

# Sleep DownUnder 2017 Program

WEDNESDAY 25th October

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| 0800-1100 | ASA Board, SHF Board and Business Councils joint meeting | Epsom Room 2 |
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| 0800-1030 | <b>Short Course 1: Noninvasive ventilation in the acute setting - the pressure to get it right</b><br><i>Supported by Philips Respironics</i> | <b>New Zealand Room 1</b>            |
|           | Chairperson: Shyamala Pradeepan   | Presenter Names                      |
| 0800-0810 | Introduction  |                                      |
| 0810-0845 | NIV for acute hypercapnic respiratory failure - pathophysiology and the rationale behind NIV  | Bhajan Singh                         |
| 0845-0910 | Who benefits from NIV in the acute setting?   | Matthew Naughton                     |
| 0910-0935 | Optimising settings – settings, device waveforms and downloads  | Amanda Piper                         |
| 0935-1000 | The CO2 emission trading scheme: Venous vs arterial blood gases   | Alan Young                           |
| 1000-1030 | Acute asthma - when is NIV appropriate?   | Matthew Naughton                     |
| 1030-1100 | <b>MORNING TEA</b>  |                                      |
| 1100-1230 | <b>Session Title: How are we currently using NIV in the acute setting?</b>  | <b>New Zealand Room 1</b>            |
|           | Chairperson: Amanda Piper   | Presenter Names                      |
| 1100-1125 | NIV in OHS – big trouble in little ICU  | Andy Veale                           |
| 1125-1150 | Misuse and missed use of NIV in the acute setting   | Alister Neill                        |
| 1150-1215 | Models of care – results from a clinical trial  | Alan Young                           |
| 1215-1230 | Question time   | Amanda Piper                         |
| 1230-1330 | <b>LUNCH</b>  |                                      |
| 1330-1500 | <b>Session Title: High flow nasal cannula – how this should be used in managing acute respiratory failure</b>                                 | <b>New Zealand Room 1</b>            |
|           | Chairperson: Ken Whyte  | Presenter Names                      |
| 1330-1355 | How does HFNC work and how to set it up   | Alister Neill                        |
| 1355-1420 | Use in the post-extubation period – studies from NZ   | Rachael Parke                        |
| 1420-1445 | HFNC: Does it have a place in acute COPD patients?  | Darren Mansfield                     |
| 1445-1500 | Panel discussion: HFNC vs NIV in acute care   | Amanda Piper/Ken Whyte               |
| 1500-1520 | <b>AFTERNOON TEA</b>  |                                      |
| 1520-1700 | <b>Session Title: Putting theory into practice</b>  | <b>New Zealand Room 1</b>            |
|           | Chairperson: Amanda Piper   | Presenter Names                      |
| 1520-1600 | Clinical cases  | Various                              |
| 1600-1625 | Acute respiratory failure and sleep - a two way street  | Amanda Piper                         |
| 1625-1650 | Q&A session   | Facilitator & Audience Participation |
| 1650-1700 | Closing remarks   |                                      |

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| 0900-1030 | <b>Short Course 2: PAP Therapy: A technical and clinical review from signal acquisition to treatment outcomes and everything in between</b> | <b>New Zealand Room 2</b> |
|           | Session title: Laboratory Titration Studies   |                           |
|           | Chairpersons: Paul Kelly and Rebecca Calwell  | Presenter Names           |
| 0900-0945 | Part A Laboratory Titration Studies   | Kerri Melehan             |
| 0945-1030 | Part B Titration Protocols  | Prudence Murray           |
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| 1030-1050 | <b>MORNING TEA</b>  |                           |
| 1050-1210 | <b>Session Title: PAP Modes: Why, When and How</b>  | <b>New Zealand Room 2</b> |
|           | Chairpersons: Paul Kelly and Rebecca Calwell  | Presenter Names           |
| 1050-1120 | PART A: Clinical review of PAP modes, what therapy for which condition and why  | Michael Hlavac            |
| 1120-1150 | PART B: Mode review. CPAP-Autoset. BiPAP-ASV  | Michael Hlavac            |

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| 1150-1210        | PART C: Masks. Full face versus nasal versus pillow. Optimal fit. Addressing mask leak. Other mask issues    | Rebecca Calwell           |
| <b>1210-1300</b> | <b>LUNCH</b>   |                           |
| <b>1300-1400</b> | <b>Session Title: The Clinical PAP Review</b>  | <b>New Zealand Room 2</b> |
|                  | Chairpersons: Paul Kelly and Rebecca Calwell   | Presenter Names           |
| 1300-1320        | PART A: How to perform a comprehensive clinical PAP review   | Sally Powell              |
| 1320-1340        | PART B: Compliance Data. Cloud based compliance. AHI derivations. Download indices, what do they mean        | Paul Kelly                |
| 1340-1400        | PART C: Strategies to increase PAP compliance  | Sally Powell              |
| <b>1400-1420</b> | <b>AFTERNOON TEA</b>   |                           |
| <b>1420-1600</b> | <b>Session Title: PAP Algorithms</b>   | <b>New Zealand Room 2</b> |
|                  | Chairpersons: Paul Kelly and Rebecca Calwell   | Presenter Names           |
| 1420-1440        | PART A: Treatment algorithms. Autoset, ASV   | Angela Campbell           |
| 1440-1500        | PART B: Treatment algorithms. IVAPS/AVAPS  | Sally Powell              |
| 1500-1515        | PART C: How to manage your PAP service   | Paul Kelly                |
| 1515-1600        | Group discussion<br>Participants are to break into groups and discuss CPAP units and PAP masks with industry |                           |

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| <b>1600-1800</b> | <b>Early Career Seminar: Academia/Industry Partnerships: Challenges and Opportunities</b> | <b>Marlborough Room 1</b>           |
|                  | Chairpersons: Danny Eckert and Jennifer Walsh   | Presenter Names                     |
| 1600-1605        | Brief Introduction  | Danny Eckert and Jennifer Walsh     |
| 1605-1635        | Successful industry/academia partnerships   | Peter Cistulli and Leigh Signal     |
| 1635-1705        | Insights into negotiating research and consultancy partnerships with industry             | Peter Eastwood and Danny Eckert     |
| 1705-1735        | Industry partner grants – Insights from the CRC model                                     | Andrew Vakulin and Anthony Williams |
| 1735-1800        | Expert panel discussion   | All speakers                        |
| 1800             | Meet and greet for those signed up for the 2017/18 ASA mentorship program                 |                                     |

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| <b>1530-1630</b> | <b>ASTA Board Meeting</b>                  | <b>Executive Boardroom</b> |
| <b>1700-1800</b> | <b>ASTA AGM</b>                            | <b>New Zealand Room 2</b>  |
| <b>1800-2000</b> | <b>Welcome Reception, sponsored by BOC</b> | <b>Auckland Foyer</b>      |

