

September 5-10 **2025**
WORLD SLEEP
— **Singapore** —



**PRELIMINARY
SCIENTIFIC
PROGRAM**



WORLDSEEPCONGRESS.COM

See You in Singapore

March 28, 2025



Dear World Sleep Community,

Our Program Committee recently met in Singapore to review over 230 symposium proposals – a record number. We were impressed by the high quality, innovation, and diversity of proposals about sleep and circadian rhythm research, as well as by the international collaborations of the research community. To see this snapshot of the field is at once humbling and energizing.

After careful review and lively discussion, the Program Committee accepted 114 symposia, forced to reject many high-quality submissions due to restrictions of space and time. New developments in genetics, artificial intelligence and consumer wearables will attract much interest and discussion in Singapore. The presentation of new findings will advance the understanding and treatment of sleep disorders in promising directions. This won't be a World Sleep to miss.

Look through the courses, keynotes, and symposia in this preliminary program, and I'm confident you'll find the best in sleep medicine and research. Look forward to meeting you in person in Singapore!

Sincerely,

Charles M. Morin, PhD | Chair, Program Committee
On behalf of the World Sleep 2025 Program Committee

September 5-10 **2025**
WORLD SLEEP
— Singapore —

Program Committee of World Sleep 2025



Charles Morin – Chair
(Canada)



Maree Barnes
(Australia)



Michael Chee
(Singapore)



Lourdes DelRosso
(United States)



Peter Eastwood
(Australia)



Raffaele Ferri
(Italy)



Fang Han
(China)



Seung Bong Hong
(Republic of Korea)



Yuichi Inoue
(Japan)



Gilles Lavigne
(Canada)



Sutapa Mukherjee
(Australia)



Allan O'Bryan
(United States)



Thomas Penzel
(Germany)



Dalva Poyares
(Brazil)



Yun Kwok Wing
(Hong Kong)



Phyllis C. Zee
(United States)

2025 Program Overview

Congress Dates

September 5 – 10, 2025

Courses

Saturday, September 6 –
Sunday, September 7, 2025

Scientific Program

Monday, September 8 –
Wednesday, September 10, 2025

Venue & Location

Suntec Singapore Convention & Exhibition Centre
1 Raffles Blvd, Singapore

Scientific Program Topics

- Aging and developmental issues
- Basic research
- Chronobiology / Circadian disorders
- Dental / Surgery
- Dreaming
- Excessive daytime sleepiness / Hypersomnia
- Insomnia
- Movement disorders / RLS
- Narcolepsy
- Neurological disorders affecting sleep
- Parasomnias and REM
- Pediatrics
- Pharmacology
- Psychiatric disorders
- Sleep and cognition
- Sleep breathing disorders
- Sleep health
- Technology
- Women's sleep health

Registration

Your World Sleep 2025 registration includes:

- All sessions over September 8 – 10
 - Keynotes
 - Symposia
 - Lunch sessions
 - Discussion groups and workshops
 - Poster & oral abstracts
- Exhibit hall
- Opening ceremony & reception



Separate tickets are required for:

- ASSM 2025 Scientific Meeting
- Courses over September 6 and 7
- World Sleep Foundation Awards Reception
- Gala dinner
- 5k Fun Run



Early registration ends July 1. Special rates for World Sleep Society members are available. Register at [worldsleepcongress.com](https://www.worldsleepcongress.com).

Meeting Organizers



World Sleep Society

The mission of World Sleep Society is to advance sleep health worldwide. A professional membership organization for sleep physicians, researchers, and other sleep professionals, World Sleep Society implements programs for its members, other sleep professionals, and publics worldwide. The biennial World Sleep congress is organized to build global connections among upcoming and experience professionals in sleep medicine and research.

Contact Information

World Sleep Society

 3270 19th Street NW, Suite 109
Rochester, MN 55901 USA

 +001-507-316-0084

 info@worldsleepsociety.org

 worldsleepsociety.org | worldsleepcongress.com

Have Questions?

Registration, Membership

info@worldsleepsociety.org

Scientific Program

Angie Granum, Meeting Manager

granum@worldsleepsociety.org

Exhibitor, Sponsor, Media

Tyler Ringstad, Communications Manager

ringstad@worldsleepsociety.org

Asian Society of Sleep Medicine

The Asian Society of Sleep Medicine (ASSM) is the official host society for World Sleep 2025 in Singapore. Founded in 2015, the ASSM promotes all aspects of sleep medicine and research in Asia. The ASSM regularly holds scientific meetings to encourage international exchange and knowledge transfer in sleep medicine, advancing sleep health for all Asian populations.

