

Time	Room 1		Time	Room 2		Room 3	
9.10-10.10	Elizabeth Cayanan	Obstructive Sleep Apnea and Diabetes: Why is my doctor recommending I lose weight and how can I best do this? - 1 hour presentation	9.30-10.10	Katherine Maslen	Understanding Your Sleep/Wake Cycle. Beat fatigue, sleep better, and prevent disease.	David McIntosh	Kids and breathing - don't ignore the snore.
10.20-11.00	Sarah Evans	Physical Activity with chronic illness and disability. What is it and how do I start?	10.20-11.00	Tony Keating	Screening for sleep apnoea using a smartphone with SleepCheck by ResApp Health	James Muecke	Blinded
11.00-11.30	MORNING TEA		11.00-11.30	MORNING TEA		MORNING TEA	
11.30-12.10	Alexandra Shriane	Healthy Sleep Practices – how to optimise your sleep through simple (but powerful) lifestyle changes	11.30-12.10	Geoff Brearley	Cognitive Behavioural Therapy for Insomnia (CBTi); What is it, and how does it work to restore good sleep health?	David McIntosh	Snoring and brain
12.20-1.00	Carers Qld	National Disability Insurance Scheme (NDIS)	12.20-1.00	Melanie Heath	Understanding Teen Sleep	Adam Teo	Bridging the gap between Dentists and Sleep Apnea - Alternatives to CPAP
1.00-2.00	LUNCH		1.00-2.00	LUNCH		LUNCH	
2.00-2.40	Amee Grattan	Disability Law and you	2.00-2.40	Amanda Richdale	Autism and sleep - why worry?	Luke Katahanas	Does my snoring even need to be treated and if so, what's my best solution?
3.00pm	AFTERNOON TEA		3.00pm	AFTERNOON TEA		AFTERNOON TEA	