

Sleep in Aotearoa 2026

18-19 June, Naumi Hotel, Wellington



CONFERENCE PROGRAMME



Programme highlights

Keynote

Dr Hannah Scott, PhD
Senior Research Fellow, Flinders University



Clinical applications of sleep technology in modern sleep medicine

From wearable devices to advanced monitoring systems, sleep technology is reshaping how clinicians assess and manage sleep disorders. Hannah will discuss practical use cases, highlighting opportunities and limitations in integrating technology for conditions such as insomnia, circadian rhythm disruptions, and sleep-related anxiety. The session will provide insights into evidence-based strategies for leveraging technology to enhance diagnosis, treatment, and patient engagement.

Symposia

From Data to Decisions: Evaluating Digital Sleep Technologies in Practice

Dr Hannah Scott, Dr Nicola Ludin, Dr Bronwyn Sweeney, Prof Leigh Signal, A/Prof Karyn O'Keeffe

Digital sleep tools, such as wearables and mobile apps, are becoming increasingly common in clinical, research, and workplace settings, yet questions remain about their accuracy, safety, equity, and ethical use. This symposium will explore these issues in a wide-ranging expert panel discussion. Short presentations will examine how digital sleep technologies are being used outside the laboratory, what they can and cannot reliably measure, and how data quality, transparency, governance, and equitable access shape their value. They will also highlight the importance of user-centred design and sustained engagement, particularly for young people, and the need for secure, purpose-built digital infrastructure to safely test and implement these tools. A

panel discussion will then delve into key issues, including data sensitivity, regulation, safety, equity, user engagement, ethical monitoring, and practical strategies for integrating digital sleep technologies into real-world practice.

Australasian Sleep Association Position Statement on the Treatment of Restless Legs Syndrome

Prof Nat Marshall, Prof Brendon Yee, Dr James di Michel, Dr Cat Chang, Dr David McNamara

Members of the Australasian Sleep Association Position Statement group into the Treatment of Restless Legs Syndrome will present the methodology and findings of their Systematic Review, Meta Analyses and GRADE recommendations work and how that aligns with the recently released International guidelines. This will be followed by a panel discussion of a practical approach to case management of both adult and pediatric RLS management in the Aotearoa New Zealand.

Clinical Spotlights

- ★ **Paediatric and adult parasomnias**
A/Prof Laurel Teoh, Dr Andy Davies
- ★ **Central disorders of hypersomnolence**
Dr Michael Hlavac

ASA NZ Branch Awards

Announced at the conference dinner

- ★ New Investigator Award
- ★ SAANZ Emerging Researcher Award
- ★ SAANZ Distinguished Service Award
- ★ Student and ANZSSA Travel Awards

