

## SGH Sleep Centre Care Team

**Dept of Respiratory & Critical Care Medicine**  
**Dr Leow Leong Chai**  
Consultant  
Director, SGH Sleep Centre

**Dr Anne Hsu**  
Senior Consultant

**Dr Ong Thun How**  
Senior Consultant

**Dr Tan Keng Leong**  
Senior Consultant

**Dr Constance Lo**  
Visiting Consultant

**Dept of Otolaryngology**  
**A/Prof Toh Song Tar**  
Senior Consultant

**Dr Han Hong Juan**  
Visiting Consultant

**Dept of Neurology**  
**A/Prof Pavanni Ratnagopal**  
Senior Consultant

**Dr Shahul Hameed**  
Senior Consultant

**Dr Lim Li Ling**  
Visiting Consultant

**Dept of Psychiatry**  
**Dr Sin Gwen Li**  
Senior Consultant

**Dr Tan Shian Ming**  
Consultant

**Dr Poon Shi Hui**  
Consultant

**Dr Wong Sheau Hwa**  
Visiting Consultant

**Dept of Psychology**  
**Mr Christopher Gabriel**  
Senior Principal Psychologist

**Mr Kevin Beck**  
Principal Psychologist

**Ms Kinjal Doshi**  
Principal Clinical Psychologist

**Ms Koay Way Inn**  
Psychologist II

The SGH Sleep Centre is the largest multidisciplinary and most complete adult sleep unit in Singapore. Our team comprises Respiratory physicians, ENT (Ear Nose Throat) surgeons, Neurologists, Psychiatrists, Psychologists and Sleep Technologists.

We offer the most comprehensive range of sleep services; inpatient and ambulatory sleep studies, outpatient consultation services for the evaluation, treatment and education of patients with sleep disorders.

Sleep disorders that we manage include sleep disordered breathing example obstructive sleep apnea, snoring and obesity hypoventilation syndrome, parasomnias, nocturnal epilepsy, REM sleep and movement disorders in sleep and insomnia.

Other services that we provide include Continuous Airway Positive Pressure (CPAP) therapy counseling, Chronic Non-invasive Ventilation service and Cognitive Behavioral Therapy for insomnia.

To make an appointment, please call the central appointment at 63214377.

## SKH Sleep Medicine Care Team

**Dept of General Medicine, Respiratory Medicine**  
**Dr Soh Rui Ya**  
Consultant

**Dept of Otolaryngology**  
**Dr Phua Chu Qin**  
Associate Consultant

**Dept of Neurology**  
**Dr Shahul Hameed**  
Senior Consultant

**A/Prof Pavanni Ratnagopal**  
Senior Consultant

**Dept of Psychiatry**  
**Dr Tan Shian Ming**  
Consultant

**Dr Tay Kai Hong**  
Associate Consultant

**Dept of Psychology**  
**Dr Farah Idu Jion**  
Psychologist

**Mr Mark Kenneth Rozario**  
Psychologist

For enquiries on our services, please call 63266621 or email us at [gnsdu@sgh.com.sg](mailto:gnsdu@sgh.com.sg)



**GP Forum**

**Date**  
Saturday  
16<sup>th</sup> March 2019

**Time**  
2.00pm to 5.00pm  
(Lunch starts at 1.00pm)

**Venue**  
Learning Space  
Singapore General Hospital  
Block 6, Level 1

Jointly organised by:



**PATIENTS. AT THE HE<sup>ART</sup> OF ALL WE DO.®**

## Patient Case Scenario 1

Mr S is a 54-year old male who snores loudly and wakes up gasping for air a few

times every night. Upon his wife's advice, he

decided to see a sleep doctor who suggested that he undergo a sleep study. He was later diagnosed with severe Obstructive Sleep Apnea. The doctor started him on Continuous Positive Airway Pressure (CPAP) therapy with the nasal CPAP mask, which improved his sleep quality. One year later, he experienced some nasal congestion which made it difficult for him to use the CPAP. The nasal sprays prescribed by his General Practitioner did not relieve the congestion. A review by the ENT doctor found that he had deviated nasal septum and inferior turbinate hypertrophy. He underwent septoplasty and inferior turbinoplasty with significant improvement of his nasal breathing. He was able to resume his CPAP usage after surgery.



## Patient Case Scenario 2

Mdm S is a 47-year old female who has difficulty falling asleep in recent months. This has resulted in anxiety before bedtime. Although she was prescribed sleeping pills, she minimizes the intake for fear of long-term effects of the medication. After being referred to a Psychiatrist by her GP, Mdm S was given numerous trials of psychotropics before finding one that suited her needs best. She has since reduced her intake of sleeping pills significantly.



Sleep plays a very important role in our physical health as we spend a third of our lives sleeping. Poor sleep causes dramatic health consequences and increased risk of developing chronic conditions. Many patients come to us with poor and non-refreshing sleep or difficulty initiating and maintaining sleep. There is a role for primary care, patients' family physicians like you to make a difference for your patients.

To find out answers to common sleep complaints in adults, we invite you to join us at our World Sleep Day GP Forum for an informative and practical session.

## Programme

1.00pm	<b>Lunch &amp; Registration</b>
2.00pm	<b>Opening Address</b> Dr Leow Leong Chai Director, SGH Sleep Centre Consultant, Dept of Respiratory & Critical Care Medicine (SGH)
2.05pm	<b>Using Ambulatory Sleep Testing Wisely</b> Dr Soh Rui Ya Consultant, Dept of Respiratory & Critical Care Medicine (SKH)
2.35pm	<b>Primary Care Diagnosis and Management of Restless Legs Syndrome and Periodic Limb Movements of Sleep</b> Dr Yong Ming Hui Associate Consultant, Dept of Neurology, National Neuroscience Institute (SGH)
3.05pm	<b>Surgery for Snoring and OSA</b> Dr Phua Chu Qin Associate Consultant, Dept of Otolaryngology (SKH)
3.35pm	<b>Tea Break</b>
3.50pm	<b>Primary Care Management of Insomnia</b> Dr Wong Sheau Hwa Visiting Consultant, Dept of Psychiatry (SGH)
4.20pm	<b>Cognitive Behavioral Therapy for Insomnia</b> Mr Kevin Roy Beck Principal Psychologist, Dept of Psychology (SGH)
4.50pm	<b>Q&amp;A Session</b>

GP Forum

Healthy  
Sleep,  
Healthy  
Living



## Registration

As seats are limited, we strongly encourage participants to register early. Please register online by 13th March via the link below or scanning the QR Code:

<https://tinyurl.com/wsdgpforum>



### Please note:

Pre-registration for this CME is **REQUIRED**. However, unless otherwise notified, all registrations received will be deemed as confirmed. 2 CME points will be awarded to all participants.

By providing the information for registration, you confirm that you have read, understood and consent to the SingHealth Data Protection Policy, a copy of which is available at <http://www.sgh.com.sg/Others/contact-us/Pages/PDPA.aspx>

Complimentary car park is available for confirmed participants only at SGH Blk 3, Basement 2