

September 5-10 2025 WORLD SLEEP — Singapore —



AI at World Sleep 2025

How is “artificial intelligence” changing the landscape of sleep medicine and research?

New perspectives, tools, and findings are being presented across a wide range of sessions in Singapore. Find the highlights below and complete session details at worldsleepcongress.com/program.

Registration

All symposia and keynotes can be accessed with a World Sleep congress registration.



Each course requires a separate ticket.

Register and purchase tickets at worldsleepcongress.com.

Scan or click



Type	Day/Time	Session Title	Notes
Course	Saturday, Sept 6 8am - 5pm	AI's potential to improve sleep research and sleep medicine*	Full AI focus See session details
Course	Saturday, Sept 6 1pm - 5pm	The future of diagnosis and management of OSA	Partial AI focus See session details
Course	Sunday, Sept 7 8am - 12pm	Wearable and sleep trackers*	Partial AI focus See session details
Keynote	Monday, Sept 8 8:00am - 8:45am	Thomas Penzel: Innovations in sleep technology: Advancing diagnosis and treatment of sleep disorders*	Partial AI focus See session details
Symposium	Monday, Sept 8 9:00am - 10:30am	WSS Task Force recommendations for use of consumer health trackers for sleep tracking	Partial AI focus See session details
Symposium	Monday, Sept 8 10:45am - 12:15pm	Associations of accelerometry-derived sleep variables with age-related disease outcomes and variations across sociodemographic groups and wearing time: Findings from the CHARGE Accelerometry Working Group	Partial AI focus See session details
Symposium	Monday, Sept 8 10:45am - 12:15pm	iRBD biomarkers through the lens of young scientists: What do we have and what do we need?	Partial AI focus See session details
Symposium	Monday, Sept 8 3:15pm - 4:45pm	New insights and opportunities into sleep and pregnancy health with wearable big data and digital health interventions*	Partial AI focus See session details
Symposium	Monday, Sept 8 3:15pm - 4:45pm	Harnessing sensors and big data to decipher the link between sleep health and cardiovascular risk Innovations and applications	Full AI focus See session details

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* Great introductory content for AI in sleep!

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Type	Day/Time	Session Title	Notes
Symposium	Monday, Sept 8 3:15pm - 4:45pm	Advancing biomarkers in isolated REM sleep behavior disorder: Pathways to clinical implementation	Partial AI focus See session details
Symposium	Monday, Sept 8 5:00pm - 6:30pm	Artificial Intelligence in Sleep Medicine: The Good, The Bad, The Ugly*	Full AI focus See session details
Symposium	Tuesday, Sept 9 9:00am - 10:30am	Bridging sleep research and practice: Leveraging implementation science to improve sleep equity around the globe	Partial AI focus See session details
Symposium	Tuesday, Sept 9 9:00am - 10:30am	Insomnia Sub-typing: Pathophysiology, phenotypes and differential treatment response	Partial AI focus See session details
Symposium	Tuesday, Sept 9 9:00am - 10:30am	Sleep Challenge 2025 Exhibition: Predicting all-cause mortality using physiological signals from the PSG	Full AI focus See session details
Symposium	Tuesday, Sept 9 9:00am - 10:30am	The role of autovideosomnography in research: How AI and big data are transforming pediatric sleep and development research	Partial AI focus See session details
Symposium	Tuesday, Sept 9 3:15pm - 4:45pm	Advances in proteomics, glycomics, and transcriptomic of sleep disorders	Partial AI focus See session details
Symposium	Tuesday, Sept 9 3:15pm - 4:45pm	Cracking the code: Deep signal analysis in sleep-disordered breathing	Full AI focus See session details
Symposium	Wednesday, Sept 10 9:00am - 10:30am	Sleep as a window to health: Artificial intelligence-enabled digital sleep biomarkers for disease prediction	Full AI focus See session details
Symposium	Wednesday, Sept 10 9:00am - 10:30am	RBD 1985-2025: Novel perspectives	Partial AI focus See session details
Symposium	Wednesday, Sept 10 10:45am - 12:15pm	AI approaches in pediatric sleep: Unraveling developmental sleep issues	Partial AI focus See session details
Symposium	Wednesday, Sept 10 12:30pm - 2:00pm	Shaping the future of sleep medicine: Evidence, innovations, and insights from sleep revolution	Full AI focus See session details
Symposium	Wednesday, Sept 10 12:30pm - 2:00pm	Digital advancements in oral appliance therapy for OSA	Partial AI focus See session details
Symposium	Wednesday, Sept 10 3:15pm - 4:45pm	Translation of endo-phenotyping of adult obstructive sleep apnea to the clinic	Full AI focus See session details
Symposium	Wednesday, Sept 10 3:15pm - 4:45pm	Beyond scoring: Transforming sleep medicine with AI*	Full AI focus See session details
Symposium	Wednesday, Sept 10 5:00pm - 6:30pm	Empowering women's sleep health through artificial intelligence*	Full AI focus See session details
Symposium	Wednesday, Sept 10 5:00pm - 6:30pm	Artificial intelligence approaches to physiologic signals in sleep medicine	Full AI focus See session details

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