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BRITISH JOURNAL OF  
**HOSPITAL  
MEDICINE**

BRITISH JOURNAL OF  
**NEUROSCIENCE  
NURSING**

British Journal of  
**Mental Health Nursing**

# Sleep Medicine 2019

Multidisciplinary approaches for the management  
of sleep conditions

America Square Conference Centre, London  
Thursday 28th March 2019

## Benefits of attending:

- Keep up to date on diagnostic techniques
- Receive an update on pharmacological strategies to treat insomnias and parasomnias
- Discuss the emerging role of genetics in sleep medicine
- Listen to practical advice on treating OSA and parasomnias
- Learn how to identify and treat sleep disorders in epileptic patients
- Examine the reciprocal relationship between sleep and ADHD
- Gain perspective on the experiences of a person living with a sleep disorder
- Listen to how you can effectively implement an MDT approach in your practice



**Follow us on Twitter: @MAHealthEvents**  
**Tweet about the conference: #Sleep19**

To book your place:



**Call us on +44(0)20 7501 6761**



**[www.mahealthcareevents.co.uk/sleep2019](http://www.mahealthcareevents.co.uk/sleep2019)**



## **Sleep Medicine 2019**

is a one-day CPD certified conference specially designed to meet the training needs of all healthcare professionals with an interest in sleep medicine.

Assembling the leading experts in psychiatry, neurology & respiratory medicine, the course will provide comprehensive updates on the current thinking and latest developments in diagnosing and managing sleep related disorders.

## **Who should attend?**

**Sleep Medicine 2019** will be of particular interest to the following:

- Specialists in sleep medicine
- GPs
- Neurologists
- Psychiatrists
- Respiratory physicians
- ENT physicians
- ENT surgeons
- Oral/maxillofacial surgeons
- Clinical psychologists
- Specialist nurses
- Occupational therapists
- Trainees in all these disciplines

# Sleep Med

## Multidisciplinary Approaches For The

### Thursday 28th March 2019 AM

08.30 – 09.20 **Registration and refreshments**

09.20 – 09.30 **Welcome and introduction**

#### ADVANCES IN SLEEP MEDICINE

09.30 – 10.00 **Diagnostic techniques in sleep medicine**

**Professor Anita Simmonds**

Consultant in Sleep & Respiratory Medicine, Royal Brompton & Harefield NHS Foundation Trust, London

10.00 – 10.30 **The emerging role of genetics in sleep medicine**

**Dr Nicola Barclay**

Departmental Lecturer in Sleep Medicine, University of Oxford

10.30 – 11.00 **Update on pharmacological strategies for insomnia treatment**

**Dr Hugh Selsick**

Consultant in Psychiatry & Sleep Medicine, University College London Hospitals & Guy's & St Thomas' Hospital

11.00 – 11.15 **Discussion**

11.15 – 11.45 **Refreshments & exhibition viewing**

#### COMORBIDITIES OF SLEEP DISORDERS

11.45 – 12.15 **Relationship between sleep and epilepsy – impact on management**

**Dr Zenobia Zaiwalla**

Consultant in Paediatric and Adult Sleep Medicine, John Radcliffe Hospital, Oxford

12.25 – 12.45 **The reciprocal relationship of sleep and ADHD: a clinician's perspective**

**Dr Sally Hobson**

Specialty Doctor in Community Paediatrics, Evelina London Children's Hospital

12.45 – 12.55 **Discussion**

# icine 2019

## e Management Of Sleep Conditions

**Thursday 28th March 2019 PM**

12.55 – 13.40 **Lunch & exhibition viewing**

### OBSTRUCTIVE SLEEP APNOEA & PARASOMNIAS

- 13.40 – 14.10 **Review of CPAP and mandibular devices**  
**Dr John O'Reily**  
Consultant Physician & Clinical Lead, North West Regional Sleep Medicine Service, Liverpool
- 14.10 – 14.40 **Managing OSA in children**  
**Dr Michael Farquhar**  
Consultant in Sleep Medicine, Evelina London Children's Hospital
- 14.40 – 15.10 **Identifying and managing parasomnias**  
**Dr Zenobia Zaiwalla**  
Consultant in Paediatric and Adult Sleep Medicine, John Radcliffe Hospital, Oxford
- 15.10 – 15.25 **Discussion**

