

Organised by

BRITISH JOURNAL OF  
**HOSPITAL  
MEDICINE**

# Sleep Medicine 2018

Multidisciplinary approaches for the management  
of sleep conditions

Hallam Conference Centre, London  
20th March 2018

## Benefits of attending Sleep Medicine 2018:

- Choose between workshops covering CBT and insomnia, or sleep apnoea
- Update your knowledge on the link between dentistry and sleep from the President of the British Society of Dental Sleep Medicine
- Discover what clinicians need to know about sleep in Parkinson's and dementia
- Find out what we can learn from a patient's perspective of living with a sleep disorder
- Discuss approaches for effective multidisciplinary working
- Share and exchange ideas with leading practitioners in the field



**Follow us on Twitter: @MAHealthEvents**  
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To book your place:

 **Call us on +44(0)20 7501 6796**  
 **[www.mahealthcareevents.co.uk/SleepMedicine2018](http://www.mahealthcareevents.co.uk/SleepMedicine2018)**



**DISCOUNTED  
RATE AVAILABLE  
UNTIL 9TH FEBRUARY**



Sleep disorders can have a profound effect on our general wellbeing and can lead to a number of other complications.

**Sleep Medicine 2018** is a one day CPD certified course which will bring together leading experts in the fields of sleep medicine, psychiatry, neurology, dentistry, respiratory medicine and ear, nose and throat medicine. It will provide updates on the current thinking in the diagnosis and management of sleep conditions including insomnia, snoring and sleep apnoea.

## Who should attend?

**Sleep Medicine 2018** will be of particular interest to the following:

- Specialists in sleep medicine,
- GPs,
- Neurologists,
- Psychiatrists,
- Respiratory physicians,
- Dentists,
- ENT physicians,
- ENT Surgeons,
- Oral/ Maxillofacial Surgeons,
- Clinical psychologists,
- Specialist nurses,
- Occupational Therapists,
- All trainees in these disciplines

# Sleep Med

## Multidisciplinary Approaches For The

### Tuesday 20th March

08.30-09.20 Registration and refreshments

**Chair:** **Dr Guy Leschziner**  
Consultant Neurologist, Service Lead for Sleep Disorders, Guy's and St Thomas' NHS Foundation Trust, London

09.20-09.30 Welcome and introduction by Chair

09.30-10.00 **Neurological assessment of sleep disorders**  
**Dr Guy Leschziner**  
Consultant Neurologist, Service Lead for Sleep Disorders, Guy's and St Thomas' NHS Foundation Trust, London

10.00-10.30 **Sleep in dementia and Parkinson's disease**  
**Dr Sofia Eriksson**  
Consultant Neurologist; Honorary Senior Lecturer, National Hospital for Neurology and Neurosurgery and UCLH NHS Hospitals NHS Trust

10.30-11.00 **Management of common paediatric sleep disorders**  
**Dr Desaline Joseph**  
Consultant in Paediatric Sleep, Evelina London Children's Hospital, London

11.00-11.10 Discussion

11.10-11.40 Refreshments and exhibition viewing

11.40-12.10 **Common neurological sleep disorders**  
**Dr Jose Thomas**  
Consultant Physician in Sleep and Respiratory Medicine, Aneurin Bevan Sleep Centre, South Wales

12.10-12.40 **Digital technology in sleep medicine training: The Oxford Online Programme in Sleep Medicine**  
**Dr Nicola Barclay**  
Departmental Lecturer in Sleep Medicine, University of Oxford

12.40-12.45 Discussion

### PRACTICAL WORKSHOP

12.45-13.15 **CPAP vs oral appliances for sleep apnoea**  
**John O'Reilly**  
Consultant Physician; Clinical Lead North West Regional Sleep Medicine Service, Liverpool

13.15-14.00 Lunch and exhibition viewing

# icine 2018

## Management Of Sleep Conditions

### CHOOSE BETWEEN STREAM 1 OR STREAM 2

#### STREAM 1: CBT FOR INSOMNIA

**Dr Hugh Selsick**

Consultant Psychiatrist, University College London Hospitals

14.00-14.30 **Session A**

14.30-15.00 **Session B**

15.00-15.20 **Refreshments and exhibition viewing**

15.20-15.50 **Session C**

#### STREAM 2: SLEEP APNOEA

14.00-14.30 **Oral surgery for OSA**

**Mr Vik Veer**

Consultant ENT Surgeon, Royal National Throat, Nose and Ear Hospital, University College London Hospitals

