



Wednesday 5th November 2025			
0900	Registration Open		
0945 - 1000	Conference Opening: Welcome		
1000 – 1200	<u>Obstructive Sleep Apnoea</u>	<u>Poster Presentations</u>	<u>Paediatric Sleep Medicine</u>
1000 - 1030	FOUND Trial for Case Finding of OSA in Primary Care using a Novel Device - Professor Michelle Miller (University of Warwick)		Sleep Buddy - Dr Mary Steele (University of Southampton)
1030 - 1100	OSA database - Dr Mustafa Jaafar (University College London)		O3 - Chronotype Modulates Associations Between Autistic Traits and Sleep Disruption: Cross-Sectional and Prospective Findings from 10,108 Participants of the Adolescent Brain and Cognitive Development (ABCD) Study - Dr Cathy Wyse (Maynooth University)
1100 - 1130	O1 - Non-Continuous Positive Airway Pressure Therapy in Obstructive Sleep Apnoea: Guideline-Based Insights from a Multidisciplinary Team Approach - Mr Oscar Sing Him Ho (Kings College London)		O4 - A Diagnostic Feasibility Study of a Novel Accelerometer-Based Chest Sensor in Children at Risk of Sudden Death in Epilepsy - Dr Hannah Vennard (Glasgow General Hospital)
1130 - 1200	O2 - Does obstructive sleep apnoea surgery improve perceived insomnia severity in patients suffering from co-morbid insomnia and sleep apnoea (COMISA) - Ms Asma Awad (Barking, Havering, Redbridge University Hospitals NHS Trust)		Assessment and Management of Sleep Disordered Breathing in Children with Neurodisability - Dr Hui-Leng Tan (Royal Brompton and Harefield Hospital)
1200 - 1300	Lunch and Exhibition	ResMed Sponsored Symposium	Intus Healthcare Sponsored Symposium
1300 – 1400	Keynote 1: Novel approaches for the study of human sleep and circadian rhythms - Professor Derk-Jan Dijk (University of Surrey)		

1400 – 1500	<u>Behavioural Sleep Medicine</u>	<u>Sleep and Metabolic Disorders</u>	<u>Wearable Sleep Technology</u>
1400 - 1430	O5 - A peer influence approach to reduce night-time use of interactive electronic devices and social media among adolescents (CLOCK OFF): a feasibility study - Ms Catriona Ewart (University of Glasgow)	O7 - BMI Trends and Compliance in Obese Children Initiated on Non-Invasive Ventilation - Ms Rebecca Lennon (Greater Glasgow and Clyde NHS Trust)	Mechanisms of Sleep Restriction Therapy: A pilot of a novel wearable EEG system - Emily Stanyer (University of Oxford) - Colin Sullivan awarded
1430 - 1500	O6 - Managing chronic insomnia with digital, cognitive behavioural therapy (CBT-i) in general practice: The experience of the Carillon Primary Care Network - Dr Irene Valero-Sanchez (University Hospitals of Leicester NHS Trust)	Sleep and Diabetes - Dr Rachel Sharman (University of Oxford)	O8 - The effects of cranial electrotherapy stimulation (CES) on sleep and insomnia: a real-world evaluation in a diverse, non-clinical population - Dr Ksenija da Silva (Coventry University)
1500 - 1530	Refreshments and Exhibition		
1530 - 1600	Fireside Chat - Sleep Medicine <i>Professor Derk-Jan Dijk (University of Surrey)</i>		
1600 - 1700	<u>PGCert in Sleep Medicine</u>	<u>Sleep in Shift Workers</u>	<u>Sleep in Athletic Professions</u>
1600 - 1630	Introduction to the UWE PGCert in Sleep Medicine <i>Dr Lizzie Hill (University of West England)</i>	A Novel Shift Work Intervention - Dr Talar Moukhtarian (University of Warwick)	The development of insomnia symptoms in elite athletes - Dr Luke Gupta (English Institute of Sport)
1630 - 1700	TBC <i>Mrs Nicola Catchpool (Bath Centre for Fatigue Services)</i> TBC <i>Mrs Laura Hill (Royal Wolverhampton NHS Trust)</i> TBC <i>Miss Alison Butler (University Hospitals Birmingham)</i>	O9 - Characteristics Of Shift Work: Effects On Sleep And Fatigue - Dr Peter Goodwin (Nottingham Trent University)	O10 - The effects of a multi-model intervention for optimising sleep and mental health outcomes during British Army Infantry Basic Training - Dr Alex Rawcliffe (Ministry Of Defence)
1700 - 1800	Welcome Reception		