## THURSDAY 26th October

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| 0630-0730 | Fun Run |  |
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| 0815-0900 | <b>Official Opening and Welcome</b>  | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
| 0900-1030 | <b>Plenary: Sleep disorders - adverse outcomes of treatment</b><br><i>Supported by MSD</i> | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
|           | Chairpersons: Matthew Naughton, Shyamala Pradeepan   | Presenter Names                           |
| 0900-0918 | How safe is CPAP?  | Matthew Naughton, Australia               |
| 0918-0936 | Think before sinking your teeth into oral appliance therapy                                | Peter Cistulli, Australia                 |
| 0936-0954 | Adjunctive medications used in OSA treatment – how safe are they?                          | Nigel McArdle, Australia                  |
| 0954-1012 | Upper Airway Surgery for OSA - is the benefit worth the risk?                              | Stuart Mackay, Australia                  |
| 1012-1030 | Discussion   |   |

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| 1030-1100 | <b>MORNING TEA</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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| 1100-1115 | <b>CSRS Early Career Development Awardee Presentation</b>   |   |
|           | Chairperson: Danny Eckert   | Presenter Names                           |
|           | Objective but not subjective short sleep duration associated with increased risk for hypertension in individuals with obstructive sleep apnea | Rong Ren                                  |
| 1115-1245 | <b>New Investigator Award Presentations</b>   | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
|           | Chairpersons: Leigh Signal and Andrew Vakulin   | Presenter Names                           |
| 1115-1130 | A longitudinal study of sleep-disordered breathing from 3-years to direct academic performance assessments at 8-years                         | Rebecca Harding                           |
| 1130-1145 | Diagnostic utility of STOPBang and berlin questionnaires for middle-aged Australians  | Baddewithana Chamara Senaratna            |
| 1145-1200 | The impact of a meal, snack, or not eating during the nightshift on driving performance   | Charlotte Gupta                           |
| 1200-1215 | The Influence of split sleep-wake schedules and daytime sleep strategies on neurobehavioural performance                                      | Anastasi Kosmadopoulos                    |
| 1215-1230 | Effects of 40mg of morphine on phenotypic causes of obstructive sleep apnea   | Rodrigo Tomazini Martins                  |
| 1230-1245 | Prodromal obesity hypoventilation syndrome - early detection of hypoventilation in the very obese population                                  | Sheila Sivam                              |

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| 1245-1330 | <b>LUNCH</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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### CONCURRENT SYMPOSIA SESSIONS

|           |  |                     |
|-----------|--|---------------------|
| 1330-1500 | <b>Symposia session: Cognitive behavioural therapy for insomnia (CBTi) for busy health professionals</b> | <b>Parnell Room</b> |
|           | Chairperson: Hailey Meaklim  | Presenter Names     |
| 1330-1335 | The 4-factor model of insomnia   | Sean Drummond       |
| 1335-1353 | Brief CBTi for busy health professionals - what is it, why do it and current research                    | Tony Fernando       |
| 1353-1412 | Key strategies for brief CBTi  | Sean Drummond       |
| 1412-1430 | How to apply brief CBTi in the clinic room - case example  | Hailey Meaklim      |
| 1430-1450 | Motivating your patients for brief CBTi  | Lora Wu             |
| 1450-1500 | Round table discussion   |                     |

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| 1330-1500 | <b>Symposia session: Personalising the treatment of sleep apnoea - predictive treatment success utilising clinical and physiological information</b> | <b>New Zealand Room 1</b> |
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|           | Chairpersons: Peter Catcheside and Garun Hamilton  | Presenter Names |
| 1330-1350 | Early identification of CPAP successes and techniques to improve adherence: A clinicians perspective | Alister Neill   |
| 1350-1415 | Selecting the right patients for oral appliance therapy: A researchers perspective                   | Kate Sutherland |
| 1415-1435 | Selecting the right patients for upper airway surgery: A surgeons perspective                        | Stuart MacKay   |
| 1435-1500 | Can a patients physiology be used to improve patient care?   | Bradley Edwards |

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| <b>1330-1500</b> | <b>Symposia session: The role of ethnicity in sleep disordered breathing</b>      | <b>New Zealand Room 2</b> |
|                  | Chairpersons: Richard Lee and Denise O'Driscoll                                   | Presenter Names           |
| 1330-1355        | Sleep disordered breathing in the NZ adult population                             | Angela Campbell           |
| 1355-1415        | Predisposition to OSA by ethnicity in children                                    | Sarah Biggs               |
| 1415-1440        | Anatomical predisposition to OSA in Asian populations                             | Peter Cistulli            |
| 1440-1500        | The clinical phenotype and ventilatory control contribution to OSA in the Chinese | Denise O'Driscoll         |

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| <b>1330-1500</b> | <b>ASTA Symposium: Carbon dioxide monitoring in the sleep laboratory</b>                                    | <b>Marlborough Rooms 1&amp;2</b> |
|                  | Chairpersons: Tom Churchward and Lynnette Reid-Price  | Presenter Names                  |
| 1330-1355        | Carbon dioxide monitoring during sleep in adults – from COPD to OHS   | Alan Young                       |
| 1355-1415        | Carbon dioxide monitoring in children – guidelines and methodology  | Rebecca Mihai                    |
| 1415-1435        | Implementation of carbon dioxide monitoring in the adult sleep laboratory – challenges and trouble-shooting | Angela Anniss                    |
| 1435-1500        | CO <sub>2</sub> monitoring – present and future technologies  | Craig Little                     |

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| <b>1330-1500</b> | <b>Symposia session: Sleep in paediatric syndromes</b> | <b>Marlborough Room 3</b> |
|                  | Chairperson: Honey Heussler                            | Presenter Names           |
| 1330-1350        | An overview of sleep problems in paediatric syndromes  | Honey Heussler            |
| 1350-1415        | Sleep problems in children with Down Syndrome          | Jasneek Chawla            |
| 1415-1435        | Sleep in Prader Willi Syndrome                         | Greg Blecher              |
| 1435-1500        | Achondroplasia and sleep                               | Karen Waters              |

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| <b>1500-1530</b> | <b>AFTERNOON TEA</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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#### CONCURRENT YEAR IN REVIEW SESSIONS

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| <b>1530-1630</b> | <b>Year in Review: Sleep and Respiratory</b>   | <b>New Zealand Room 1</b> |
|                  | Chairpersons: Darren Mansfield and Scott Sands |                           |

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| <b>1530-1630</b> | <b>Year in Review: Paediatric</b>                  | <b>New Zealand Room 2</b> |
|                  | Chairpersons: Barbara Galland and Sadisuvam Suresh |                           |

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| <b>1530-1630</b> | <b>Year in Review: Chronobiology</b>         | <b>Marlborough Room 3</b> |
|                  | Chairpersons: Jill Dorrian and Nicole Lovato |                           |

