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BRITISH JOURNAL OF  
**HOSPITAL  
MEDICINE**

the  
london**sleep**centre

# London Sleep Medicine Training Course

Meeting of the Minds:

Bridging the Gap between Dentistry and Medicine

British Dental Association, London  
14th, 15th & 16th January 2016



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[www.londonleepmedicine.co.uk](http://www.londonleepmedicine.co.uk)

DISCOUNTED  
RATE AVAILABLE  
UNTIL 12TH OCTOBER



British Journal of Hospital Medicine and the London Sleep Centre are delighted to invite you to the **London Sleep Medicine Training Course**.

The training course brings together leading experts in the fields of sleep medicine, psychiatry, neurology, dentistry, respiratory medicine and ear, nose and throat medicine to provide updates on the current thinking in the diagnosis and management of insomnia, snoring and sleep apnoea.

The 2 day Introductory course in Dental Sleep Medicine will provide an excellent opportunity for physicians and dentists to come together to discuss the role of dentistry in the treatment of sleep disorders. Day 1 of the introductory course will run concurrently with the Neuropsychiatry Special Interest Day.

## Who should attend?

**London Sleep Medicine Training Course** will be of particular interest to:

- Specialists in sleep medicine
- GPs
- Neurologists
- Psychiatrists
- Respiratory physicians
- Dentists
- ENT physicians
- ENT Surgeons
- Oral/ Maxillofacial Surgeons
- Clinical psychologists
- Psychotherapists
- Specialist nurses
- Occupational Therapists
- All trainees in these disciplines



# London Sleep Medicine

Thursday 14th January 2016  
**Updates on Sleep Medicine**

08.30 – 09.25 **Registration and refreshments**

09.25 – 09.30 **Welcome and introduction by Chair**

09.30 – 10.00 **Sleeplessness**

**Professor Jim Horne**

Director, Sleep Research Centre, Loughborough

10.00 – 10.30 **Interpreting sleep studies**

**Dr Renata Riha**

Consultant in Sleep and Respiratory Medicine & Honorary Reader, University of Edinburgh

10.30 – 10.40 **Discussion**

10.40 – 11.05 **Refreshments and exhibition viewing**

11.05 – 11.35 **Obstructive sleep apnoea (OSA) technologies**

**Dr John O'Reilly**

Consultant Physician, Aintree University Hospital, Liverpool

11.35 – 12.05 **Electrical stimulation for OSA**

**Dr Joerg Steier**

Consultant Physician & Senior Lecturer, Guy's & St Thomas' NHS Foundation Trust, London

12.05 – 12.35 **Insomnia: non-pharmacological management**

**Dr Kirstie Anderson**

Consultant Neurologist, Royal Victoria Infirmary, Newcastle

12.35 – 12.50 **Discussion**

12.50 – 13.40 **Lunch and exhibition viewing**

13.40 – 14.10 **Update on pharmacological management of sleep disorders**

*Speaker to be confirmed*

14.10 – 14.40 **Parasomnias**

**Dr Irshaad Ebrahim**

Medical Director, The London Sleep Centre, London

14.40 – 14.50 **Discussion**

14.50 – 15.20 **Refreshments and exhibition viewing**

15.20 – 15.50 **Diagnosing sleep related movement disorders without a sleep laboratory**

**Dr Paul Reading**

Consultant Neurologist, The James Cook University Hospital, Middlesbrough

15.50 – 16.20 **Hypersomnias**

**Professor Adrian Williams**

Professor of Sleep Medicine, King's College London

16.20 – 16.50 **Circadian rhythm sleep disorders**

**Professor Debra J. Skene**

Professor of Neuroendocrinology, University of Surrey

16.50 – 17.05 **Discussion and close of day 1**

# ne Training Course - British Dental

## Friday 15th January 2016 Neuropsychiatry Special Interest Day

08.30 – 09.00 Registration and refreshments

09.00 – 09.05 Welcome and introduction by Chair

09.05 – 11.00 **COGNITIVE BEHAVIOURAL THERAPY FOR INSOMNIA morning workshop**

**Professor Jason Ellis**

Professor of Sleep Science and Director of the Northumbria Centre for Sleep Research, Newcastle

11.00 – 11.30 Refreshments and exhibition viewing

11.30 – 12.00 **Online therapies for sleep disorders**

**Dr Kirstie Anderson**

Consultant Neurologist, Royal Victoria Infirmary, Newcastle

12.00 – 12.30 **Sleep and neurodegenerative disorders**

**Dr Alpar Lazar**

Research Associate, Cambridge Centre for Brain Repair

12.30 – 13.30 Lunch and exhibition viewing

13.30 – 14.00 **Managing children and adolescents on the autism spectrum**

14.00 – 14.30 **Non-CBT psychiatric interventions for sleep disorders**

14.30 – 15.00 **Psychopharmacology for sleep**

15.00 – 15.30 **An update on paediatric sleep disorders**

15.30 – 16.00 Refreshments and exhibition viewing

16.00 – 16.30 **Management of restless leg syndrome & periodic limb movement disorders**

16.30 – 17.00 **Sleep in forensic psychiatry**

**Dr Renata Riha**

Consultant in Sleep and Respiratory Medicine & Honorary Reader, University of Edinburgh

17.00 – 17.05 Close of day 2

## Upon booking

Please select whether you would like to attend the Neuropsychiatry Special Interest Day or the first day of the Introductory course in Dental Sleep Medicine.

