

Annual Summit on

Sleep Disorders & Medicine

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Breathing disordered sleep

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Everybody talks about sleep disordered breathing where the emphasis is that problems with sleep cause problems with breathing. For too long now the industry has been focusing on machines, mouthguard, drugs, surgery and other invasive and interventive devices to try to manage the sleep problems once they have happened. This is usually not that successful and the compliance rate is very low. My approach is that it is the other way round and that it is problems with breathing that cause problems with sleep. That makes much more sense to me because people spend 16-18 hours a day awake and only 6 or so hours asleep or trying to sleep. It is much more likely that the bad habits created during the day will carry over to the night and cause sleep problems than the other way around. My focus is on teaching people how to manage their daytime habits and functions so that they will not have such bad problems at night and in this way we provide a very important service to the sleep and medical industry by making it much easier for people to comply with night time intervention.

Biography

Roger L Price has completed his Post-graduate studies in Physiology, Pharmacology, Toxicology, Clinical Nutrition, Remedial Massage Therapy in 1968; Graduated BSc Pharmacy (Hons) in South Africa in 1961; Certified as Buteyko Method Practitioner and Trainer in 2001. He worked as Assistant Professor in Health Sciences and Medicine department in Bond University Australia from 2005. He had received a certificate on integrative medicine from Queensland University in 2008. He introduced the principle of bio-feedback capnometric assessment and evaluation to produce a real-time, accurate and meaningful picture of breathing mechanics, dynamics, physiology and biochemistry. He created the concept of Integrative Health Care Education - combining the principles of all of the above into a simple integrated package designed as a support service for the medical, dental and allied health professions. He is involved in Academy of Clinical Sleep Disorder Disciplines (ACSDD), American Academy of Gnathological Orthopedics (AAGO), American Academy of Physiologic Medicine and Dentistry (AAPMD), Australasian Sleep Association (ASA), Australian Asthma Research and Education Association (AAREA). At present he is the CEO and Consultant Respiratory Physiologist at Breathing well LLC.

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