

Thursday 4<sup>th</sup> November 2021

9.45 – 09.58h	<b>Welcome</b> BSS President Joerg Steier		
10.00- 10.43h	<b>Keynote Combo – “Sleep in the time of COVID-19 and Lockdown”</b> Chairs: Lizzie Hill & Allie Hare  <b>Meir Kryger</b> - Sleep and Covid <b>Colin Espie</b> - Insights from the International COVID-19 Sleep Study (ICOSS)		
10.45- 12.15h	<b>ESRS/BSS Physiology Symposium</b> Chairs: Pierre-Herve Luppi & Tim Quinnell  <b>Tristan Bekinschtein</b> - How do we really fall asleep and why do you care: behaviour and neural changes as we lose consciousness <b>Debra Skene</b> -Metabolomics of sleep deprivation: sex differences <b>Pierre-Herve Luppi</b> - Insights into REM sleep physiology and potential experimental targets <b>Raphaelle Sommerer</b> - Effect of negative waking experience on sleep and its molecular correlates <b>Lino Nobili</b> - The borderland between wakefulness and sleep: dissociation between cortex and deeper brain structures.	<b>Poster Session 1</b> Chairs: Megan Crawford & Lizzie Hill	
12.15- 13.00h	<b>BREAK / EXHIBITION</b>		
13.00- 13.43h	<b>Keynote Lecture “Physiology of Sleep”</b> Chairs: Simon Durrant & Allie Hare  <b>Robert Lucas</b> - Photic regulation of circadian rhythms and sleep, from physiology to lighting design		
13.45- 14.43h	<b>Parasomnia Symposium</b> Chairs: Paul Reading & Panagis Drakatos  <b>Panagis Drakatos</b> - The utility of video-polysomnography in NREM parasomnia <b>Matthew Walker (UK)</b> - Parasomnia and the law <b>Paul Reading</b> - Drug treatment of non-REM parasomnias: what is the rationale?	<b>Patient and Public Involvement (PPI) Symposium</b> Chairs: Michelle Miller & Anna Weighall  <b>Matt O’Neill</b> Narcolepsy UK <b>Caron Krieger</b> Kleine Levine Support Group <b>Vicky Dawson</b> The Sleep Charity <b>Kath Hope &amp; Samantha Backway</b> Hope2Sleep <b>Chris Rogers</b> Sleep Apnoea Trust Association (SATA) <b>Lesley Bagnall</b>	<b>Poster Session 2</b> Chairs: Shruthi Konda & Allie Hare

		Scottish Association for Sleep Apnoea (SASA)	
14.45-15.28h	<b>Keynote Lecture “Public Health”</b> Chairs: Michelle Miller & Ari Manuel  <b>John Moxham</b> - Reducing Health Inequalities – a call to action! Why we must focus on the Vital 5!		
15.30-15.58h	<b>Fire Side Chat</b>  <b>“Past, Presence and Future of Sleep Medicine and research”</b> Joerg Steier (interviewer) / Meir Kryger (interviewee)	<b>A Conversation with the BSDSM and AADSM</b>  Aditi Desai (BSDSM) and David Schwartz (AADSM)	
16.00-17.00h	<b>BioProjet UK Sponsored Satellite Symposium</b> Chair: Sonya Craig  <b>Kirstie Anderson</b> - Narcolepsy – beyond EDS		



Friday 5<sup>th</sup> November 2021

07.45-07.58h	<b>Welcome to Day 2</b> BSS Officers (President, Joerg Steier; Secretary Allie Hare; Treasurer Simon Durrant)	
08.00-08.58h	<b>Roundtable Discussion “Sleep Medicine Credentialing” (BSS/ANSS/ESRS)</b>  BSS Officers (Joerg Steier, Allie Hare, Simon Durrant, Tim Quinnell), Pierre-Herve Luppi, Lino Nobili (both ESRS)	<b>Breakfast Seminar - New Dawn for Healthcare Science?</b> Chairs: Sakina Dastagir & Vicky Cooper  <b>Alex Perkins</b> - Patient Focused Care in the Community Sleep Clinic <b>Sakina Dastagir</b> - Sleep Scientists: Where do we go from here? <b>Vicky Cooper</b> - Remote pathways in a NICE post Covid world <b>Adam Birdseye</b> - What to consider when using PAT technology
09.00-09.43h	<b>Keynote Lecture “Clinical Science”</b> Chairs: Anna Weighall & Alex Perkins  <b>Erna Sif Arnadottir</b> - Sleep Revolution	
09.45-11.15h	<b>Insomnia Symposium</b> Chairs: Jason Ellis & Kirstie Anderson  <b>Colin Espie</b> – Cognitive and behavioural therapeutics (CBTx) for chronic insomnia - state of the science <b>Greg Elder</b> - COVID-19, stress and insomnia <b>Kirstie Anderson</b> - Inpatient insomnia - better sleep for the wards <b>Dieter Riemann</b> -Pathophysiology of insomnia - state of the science	<b>Hypersomnia Symposium</b> Chairs: Guy Leschziner & Christina Lang  <b>Poul Jennum</b> - Excessive Daytime Sleepiness in the context of the differential diagnosis fatigue <b>Yves Dauvilliers</b> - Narcolepsy in the context of novel treatments <b>Christina Lang</b> - Excessive Daytime Sleepiness in the context of OSA
11.15-11.45h	<b>BREAK / EXHIBITION</b>	<b>Jazz Pharmaceuticals Sponsored Satellite Symposium</b> <b>Chair:</b> Ian Smith  <b>Poul Jørgen Jennum</b> - Epidemiology and Consequences of Disorders with EDS
11.45-12.28h	<b>“Paediatric Keynote Lecture”</b> Chairs: Mike Farquhar & Omi Narayan  <b>Heather Elphick</b> - Future of Diagnostic Sleep Medicine in UK	

