

SLEEP IN AOTEAROA 2022



**VIRTUAL
EVENT**

🕒 12 May - 09 am to 5 pm

🕒 13 May - 09 am to 1 pm



CONFERENCE PROGRAMME

Thursday 12 May

Time	Topic	Speaker
9:00am	Welcome	A/Prof Angela Campbell
9.05am	Parasomnia session	Chair Dr Patryk Szulakowski
9:05 – 10:20am	Introduction to parasomnia (15min)	Dr Andrew Davies
	Adult parasomnia (30min)	Dr Michael Hlavac
	Paediatric parasomnia (30min)	Dr Arthur Teng
10:20 – 10:30am	SHORT BREAK	
10:30 – 11:30am	New Investigator Award Presentations	Chair Prof Barbara Galland
10:30 – 10:50am	The role of CPAP therapy in the management of Covid-19: A New Zealand perspective	Dr William Good
10:50 – 11:10am	NZ sleep profiles in adults	Courtney Jones
11:10 – 11:30am	Sleep in infancy in New Zealand Māori and non-Māori differences	Mikaela Carter
11:30 - 12:00pm	Māori Sleep Health Review	A/Prof Angela Campbell
12:00 – 1:30pm	LUNCH BREAK	
1:30 - 3:00pm	Free abstracts	Chair Dr Bronwyn Sweeney
1:30 - 2:00pm	Which children benefit the most from earlier bedtimes? Findings using data from a randomised crossover trial	Prof Barbara Galland
2:00 - 2:30pm	AWESSom Sleep: Protocol for Incorporating Sleep Throughout an Ageing Well Programme	Dr Rosie Gibson
2:30 - 3:00pm	Associations between social media experiences and sleep quality	Harshi Shetty
3:00 – 3:30pm	“It’s just [complicated] sleep”: A critical discourse analysis of sleep and ageing in the media	Dr Rosie Gibson and Isabelle Ross
	SHORT BREAK	
3:45 – 4:15pm	Final Session of the day	Chair Merrhis Majurey
3:45 –4:15pm	Sleep and chronic pain: An overview of the science	Dr Karyn O’Keeffe
4:15-4:45pm	Sleep disturbances in Prostate Cancer	Dr Erik Wibowo
5:00pm	ASA NZ Branch AGM	

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	Management of hypersomnolence	Chair: Dr Sonia Cherian
9:00 -9:30am	MSLT Guidelines – recent updates (30min)	A/Prof Angela Campbell
9:30-10:00am	Diagnostic challenges and comorbidities for central disorders of Hypersomnolence (30min)	A/Prof Sutapa Mukherjee
10:00-10:30am	Treating CNS Disorders of Hypersomnolence in NZ (and Australia): Challenging Times (30min)	Prof Brendon Yee
10:30-10:45am	SHORT BREAK	
	Real life sleep research	Chair: Dr Andrew Davies
10:45-11:15am	High altitude breathing – a case study	Dr Kerri Melehan
11:15-12:45am	Are there actually things that go bump in the night?	Prof Dawn Elder
11:45-12:15pm	Self-reported sleep quantity before, during and after an expedition adventure race	Dr Paul Kelly
12:15- 12:45pm	Should let my pet sleep with me?	A/Prof Angela Campbell
12:45pm-1:00pm	Wrap up and presentation of NIA Award	A/Prof Angela Campbell