



# ***SLEEP*** **Congress 2012**

**8 - 11 November 2012** **Elangeni Hotel Durban**

**1st Announcement & Call for Abstracts**

# Invitation



On behalf of The South African Society of Sleep Medicine (SASSM, [www.sassm.org](http://www.sassm.org)) we are delighted to invite you and your colleagues to attend our Second National Congress, to be held at the Elangeni Hotel in Durban from 8 through 11 November 2012.

The theme this year will be "THE BRAIN, THE MIND AND SLEEP".

Thought leaders in the field of Psychiatry, Neurology, Neurophysiology, Psychology and Sleep Medicine will be there to update us on the following topics:

1. **Neurological Disorders:** Parkinson's Disease and Sleep, Restless Legs and Movements Disorders, REM Sleep Behaviour Disorder
2. **Psychiatry and Neuropsychiatry:** Affective Disorders and Sleep, Memory Sleep and Cognition – Dementia and Sleep, Forensic Aspects of Sleep, Psychopharmacology and Sleep
3. **Psychology:** An Intensive 2-Day course on Cognitive Behaviour Therapy for Insomnia (CBT-I) by Professor Michael Perlis (USA)
4. **Cardiology:** Evaluation of Cardiovascular Disorders, the Brain and Sleep
5. **Pulmonology:** The impact of OSA on Neuro-cognitive function exploring the links.
6. **Sleep Technology Training Course:** Conducted by the President of the European Society of Sleep Technologists – Ms Simone de Lacy

This is the first ever meeting of its kind to bring together these disciplines under one roof at the same time – it is a unique opportunity to hear and learn about the fast emerging field of SLEEP NEUROSCIENCE in the 21st Century.

This promises to be a most stimulating and informative meeting – not to be missed.  
We appreciate your support and look forward to seeing you in Durban.

With kindest regards

Dr Kevin D Rosman MD  
President of SASSM

Dr Irshaad Ebrahim MRCPsych  
Congress Convenor

**CONGRESS ORGANISERS**  
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[www.sleepcongress.co.za](http://www.sleepcongress.co.za)

# *Invited International Faculty*



## **Professor K Ray Chaudhuri**

Professor K Ray Chaudhuri is Consultant Neurologist and Professor in Neurology / Movement Disorders at Kings College Hospital NHS foundation Trust, University Hospital Lewisham, Kings College London and the Institute of Psychiatry. He is a recognized teacher and active researcher within the Guy's, King's and St Thomas' School of Medicine, London, UK and is the medical director of the National Parkinson Foundation International Centre of Excellence at Kings College, London. He also serves as chairman of the RLS:UK and International PD non motor group, a member of the Movement Disorders Society appointments committee, the Task force of practice parameter group for PD and RLS, American Academy Neurology, the steering group of the Medicines Management Committee and Gene Therapy Advisory Group for the Department of Health, UK, advisor of the Health Technology Assessment committee of the Department of Health, UK and is the lead clinician for the 18 week pathway for management of PD initiated by the UK, Department of Health.



## **Ms Simone de Lacy BSc RPSGT**

She is the president of the European Society of Sleep Technologists since 2008. Formerly she was a consultant sleep technologist at Guy's and St. Thomas' NHS Foundation Hospitals from 1980 to 2010. In 1989 she became a member of the British Sleep Society and a decade later was elected onto their executive committee. She organised the first BSS technologists conference in 1999 which have run annually ever since.

She has been a speaker and taught at a variety of sleep courses and conferences including the BSS technical and Scientific meetings, the ARTP Advances Sleep Course, BTS/ARTP Sleep Course the International Sleep Medicine Course and the Glasgow MSc in Behavioural Sleep Medicine. She has presented research at the BSS, ESST, AASM and WASM.

She now lives in Spain and runs sleep physiology training courses.

**Dr Jason Ellis**

After completing his undergraduate degree at Thames Valley University in 1999, he completed an MSc in Health Psychology at the University of Surrey and subsequently his PhD in Sleep Psychology. His current role is Director of the Northumbria Centre for Sleep Research, which is located in Northumbria University (UK) where Dr. Ellis is also a Reader in Psychology. He is a Chartered Practising Health Psychologist under the British Psychological Society and the Health Professions Council and his research focuses around the bio-behavioural predictors and correlates that influence the transition between acute and chronic insomnia, the genotypic basis of diurnal preference and its relationship with both endogenous and exogenous markers of circadian timing, the application of Cognitive Behavioural Therapy for Insomnia (CBT-I) in vulnerable populations (people with chronic psychological or physical health problems) and communications about risk due to sleeplessness and sleepiness between health-care providers and the public. He has contributed to several key government health initiatives including The Matrix (Scotland) and the recent White Paper: Liberating the NHS. He has obtained funding from the Economic and Social Research Council, the Wellcome Trust, Gateshead PCT, the Royal Society of Edinburgh, the National Science Council of Taiwan, and the British Academy. Additionally he has consulted for several companies including; Cherry Active, Mammoth Sport, Transport for London and Cussons Pearl.

