

Program

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

This program is subject to change.

Program Key:

Short Courses
Plenary Sessions
Symposium Sessions
Oral Presentations
Poster Presentations
Industry Sessions
Social Functions
Meetings

Wednesday, October 8, 2025

9:00 AM - 3:15 PM	<u>Short Course 1 - Hands on practical nasoendoscopy for sleep and breathing</u>			

9:00 AM - 5:00 PM			<u>Short Course 3 - Think before you do: leveraging direct acyclic graphs (DAGs) for robust sleep medicine research and practice</u>	
9:00 AM - 5:30 PM				<u>Short Course 4 - Chronic non-invasive ventilation in adults and paediatrics</u>
1:00 PM - 5:00 PM		<u>Short Course 2 - NEST Fest 2025</u>		
4:00 PM - 6:00 PM	<u>ASA Council Co-Chairs Meeting</u>			
6:00 PM - 8:00 PM	<u>Welcome Reception</u>			

Thursday, October 9, 2025

8:15 AM - 10:00 AM						<u>Dental sleep medicine short course - session 1</u>
8:30 AM - 10:30 AM	<u>Opening Plenary and International Keynote Presentations</u>					
10:30 AM - 11:00 AM	<u>Thursday Morning tea</u>					

10:30 AM - 12:30 PM						Dental sleep medicine short course - session 2
11:00 AM - 12:30 PM	New Investigator Award					
12:30 PM - 1:30 PM	Thursday Lunch					
12:35 PM - 1:20 PM				Eli Lilly Industry Symposium: Part 1: Tirzepatide in OSA – What does the evidence say?	ResMed Industry Symposium: Broadening and Enhancing the OSA Care Pathway.	
1:30 PM - 3:00 PM	CLINICAL: The Who, What, When and Why of oral appliances for OSA management	Poster Presentations Sleep Health 1	Poster Presentations Measurement/Neuroscience	Oral Presentations Paediatrics	Poster Presentations Sleep and breathing 1	Dental Short Course will be attending CLINICAL: The Who, What, When and Why of oral appliances for OSA management
3:00 PM - 3:30 PM	New members and first timers welcome Sleep DownUnder lounge in the Exhibition Hall					
	Thursday Afternoon Tea					

3:30 PM - 5:00 PM	<u>CLINICAL: Hypersomnolence disorders – practical challenges in the clinic</u>	<u>PAEDIATRICS: Level 3 and Level 4 devices for diagnosis of sleep disordered breathing in children with neurodisability: considerations, challenges and comparisons with PSG</u>	<u>INSOMNIA: Diversity in primary care insomnia management: a case study based presentation with clinician and researcher perspectives</u>	<u>Oral Presentations Sleep Health 1</u>	<u>Poster Presentations Sleep and breathing 2</u>	
3:30 PM - 5:30 PM						<u>Dental sleep medicine short course - session 4</u>
5:15 PM - 6:00 PM				<u>ASA Annual General Meeting</u>		
5:30 PM - 7:00 PM						<u>Dental sleep medicine evening networking session</u>

Friday, October 10, 2025

6:45 AM - 8:00 AM	<u>2025 Sleep DownUnder Fun Run</u>					
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7:30 AM - 8:45 AM					<u>ResMed Industry Breakfast Symposium: NIV Implementation and Optimisation</u>	
8:30 AM - 10:30 AM						<u>Dental sleep medicine short course - session 5</u>
9:00 AM - 10:30 AM	<u>Sleep wake instability: Arousal systems and clinical perspectives</u> <u>ANZSSA Plenary.</u>					
10:30 AM - 11:00 AM	<u>Friday Morning Tea</u>					
11:00 AM - 12:30 PM	<u>SURGERY: 15th Year Anniversary</u> <u>Sam Robinson Memorial Symposium - Soft tissue, skeletal, stimulation: Foundations to future frontiers of sleep surgery.</u>	<u>SLEEP MEASUREMENT: Year in review - basic sleep science and technology.</u>	<u>CO-DESIGN: Importance of research co-design with people with lived experience and examples from sleep health research</u>	<u>PAEDIATRICS: Paediatric year in review</u>	<u>CLINICAL: The Sleep Shift: Pioneering novel transdisciplinary models of care to manage sleep apnoea</u>	<u>Dental Short Course will be attending the SURGERY: 15th Year Anniversary. Sam Robinson Memorial Symposium</u>
12:30 PM - 1:30 PM	<u>Friday Lunch</u>					

