

# That is why sleep matters

Open lectures to health care professionals

Hotel Natura Reykjavik , hall 1

| FRIDAY SEPTEMBER 21   |   |                            |
|-----------------------|---|----------------------------|
|                       | <b>Welcome - Opening</b>  | Chair Pórarinn Gíslason    |
| <b>13.00-13.30</b>    | Genetics of common diseases   | Kári Stefansson            |
| <b>13.30-13.45</b>    | Novel Approaches to Genetic Analyses in Mice                          | Brendan Keenan             |
| <b>13.45-14.00</b>    | Sleep Apnea and Cancer  | Diane Lim                  |
| <b>14.:00-14:40</b>   | <b>Sleep and light</b>  | Chair Erla Björnsdóttir    |
| <b>14.00-14.20</b>    | Time Zone and Sleep. Does it matter?                                  | Björg Þorleifsdóttir       |
| <b>14.20-14.40</b>    | Light at Night: Edison's Impact on Sleep and Daytime Function         | Jesse Mindell              |
| <b>14.40-15.00</b>    | COFFEE BREAK  |                            |
| <b>15.00-16.30</b>    | <b>Epidemiological aspects of Obstructive Sleep apnea</b>             | Chair Thor Aspelund        |
|                       | The Raine Cohort  | Peter Eastwood             |
|                       | The Busselton Cohort  | Jordan Cunningham          |
|                       | Some aspects of OSA epidemiology                                      | Sergio Tuffic              |
|                       | Ethnic variation in OSA: Australian Aboriginal and Caucasian patients | Nigel Mcardle              |
|                       | Different risk factors for OSA in different Ethnic groups             | Kate Sutherland            |
| <b>16.30-16.45 AM</b> | BREAK   |                            |
| <b>16:45-17:45</b>    | <b>Complications of Obstructive Sleep Apnea</b>                       | Chair Jordan Cunningham    |
|                       | OSA and cardiovascular disease  | Bhajan Singh               |
|                       | OSA and respiratory diseases  | Össur Ingi Emilsson        |
| <b>18:00-19:00</b>    | <b>Public Lecture</b>   | Chair Engilbert Sigurðsson |
|                       | <b>Sleep the new health frontier</b>                                  | Prof Allan I Pack          |

