



## Thursday 21<sup>st</sup> November 2019

1100	<b>Registration opens</b>
1150-1200	Welcome to the conference from President of the British Sleep Society, Dr Tim Quinnell
1200-1245	<b>Keynote</b> Chair: Professor Mary Morrell  Using wearable devices and genetics to estimate and validate mechanisms of sleep – Dr Andrew Wood, Royal Devon & Exeter Hospital
1245-1415	<b>Sleep from neurone to brain function</b> Chair: Dr Simon Durrant  <i>The role of sleep and mechanisms</i> - Dr Jason Rihel, University College London  <i>Sleep Homeostasis and mental health</i> - Dr Vladyslav Vyazovskiy, Oxford University  <i>Stroke and Sleep</i> - Dr Annette Sterr, University of Surrey
1415-1500	<b>Keynote</b> Chair: Dr Simon Durrant  <i>Narcolepsy from research to clinical</i> - Professor Emmanuel Mignot, Stanford University, USA
1500-1530	<b>Refreshments and Exhibition</b>
1530-1630	<b>Pro/Con Debate: 'Smartphones: Friend or Foe to Sleep?'</b> Chair: Dr Alison McMillan  <i>Pro</i> – Dr Rob Meadows, Surrey <i>Con</i> – Professor Matthew Naughton, Melbourne, Australia



1630-1715	<b>Public Health Lecture</b> Chair: Professor Mary Morrell  <i>Sleep, Creativity and Happiness</i> – Dr Alana Hare, Royal Brompton Hospital
1715-1900	<b>Welcome Reception with moderated posters</b>  <i>Authors by posters odd numbers: 1715 – 1815</i> <i>Authors by poster even numbers: 1815 – 1900</i>  Green Ribbon Award Canapés and drinks will be served in the exhibition hall.

## Friday 22<sup>nd</sup> November 2019

0745	<b>Registration opens</b>	
0800-0900	<b>Breakfast Club</b> Chair: Dr Stephen Emegbo	
0900-0945	<b>Keynote</b> Chair: Dr Tim Quinnell  <i>The future of Sleep Medicine</i> – Professor Emmanuel Mignot, Stanford University, USA	
0945-1115	<p><b>Insomnia</b> Chair: Dr Peter Venn</p> <p><i>Insomnia in the UK: Are we meeting the need?</i> – Professor Niro Siriwardena, University of Lincoln</p> <p><i>CBT-I and its effects on co-morbidities in insomnia</i> - Dr Megan Crawford, Swansea University</p> <p><i>When Drugs are needed</i> – Dr Hugh Selsick, University College London</p>	<p><b>Sleep problems in specific conditions – Adult teams: They are coming your way!!!</b> Chairs: Dr Don Urquhart (Edinburgh) and Mr Andrew Morley (Glasgow)</p> <p><i>Sleep disordered breathing in relation to specific conditions – BTS guidelines and beyond</i> - Dr Neil Gibson, Glasgow &amp; Dr Hazel Evans, University Hospital Southampton</p> <p><i>Sleep breathing and Down Syndrome</i> - Professor Cathy Hill, University Hospital Southampton</p> <p><i>Sleep breathing and metabolic disease</i> - Dr Omi Narayan, University of Manchester</p> <p><i>Sleep breathing in those with short stature</i> – Dr Francois Abel, Great Ormond Street</p>
1115-1145	<b>Refreshments and Exhibition</b>	
1145-1230	<b>Paediatric Keynote</b> Chair: Professor Cathy Hill, University Hospital Southampton  <i>Sleep and Circadian Rhythms in Early Childhood: A Goodness of Fit Perspective</i> - Professor Monique LeBourgeois, University of Colorado	
1230-1330	<b>Lunch and Exhibition</b>	



1330-1530	<p><b>Sleep Health</b> Chair: Professor Jason Ellis</p> <p><i>Sleep and Health Behaviour</i> - Professor Jason Ellis</p> <p><i>Sleep and Exercise</i> - Dr Iuliana Hartescu. Loughborough University</p> <p><i>Sleep and Nutrition</i> - Mr Ronan Dougherty, Litterkinney Institute of Technology</p> <p><i>Sleep and Stress</i> - Professor Mark Wetherell, Northumbria University</p>	<p><b>The great sleep recession: The detriment of poor sleep on cognition and health in children</b> Chairs: Dr Lizzie Hill (Edinburgh) and Dr Hazel Evans (Southampton)</p> <p><i>The detriment of poor sleep on cognition and health in children</i> - Prof Paul Gringras, Evelina</p> <p><i>Healthy sleep in hospital</i> - Ms Joanne McCubbin, Southampton</p> <p><i>Healthy sleep for school aged children – Approaches to modifying behaviours</i> - Mrs Vicki Dawson, The Children’s Sleep Charity</p> <p><i>Healthy sleep for health-workers</i> - Dr Mike Farquhar, Evelina</p>
1530-1600	<b>Refreshments and Exhibition</b>	
1600-1645	<p><b>Keynote</b> Chair: Professor Graham Law</p> <p><i>Metabolomics in Sleep Research</i> – Professor Debra Skene, Surrey</p>	
1645-1745	<b>British Sleep Society Annual General Meeting</b>	
1900 1930-late	<p><b>BSS Conference Dinner</b></p> <p><i>Pre-Dinner Drinks Reception</i></p> <p><i>Three course dinner including award presentations]</i></p>	

## Saturday 23<sup>rd</sup> November 2019

0830	<b>Registration opens</b>
0900-1030	<p><b>Keynote Combo - Sleep and Cardiovascular Disease</b> Chair: Professor Joerg Steier</p> <p><i>Sleep, OSA and AF: where are we now?</i> - Professor Gregory Lip, University of Liverpool</p> <p><i>Sleep disordered breathing in Heart Failure: Chicken Soup or Chicken and Egg?</i> - Professor Matthew Naughton, Melbourne, Australia</p>
1030-1100	<b>Refreshments and Exhibition</b>
1100-1300	<p><b>Final Symposium</b> Chair: Professor John Stradling</p> <p><b>OSA Updates</b></p> <p><i>NICE Guidelines: Scope, timelines and Q/A</i> - Dr Sophie West, Newcastle</p> <p><i>What has CPAP withdrawal taught us about cardiovascular and metabolic disease in OSA?</i> – Dr Chris Turnbull, Oxford</p> <p><b>Trial Results</b></p> <p><i>ROSA</i> – Dr Sophie West, Oxford</p> <p><i>Brain Changes in Sleep Apnoea</i> – Dr Lizzie Hill, Edinburgh</p> <p><b>New OSA trials starting</b></p> <p><i>TESLA home</i> – Dr Michael Cheng, London</p> <p><i>POSA/positional trials</i> – Professor Mary Morrell, Imperial College London and Dr Tim Quinnell, Royal Papworth Hospital, Cambridge</p>
1300	<b>End of Conference</b>