



Day 1

Friday, 3 August 2018

LECTURES

0745 - 0815	Registration	Level 3, Atrium
0815 - 0830	Opening Address Dr Toh Song Tar	
Plenary - Personalized Medicine in OSA Chairperson: Dr Leow Leong Chai / Dr Toh Song Tar		Level 3, Atrium
0830 - 0915	OSA: Not Just An Overcrowded Airway - Insights into Pathogenesis of OSA by Dr Kate Sutherland	
0915 - 0930	Q&A	
0930 - 0945	Tea Break	
	Updates in OSA Chairperson: Dr Mok Yingjuan / Dr Alvin Tan	Level 3, Atrium
		Updates in Paediatric OSA Chairperson: Dr Daniel Ng / Prof Henry Tan
0945 - 1015	Personalized Treatment for OSA - Targeted Therapy and Predicting Outcomes by Dr Kate Sutherland	Paediatric Sleep Disordered Breathing: present and future by Dr Daniel Ng
1015 - 1045	Telemedicine in the Management of OSA by Dr Teofilo Lee Chiong	Surgical Management of Paediatric OSA: What works and What's New? by Dr Chan Ching Yee
1045 - 1115	Novel Methods to Improve CPAP Adherence by A/Prof Mark Aloia	NIV in Paediatrics: Indications and Challenges by Dr Arun Pugalenti



1115 - 1145	Oral Appliances in the Management of Snoring and OSA by Dr Mimi Yow	Sleep Disturbances in an atopic child by A/Prof Anne Goh	
1145 - 1200	Q&A	Q&A	
1200 - 1245	Lunch		Level 3, Atrium
Updates in OSA Chairperson: Prof Hsu Pon Poh / Dr Ong Thun How			Level 3, Atrium
1245 - 1330	Hypoglossal Stimulation Updates by A/Prof Clemens Heiser		Level 3, Atrium
1330 - 1400	Epidemiology and Awareness of OSA by Dr Adeline Tan		Level 3, Atrium
1400 - 1430	Updates in the Management of Positional OSA by Dr Mok Yingjuan		Level 3, Atrium
1430 - 1500	Screening for silent CAD in OSA patients - Justified or Not? by A/Prof Tan Swee Yaw		Level 3, Atrium
1500 - 1515	Q&A		Level 3, Atrium
1515 - 1530	Tea Break		Level 3, Atrium
PRACTICAL WORKSHOP			
1530 - 1800	PSG Workshop		Level 3, Atrium



Day 2

Saturday, 4 August 2018

LECTURES

0745 - 0800	Registration		Level 3, Atrium
	Neurology Sleep Updates Chairperson: Dr Puvan	Paediatric Sleep (Neurology) Chairperson: Dr Daniel Ng / Dr Biju Thomas	Level 3, Atrium Level 2, PSL2B
0800 - 0830	Stroke and Sleep Apnoea - New Guideline Recommendations by Dr Deidre Anne De Silva	Narcolepsy/Cataplexy by A/Prof Teoh Oon Hoe	
0830 - 0900	Sleep Manifestations of Neurodegenerative Disorders by Dr Shahul	Parasomnias by A/Prof Michael Lim	
0900 - 0930	Central Causes of Hypersomnia - A Review by A/Prof Pavanni	Things that go bump in the night: Paroxysmal events in sleep – when is it a seizure? by Dr Simon Robert Ling	
0930 - 1000	Forensic aspects of Parasomnias by Dr Puvan	Central Sleep Apnea by Dr Biju Thomas	
1000 - 1015	Q&A	Q&A	
1015 - 1100	Tea Break		Level 3, Atrium
	Psychiatry Sleep Updates Chairperson: Dr Tan Shian Ming	Paediatric / Adolescent Sleep Chairperson: A/Prof Michael Lim / Dr Petrina Wong	Level 3, Atrium Level 2, PSL2B
1100 - 1130	Depression and Sleep Disturbances by Dr Poon Shi Hui	Sleep Restriction, Snacking Behavior and Glucose Response in Teens by A/Prof Joshua Gooley	



1130 - 1200	Transdiagnostic Approach to Managing Sleep and Circadian problems by Dr Wong Sheau Hwa	Sleep in Special Populations by Dr Jenny Tang
1200 - 1230	Sleep Enhancement with Accoustic Stimulation by Prof Michael Chee	Behavioural Sleep Problems: A Psychologist's perspective by Dr Wong Yen Peng
1230 - 1300	Phototherapy - A Review for Sleep Clinicians by A/Prof Joshua Gooley	Case-based discussions (interesting cases) by Dr Cheng Zai Ru / Dr Tan Yi Hua
1300 - 1315	Q&A	Q&A
1315 - 1400	Lunch (for CPAP Workshop Attendees only)	Level 3, Atrium
PRACTICAL WORKSHOP		
1400 - 1600	CPAP Workshop	Level 3, Atrium