

# SLEEP 2013

*More Than Just Snoring*

13 - 16 March 2013

TM Convention Centre

UiTM Selayang  
(pre-conference workshop)

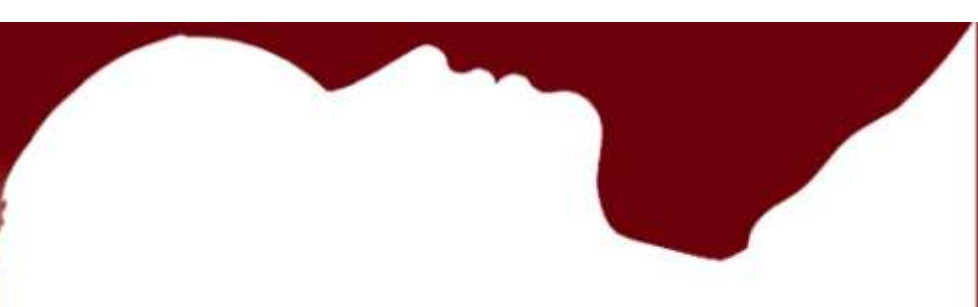
Organized by



**SLEEP 2013 secretariat**

Respiratory Unit, Faculty of Medicine  
UiTM Selayang Campus  
68100 Batu Caves, Selangor, Malaysia  
T: 03-6126 4837 F: 03-6120 3423  
[www.sleepsocietymalaysia.org](http://www.sleepsocietymalaysia.org)

# SLEEP 2013



## **SDSM Executive Committee 2011 - 2013**

Advisors

Dato` Dr Zainudin Md Zin  
Prof. Dr Syed Hassan Ahmad Almashoor

President

Dr Muhammad Muhsin Ahmad Zahari

Vice President

Dr Ashari Yunus

Secretary

Dr Rusdi Abd Rashid

Asst Secretary

Prof. Dr Mohd Fadzillah Abdul Razak

Treasurer

Dr Raymond Tan Suan-Kuo

Committee Members

Dr Ahmad Izuanuddin Ismail

Dr Siti Nor Aizah Ahmad

Dr Norzila Mohamed Zainudin

Dr Salina Mohamed

Auditors

Hilmi Abdullah  
Siti Noor Aishah Zahari

## **Organizing Committee of the SLEEP 2013**

Secretariat

Respiratory Unit, UiTM Selayang

Members

Dr Mohd Arif Mohd Zim  
Dr Siti Kamariah Othman  
Dr Rashidah Yasin  
Atifah Zakaria  
Muhammad Afandi Arippin  
Mohd Nazeri Kamaruddin  
Jamil Gembor

# SLEEP 2013



***Dear Colleagues and SLEEP2013 participants,***

On behalf of Sleep Disorder Society Malaysia (SDSM), we welcome you to our SLEEP2013 event, held in conjunction with the celebration of World Sleep Day 2013. SLEEP2013 is a continuation of our successful Inaugural Scientific Meeting back in February 2012. Our theme this year is “More than just snoring”, reflecting multiple issues associated with the sleep disorders.

SLEEP2013 is intended to be the premier event on Sleep Medicine involving multi-disciplinary team with common interest of ensuring Better Sleep Health for All Malaysians. We are hoping that this meeting will spearhead further interest in sleep medicine among medical communities in Malaysia.

The meeting will convene at TM Convention Centre with the pre-congress workshop to be held in Faculty of Medicine, UiTM Selayang Campus. We have lined up both international and local speakers with years of experience in Sleep Medicine and hope that you will gain some valuable knowledge to help you managing patients with sleep disorders.

We look forward to meeting you during the SLEEP2013.



