

World Sleep Society & the Brazilian Sleep Association  
Present the Best of Sleep Medicine & Research

# WORLD SLEEP

October 21-25 2023 Rio de Janeiro  
BRAZIL

CALL  
FOR  
SCIENCE

[WORLD\\_SLEEP\\_CONGRESS.COM](http://WORLD_SLEEP_CONGRESS.COM)

WORLD SLEEP SOCIETY   
Advancing Sleep Health Worldwide

 Brazilian Sleep Association

# JOIN US FOR WORLD SLEEP 2023

“Submit your latest findings and join us  
in Rio de Janeiro, Brazil, to continue  
this tradition of scientific excellence  
and collegiality. – Dr. Phyllis Zee”



Dear Colleagues,

Thirty-one years ago,  
the World Sleep congress  
first gathered to discuss  
the latest in sleep medicine  
and research. Over the course

of these meetings – 16 of them,

now including Rome 2022 – many thousands  
of presenters have shared their study findings  
and ideas. Their work has helped to advance  
sleep and circadian research significantly and  
improved sleep health worldwide.

On behalf of World Sleep Society, I invite you  
to submit your latest findings and join us in Rio  
de Janeiro, Brazil, to continue this tradition of  
scientific excellence and collegiality. The 17th  
World Sleep congress, taking place over October  
21 – 25, 2023, will again feature the best in sleep  
medicine and research. With opportunities to  
hear from field leaders, meet and uplift young  
investigators, and connect with friends in person,  
World Sleep 2023 will surely be a rewarding  
experience. I hope to see you in Rio de Janeiro.

Sincerely,

Phyllis C. Zee, MD, PhD  
President, World Sleep Society

## Program Committee



Charles Morin, PhD – Chair  
Université Laval



Monica Levy Andersen, PhD  
Universidade Federal de São Paulo  
(UNIFESP)



Luciano Drager, MD, PhD  
University of São Paulo



Peter Eastwood, PhD  
Flinders University



Raffaele Ferri, MD  
Oasi Research Institute IRCCS



Birgit Högl, MD  
Medical University of Innsbruck



Clete Kushida, MD, PhD  
Stanford University Medical Center



Allan O'Bryan  
World Sleep Society



Judith Owens, MD  
Harvard Medical School



Thomas Penzel, PhD  
Charité Universitätsmedizin Berlin



Shelly Weiss, MD  
University of Toronto



Yun Kwok Wing, MBChB  
The Chinese University of Hong Kong

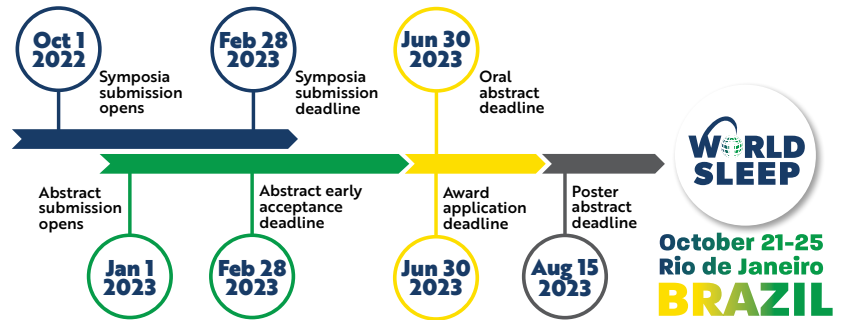


Edilson Zancanella, MD, PhD  
University of Campinas



Phyllis Zee, MD, PhD  
Northwestern University

# PROGRAM OVERVIEW



## Congress Dates and Location

October 21 – 25, 2023

Windsor Convention & Expo Center  
Rio de Janeiro, Brazil

## Clinical Courses, Scientific Presentations, and Social Events

The World Sleep congress is known for its international character and scientific excellence, creating connections that last – and help to build – careers in sleep science and medicine.

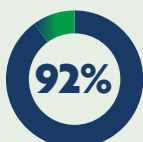
With its range of programmatic offerings, World Sleep 2023 will provide specialized education in sleep and circadian science, medicine, and technology that suits both leading researcher-clinicians and attendees newer to the field.