Registrations close: Wednesday, 3 June

Registration info at: <https://tinyurl.com/SleepInAotearoa>

Full programme

Day 1: Thursday, 18 June

Time	Session
9.00am	Conference opens: Mihi whakatau Welcome: A/Prof Karyn O'Keeffe, New Zealand Branch President, ASA
	Keynote
9.15am	Clinical applications of sleep technology in modern sleep medicine (Dr Hannah Scott, Finders University)
10.15am	Morning tea
	Clinical Spotlight 1
10.45am	Paediatric and adult parasomnias (A/Prof Laurel Teoh & Dr Andy Davies)
	New Investigator Award Session (Session Chair: Rosie Gibson) (Sponsor: Apex Medical)
11.30am	The effects of pre-bedtime screen use, moderate-to-vigorous physical activity and food intake on sleep duration and quality in youth: preliminary findings from the HABITS randomised crossover trial (Chao Gu)
11.45am	COMISA and OSA in the Wellington Region - a prospective cohort study of CPAP therapy (Rebecca Lyons)
12.00pm	Supporting Adolescent Mental Health Through Sleep: What Do Adolescents Have to Say? (Emily Minchin)
12.15pm	Lunch
1.15pm	ASA Update (Representative, to be confirmed)
	Abstract Session 1: Understanding Sleep in Young People - Patterns, Influences, and Challenges (Session Chair: Angela Campbell) (Session sponsor: 3D Sleep)
1.30pm	Wearables Shedding Light on Screens and Sleep in Adolescents (Barbara Galland)
1.45pm	A population-based study of early childhood sleep health using the B4 School Check (Victoria King)
2.00pm	Is more routine better? Bedtime routine frequency, objective routineness, and sleep in young Tamariki (Sarahmarie Kuroko)
2.15pm	Prevalence and patterns of child self-reported daytime sleepiness and sleep habits in ADHD (Carl Rushworth)
2.30pm	What Gets in the Way of Sleep? Exploring Adolescents' and Parents' Experiences of Sleep and Sleep Support (Shay-Ruby Wickham)
2.45pm	Afternoon Tea
	Abstract Session 2: Sleep in Aotearoa - Risks, Realities, and Unmet Needs (Session Chair: Sarahmarie Kuroko)
3.15pm	Factors Affecting the Sleep Health of Older New Zealanders: The Role of Alcohol and Work Status (Neil Mueller)
3.30pm	Mind the Gap: Survey findings on unmet sleep education and professional development needs of occupational therapists in Aotearoa New Zealand (Dee Muller)
3.45pm	Sleep Disturbances in Endometriosis: Healthcare Journeys and Experiences in Aotearoa New Zealand (Karyn O'Keeffe)

Time	Session
	Symposium 1
4.00pm	Australasian Sleep Association Position Statement on the Treatment of Restless Legs Syndrome (Prof Nat Marshall, Prof Brendon Yee, Dr James di Michel, Dr Cat Chang, Dr David McNamara)
5.00pm	Day close
7.00pm	Conference dinner (Sponsor: Resmed) (Tickets required)

Day 2: Friday, 19 June

Time	Session
9.00am	Day 2 opens
	Symposium 2
9.05am	From Data to Decisions: Evaluating Digital Sleep Technologies in Practice (Dr Hannah Scott, Dr Nicola Ludin, Dr Bronwyn Sweeney, Prof Leigh Signal, A/Prof Karyn O'Keeffe)
10.15am	Morning tea
	Abstract Session 3: From Brain to Bedside – New Frontiers in Sleep Science and Care (Session Chair: To be confirmed) (Session Sponsor: Taleb Medical)
10.45am	Sleep Architectural Differences Between Insomnia Phenotypes (Nasreen Akhtar)
11.00am	Effective Connectivity Reveals a Shift to Left-Hemisphere Dominance for Spatial Attention during Sleep Onset (Corinne Bareham)
11.15am	Equivalent Effectiveness Despite Distinct Algorithms: A Randomized Comparison of Two APAP Devices in Severe Obstructive Sleep Apnoea (Chloe Flinn)
11.30am	Publicly Funded OSA Pathways in Te Waipounamu: Time to End Post-Code Lottery (Paul Kelly)
11.45am	Pilot Study of an AI-enabled Sleep System: Short-Term User Satisfaction Between Static and Dynamic Sleep Surfaces (Moses Satralkar)
12.00pm	ANZSSA update (Jane Douglas, ANZSSA President)
12.15pm	Lunch (Sponsor: BMedical)
	Abstract Session 4: Variations in Sleep – Comorbidity, Culture, and Context (Session Chair: Dee Muller)
1.15pm	Co-morbid insomnia and sleep apnoea effect on subjective memory complaints: Analysis of the NHANES 2005-2008 data (Anteneh Dessie)
1.30pm	Sleep in the news: A qualitative inquiry into how sleep is constructed in New Zealand newspapers (Rosie Gibson)
1.45pm	One Diagnosis, Two Profiles: Comparing Chinese and General OSA Referral Cohorts (Yongsijia (Andrea) Wei)
	Clinical Spotlight 2
2.00pm	Central disorders of hypersomnolence (Dr Michael Hlavac)
2.45pm	Closing remarks A/Prof Karyn O'Keeffe, New Zealand Branch President, ASA

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EXHIBITION

17-24TH JUNE 2026

OPENING: 17TH JUNE 5PM

FREE ENTRY

Urban Dream Brokerage, 113 Taranaki Street, Te Aro, Wellington, 6011