14.30-15.00 **Improving CPAP adherence and monitoring**

**John O'Reilly**

Consultant Physician; Clinical Lead North West Regional Sleep Medicine Service, Liverpool UK

15.00-15.20 **Refreshments and exhibition viewing**

15.20-15.50 **Metabolic surgery and OSA**

**Dr Thomas Barber**

Associate Professor, University of Warwick; Honorary Consultant Endocrinologist, University Hospitals Coventry and Warwickshire NHS Trust

**Chair: Dr Aditi Desai**

President, British Society of Dental Sleep Medicine;  
Consultant, Dental Sleep Medicine, London Bridge Hospital

#### PATIENT PERSPECTIVES

15.50-16.15 **Narcolepsy**

**Casey Hale**

**Idiopathic Hypersomnia**

**Lucy Taylor**

16.15-16.45 **The need for effective MDT working:  
a case studies session**

**Dr Aditi Desai**

President, British Society of Dental Sleep Medicine;  
Consultant, Dental Sleep Medicine, London Bridge Hospital

16.45-17.00 **The future of sleep medicine – what should we be  
striving for? Where should we be in 10 years?**

17.00 **Evaluations and close of conference**

Feedback from  
past Sleep  
Medicine  
conferences

“Many highly  
experienced experts  
in one venue!”

“Overall it was a  
great programme,  
very enjoyable!”

“The case studies  
were enjoyable. The  
patient experience –  
invaluable!”

“Thank you for  
an excellent  
conference. I look  
forward to being  
able to use the  
knowledge in my  
practice”

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<b>Ways to book:</b>	Online at: <a href="http://www.mahealthcareevents.co.uk/SleepMedicine2018">www.mahealthcareevents.co.uk/SleepMedicine2018</a>	Booking line: +44 (0)20 7501 6796	Cheque: to the address below	Request an invoice
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## Your Details:

Title (Dr, Mr, Mrs etc)

Forenames

Surname

Job title

Home address

Post code

Work address

Post code

Telephone

Email

Dietary Requirements

I understand that this registration booking is subject to the booking conditions.

Signature

Date

**Delegate Rates** Please tick the box as applicable

### Consultants, GPs and Industry Representatives

**Before 9th Feb 2018**

**After 9th Feb 2018**

£446.00 (inc VAT)

£595.00 (inc VAT)

**Other**

**Before 9th Feb 2018**

**After 9th Feb 2018**

£281.00 (inc VAT)

£375.00 (inc VAT)

Value added tax; UK Customs & Excise specify that all conference participants must pay VAT at its current rate of 20%

## Payment Details:

### I wish to pay by Debit/Credit Card

Please debit my Visa Mastercard Maestro American Express

Card no

Valid from     Expiry date

Issue no (Maestro cards only)   3 digit security code

Signature

Date

### Invoice

Requesting an invoice and signing this form will secure your place at the conference. All invoices must be paid in full before the event. See booking condition 1.

**If you have authorisation from your trust/department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number.**

**We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.**

**PLEASE COMPLETE IN FULL WITH CONTACT NAME IF DIFFERENT FROM ABOVE**

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Contact

Full invoice address

Post code

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Signed

## Conference fee includes

Entrance to the conference, lunch & refreshments, full conference documentation and certificate of accreditation.

## Confirmation of booking

All bookings will be confirmed by email, unless otherwise stated. Please contact us if you have not received your confirmation 5-7 days after submitting your booking.

## Exhibition & Sponsorship

If you are interested in exhibiting or sponsoring this event contact: Sam on +44 (0)20 7501 6679 [sam.yekta@markallengroup.com](mailto:sam.yekta@markallengroup.com)

## The Venue

Hallam Conference Centre, London  
44 Hallam Street, London, W1W 6JJ

## Accommodation

Once your booking is confirmed we will send you a list of recommended hotels.

### How did you hear about the conference?

- Direct mailing
- Email
- Recommendation
- MA Healthcare Events website
- Other website (please specify) \_\_\_\_\_
- Advert in Journal (please specify) \_\_\_\_\_
- Other (please specify) \_\_\_\_\_

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- Returning the signed registration form constitutes a firm booking.
- The Company reserves the right to cancel a booking if payment is not made six weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- Written cancellations received six weeks prior to the conference will be accepted and a refund less a 10% administration fee will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted. If written cancellation is not received six weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference. Substitute delegates are welcome at any time.
- MA Healthcare Ltd reserves the right to make changes to the speakers and programmes without prior notice. Speakers approached at time of print.

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**Please return to: MA Healthcare Ltd, Sleep Medicine 2018, FREEPOST BFH1337, London, SE24 9BR**

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