#### CONCURRENT COUNCIL MEETINGS

|                  |                                      |   |
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| <b>1630-1730</b> | <b>Sleep and Respiratory Council</b> | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
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| <b>1630-1730</b> | <b>Paediatric Council</b> | <b>Parnell Room</b> |
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| <b>1630-1730</b> | <b>Chronobiology Council</b> | <b>New Zealand Room 1</b> |
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| <b>1630-1730</b> | <b>Insomnia &amp; Sleep Health Council</b> | <b>New Zealand Room 2</b> |
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| 1630-1730 | Occupational Health, Safety & Performance | Marlborough Room 1             |
| 1630-1730 | Sleep Physicians Council                  | Marlborough Room 2             |
| 1630-1730 | Primary Care Council                      | Marlborough Room 3             |
| 1630-1730 | Surgery Council                           | Executive Boardroom            |
| 1630-1730 | Neuroscience Council                      | Coromandel Room                |
| 1730-1830 | ASA AGM                                   | New Zealand Rooms 3, 4 & Foyer |

## FRIDAY 27th October

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| <b>0700-0815</b> | <b>SomnoMed sponsored breakfast session</b>                  | <b>Marlborough 2</b> |
|                  | Oral appliance effectiveness: Efficacy, adherence and health | Kate Sutherland      |

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| <b>0700-0815</b> | <b>Breakfast Session: Advances in drowsy driving: Monitoring and predicting adverse (driving) events in at-risk populations</b> | <b>Marlborough 1</b> |
|                  | Chairperson: Clare Anderson   | Presenter Names      |
| 0700-0710        | Introduction to the session: Drowsy driving – the past, the present and the future  | Clare Anderson       |
| 0710-0730        | The utility of ocular measures to detect driver drowsiness  | Jennifer Cori        |
| 0730-0750        | Objective and subjective indices of drowsy driving in shift workers – are drivers aware of sleepiness?                          | Clare Anderson       |
| 0750-0810        | Biomarkers of Alertness Failure and Driving Impairment in OSA   | Andrew Vakulin       |
| 0810-0815        | Panel Q&A   | All                  |

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| <b>0700-0815</b> | <b>Breakfast Session: Interactive scoring workshop – the easy and the difficult</b> | <b>Marlborough 3</b> |
|                  | Chairperson: Anna Mullins   | Presenter Names      |
| 0700-0725        | Adult sleep staging and arousals  | Kerri Melehan        |
| 0725-0750        | Adult respiratory scoring   | Tom Churchward       |
| 0750-0815        | Paediatric scoring  | Rebecca Mihai        |

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| <b>0700-0815</b> | <b>Breakfast Session: Long term home ventilation in paediatrics</b> | <b>Parnell Room</b> |
|                  | Chairperson: Jasneek Chawla   | Presenter Names     |
| 0700-0710        | Introduction  | Jasneek Chawla      |
| 0710-0730        | Long term ventilation: The New Zealand experience                   | Jacob Twiss         |
| 0730-0750        | Long term ventilation: The Brisbane experience                      | David Kilner        |
| 0750-0810        | Long term ventilation: A nursing perspective                        | Katrina Jess        |
| 0810-0815        | Session round up  | Jasneek Chawla      |

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| <b>0830-0900</b> | <b>Presidential address: Childhood narcolepsy in China</b> | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
|                  | Chairperson: Maree Barnes                                  | Presenter Name                            |
|                  | Childhood Narcolepsy in China                              | Fang Han                                  |

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| <b>0900-1030</b> | <b>ASTA Plenary: Advanced analysis of fundamental sleep signals</b> | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
|                  | Chairperson: Andrew Perkins and Teanau Roebuck                      | Presenter Names                           |
| 0900-0930        | Advanced movement analysis  | Birgit Hogl                               |
| 0930-0950        | Complex EEG analysis  | Anna Mullins                              |
| 0950-1010        | Oximetry analysis   | Belinda Suthers                           |
| 1010-1030        | Heart rate analysis   | Denise O'Driscoll                         |

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| <b>1030-1100</b> | <b>MORNING TEA</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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### CONCURRENT POSTER DISCUSSIONS

|                  |  |                                 |
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| <b>1100-1200</b> | <b>Advanced trainee poster discussion 1</b>  | <b>Parnell Room</b>             |
|                  | Chairpersons: Maree Barnes and Stuart Miller   | Presenter Names                 |
| 1100-1106        | Retrospective case-controlled study of obstructive sleep apnoea in down syndrome adults        | Nur Sulaiman<br>Abstract 094    |
| 1106-1112        | Factors influencing the need for nocturnal ventilation in motor neurone disease                | Timothy Edwards<br>Abstract 082 |
| 1112-1118        | Oxygen therapy for treating patients with residual sleep apnoea following upper airway surgery | Michael Tan<br>Abstract 095     |

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| 1118-1124 | AHI vs ODI and hypoxaemic burden as correlates of coronary plaque burden  | Lin Mo<br>Abstract 088           |
| 1124-1130 | Perioperative care of patients with OSA: A survey of beliefs and management approaches amongst clinicians       | Joy Sha<br>Abstract 093          |
| 1130-1136 | Clinical utility and technical quality of unattended home polysomnography in a large, tertiary referral service | Hamna Sahi<br>Abstract 092       |
| 1136-1142 | Evaluation of a new simple diagnostic tool for obstructive sleep apnoea   | James Anderson<br>Abstract 047   |
| 1142-1148 | Association of sleep quality with sleepiness and quality of life in patients with ILD                           | Alan Teoh<br>Abstract 097        |
| 1148-1154 | The use of overnight oximetry for diagnosing and managing OSA, are patients worse off?                          | Lit Yoong<br>Abstract 098        |
| 1154-1200 | The reliability of the epworth sleepiness score in a sleep clinic population                                    | Elisabeth Taylor<br>Abstract 096 |

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| <b>1100-1200</b> | <b>Sleep and breathing: From screening to treatment</b>   | <b>New Zealand Room 1</b>               |
|                  | Chairpersons: Kirk Kee and Amanda Piper   | Presenter Names                         |
| 1100-1106        | Sleep apnoea screening for patients with atrial fibrillation: Interim results from the SAFARI study                     | Anna Mohammadi<br>Abstract 147          |
| 1106-1112        | Inadequate total sleep time is frequently observed in hypersomnolent patients undergoing multiple sleep latency testing | Damoon Entesari-Tatafi<br>Abstract 116  |
| 1112-1118        | Identification of possible causes of excessive daytime sleepiness in patients with normal MSLT                          | Alisha Martin<br>Abstract 117           |
| 1118-1124        | Diagnostic utility of STOPBang and berlin questionnaires for middle-aged Australians                                    | Moved to New Investigator Presentations |
| 1124-1130        | Clinical dental examination can indicate susceptibility for sleep disordered breathing                                  | Saul Gilbert<br>Abstract 124            |
| 1130-1136        | Fixed versus automatic positive airway pressure therapy for positional sleep apnoea - double-blind, randomised trial    | Shyamala Pradeepan<br>Abstract 171      |
| 1136-1142        | Pilot evaluation of n-CPAP machine during sleep that approximates the nasal cycle – preliminary results                 | Jim Bartley<br>Abstract 166             |
| 1142-1148        | Adaptive servo-ventilation therapy improves long-term prognosis in patients with complex sleep apnea syndrome           | Chikara Yoshimura<br>Abstract 174       |
| 1148-1154        | Total sleep time does not influence the effectiveness of antihypertensive medications in obstructive sleep apnoea       | Marie Bachechi<br>Abstract 166          |
| 1154-1200        | Quality of life assessments in MND patients on NIV using disease specific/treatment specific tools                      | Nicole Grivell<br>Abstract 154          |

