

→ WELCOME

11 OCTOBER 2025

**UP PRINSHOF CAMPUS
LECTURE HALL 4-24**

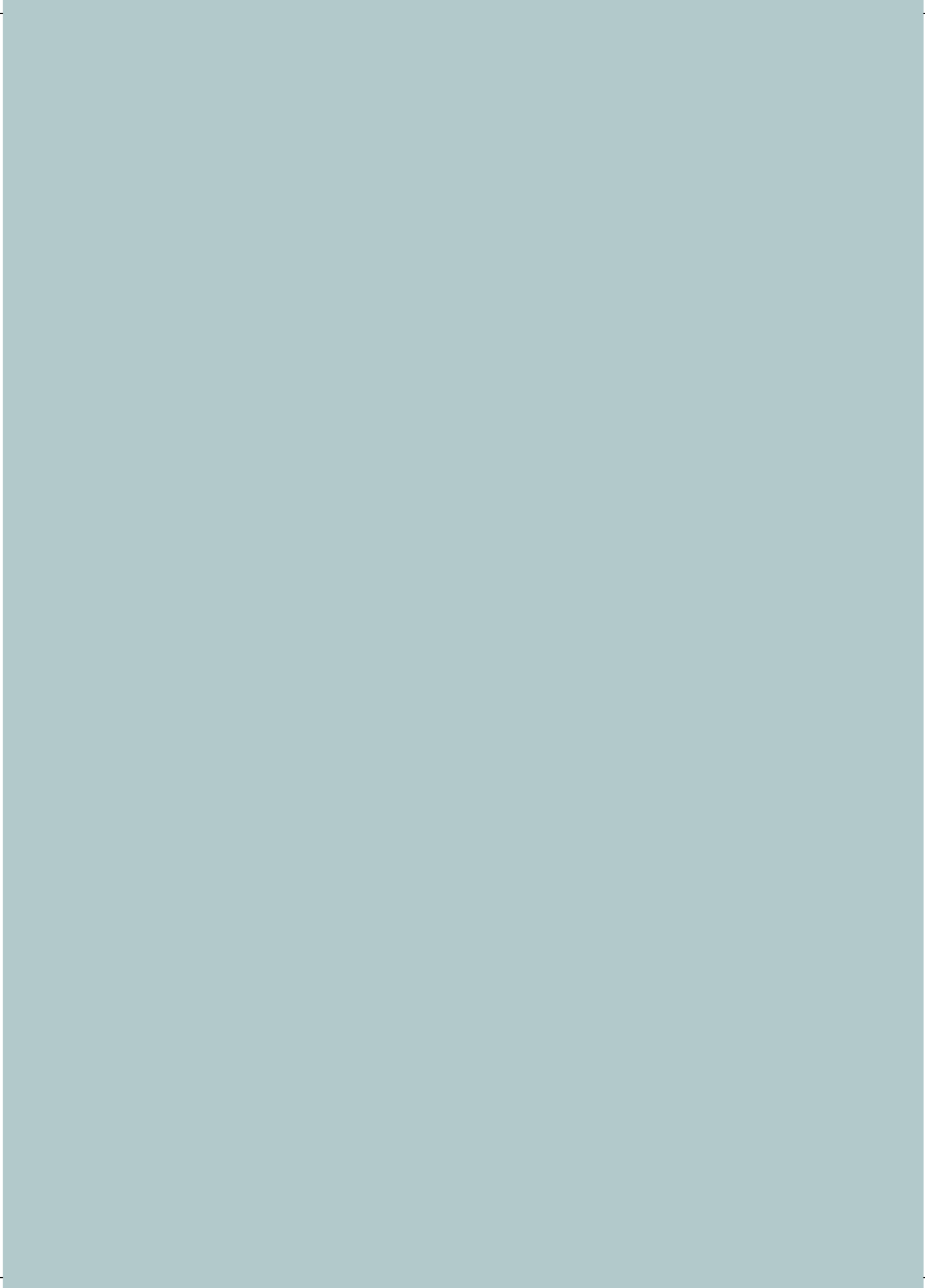
"You're not healthy, unless
your sleep is healthy"