12.30-14.30h	<p><b>BPSS Symposium</b> Chairs: Sakina Dastagir &amp; Ross Langley</p> <p><b>Daniel Smith</b> - Circadian rhythm disorders in adolescent : SCRAMS Collaboration  <b>Hui-Leng &amp; Francois Abel</b> - ERS Statement on Central Apnoea  <b>Elaine Chan</b> - ERS Statement on NIV  <b>Alex Thomas</b> - New technologies in sleep medicine</p>	<p><b>BSDSM Symposium</b> Chairs: Aditi Desai &amp; Joerg Steier</p> <p><b>Ama Johal</b> - Dental Sleep Medicine and the NICE Guidelines  <b>Saoirse O'Toole</b> - Mandibular Advancement Device in OSA and the impact on comorbidities: Gastro-Oesophageal Reflux  <b>Maria Carra</b> - Update on Bruxism  <b>Peter Cistulli</b> - Mandibular Advancement Device Therapy: A First Line Treatment for Obstructive Sleep Apnoea?  <b>Tim Quinnell</b> - NICE and MAD: Pre-existing access to therapy and new research opportunities</p>
14.30-15.30h	<b>BREAK / EXHIBITION</b>	
15.30-15.58h	<p><b>Fire Side Chat</b> "Evolution and Sleep" Adrian Williams (interviewer) / Jerome Siegel (Interviewee)</p>	
16.00-16.43h	<p><b>Keynote Lecture "Clinical Sleep Medicine"</b> Chairs: Aditi Desai &amp; Tim Quinnell</p> <p><b>Atul Malhotra</b> - Future of Sleep Apnea Therapy</p>	
16.45-17.13h	<p><b>BSS Award Presentations</b> BSS (President, Joerg Steier; Secretary Allie Hare; Treasurer, Simon Durrant; Educational Lead, Lizzie Hill; Research Lead, Jason Ellis; Past President, Tim Quinnell)</p> <p>Award Presentations:</p> <ul style="list-style-type: none"> <li>• Colin Sullivan Award</li> <li>• SASA Award</li> <li>• BSS Clinical Award</li> <li>• BSS Scientific Award,</li> <li>• Travel Awards</li> <li>• Green Ribbons Awards (Best Abstracts/Posters)</li> </ul>	
17.15-17.58h	<p><b>BSS Society General Meeting / Assembly (GM)</b> Chairs: BSS Officers (Secretary, Treasurer, President) and Executive Committee</p> <p>Delegates: All BSS members are invited to participate and vote (three Executive Committee seats).</p>	



Saturday 6<sup>th</sup> November 2021

9.45 – 09.58h	<b>Welcome to Day 3</b> BSS Officers (President, Joerg Steier; Secretary Allie Hare; Treasurer Simon Durrant)	
10.00- 10.58h	<b>Keynote Combo</b> Chairs: Simon Durrant & Michelle Miller  <b>Ivana Rosenzweig</b> - Cognitive function and sleep disturbance <b>Peter Cistulli</b> - Precision Sleep Medicine: Dream or Reality	
11.00- 12.00h	<b>Symposium “Non-CPAP therapy for OSA: what’s new?”</b> Chairs: Allie Hare & Sonya Craig  <b>Chris Turnbull</b> - Non-CPAP therapies: What is on the horizon? <b>Joerg Steier</b> - ERS guidelines on Non-CPAP therapy	
12.00- 12.30h	<b>BREAK / EXHIBITION</b>	<b>Sefam Medical Ltd Sponsored Satellite Symposium</b> Chair: Mike McEwan  <b>Professor Jean-Louis Pépin</b> - Innovation in OSA diagnosis using Mandibular Movements and introduction of the Sefam S Box CPAP/APAP Ecosystem
12.30- 14.30h	<b>Symposium Sleep-Disordered Breathing</b> Chairs: Alison McMillan & Chris Turnbull  <b>Sophie West</b> - New NICE clinical guidelines on OSAHS, OHS, COPD-OSAHS overlap syndrome for over 16s- what are the key recommendations for sleep professionals ? <b>Annabel Nickol</b> - Remote Pathways of CPAP during COVID <b>Sonya Craig</b> - Digital sleep pathways <b>Renata Riha</b> - ERS statement on sleepiness and driving 2021 <b>Deeban Ratneswaran</b> - Update on the transcutaneous electrical stimulation in sleep apnoea (TESLA) home trial	<b>Symposium Circadian Rhythm Disorders.</b> Chairs: Malcolm von Schantz & Nayantara Santhi  <b>Malcolm von Schantz</b> - Drivers of variation in circadian timing and chronotype <b>Stuart Pierson</b> - The Effects of Dim Light in the Evening on Circadian Rhythms and Sleep <b>Laura Lyall</b> - Associations between circadian disruption and mental health and wellbeing <b>Nayantara Santhi</b> - Sex Differences in the Circadian Regulation of Sleep and Cognition: Implications for Circadian Rhythm Disorders.

14.30- 14.45h	<b>End of the Conference</b> Take Home Message  Chairs: BSS Officers (President, Joerg Steier; Secretary Allie Hare; Treasurer Simon Durrant)  Call for the BSS Scientific Conference 2023
15.00- 17.00h	<b>Inaugural BSS Executive Committee Meeting</b>  Following the conference the newly appointed Executive Committee will have its inaugural meeting  <i>(by invitation only)</i>

\*All printed names confirmed, but content still subject to change

