



## Monday 2<sup>nd</sup> October 2023

0930	<b>Registration opens - Refreshments and exhibition</b>		
0945 - 1000	Welcome to the conference from the President of the British Sleep Society, Prof Joerg Steier		
1000 - 1200	<p><b>Symposium: Circadian Rhythm Disorders</b> <i>Chairs: Maria Gardani</i></p> <p>Vicky Revell – Update on the Circadian Biology</p> <p>Eva Winnebeck – Location, Season and DST: Solar influences on human sleep rhythms</p> <p>Malcolm von Schantz – Talk Title TBC</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>	<p><b>Public Health (Primary Care / Pharmacy)</b> <i>Chairs: Michelle Miller</i></p> <p>Robert Koefman - Experience of a primary care sleep service in the NHS</p> <p>Jas Singh-Kaler – Pharmacotherapy in Insomnia</p> <p>Michelle Miller - Obesity, Sleep and Health</p> <p>Marco Hafner - RAND Europe update: economics of sleep</p> <p style="text-align: right;"><i>Pateley</i></p>	<p><b>Poster Session - Odd Poster Numbers</b> <i>Chairs: Megan Crawford, Joerg Steier &amp; Simon Durrant</i></p> <p style="text-align: right;"><i>Arc Royal</i></p>
1200 - 1300	<b>Lunch and Exhibition</b>		
1300 - 1400	<p><b>Keynote Lecture: Adult Sleep Medicine</b> <i>Chairs: Aditi Desai &amp; Allie Hare</i></p> <p>Marisa Bonsignore - From a spark to a flame: the concept of the ESADA database, and the impact of networking in the times of big data</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>		
1400 - 1430	<b>Refreshments and exhibition</b>		

1430 - 1615	<p><b>Symposium: Cardiopulmonary Interaction in Sleep</b>  <i>Chairs: Martino Pengo &amp; Amanda Sathyapala</i></p> <p>Martino Pengo - ANDANTE: a worldwide individual patient data meta-analysis on the effect of CPAP therapy on the blood pressure in patients with OSA</p> <p>Renaud Tamisier- Cardiovascular Physiology</p> <p>Colm McCabe - Sleep and pulmonary hypertension</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>	<p><b>ECP Symposium: Sleep clinic conundrums</b>  <i>Chairs: Francis Wong &amp; Nick Budhram</i></p> <p>Iñigo Perez - Sleepiness and driving</p> <p>Anita Simonds - CSA: to treat or not to treat</p> <p>Sonya Craig – Persistent EDS in OSA</p> <p style="text-align: right;"><i>Pateley</i></p>	<p><b>Poster Session – Even Poster Numbers</b>  <i>Chairs: Michelle Miller, Maria Gardani &amp; Alanna Hare</i></p> <p style="text-align: right;"><i>Ark Royal</i></p>
1615 - 1700	<p><b>Basic Sleep Research</b>  <i>Chairs: Simon Durrant &amp; Anna Weighall</i></p> <p>John Groeger - Overnight cognitive and driving performance</p> <p>Alice Gregory - Behavioural genetics and sleep</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>	<p><b>Fireside chat with Dieter Reimann</b>  <i>Chair: Megan Crawford</i></p> <p style="text-align: right;"><i>Pateley</i></p>	
1700 - 1800	<p><b>Welcome Reception / Drinks / Posters</b></p>		

