



# IRISH SLEEP SOCIETY

Cumann Codhladh na hÉireann

## **The 22nd Annual General Meeting**

**June 4<sup>th</sup> & 5<sup>th</sup> 2026, Radisson Blu Royal Hotel, Golden Lane, Dublin 8**

**Thursday, June 4<sup>th</sup>, Sky Suite, Radisson Blu Royal Hotel**

18.00 –20.00      **Inaugural Irish Sleep Society case study competition**

**Friday, June 5<sup>th</sup>, Goldsmith Suite, Radisson Blu Royal Hotel**

9.00-9.30      **Registration, exhibition and industry exhibition**

9.30-9.40      **Welcome**

Dr Brian Kent, St James' Hospital, Dublin

President, Irish Sleep Society

### **Session 1: Wakefulness, Alertness, and Driving Assessment in Sleep Medicine**

09.40-10.10      **What the sleep clinician needs to know about driving and driving legislation**

Prof Walter McNicholas, University College Dublin

10.10-10.40      **What tools do we have to assess sleepiness, wakefulness, and alertness?**

Mr Sean Higgins, Guy's & St Thomas' Hospitals, London

10.40-11.00      **Discussion**



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11.00-11.20      Tea, coffee, and industry exhibition

## **Session 2: Things that go bump in the night: Parasomnias and Nocturnal Epilepsy Syndromes**

11.20–11.50      **New developments in REM behaviour disorder**

Dr Laura Perez Carbonell, King's College London

11.50-12.20      **Identifying and managing sleep hypermotor epilepsy**

Dr Deirdre O'Rourke, St James' Hospital, Dublin

12.20-12.50      **Non-REM parasomnias in clinical practice**

Dr Johan Meurling, Guy's & St Thomas' Hospitals, London

12.50-13.30      Lunch Break and Exhibition

## **Session 3: Sleep Disordered Breathing**

13.30-13.55      **Sleep disordered breathing in neurodisability**

Dr Sheila Javadpour, Children's Health Ireland, Dublin

13.55-14.20      **Emerging diagnostics in OSA**

Ms Megan McGrane, Connolly Hospital, Dublin

14.20-14.45      **Wakefulness promoting pharmacotherapy in OSA**

Dr Brian Kent, St James' Hospital, Dublin



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15.00-16.00

***Business Meeting of the Irish Sleep Society (all members welcome)***