



British Sleep Society

UK Multidisciplinary Sleep Professionals

BRIGHTON SLEEP 2017

Conference Programme

A Multi-Disciplinary Meeting

Thursday 12th October 2017

11:00 Registration Opens

11:00 - 12:00 Lunch & Refreshments

Future directions for the BSS & AGM

12:00 - 12:15 Welcome to the Conference

KEYNOTE

12:15 - 13:00

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 Siriwardena*
Sleep and metabolic health: *Dr Eleanor Scott*

15:00 - 15:30 Refreshment Break

KEYNOTES

15:30- 16:50

What can we learn by studying sleep in zebrafish: *Dr Jason Rihel*, University College London

What can be learned 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

KEYNOTE

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

KEYNOTES

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 Kringelbach*, 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

KEYNOTE

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 rain forest: *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



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