ASSM is holding a scientific meeting over September 6 and 7 at World Sleep 2025. A separate registration is required. Check worldsleepcongress.com/assm-2025 for the latest updates.

Experience Singapore

Opening Ceremony – Evening of Sunday, September 7

Join us for brief opening remarks, light refreshments, and entertainment, including the live performance of a Lion dance.

World Sleep Foundation Award Reception – Evening of Sunday, September 7

Celebrate the World Sleep community and support new investigators at the World Sleep Foundation Award Reception. All proceeds will fund new investigator awards at World Sleep 2027 in Montreal.

Gala Dinner – Evening of Tuesday, September 9

Dinner and conversation among the world-famous greenery of the Gardens by the Bay in Singapore – you won't want to miss this! Seats are limited, so pre-registration is strongly encouraged.

Start at worldsleepcongress.com/gala-dinner

5k Fun Run / Walk – Morning of Tuesday, September 9

Imagine this: you're at the waterfront in Singapore among friends and colleagues, the sun rising and lighting the skyline before you. After a little stretching, you set off on a light jog or walk around the bay. You pass by city parks, museums, and other waterfront attractions like the Marina Bay Sands Resort and the iconic Merlion statue. You cross the finish line, energized for another day at World Sleep – and you helped support young investigators!

New at World Sleep 2025, the 5k Fun Run is supported by World Sleep Foundation to raise funds for the Christian Guilleminault Young Investigator Fund. All proceeds will support the participation of young investigators at World Sleep 2027.

Learn more at worldsleepcongress.com/5K



Reserve Hotel

Accommodations at 10 hotels are available through the official housing bureau for World Sleep 2025. The booking deadline is July 11, but certain room blocks may sell out before then. Secure your preferred reservation soon.

Start at worldsleepcongress.com/hotel



September 5-10 **2025**
WORLD SLEEP
– Singapore –

Keynote Speakers

Monday, September 8

8:00am – 8:45am



Thomas Penzel, PhD (Germany)

K-01 Innovations in sleep technology: Advancing diagnosis and treatment of sleep disorders

2:15pm – 3:00pm



Tiina Paunio, MD, PhD (Finland)

K-03 Sleep and development: Exploring the impact of sleep on mental health in children



Russell Foster, PhD (United Kingdom)

K-02 Light, circadian rhythms and sleep: Fundamental mechanisms to new therapeutics



Hiroki R. Ueda, MD, PhD (Japan)

K-04 Towards human systems biology of sleep/wake cycles: The role of calcium and phosphorylation in sleep

Tuesday, September 9

8:00am – 8:45am



Lauren Hale, PhD (United States)

K-05 Social determinants and sleep health equity

2:15pm – 3:00pm



Mary Ip, MBBS(HK), MD(HK) (Hong Kong)

K-07 Cardiometabolic consequences of obstructive sleep apnea: Are we making progress?



Bei Bei, PhD (Australia)

K-06 Behavioral sleep interventions in women across the lifespan



Célyne Bastien, PhD (Canada)

K-08 Sleep misperception: A waking perspective

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Keynote Speakers

Wednesday, September 10

8:00am – 8:45am



Takafumi Kato, DDS, PhD (Japan)

K-09 Advances in dental sleep medicine: Understanding and managing sleep bruxism

2:15pm – 3:00pm



Björn Rasch, Dr. rer. nat (Switzerland)

K-11 Sleep and memory: Current state of research and future needs



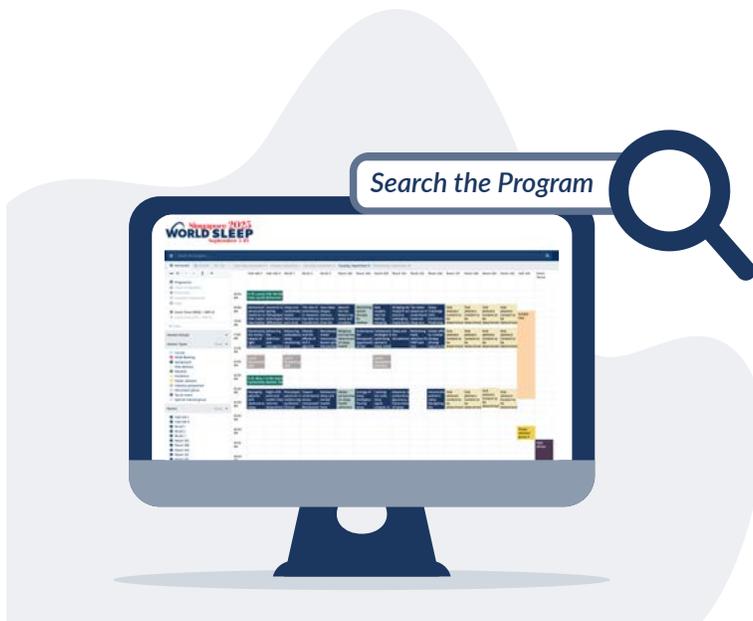
Ronald Postuma, MD (Canada)

