swann, Mark Howard
9:36am 166 Sleep duration and fatigue predict dietary composition in shift workers Georgina Heath, Charli Sargent, Alison Coates, Jillian Dorrian

9:42am 167 Sleep, nocturnal food intake and physical activity in Australian healthcare workers Shi N Wong, Mark Halaki, Chin Moi Chow

9:48am 168 Influences of sleep deprivation and time-of-day on different components of executive functioning Clément Bougard, Mounir Chennaoui, Stéphane Espiè, Sébastien Moussay, Damien Davenne

5:4am 169 Final year pharmacy students’ awareness about the application of chronotherapeutic principles in practice Gagan Deep Kaur, Craig Phillips, Keith Wong, Bandana Saini

10:00am 170 An association between changes in the intestinal microbial flora and the alteration of sleep in Chronic Fatigue Syndrome: A pilot open label trial with use of the antibiotic erythromycin Melinda Jackson, Henry Butt, Michelle Ball, Don Lewis, Dorothy Bruck

10:06am 171 Effects of Age, Gender, and Health Status on Sleep Quality: Results from the Melbourne Longitudinal Study on Healthy Aging (MELSHA) Denia O’Driscoll, Matthew Carroll, Colette Browning, Hal Kendig

10:12am 172 Sleep related disorders in regional, remote and Aboriginal and Torres Strait Islander patients Karen McPherson, Cindy Woods, Erik Tikof, Graeme Maguire

10:18am 173 Sleep position and sleep in late pregnancy Jillian Dorrian, Jane Warland

10:24am 174 Sleep/wake patterns and neurocognitive function in doctors and medical students of an Australian tertiary hospital Naghmeh Radhakrishna, Kate Galloway, Cameron Stewart, Stephen Bowden, Andrew Kyoong

Poster Session 10 - Clinical Management of Sleep Disorder in Adults

Concurrent: 8:30am - 10:30am

Poster viewing: 8:30am – 9:30am

Great Hall, Door 1

Poster presentations: 9:30am – 10:30am

Great Hall, Door 8

Chair: Denise O’Driscoll, Darren Mansfield

175 Quality of life (QOL) is reduced for obstructive sleep apnoea (OSA) patients irrespective of disease severity Ayey Susan Madut, Sharon Lee, Anne Drury, Meredith Wickens, Tracey Burns, Manisha Verma, Rita Perri, Kristina Kairaitis, Terence Amis, John Wheatley

176 Effects of body mass index (BMI) and age on sleep study results and cephalometric measurements Tsu-Hui (Hubert) Low, Nishan Davidsoss, Michael Philips, Bernard Koong, Richard Lewis

177 Prevalence of OSA and utility of the STOP-Bang questionnaire as a screening tool in cardiac outpatient cohort Lydia Mowlem, Jessica Wilson, David Cross, Geoff Holt, Stephen Morrison, Irene Szollosi

178 Time on Task Fatigue May Contribute to Deficient Overnight Motor Skill Learning in Obstructive Sleep Apnoea (OSA) Patients Shane Landry, Russell Conduit, Denise O’Driscoll, Garun Hamilton


180 Obesity Hypoventilation Syndrome (OHS): The presentations and outcomes from 79 inpatients Donny Wong, Stuart Jones

9:30am 181 The relationship between functional health literacy and obstructive sleep apnea and its related risk factors and comorbidities in a population cohort of men Robert Adams, Joule Li, Sarah Appleton, Andrew Vakulin, Nick Antic, Doug McEvoy, Peter Catcheside, Gary Wittert

9:36am 182 Validation of Two Depression Screening Instruments In a Sleep Disorders Clinic Eli Dabscheck, Mandly Law, Arup Dhar, David Barton, Matthew Naughton

9:42am 183 Patients’ Self Assessments Of Nasal Congestion Do Not Correlate With Objective Measurements Of Nasal Flow Paul Gilbert, Michael Bowes, Michael Chia

9:48am 184 Prevalence of Snoring in Patients with Chronic Nocturnal Nasal Congestion Tracey Burns, Sharon Lee, Manisha Verma, Rita Perri, Terence C Amis, John R Wheatley

9:54am 185 Hearing impairment in snorers is not related to the loudness and duration of snoring Shakti Dabhokar, Sharon Lee, Terence Amis, Stephen Lambert, John Wheatley

10:00am 186 Stratifying triage of sleep clinic referrals by incorporating patient reporting of symptoms into the process Michael Trotter, Craig Hukins

