

Idiopathic Hypersomnia and Narcolepsy Education Day

Brisbane Convention Centre 10th October 2021

Program

8.30am Registration

1. 9.00am Welcome and introductions

2. 9.15am What is Idiopathic Hypersomnia?

Dr Yves Dauvilliers, Professor of Neurology and Physiology, University of Montpellier, France

3. 9.45am Idiopathic Hypersomnia and Narcolepsy - Current research
(Cause, Diagnostics and Treatment)

Dr Yves Dauvilliers, Professor of Neurology and Physiology, University of Montpellier, France

Break 10.30

4. 10.45am Why is Australia so far behind the rest of the world?

Dr Ron Grunstein Professor of Sleep Medicine, University of Sydney, Woolcock Institute of Medical Research, Australia

5. 11.15pm Treatment situation in Australia

Dr Sutapa Mukherjee, Clinical Chair Australasian Sleep Association, Associate Professor of Respiratory and Sleep Medicine Flinders University

Lunch 11.45am

6. 12.45pm Living with Idiopathic Hypersomnia and Narcolepsy and Cataplexy

One patient with Idiopathic Hypersomnia and one with Narcolepsy will talk for approx 20 minutes each about their experience.

7. 1.30pm Managing depression associated with chronic illness

Speaker to be confirmed

Break - 2.00pm

8. 2.30pm Implementing and maintaining practical strategies for managing chronic illness

Speaker to be confirmed

9. 3.00pm - Panel Discussion

The panel will include each of the speakers including the people who spoke about living Idiopathic Hypersomnia and Narcolepsy

4.15pm - Closing remarks

End around 4.30pm