**Dr Ahmad Izuanuddin Ismail**  
Organizing/Scientific Chair



**Dr Muhsin Ahmad Zahari**  
President SDSM

# SLEEP 2013



## Speakers

Assoc. Prof. Dr Brendon Yee  
Sleep & Respiratory Physician  
Royal Prince Alfred Hospital  
University of Sydney

Prof. Dato' Ir Dr Radin Umar Radin Sohadi  
Vice Chancellor  
Professor of Traffic Safety Engineering  
Universiti Putra Malaysia

Dr Kenny Pang  
Consultant ENT/Sleep Surgeon  
President of ASEAN Sleep Surgical Society

Prof. Dr Syed Hassan Ahmad Almashoor  
Prof. of Psychological & Behavioural Medicine  
Universiti Teknologi MARA

Dato' Dr Zainudin Md Zin  
Senior Physician & Respirologist  
KPJ Damansara Specialist Hospital

Assoc. Prof Dr Imran Zainal Abidin  
Consultant Cardiologist  
University of Malaya

Dr Sirajuddin Hashim  
Chief Senior Assistant Director  
Occupational Health Unit  
Non-Communicable Diseases Center  
Ministry of Health Malaysia

Dr Ashari Yunus  
Thoracic Physician  
Sleep Medicine & Lung Transplant  
Institute of Respiratory Medicine

Dr Ahmad Fadzil Abdullah  
Respiratory Paediatrician  
Kuliyah of Medicine  
International Islamic University Malaysia

Dr Norhaya Mohd Razali  
Senior Consultant Respiratory Physician  
Hospital Sultanah Nur Zahirah

Prof. Dr Mohd Fadzillah Abdul Razak  
Professor of Psychological Medicine  
Universiti Malaysia Sarawak

Prof. Dr Abdullah Sani Mohamed  
Professor of Otorhinolaryngology  
Universiti Kebangsaan Malaysia

Dr Sharifah Tahirah Syed Ali Aljunid  
Senior Consultant  
Dept. of Oral Surgery (Dental)  
Hospital Kuala Lumpur

Assoc. Prof. Dr Lim Kheng Seang  
Consultant Neurologist  
University of Malaya

Dr Yasmin Othman Mydin  
Faculty of Medicine & Health Sciences  
Universiti Malaysia Sarawak

Ms Amy Ho, RPSGT  
Senior Sleep Technologist  
Sime Darby Medical Centre  
Subang Jaya

# SLEEP 2013



## Pre-Conference Workshop, UiTM Selayang

### Day 1 - Wednesday 13<sup>th</sup> March 2013

<b>Moderator :</b>	<b>Ms Amy Ho, RPSGT</b>
0800 - 0830	Registration
0830 - 0835	Opening remarks
0835 - 0855	Parameters from Polysomnography
0855 - 0915	Attended vs Unattended Diagnostic Sleep Study -Pros and Cons
0915 - 0935	Controversies in scoring Sleep Study
0935 - 0945	Photography session
0945 - 1015	Coffee break
1015 - 1300	Scoring camp -scoring sleep stage, arousal scoring
1300 - 1400	LUNCH
1400 - 1700	Scoring camp -scoring complex sleep apnoea
1700 - 1730	Tea break & End of Day 1

# SLEEP 2013



## Day 2 - Thursday 14<sup>th</sup> March 2013

0800 - 0815	Registration
0815 - 0835	Scoring strategies for sleep-disordered breathing and parasomnias
0835 - 0855	MSLT & MWT - Techniques, Indication and Interpretation
0855 - 0915	CPAP Titration - Tips and Tricks
0915 - 0925	Sleep certification - CPSGT & RPSGT
0925 - 0930	Photography session
0930 - 1000	Coffee break
1000 - 1300	Scoring camp - Sleep-disordered breathing and parasomnias
1300 - 1400	LUNCH
1400 - 1700	Scoring camp - Analysis data and graph: MSLT & MWT
1700 - 1730	Tea break & End of Workshop

# SLEEP 2013



## Conference, TM Convention Centre

### Day 1 - Friday 15<sup>th</sup> March 2013

0700 - 0800	Registration
0800 - 0810	Opening remarks
0810 - 0900	<b>Keynote speech-</b> Metabolic Consequences of OSAHS: Pathophysiology and Implications - <i>Assoc. Prof Dr Brendon Yee</i>
0900 - 0915	Photography and Press Conference
0915 - 0945	Coffee break

#### **Symposium 1 - Cardiometabolic and Cognitive Consequences**

0945 - 1005	Cardiovascular Comorbidities of OSAHS - <i>Dato' Dr Zainudin</i>
1005 - 1025	OSAHS and Overlap Syndrome - <i>Dr Ashari</i>
1025 - 1045	Heart Failure in OSAHS - <i>Assoc. Prof Dr Imran</i>
1045 - 1105	Sleep Disorder and School Performance - <i>Dr Fadzil</i>
1105 - 1125	CPAP vs Upper Airway Surgery in OSAHS - <i>Dr Kenny Pang</i>
1125 - 1145	Q&A

1145 - 1230

#### **Lunch Symposium**

PAP Therapy: Which one and for whom?

