

Program

SATURDAY 10th SEPTEMBER 2022	
07h00-08h00	Registrations
	WORKSHOP 1: OBSTRUCTIVE SLEEP APNOEA
08h00-09h00	Basics of OSA and consequences: Dr Alison Bentley
09h00-10h00	Diagnostic guidelines: Dr Alison Bentley
10h00-10h30	The ENT Surgeon's guide to Sleeping Right – Snoring 101: Dr Azgher Karjeker
10h30-11h00	Tea
11h00-11h30	Use of oral appliance for managing OSA: Dr Farahnaz Parker
11h30-12h30	Treating OSA with CPAP: Dr Alison Bentley
12h30-13h00	Mimic sleep disorders for OSA: Dr Louis Vlok
13h00-14h00	Lunch / Registrations
	WORKSHOP 2: INSOMNIA
14h00-15h00	Basics, natural history and consequences of insomnia: Dr Alison Bentley
15h00-16h00	RLS, Circadian rhythm disorders and other organic causes of insomnia: Dr Alison Bentley
16h00-16h30	Tea
16h30-17h00	Rational management of insomnia: Dr Alison Bentley
19h00	Congress welcome dinner (Jonkershuis: https://jonkershuisconstantia.co.za/index.php/demo-home/the-restaurant/)

SUNDAY 11th SEPTEMBER 2022	
07h00-08h00	Registrations
08h00-08h15	Welcome: Dr Alison Bentley
	SESSION 1: SLEEP DISORDERS (<i>Chair: Dr Gosia Lipinska</i>)
08h15-09h00	Keynote 1: Dr Pierre van der Merwe - Managing insomnia
09h05-09h20	The lack of prevalence data for insomnia in South Africa: Michelle Baker/Dr Alison Bentley
09h20-09h35	Questionnaire and narrative symptom assessment in South Africans seeking treatment for insomnia: Michelle Baker
09h35-09h50	Home-based diagnostic studies and CPAP titrations for obstructive sleep apnea in Johannesburg: Micaela Rhoda
09h50-10h20	Keynote 2: Michelle Baker - CBTi in a nutshell
10h20-10h45	Tea
	SESSION 2: SLEEP AND HEALTH INTERACTIONS (<i>Chair: Dr Jonathan Davy</i>)
10h45-11h15	Keynote 3: Dr Kim Laxton - Game addiction and insomnia
11h20-11h35	Sleep disorders and cardiometabolic health in adolescents with obesity: Effects of a lifestyle intervention program based on diet and chronic exercise: Dr Johanna Roche
11h35-11h50	Sleep, HIV and cardiometabolic disease risk in rural South Africa: Prof. Francesc X. Gomez-Olive
11h50-12h05	Longitudinal association between self-reported sleep duration and cardiometabolic risk in corporate executives: Paula Pienaar
12h05-12h20	Using coach-assisted digital technology to improve sleep quality and posttraumatic symptoms in female survivors of sexual assault: a pilot study: Dr Gosia Lipinska
12h20-13h05	Keynote 4: Dr Jocelyn Hellig - Sweet dreams: Sleep apnea and obesity: comfortable bedfellows? How to get your patient to manage their obesity and therefore their sleep apnoea.
13h05-14h00	Lunch
	SESSION 3: SLEEP AND PAIN (<i>Chair: Dr Dale Rae</i>)
14h00-14h30	Keynote 5: Dr Stella Iacovides - The intricate relationship between sleep and pain: what we know so far and where we are going
14h30-17h00	WORKSHOP 3: How to train the body and encourage the mind to view sleep as a habit: Dr Romy Parker and Jacqui Koep

MONDAY 12th SEPTEMBER 2022	
07h00-08h00	Registrations
	SESSION 4: SLEEP, COGNITION AND MENTAL HEALTH (<i>Chair: Michelle Baker</i>)
08h00-08h30	Keynote 6: Dr Gosia Lipinska - Sleep for mental health
08h30-08h45	The relationship between affect in dreams and emotional memory consolidation: Liette du Plessis
08h45-09h00	Pilot Study: The relationship of slow wave sleep and emotional memory in young adults with Fetal Alcohol Syndrome Disorder: Thumira Pillay
09h00-09h15	The role of dreaming in affect regulation: Braam Zeilinga
09h15-09h30	Pilot Study: The relationship between slow-wave sleep quality, socio-economic status, alcohol consumption and declarative memory in young adults with prenatal alcohol exposure: Julia Tubaro
09h30-09h45	The relationship of sleep and mood-/anxiety-related disorders in women living in low-income areas: Arron Correia
09h45- 10h45	Keynote 7: Prof. Tony Cunningham - Sleep and Emotional Memory Research: Moving forward in uncertainty
10h45 – 11h15	Tea
	SESSION 5: EXAMPLES OF SLEEP IN THE SOUTH AFRICAN CONTEXT (<i>Chair: Dr Karine Scheurmaier and Dr Jonathan Davy</i>)
11h15 - 11h45	Keynote 10: Dr Karine Scheurmaier - Sleep, circadian rhythms and metabolic risks - relevance to the South African context
11h45 - 12h00	Comparison between self-reported and actigraphy-derived sleep characteristics in low-income South African adults: Philippa Forshaw
12h00 – 12h15	Characterizing the sleep wake behaviour of late adolescents living in rural and township areas surrounding Alice in the Eastern Cape of South Africa: Dr Jonathan Davy
12h15 – 12h30	Association between sleep and concussion in male rugby players: Dominique Rosslee
12h30 - 12h45	A pilot study of exercise as a strategy to mitigate the cognitive and mood effects of partial sleep deprivation among healthy adults: Celine Le Roux
12h45 - 13h45	Lunch
	SESSION 6: FATIGUE AND SLEEP MANAGEMENT IN CONTEXT (<i>Chair: Alison Bentley</i>)
13h45-14h15	Keynote 9: Sma Ngcamu-Tukulula - Fatigue and accidents: insights from the South African context
14h15-14h30	Tracking sleep wake behavior in aerial fire fighters as part of a Fatigue Risk Management system: Dr Jonathan Davy
14h30-14h45	Fatigue prevalence and its' contributing factors in the South African aviation industry: perspectives from blunt-end stakeholders: Darryl Clark
14h45-15h00	The impact of shift work on sleep and fatigue in South African train drivers: preliminary findings: Chumani Mona
15h00-15h30	Keynote 10: Dr Dale Rae - Sleep health index - a novel metric for assessing habitual sleep

15h30-16h00	Tea
	SESSION 7: REFLECTIONS ON LESSONS LEARNED FROM COVID-19 LOCKDOWNS ON THE SLEEP, MENTAL HEALTH, LIFESTYLE AND PHYSICAL ACTIVITY OF SOUTH AFRICANS
16h00-17h00	Background to the study and an overview of findings: Dr Jonathan Davy
16h15-16h30	Sleep disorders and insomnia: Dr Alison Bentley
16h30-16h45	Effects on mental health: Raphaella Lewis
16h45-17h00	Effects on physical activity: Dr Karine Scheuermaier
17h00	Closing: Dr Alison Bentley/ Dr Jonathan Davy/ Dr Dale Rae