K-10 REM sleep behavior disorder: Gateway to early diagnosis and therapy in synucleinopathies



Joshua Gooley, PhD (Singapore)

K-12 The hard facts supporting later learning start times



Search the Program Online

See all symposium details, including speakers and presentations, in the [online schedule](#). Browse through the sessions or use the search function to find specific speakers and topic keywords in the program.

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September 10, 2025

Saturday Courses



Ticket
required

8:00am – 5:00pm

C-01 **Circadian dysfunction in health and disease**

Chairs: Joshua Gooley (Singapore),
Phyllis C. Zee (United States)

C-02 **Year in review**

Chairs: Sean Drummond (Australia),
Dieter Riemann (Germany)

C-03 **AI's potential to improve sleep research
and sleep medicine**

Chairs: Amir Sharafkhaneh (United States),
Max Hirshkowitz (United States),
Thomas Penzel (Germany)



Ticket
required

8:00am – 12:00pm

C-04 **Sleep apnea diagnosis and management:
Current treatments**

Chairs: Naricha Chirakalwasan (Thailand),
Atul Malhotra (United States)

C-05 **Insomnia: Behavioral treatments**

Chairs: CM Yang (Taiwan, China),
Bei Bei (Australia)

C-06 **Pediatric sleep medicine**

Chairs: Rosemary Horne (Australia),
Michal Kahn (Israel)



Ticket
required

1:00pm – 5:00pm

C-07 **The future of diagnosis and management
of OSA**

Chairs: Danny Eckert (Australia),
Robert Thomas (United States)

C-08 **Insomnia: Pharmacological treatments**

Chairs: David Neubauer (United States),
YK Wing (Hong Kong)

C-09 **Adolescent sleep medicine**

Chairs: Perran Boran (Turkey),
Judith Owens (United States)

Course Committee

Sonia Ancoli-Israel (United States), Naricha Chirakalwasan (Thailand), Meir Kryger (United States),
Clete Kushida (United States), Karen Spruyt (France)

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Sunday Courses



Ticket
required

8:00am – 5:00pm

C-10 **Narcolepsy and other hypersomnias of central origin: From mechanism to management**

Chairs: Fang Han (China),
Morenikeji Komolafe (Nigeria)

C-11 **Aging, neurodegeneration and sleep**

Chairs: Aleks Videnovic (United States),
Mei Sian Chong (Singapore)

C-12 **Sleep-related movement disorders**

Chairs: John Winkelman (United States),
Yuichi Inoue (Japan), Raffaele Ferri (Italy)



Ticket
required

1:00pm – 5:00pm

C-17 **Cardiovascular consequences of sleep apnea: What is new?**

Chairs: Virend Somers (United States),
Kate Chan (Hong Kong)

C-18 **Essentials of sleep surgery: Tools, techniques, and tactics**

Chairs: Stanley Liu (United States), Shaun Loh (Singapore),
Maria Suurna (United States)

C-19 **Parasomnias**

Chairs: Carlos Schenck (United States),
Federica Provini (Italy)

C-20 **Sleep health**

Chairs: Daniel Buysse (United States),
Rebecca Robillard (Canada)

C-21 **Genetics and sleep disorders**

Chairs: Juliane Winkelmann (Germany),
Sutapa Mukherjee (Australia)



Ticket
required

8:00am – 12:00pm

C-13 **Comorbid insomnia and sleep apnea (COMISA): When common conditions co-occur**

Chairs: Jennifer Martin (United States),
Melinda Jackson (Australia)

C-14 **Dental sleep medicine**

Chairs: Mimi Yow (Singapore),
Steven Carstensen (United States)

C-15 **Wearables and sleep trackers**

Chairs: Michael Chee (Singapore),
Cathy Goldstein (United States)

C-16 **Sleep, psychiatry, and mental health**

Chairs: Ahmed BaHammam (Saudi Arabia),
Charles Morin (Canada)

C-22 **Occupational health and shift work**

Chairs: Mark Howard (Australia),
Sveta Postnova (Australia)

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Monday Symposia

9:00am – 10:30am

Pharmacotherapy of obstructive sleep apnea in 2025

Chairs: Atul Malhotra (United States),
Vsevolod Polotsky (United States)

The Global Adolescent Sleep Project (GASP): A Summary of the Findings, Research Gaps and Future Directions

