



THIRD CONGRESS OF THE SOUTH AFRICAN SOCIETY FOR SLEEP AND HEALTH

‘Prioritising Sleep Health for all South Africans’

Friday 18th – Monday 21st September 2026

Holiday Inn Sunnyside Park Hotel, Corner Carse O Gowrie & Sunnyside Drive, Parktown Johannesburg

PROGRAMME

FRIDAY 18th SEPTEMBER 2026

PRE-CONGRESS WORKSHOP: Cognitive Behavioural Therapy for Insomnia (CBT-I) in Clinical Practice (presented by Michelle Baker)

09h00-09h15	Welcome and introduction
09h15-10h15	Overview of normal sleep and sleep regulation
10h15-10h30	Conceptual frameworks for insomnia
10h30-10h45	Tea break
10h45-11h15	Understanding chronic insomnia disorder
11h15-12h00	Assessment and case formulation
12h00-12h30	Core components of CBT-I
12h30-13h15	Lunch break
13h15-14h00	Case study workshop
14h00-14h45	Delivering CBT-I in real world practice
14h45-15h00	Tea break
15h00-15h30	Pharmacological and integrated multidisciplinary management approaches
15h30-16h30	Extended clinical discussion, questions and answers

SATURDAY 19th SEPTEMBER 2026	
08h00-08h30	Congress registration
SLEEP MEDICINE IN PRACTICE (<i>Chair: Alison Bentley</i>)	
08h30-09h00	Delayed sleep phase syndrome – diagnosis and management – an underrecognized cause of adult insomnia (Alison Bentley)
09h00-09h30	Jet lag in athletes: A circadian medicine perspective (Mignon Hamman)
09h30-10h00	Managing sleep disorders in patients with autism (Ilse du Plessis)
10h00-10h45	Practical management of insomnia, including guidelines for pharmacological management of insomnia (Alison Richardson, online)
10h45-11h00	A word from Discovery Vitality's Chief Clinical Officer: Incentivising Healthy Sleep Habits (Mosima Mabunda)
11h00-11h30	Tea break
11h30-12h30	Case study: Non-ENT presentations of OSA (Azgher Karjeker)
	Case study: Restless legs and restless bladder (Benji Ozynski)
	Case study: Tirzepitide and restless legs (Alison Bentley)
12h30-13h00	Lunch / Registration
13h00-13h30	Why it's important to treat oxygen desaturations in OSA (Luke Krige)
13h30-14h00	Why it's important to treat the arousals in OSA (Phillip Pio)
14h00-14h30	Why it's important to treat the local obstruction in OSA (Azgher Karjeker)
14h30-15h00	Update on narcolepsy (Alison Bentley)
15h00-15h30	Tea
15h30-16h30	Security of data from sleep apps (Ethics lecture) (Renico Koen)
16h30-17h30	Sponsored talk: Understanding diagnostic recordings and CPAP reports (SANRAI)
15h30-18h00	Sleep research meeting (parallel session) - Venue TBA
19h00	Congress dinner

SUNDAY 20th SEPTEMBER 2026

SLEEP MEDICINE AND SCIENCE RESEARCH: Day 1

08h00-09h00

Congress registration

SESSION 1: Occupational sleep health (*Chair: Dale Rae*)

09h00-09h30

Keynote 1: The sleepless chain: Shift work, sleep & mental health in emergency medical services (Joshua Davimes)

09h30-09h40

High prevalence of shift work disorder, poor sleep, depression, and PTSD among South African emergency room doctors (Thabisile Cindi)

09h40-09h50

Sleep patterns in South African ambulance emergency care personnel (Lerato Motaung)

09h50-10h00

Anti-poachers' sleep and mental health: An exploratory study (Bridget Buys)

10h00-10h10

On scheduled irregularity and its impact on short haul crew in the South African context (Jonathan Davy)

10h10-10h25

Session 1 questions

10h25-10h55

Tea break

SESSION 2: Sleep and health (*Chair: Joshua Davimes*)