**Dr Peter Fenwick**

Dr Peter Fenwick has a long and distinguished involvement in the area of Neurophysiology, Neuropsychiatry and Sleep disorders. He graduated from Cambridge University and subsequently trained in general medicine Neurophysiology and Psychiatry rapidly becoming an authority in the areas of Neuropsychiatry, Epilepsy and Sleep. He became the head of the Neurophysiology, Sleep and epilepsy unit and the Institute of Psychiatry & Maudsley Hospital, which he ran for twenty years. In that time he was also chairman of the Scientific and Medical Network, a group of doctors and scientists seeking to deepen understanding in science and medicine. He has had a longstanding interest in brain function, the relationship of the mind and the brain and the "problem" of consciousness. He has an extensive research record and has published over 240 papers in medical and scientific journals on brain function and also several books.

**Dr Jane Hicks**

Dr Jane Hicks trained in General Practice and then Psychiatry. She is now a Liaison Psychiatrist in Bristol, UK and at present is working as Consultant Perinatal Psychiatrist. She has a clinical and research interest in Sleep Disorders which was initiated in 1994 when she completed a sleep research fellowship at the University of Toronto, Canada. On return to the UK she started a sleep clinic at the Burden Neuropsychiatric Centre and completed her MD thesis in Insomnia. She has also run a successful CBT-I Group Insomnia programme in Bristol both in a tertiary referral centre and general practice. Her other sleep interests include narcolepsy, sleep in psychiatric disorders and postnatal depression. Recently she has presented at European Psychiatry meetings to promote interest in sleep disorders within psychiatry.

**Dr Chris Idzikowski**

Chris's formal interest in sleep began in Edinburgh where he earned his PhD working with Emeritus Professor Ian Oswald, the UK's founding father of sleep research. He was Hon Treasurer of the British Sleep Society when it was first set up and subsequently became the founding Chairman of the Royal Society of Medicine Forum on sleep and its disorders and guided its transition to become the Sleep Medicine Section. He has held many honorary appointments, both health authority (Oxford) and University (e.g. Queen's University of Belfast, Visiting Professor, Surrey University) he has also contributed to various sleep-related charitable organisations (e.g. Finland's Unettomat) as well as publishing numerous papers and books on sleep, including "Learn to sleep well" (Duncan Baird, 2000) and "Sleep (HarperCollins, 2007)".

**Michael Perlis**

Associate Professor of Psychiatry  
Director of the Upenn Behavioral Sleep Medicine Program  
University of Pennsylvania

Dr Perlis areas of expertise include sleep in psychiatric disorders, neurocognitive phenomena in insomnia, the cognitive and behavioral mechanisms of action of sedative hypnotics, and the development of alternative treatments for insomnia. His clinical expertise is in the area of Behavioral Sleep Medicine and he is the principle author of the first text book in this field (Treating Sleep Disorders: The Principles and Practice of Behavioral Sleep Medicine, Wiley & Sons) and he is the Senior author of two textbooks on Behavioral Sleep Medicine Interventions for sleep disorders.

**Professor C Shapiro**

Professor of Psychiatry and Ophthalmology at the University of Toronto  
Director of the Sleep & Alertness Clinic & Sleep Research Laboratory, Toronto Western Hospital  
Director of the Youthdale Child & Adolescent Sleep Clinic, Toronto

Dr Shapiro has been involved in sleep research for over twenty-five years. He trained in medicine in South Africa subsequently doing his PhD in sleep physiology at the University of Edinburgh. He came to Canada approximately eighteen years ago as a full Professor in the Department of Psychiatry. He is Director of the Neuropsychiatry Program at the Toronto Western Hospital and Director of the Sleep and Alertness Clinic.

**Professor Adrian J Williams**

Professor Williams graduated from University College Hospital, London and after a lectureship at The Cardiothoracic Institute, Brompton Hospital in 1975 took up an appointment at Harvard, Boston where his interest in sleep began with the investigation of Sudden Infant Death Syndrome (S.I.D.S.) and publication of a definitive study implicating obstructive sleep apnoea (OSA) as a cause of this syndrome.

An invitation to University of California (UCLA) in 1977 to take up a post as Chest Physician allowed this early interest in OSA in infants to extend into adult patients with the very first reports of OSA causing hypertension, and of oximetry as a natural diagnostic tool. In 1985 Professor Williams became tenured Professor of Medicine at UCLA and co-director of the UCLA Sleep Laboratory.