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	<p>Iuliana Hartescu -Insomnia and Physical Activity</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>	<p>Matt O'Neill - Narcolepsy UK</p> <p>Nicola Read - Involving patients in sleep service redesign</p> <p style="text-align: right;"><i>Pateley</i></p>	<p>O3 - The effect of single-component sleep restriction therapy on depressive symptoms in individuals with insomnia: A systematic review and meta-analysis – Katrina Tse</p> <p>O4 - The evaluation of a novel sleep apnoea monitor: night-to-night variability in healthy adults – Mohammed Memon</p> <p>O5 - Dopamine transporter imaging differences between idiopathic REM Sleep Behaviour Disorder patients, Hyposmic patients and Healthy controls in the Parkinson's Progression Markers Initiative: a cross-sectional study – Luke Banerjee</p> <p>O6 - Clinical effectiveness of nurse-delivered sleep restriction therapy for insomnia in primary care: a pragmatic, superiority, open-label, randomised controlled trial – Simon Kyle</p> <p style="text-align: right;"><i>Rochester</i></p>
1200 - 1300	<b>Lunch and Exhibition</b>	1230 - 1300	<b>Stowood Sponsored Symposium: Tools for diagnosing sleep disordered breathing in children suitable for use in secondary care</b> <b>Speaker: Dr Michael Yanney</b>
1300 - 1400	<p><b>Keynote Lecture: Paediatric Sleep</b> <i>Chairs: Heather Elphick &amp; Hui-Leng Tan</i></p> <p>Alice Gregory - Nodding Off: Sleep and child and adolescent mental health</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>		

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1400 - 1430	<b>Refreshments and exhibition</b>		
1430 - 1615	<p><b>HOT TOPICS: Clinical Trials</b> <i>Chairs: Megan Crawford &amp; Michelle Miller</i></p> <p>Winfried Randerath - OSA: Who to Treat and Who not to Treat</p> <p>Alex Iranzo – Football-related idiopathic REM sleep behavior disorder and development of neurodegenerative diseases</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>	<p><b>BPSS Paediatric Symposium: Technical innovations in paediatric sleep</b> <i>Chairs: Sakina Birdseye-Dastagir &amp; Hui-Leng Tan</i></p> <p>Heather Elphick - Home diagnostic testing for OSA in children</p> <p>Cathy Hill - Assessment of sleep-related rhythmic movement disorder</p> <p>Federica Trucco - Proposal for scoring of diaphragmatic sleep disordered breathing in children with NMD</p> <p>Dr Martin Samuels - Is diaphragmatic pacing going to replace ventilation?</p> <p style="text-align: right;"><i>Pateley</i></p>	<p><b>Oral Presentations</b> <i>Chairs: Amanda Sathyapala, Maria Gardani &amp; Joerg Steier</i></p> <p>O7 - Managing sleep problems in children with ADHD: a qualitative interview study exploring parent experiences – Samantha Hornsey</p> <p>O8 - A cross-sectional survey of clinicians' experiences of addressing the topic of sleep in children and young people with epilepsy – Georgina Cook</p> <p>O9 - An audit of the annual prescribing patterns of melatonin within a regional paediatric department in the North East of England - Elizabeth McLellan</p> <p>O10 – 3D-designed Custom-made Modular Headgear for Children using Non-Invasive Ventilation. [The “COMFORT” project: Custom-Made Facemasks for Respiratory Therapy] – Heather Elphick</p> <p>O11 - Irregular sleep/wake patterns in student-athletes – Sandy Wilson</p> <p style="text-align: right;"><i>Rochester</i></p>
1615 - 1700	<p><b>Basic science: Neuroscience of Sleep</b> <i>Chairs: Simon Durrant &amp; Maria Gardani</i></p> <p>Julie Seibt - Sleep and neuroplasticity</p> <p>Aarti Jagannath - Molecular mechanism of circadian clock entrainment</p>	<p><b>History and Sleep</b> <i>Chairs: Joerg Steier &amp; Lisa Artis</i></p> <p>Meir Kryger - The History of Sleep Science and Medicine</p>	

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	<i>Queens Ballroom</i>	<i>Pateley</i>
1700 - 1800	<b>BSS AGM/ Elections</b> <i>BSS Members only</i>	
1930-2000	<i>Pre-dinner drinks reception</i>	
2000-late	<b>BSS Conference Dinner</b> <i>Three course dinner including award presentations</i>	

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## Wednesday 4<sup>th</sup> October 2023

