

## **STATE OF THE ART 2026 – SLEEP MEDICINE PROGRAM**

Friday, 31 July 2026 - RACV Club, Melbourne CBD

**0845 - 0900 WELCOME ..... DARREN MANSFIELD**

**0900 - 1030 SESSION 1: CHAIRPERSONS: SEAN DRUMMOND, BEI BEI**

**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?**

**10.30 – 11.00 Morning Tea**

**1100–1230 SESSION 2: CHAIRPERSONS: MARK HOWARD,  
FERGAL O'DONOGHUE**

**OSA: WHAT'S NEW?**

Sleep and Cardio metabolic Risk .....Peter Cistulli  
 New Diagnostic tools for OSA ..... Claire Ellender  
 Pharmacotherapy for OSA: Where are we at? ..... Brad Edwards

**12.30 – 13.30 Lunch**

**1330 – 1500 SESSION 3: CHAIRPERSONS: SHANTHAKUMAR RAJARATNAM,  
AMY JORDAN**

**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

**1500 – 15.30 Afternoon Tea**

**1530 – 1700 SESSION 4: CHAIRPERSONS: ALAN YOUNG, BELINDA MILLER**

**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?..Sutapa Mukherjee  
 OSA lesser known risks.....Bhajan Singh

**1700: - Meeting close - Drinks and canapes**

**Sponsored by: Fisher and Paykel, Philips, Resmed, Chiesi Australia, AstraZeneca,  
Lily Australia, Compumedics, Neuraxpham, Somnomed and Eisai Australia**