10:06am 187 Audit of ward based acute NIV service in a tertiary, university hospital and comparison with British Thoracic Society NIV Audit 2012 Bolooor Rao, Dimitar Sajkov

10:12am 188 Prevalence of retinal pathologies in patients with obstructive sleep apnoea (OSA) – is there a need for further investigation? Meredith Wickens, Sharon Lee, Rita Perri, Manisha Verma, Tracey Burns, Ayey Susan Madut, Mireille Moffitt, Jie Jin Wang, Paul Mitchell, Kristina Kairaitis, Terence Amis, John Wheatley

10:18am 189 Comparison of estimated and measured sleep latency during home polysomnography among patients with suspected obstructive sleep apnoea Yet Hong Khor, Julie Tolson, Peter Rochford, Tom Churchward, Christopher Worsnop

10:24am 190 Physical Phenotype of Obstructive Sleep Apnoea by Age and Gender in a Clinical Population Anthony Turton, Yiwei Baey, Glenn Yong, Garun Hamilton, Denise O’Driscoll

Morning Tea

10:30am – 11:00am

The influence of maternal sleep on foetal outcomes

Concurrent Symposium 11:00 am - 12:30pm

Meeting Room M2

Chair: Jeremy Goldin, Naomi Rogers

11:00am Sleep and breathing in the pregnant woman Danielle Wilson
11:20am  The effect of sleep disordered breathing on foetal outcomes  Sue Walker

11:45am  193 The origins of pregnancy complications: how does sleep fit in?  Rosemary Keogh

12:10pm  194 Ethnic differences in sleep across pregnancy: a cohort study  Sarah-Jane Paine

Sam Robinson Memorial Symposium: The Role of Reconstructive Surgery in Adult OSA?

Concurrent Symposium 11:00am - 12:30pm

Great Hall, Door 6  Chair: Stuart Mackay, Nathaniel Marshall

11:00am  Introduction to Session: Setting the Scene  Stuart MacKay

11:05am  Introduction to Speakers: The Main Players  Nathaniel Marshall

11:10am  Why I support a role for reconstructive surgery in adults with OSA  Ed Weaver

11:25am  Why I support minimising the role of reconstructive surgery in adults with OSA  Craig Hukins

11:40am  3 Quick Cases and 3 Key Points to highlight the role of surgery in adult OSA  Stuart MacKay

11:50am  My suggestions for Comparative Effectiveness research in adult OSA  Ian Scott

12:00pm  Question & Answers  Moderated by Nathaniel Marshall

12:25pm  Reaching a middle ground: No single group has all the answers  Nick Antic

Sleep basics, Psychiatry and Psychology

Concurrent Symposium 11:00am - 12:30pm

Meeting Room M1  Chair: Helen Schultz, David Cunnington

11:00am  Introduction  David Cunnington

11:05am  The assessment of sleep disorders in patients with psychiatric illness  Antonio Fernando

11:40am  An overview of common sleep disorders seen in psychiatric practice  Curtis Gray

12:05pm  An audit of comorbid psychiatric diagnoses in a group of patients referred to private psychiatry from a sleep disorders centre  Helen Schultz, David Cunnington

Drug Effects on Sleep and Breathing

Concurrent Symposium 11:00am - 12:30pm

Meeting Room M3  Chair: David Hillman, Peter Eastwood

11:00am  198 Effects of sedatives on upper airway muscles and airway patency  Danny Eckert

11:20am  Sleep, anaesthesia and the upper airway  David Hillman

11:40am  200 Effects of opioids and other drugs on sleep, breathing and ventilatory control  David Wang

12:00pm  201 Interrelationship between sleep, pain, analgesia and breathing  John Loadman

Clinical Update - Alternatives to PSG in children - real world experiences

Concurrent Symposium 11:00am - 12:30pm

Great Hall, Door 8  Chair: Gillian Nixon, Nicole Verginis

11:00am  202 Overnight oximetry as a diagnostic tool in paediatric OSA - evidence and practical issues  Gill Nixon

11:20am  203 The value of home PSG compared to attended PSG in the diagnosis of paediatric OSA  Jennifer Maul

11:40am  204 "I can get nudie for ya" - Practical considerations for home PSG for research  Sarah Biggs

11:50am  205 "Are ward based & abbreviated sleep studies the black sheep of the flock?" Practical considerations for sleep studies in a hospital ward  Elizabeth Edwards

