Drug effects on sleep and breathing are under-appreciated. There is a particular lack of detailed knowledge of the effects of opioids, sedatives and anaesthetics on ventilatory control and upper airway physiology and how potential adverse effects might be mitigated or treated.

The session is designed to address a substantial gap in the knowledge of many clinicians and scientists regarding drug usage and its effects on sleep and breathing. Drugs considered will include commonly used hypnotics, sedatives, narcotics and anaesthetics. Particular emphasis will be given to the complex interrelationships between pain, disturbed sleep and analgesia. The various patterns of sleep-disordered breathing will be considered including obstructive sleep apnoea, sleep hypoventilation and ataxic/periodic breathing. Positive airway pressure therapies, including the place of adaptive servo ventilation will be discussed in relation to these problems.

Learning Objectives:
1. Understand common drug effects on breathing during sleep
2. Appreciate the influence of sedative drugs on upper airway muscle activation and ventilatory control
3. Consider the common ground shared by sleep and anaesthesia regarding upper airway function.
4. Review the multidirectional relationships that exist between sleep, pain, analgesia and disturbed breathing and its management.

Program:
Chairs: David Hillman and Peter Eastwood

This exciting program assembles some of Australia’s foremost experts in the field of sleep and anaesthesia to discuss the common ground in ventilatory and upper airway behaviour between these states and the effects of pain, sedation and analgesia on these behaviours. The session will run for approximately 90 minutes and include the following presentations:

1. Effects of sedatives on upper airway muscles and airway patency - Danny Eckert
2. Sleep, anaesthesia and the upper airway - David Hillman
3. Effects of opioids and other drugs on sleep, breathing and ventilatory control - David Wang
4. Sleep and breathing in acute pain management - John Loadsman

Cost: Pre Conference Registration - $75.00
      On the Day Registration - $100.00