*Assoc. Prof Dr Brendon Yee*

1230 - 1430

LUNCH and Friday prayer

1430 - 1515

**Plenary 1:** Shift work Sleep Disorder -*Prof Dr Syed Hassan*

1515 - 1630

#### **Year in Review:**

Sleep and Breathing -*Dr Norhaya*

Psychological Medicine & Sleep -*Prof Dr Fadzilah*

Surgical Management -*Dr Kenny Pang*

1630 - 1700

Coffee break

1700 - 1800

SDSM AGM

1800 - 1900

**Evening Symposium** - Circadian Rhythm Sleep Disorder

1900 - 2100

Faculty dinner

# SLEEP 2013



## Day 2 - Saturday 16<sup>th</sup> March 2013

0800 - 0830	Registration
0830 - 0915	<b>Plenary 2</b> - Evolution of OSAHS - <i>Dr Kenny Pang</i>
0915 - 1000	<b>Plenary 3</b> - Sleep Issues and Driving - <i>Prof. Dato' Ir Dr Radin</i>
	<b>Symposium 2 - Regulating Commercial Drivers</b>
1000 - 1020	Screening for sleep disorders in high risk group <i>Dr Sirajudin</i>
1020 - 1040	Implementation and Enforcement - <i>Prof. Dato' Ir Dr Radin</i>
1040 - 1100	Coffee break
	<b>Symposium 3 - Complex Sleep Disorders</b>
1100 - 1120	Narcolepsy - <i>Assoc. Prof Dr Lim KS</i>
1120 - 1140	Insomnia and Psychosocial Factors - <i>Dr Yasmin</i>
1140 - 1200	Bruxism and Mandibular Advancement Devices in OSA <i>Dr Sharifah Tahirah</i>
1200 - 1300	<b>Lunch Symposium</b> - <i>Assoc. Prof Dr Brendon Yee</i> Attended vs Unattended Diagnostic Sleep Study and CPAP Titration- tips and tricks
1300 - 1400	LUNCH
1400 - 1530	<b>World Sleep Day: Round-table Discussion</b> <i>Malaysian Awakening- More Than Just Snoring: Moving forward with screening for sleep disorders in commercial drivers</i>
1530 - 1600	Concluding remarks
1600	Tea & End of Conference



# SLEEP 2013



## REGISTRATION FORM

Full Name: \_\_\_\_\_

Organization Affiliation: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Fax: ( ) \_\_\_\_\_

Email: \_\_\_\_\_ Specialty: \_\_\_\_\_

REGISTRATION FEES	Before / on 15 <sup>th</sup> January 2013	After 15 <sup>th</sup> January 2013	Amount
<b>Conference &amp; Workshops</b>			
<b>All Participants</b>			
SDSM Member	<input type="checkbox"/> RM 700	<input type="checkbox"/> RM750	_____
Non-member	<input type="checkbox"/> RM 750	<input type="checkbox"/> RM 800	_____
<b>Conference only</b>			
<b>Doctor</b>			
SDSM Member	<input type="checkbox"/> RM300	<input type="checkbox"/> RM350	_____
Non-member	<input type="checkbox"/> RM350	<input type="checkbox"/> RM400	_____
<b>Sleep Tech/MLT/MA/Nurse</b>			
SDSM Member	<input type="checkbox"/> RM 200	<input type="checkbox"/> RM250	_____
Non-member	<input type="checkbox"/> RM 250	<input type="checkbox"/> RM 300	_____
Medical Student		<input type="checkbox"/> RM 200	_____
Foreigner		<input type="checkbox"/> USD 300	_____
<b>Workshops only</b>			
All Participants	<input type="checkbox"/> RM 250/day	<input type="checkbox"/> RM 450 (2 days)	_____

**Cancellation and refund Policy on Registration Fees**

The Secretariat must be notified in writing of cancellations.

