



# Fundamentals of sleep medicine

## Program Day 1: Introduction to Sleep Medicine

### Tuesday, 08<sup>th</sup> November 2022

Time	Topic	Speaker
08:30	Welcome	Sutapa Mukherjee, ASA President
0835 - 0920	What, why and how of good sleep	Christopher Worsnop
0920 - 0950	How do we measure sleep?	Angela Campbell/Tom Churchward
0950 - 1020	Assessment and management of sleepiness, including driving	To be advised
<b>1020 - 1040</b>	<b>Morning Tea</b>	
1040- 1110	The three clocks - what is the circadian rhythm?	Amy Reynolds
1110 - 1155	Common non-respiratory sleep disorders (1) Circadian rhythm disorders, restless legs and periodic limb movement syndromes, parasomnias, narcolepsy	Marcus McMahon
1155 - 1225	Common non-respiratory sleep disorders (2) Insomnia	Sara Winter
1225 - 1255	Sleep disordered breathing - OSA (incl phenotypes), CSA, UARS, snoring, hypoventilation.	Garun Hamilton
<b>1255 - 1330</b>	<b>Lunch</b>	
1330 - 1400	Co-morbidities of OSA - diabetes, hypertension, cardiovascular disease	Fergal O'Donoghue
1400 - 1430	Consequences of OSA - cognitive dysfunction, depression, dementia	Michelle Olaithe
1430 - 1500	Management of OSA - CPAP	Claire Ellender
<b>1500 - 1515</b>	<b>Afternoon Tea</b>	
1515 - 1545	Surgical management of sleep disordered breathing	Leon Kitipornchai
1545 - 1605	Management of OSA - weight loss, positional therapy, other therapies	Bhajan Singh
1605 - 1635	Oral appliances for sleep-disordered breathing - how do they work and who is suitable?	Andrew Gikas
1635 - 1705	Paediatric sleep apnoea and management	Jasneek Chawla
1705 - 1730	Discussion	Moderator: Amanda Phoon Nguyen