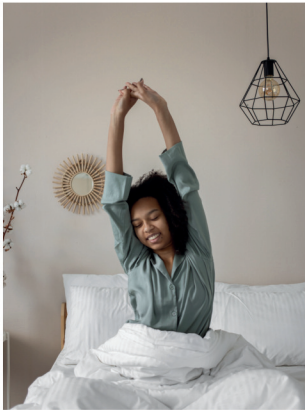
PROFESSOR WILLIAM DEMENT, STANFORD UNIVERSITY



PRETORIA SLEEP SYMPOSIUM

**CONNECTING SLEEP MEDICINE
HEALTH CARE PROFESSIONALS**





Pretoria Sleep Symposium 11 October 2025

			Session	Speaker
Start Time	End Time			
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		
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		

PROGRAM

FROM THE ORGANIZER

THE COMPLEXITIES OF SLEEP MEDICINE CONTINUES TO ASTOUND ME

PRETORIA SLEEP SYMPOSIUM PN

In conjunction with UP we are proud to host the first Sleep medicine symposium held in Pretoria.

It aims to address a critical gap in South Africa’s healthcare landscape. Sleep medicine remains one of the most underrepresented and poorly understood fields, both among healthcare professionals and the public.

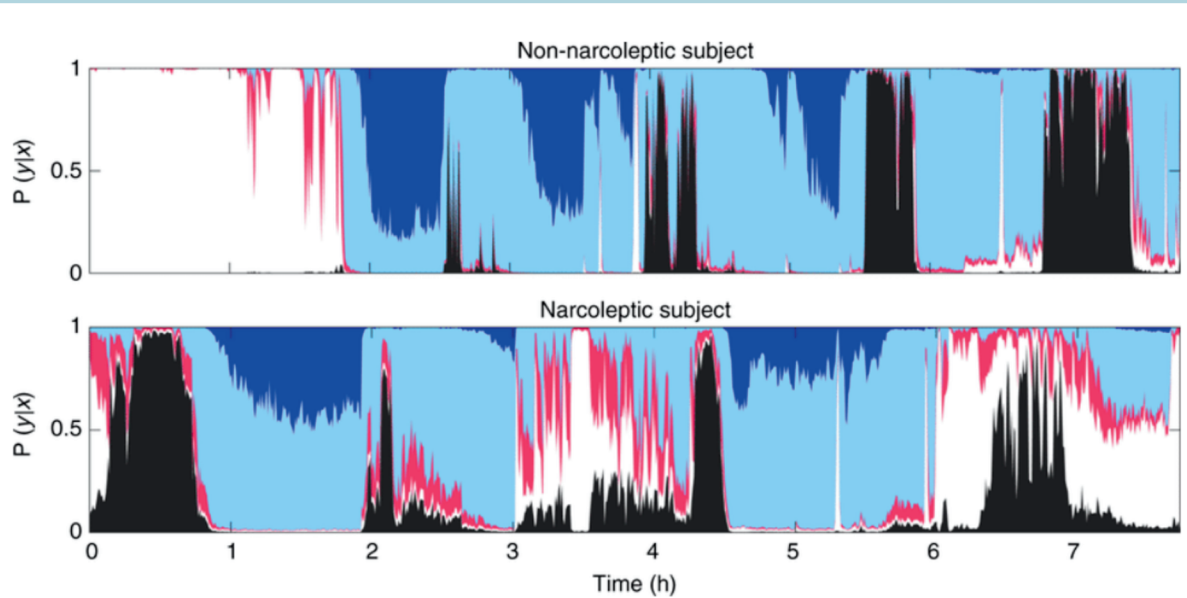
Sleep connects us all and it is one of the few times where each and every HCP can empathize when a patient complains of poor quality sleep.