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| <b>1100-1200</b> | <b>Assessing brain, body and lung in sleep medicine</b>   | <b>New Zealand Room 2</b>              |
|                  | Chairpersons: Paul Kelly and Peter Rochford   | Presenter Names                        |
| 1100-1106        | What actigraphy can tell us about conducting a better multiple sleep latency test   | Andrew Perkins<br>Abstract 158         |
| 1106-1112        | Improving the quality of multiple sleep latency tests by eliminating other factors of hypersomnolence                     | Ashen Amaranayake<br>Abstract 151      |
| 1112-1118        | The use and efficacy of adaptive servo-ventilation  | Taha Huseini<br>Abstract 169           |
| 1118-1124        | Bispectral Index and natural sleep in individuals with treated and untreated obstructive sleep apnoea                     | Jen Walsh<br>Abstract 163              |
| 1124-1130        | Impact of data processing on oximetry results is significant in patients with sleep disordered breathing                  | Teanau Roebuck<br>Abstract 159         |
| 1130-1136        | AHI determined by continuous positive airway pressure (CPAP) device algorithm underestimates hypopneas at lower pressures | Nur Izzanie Kamaruddin<br>Abstract 157 |

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| 1136-1142 | Making a better AHI: step 1 in a method to quantify apnoea-hypopnoea event severity                                 | Philip Terrill<br>Abstract 162 |
| 1142-1148 | A pilot study characterising head flexion/extension during sleep and its relationship with sleep apnea severity     | Albert Tate<br>Abstract 161    |
| 1148-1154 | The effect of sleep on lung volumes in normal and over-weight men and women   | Joanne Avraam<br>Abstract 152  |
| 1154-1200 | A validation study of automated sleep apnoea detection using alerte digital health's artificial intelligence system | Dion Hulshoff<br>Abstract 156  |

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| <b>1100-1200</b> | <b>Sleep, work, play</b>   | <b>Marlborough Rooms 1&amp;2</b>     |
|                  | Chairpersons: Siobhan Banks and Delwyn Bartlett  | Presenter Names                      |
| 1100-1106        | Does sleep restriction attenuate the benefits of interrupting sitting on glucose metabolism? A pilot study                   | Grace Vincent<br>Abstract 102        |
| 1106-1112        | Biological and behavioural circadian rhythms in delayed sleep-wake phase disorder and non-24-hour sleep-wake rhythm disorder | Gorica Micic<br>Abstract 100         |
| 1112-1118        | Sleep quantity and quality of on-call from home fire and emergency service workers   | Sarah Hall<br>Abstract 120           |
| 1118-1124        | Shift work disorder and the relationship between depression and anxiety severity amongst nurses                              | Lauren Booker<br>Abstract 119        |
| 1124-1130        | Presentation withdrawn   |                                      |
| 1130-1136        | Increased vulnerability to acute sleep deprivation in women depends on menstrual phase                                       | Parisa Vidafar<br>Abstract 101       |
| 1136-1142        | Association between self-reported workplace lighting quality and sleep quality in a multi-ethnic population in Asia          | Nanthini Visvalingam<br>Abstract 123 |
| 1142-1148        | Presentation withdrawn   |                                      |
| 1148-1154        | Exploration of the relationship between child's sleep disturbances on parent's sleep quality and pre-sleep arousal           | Prena Varma<br>Abstract 113          |
| 1154-1200        | Groggy, dazed and confused: The impact of anticipating an important task when on-call on sleep-inertia                       | Katya Kovac<br>Abstract 122          |

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| 1200-1245 | <b>Poster Viewing</b> | <b>Epsom Rooms</b> |
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| 1245-1345 | <b>LUNCH</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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| 1245-1345 | <b>Clinical Committee Meeting</b> | <b>Executive Boardroom</b> |
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| 1245-1345 | <b>Australasian Sleep Association Research Committee Session: Qualitative Study Design Principles- Tips and Insights for a Growing Area of Sleep Research</b> | <b>Marlborough Rooms 1&amp;2</b> |
|           | Chairpersons: Danny Eckert and Leigh Signal   | Presenter Names                  |
| 1250-1255 | Brief Introduction  | Danny Eckert and Leigh Signal    |
| 1255-1310 | The pharmacy/sleep research experience  | Keith Wong                       |
| 1310-1325 | Designing and conducting qualitative research on sleep in people with dementia and their caregivers   | Rosemary Gibson                  |

#### CONCURRENT ORAL PRESENTATIONS

|           |   |                     |
|-----------|---|---------------------|
| 1345-1515 | <b>Sleep and breathing from infancy to adolescence</b>  | <b>Parnell Room</b> |
|           | Chairpersons: Indra Narang and Shyamala Pradeepan   | Presenter Names     |
| 1345-1400 | Automatic positive airway pressure may reduce wait times for treatment of OSA in paediatric practice                | Alina Nunez         |
| 1400-1415 | Mandibular advancement appliances efficacy on sleep disordered breathing in children: A randomised controlled trial | Idris Ghassan       |



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| 1415-1430 | Obstructive sleep apnoea severity in children is associated with increased central aortic systolic blood pressure | Lisa Walter    |
| 1430-1445 | Longitudinal effects of periodic breathing on cerebral oxygenation in term and preterm born infants               | Rosemary Horne |
| 1445-1500 | Does early parental education prevent infant sleep problems?  | Rachel Sayers  |
| 1500-1515 | Quality of life and mood in children and adolescents with CF: Associations with sleep quality                     | Rosemary Horne |

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| <b>1345-1515</b> | <b>Chronotypes, phenotypes and biomarkers of the biological clock</b>  | <b>New Zealand Room 1</b> |
|                  | Chairpersons: Amy Reynolds and Leigh Signal  | Presenter Names           |
| 1345-1400        | Melatonin suppression as a biomarker of depressed state: A pilot study   | Elise McGlashan           |
| 1400-1415        | Preliminary investigation of the variability in melatonin onset in self-reported intermediate chronotypes          | Jackie Stepien-Hulleman   |
| 1415-1430        | Telomere length and salivary DNA methylation after 48 hours of sleep deprivation                                   | Siobhan Banks             |
| 1430-1445        | The relationship between circadian phase and mood in unmedicated major depressive disorder: A preliminary analysis | Michelle Coleman          |
| 1445-1500        | Effects of chronic shift work and obstructive sleep apnea on sleepiness, mood, vigilance and neurocognition        | Jennifer Cori             |
| 1500-1515        | Association of sleep duration and quality with physical, social, and emotional functioning of Australian adults    | Yu Sun Bin                |

