

STATE OF THE ART 2023 – SLEEP

PROGRAM

Friday, 28th July 2023; RACV Club, Melbourne CBD

0845 Welcome Darren Mansfield

0900 TO 1030 - SESSION 1: PERI-OPERATIVE SLEEP APNOEA

Frances Chung: Sleep apnoea in patients undergoing major surgery?
What is the risk?

David Hillman: Mechanisms by which OSA may mediate risk for postoperative outcomes

Matthew Naughton: Models of care for sleep apnoea screening in Australia. Is there a role?

10.30 – 10.45 Morning Tea/Coffee

1045 TO 12.15 - SESSION 2: CIRCADIAN DISORDERS

Sean Cain: Circadian disorders: Physiological mechanisms.

Sally Ferguson: What's new in treating circadian disorders?

Tracey Sletten: Will managing shift work save our service industry workforce?

12.15 – 13.15 Lunch

1315 TO 1445 - SESSION 3: WHAT'S NEW IN INSOMNIA MANAGEMENT?

Bei Bei: CBT-I apps. Are we ready to replace the clinician?

Jennifer Walsh: Medicinal cannabis for sleep disturbances.

Robert Adams: Insomnia management in primary care: Can it be done?

14.45 – 15.00 Afternoon Tea/Coffee

1500 TO 1645 - SESSION 4: NEW THERAPIES IN MANAGING SLEEP DISORDERS

Peter Eastwood: Hypoglossal nerve stimulation for OSA

Brendan Yee: New drugs for sleepiness: Where might they fit in?

Frances Chung and Panel: Panel discussion: the role of screening for sleep apnoea in high risk conditions: What are the opportunities and where are the pitfalls?

16.45 – Meeting close - Drinks and Canapes

CME Points = 12.5 pts