12:00pm  206 "Fly-in-fly-out" Practical considerations for PSG in remote communities  Jennifer Maul

Panel discussion: The use of alternatives to attended PSG as part of a diagnostic algorithm in paediatric sleep  Nicole Verginis, Gillian Nixon, Jennifer Maul, Sarah Biggs, Liz Edwards

Lunch  12:30pm – 2:00pm

Research Committee Session - Strengthening the Future of Australian and New Zealand Sleep Research

Concurrent, Meeting Room 1  1:00pm - 2:00pm

ENT SIG Meeting

Concurrent, Meeting Room 2  1:00pm - 2:00pm

Oral Presentation 1: Chronobiology, Insomnia and Sleep Health

Concurrent, Meeting Room 1  2:00pm - 3:30pm

Chair: Delwyn Bartlett, Tracey Stetten

2:00pm  207 The Role of Sleep Difficulties in the Development of Depression and Anxiety in a Longitudinal Study of Young Australian Women  Melinda Jackson, Neil Diamond, Ewa Sztendor, Julie Byles, Dorothy Bruck

2:15pm  208 Sleep disturbance as a moderator of the effect of web-based anxiety treatment  John Gosling, Philip Batterham, Helen Christensen, Kathy Griffiths, Andrew Mackinnon, Justin Kenardy

2:30pm  209 Insomnia Patients’ Information Seeking Behaviours on the Internet  Janet Cheung, Rashmi Moghe, Kylie A. Williams, Nathaniel S. Marshall, Bandana Saini

2:45pm  210 Effects of acute partial sleep restriction on measures of affect and impulsivity in young adults  Kalina R. Rossa, Simon S. Smith, Alicia Allan, Karen A. Sullivan

3:00pm  211 Recovery of Mood Following Simulated Split Sleep Schedules  Stephanie Centofanti, Michelle Short, Cassie Hilditch, Jill Donian, Hans Van Dongen, Mark Kohler, Siobhan Banks

3:15pm  212 Community misperceptions of the ‘shape’ of adult sleep as a function of age  Dorothy Bruck, Chelsea Dolan, Leon Lack

Oral Presentation 2: Non CPAP Treatment of OSA in Adults and Children

Concurrent, Meeting Room 2  2:00pm - 3:30pm  Chair: Peter Cistulli, Honey Heussler

2:00pm  213 A Qualitative Scoring System for Awake Nasopharyngoscopy to assess Airway Changes with Mandibular Advancement  Parminder Singh, Kate Sutherland, Andrew Char, Peter Cistulli

2:15pm  214 Short term outcomes for obstructive sleep apnoea patients treated with hypoglossal nerve stimulation  Kyle Smart, Fergal O’Donoghue, Christopher Worsnop, Allison Collins, Maree Barnes
### Programme Saturday