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| <b>1345-1515</b> | <b>Efficacy of OSA treatment</b>  | <b>New Zealand Room 2</b> |
|                  | Chairpersons: Peter Eastwood and Geraldo Lorenzi-Filho  | Presenter Names           |
| 1345-1400        | Effect of obstructive sleep apnea treatment on renal function in patients with cardiovascular disease                 | Kelly Loffler             |
| 1400-1415        | Individual versus group CPAP clinics: Efficacy in a severe OSA population   | Courtney Mcauley          |
| 1415-1430        | Predicting response to oxygen therapy in OSA patients using ventilatory chemoreflex test during wakefulness           | David Wang                |
| 1430-1445        | Effect of bariatric surgery on obstructive sleep apnoea: A systematic review  | Ai-Ming Wong              |
| 1445-1500        | Phenotyping using polysomnography to select obstructive sleep apnoea patients for mandible advancement device therapy | Ahmad Bamagoos            |
| 1500-1515        | COMT genotype not predictive of response to armodafinil in OSA. Sub-study from a randomised trial                     | Julia Chapman             |

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| <b>1345-1515</b> | <b>Insomnia, narcolepsy and sleep health</b>  | <b>Marlborough Rooms 1&amp;2</b> |
|                  | Chairpersons: Melinda Jackson and Nathaniel Marshall  | Presenter Names                  |
| 1345-1400        | Greater spindle density in insomnia is associated with subjective morning alertness and more sustained attention                | Anna Mullins                     |
| 1400-1415        | Treating insomnia in depression: Insomnia characteristics predict depression trajectories during treatment and 2-year follow-up | Bei Bei                          |
| 1415-1430        | Sleep and cardio-metabolic risk in indigenous Australians – the BIRCH study   | Stephanie Yiallourou             |
| 1430-1445        | Self-reported sleep quality in a multiethnic Asian population   | Yu Sun Bin                       |
| 1445-1500        | Chronic pain in narcolepsy: Investigation of differences in those with and without cataplexy                                    | Dorothy Bruck                    |
| 1500-1515        | Using electronic devices in bed after lights out reduces sleep duration and quality   | Michele Lastella                 |

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| <b>1345-1515</b> | <b>EEG, ECG and actigraphy: Assessing the signals of sleep</b>  | <b>Marlborough Room 3</b> |
|                  | Chairpersons: Kerri Melehan and Philip Terrill  | Presenter Names           |
| 1345-1400        | Quantitative electroencephalogram measures in adult men during sleep: Relationship with the apnea hypopnea index                        | Robert Adams              |
| 1400-1415        | Association of depression with quantitative electroencephalogram measures in adult men during sleep                                     | Robert Adams              |
| 1415-1430        | Prevalence of sleep-disordered breathing among patients admitted for prolonged video-EEG monitoring                                     | Shobi Sivathamboo         |
| 1430-1445        | Sleep architecture in healthy young adults  | Kathleen Maddison         |
| 1445-1500        | Automated ECG-based apnoea classification using heart rate variability, ECG derived respiration and cardiopulmonary coupling parameters | Philip de Chazal          |
| 1500-1515        | Accuracy of wrist actigraphy improved by new tri-axial scoring algorithm  | James Slater              |

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| <b>1515-1545</b> | <b>AFTERNOON TEA</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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#### CONCURRENT SYMPOSIA SESSIONS

|                  |  |   |
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| <b>1545-1715</b> | <b>Symposia session: Oral appliances for obstructive sleep apnoea</b>  | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
|                  | Chairpersons: Greg Reynolds  | Presenter Names                           |
| 1545-1630        | Year in review articles related to dental sleep medicine               | Fernanda Almeida                          |
| 1630-1715        | Dealing with the Challenges and Side Effects of Oral Appliance Therapy | Andrew Gikas                              |

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| <b>1545-1715</b> | <b>Symposia session: Infant sleep: Interventions for obesity prevention and problematic sleep, and safe sleep practices</b> | <b>Parnell Room</b> |
|                  | Chairperson: Barbara Galland  | Presenter Names     |
| 1545-1605        | Early life obesity prevention strategies  | Rachael Taylor      |
| 1605-1630        | Sleep interventions for problematic sleep in infancy and early childhood  | Barbara Galland     |
| 1630-1650        | Infant- parent bedsharing: Complexities, culture and interventions for safer infant sleep                                   | Sally Baddock       |
| 1650-1715        | Safe sleeping for preterm infants   | Rosemary Horne      |

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| <b>1545-1715</b> | <b>Symposia session: Sleep Health Foundation Symposium: Key sleep disorders - how common are they and why do they occur?</b> | <b>New Zealand Room 1</b> |
|                  | Chairperson: Siobhan Banks   | Presenter Names           |
| 1545-1615        | Epidemiology of sleep complaints in the community: The 2016 SHF Survey   | Robert Adams              |
| 1615-1645        | Epidemiology of Obstructive Sleep Apnea (OSA) and related respiratory sleep disorders  | David Hillman             |
| 1645-1715        | Epidemiology of narcolepsy, restless legs syndrome and REM sleep behaviour disorder (RMD)                                    | Birgit Hogl               |

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| <b>1545-1715</b> | <b>Symposia session: New and emerging approaches to target the upper airway muscles to treat obstructive sleep apnoea</b> | <b>New Zealand Room 2</b> |
|                  | Chairpersons: Danny Eckert and Geraldo Lorenzi-Filho  | Presenter Names           |
| 1545-1605        | Role of impaired upper airway muscle function and pharmacotherapies as a therapeutic target to treat OSA                  | Andrew Wellman            |
| 1605-1630        | Training the upper airway muscles to treat OSA and reduce snoring   | Geraldo Lorenzi-Filho     |
| 1630-1650        | Hypoglossal nerve stimulation to treat OSA  | Peter Eastwood            |

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| 1650-1715        | Mechanisms and research priorities to advance strategies that target the upper airway muscles to treat OSA   | Danny Eckert                     |
| <b>1545-1715</b> | <b>Symposia session: Pathophysiology, performance and phenotyping: 3 new Ps of objective insomnia measurement</b>  | <b>Marlborough Rooms 1&amp;2</b> |
|                  | Chairpersons: Christopher Gordon and Nathaniel Marshall  | Presenter Names                  |
| 1545-1605        | Cognitive performance in Insomnia patients   | Sean Drummond, Australia         |
| 1605-1630        | Insomnia in the elderly: Phenotypic responses to treatment   | Nicole Lovato, Australia         |
| 1630-1650        | Heart rate variability impairments in Insomnia   | Christopher Gordon, Australia    |
| 1650-1715        | Insomnia phenotyping: The good, the bad and the ugly   | Nathaniel Marshall, Australia    |
| <b>1715-1815</b> | <b>SHF AGM</b>   | <b>New Zealand Room 2</b>        |
| <b>1715-1915</b> | <b>Respiratory and sleep medicine PREP workshop</b>  | <b>Marlborough Room 3</b>        |
| <b>1800-1830</b> | <b>Launch of New Zealand Sleep Health Foundation</b>   | <b>New Zealand Room 1</b>        |
| <b>1830-1930</b> | <b>Public Forum</b><br><b>Debate: "To wear or not to wear? That is the question!"</b><br><br><b>Chairperson: Moira Junge</b><br><b>Adjudicator: Sean Drummond</b><br><br>Phillipa Gander<br>Dorothy Bruck<br>Nat Marshall<br>Siobhan Banks<br>Michael Hlavac | <b>New Zealand Room 1</b>        |

