

Sleep in the life cycle, theory and practice

TIME	TOPIC	PRESENTERS
8.30 - 8.50am	Registration	
8.50 - 9.00am	Welcome & introduction	Dr Chris Blackwell
9.00 - 9.15am	Sleep disordered breathing in the preschool age	Dr Geshani Jayasuriya
9.15 - 9.30am	Child/Adolescent ADHD and sleep	Dr Jacqui Saad
9.30 - 9.45am	Teenage mental health and its association with sleep	Dr Philip Tam
9.45 - 10.45am	Case studies/workshop	Break into groups
10.45 - 11.00am	Morning tea	
11.00 - 11.15am	Adult ADHD and sleep	Dr Keith Johnson
11.15 - 11.30am	Depression, medication and sleep	Dr Chris Blackwell
11.30 - 11.45am	Stress, trauma & sleep	Dr Sonia Kumar
11.45 - 12.45pm	Case studies/workshop	Break into groups
12.45 - 1.30pm	Lunch	
1.30 - 1.40pm	Infants and sleep	Ms Liora Kempler
1.40 – 1.50pm	Sleep and maternal health	Dr Sylvia Lim-Gibson
1.50 - 2.05pm	Cognitive Behavioural Therapy	A/Prof Delwyn Bartlett
2.05 – 2.15pm	Exercise and Diet – How lifestyle modification can optimise sleep	Dr Shantel Duffy
2.15 - 3.15pm	Case studies/workshop	Break into groups
3.15 - 3.30pm	Afternoon tea	
3.30 – 3.45pm	The Healthy Brain Ageing research program – services for you and your patients	Dr Loren Mowszowski
3.45 – 4.00pm	Sleep research at the Woolcock Institute	Woolcock Researcher
4.00 – 5.00pm	Open panel discussion	Dr Chris Blackwell – Chair
5.00pm	Feedback forms & close	