0900	<b>Registration opens - Refreshments and exhibition</b>		
0800- 0900	<b>Idorsia Sponsored Symposium - Impact of Daridorexant on the Clinical Management of Chronic Insomnia Disorder</b>		
0900 - 1000	<p><b>Parasomnias including sexsomnia</b> <i>Chairs: Caroline Horton</i></p> <p>Rexford Muza - Sexsomnia, experiences from a tertiary sleep centre</p> <p>Renata Riha - A case-control study of sexualised behaviour in sleep: A strong association with psychiatric comorbidity and relationship difficulties.</p> <p style="text-align: right;"><i>Queens Ballroom</i></p>	0930 - 1030	<p><b>Joint session – ESRS – British Sleep Society (BBS) – European Biological Rhythms Society (EBRS) Sleep Physiology Symposium</b> <i>Chairs: Vikki Revell and Erna Sif Arnadottir</i></p> <p>Shantha Wilson Rajaratnam - Circadian health in a public health and safety context</p> <p>Malcolm von Schantz - Daylight Savings Time: the European perspective</p> <p>Catia Reis - How can science communicate with the fact-free zone of policies, Portugal (University of Lisbon, Lisbon, Portugal)</p> <p style="text-align: right;"><i>Arc Royal</i></p>
1000 - 1200	<p><b>Symposium: Respiratory Sleep Medicine</b> <i>Chairs: Tim Quinnell &amp; Sonya Craig</i></p> <p>Renaud Tamisier - Interaction on OSA</p> <p>Winfried Randerath - ERS Guidelines on Non-CPAP therapies in OSA</p> <p>Joerg Steier / Deeban Ratneswaran - Electrical stimulation in Obstructive Sleep Apnoea</p>	1030-1200	<p><b>Behavioural Sleep Medicine in non-insomnia populations</b> <i>Chairs: Hugh Selsick &amp; Caroline Horton</i></p> <p>Megan Crawford - PAP adherence-where are we now</p> <p>David O'Regan - CBT for nREM parasomnias</p> <p>Caroline Horton - The Sleep Well programme for BSM</p>

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	<i>Queens Ballroom</i>		<i>Arc Royal</i>
1200 - 1300	<b>Lunch and exhibition</b>		
1300-1400	<b>Symposium: Mental health and Sleep</b> <i>Chairs: Simon Durrant &amp; Megan Crawford</i>  Liz Coulthard - Dementia Simon Durrant - Depression Ullrich Bartsch – Schizophrenia  <i>Queens Ballroom</i>	<b>Symposium: New Technology</b> <i>Chairs: Allie Hare</i>  Sakina Birdseye-Dastagir- New Home Diagnostics Milind Sovani - Home telemedicine / NIV monitoring  <i>Arc Royal</i>	
1400 - 1430	<b>Refreshments and exhibition</b>		
1430 - 1615	<b>Symposium: NICE what's new?</b> <i>Chairs: Sophie West &amp; Nick Budhram</i>  Dan Cuthbertson - Medications - ROMANCE and its link with GLP1 Sonya Craig – Medications - approaches regarding residual sleepiness Tim Quinnell - Technologies - OSA - novel diagnostics, Rx, telemonitoring Colin Espie – NICE Medical technologies guidance [MTG70]: Sleepio to treat insomnia and insomnia symptoms  <i>Queens Ballroom</i>	<b>BSDSM Dental Sleep Symposium</b> <i>Chairs: Aditi Desai</i>  Michael Gelb - Alzheimer's is now Optional Jonathan Collier - MaxFax surgery and other options to treat OSA Michael Gelb - The Role of Sleep Disordered Breathing  <i>Arc Royal</i>	
1615 - 1645	<b>Novel physiology-based approaches for OSA precision medicine</b> <i>Chair: Aditi Desai</i>  Danny Eckert  <i>Queens Ballroom</i>		

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1645 - 1700	<b>Take home message</b>	<i>Queens Ballroom</i>
1700	<b>End of conference</b>	

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