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<tr>
<td>2:30pm</td>
<td><strong>215</strong> Modafinil and Armodafinil Improve Daytime Sleepiness in Patients With Obstructive Sleep Apnea: A Systematic Review</td>
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<tr>
<td>2:45pm</td>
<td><strong>216</strong> Influence of craniofacial size on the relationship between weight loss and OSA improvement</td>
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<td>3:00pm</td>
<td><strong>217</strong> Treatment provides long term improvement in the quality of life in preschool children with sleep disordered breathing</td>
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<td>3:15pm</td>
<td><strong>218</strong> Can sleep education improve paediatric sleep?</td>
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<td>3:15pm</td>
<td><strong>Oral Presentation 3: Paediatrics</strong></td>
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<td>Concurrent, Meeting Room 3; 2:00pm - 3:00pm; Chair: Sadasivam Suresh, Rosemary Horne</td>
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<tr>
<td>2:00pm</td>
<td><strong>219</strong> Sleep quality, executive functioning and behavior in children and adolescents with type 1 diabetes</td>
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<td>2:15pm</td>
<td><strong>220</strong> Dummy use in infants does not increase spontaneous arousability during sleep in either the prone and supine sleeping position</td>
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<td>2:30pm</td>
<td><strong>221</strong> Safe sleep practices and an assessment of population SUDI risk</td>
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<td>2:45pm</td>
<td><strong>222</strong> Predicting significant obstructive sleep apnoea in children from clinical measures</td>
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<td>3:00pm</td>
<td><strong>223</strong> Does a sleep architectural phenotype exist for children with Down Syndrome?</td>
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<td>3:15pm</td>
<td><strong>Oral Presentation 4: Sleep and Breathing Measurement</strong></td>
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<td>Concurrent, Great Hall, Door 6; 2:00pm - 3:00pm; Chair: Angela Campbell, James Douglas</td>
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<td>2:00pm</td>
<td><strong>225</strong> Upper airway mucosal surface topography in obstructive sleep apnoea (OSA) patients shows increased principal curvatures when compared with healthy subjects</td>
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<td>2:15pm</td>
<td><strong>226</strong> Comparing Upper Airway collapsibility during Anaesthesia and NREM Sleep in Patients With and Without OSA</td>
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<td>2:30pm</td>
<td><strong>227</strong> Reductions in the surface tension of the upper airway lining unfolds the velopharyngeal mucosal surface in obstructive sleep apnoea subjects</td>
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<td>2:45pm</td>
<td><strong>228</strong> A Toolbox for EEG Analysis in Sleep Apnea Research</td>
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<td>3:00pm</td>
<td><strong>229</strong> Does the level of CO2 after arousal affect upper airway dilator muscle activity on the return to sleep?</td>
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<td>3:15pm</td>
<td><strong>230</strong> Identification of sub-types of sleep disordered breathing (SDB) using spectral analysis of overnight pulse oximetry</td>
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<td>3:00pm</td>
<td><strong>Oral Presentation 5: Sleep and Breathing Clinical</strong></td>
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<td>Concurrent, Great Hall, Door 6; 2:00pm - 3:00pm; Chair: Craig Hukins, Alistair Neil</td>
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<td>2:00pm</td>
<td><strong>231</strong> The association of quality of life with sleep disordered breathing, sleepiness, sleep quality and mood in men: a population cohort study</td>
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<td>2:15pm</td>
<td><strong>232</strong> Sleep apnea predicts all-cause mortality, stroke and cancer incidence and mortality over 20 years in the Busselton Health Study Cohort</td>
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<td>2:30pm</td>
<td><strong>233</strong> Physical Activity in Obesity Hypoventilation Syndrome</td>
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<td>2:45pm</td>
<td><strong>234</strong> EEG Slowing During Baseline Sleep Reflects Greater Vulnerability to Performance Deficits after 24 Hours Awake in Patients with Sleep Apnea</td>
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<td>3:00pm</td>
<td><strong>235</strong> Preference for high fat or high fibre food in patients with Obstructive Sleep Apnoea</td>
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<td>3:15pm</td>
<td><strong>236</strong> Work of breathing is increased during sleep disordered breathing in heart failure patients</td>
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<td><strong>Afternoon Tea</strong> 3:30pm – 4:00pm</td>
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**Helen Bearpark Memorial Session: Sleep Medicine and Sleep Services in Australasia - Past, Present and Future**

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<tr>
<th>Time</th>
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<tr>
<td>Plenary</td>
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<td>Great Hall, Door 6; 4:00pm – 5:30pm; Chair: Deirdre Stewart, Ron Grunstein, John Wheatley</td>
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<tr>
<td>4:00pm</td>
<td><strong>Australian Sleep Folklore - pre CPAP frenzy</strong></td>
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<td>MATTHEW NAUGHTON</td>
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<td>4:10pm</td>
<td><strong>The development and growth of the ASA</strong></td>
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<td>DOUG MCEVOY</td>
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<td>4:25pm</td>
<td><strong>239</strong> The development and growth of ASTA – from ink to gigabytes</td>
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<td>TEANAU ROEBUCK</td>
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<td>4:40pm</td>
<td><strong>The growth of the sleep industry in Australasia</strong></td>
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<td>DAVID HILLMAN</td>
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<td>4:55pm</td>
<td><strong>The development of paediatric sleep medicine in Australasia</strong></td>
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<td>MICHAEL ADAMSON</td>
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<td>5:05pm</td>
<td><strong>Future Directions - where to next?</strong></td>
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<td>SHANTARA RAJRATHN</td>
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</table>
ResMed is a leading developer, manufacturer and distributor of medical equipment for treating, diagnosing and managing sleep-disordered breathing and other respiratory disorders. We are dedicated to developing innovative products to improve the lives of those who suffer from these conditions and to increasing awareness among patients and healthcare professionals of the potentially serious health consequences of untreated sleep-disordered breathing. For more information on ResMed, visit www.resmed.com

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Royal Philips Electronics of the Netherlands is a diversified health and well-being company, focused on improving people’s lives through meaningful innovation in the areas of Healthcare, Consumer Lifestyle and Lighting.