Chair: Judith Owens (United States)

Challenges of using cognitive behavioural treatment for insomnia in specific patient groups and settings

Chairs: Kai Spiegelhalter (Germany),
Shirley Xin Li (Hong Kong)

WSS Task Force recommendations for use of consumer health trackers for sleep tracking

Chairs: Michael Chee (Singapore),
Clete Kushida (United States)

OSA, neurodegeneration and neurocognitive decline: New insights and future directions

Chairs: Najib Ayas (Canada),
Sutapa Mukherjee (Australia)

Sleep health and aging: A decade research and its global implications

Chairs: Daniel Buysse (United States),
Soomi Lee (United States)

Hypersomnolence in focus: Orexin as the key to treating comorbidities and secondary diseases?

Chairs: Anna Heidbreder (Austria),
Lucie Barateau (France)

Decoding neurological sleep disorders: Genetic and omics approaches to advance clinical practice

Chairs: Hanna Ollila (Finland),
Richa Saxena (United States)

The medical and dental aspects of Asian and Caucasian populations in cardiosleep outcomes with oral appliance therapy on sleep-disordered breathing, blood pressure control, and maladaptive myocardial remodelling

Chairs: Mimi Yow (Singapore), Jing-Hao Ng (Singapore)

Mechanisms underlying REM sleep memory modification

Chairs: Lucia Talamini (Netherlands),
Gina Poe (United States)

Prefrontal cortical orchestration of sleep: The missing link between sleep disruption and psychiatric disease?

Chairs: Lukas Krone (United Kingdom),
Franz Weber (United States)

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Monday Symposia

10:45am – 12:15pm

Narcolepsy: Examining the science, impact, and current unmet needs

Chairs to be confirmed

World Health Organization report on road safety: Pathway to global professional driver work hours regulations

Chairs: Mark Howard (Australia), Arezu Najafi (Iran)

45 years on from CPAP: Therapeutic options for pediatric OSA

Chairs: Colin Sullivan (Australia), Jasneek Chawla (Australia)

Sleep loss increases intrusive memories: But, how?

Chairs: Sean Drummond (Australia), Jessica Ogden (Australia)

Sleep and health problems among shift workers across the world: Novel findings, challenges, and future perspectives

Chairs: Bjørn Bjorvatn (Norway), Siri Waage (Norway)

Discussion Group | Leading the charge: Sleep medicine's role in a healthier planet

Chairs: Timothy Morgenthaler (United States), Teofilo Lee-Chiong (United States)

iRBD biomarkers through the lens of young scientists: What do we have and what do we need?

Chairs: Bradley Boeve (United States)

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

Chairs: Heming Wang (United States)

Exploring the intersections of sleep bruxism, orofacial pain, insomnia, and obstructive sleep apnea

Chairs: Ghizlane Aarab (Netherlands), Peter Svensson (Singapore)

Current evidence on cardiometabolic diseases and sleep disorders; Asian Perspectives

Chairs: Yuichi Inoue (Japan), Naricha Chirakalwasan (Thailand)

Patterns of plates and pillows: Exploring the bidirectional interplay between sleep and circadian rhythms, and eating behavior and metabolic outcomes

Chairs: Morgan H James (Australia), Joel S Raymond (United States)



Lunch symposia will follow.

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Monday Symposia

3:15pm – 4:45pm

Harnessing sensors and big data to decipher the link between sleep health and cardiovascular risk: Innovations and applications

Chair: Alessandro Silvani (Italy)

Novel approaches to address sleep problems in young children: Evidence from 5 randomized controlled trials

Chair: Michal Kahn (Israel)

Open science initiatives

Chairs: Thomas Penzel (Germany),
Michael Chee (Singapore), Fang Han (China)

Advancing biomarkers in isolated REM sleep behavior disorder: Pathways to clinical implementation

Chair: Shady Rahayel (Canada)

Symptom subtypes of obstructive sleep apnea: Past, present, and future

Chairs: Peter Cistulli (Australia), Allan Pack (United States)