Refund will be made after the meeting according to the following guidelines:

Cancellation on or before **31st January 2013** - **50% will be refunded**

Cancellation afterward - **no refund**

# SLEEP 2013



MODE OF PAYMENT Cash/Cheque/Bank Draft/Telegraphic Transfer

If you make payment direct to our bank, please fax 'proof' of payment. Do not send cash in the post.

Cheque/Bank draft should be made payable to:

Cheque/Bank Draft No.:

"Sleep Disorder Society Malaysia"

\_\_\_\_\_

If you are making payment via telegraphic transfer, please remit as follows:

Account name: Sleep Disorder Society Malaysia

Account number: 1416 0014844053

Name of bank: CIMB Bank (Swift code: CIBBMYKL)

Address of bank: 1st Floor Wisma Jayanita, No 64, Jalan Raja Muda Abdul Aziz  
50300 Kampung Baru, WP Kuala Lumpur

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Please send this completed form and enclosed payment to:

SDSM Secretariat

Respiratory Unit

Level 4 Clinical building

Faculty of Medicine

UiTM Selayang Campus

Jalan Prima Selayang

68100 Batu Caves

Selangor

Phone: +603 6126 4837 / 5279

Fax: +603 6120 3423

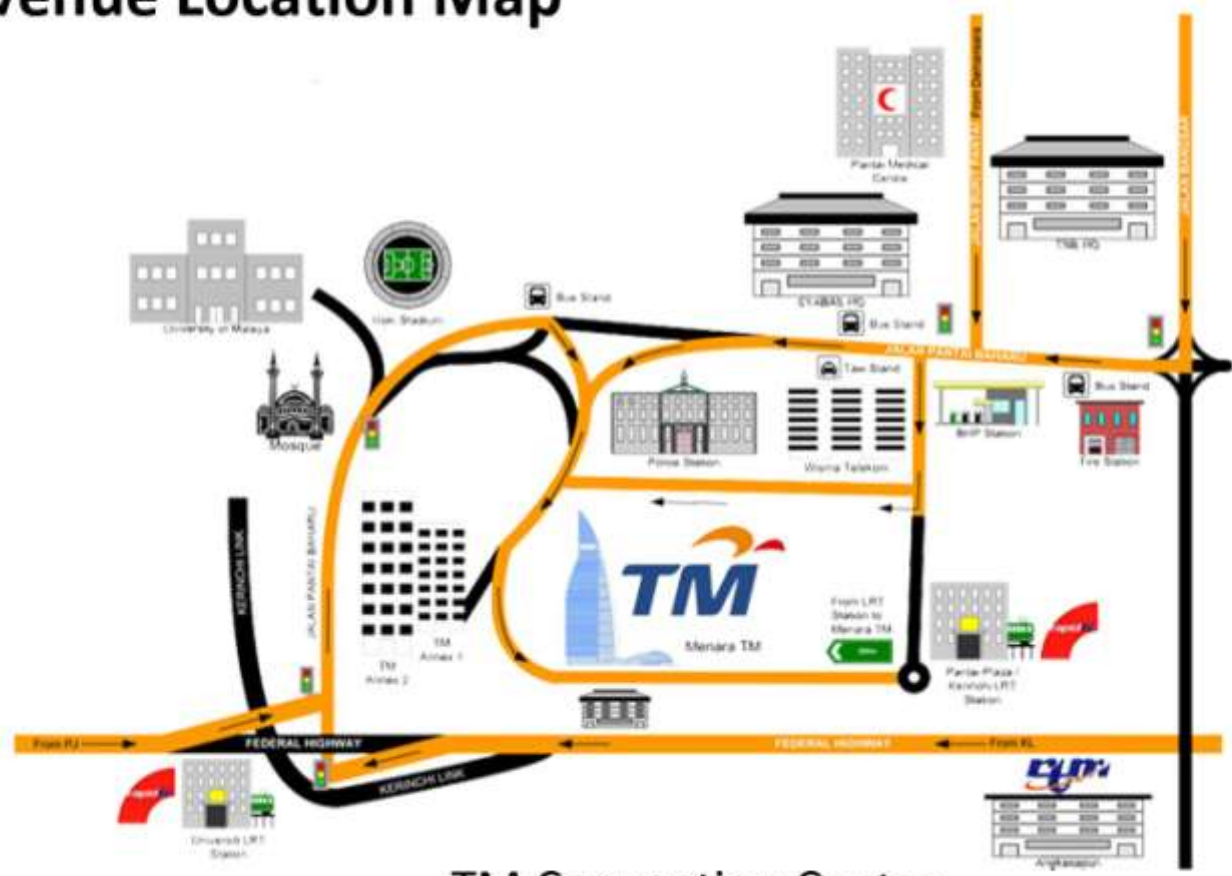
Website: [www.sleepsocietymalaysia.org](http://www.sleepsocietymalaysia.org)