## Call for abstracts

This year we will be accepting abstract submissions for anyone wanting to present a poster during the refreshments & lunch breaks. For more information, or to submit an abstract visit [www.londonsleepmedicine.co.uk](http://www.londonsleepmedicine.co.uk)



**Follow us on Twitter: @MAHealthEvents**  
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## Feedback from 2015

"Far and away the most informative and well presented conference I have been to. Great spread of topics with knowledgeable speakers who were all excellent presenters."

"Very interesting conference, thank you"

"Fantastic speakers – great presentations"

"This is one of the best courses I have been to – you managed to get the best speakers for each topic to keep it clear, concise and interesting."

"Very interesting and useful course, inspirational speakers. I have learned several things I can use in my practice."

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## 3 EASY WAYS TO BOOK

✉ Complete and return the registration form overleaf

☎ 0207 501 6762

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# Association, London

Friday 15th January 2016

## Introductory course in Dental Sleep Medicine

- 08.30 – 09.00 **Registration and refreshments**
- 09.00 – 10.00 **Comorbidity of CFP and OSA in adults and children**  
**Dr Steven R. Olmos**  
Founder, TMJ & Sleep Therapy Centres, California, USA
- 10.00 – 11.00 **Overview of normal sleep and classification of sleep disorders (adults/children)**  
**Dr Irshaad Ebrahim**  
Medical Director, The London Sleep Centre
- 11.00 – 11.30 **Refreshments and exhibition viewing**
- 11.30 – 12.30 **Early interceptive treatments for paediatric OSA**  
**Dr Derek Mahony**  
Specialist in Orthodontics and Dentofacial Orthopaedics, Full Face Orthodontics, Australia
- 12.30 – 13.30 **Lunch and exhibition viewing**
- 13.30 – 14.30 **Identifying OSA and CFP patients in your practice/ screening for proper referral**  
**Dr Karina Patel**  
Director, TMJ and Sleep Therapy Centre of London
- 14.30 – 15.30 **Treatment options for sleep disordered breathing**  
**Dr Steven R. Olmos**  
Founder, TMJ & Sleep Therapy Centres, California, USA
- 15.30 – 16.00 **Refreshments and exhibition viewing**
- 16.00 – 17.00 **Home sleep testing bridging the gap between physicians**  
**Dr Irshaad Ebrahim**  
Medical Director, The London Sleep Centre
- 17.00 – 17.05 **Close of day 2**

## Saturday 16th January 2016

- 08.30 – 09.00 **Registration and refreshments**
- 09.00 – 11.00 **Bite positioning for oral appliance therapy**  
**Dr Steven R. Olmos**  
Founder, TMJ & Sleep Therapy Centres, California, USA  
**Live demonstration of phonetic bite technique**
- 11.00 – 11.30 **Refreshments and exhibition viewing**
- 11.30 – 13.00 **Oral appliance selection**  
**Dr Karina Patel**  
Director, TMJ and Sleep Therapy Centre of London
- 13.00 – 14.00 **Lunch and exhibition viewing**
- 14.00 – 15.00 **Triage and protocols for hybrid or combination therapy for OSA**  
**Dr Steven R. Olmos**  
Founder, TMJ & Sleep Therapy Centres, California, USA
- 15.00 – 15.30 **Refreshments and exhibition viewing**
- 15.30 – 15.50 **The future of dental sleep medicine in the UK**  
*Speaker to be confirmed*
- 15.50 – 16.30 **Introducing a DSM service into general practice: establishing professional relationships/a financial model**  
**Dr Roy Dookun**  
President and Co-Founder, British Society of Dental Sleep Medicine, London
- 16.30 – 17.00 **Overview of symposium and call for continued collaboration**  
**Dr Steven R. Olmos**  
Founder, TMJ & Sleep Therapy Centres, California, USA
- 17.00 **Close of conference**



# London Sleep Medicine Training Course

14th, 15th & 16th January, 2016 | British Dental Association,  
64 Wimpole Street, London

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Forenames

Surname

Job title

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Post code

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Post code

Telephone

Email

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

**Until 12th October**    **After 12th October**

**3 days** £834.00     £984.00

**2 days** £660.00     £780.00

**1 day** £471.00     £552.00

### Other

**Until 12th October**    **After 12th October**

**3 days** £675.00     £795.00

**2 days** £510.00     £600.00

**1 day** £280.50     £330.00

**Day 2: Please select which stream you would like to attend for day 2:**

Neuropsychiatry

Dental Sleep Medicine

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

## Payment Details:

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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 company 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. We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.**

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

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Full invoice address

Town/city

Post code

Telephone

Signed

## Conference fee includes

Entrance to the conference, lunch & refreshments on all 3 days, 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: Thomas on +44 (0)20 7501 6746  
[thomas.jeanes@markallengroup.com](mailto:thomas.jeanes@markallengroup.com)

## The Venue

British Dental Association

64 Wimpole St, London W1G 8YS

A map of the venue will be sent with your booking.

