



THE SLEEP SOCIETY
Sleep Kelowna 2026
Kelowna, British Columbia
April 24–25, 2026
contactus@thesleepsociety.org

Friday, April 24, 2026

2:30pm – 3:45 - Registration: Open

3:45 – 4:00 (15 mins)

Opening Remarks: Why Sleep Kelowna 2026 and what we hope to achieve

TSS Membership Overview – clinical networking

Dr. Stephen Bray DDS

Kelowna, BC

4:00 – 4:45 (45 mins)

Presentation: Calming the Mental Madness

Dr. Kristi Yont DDS

Behavioural Sleep Medicine (Harvard)

Calgary, AB*

4:45 – 5:30 (45 mins)

Presentation: OSA and Cardiovascular Disease

Dr. Petr Polasek, MD, FRCPC, FACC

Cardiologist

Kelowna, BC

5:30 – 6:15 (45 mins)

Presentation:

Sleep and circadian strategy in human spaceflight, including the Artemis program.

Dr. Erin Flynn-Evans, PhD, MPH.

Director of the Fatigue Countermeasures Laboratory at NASA Ames Research Center.

Moffett Field, California.*

6:15 – 7:00 (45 mins)

Presentation: Sleep and Behaviour

Sam Stone, MACP, PGDip, BSc (Hons), CCC

Registered Family Counsellor

Kelowna, BC

7:15 – 8:30

Social: Cheese and Wine Networking Event

DOOR PRIZE

Saturday, April 25, 2026

7:00 – 8:30

Registration: Open

8:30 – 8:45 (15 mins)

Opening Remarks: Why “The Sleep Society” – what and why?

Dr. Stephen Bray, DDS

Kelowna, BC

8:45 – 9:30 (45 mins)

Clinical Findings in Behavioural Sleep Medicine

Dr. Anne Germain, BSc (Hons), MSc, PhD

CEO, Noctem

Pittsburgh, USA*

9:30 – 10:15 (30 mins)

Presentation: Muscle Research and Snoring Vibration Injury

Dr. Farhan Shah, BDS, MDS, PhD

Umeå University

Umeå, Sweden*

10:15 – 10:30

Break: Tea and Coffee

10:30 – 11:15 (45 mins)

CPAP Therapy in OSA

Tracey Heyworth, RRT, CRE

Respiratory Therapist.

Vernon, BC

11:15 – 12:00 (45 mins)

Into the Future with Oral Appliance Therapy

Dr. Fernanda Almeida, DDS, MSc, PhD

Professor, University of British Columbia

Vancouver, BC*

12:00 – 12:45 (45 mins)

Presentation: Surgical Options for Sleep-Disordered Breathing

Dr. Scott Martyna, DMD, MHA, FRCDC, FACS

Board-Certified OMFS

Kelowna, BC

12:45 – 1:15

Lunch: Included

1:15 – 1:45 (30 mins)

Distracted Driving and Drowsy Driving – a legal perspective

Paul Hergott, B Admin, LLB

Lawyer and Road Safety Advocate

Kelowna, BC

1:45 – 2:30 (45 mins)

The Dangers of Drowsy Driving

Dr. Harry Ball, BSc, LDS (Melb), M Counselling, Grad Dip Counselling, FDSM

Educator and Dentist

Melbourne, Australia*

2:30 – 3:00 (30 mins)

Drowsy Driving Accident Investigation

Calum Sanders

Fire Service First Responder UK

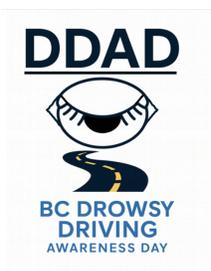
Kelowna, BC.

3:00 – 3:20 (20 mins)

BC Drowsy Driving Awareness Day (DDAD) The reason, the plan.

Dr. Stephen Bray, DDS

Kelowna, BC.



3:20 – 3:30

Break: TSS Membership Overview – clinical networking

Dr. Stephen Bray, DDS

Kelowna, BC

3:30 – 4:15 (45 mins)

COMISA – Everything You Wanted to Know

Dr. Alex Sweetman, PhD, BPsych (Hons)

University of South Australia

Adelaide*

4:15 – 4:45 (30 mins)

Why Behavioural Sleep Medicine is an Essential part of Sleep Medicine

Dr. Alex Sweetman, PhD, BPsych (Hons)

University of South Australia

Adelaide*

4:45 – 5:00 (15 mins)

Closing remarks

Sleep - Where Do We Go from Here? The Sleep Society and DDAD.

Dr. Stephen Bray, DDS

Kelowna, BC

Quality sleep is a legal and ethical human right, a biological requirement essential to sustaining and restoring health, and an expectation at the core of modern safety-critical systems, from transportation and first response to industry and public services.

We acknowledge that we are gathering on the traditional, ancestral, and unceded territories of the Indigenous Peoples of this region. We are grateful to be able to meet and learn here.

The Sleep Society advances awareness of quality sleep's importance to health and safety by connecting professionals across sleep-related fields, supporting collaboration, and sharing reliable education and updates. It serves as a multidisciplinary hub where practitioners can engage, learn, and remain visible within a unified community of Quality Sleep Care.