## SATURDAY 28th October

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|-----------|---|---------------------|
| 0700-0815 | <b>Breakfast with the Professor: Management of sleep apnoea as a chronic disease: A telemedicine system</b> | <b>Parnell Room</b> |
|           | Professor Fang Han  | Presenter Names     |

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| 0700-0815 | <b>Breakfast with the Professor</b> | <b>Executive Boardroom</b> |
|           | Geraldo Lorenzi-Filho               |                            |

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| 0700-0815 | <b>Breakfast: NATA accreditation update</b> | <b>Marlborough 3</b> |
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| 0700-0815 | <b>Fisher &amp; Paykel sponsored breakfast session</b>   | <b>Marlborough 1 and 2</b> |
|           | Chronic nocturnal use of humidified nasal high flow oxygen in COPD patients – effect on exacerbations and hospitalizations | Ulla Møller Weinreich      |

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| 0830-0900 | <b>Keynote: Central sleep apnoea and cardiovascular disease</b> | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |
|           | Chairperson: Danny Eckert                                       | Presenter Names                           |
|           | Central sleep apnoea and cardiovascular disease                 | Geraldo Lorenzi-Filho                     |

### CONCURRENT SYMPOSIA SESSIONS

|           |  |                     |
|-----------|--|---------------------|
| 0900-1030 | <b>Symposia session: Mindfulness and meditative movement: Evidence based complementary therapies for sleep disorders</b> | <b>Parnell Room</b> |
|           | Chairperson: Tony Fernando   | Presenter Names     |
| 0900-0945 | Overview of mindfulness and guided mindfulness exercise  | Tony Fernando       |
| 0945-1005 | Current research on mindfulness for sleep disorders  | Moira Junge         |
| 1005-1030 | Meditative movement and sleep  | Hailey Meaklim      |

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| 0900-1030 | <b>Symposia session: Joint ASA/SRS Symposium: Sleep apnoea phenotyping: Translating bench techniques to bedside decision making</b> | <b>New Zealand Room 1</b> |
|           | Chairperson: Andrew Wellman   | Presenter Names           |
| 0900-0930 | The OSA Phenotypes: Identifying pathways for novel treatments   | Danny Eckert              |
| 0930-1000 | Techniques to measuring the physiological causes of OSA: From the physiology lab to the clinic                                      | Scott Sands               |
| 1000-1030 | Targetting therapy and predicting outcomes: Paving the way for personalised medicine  | Bradley Edwards           |

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| 0900-1030 | <b>Symposia session: Health impacts of irregular work hours: The role of sleep and circadian disruption</b><br><i>Supported by TEVA</i> | <b>New Zealand Room 2</b> |
|           | Chairpersons: Dorothy Bruck and Melinda Jackson   | Presenter Names           |
| 0900-0925 | Sleep, circadian rhythms and the metabolome   | Leilah Grant              |
| 0925-0950 | Sleep loss, shift work and gastrointestinal health  | Amy Reynolds              |
| 0950-1015 | Strategies for staying healthy during a career in shiftwork   | Jill Dorrian              |
| 1015-1030 | Panel discussion  |                           |

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| 0900-1030 | <b>SAM ROBINSON MEMORIAL LECTURE: Surgery for obstructive sleep apnoea</b> | <b>Marlborough Rooms 1&amp;2</b> |
|           | Chairperson: Stuart MacKay   | Presenter Names                  |
| 0900-0915 | Status of training a sleep surgeon in Australia                            | Stuart MacKay                    |

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| 0915-0930 | Training the Sleep Surgeon in the past - What skills to let go      | Rachelle Love  |
| 0930-0950 | Training the Sleep Surgeon in the current - What skills are a must  | Lyndon Chan    |
| 0950-1010 | Training the Sleep Surgeon in the future - What skills will we need | Julia Crawford |
| 1010-1030 | Discussion and questions  |                |

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| <b>0900-1030</b> | <b>Symposia session: Sleep in neuroscience</b>                         | <b>Marlborough Room 3</b> |
|                  | Chairperson: Matthew Macfarlane  | Presenter Names           |
| 0900-0930        | Assessment and management of sleep abnormalities in movement disorders | Birgit Hogl               |
| 0930-1000        | Sleep in neurodegenerative disorders                                   | Sharon Naismith           |
| 1000-1030        | Sleep in traumatic brain injury  | Keith Johnson             |

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| <b>1030-1100</b> | <b>MORNING TEA</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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#### CONCURRENT POSTER DISCUSSIONS

|                  |   |                                  |
|------------------|---|----------------------------------|
| <b>1100-1200</b> | <b>The melting pot of paediatric sleep</b>  | <b>Parnell Room</b>              |
|                  | Chairpersons: Jennifer Maul and Sadisuvam Suresh  | Presenter Names                  |
| 1100-1106        | Presentation withdrawn  |                                  |
| 1106-1112        | Identifying pathways for new treatment strategies for children with primary snoring                       | Sarah Biggs<br>Abstract 126      |
| 1112-1118        | Both obesity and obstructive sleep apnoea severity contribute to increased arterial stiffness in children | Lisa Walter<br>Abstract 129      |
| 1118-1124        | Sleep disordered breathing (SDB) in children with Pierre Robin Sequence (PRS)                             | Bruce Whitehead<br>Abstract 130  |
| 1124-1130        | Sleep disturbance and sleep hygiene in children with traumatic brain injury                               | Arthur Teng<br>Abstract 128      |
| 1130-1136        | The impact of different paediatric sleep interventions on caregiver reports of competency and attachment  | Sarah Blunden                    |
| 1136-1142        | Objective and subjective sleep measurement; parental perceptions and implications for clinical practice   | Sarah Blunden<br>Abstract 127    |
| 1142-1148        | Telehealth-supported paediatric home polysomnography: Audit of a clinical service                         | Anne-marie Adams<br>Abstract 133 |
| 1148-1154        | Presentation withdrawn  |                                  |
| 1154-1200        | Sleep, bullying, and diet are related to anxiety, sadness, and health in childhood and adolescence        | Alex Agostini<br>Abstract 132    |

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| <b>1100-1200</b> | <b>Prevalence and management of insomnia and other non-respiratory sleep problems</b>                            | <b>New Zealand Room 1</b>             |
|                  | Chairpersons: Dorothy Bruck and Sharon Naismith  | Presenter Names                       |
| 1100-1106        | Insomnia management prior to attending an outpatient multidisciplinary sleep disorders service                   | Yvonne Ng<br>Abstract 110             |
| 1106-1112        | Bed partner accommodation of insomnia in treatment-seeking couples   | Alix Mellor<br>Abstract 109           |
| 1112-1118        | Influences of fetal movement on a pregnant woman's sleep: Using fetal movement acceleration measurement recorder | Kyoko Nishihara<br>Abstract 111       |
| 1118-1124        | A novel smartphone application for the estimation of sleep onset   | Leon Lack<br>Abstract 107             |
| 1124-1130        | Effectiveness of a sleep clinical pathway in an inpatient rehabilitation setting: a randomised controlled trial  | Kirk Kee<br>Abstract 106              |
| 1130-1136        | Benzodiazepine use: Risk perceptions of adult users  | Fatema-Tun-Naher Sake<br>Abstract 125 |
| 1136-1142        | DSM-5 tobacco use disorder and sleep disturbance: Findings from NESARC-III                                       | Luke Downey<br>Abstract 103           |