Global insights and emerging perspectives on sleep (ir)regularity

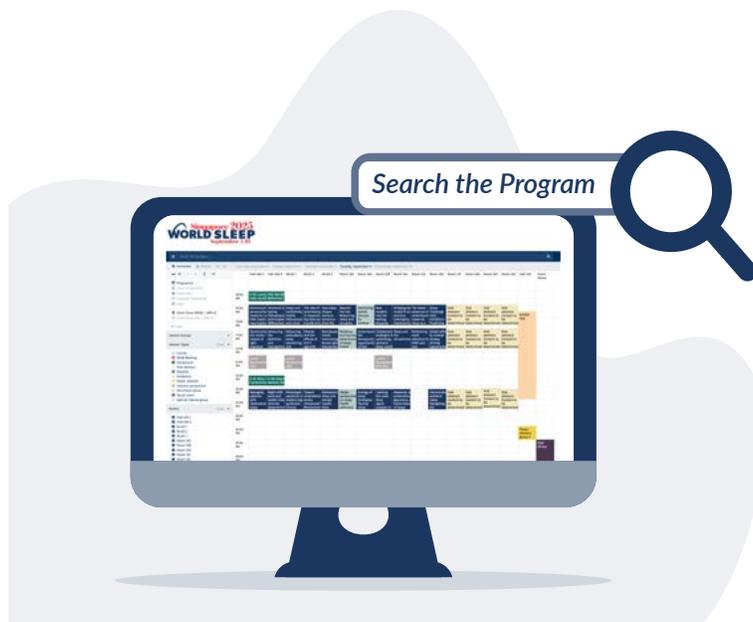
Chairs: Andrew Phillips (Australia), Amy Reynolds (Australia)

ISSS symposium: Neurostimulation in the treatment of obstructive sleep apnea: Current understanding, challenges and the future

Chairs: Song Tar Toh (Singapore),
Maria Suurna (United States)

New insights and opportunities into sleep and pregnancy health with wearable big data and digital health interventions

Chairs: Massimiliano de Zambotti (United States),
Laura Palagini (Italy)



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Monday Symposia

5:00pm – 6:30pm

Sleep and digital media myth-busting: What should the recommended guidelines be for children, adolescents and young adults?

Chairs: Emma Louise Gale (United Kingdom),
Serena Bauducco (Sweden)

Sleep, sleep disorders and neurodegenerative diseases: Novel insights on mechanisms and interventions

Chairs: Thien Thanh Dang-Vu (Canada),
Géraldine Rauchs (France)

Discussion Group | Global health updates; Political funding; State of the field

Chair: Peter Eastwood (Australia)

Discussion Group | Artificial Intelligence in Sleep Medicine: The Good, The Bad, The Ugly

Chairs: Qurratul (Afifa) Shamim-Uzzaman (United States),
Seema Khosla (United States)

Sleep-Immune interactions and the role of sleep in Long COVID

Chairs: Janet Mullington (United States), Estefania
Martinez Albert (Germany)

Discussion Group | Cannabis for the treatment of sleep disorders: What's the POT-ential?

Chairs: Ron Grunstein (Australia),
Paul Muchowski (United States)

Social and neuropsychological outcomes in central disorders of hypersomnolence

Chairs: Yaroslav Winter (Germany),
Anne Marie Morse (United States)

New circuits underlying REM sleep regulation and homeostasis

Chairs: Luis de Lecea (United States),
Pierre-Herve Luppi (France)

Sleep well, feel well: Enhancing mental health across the lifespan through sleep interventions

Chairs: Cele Richardson (Australia),
Christin Lang (Switzerland)

Best of SLEEP MEDICINE – Journal Highlights 2025

Chairs: Winfried Randerath (Germany),
Oliviero Bruni (Italy)

To wake up or continue sleep: Arousal dynamics and sleep stability in health and disease

Chairs: Rick Wassing (Australia),
Alejandro Osorio-Forero (Colombia)

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Tuesday Symposia

9:00am – 10:30am

Revolutionizing personalized medicine in OSA: Exploring new treatment modalities

Chairs: Ding Zou (Sweden),
Harald Hrubos-Strøm (Norway)

Insomnia Sub-typing: Pathophysiology, phenotypes and differential treatment response

Chairs: Rachel Chan (Hong Kong), Jihui Zhang (China)

Sleep and cardiometabolic health: Pathophysiology, and novel preventive and therapeutic strategies

Chairs: Dalva Poyares (Brazil),
Helga Margrét Skúladóttir (Iceland)

The role of autovideosomnography in research: How AI and big data are transforming pediatric sleep and development research

Chair: Oliviero Bruni (Italy)

How sleep shapes memory dynamics from the lens of reactivation: New insights and future directions

Chairs: Xiaoqing Hu (Hong Kong),
Eitan Schechtman (United States)

Beyond the lab: Measuring sleep and circadian rhythms in naturalistic settings

Chairs: Leila Tarokh (Switzerland),
Mary Carskadon (United States)

Discussion Group | Optimizing opioid therapy for restless legs syndrome /Willis-Ekbom disease: Insights from basic science to clinical practice

Chairs: Yuichi Inoue (Japan),
John Winkelman (United States)