Thursday 6th November 2025			
0745	Registration Open		
0800 - 0900	Nyxoah - Sponsored Symposium		
0900 - 1100	<u>Insomnia</u> The Impact of Climate Change on Sleep Health - <i>Dr Iuliana Hartescu (Loughborough University)</i> O11 - Using genetic and longitudinal data to understand the role of insomnia in the relationship between major depression and type 2 diabetes - <i>Dr Renu Bala (University Of Exeter)</i> Insomnia and Neurocognitive Functioning - <i>Dr Megan Crawford (University of Strathclyde)</i> Efficacy and safety of daridorexant in women with insomnia disorder during menopausal transition: a subgroup analysis <i>Dr. Zoe Schaedel (Myla Health)</i>	<u>Poster Presentations</u>	<u>Sleep in Public Health</u> Daylight Saving Time - <i>Dr Megan Crawford (University of Strathclyde)</i> O13 - More Than a Near Miss: The importance of multi-question screening for driving impairment in Obstructive Sleep Apnoea - <i>Miss Maryana Jahangir (Kings College London)</i> O14 - Effects of sleep apnoea on driving behaviour can be detected by a phone app - <i>Dr Ian Smith (Royal Papworth Hospital)</i> Manifesto for Change - <i>Ms Lisa Artis (The Sleep Charity)</i>
1100 - 1200	Keynote 2: Sleep Medicine <i>Professor Meir Kryger (Yale School of Medicine)</i>		
1200 - 1300	Lunch and Exhibition	Idorsia - Sponsored Symposium	Inspire – Sponsored Symposium
1300 - 1500	<u>Circadian Rhythm Disorders</u> James Alliance PSP on Circadian and Mental Health Research - <i>Dr Amy Ferguson (Circadian Mental Health Network)</i> Circadian Rhythms and Mental Health: Time to put the Chrono into Psychiatry - <i>Dr Nicholas Meyer (University College London)</i>	<u>Sleep and Memory</u> The Relationship Between Overnight Sleep and Everyday Memory - <i>Dr Anna Weighall (University of Sheffield)</i> Sleep-dependent Memory Consolidation in Neurodiverse Populations - <i>Dr Simon Durrant (University of Lincoln)</i>	<u>Dental Sleep Medicine</u> Developing a MAD service in an NHS Sleep Service - <i>Dr Swapna Mandal (Royal Free Hospital)</i> Why the Jaws Matter: Orthodontic Treatment in Sleep-Disordered Breathing - <i>Dr Biju Krishnan (Until Marylebone Wellness)</i>

1400 - 1430	O15 - Is there more to understand about circadian rhythm sleep wake disorders (CRSWDs) in young adults with autistic spectrum conditions (ASC) referred to Myalgic Encephalopathy/Chronic Fatigue Syndrome (ME/CFS) services? A case report - Mrs Nicola Catchpool (RUH Hospitals Bath)	O16 - Does overnight memory consolidation prepare the brain for next-day learning? - Dr Marcus Harrington (University of East Anglia)	O18 - Mild but Not Minor: Investigating the Clinical Burden of MAA Use in Mild Obstructive Sleep Apnoea - Miss Maryana Jahangir (Kings College London)
1430 - 1500	Circadian Rhythms in Parkinson's Disease - Professor Gurprit Lall (University of Kent)	O17 - A systematic review of the effects of sleep duration and daytime alertness on cognitive function across the adult lifespan - Mr Seamas Farrell (University Of Strathclyde)	O19 - Patient-Reported Outcomes Following Mandibular Advancement Devices (MADs) for Obstructive Sleep Apnoea - Mrs Jessica Jones (Nottingham University Hospitals Trust)
1500 - 1530	Refreshments and Exhibition		
1530 - 1600	Fireside Chat - Sleep Medicine Professor Meir Kryger (Yale School of Medicine)		
1600 - 1700	Keynote 3: Other Topics: History of Sleep Professor Sally Shuttleworth (University of Oxford)		
1700 - 1800	British Sleep Society - Annual General Meeting		
1930 - 0000	Gala Dinner		

