### BSS Hands-On Meeting 2018

**Provisional Programme**

**Thursday 17 May 2018**

<table>
<thead>
<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker</th>
<th>Room</th>
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<tbody>
<tr>
<td>09:00</td>
<td>Registration &amp; coffee</td>
<td></td>
<td>Quay Suite</td>
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<tr>
<td>09:25</td>
<td>Welcome</td>
<td>Dr Lizzie Hill (Edinburgh)</td>
<td>City Suite</td>
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<tr>
<td>09:30</td>
<td>Update on non-respiratory sleep</td>
<td>Dr Ian Morrison (Dundee)</td>
<td>City Suite</td>
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<tr>
<td>10:00</td>
<td>Paediatric sleep scoring in the UK</td>
<td>Kylie Russo (London)</td>
<td>City Suite</td>
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<tr>
<td>10:30</td>
<td>Coffee &amp; exhibitors</td>
<td></td>
<td>Quay Suite</td>
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<tr>
<td>11:00</td>
<td>OSA on CPAP but still sleepy – what to consider?</td>
<td>Dr Alison McMillan (Stevenage)</td>
<td>City Suite</td>
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<tr>
<td>11:30</td>
<td>Update on respiratory sleep</td>
<td>Dr Robin Smith (Dundee)</td>
<td>City Suite</td>
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<tr>
<td>12:00</td>
<td>Lunch &amp; exhibitors</td>
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<td>Quay Suite</td>
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<tr>
<td>12:20-13:00</td>
<td>Option Lunchtime session: Alternatives to CPAP</td>
<td>Dr Tim Quinnell</td>
<td>City Suite</td>
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<tr>
<td>13:00-14:00</td>
<td>Workshop Theme: Diagnostics Rotating Groups</td>
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<td>Quay Suite</td>
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<tr>
<td>14:00-15:00</td>
<td><strong>WORKSHOP 1: Sleep staging</strong></td>
<td>Dr Lizzie Hill (Edinburgh); Andrew Morley (Glasgow)</td>
<td>The Art Gallery</td>
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<tr>
<td>15:30-16:30</td>
<td><strong>WORKSHOP 2: Telemonitoring</strong></td>
<td>Phyllis Murphie (Dumfries)</td>
<td>City Suite</td>
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<tr>
<td>15:00</td>
<td>Coffee &amp; exhibitors</td>
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<td>Quay Suite</td>
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<tr>
<td>16:30</td>
<td>Mindfulness for sleep</td>
<td>Dr Avinash Bansode (Edinburgh)</td>
<td>City Suite</td>
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<tr>
<td>17:30</td>
<td>Close</td>
<td>Dr Lizzie Hill (Edinburgh)</td>
<td>City Suite</td>
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<tr>
<td>19:00</td>
<td>Evening Dinner</td>
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<td>The Art Gallery</td>
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<td>Dr Lizzie Hill (Edinburgh)</td>
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<td>09:30</td>
<td>Diagnosis: Practicalities, pitfalls and pragmatism</td>
<td>Dr Tim Quinnell (Cambridge)</td>
<td>City Suite</td>
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<tr>
<td>10:00</td>
<td>Sleep for healthcare professionals</td>
<td>Dr Mike Farquhar (London)</td>
<td>City Suite</td>
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<td>10:30</td>
<td>Coffee &amp; exhibitors</td>
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<td>Quay Suite</td>
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<tr>
<td>11:00 – 12:00</td>
<td>Workshop Theme: Treatment</td>
<td>Rotating Groups</td>
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<tr>
<td>13:00 – 14:00</td>
<td>WORKSHOP 4: Paediatric sleep studies</td>
<td>Dr Ruth Kingshott (Sheffield)</td>
<td>City Suite</td>
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<tr>
<td>14:00 – 15:00</td>
<td>WORKSHOP 5: Introduction to CBTi</td>
<td>Prof Jason Ellis (Newcastle)</td>
<td>The Art Gallery</td>
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<tr>
<td>12:00</td>
<td>Lunch &amp; exhibitors</td>
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<td>Quay Suite</td>
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<tr>
<td>15:00</td>
<td>Closing remarks</td>
<td>Dr Lizzie Hill (Edinburgh) EC; Dr Tim Quinnell (Cambridge)</td>
<td>City Suite</td>
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