New insights into the waking, sleeping and dreaming brain

Chairs: Elda Arrigoni (United States),
Patrick Fuller (United States)

Bridging sleep research and practice: Leveraging implementation science to improve sleep equity around the globe

Chair: Suzanne Bertisch (United States)

The latest advances in understanding maternal sleep as a modifiable contributor to safer outcomes for mother and baby

Chairs: Ghada Bourjeily (United States),
Danielle Wilson (Australia)

Sleep Challenge 2025 Exhibition: Predicting all- cause mortality using physiological signals from the PSG

Chairs: Diane Lim (United States),
Toshihiro Imamura (United States)

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Tuesday Symposia

10:45am – 12:15pm

Illuminating the minds: Impact of light exposure on circadian rhythms and health

Chairs: Joey Chan (Australia), Jacob Crouse (Australia)

Advancing the definition and management of childhood obstructive sleep apnea (OSA)

Chairs: Indra Narang (Canada), Albert Li (China)

Advancing ambulatory sleep monitoring and diagnostics through innovative sensor technologies

Chairs: Ralf Seepold (Germany),
Jihye Moon (United States)

Obesity and the effects of GLP-1 agonists on OSA

Chairs: Richard Schwab (United States),
Ron Grunstein (Australia)

Narcolepsy meets immunology: Recent global discoveries in its pathophysiology

Chairs: Emmanuel Mignot (United States),
Rolf Fronczek (Netherlands)

Discussion Group | Religious and spiritual determinants of sleep health

Chair: Chandra Jackson (United States)

Understanding the therapeutic opportunities of iron treatment in RLS

Chairs: Diego Garcia-Borreguero (Spain),
Claudia Trenkwalder (Germany)

Collaborative strategies for optimizing pediatric sleep health

Chairs: Leopoldo Pedro Correa (Mexico),
Christine Hong (United States)

Sleep and the microbiome

Chairs: Charles Morin (Canada), YK Wing (Hong Kong)

Rethinking mask selection for CPAP and non-invasive ventilation: Facts and perspectives

Chairs: Pedro Genta (Brazil), Patrick Strollo (United States)

Global efforts to combat drowsy driving: Opportunities and challenges to save more lives

Chairs: Andrew Vakulin (Australia), Arezu Najafi (Iran)



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Tuesday Symposia

3:15pm – 4:45pm

Managing patients with obstructive sleep apnea and obesity with GLP-1 receptor agonists

Chairs: Clete Kushida (United States),
Patrick Strollo (United States)

Night shift work and health risks: Internal desynchrony and underlying mechanisms

Chairs: Hans Van Dongen (United States),
Gabriela Hurtado-Alvarado (Mexico)

Phenotypic spectrum of restless legs syndrome: Clinical insights and research perspectives

Chairs: Diego Garcia-Borreguero (Spain),
Lourdes DelRosso (United States)

Toward understanding dream interpretation: Mechanisms and functions of REM sleep

Chairs: Yu Hayashi (Japan), Shoi Shi (Japan)

Adolescent sleep and mental health: From challenges to solutions

Chairs: Shirley Xin Li (Hong Kong),
Michael Gradisar (Sweden)

Discussion Group | Global perspectives on sleep health advocacy: Insights and experiences across five continents

Chairs: Rebecca Robillard (Canada), Arezu Najafi (Iran)

Ecology of sleep strategies: Placing sleep function in a broader context

Chairs: Markus Schmidt (Switzerland),
Gianina Ungurean (Germany)

Cracking the code: Deep signal analysis in sleep-disordered breathing

Chairs: Ding Zou (Sweden), Liang-wen Hang (Taiwan)

Advances in proteomics, glycomics, and transcriptomics of sleep disorders

Chairs: Raffaele Ferri (Italy), Maria Paola Mogavero (Italy)

Harmonizing pediatric sleep: Navigating the complexities and diversities in managing sleep-related breathing disorders across borders

Chairs: Karen Spruyt (France),
Umakanth Katwa (United States)



Gala Dinner



7:00pm



Tuesday, September 9



Gardens by the Bay



Learn more at

worldsleepcongress.com/gala-dinner

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Wednesday Symposia

9:00am – 10:30am

Can OSA in adults be prevented by interventions in children?