At the recent World Sleep Congress in Singapore, the concept of cross-pollination of academics was mentioned—a concept I loved—as the field of sleep medicine provides an excellent platform for us to learn from colleagues across all disciplines who are looking at the same problems but through different lenses

With the rising incidence of sleep-related disorders and their impact on mental, metabolic, and cardiovascular health, it is imperative that we create a platform to educate, connect, and empower clinicians.

Enjoy the day with us

Dr Mignon Hamman



Examples of hypnodensity graph in subjects with and without narcolepsy. Hypnodensity, i.e., probability distribution per stage of sleep for a subject without narcolepsy (top) and a subject with narcolepsy (Bottom). Color codes: white, wake; red, N1; light blue, N2; dark blue, N3; black, REM



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DR. CRAIG WAYNE GROBBELAAR

Neurophysiology Educator | Physiology Researcher

Dr. Craig Wayne Grobbelaar is a Senior Lecturer in Physiology at the University of Pretoria, where he has taught neurophysiology and coordinated undergraduate and postgraduate modules since 2010. He holds an MBChB (UKZN), MSc in Sports Medicine (UP), and the Primary of the College of Neurosurgeons (CMSA). His research spans neurophysiology, sports medicine, and oncology, with recent publications on angiogenesis and pancreatic cancer. He has presented nationally and internationally, including at the FIMS Congress (Slovenia, 2016) and the International TTST Symposium (Los Angeles, 2023). Dr. Grobbelaar is a full member of the Centre for Neuroendocrinology at UP and an active member of several professional societies, including the Neurocritical Care Society and the Federation of South African Surgeons.



PROF GREG TINTINGER

Pulmonologist

Greg Tintinger is the Head of Department of Internal Medicine, Faculty of Health Sciences, at the University of Pretoria, South Africa. His qualifications include MBBCh, MMed (Internal Medicine, Pulmonology), PhD (Immunology) and a certificate in Hyperbaric Oxygen Therapy. He has also participated in two Sleep Medicine Fellowship programs in the USA. His research interests lie in understanding the mechanisms of neutrophil-mediated inflammation and the elucidation of strategies to down-regulate neutrophil pro-inflammatory activity and neutrophil extracellular trap formation (NETosis), while outside academia he enjoys reading, cycling and hiking.



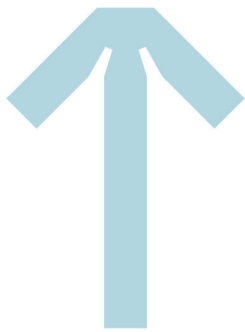
DR KIM LAXTON

Psychiatrist

Dr. Kim Laxton is a psychiatrist based at Netcare Akeso Crescent Clinic, Johannesburg. She qualified as a medical doctor in 2006 and completed her specialist training in Psychiatry at the University of the Witwatersrand, obtaining her FC Psych (SA) in 2016 and MMED (Psych) in 2017. She has presented at national and international congresses, including SASOP, the World Psychiatric Association Congress (Melbourne, 2018), and the European Psychiatric Association Congress (Warsaw, 2019). In addition to her clinical practice, she is involved in teaching, patient advocacy, digital health consultancy, and media engagement.

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Cheat sheet to Terms and Abbreviations commonly used in Sleep medicine