15.25 – 15.45 **Refreshments & exhibition viewing**

### PRACTICAL CONSIDERATIONS

- 15.45 – 16.05 **Living with a sleep disorder**  
**Martin Smith**  
Sleep Medicine Patient
- 16.05 – 16.35 **Implementing an effective MDT approach in your practice**  
**Dr Alanna Hare**  
Consultant Physician and Deputy Director of Medical Education, Royal Brompton and Harefield NHS Foundation Trust
- 16.35 – 16.45 **Discussion**

16.45 **Summary of key points & take-home messages**

## 3 EASY WAYS TO BOOK

✉ Complete and return the registration form overleaf

☎ 0207 501 6761

🌐 [www.mahealthcareevents.co.uk/sleep2019](http://www.mahealthcareevents.co.uk/sleep2019)

Feedback from  
past Sleep  
Medicine  
conferences

"Many highly  
experienced experts  
in one venue!"

"Overall it was a  
great programme,  
very enjoyable!"

"The case studies  
were enjoyable. The  
patient experience –  
invaluable!"

"Thank you for  
an excellent  
conference. I look  
forward to being  
able to use the  
knowledge in my  
practice"

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Ways to book:	Online at: <a href="http://www.mahealthcareevents.co.uk/SleepMedicine2018">www.mahealthcareevents.co.uk/SleepMedicine2018</a>	Booking line: +44 (0)20 7501 6796	Cheque: to the address below	Request an invoice
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## Your Details:

Title (Dr, Mr, Mrs etc)

Forenames

Surname

Job title

Home address

Post code

Work address

Post code

Telephone

Email

Dietary Requirements

I understand that this registration booking is subject to the booking conditions.

Signature

Date

**Delegate Rates** Please tick the box as applicable

**Consultants, GPs and Industry Representatives**

£595.00 (inc VAT) ☐

**Other**

£375.00 (inc VAT) ☐

Value added tax; UK Customs & Excise specify that all conference participants must pay VAT at its current rate of 20%

## Payment Details:

### I wish to pay by Debit/Credit Card

Please debit my Visa Mastercard Maestro American Express

Card no

Valid from  Expiry date

Issue no (Maestro cards only)  3 digit security code

Signature

Date

### Invoice

Requesting an invoice and signing this form will secure your place at the conference. All invoices must be paid in full before the event. See booking condition 1.

**If you have authorisation from your trust/department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number.**

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**PLEASE COMPLETE IN FULL WITH CONTACT NAME IF DIFFERENT FROM ABOVE**

PO Number

Contact

Full invoice address

Post code

Telephone

Signed

## Conference fee includes

Entrance to the conference, lunch & refreshments, full conference documentation and certificate of accreditation.

## Confirmation of booking

All bookings will be confirmed by email, unless otherwise stated. Please contact us if you have not received your confirmation 5-7 days after submitting your booking.

## Exhibition & Sponsorship

If you are interested in exhibiting or sponsoring this event contact: Sam on +44 (0)20 7501 6679  
[sam.yekta@markallengroup.com](mailto:sam.yekta@markallengroup.com)

## The Venue

Hallam Conference Centre, London  
44 Hallam Street, London, W1W 6JJ

## Accommodation

Once your booking is confirmed we will send you a list of recommended hotels.

## How did you hear about the conference?

- ☐ Direct mailing  
☐ Email  
☐ Recommendation  
☐ MA Healthcare Events website  
☐ Other website (please specify) \_\_\_\_\_  
☐ Advert in Journal (please specify) \_\_\_\_\_  
☐ Other (please specify) \_\_\_\_\_

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MA Exhibitions Ltd (The Company) accepts bookings under the following conditions:

- Returning the signed registration form constitutes a firm booking.
- The Company reserves the right to cancel a booking if payment is not made six weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- Written cancellations received six weeks prior to the conference will be accepted and a refund less a 10% administration fee will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted. If written cancellation is not received six weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference. Substitute delegates are welcome at any time.
- MA Healthcare Ltd reserves the right to make changes to the speakers and programmes without prior notice. Speakers approached at time of print.

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or telephone +44 (0)207 501 6796 email: [georgia.pearl@markallengroup.com](mailto:georgia.pearl@markallengroup.com)

Please return to: MA Healthcare Ltd, Sleep Medicine 2018, FREEPOST BFH1337, London, SE24 9BR

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