

Program

Please note: Times are shown in Australian Central Daylight Time (ACDT).

This program is subject to change.

Wednesday, November 8, 2023

8:30 AM - 5:00 PM				<u>Comprehensive Dental Sleep Medicine Course (Day 1)</u>
9:00 AM - 5:00 PM	<u>Short Course 1: Actigraphy masterclass - a guide to successful analysis and interpretation</u>	<u>Short Course 2: NEST Fest</u>	<u>Short Course: The 'who, when, where, why, and how' of integrating psychological approaches into the management of sleep disorders</u>	
6:00 PM - 8:00 PM	<u>Welcome Function</u>			

Thursday, November 9, 2023

8:00 AM - 5:00 PM					<u>Comprehensive Dental Sleep Medicine Course (Day 2)</u>
8:30 AM - 9:00 AM	Official Opening and Welcome to Country				
9:00 AM - 10:30 AM	<u>International Keynote Presentations</u>				
10:30 AM - 11:00 AM	Morning Tea - Thursday				
11:00 AM - 12:30 PM	New Investigator Award Presentations				
12:30 PM - 1:45 PM	Lunch - Thursday				
1:45 PM - 3:15 PM	<u>The sleepy brain: new neuroscience insights into sleep loss effects on human cognition and novel mitigation strategies</u>	The new ASAPSG Guidelines - Insights and Update	Poster presentations: Paediatric	Poster presentations: Chronobiology	Poster presentations: Neuroscience
3:15 PM - 3:45 PM	Afternoon Tea - Thursday				
3:45 PM - 5:15 PM	<u>Lighting and circadian rhythms: state of the science from fundamentals to clinical applications</u>	<u>The perfect storm - sleep in teenagers</u>	<u>Beyond counting sheep: navigating sleep health from a public health perspective</u>	Poster presentations: Respiratory	Poster presentations: Sleep measurement
5:15 PM - 6:00 PM	ASA Annual General Meeting				

Friday, November 10, 2023

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7:00 AM - 8:20 AM	<u>Breakfast Symposium: Paediatric home ventilation - the state of play in Australia and New Zealand</u>	<u>Breakfast Symposium: Sleep and athletic performance: the current state of play</u>			
8:30 AM - 10:00 AM	<u>Helen Bearpark Memorial session and ANZSSA Awards: Inspirational update: how can we incorporate novel respiratory parameters into clinical practice?</u>				
9:00 AM - 12:00 PM					Fellow of Dental Sleep Medicine examination
10:00 AM - 10:30 AM	Morning Tea - Friday				
10:30 AM - 12:00 PM	<u>'No-picnic PSGs' - interactive adult and paediatric PSG analysis session (clinical)</u>	<u>Insomnia and sleep health across the lifespan</u>	Poster presentations: P6	Poster presentations: P7	<u>Upper airway physiology and new treatment options for OSA</u>
12:00 PM - 1:15 PM	Lunch - Friday				
1:15 PM - 2:45 PM	<u>Preventive sleep health in Australia: perspectives from scientists, primary care, policy, and government</u>	Oral presentations: Paediatric	Oral presentations: Sleep measurement	TBA	<u>Restless legs syndrome: more than just a dopamine hit</u>
2:45 PM - 3:15 PM	Afternoon Tea - Friday				
3:15 PM - 4:45 PM	<u>The ripple effect: understanding the role of abnormal sleep brain waves and dementia in at-risk populations</u>	<u>Sam Robinson Memorial Lecture - Great Debates: Is pharyngeal surgery going to become irrelevant in the era of physiology driven treatments & nerve stimulation?</u>	Oral presentations: Chronobiology	Oral presentations: Upper airway physiology	Oral presentations: Advanced Trainees
4:45 PM - 5:30 PM	ANZSSA Annual General Meeting	SHF Annual General Meeting			

Saturday, November 11, 2023

9:00 AM - 10:30 AM	<u>Sleep health equity in Australian First Nations communities</u>				
10:30 AM - 11:00 AM	Morning Tea - Saturday				
11:00 AM - 12:30 PM	<u>Sleep and shiftwork: how bad is it?... Can we make it better?</u>	Oral presentations: O5	Oral presentations: O6	<u>Contemporary dental sleep medicine: bite-sized overviews of the latest in sleep-disordered breathing and sleep bruxism dental management</u>	<u>Living with narcolepsy and idiopathic hypersomnia in Australia</u>

12:30 PM - 1:45 PM	Lunch - Saturday				
1:45 PM - 3:15 PM	<u>Sleep matters for hospital patients too</u>	Oral presentations: Sleep health / sleep in special populations	Oral presentations: Respiratory	Oral presentations: O9	<u>A ruffled mind makes a restless pillow: relationships between sleep and PTSD</u>
3:15 PM - 3:45 PM	Afternoon Tea - Saturday				
3:45 PM - 5:15 PM	<u>Innovation and sleep science communication in the sleep field</u>	<u>Re-examining relationships between sleep, circadian rhythms and body temperatures</u>	Paediatric symposium		Driver sleepiness
7:00 PM - 12:00 AM	<u>Gala Dinner</u>				