

# GP SYMPOSIUM

Sleep in the life cycle, theory and practice



The Woolcock Institute of Medical Research is inviting you to attend our full day symposium.

Come along to hear about the latest research, discuss relevant case studies and identify alternative assessments and treatments that may assist your practice.

About this course: An application will be submitted to the RACGP for this activity to be accredited for 40 Category 1 points, as part of the RACGP Quality Improvement & Continuing Professional Development Program in the 2017-19 Triennium. Activity number to be allocated.

Date: Sat, 26 May 2018  
Time: 8.30am - 5pm

Location:  
Woolcock Institute of  
Medical Research  
Lecture Theatre 1, Level 5  
431 Glebe Point Road  
Glebe NSW 2037

Who:  
General Practitioners  
Healthcare Professionals

Registration fee:  
\$90+GST  
For catering purposes we  
require 48 hours notice  
prior to the event if you  
have to cancel your  
attendance.

RSVP: 18 May 2018  
Places are limited.  
Registration essential.

Contact  
T 02 9114 0441  
F 02 8088 3818  
E [info@woolcock.org.au](mailto:info@woolcock.org.au)  
[www.woolcock.org.au](http://www.woolcock.org.au)

**RSVP ONLINE:** <https://gpsymposium2018.eventbrite.com.au>

Alternatively please complete the form below and return by email  
[info@woolcock.org.au](mailto:info@woolcock.org.au) or fax (02) 8088 3818.

First Name: .....Surname:.....

RACGP Number: .....Provider number:.....

Practice Name: .....

Practice Address: .....Postcode:.....

Mailing Address (if different): .....

.....

Phone:.....Fax:.....

Email: .....

Special Requirements (i.e. dietary, physical):.....

## Payment Details

Name on Credit Card: \_\_\_\_\_ Card type: \_\_\_\_\_

Number: \_\_\_\_\_

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Receipt will be provided on payment

How did you hear about this course?

- Mail       Woolcock Website     Word of Mouth       Eventbrite  
 Email       Fax       Other: \_\_\_\_\_



**Sleep in the life cycle, theory and practice**

<b>TIME</b>	<b>TOPIC</b>	<b>PRESENTERS</b>
<b>8.30 - 8.50am</b>	<b>Registration</b>	
8.50 - 9.00am	Welcome & introduction	<b>Dr Chris Blackwell</b>
9.00 - 9.15am	Sleep disordered breathing in the preschool age	<b>Dr Geshani Jayasuriya</b>
9.15 - 9.30am	Child/Adolescent ADHD and sleep	<b>Dr Jacqui Saad</b>
9.30 - 9.45am	Teenage mental health and its association with sleep	<b>Dr Philip Tam</b>
9.45 - 10.45am	Case studies/workshop	<b>Break into groups</b>
<b>10.45 - 11.00am</b>	<b>Morning tea</b>	
11.00 - 11.15am	Adult ADHD and sleep	<b>Dr Keith Johnson</b>
11.15 - 11.30am	Depression, medication and sleep	<b>Dr Chris Blackwell</b>
11.30 - 11.45am	Stress, trauma & sleep	<b>Dr Sonia Kumar</b>
11.45 - 12.45pm	Case studies/workshop	<b>Break into groups</b>
<b>12.45 - 1.30pm</b>	<b>Lunch</b>	
1.30 - 1.40pm	Infants and sleep	<b>Ms Liora Kempler</b>
1.40 – 1.50pm	Sleep and maternal health	<b>Dr Sylvia Lim-Gibson</b>
1.50 - 2.05pm	Cognitive Behavioural Therapy and other treatments for insomnia	<b>A/Prof Delwyn Bartlett</b>
2.05 – 2.15pm	Exercise and Diet – How lifestyle modification can optimise sleep	<b>Dr Shantel Duffy</b>
2.15 - 3.15pm	Case studies/workshop	<b>Break into groups</b>
<b>3.15 - 3.30pm</b>	<b>Afternoon tea</b>	
3.30 – 3.45pm	The Healthy Brain Ageing research program – services for you and your patients	<b>Dr Loren Mowszowski</b>
3.45 – 4.00pm	Sleep research at the Woolcock Institute	<b>Woolcock Researcher</b>
4.00 – 5.00pm	Open panel discussion	<b>Dr Chris Blackwell – Chair</b>
<b>5.00pm</b>	<b>Feedback forms &amp; close</b>	