Friday 7th November 2025

0830	Registration Opens		
0900 - 1100	<u>Hypersomnias</u>	<u>Sleep and Physical Health</u>	<u>Sleep and Mental Health</u>
0900 - 0930	Narcolepsy - Dr Brian Kent (St James Hospital, Dublin)	Menopause and Sleep - Dr Zoe Schaedel (Brighton and Hove Clinic)	Sleep and Depression - Professor Dieter Riemann (Universität Freiburg)
0930 - 1000	Narcolepsy Data - Dr Helen Strongman (London School of Hygiene and Tropical Medicine)	O22 - The effect of excessive daytime sleepiness and insomnia on cardiovascular disease, hypertension and dyslipidaemia in patients with obstructive sleep apnoea participating in ESADA - Dr Andras Bikov (Manchester University NHS Foundation Trust)	Sleep and Vascular Dementia - Dr Chloe Tulip (Dementias Platform UK)
1000 - 1030	O20 - Understanding Factors Influencing GP Referrals to Specialist Sleep Services for Obstructive Sleep Apnoea (OSA) and Narcolepsy: A Qualitative Study - Dr Martina Sykorova (London School Of Hygiene And Tropical Medicine)	Sleep and the Microbiome - Dr Kathrin Kadosh (University of Surrey)	O24 - Implementing an insomnia intervention into adolescent mental health services: a mixed-methods feasibility and process evaluation - Dr Stephanie Mccrory (University Of Strathclyde)
1030 - 1100	O21 - Exploring links between sleep, hypersomnolence and well-being - Dr Katrina Burrows (East Suffolk And North Essex Foundation Trust)	O23 - Assessing the role of insomnia in breast cancer risk across multiple ancestries within the "All of Us" Research Program - Dr Rebecca Richmond (University of Bristol)	O25 - Obstetric, sleep and social support predictors of perinatal depression in the UK Biobank cohort - Dr Laura Lyall (University Of Glasgow)
1100 - 1200	Keynote 4 - Melatonin in Children with Neurodiversity Professor Sam Cortese (University of Southampton)		
1200 - 1300	Lunch and Exhibition	Nyxoah - Sponsored Symposium	Stowood Sponsored Symposium
1300 - 1500	<u>Parasomnias</u>	<u>Sleep and Physiology</u>	<u>ECR Symposium</u>
1300 - 1330	Sleep-Related Sexual Behaviours - Professor Matthew Walker (University College London)	Using movement during sleep to infer sleep cycles and sleep homeostasis - Dr Eva Winnebeck (University of Surrey)	Commonly Used Drugs and Their Effects on Sleep - Ms Grainne d'Ancona (Guys and St Thomas' Hospital)
1330 - 1400	Parasomnias and the Law - Ms Allison Summers KC (Head of Drystone Chambers)	Sleep and Small Vessel Disease - Dr Lizzie Hill (University of West England)	Sleep in Clinicians and Other Shift Workers - Dr Mike Farquhar (Evelina London)
1400 - 1430	The neurological basis of sin: The implications of local sleep and wake on sleep behaviours	O26 - Rest Assured? Habitual Sleep Likely Does Not Further Explain Age-Related Changes in Cerebral Blood Velocity	Behavioural Change in Sleep including Insomnia and Weight Loss - Dr Katrina Burrows (East Suffolk And North Essex Foundation Trust)

1430 - 1500	<i>Professor Guy Leschziner (Guys and St Thomas' Hospital)</i> CBT for Parasomnias - Dr Maja Schaedel (Guys and St Thomas' Hospital)	Outcomes (Preliminary Findings) - Dr Bindiya Shenoy (University Of East Anglia) O27 - Sex Differences in Nocturnal Autonomic Recovery Following Sleep Restriction in Healthy Older Adults - Ms Alice Lester (University of Exeter)	Difficult Contemporary Questions in Sleep Clinic - Dr Allie Hare (Royal Brompton)
1500 - 1530	Refreshments and Exhibition		
1530 - 1700 1530 - 1600 1600 - 1630 1630 - 1700	<u>Sleep-Related Movement Disorders</u> Sleep related movement disorders: an overview - Professor Guy Leschziner (Guys and St Thomas' Hospital) AASM guidelines for Restless Legs Syndrome - Dr Panagis Drakotos (Guys and St Thomas' Hospital) Can't stop moving!: Case studies in RLS and PLMD - Ms Jessica Clements (Guys and St Thomas' Hospital)	<u>Sleep and Neurodiversity</u> Describing and modelling insomnia in children with rare, multiple and complex neurodevelopmental conditions' - Professor Caroline Richards (University of Birmingham) Insomnia in Autistic Adults - Dr Maria Gardani (University of Edinburgh) An experience sensitive approach to sleep training with and for young autistic adults. - Dr Georgia Pavlopoulou (University College London)	<u>Roundtable Discussion on Priorities and Hot Topics in Sleep Research</u> Panel Discussion: Priorities and Hot Topics in Sleep Research (Malcolm von Schantz, Joerg Steier, Caroline Horton, Rachel Sharman, NIHR TBC, Ivana Rosenzweig)
1700 - 1715	Conference Ends: Closing Remarks		