Conference Programme
A Multi-Disciplinary Meeting

Thursday 12th October 2017

11:00  Registration Opens
11:00 - 12:00  Lunch & Refreshments
12:00 - 12:15  Welcome to the Conference
12:15 - 13:00  KEYNOTE
Healthy Sleep: Professor Franco Cappuccio, University of Warwick

13:00-15:00  Sleep and Health
Sleep and chronic pain: moving from association to causation?: Dr. John McBeth
Tribulations and trials in primary care insomnia: Dr. Niro Siriwatdara
Sleep and metabolic health: Dr. Eleanor Scott

15:00 - 15:30  Refreshment Break

15:30-16:50  KEYNOTES
What can we learn by studying sleep in zebrafish: Dr. Jason Rihel, University College London
What can we learn by studying sleep in humans: Dr. Claire Sexton, Oxford University

16:50-17:30  Abstract Presentations

17:30 - 19:00  Poster Viewing with Refreshments
Authors by Posters Odd: 17:30 - 18:15
Authors by Posters Even: 18:15 - 19:00

Friday 13th October 2017

08:00 - 09:00  Tech Breakfast
Professional Regulation: Paul Sharpe, CEO RCCP

09:00 - 09:45  Multi Centre Sleep Trials – what have we learned so far?: Professor Susan Redline, Harvard USA

09:45 - 11:00  UK OSA Studies
Transcutaneous electrical stimulation in obstructive sleep apnoea: Dr. Joerg Steier
Markers of cardiovascular disease in OSA using the CPAP withdrawal model: Dr. Chris Turnbull
The effects of CPAP on coronary artery disease in OSA: Dr. Brian Kent

11:00 - 11:30  Refreshment Break
11:30 - 12:15  Clinical Updates: Q&A
DVLA rules and experiences: Gillian Gibbons and Prof John Stradling

12:15 - 13:30  Refreshment Break

Special Interest Lunches
1.) Mandibular Splints: Joint with BSDSM: Dr. Gregory Flint and Aditi Desai President BSDSM
2.) Ethical dilemmas in the management of OSA in the neuro-disabled child – Single centre, case-based management: Dr. Don Urquhart
3.) Oximetry Workshop: Dr. Charlotte Kemp

13:30 - 15:00  Paediatric Joint with BPSA
Update on management, screening, & monitoring in CCHS: Dr Martin Samuels
The importance of psychology support for children with narcolepsy and other complex sleep disorders: Dr. Rebecca Martyn
The effects of a sleep education intervention on sleep and wellbeing in adolescents: a pilot study: Dr. Christopher-James Harvey

15:00 - 15:30  Refreshment Break

15:30 - 16:15  Biological mechanisms and novel biomarkers for OSAS in children: Dr. Hui-Leng Tan, Royal Brompton Hospital
16:15 - 17:00  Pleasure, Pain and Sleep: Prof Morten Kringlebø, Oxford University
17:00 - 17:50  Sponsored Symposium
Narcolepsy Session Sponsored by Lincoln Medical
19:00 - 23:00  BSS Conference Dinner

Saturday 14th October 2017

08:00 - 09:00  Tech Breakfast
Telemonitoring: David Jones, University Hospital of South Manchester

09:00 - 10:00  Sleep and Cardiometabolic Health: Dr Kristen Knutson, University of Chicago, USA

10:00 - 10:30  Refreshment Break
10:30 - 12:30  Sleep Around the World
Sleep and circadian rhythms in rubber tappers in the Amazon rainforest: Dr. Debra Skene
Two communities in Mozambique: The influence of electrification and urbanization on sleep and circadian rhythms: Dr. Andrew Beale
Characteristics of sleep in a community without electricity in Haiti: Dr. Kristen Knutson
Sleep and sleep timing in mid-urbanisation: The Baependi Heart Study: Dr. Malcolm von Schantz

Prizes Available:
Best Paediatric Poster
Best Clinical Poster
Best Research Poster
BSS/ARTP Lyn Davies Award 2018
BSS Early Years Investigator Award

Thank you for attending, we hope you met many new colleagues, and learned a lot.

See you in 2019