
ASTN SYMPOSIUM AT *WORLDSLEEP07*

The ASTN has arranged a symposium/panel discussion for the *worldsleep07* meeting in Cairns, to be presented from 8:00 am to 10:00 am on Monday 3 September as part of the main scientific program. This symposium, *Large-scale multicentre trials in sleep disorders*, provides a rare opportunity to learn about mounting investigator-initiated clinical trials in sleep health from the experience of distinguished international experts.

The symposium will be chaired by **Jan Hedner** of Göteborg University, Sweden and **Craig Anderson** of the University of Sydney and the George Institute for International Health.

Doug McEvoy of Flinders University will open the first part of the symposium with an overview of major questions in obstructive sleep apnea yet to be answered by large-scale clinical trials. A panel of experts will then provide comment from their own experience of conducting major trials. Panellists for this segment will be **Stuart Quan** of the University of Arizona, USA (co-investigator in the APPLES trial, and the Sleep Heart Health Study and TuCASA cohort studies); **Douglas Bradley** of the University of Toronto, Canada (principal investigator of the CANPAP study); **Terri Weaver** of the University of Pennsylvania, USA (principal investigator of the CATNAP trial examining functional outcomes in milder sleep apnea); and **Gianfranco Parati** of the University of Milano-Bicocca, Italy (an expert in hypertension and cardiovascular risk).

The second part of the symposium will focus on large-scale trials and insomnia. **Charles Morin** of the Université Laval, Canada will provide an overview of unanswered questions on interventions for this condition, showing where trials are still needed. This will be followed by comment from panellists **Colin Espie** of the University of Glasgow, UK (whose research includes trials of CBT for insomnia) and **Nick Glozier** of the University of Sydney and the George Institute for International Health (an expert in work disability). The last speaker for this section will be **Thomas Roth** of the Henry Ford Hospital, USA who will highlight gaps remaining in knowledge about pharmaceutical therapies for insomnia, and implications for future clinical trials.

This will be a compelling and illuminating symposium providing new insights for anyone who wishes to know more about best practice workable implementation of large-scale trials in sleep health.

OPPORTUNITIES TO JOIN MULTICENTRE STUDIES

During 2007, the ASTN has sponsored 'brainstorming' workshops in several fields of sleep research. At these workshops, core groups of researchers assessed possible studies in their field and selected one or two feasible and important studies which could be developed and implemented in our region with assistance from the ASTN. Studies identified in these workshops are currently being developed in the fields of:

- non-invasive ventilation
- insomnia
- shiftwork
- paediatric sleep health

A further workshop is planned for November to identify studies in obstructive sleep apnea.

Several of these groups will hold meetings at *worldsleep07* where people who might want to join the investigator group can learn more about the trials and provide their input.

If you want to know more about the studies or are interested in going to one of the meetings, contact Melanie Harris, ASTN National Project Officer via melanie.harris@rgh.sa.gov.au, tel +61 8 8275 1952, or at the ASTN booth at *worldsleep07*.

CONTACTING THE ASTN AT *WORLDSLEEP07*

The ASTN will have a booth at *worldsleep07* and we welcome all enquiries. If you have a proposal for a multicentre study or are interested in joining an investigator-initiated study or just want to know more about the network, call at the ASTN booth.

We also welcome discussions on possible international collaborations.

EARLY ANNOUNCEMENT OF ASTN OPEN FORUM IN MELBOURNE

The next meeting to be hosted by the ASTN will be an Open Forum, in association with the 2008 Annual Scientific Meeting of the Thoracic Society of Australia & New Zealand, in Melbourne, March/April 2008. Watch the ASTN website at www.sleeptrials.net to stay informed.