



## PRESIDENTS REPORT

It was a privilege to take over from John Wheatley as the President of your organisation at the last AGM. John is to be congratulated on the fine job he did in leading the organisation through some new, and at times rough, terrain in the last 2 years. Thanks largely to John's efforts the organisation now has a part time secretariat in the person of Stephanie Blower. We are already reaping the benefits with a much more professional and polished organisational structure and performance. At last we have permanent postal and Email addresses and will soon have a web site (see David Joffe's report in this newsletter). The credentialling of sleep study reporters also occurred during John's presidency. This proved to be a controversial process and individual appeals are still being heard by a committee of the Royal Australasian College of Physicians. John is to be congratulated on his leadership, hard work and cool head during this period. The Association believes that the net result of this process will be improved standards of sleep medicine in Australia and New Zealand. I wish also to thank John Swieca for his efforts as Secretary. John retired at the last meeting and has been replaced by David Joffe.

**Surfers Paradise AGM 1999.** Over 230 attended this meeting. Matt Naughton and his Committee are to be congratulated on organising a meeting of such high standard. Prof David Dinges proved to be an excellent guest and we thank him for his many contributions from the dais and the floor during the course of the meeting. His exciting work on the neurobehavioural consequences of sleep loss was of great interest to a large proportion of the membership ranging from occupational or driving fatigue researchers to clinicians

focussed on the problems of sleep apnea or insomnia. He is the first guest of the Association to my knowledge to have provoked our poet laureate, Leon Lack, into verse.

I wanted to report on 3 new initiatives of the Association.

**Co-options to the Executive.** It was decided at the last meeting of the Executive that the Association would benefit from having a closer appreciation of the professional needs of paediatric sleep specialists and sleep psychologists. To this end Dr Karen Waters and Assoc Prof Leon Lack have been invited to join the Executive, for 12 months in the first instance, to advise us on issues relevant to paediatrics and psychology respectively.

**Submission on *Fatigue and Transportation* to the House of Representatives Standing Committee on Communications, Transport and the Arts.** An ad hoc committee of the ASA, convened by the Executive, after the Gold Coast meeting has prepared a submission for this House of Representatives enquiry. The House of Representatives Committee is taking submissions from individuals and organisations in Australia on the impact of fatigue and sleepiness on safety and productivity in the transportation sector generally. The ASA believes, as the peak professional organisation in Australia and New Zealand representing scientists and clinicians in the field of sleep, that it has an important contribution to make to this debate. ASA members who have generously given of their time and expertise to put together this report are David Joffe, Ron Grunstein, Drew Dawson, Rob Pierce & Doug McEvoy. Copies of the ASA submission can be obtained from

the ASA Executive Secretary, Stephanie Blower.

Ron Grunstein was instrumental in having David Dinges speak informally to members of the House of Representatives Committee while he was in Australia, and Drew Dawson's group and Ron Grunstein have made separate submissions. At the end of this the parliamentarians should be fully informed of the dangers of sleeping on the job or while driving!

**World Federation of Sleep Research Societies International Congress 2007.** John Wheatley and Ron Grunstein will be representing the ASA at discussions with the WFSRS executive at the upcoming Dresden meeting concerning the possibility of the ASA hosting their 2007 meeting in Australia. If the ASA is successful in its bid all current PhD students and Sleep Registrars should be prepared to roll up their sleeves. The old guard will by then likely be in retirement!

**Doug McEvoy**  
**President**

## **SPECIAL INTEREST GROUPS**

At the recent Annual Scientific Meeting(Gold Coast), a meeting of a small group of ASA members was held to discuss the formation of an Orofacial Special Interest Group. The Convenors for the next year are:

Dr Jack Gerschman (Dentistry, Melbourne) and Dr Peter Cistulli (Respiratory Medicine, Sydney).

Draft details of the group are given below. If you have any queries, or comments, or would like to join this SIG please contact me as soon as possible.

Phone: 02 9350 2696

Fax: 02 9350 2570

E-mail: P.Cistulli@unsw.edu.au

Another group that have shown an interest in setting up an SIG, are those interested in Insomnia, and it is hoped that more information will be available on this for the next Newsletter.

### **Orofacial Special Interest Group – Draft**

#### **Mission Statement:**

To facilitate a coordinated multidisciplinary approach between clinicians and scientists interested in the oral biology and dental aspects of sleep disorders and their treatment to promote collaborative education, research, and clinical practice.