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| 1142-1148 | Prevalence study of sleep disturbance, mental health, and psychosocial concerns among asylum seekers and refugees | July Lies<br>Abstract 108       |
| 1148-1154 | Poorer sleep outcomes associated with worse selective attention in older adults with subjective memory impairment | Anna Scovelle<br>Abstract 112   |
| 1154-1200 | Longitudinal effects of sleep problems for Māori and non-Māori of advanced age: LiLACS NZ                         | Rosemary Gibson<br>Abstract 104 |

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| <b>1100-1200</b> | <b>Prevalence, trends and variations of OSA: Trans-tasman and beyond</b>  | <b>New Zealand Room 2</b>         |
|                  | Chairpersons: Ching-Lee Chai-Coetzer and Darren Mansfield   | Presenter Names                   |
| 1100-1106        | From diagnosis to long-term treatment: The experiences of older New Zealanders with obstructive sleep apnoea          | Rosemary Gibson<br>Abstract 140   |
| 1106-1112        | Comparison of New Zealand and Australian sleep laboratory referrals: Demographics, anthropometrics and sleep measures | Angela Campbell<br>Abstract 139   |
| 1112-1118        | Changing trends of obstructive sleep apnoea in Western Australia from 1988 to 2014                                    | Nigel McArdle<br>Abstract 150     |
| 1118-1124        | Prevalence of obstructive sleep apnoea symptoms in a Liverpool hospital surgical cohort                               | Marta Zajackowska<br>Abstract 164 |
| 1124-1130        | Prevalence of ventilatory support in genetic neuromuscular disorders in New Zealand                                   | Alister Neill<br>Abstract 149     |
| 1130-1136        | Regional variation in provision of ventilatory support for genetic neuromuscular disorders across New Zealand         | Alister Neill<br>Abstract 148     |
| 1136-1142        | Autobiographical memory across the lifespan in individuals with obstructive sleep apnoea                              | Melinda Jackson<br>Abstract 142   |
| 1142-1148        | Impaired specific autobiographical memory in patients with MCI is associated with the severity of OSA                 | V Vien Lee<br>Abstract 144        |
| 1148-1154        | Continuous positive airway pressure improves cognitive function of patients with obstructive sleep apnea              | Miwako Matsumoto<br>Abstract 146  |
| 1154-1200        | Sleep disordered breathing in people with multiple sclerosis  | Hanna Hensen<br>Abstract 141      |

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| <b>1100-1200</b> | <b>Advanced trainee poster discussion 2</b>   | <b>Marlborough Rooms 1&amp;2</b>   |
|                  | Chairpersons: Robert Adams and Matthew Naughton   | Presenter Names                    |
| 1100-1106        | Impact of obstructive sleep apnoea on post-operative outcomes   | Nicole Hersch<br>Abstract 084      |
| 1106-1112        | Screening for OSA in inpatients with schizophrenia: A feasibility study   | James Anderson<br>Abstract 075     |
| 1112-1118        | CPAP adherence in a low-income population with moderate-severe obstructive sleep apnoea receiving subsidised treatment          | Timothy Cheung<br>Abstract 081     |
| 1118-1124        | Comparison of the durability of NIV devices: Experience from a sleep disorders centre   | Timothy Edwards<br>Abstract 083    |
| 1124-1130        | Sleep restriction therapy + armodafinil for insomnia disorder (a pilot study for the moderate trial)                            | Daniel Judge<br>Abstract 086       |
| 1130-1136        | Comparison between subjective and objective measurements of sleep/wake schedules in patients being investigated for hypersomnia | Girish Patel<br>Abstract 089       |
| 1136-1142        | Psychologically-based treatment strategies for restless legs syndrome: A review   | Irena Laska<br>Abstract 087        |
| 1142-1148        | Consumer-driven service development for neuromuscular disease at the Prince Charles Hospital                                    | James Anderson<br>Abstract 076     |
| 1148-1154        | Pilot study: Barriers to good sleep in the hospital environment   | Kanishka Rangamuwa<br>Abstract 090 |
| 1154-1200        | An audit of the activity and outcomes of a respiratory high dependence unit (HDU)   | Ksenia Chamula<br>Abstract 079     |

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| <b>1100-1200</b> | <b>Late-breaking abstracts</b>   | <b>Marlborough Room 3</b>       |
|                  | Chairpersons: Doug McEvoy and Jennifer Walsh   | Presenter Names                 |
| 1100-1106        | Presentation withdrawn   |                                 |
| 1106-1112        | The effects of exercise time-of-day on sleep quality and quantity among inactive middle-aged men                                 | Penelope Larsen<br>Abstract 137 |
| 1112-1118        | Presentation withdrawn   |                                 |
| 1118-1124        | The influence of obesity, insomnia and OSA on excessive daytime sleepiness in commercial bus drivers                             | Sung Min Kim<br>Abstract 121    |
| 1124-1130        | The impact of early diagnosis and treatment of obstructive sleep apnoea in bariatric surgery patients                            | Anuk Kruavit<br>Abstract 143    |
| 1130-1136        | Role of posture on nasal resistance and OSA severity with a novel mandibular advancement device                                  | Benjamin Tong<br>Abstract 172   |
| 1136-1142        | Presentation withdrawn   |                                 |
| 1142-1148        | Feasibility and reproducibility of perioperative measurements of airway collapsibility in children with obstructive sleep apnoea | Peter Eastwood<br>Abstract 134  |
| 1148-1154        | Long-term effects of parent education on child sleep self-regulation in an RCT: Examining parenting consistency                  | Burt Hatch<br>Abstract 168      |
| 1154-1200        | Clients referred for sleep psychology treatment demonstrate high levels of co-occurring psychiatric symptomatology               | Hailey Meaklim<br>Abstract 118  |

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| <b>1200-1245</b> | <b>Poster Viewing</b> | <b>Epsom Rooms</b> |
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| <b>1245-1330</b> | <b>LUNCH</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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| <b>1245-1330</b> | <b>Conference Committee Meeting</b> | <b>Executive Boardroom</b> |
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#### CONCURRENT ORAL PRESENTATIONS

|                  |  |                     |
|------------------|--|---------------------|
| <b>1330-1500</b> | <b>Sleep and performance</b>   | <b>Parnell Room</b> |
|                  | Chairpersons: Leon Lack and Lora Wu  | Presenter Names     |
| 1330-1345        | Sleep quality and quantity on exercise performance, cognition and mood states in adolescent athletes                           | Melissa Skein       |
| 1345-1400        | Effects on polysomnographic and qEEG sleep outcomes of multiple nights on-call in a laboratory environment                     | Madeline Sprajcer   |
| 1400-1415        | Perception versus reality – changes in subjective sleep outcomes in different on-call scenarios                                | Sarah Jay           |
| 1415-1430        | Nighttime sleep and next-day performance in new mothers: between/within-person associations during the early postpartum months | Bei Bei             |
| 1430-1445        | It's in the eyes: Pupillary response provides a physiological marker of alertness and performance impairment                   | Jessica Manousakis  |
| 1445-1500        | Higher order cognition is preserved in the wake maintenance zone during 40h sleep deprivation                                  | William McMahon     |