Abbreviation	Full Term	Explanation
AHI	Apnea-Hypopnea Index	Number of apneas and hypopneas per hour of sleep; used to diagnose and grade sleep apnea.
AI	Arousal Index	Number of arousals (brief awakenings) per hour of sleep.
CPAP	Continuous Positive Airway Pressure	Standard therapy for obstructive sleep apnea; delivers constant airflow to keep the airway open.
BiPAP / BPAP	Bi-level Positive Airway Pressure	Delivers two pressure levels: higher during inhalation, lower during exhalation.
APAP	Auto-titrating Positive Airway Pressure	Device that automatically adjusts pressure throughout the night based on patient's needs.
OSA	Obstructive Sleep Apnea	Sleep disorder caused by repetitive upper airway obstruction during sleep.
CSA	Central Sleep Apnea	Sleep disorder where the brain fails to send proper signals to breathing muscles.
RLS	Restless Legs Syndrome	Neurological disorder characterized by an uncontrollable urge to move the legs, often at night.
PLMS	Periodic Limb Movements of Sleep	Repetitive leg movements during sleep, often linked to RLS.
PSG	Polysomnography	Gold-standard overnight sleep study that records EEG, oxygen levels, heart rate, breathing, and movements.
MSLT	Multiple Sleep Latency Test	Daytime test following PSG; measures how quickly a person falls asleep in quiet situations.
ESS	Epworth Sleepiness Scale	Self-administered questionnaire measuring daytime sleepiness.
ISI	Insomnia Severity Index	Self-report tool used to evaluate severity of insomnia.
CBT-I	Cognitive Behavioral Therapy for Insomnia	First-line, evidence-based psychological treatment for chronic insomnia.
REM	Rapid Eye Movement (sleep)	Sleep stage associated with vivid dreaming and memory consolidation.
NREM	Non-Rapid Eye Movement (sleep)	Encompasses stages N1-N3, from light to deep restorative sleep.
Hypoxic Burden	—	A measure of the total 'load' of oxygen desaturation events across the night; reflects both the depth and duration of hypoxemia, and is increasingly recognized as a better predictor of cardiovascular risk than AHI alone.
ICSD	International Classification of Sleep Disorders	Standard diagnostic manual for sleep disorders.
TST	Total Sleep Time	Total duration of sleep obtained during a sleep period, usually measured in minutes or hours.
SE	Sleep Efficiency	Percentage of time in bed that is actually spent asleep; a measure of sleep quality.



DERSHNEE DEVAN

OCCUPATIONAL THERAPIST

Dershnee Devan Occupational Therapist with 27 years of clinical experience and a research interest in chronic pain. She has several postgraduate qualifications include a master's degree in the field of pain. She has held several leadership positions with PainSA and the Occupational Therapy Pain Management Group. She is the owner of Pain Coach a company specialising in the mentorship and training of clinicians in the field of chronic pain management and the host of Pain Bytes a podcast on the lived experience of pain. She is currently involved in clinical and vocational rehabilitation in the field of chronic pain in the private sector.



DR LIZE STEYN

Neurologist

Dr. Elizabeth Christina (Lize) Steyn is a South African neurologist with dual expertise in neurology and sleep medicine. She trained at the Universities of Pretoria, Witwatersrand, London (UCL), Cape Town, Sydney, and Edinburgh, with advanced qualifications in neurology, neuromuscular disease, and sleep medicine. Her clinical practice at Midstream Hill Medical Park focuses on sleep-disordered breathing, insomnia, parasomnias, restless legs syndrome, and neurological disorders affecting sleep. She is also active in medical education and research, contributing to publications and registrar training across Sub-Saharan Africa.

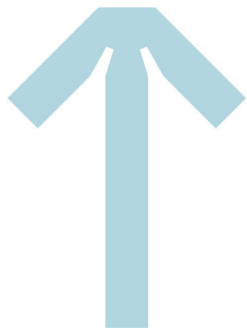


DR LUKE KRIGE

Pulmonologist

Dr Luke Krige qualified at Wits and specialised at Baragwanath Hospital, where he later headed the Pulmonology Unit. He has been in private practice in Port Elizabeth as a pulmonologist and intensivist for the past 40 years and has run a sleep lab for 35 years. He holds a postgraduate diploma and an MSc in Sleep Medicine from Oxford University. Dr Krige is the Director of the SA Sleep Lab, with units in Port Elizabeth, East London, Cape Town, and Johannesburg, all led by doctors he has trained in sleep medicine. He is also an associate lecturer at Nelson Mandela University Medical School, where he is establishing postgraduate diploma and MSc programmes in Sleep Medicine.

