

SLEEP FOR ALL

brought to you by
The Sleep Charity



Conference Speaker
Programme



'Sleep for All' Conference Speaker Programme

23rd and 24th February 2024
Holiday Inn, Doncaster

Friday 23rd February - Paediatric Sleep

8.45 - 9.15am

Registration

9.25 - 9.30am

Welcome

The Sleep Charity

9.30 - 10.15am

**Looking After Your Own Sleep as a
Parent/Carer**

*Professor Jason Ellis, Northumbria
University and Director of the
Northumbria Centre for Sleep Research*

10.20 - 11.00am

The Role of Music and Sleep

Dr Simon Durrant, University of Lincoln

11.00 - 11.15am

Refreshments & Networking Break

*A session with Silentnight's Sleep Expert,
Hannah Shore*

11.20 - 12 noon

Sleep in Adolescence

*Professor Alice Gregory, Goldsmiths,
University of London*

12noon - 1.00pm

Lunch & Stand Viewing

1.15 - 2.00pm

**Sleep Medication/Disorders in Children
and Young People**

*Professor Heather Elphick, Sheffield
Children's Hospital*



2.00 - 2.45pm

Sensory Sleep in Children and Young People

Jenny Featherstone, Community Team Leader, Sheffield Children's Hospital

2.45 - 3.00pm

Refreshments & Networking Break

3.15 - 3.40pm

Practical Workshop on the Importance of Routines

Helen Rutherford, Lead Sleep Practitioner, The Sleep Charity

3.40 - 4.00pm

Bunk Beds and Battles. Sleep Issues for Siblings of Disabled Children

Clare Kassa, CEO, SIBS

4.00 - 4.15pm

Closes

The Sleep Charity

Saturday 24th February - Adult Sleep

8.45 - 9.15am

Registration

9.25 - 9.30am

Welcome

The Sleep Charity

9.30 - 10.15am

Importance of Sleep for Wellbeing

Professor Jason Ellis, Northumbria University and Director of the Northumbria Centre for Sleep Research

10.20 - 11.00am

Menopause & Sleep

Dr Theodora Kalentzi, Medical Prime

11.00 - 11.15am

Refreshments & Networking Breaks

A session with Silentnight's Sleep Expert, Hannah Shore

11.20 - 12 noon

Mental Health & Sleep

Simon Blake, CEO, MHFA England



12noon - 1.00pm

Lunch & Stand Viewing

1.15 - 2.00pm

Sleep Disorders - OSA

Dr Alanna Hare, Consultant in Respiratory
Medicine, Royal Brompton Hospital

2.00 - 2.45pm

Practical Taster Session on CBT-I

Professor Jason Ellis, Northumbria
University and Director of the
Northumbria Centre for Sleep Research

2.45 - 3.00pm

Refreshments & Networking Breaks

3.15 - 4.00pm

Sleep in Medicine Practice

Dr Jonathan Sunkersing, GP

4.00 - 4.15pm

Sleep in the Community

Toby Lewis, CEO, RDASH

4.15 - 4.20pm

Closes

The Sleep Charity