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| <b>1330-1500</b> | <b>Paediatric sleep health</b>   | <b>New Zealand Room 1</b> |
|                  | Chairpersons: Jasneek Chawla and Rosemary Horne  | Presenter Names           |
| 1330-1345        | Email/instant messaging before bed is associated with less time in bed for Australian 8-16year olds                          | Amy Reynolds              |
| 1345-1400        | Demographic factors related to sleep outcomes among New Zealand adolescents  | Claire Smith              |
| 1400-1415        | A RCT of light therapy and morning activity for delayed sleep-wake phase disorder in adolescents                             | Cele Richardson           |
| 1415-1430        | Impact of maternal sleep apnoea on childhood health and developmental outcomes: Longitudinal population record linkage study | Yu Sun Bin                |

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| 1430-1445 | Sleep genotypes in indigenous children and relationship with academic performance | Sarah Blunden   |
| 1445-1500 | A meta-analysis to provide normative paediatric data for actigraphy variables     | Barbara Galland |

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| <b>1330-1500</b> | <b>Sleep and breathing - clinical insights</b>   | <b>New Zealand Room 2</b>      |
|                  | Chairpersons: Peter Catcheside and Ken Whyte   | Presenter Names                |
| 1330-1345        | Sleep apnoea and symptoms of depression and anxiety during pregnancy   | Karen Redhead                  |
| 1345-1400        | The effect of extended wakefulness on postural control in obstructive sleep apnea and healthy controls             | David Stevens                  |
| 1400-1415        | Comorbid insomnia and sleep apnoea is associated with greater neurocognitive impairment compared with OSA alone    | Rohit Philip                   |
| 1415-1430        | The association of obstructive sleep apnoea with bronchial hyper-reactivity, current asthma and nocturnal symptoms | Baddewithana Chamara Senaratna |
| 1430-1445        | Loop gain varies by sleep stage in patients with obstructive sleep apnoea (OSA)                                    | Shane Landry                   |
| 1445-1500        | Lessons to be learnt from the spanish sleep network – pragmatism, data sharing and generosidad                     | Julia Chapman                  |

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| <b>1330-1500</b> | <b>Physiology of OSA</b>   | <b>Marlborough Rooms 1&amp;2</b> |
|                  | Chairpersons: Jennifer Cori and Andrew Wellman   | Presenter Names                  |
| 1330-1345        | Reflex suppression of diaphragm and genioglossus activity at flow limitation onset in obstructive sleep apnoea                             | Peter Catcheside                 |
| 1345-1400        | Oesophageal pressure and diaphragmatic EMG as alternate measurements of respiratory drive during obstructive sleep apnoea                  | Dwayne Mann                      |
| 1400-1415        | The relationship between low drive and airway re-obstruction in the post-arousal recovery period in OSA                                    | Laura Gell                       |
| 1415-1430        | Low end expiratory lung volume decreases sternohyoid muscle length (an upper airway dilator) in rats                                       | Kristina Kairaitis               |
| 1430-1445        | The effects of noradrenergic and antimuscarinic agents on upper airway dilator muscle activity, breathing and sleep in healthy individuals | Richard Lim                      |
| 1445-1500        | Dose-dependent effects of mandibular advancement on key pathophysiological traits that contribute to obstructive sleep apnoea              | Ahmad Bamagoos                   |

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| <b>1330-1500</b> | <b>Advanced trainee oral presentations</b>  | <b>Marlborough Room 3</b> |
|                  | Chairpersons: Nigel McArdle and David Wang  | Presenter Names           |
| 1330-1345        | A bench study of oxygen (O <sub>2</sub> ) delivery during non-invasive ventilation (NIV)                              | David Kilner              |
| 1345-1400        | Non-invasive ventilation asynchrony in a simulated lung model – patient factors and effect on ventilation             | Timothy Edwards           |
| 1400-1415        | A novel method to evaluate upper airway anatomical imbalance  | Koliarne Tong             |
| 1415-1430        | Prevalence and associations of insomnia in lung transplant recipients: a cross sectional study                        | Eli Dabscheck             |
| 1430-1445        | Detailed polysomnography in Australian Vietnam veterans with and without post traumatic stress disorder               | Timothy Baird             |
| 1445-1500        | Evaluation and management of persistent obstructive sleep apnoea in down syndrome children: Beyond adenotonsillectomy | Mon Ohn                   |

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| <b>1500-1530</b> | <b>AFTERNOON TEA</b> | <b>Exhibition Hall, Auckland Rooms</b> |
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**CONCURRENT YEAR IN REVIEW SESSIONS**

|           |  |   |
|-----------|--|---|
| 1530-1630 | <b>Year in Review: Neuroscience</b>  | <b>Parnell Room</b>                       |
|           | Chairpersons: Curtis Gary  |   |
| 1530-1630 | <b>Year in Review: Occupational Health, Safety and Performance</b>   | <b>New Zealand Room 1</b>                 |
|           | Chairpersons: Leigh Signal and Sarah Jay   |   |
| 1530-1630 | <b>Year in Review: Physiology</b>  | <b>Marlborough Rooms 1&amp;2</b>          |
|           | Chairpersons: Peter Catchside and Gavin Sturdy   |   |
| 1530-1630 | <b>Year in Review: Insomnia and Sleep Health</b>   | <b>Marlborough Room 3</b>                 |
|           | Chairpersons: Moira Junge and Lora Wu  |   |
| 1630-1800 | <b>Helen Bearpark Plenary: Life course epidemiology and sleep: identifying early life factors that influence adult sleep health and disease?</b> | <b>New Zealand Room 1</b>                 |
|           | Chairpersons: Sutapa Mukherjee and Lyle Palmer   | Presenter Names                           |
| 1630-1640 | What is life course epidemiology and why is it important?  | Lyle Palmer                               |
| 1640-1700 | Sleep in the West Australian Pregnancy Cohort: from gestation to adulthood and across generations  | Peter Eastwood                            |
| 1700-1720 | Obstructive sleep apnoea and its consequences in adolescence   | Indra Narang                              |
| 1720-1740 | "Mind the Gap"... Transition Care in Sleep Medicine from adolescence to adulthood  | Clodagh Ryan                              |
| 1740-1800 | Panel discussion   |   |
| 1900      | <b>Gala Dinner</b>   | <b>New Zealand Rooms 3, 4 &amp; Foyer</b> |