The five-day congress will feature a two-day course program (Saturday and Sunday) and three-day scientific program (Monday – Wednesday) with keynote lectures, symposium panels, abstract presentations, and more. Social events will include opening and closing receptions, a Monday-night gala dinner by the rainforest, and numerous affiliated meetings.

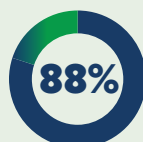
## Important Dates and Deadlines

- **Early registration opens**  
October 1, 2022
- **Symposia submission opens**  
October 1, 2022
- **Abstract submission opens**  
January 1, 2023
- **Early abstract review deadline**  
February 28, 2023
- **Symposium deadline**  
February 28, 2023
- **Oral and poster abstract deadline**  
June 30, 2023
- **Award application deadline**  
June 30, 2023
- **Standard registration rates begin**  
August 1, 2023
- **Late-breaking abstract deadline**  
August 15, 2023
- **Late/On-site registration**  
October 2, 2023
- **Congress dates**  
October 21 – 25, 2023

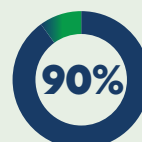
## What post-congress survey respondents thought of World Sleep 2022



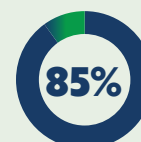
were satisfied with the overall scientific quality of the World Sleep 2022 program



said the program provided them with new ideas



would recommend the congress to colleagues who are new to the field of sleep



said in-person connection was a significant part of their decision to attend

# CALL FOR SYMPOSIA

## Submission Period

### Symposia Submission Period:

October 1, 2022 – February 28, 2023



### Submission Portal:

[worldsleepcongress.com/symposia](https://worldsleepcongress.com/symposia)

### Questions?

Contact [info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)

## Connect with the Global Sleep Community

World Sleep symposia provide an opportunity to present concepts and new data to an engaged global audience. Symposia feature four or five participants, including a chair, presenting original research around a shared theme or topic. Each symposium session is no more than 90 minutes.

Symposium proposals are ranked according to scientific and clinical significance, relevance of the topic, timeliness of the research, and broadness of the topic's appeal. ***Higher weight will be given to symposia with multi-national participation.***

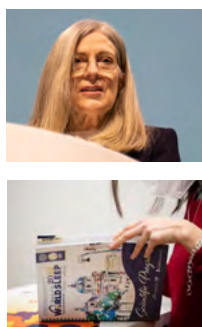
## Submission Requirements

Symposium proposals ***must***:

- Be focused on a single topic that is relevant and scientifically excellent
- Be complete (including title, summary, learning objectives, and target audience)
- Include all required speaker information (including title of speaker's presentation, full name, country, and email address)
- Fit into the 90-minute time slot allocated to each symposium
- Be received by World Sleep Society by no later than February 28, 2023

## Symposium Topic Categories

- Aging and Developmental Issues
- Basic Research
- Sleep and Cognition
- Chronobiology/Circadian Disorders
- Dental
- Dreaming
- Excessive Daytime Sleepiness/Hypersomnia
- Insomnia
- Movement Disorders
- Narcolepsy
- Neurological Sleep Disorders Affecting Sleep
- Parasomnia
- Pediatrics
- Pharmacology
- Psychiatric Disorders Affecting Sleep/Wake
- REM Behavior Disorders
- Restless Legs Syndrome (RLS)
- Sleep Breathing Disorders
- Sleep Health
- Technology/Technical
- Women



# CALL FOR ABSTRACTS

## Submission Period

**Abstract submission opens:** January 1, 2023

**Submission Period:** January 1, 2023 - June 30, 2023

**Late-breaking submissions due:** August 15, 2023

**Questions?**

Contact [info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)



### Present to an International Audience

Submit your sleep or circadian research to participate as a presenter in World Sleep 2023. Join hundreds of your colleagues to help create one of the largest, most diverse scientific programs in sleep.

All presented abstracts are published in a supplement of *Sleep Medicine*.

