



STATE OF THE ART 2026 – SLEEP

PROGRAM

Friday, 31 July 2026 - RACV Club, Melbourne CBD

0845 Welcome Darren Mansfield

0900 - 1030 - SESSION 1:

SLEEP HEALTH AND BURDEN OF DISEASE: TACKLING THE BURDEN

Behavioural sleep medicine – a historical perspective.....Michael Perlis

Sleep Disturbance in the community: Can the App bridge the gap?Alex Sweetman

Panel discussion: Meeting the demand, where to from here?

10.15 – 10.45 Morning Tea

1045 – 1215: SESSION 2:

OSA: WHAT'S NEW?

Sleep and Cardio metabolic RiskPeter Cistulli

New Diagnostic tools for OSA Claire Ellender

Pharmacotherapy for OSA: Where are we at? Brad Edwards

12.15 – 13.15 Lunch

1315 – 1445: SESSION 3:

SLEEP AND MENTAL HEALTH

Sleep disturbance and mental health.....Melinda Jackson

Sleep mental health and suicide risk..... Michael Perlis

Shift work and mental health..... Amy Reynolds

14.45 – 15.00 Afternoon Tea

1500 – 1630 SESSION 4:

OSA IN PRACTICE

Weight, weight loss and metabolism. Implications for OSA in the GLP1 agonist era.

.....Craig Phillips

OSA night to night variability: Significance and are we ready to measure it?.....Ching Li Chai Coetzer

OSA lesser known risks.....Bhajan Singh

1645: Meeting close - Drinks and canapes