

Pretoria Sleep Symposium 11 October 2025

Start Time	End Time	Session	Speaker
7:45	8:15	Registration and Coffee	
8:15	8:30	Welcome	
8:30	9:15	Physiology of Sleep / Why We Sleep	Dr Craig Grobelaar (UP Physiology Department)
9:15	10:00	An approach to the suspected OSA patient	Prof Greg Tintinger (Pulmonologist)
10:00	10:45	Insomnia: Orexin Antagonists and Where They Fit In	Dr Kim Laxton (Psychiatrist)
10:45	11:15	Tea Break	
11:15	12:15	What's New from World Sleep Congress: Big Data, Pharmacological Options in OSA, Year in Review	Round Table: Dr Alison Bentley (remote), Dr Mignon Hamman, Prof Karine Scheuermaier
12:15	13:00	The 24-Hour Therapy: Why a Pain OT Cares About Sleep	Ms Dershnee Devan (OT)
13:00	13:45	Lunch Break	
13:45	14:30	Restless Legs, Restless Sleep: What Every Clinician Should Know	Dr Lize Steyn (Neuro)
14:30	15:15	When Poor Sleep Becomes a Risk Factor: Cardiometabolic Consequences	Dr Luke Krige (Intensivist)
15:15	16:00	Snoring Isn't Just Noise: The ENT's Guide to Hidden Sleep Disruptors	Dr Ivan Jardine (ENT)
16:00	17:00	The Ethics of Shift Work	Mr Jaco Swart