### Abstract Topic Categories

- Aging and developmental issues
- Behavior, cognition and dreaming
- Basic research
- Chronobiology/Circadian Disorders
- Dental
- Excessive daytime sleepiness (not narcolepsy)
- Hypersomnia
- Sleep health
- Insomnia
- Memory
- Movement disorders
- Narcolepsy
- Neurological sleep disorders affecting sleep
- Neural plasticity
- Other
- Pediatric
- Parasomnia
- Pharmacology
- Psychiatric disorders affecting sleep/wake
- REM behavior disorders
- Restless legs syndrome (RLS)
- Sleep breathing disorders
- Technology/technical
- Women

### Oral Abstracts

Authors have about 13 minutes to present their peer-reviewed research. Oral abstract presentations are organized into sessions with common topics or themes, and each session is chaired by an expert in the relevant area. Authors not selected for oral presentation are **automatically** given the opportunity to present the abstract in a poster session (i.e., re-submission to present a poster is not necessary).

### Poster Abstracts

Authors present their poster during one 45-minute poster abstract session. Posters can be presented at almost any stage in the research and provide an excellent opportunity for authors to discuss their methods and findings with other professionals.

### Young Investigator Awards

Young investigators meeting the requirements may apply for awards for presenting their research at World Sleep 2023. Awardees presenting oral abstracts will do so during special Young Investigator sessions. Awards require an application separate from the abstract submission, and applications are due June 30, 2023. Find more information at [worldsleepcongress.com/awards](https://worldsleepcongress.com/awards)



# ABOUT US



## World Sleep Society

The mission of World Sleep Society is to advance sleep health worldwide. World Sleep Society fulfills this mission by promoting and encouraging education, research, and patient care throughout the world, particularly in places underserved by sleep medicine. Become a member at [worldsleepsociety.org/membership](https://worldsleepsociety.org/membership)

## Associate Society Members of World Sleep Society

### Region of the Americas

- American Academy of Sleep Medicine
- Brazilian Sleep Society
- Canadian Sleep Society
- Federation of Latin American Sleep Societies
- International Pediatric Sleep Association
- International RLS Study Group
- Minnesota Sleep Society
- Peruvian Association of Sleep Medicine
- Sleep Research Society
- Society of Behavioral Sleep Medicine

### South-East Asian Region

- Asian Society of Sleep Medicine
- Indian Association of Surgeons for Sleep Apnoea
- Indian Sleep Disorders Association
- Indian Society for Sleep Research
- South East Asian Academy of Sleep Medicine
- Taiwan Society of Sleep Medicine

### Eastern Mediterranean Region

- Sleep and Wakefulness Medicine Moroccan Federation

### Western Pacific Region

- ASEAN Sleep Federation
- Asian Sleep Research Society
- Australasian Sleep Association
- Australasian Sleep Technologist Association
- Chinese Sleep Research Society
- Chinese Medical Doctor Association Sleep Medicine Specialized Committee
- Hong Kong Society of Sleep Medicine
- Integrated Sleep Medicine Society Japan
- Japanese Society of Sleep Research
- Vietnam Society of Sleep Medicine

### European Region

- Austrian Sleep Research Association
- British Sleep Society
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Czech Sleep Research and Sleep Medicine Society
- European Academy of Dental Sleep Medicine
- European Sleep Research Society
- European RLS Study Group
- Finnish Sleep Research Society
- French Society for Sleep Research and Sleep Medicine
- Georgian Sleep Research and Sleep Medicine Society
- German Sleep Society
- Israel Sleep Research Society
- Italian Association of Sleep Medicine
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Russian Society of Somnologists
- Serbian Sleep Society
- Turkish Sleep Medicine Society

## Brazilian Sleep Association

Brazilian Sleep Association (ABS), founded in August 1985 under the name Brazilian Sleep Society, is the interdisciplinary institution for all Brazilians who study sleep and who practice sleep medicine and related care. ABS promotes numerous activities, including courses, meetings with civil society and public policymakers, and the facilitation of sleep research and care.