#### **Broad Objectives:**

- 1) To foster the exchange of information and collaboration in research among clinicians and scientists broadly interested in oral biology and dental aspects of sleep disorders and their treatment, encompassing (but not restricted to) to the disciplines of respiratory and sleep medicine, dentistry and its subspecialties, otorhinolaryngology and maxillofacial surgery.
- 2) To serve as a resource group to the Australasian Sleep Association Executive and its subcommittees in the provision of specialised expertise related to dental aspects of sleep disorders, development of position papers and education material.
- 3) To contribute to the planning of Annual Scientific Meetings.

#### **Objectives for 1999/2000:**

- 1) Establish a database of SIG members.
- 2) Promote the SIG to prospective members who could contribute to the achievement of the group's objectives.
- 3) Consider organising a symposium or satellite meeting at next year's ASA Annual Scientific meeting (Melbourne).
- 4) Establish regular communication through a newsletter.

**Peter Cistulli**

Clinical Chair

## **ASM 2000**

The 13<sup>th</sup> Annual Scientific Meeting of ASA will be held in Melbourne, April 7-9, 2000, immediately prior to the TSANZ meeting.

We are honoured to have Professor Jacques Montplaisir MD PhD of Montreal as our guest speaker. He has authored over 100 publications related to narcolepsy, idiopathic hypersomnolence, cognitive deficits, periodic limb movements, dementia and apnoea, and has conducted a number of randomized controlled studies of medical treatments for sleep disorders.

A preliminary program is given below:

### **Symposia**

#### **1. Pathophysiology of Sleep**

Narcolepsy and idiopathic insomnia

Behavioral vs pharmacological treatment of insomnia: an evidence medicine approach

Relationship between depression and sleepiness

#### **2. Sleep Disordered Breathing**

Ventilatory failure in neurodegenerative disease

Is there a role for pacing in ventilatory failure ?

Should we standardize the evaluation of the upper airway ?

How should we monitor sleep disordered breathing ?

#### **3. Movement Disorders**

Pathophysiology and treatment of restless legs & periodic limb movements Benign  
frontal nocturnal epilepsy

Antiepileptic drugs – effects on sleep and breathing

#### **4. Stroke**

Evolution of treatment strategies for stroke.

The apnea – stroke link: what evidence exists ?

#### **5. Paediatric - TBA**

#### **6. The Chemistry Controlling Sleep**

Ontogenic development of sleep macro and micro structure

Sleep in neurodegenerative disease

Familial Fatal Insomnia

Introducing Modafinil

### **Oral and poster research presentations**

*Clinical case discussions*

*ASA Annual General Meeting*

*Annual Dinner – Pelicans Landing, Williamstown via ferry*

I look forward to your attendance and participation at the meeting.

**Matthew Naughton**  
**Convenor - ASA ASM 2000**

## **EXECUTIVE SECRETARY**

It was great to meet so many of you at the ASM on the Gold Coast, thank you for making me feel so welcome. The office is now well established and as time goes by I am able to answer more and more of the questions I am asked.

I would again ask you all to consider submitting articles for inclusion in the Newsletter of your Association, which we are hoping to publish quarterly in the coming year. The Executive are also considering the possibility of advertisements being placed in the Newsletter, please let me know if you have any thoughts on this, positive or negative, so these can be considered by the Executive.

The Directory of Members for 1999/2000 is being sent out with this Newsletter, and I trust you will find this useful. Again, if you have any comments please let me have them so these can be taken into consideration when we publish the next directory in 2000.

Please note the contact address of the Secretariat is:

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**Stephanie Blower**  
**Executive Secretary**

## **WEB SITE**

We are currently working on a Web Site for ASA, and I would like to put in a plea to all of you to let me know what information you would like to see on your Home Page. Please let me have your thoughts as soon as possible.

Phone: 02 9926 8864  
Fax: 02 9130 3229  
Email: [djoffe@mail.usyd.edu.au](mailto:djoffe@mail.usyd.edu.au)

Thanks

**David Joffe**  
**Honorary Secretary**

## **DIARY OF EVENTS**

March 1-4 2000	ROMA OSAS 2000 Conference & Courses on Diagnosis and Therapy of Snoring and OSAS (Further information available from ASA Office)
March 12 – 15, 2000	6 <sup>th</sup> World Congress on Sleep Apnea, Sydney
April 7 – 9, 2000	Australasian Sleep Association 13th Annual Scientific Meeting, Melbourne. In conjunction with the TSANZ Annual Scientific Meeting

## **OFFICE BEARERS 1999/2000**

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