Chairs: Rafael Pelayo (United States),
Audrey Yoon (United States)

Practical telemonitoring implementation to improve outcomes in home mechanical ventilation globally, across diverse clinical settings and regions

Chair: Alejandra Lastra (United States)

Restless legs syndrome and cardio-cerebro-vascular disease: Clinical associations and implications

Chairs: Garima Shukla (Canada)

The role of glia in sleep regulation and sleep homeostasis: Implications for cognitive function and mental health

Chairs: Peter Meerlo (Netherlands),
Carolina Gutierrez Herrera (Switzerland)

Sleep as a window to health: Artificial intelligence-enabled digital sleep biomarkers for disease prediction

Chairs: Yue Leng (China), Haoqi Sun (United States)

Cognitive symptoms in narcolepsy and idiopathic hypersomnia: Neurobiology, functional impact, and clinical research

Chairs: Kiran Maski (United States),
Lucie Barateau (France)

Guiding light for metabolic health: Lessons from bench to field studies for therapeutic insights

Chairs: Minjee Kim (United States),
Kathryn Reid (United States)

Tales from the edge: What can we learn about sleep from non-WEIRD (Western, Educated, Industrialized, Rich, and Democratic) sleep research?

Chairs: Adrian Willoughby (Singapore)

RBD 1985-2025: Novel perspectives

Chairs: Carlos Schenck (United States),
Birgit Högl (Austria)

Napping and its associations with health and cognition across the life span

Chairs: Gianluca Ficca (Italy), Vincenzo Muto (Belgium)

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Wednesday Symposia

10:45am – 12:15pm

Consumer sleep technology: Usefulness and reliability for patients and practitioners

Chair: Walter McNicholas (Ireland)

AI approaches in pediatric sleep: Unraveling developmental sleep issues

Chair: Karen Spruyt (France)

Innovative approaches to sleep disorders and craniofacial health: Bridging research and clinical practice

Chairs: Juliana Tereza Colpani (Singapore),
Raymond Chung Wen Wong (Singapore)

Gender disparities in obesity hypoventilation syndrome: From diagnosis and treatment to outcomes

Chairs: Babak Mokhlesi (United States),
Juan Fernando Masa Jimenez (Spain)

Novel developments in psychotherapy for insomnia

Chairs: Elisabeth Hertenstein (Switzerland),
Dieter Riemann (Germany)

Restless legs syndrome: Exploring genetic diversity, racial differences, and phenotypes

Chairs: Yuichi Inoue (Japan), Ambra Stefani (Austria)

The impact of sleep on frailty, sarcopenia, and falls: Investigating novel risk factors in aging populations

Chairs: Dalva Poyares (Brazil), Andrew Vakulin (Australia)

The impact of war on sleep: Uncovering the mechanisms that link trauma exposure and sleep quality across different cohorts and age groups

Chair: Tamar Shochat (Israel)

Unveiling and addressing sleep health disparities in indigenous peoples around the world

Chairs: Wendy Troxel (United States),
Sarah-Jane Paine (New Zealand)

The link between heart rate variability, autonomic alterations, and sleep disorders across lifespan and pathologies

Chairs: Raffaele Ferri (Italy), Monica Puligheddu (Italy)

FRIDAY
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SATURDAY
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SUNDAY
September 7, 2025

MONDAY
September 8, 2025

TUESDAY
September 9, 2025

WEDNESDAY
September 10, 2025

Wednesday Symposia

12:30pm – 2:00pm

No strings attached: Harnessing novel contactless technology for sleep health and beyond

Chairs: Yue Leng (China), Derk-Jan Dijk (United Kingdom)

Circadian rhythm sleep-wake disorders: Relevance to behavior and comorbidity

Chairs: Corrado Garbazza (Switzerland), Tsuyoshi Kitajima (Japan)

Obstructive sleep, apnea: Studies by early-stage investigators

Chairs: Allan Pack (United States), Nigel McArdle (Australia)

Beyond the classical pentad: Narcolepsy from a multimodal perspective

Chairs: Emmanuel Mignot (United States), Birgit Högl (Austria)

Promoting infant sleep in different cultures: Lessons from developing, adapting and evaluating innovative sleep interventions for infants in various cultures

Chairs: Ree M. Meertens (Netherlands), Justin A. Lavner (United States)

The rhythm of rest: Exploring the cognitive and psychological benefits and drawbacks associated with intraindividual variability in sleep

Chairs: June Lo (Singapore), Shirley Xin Li (Hong Kong)

ISSS symposium: The role of anatomic surgery in adult sleep apnea patients failing conventional treatments: Latest evidence and guidelines

Chairs: Lyndon Chan (Australia), Thomas Kaffenberger (United States)

Digital advancements in oral appliance therapy for obstructive sleep apnea

Chair: Subha Giri (United States)

Cardiovascular implications of sleep disruption in women: Emerging evidence and clinical implications

Chairs: Snigdha Pusalavidyasagar (United States), Virend Somers (United States)

Shaping the future of sleep medicine: Evidence, innovations, and insights from sleep revolution