email: [respiratory@salam.uitm.edu.my](mailto:respiratory@salam.uitm.edu.my)

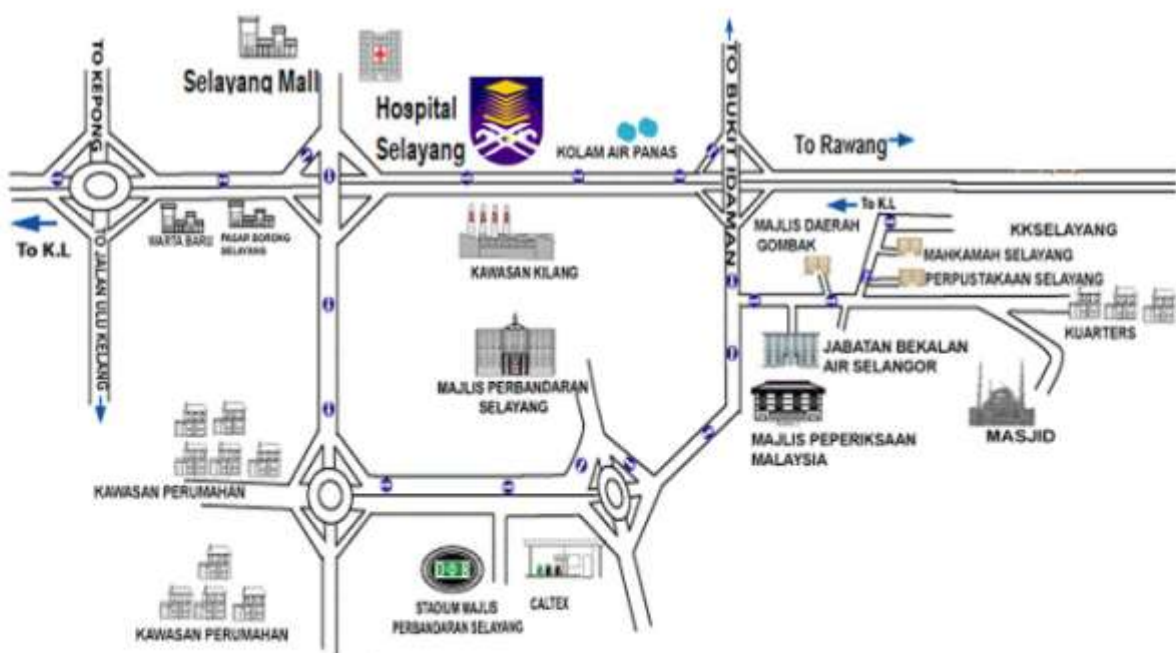
FOR SECRETARIAT USE ONLY
Date Received: _____
TOTAL AMOUNT: US\$ _____ RM _____
Receipt No: _____
Registration No: _____

# SLEEP 2013

## Venue Location Map



TM Convention Centre



UiTM Selayang Campus

# SLEEP 2013

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[www.sleepsocietymalaysia.org](http://www.sleepsocietymalaysia.org)

*SLEEP 2013 organized by Sleep Disorder Society Malaysia in conjunction with World Sleep Day 2013*



**PERSATUAN PERMASALAHAN  
TIDUR MALAYSIA**  
SLEEP DISORDER SOCIETY MALAYSIA

Respiratory Unit, Level 4 Clinical Building, Faculty of Medicine Universiti Teknologi MARA,  
Jln Prima Selayang 7, Lebuhraya Selayang-Kepong, 68100 Batu Caves, Selangor, Malaysia