As Sleep Medicine gelled as a specialty, Professor Williams was one of the first to take the Board exams in 1989 to become an accredited polysomnographer and later member of the American Academy of Sleep Medicine. In 1994 he returned to London where he established the Sleep Disorders Centre at St. Thomas' Hospital. He has published extensively on Sleep Disorders including more than 110 peer reviewed original scientific papers and more than 60 other published papers including chapters and books. His main interests now lie in sleep-related diaphragm dysfunction, the recognition and diagnosis of periodic limb movement disorder and the genetics of parasomnias. Professor Williams is a Diplomat of the American Board of Sleep Medicine, a founding member of The British Sleep Foundation, the Sleep Medicine Section of the Royal Society of Medicine, and the RLS.UK Group and was recently awarded the first Chair in Sleep Medicine at Kings College, London

# Schedule - at - a - glance

## Thursday 8 November

08h00 - 18h00      Exhibition Set up  
Training course in CBT for Insomnia Presenter: Professor Michael Perlis (separate fee)  
Southern Sun North Beach located next to the Elangeni Hotel

## Friday 9 November

08h00 - 18h00      Exhibition set up  
Training course in CBT for Insomnia Presenter: Professor Michael Perlis (separate fee)  
Southern Sun North Beach located next to the Elangeni Hotel  
13h00                *Lunch*  
18h00                Welcome by Dr Kevin Rosman (President of SA Society of Sleep Medicine)  
19h00 - 19h30      Keynote address  
SASSM Lifetime Achievement Award  
19h30                Opening Cocktail Function

## Saturday 10 November

08h00 - 13h00      Scientific Sessions  
13h00 - 14h00      *Lunch*  
14h00 - 17h00      Scientific Sessions  
17h00 - 18h30      SASSM Executive Meeting  
19h30                Congress Dinner

## Sunday 11 November

08h00 - 13h00      Scientific Sessions  
08h00 - 13h00      Introduction to Sleep Technology Training Workshop  
13h00 - 14h00      *Closing and Lunch*



# General Information

## REGISTRATION INFORMATION

The congress organisers will confirm all the registrations in writing only once full payment has been received.

Your registration fee includes:

Admission to all scientific sessions for the duration of the congress including breakfast symposia.

Congress bag, final programme, abstract book and other important material.

Lunches and teas.

Admission to the welcome cocktail function and the congress dinner.

## CANCELLATION POLICY

Notice of cancellation must be given in writing. An administration fee of R500 will be charged to all cancelled registrations received prior to the 08 October 2012. Any cancellations received after this date will result in a 100% cancellation fee.

## ACCOMMODATION

Accommodation will be at the Elangeni Hotel in Durban. Accommodation bookings are to be made directly with the hotel.

## FLIGHT ARRANGEMENTS

Club Travel has been appointed as the official travel agent for this congress, please feel free to use them should you require any travel assistance. Their contact details are as follows: -

Karen Ashley Tel: +27 11 760 1660/1 Fax: +27 11 760 2223 Email: [karena@clubtravel.co.za](mailto:karena@clubtravel.co.za)

## TRANSFERS

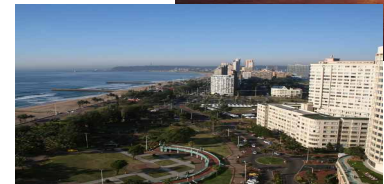
Transfer arrangements will be communicated in the second announcement.

## LANGUAGE

The congress will be conducted in English and no translation will be provided.

## CPD

The congress as well as the pre-congress and post-congress workshops will be CPD accredited





# *Call for Abstracts*

The committee invites the submission of abstracts for oral and poster presentation. The closing date for the submission of abstracts is 30 July 2012.

## **Presentation Instructions to Authors**

All abstracts must be submitted on-line.

No exceptions will be made and no faxed or posted abstracts will be accepted.

Authors must state whether they wish their abstracts to be considered as a paper or poster presentation.

Abstracts must be typed in English, single line spacing, Arial font and must not exceed 300 words.

It is recommended that abstracts follow a format similar to that of International meetings and in journals.

An acceptable structure for an abstract includes:

1. **Background:** A statement of the hypothesis or research question.
2. **Method:** An explanation of the study design and experimental method used.
3. **Results:** A concise summary of the major findings of the experiment or study. Sufficient data must be provided to permit evaluation by the reviewers reading the abstracts. Statements such as “additional information to be presented at the meeting” are not acceptable.
4. **Conclusion:** Summary of the overall findings and the importance of the study.

## **Each abstract must clearly state the following:**

1. Title
2. Author or author's name of the individual delivering the paper or poster must appear first
3. Address of the hospital or institution
4. Contact details (Telephone numbers, email address etc.)
5. All abstracts received will be acknowledged and authors will be sent acceptance or rejection letters via e-mail by 31 August 2012.