## 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) \_\_\_\_\_

## Booking conditions

MA Healthcare 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.
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# Speakers at the London Sleep Medicine Training Course

## Dr Irshaad Ebrahim



**Consultant Neuropsychiatrist and Medical Director**

Dr Ebrahim founded the London Sleep Centre in 2002 & the Edinburgh Sleep Centre in 2005. His clinical interests include the treatment of patients with insomnia, parasomnias (behaviours in sleep), narcolepsy and memory disorders. He is actively involved clinical research for new treatments for insomnia, depression and anxiety disorders.

## Professor Adrian J Williams



**Professor of Sleep Medicine, King's College, London**

Dr 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 R.L.S. UK Group. He has published extensively on sleep disorders including more than 100 peer reviewed original scientific papers and more than 40 other published papers including chapters and books. In 2010, King's College, London appointed him as the first substantive Professorial Chair in Sleep Medicine in the UK.

## Dr Karina Patel



**Specialist interest in Dental Sleep Medicine & Craniofacial Pain**

As the lead clinician of the TMJ and Sleep Therapy Centre of London, Karina takes the lead for the treatment of patients suffering with airway problems, sleep apnoea, craniofacial pain and their postural compensatory effects. Karina is the first UK graduate to date who has taken both the American Board of Dental Sleep medicine and Craniofacial Pain examinations.

## Dr Steven Olmos



**Founder, TMJ & Sleep Therapy Centres**

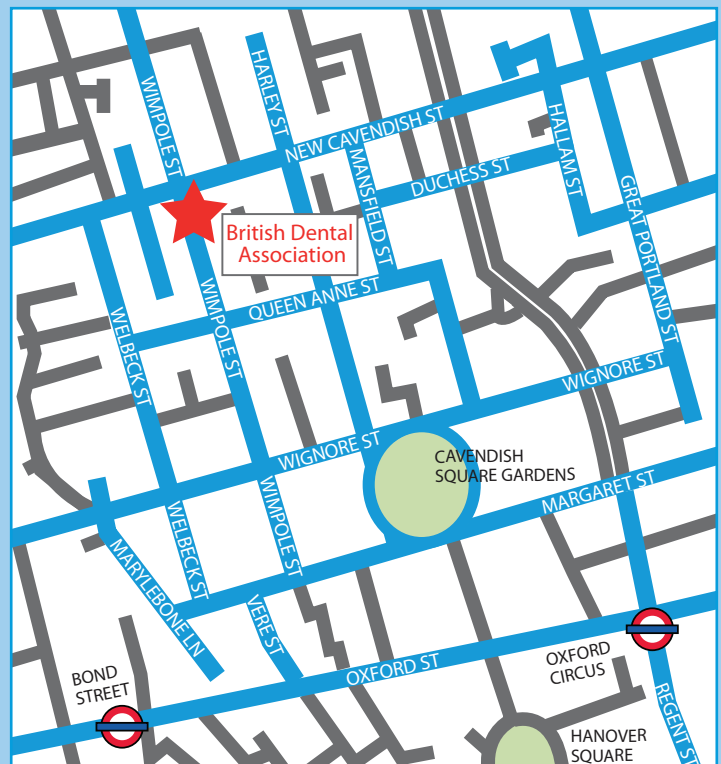
Dr. Olmos is the founder of TMJ & Sleep Therapy Centres International with 32 licensed Centres in 6 countries dedicated exclusively to the diagnosis and treatment of these disorders. His protocols are an assimilation of his knowledge base, which is reflected by certifications in all philosophies of treatment both medical and dental. Dr. Olmos is an adjunct professor at the University of Tennessee School of Dentistry

## How to get to the venue

**British Dental Association , 64 Wimpole Street, London W1G 8YS**

**By Underground:** The BDA is conveniently located a short walk from Oxford Circus (Central, Bakerloo and Victoria lines), Bond Street (Jubilee and Central lines), and Regents Park (Bakerloo, Circle, Hammersmith & City, and Metropolitan lines) tube stations.

**By Car:** To plan your journey by car visit The AA's Route Planner and enter the postcode: W1G 8YS. Please note that this venue is within the Congestion Charge Zone. Car Parking: The nearest NCP Car Park is at 6-7 Weymouth Mews.



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