




The Royal Society of Medicine

# Sleep symposium

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 **Wed 7 Jun 2023**  
8:30pm to 5:45pm BST

 **In-person**

# About this event

## Tickets

RSM members: £24 - £77

Non members: £44 - £141

The Sleep Symposium will bring together a multidisciplinary range of specialists to address the patient with underlying sleep disorders.

The meeting will commence with a focus on diagnosis and therapy of sleep apnoea, followed by non-respiratory topics covering clinical hypersomnias and the treatment of insomnia. By the end of the meeting participants will have been updated and introduced to the standard of care on the latest use of oral appliance therapies.

The meeting will also cover the delivery of the NHS England 'Optimal Sleep Pathway'. The purpose of this meeting is to provide an update on the national and international treatment guidelines of obstructive sleep apnoea, identification of respiratory and multidisciplinary aspects of patients with sleep disorders and exploring the pathway delivery of NHS England optimal sleep pathway.

### Benefits of attending:

- Learn about the standard diagnostics and therapeutics of obstructive sleep apnoea
- Know the current guidelines on non-CPAP therapies
- Find out about the new NHS England 'Optimal Sleep Pathway'
- Understand the multidisciplinary nature of patients with sleep disorders
- Hear the latest update on treatment with oral appliance therapies

## Agenda

**8:30am Registration, tea and coffee**

**8:55am Welcome and introduction**

**9:00am Non CPAP therapies - ERS guidelines**

Professor Joerg Steier, Consultant Respiratory Physician, Lane Fox Unit, and British Sleep Society

**9:40pm Beyond the AHI – the rise of the hypoxic burden...**

Professor Ali Azarbazin, Lead Investigator, Division of Sleep and Circadian Disorders, Departments of Medicine and Neurology, Brigham and Women's Hospital, Harvard

**10:30am Panel discussion**

**10:45am Tea and coffee break**

**11:15am "Nasal obstruction and its role in Oral Appliance Therapy: Preliminary results of the SOS" Study**

Dr Edward Sall, Otolaryngologists, Community Memorial Hospital-Hamilton and Upstate University Hospital

**11:55am Sleepio - progress in insomnia management**

Dr Dimitri Gavriloff, Senior Clinical Psychologist and Clinical Course Tutor, Sleep Medicine, University of Oxford

**12:35pm Panel discussion**

**12:50pm Lunch**

**1:50pm Transformation of sleep services, NICE and NHS-England**

Dr Sophie West, Consultant Respiratory Physician and Lead, Newcastle Regional Sleep Service, Dr Allie Hare, Consultant Physician, Respiratory and Sleep Medicine, Royal Brompton Hospital and Dr Martin Allen, Consultant Physician, University Hospitals of North Midlands NHS Trust

**2:50pm Filling the gap: providing MAD in severe OSA – the FLOSAT Study**

Professor Olivier Vanderveken, Ear, Nose, and Throat and Head and Neck Surgeon, Antwerp University Hospital

**3:30pm Panel discussion**

**3:45pm Tea and coffee break**

**4:15pm Reflections on 32 years of Airway Centric Dentistry**

Dr Michael Gelb, Temporomandibular Joint Dysfunction and Sleep Specialist

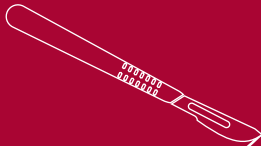
**4:55pm HNS – results of the first NHS trial**

Dr Yakubu Karagama, Ear, Nose and Throat Consultant and Laryngologist, Guys and St Thomas' NHS Foundation Trust

**5:30pm Panel discussion**

**5:45pm Closing remarks**

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