OUR SPEAKERS





DR IVAN JARDINE

ENT

Dr. Jardine graduated in ENT from Wits University in 1989 and later headed departments at Baragwanath, Coronation, and JG Strydom Hospitals. He was an early adopter of endoscopic sinus surgery and has presented internationally on the impact of septoplasty, splints, and uvula-related airway interventions on sleep apnea, snoring, hypertension, and quality of life. From 2012-2016, he practiced in Canada, continuing his clinical research. His patient-focused documentary *The Breath of Life* highlights the transformative results of these procedures. His presentation, *Snoring, Sleep Apnea and the Nose – More Than Meets the Eye*, draws on over 25 years of clinical experience.



DR ALISON BENTLEY

Sleep Physician

Dr. Bentley is a general practitioner with over 30 years' experience in sleep medicine. She holds a PhD in Restless Legs Syndrome and Periodic Limb Movement Disorder, has run both clinical and research sleep laboratories, and is the founding chairperson of the South African Society for Sleep and Health (SASSH). She has published over 30 peer-reviewed articles, supervised more than 30 postgraduate students, and delivered numerous local and international presentations. She currently runs a private practice, a home-based apnea screening company, and South Africa's first combined clinical, research, and sleep training clinic.



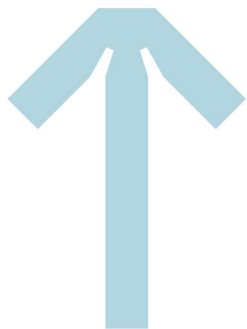
PROF KARINE SCHEUERMAIER

Physiology professorship

Prof. Karine Scheuermaier is an Associate Professor at the University of the Witwatersrand, where she researches sleep, circadian rhythms, and health in Sub-Saharan Africa using laboratory and epidemiological approaches. She previously served as a Research Fellow in Medicine at Harvard Medical School and Brigham and Women's Hospital, focusing on age-related changes in sleep and circadian biology.

She holds an MD from Université Paris Cité, an MSc in Clinical Research from Harvard Medical School, and earlier studied Public Policy and Economics at Sciences Po and Johns Hopkins SAIS, including a scholarship year at Brown University. Her work has been funded by the NIH and the South African Medical Research Council, and she has published widely on sleep, circadian rhythms, and their links to health outcomes.

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DR MIGNON HAMMAN

General practitioner

Dr. Mignon Hamman is a General Practitioner in Lynnwood, Pretoria, with special interests in Pain Management, Rheumatology, Endocrinology, and Sleep Medicine. She established her own practice in 2022 and completed the World Sleep Association's World Sleep Program (Tiers 1 & 2) in 2024, expanding her expertise in sleep medicine. She leads a multidisciplinary journal club at Colab Health and hosts public education events, promoting collaboration among professionals and empowering patients through knowledge. Her practice is rooted in holistic, evidence-based care. Her professional affiliations include PAINSA, SASSH, and the World Sleep Association.

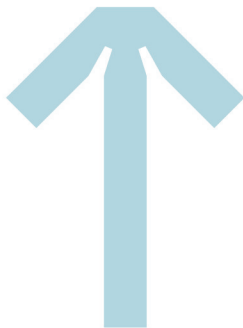


JACO SWART

Physiotherapist (PhD candidate)

Jaco Swart is a senior physiotherapist and director of multiple private out-patient practices in Pretoria and Johannesburg. He holds an MSc in Physiotherapy (with distinction) from the University of the Witwatersrand, where he is also a PhD candidate and associate lecturer. He has extensive teaching experience with both Wits and the University of Pretoria. With a professional focus on the intersection of healthcare and law, he runs a consulting firm that trains physiotherapists on business, legal, and compliance issues in private practice. He also holds an LLB (cum laude) from the University of South Africa and advanced medico-legal training from the University of Cape Town. His research integrates legal, ethical, and business frameworks into health services.

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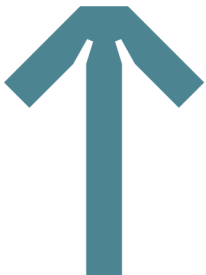
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