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Welcome to Transcend, the smallest, lightest and most innovative Sleep Apnoea Therapy System available. Transcend is as rugged and versatile as the Australian outback, and ready to go with you anywhere. Our patient-focused family of products provides unparalleled solutions to CPAP users. With the smallest CPAP in the world, portable batteries and accessories to choose from, we have the products to fit every lifestyle.

Transcend users love its size and portability. It’s the perfect solution for therapy at home or on the go. And for you active adventurists, the Transcend Portable Solar Battery Charger™ can recharge your P8™ or P4™ Battery during the day so you can enjoy uninterrupted therapy at night anywhere.

Now available as CPAP, EzeX and Auto plus optional Heated Humidification.

Please drop past and have a chat. VMedical also provide a comprehensive range of laboratory consumables and are the Australia/New Zealand distributor of GM Instruments Nasal Rhinomanometry and Acoustic Rhinometer systems.

Booth 30 and proudly sponsoring ASA Welcome drinks.
At bioCSL, formerly CSL Biotherapies, we in-license, market and distribute a range of pharmaceutical products to meet the needs of many Australians. bioCSL also manufactures a range of immunohaematology products (diagnostic reagents) that are supplied to Australian laboratories to enhance the safety of blood transfusions for patients in Australia. Our heritage underpins our strong commitment to research and development, reliability, safety and quality. This philosophy has resulted in the development of many critical medicines and allowed us to play a key role in the collaborative work that has delivered the world’s first vaccine against cervical cancer.

The BMedical Group comprises of CPAP Australia Pty Ltd, BMedical Pty Ltd and Homemed.com.au.

CPAP Australia is Australia’s leading independent provider of Sleep Apnoea Treatments. CPAP Australia has six specialist Sleep Apnoea Treatment stores in Brisbane, Canberra, Geelong, Gold Coast, Melbourne and Sydney.

www.cpapaustralia.com.au is Australia’s largest online CPAP store.

BMedical supplies innovative diagnostic and treatment products for sleep disorders, fatigue research and industrial health throughout Australia and New Zealand. BMedical’s sleep related product range includes: Provent Sleep Apnea Therapy, Philips Actiwatches, B-Alert Wireless EEG, Apnea Guard, ARES Home Sleep Testing, SleepProfiler/InsomniCare for diagnosing and treating insomnia and ingestible core body temperature monitoring.

Homemed.com.au is a new web-based store for the BMedical group offering a complete selection of non prescription sleep treatment and health monitoring products. These include Theravent Snore Therapy, SHUTi online CBTi (insomnia treatment) and Re-Timer for circadian disorders, shiftwork sleep adjustment and jetlag. To shop or learn more visit www.homemed.com.au

Fisher & Paykel Healthcare are a leading designer, manufacturer and marketer of products and systems for use in respiratory care, acute care, and the treatment of obstructive sleep apnea.

Our products and systems are sold in over 120 countries worldwide. We sell our products through direct sales offices operations in most of our major markets, and a network of distributors that sell to hospitals, homecare providers and other manufacturers of medical devices.

Fisher & Paykel entered the respiratory care market in 1971 with the development of a unique respiratory humidifier system for use in critical care. We now offer a broad range of products and systems for use in respiratory and acute care and in the treatment of obstructive sleep apnea.

We are now a leading innovator that excels in the treatment of obstructive sleep apnea. We entered this market with the introduction of a heated humidifier, adapted from our sophisticated ICU technology, as a simple adjunct to continuous positive airway pressure therapy. The aim was to improve patient comfort and compliance to a treatment, which was at the time not very well tolerated. Heated humidification has since become a widely accepted part of CPAP therapy. Today, we offer a comprehensive range of CPAP devices, masks and humidifiers that deliver the best in sleep performance for an energized lifestyle.
Entry is free. Arrive at 6am, get a race tag and be ready to run or walk at 6.30am.

Thursday 17 October 6.30am
Walkers, joggers, runners: something for everyone. Choose your own distance!

- Entry is free... but all entrants must sign the indemnity form.
- Meet outside the Giant Ferris Wheel, Southbank at 6.00 for 6.30 start.
- Please ensure you read and sign an Indemnity form before starting the run (available at start).

Breakfast and T shirts for all participants courtesy of Compumedics.

Medals for male and female placegetters in each event.
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sleep frontiers

Perth Convention & Exhibition Centre

9-11 October 2014

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