



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

1100	<b>Registration opens</b>
1100-1150	<i>Queens Hall</i> <b>Refreshments and exhibition</b>
1150-1200	<i>Princes Hall</i> Welcome to the conference from President of the British Sleep Society, Dr Tim Quinnell
1200-1245	<i>Princes Hall</i> <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	<i>Princes Hall</i> <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	<i>Princes Hall</i> <b>Keynote</b> Chair: Dr Simon Durrant  <i>Narcolepsy from research to clinical</i> - Professor Emmanuel Mignot, Stanford University, USA



1500-1530	<b>Queens Hall</b> <b>Refreshments and exhibition</b>
1530-1630	<b>Princes Hall</b> <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>Princes Hall</b> <b>Public Health Lecture</b> Chair: Professor Mary Morrell  <i>Sleep, creativity and happiness</i> – Dr Alanna Hare, Royal Brompton Hospital
1715-1900	<b>Queens Hall</b> <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	<i>Princes Hall</i> <b>Breakfast Club</b> Chair: Dr Stephen Emegbo	
0900-0945	<i>Princes Hall</i> <b>Keynote</b> Chair: Dr Tim Quinnell  <i>The future of Sleep Medicine – Professor Emmanuel Mignot, Stanford University, USA</i>	
0945-1115	<i>Princes Hall</i> <b>Insomnia</b> Chair: Dr Peter Venn  <i>Primary care for insomnia in the UK: past, present and future – Professor Niro Siriwardena, University of Lincoln</i>  <i>CBT-I and its effects on co-morbidities in insomnia - Dr Megan Crawford, Swansea University</i>  <i>When drugs are needed – Dr Hugh Selsick, University College London</i>	<i>Arden Suite</i> <b>Sleep problems in specific conditions – Adult teams: They are coming your way!!!</b> Chairs: Dr Don Urquhart (Edinburgh) and Andrew Morley (Glasgow)  <i>Sleep disordered breathing in relation to specific conditions – BTS guidelines and beyond - Dr Neil Gibson, Glasgow &amp; Dr Hazel Evans, University Hospital Southampton</i>  <i>Sleep breathing and Down's Syndrome - Professor Cathy Hill, University Hospital Southampton</i>  <i>Sleep breathing and metabolic disease - Dr Omi Narayan, University of Manchester</i>  <i>Sleep breathing in those with short stature – Dr Francois Abel, Great Ormond Street</i>
1115-1145	<i>Queens Hall</i> <b>Refreshments and exhibition</b>	
1145-1230	<i>Princes Hall</i> <b>Paediatric Keynote</b> Chair: Professor Cathy Hill, University Hospital Southampton  <i>Sleep and circadian rhythms in early childhood: A goodness of fit perspective - Professor Monique LeBourgeois, University of Colorado</i>	



1230-1330	<b>Queens Hall</b> <b>Lunch and exhibition</b>	
1330-1530	<p><b>Princes Hall</b></p> <p><b>Sleep health</b> Chair: Professor Jason Ellis</p> <p><i>Sleep and health behaviour</i> - Professor Jason Ellis, Northumbria University</p> <p><i>Physical activity and insomnia</i> - Dr Iuliana Hartescu, Loughborough University</p> <p><i>Sleep and Competitive Sport</i> - Luke Gupta, English Institute of Sport/ Loughborough University</p> <p><i>Sleep and nutrition</i> - Rónán Doherty, Letterkinney Institute of Technology</p> <p><i>Sleep and stress</i> - Professor Mark Wetherell, Northumbria University</p>	<p><b>Arden Suite</b></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> - Joanne McCubbin, Southampton</p> <p><i>Healthy sleep for school aged children – Approaches to modifying behaviours</i> - Vicki Dawson, The Children's Sleep Charity</p> <p><i>Healthy sleep for health-workers</i> - Dr Mike Farquhar, Evelina</p>
1530-1600	<b>Queens Hall</b> <b>Refreshments and exhibition</b>	
1600-1645	<p><b>Princes Hall</b></p> <p><b>Keynote</b> Chair: Professor Graham Law</p> <p><i>Metabolomics in sleep research</i> – Professor Debra Skene, Surrey</p>	
1645-1745	<b>Princes Hall</b> <b>British Sleep Society General Meeting</b>	
1900-1930	<b>Queens Hall</b> <i>Pre-dinner drinks reception</i>	
1930-late	<p><b>Princes Hall</b></p> <p><b>BSS Conference Dinner</b></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><i>Princes Hall</i>  <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	<p><i>Queens Hall</i>  <b>Refreshments and exhibition</b></p>
1100-1300	<p><i>Princes Hall</i>  <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>Brain changes in sleep apnea</i> – Dr Lizzie Hill, Edinburgh</p> <p><b>Trial results</b></p> <p><i>ROSA</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>New OSA trials starting</b></p> <p><i>TESLA home</i> – Dr Michael Cheng, London</p> <p><i>MERGE insights/pOSA trials</i> – Professor Mary Morrell, Imperial College London and Dr Tim Quinnell, Royal Papworth Hospital, Cambridge</p>
1300	<b>End of conference</b>