10h55-11h25

Keynote 2: Melatonin: rhythm, function and its relationship with sleep (Karine Scheuermaier)

11h25-11h35

Performance evaluation of the GO2 Sleep3 ring against polysomnography in adults referred for obstructive sleep apnoea assessment (Thuveshani Naick)

11h35-11h45

Prevalence, severity of, and screening for obstructive sleep apnoea among people living with HIV in South Africa (Oliver Kieser)

11h45-11h55

Beyond the BANG: Rethinking screening for obstructive sleep apnoea (Joel Philpott)

11h55-12h05

Do sleep complaints mediate the association between HIV status and arterial stiffness? Findings from the Ndlovu Cohort Study (Patane Shilabye)

12h05-12h15

Longitudinal changes in self-reported sleep characteristics according to HIV status in older adults living in rural South Africa (Aashna Beepan)

12h15-12h30

Session 2 questions

12h30-13h30

Lunch break

SESSION 3: Sleep in adolescents (*Chair: Nadine Rampf*)

13h30-14h00

Keynote 3: Insights from school start times and sleep health among South African adolescents (Dale Rae)

14h00-14h10

Circadian phase of South African adolescents: weekday and weekend differences in phase angle of entrainment (Tilly Weston)

14h10-14h20

The association between heart rate variability and sleep in adolescents: the role of hyperarousal (Kirstie Davies)

14h20-14h30

Sleep architecture and associated factors in South African adolescents (Morgan Naidoo)

14h30-14h40

Unlocking pathways to better sleep: A pilot study exploring the regulatory potential of binaural beats among university students (Liteboho Tlotliso Mosheshe)

14h40 - 14h55	Session 3 questions
14h55-15h25	Tea break
SESSION 4: Paediatric Sleep (<i>Chair: Jonathan Davy</i>)	
15h30-16h00	Keynote 4: Paediatric Sleep Health in South Africa: From Existing Evidence to Emerging Insights (Nadine Rampf)
16h00-16h10	Exploring paediatric sleep health in urban South African primary school-aged children: A pilot study (Courtney de Klerk)
16h10-16h40	Keynote 5: HAKSA, physical activity and sleep (Candice Christie, pre-recorded)
16h40-16h55	Session 4 questions

MONDAY 21st SEPTEMBER 2026	
SLEEP MEDICINE AND SCIENCE RESEARCH: Day 2	
08h30-09h00	Congress registration
SESSION 5: Sleep in context (<i>Chair: Gosia Lipinska</i>)	
09h00-09h30	Keynote 6: When sleep becomes a privilege: Sleep equity and lived experience in South Africa (Michelle Baker)
09h30-09h40	The effects of socioeconomic status on neighbourhood distress, fear of sleep and habitual sleep patterns among adolescents in Makhanda, South Africa (Niela van der Poll)
09h40-09h50	Between patient desperation and clinical constraint: Doctors' experiences of treating insomnia in South African primary care (Michelle Baker)
09h50-10h00	Sleep disturbance as relational suffering: Traditional healers' experiences of treating insomnia in South Africa (Londiwe Nala & Michelle Baker)
10h00-10h30	Keynote 7: Sleepless in South Africa: How informal settlements are creating sleep deserts (Arron Correia)
10h30-10h45	Session 5 questions
10h45-11h15	Tea break
SESSION 6: Sleep and mental health (<i>Chair: Karine Scheuermaier</i>)	
11h15-11h45	Keynote 8: What's in the box? Using novel tools to study sleep-dependent emotion processing (Gosia Lipinska)
11h45-11h55	An investigation into dream affect regulation in individuals with and without depressive symptoms (Nadine Upton, online)
11h55-12h05	A comparison of adolescent habitual sleep, psychological resilience, and mental well-being in the United Kingdom and South Africa (Minenhle Ndumo)
12h05-12h20	Session 6 questions
12h20-13h30	Lunch and prize giving