12:35 PM - 1:20 PM			<u>Eli Lilly Industry Symposium: Part 2: Tirzepatide in Practice – Everything you need to know</u>	<u>Temple Medical and Scientific Industry Symposium: Data to Decisions: How can AI, advanced flow and phenotyping personalise sleep medicine?</u>	<u>Philips Industry Symposium: Shaping Sleep: AI and the Evolution of Sleep Medicine</u>	
1:30 PM - 3:00 PM	<u>PAEDIATRICS: Sleep and brain development in early childhood - what do we know and what more could we know?</u>	<u>Oral Presentations Measurement/Neuroscience</u>	<u>Oral Presentations Sleep Health 2</u>	<u>Oral Presentations Insomnia</u>	<u>CLINICAL: Clinical year in review</u>	<u>Dental sleep medicine short course - session 7</u>
3:00 PM - 3:30 PM	<u>Friday Afternoon Tea</u>					
3:30 PM - 5:00 PM	<u>CHRONOBIOLOGY: Illuminating shift work: Innovative strategies for sleep, nutrition, and team performance in 24/7 operations</u>	<u>Poster Presentations Advanced Trainees</u>	<u>SLEEP MEASUREMENT: Round PSG, square rule: interactive Mentimeter-based analysis discussion</u>	<u>Oral Presentations Sleep and breathing 1</u>	<u>Oral Presentations Sleep Health 3</u>	<u>Dental sleep medicine short course - session 8</u>
5:00 PM - 5:30 PM				<u>ANZSSA Annual General Meeting</u>		

Saturday, October 11, 2025

7:30 AM - 8:45 AM				<u>Sleep Science Masterclass presented by ANZSSA</u>	
9:00 AM - 10:30 AM	<u>The impact of sleep on balance, falls and frailty: Investigating novel risk factors in ageing populations</u> <u>Helen Bearpark Memorial Lecture</u>				
10:30 AM - 11:00 AM	<u>Saturday Morning Tea</u>				
11:00 AM - 12:30 PM	<u>FIRST NATIONS: Sleep health of First Nations peoples: Initiatives to empower community members and service providers</u>	<u>CLINICAL: Snoring and scales: Tackling obesity and OSA</u>	<u>Poster Presentations Sleep Health 2</u>	<u>Poster Presentations Insomnia 1</u>	<u>Poster Presentation Paediatrics</u>
12:30 PM - 1:30 PM	<u>Saturday Lunch</u>				
1:30 PM - 3:00 PM	<u>SLEEP SCIENCE: The Sleep Health Foundation's Innovation and Sleep Science Communication Award</u>	<u>Oral Presentations Sleep and breathing 2</u>	<u>NEUROSCIENCE: New perspectives in sleepiness: Modern applications of EEG in hypersomnolence research</u>		<u>Poster Presentation Clinical: Advanced Trainee 2</u>
3:00 PM - 3:30 PM	<u>Saturday Afternoon tea</u>				

3:30 PM - 5:00 PM	<u>INSOMNIA: Insomnia management in the context of comorbid conditions</u>	<u>PRIMARY CARE: Implementation in action! Translating sleep health care to thousands of Australian primary care clinicians</u>	<u>OHS: Managing sleep loss, fatigue, and performance in military settings</u>	<u>PAEDIATRICS: Sleep health care delivery and interventions to families, children and adolescents: How are we doing?</u>	
7:00 PM - 10:30 PM	<u>Gala Dinner</u>				