Chairs: Timo Leppänen (Finland), Erna Sif Arnardóttir (Iceland)

Waking up the workforce: Exploring the impact of sleep on workplace performance, decision-making, and outcomes

Chairs: Rónán Doherty (Ireland), Christopher Barnes (Singapore)

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WORLD SLEEP
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WEDNESDAY
September 10, 2025

Wednesday Symposia

3:15pm – 4:45pm

Narcolepsy: World clock turning back time on diagnostic delays in NT1

Chairs to be confirmed

Beyond scoring: Transforming sleep medicine with AI

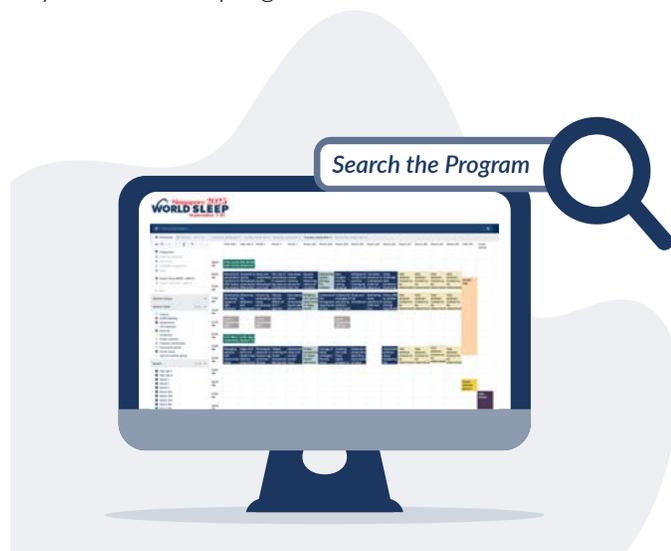
Chairs: Matteo Cesari (Austria), Manuel Schabus (Austria)

Sleep, sleep apnea, and heart rhythm: All you can learn

Chairs: Younghoon Kwon (Korea, Republic of), Chih-Chieh Yu (Taiwan)

Search the Program Online

See all symposium details, including speakers and presentations, in the [online schedule](#). Browse through the sessions or use the search function to find specific speakers and topic keywords in the program.



Examining sleep contributions to pathways from stress to affective psychopathology in children and youth

Chair: Erika Forbes (United States)

Chrononutrition to optimize health

Chair: Frank A.J.L. Scheer (United States)

Translation of endo-phenotyping of adult obstructive sleep apnea to the clinic

Chairs: Danny Eckert (Australia), Thomas M Tolbert (United States)

Targeting sleep disturbances in mental disorders: Does it make the difference?

Chairs: Pierre Alexis Geoffroy (France), Dieter Riemann (Germany)

The mind throughout the sleep-wake cycle: The importance of cognitive phenomenology in sleep clinics

Chairs: Andrea Galbiati (Italy), Francesca Siclari (Netherlands)

New insights on the control of breathing during sleep and innovative genetic approaches for obstructive sleep apneas

Chairs: Stefano Bastianini (Italy), Elda Arrigoni (United States)

Sleep in athletes and the application to occupational settings

Chairs: Ian Dunican (Australia), Ashley Montero (Australia)

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September 10, 2025

Wednesday Symposia

5:00pm – 6:30pm

The role of sleep and circadian factors for motivation and behaviour

Chairs: John Axelsson (Sweden),
Leonie Balter (Netherlands)

Artificial intelligence approaches to physiologic signals in sleep medicine

Chairs: Najib Ayas (Canada),
Ali Azarbarzin (United States)

The molecular link between sleep and neurodevelopment

Chairs: Gustavo Moreira (Brazil),
Magda LaHorgue Nunes (Brazil)

Empowering women's sleep health through artificial intelligence

Chairs: Leila Emami (Iran), Shirin Shafazand (United States)

Sleep and long COVID: From epidemiology to future prevention on behalf of Second International COVID-19 Sleep Study (ICOSS-II) group

Chairs: Markku Partinen (Finland),
Bjørn Bjorvatn (Norway)

Discussion Group | Simple snoring: Not simple, not hopeless

Chairs: Ofer Jacobowitz (United States),
Edilson Zancanella (Brazil)

Novel sleep intervention trials for enhancing brain health across the lifespan

Chairs: Katie Stone (United States), Yue Leng (China)

Children's sleep in context: The role of social, economic, and educational policy and practice in early sleep development

Chair: Karen Thorpe (Australia)

The waking nightmare: Unraveling the evidence behind the intertwined pathways between sleep and cancer

Chairs: Sergio Tufik (Brazil), David Gozal (United States)

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