Singapore 2025
WORLD SLEEP

Sunday September 7th

Room 327

Technologist Session

PROGRAM

Why a course for sleep technologists?

Undoubtedly, a large part of the work of sleep medicine specialists involves best practices in the instrumental diagnosis of sleep disorders.

Polysomnography, Cardiorespiratory Monitoring, MSLT (Multiple Sleep Latency Test), MWT (Maintenance of Wakefulness Test), Actigraphy, and New Screening Tools are mandatory procedures that allow for a correct diagnosis.

Without a correct diagnosis, there can obviously be no effective therapy.

Sleep Tech represents the best answer to this need today.

However, the various aspects of the profession must be regulated according to international standards.

From training to the implementation of professional services, a single and unequivocal path must be undertaken.

These events are the ideal opportunity to achieve this goal, thanks to the sensitivity of the World Sleep Society and other international scientific societies, now more than ever.

Attend the Technology Session on Sunday, September 7th, in Room 327 from 8:00 AM to 12:30 PM and discover the opportunities to interact with expert sleep technicians from around the world.

Thank you

FACULTY

Carlos Teixeira (Portugal)
Carlos Teixeira started working in sleep in 2007 and has continued to do so ever since. He received his RPSGT accreditation in 2012, and he sat and gained his title as a European Sleep Research Society Somnologist -Technologist in 2016. He is currently an invited Assistant Professor for the EEG and Sleep syllabus in the BSc of Clinical Physiology and co-heading a Post-Graduate Course in Sleep Medicine in Portugal. As well as his position as President of the European Society of Sleep Technologists, Carlos is a member of the Examination Subcommittee for the ESRS and is also part of the FESMES (Federación Española de Sociedades de Medicina del Sueño) sleep technicians exam committee. Since 2023, he has also been the Director of International Clinical Affairs at Nox Medical.

Paolo Matrigiani (Italy)
Paolo Matrigiani is a Neurophysiology Technician, Sleep Technologist, and a student in the Master's Degree program in Neuroscience. He has dedicated the last 12 years totally to Sleep Medicine. Is a member of the Sleep Special Interest Group (AITN) and works in a Neurophysiopatology Department – Sleep Medicine Center - at "Parodi Delfino Hospital" in Italy since 2005. He collaborated with a Sleep Medicine Center, "San Raffaele", Milan, as a researcher in a trial study.
He completed his Good Clinical Practice (ICH GCP E6R3) Certification in July 2025. He is the author of the book "Sonno. Cosa può non andare nella nostra vita", published in 2019 by Anicia

Editore. Is a current member of the board of the European Society of Sleep Technologists. Speaker and Chair in various international meetings (Rome WSC 2022, Rio de Janeiro WSC 2023, Athens ESRS 2022, Seville ESRS 2024, and various national meetings). In October 2024, he was the Scientific Director of SLEEPTECH 2024, the first International Sleep Tech Conference in Italy.

Amber Allen (USA)

Amber Allen is the current President of the Board of Registered Polysomnographic Technologists (BRPT) and the Program Director of the Polysomnographic Technologist Program at Collin College in McKinney, Texas. She has worked in sleep medicine since 2008 and holds an AAS degree in cybersecurity, a BA in Communication, and an MBA focusing on management. She has spoken at numerous international, national, and state sleep medicine conferences, including SLEEP, World Sleep, and SLEEPTECH 2024.

Maxime Elbaz (France)

Dr. Maxime Elbaz is an international expert in sleep medicine, neuroscience, and digital health. He holds a PhD in Neuroscience from Université Paris Cité and founded pioneering university programs in eHealth, sleep technologies, and vigilance. He began his career as a sleep technologist at Hôpital de Garches (1990–1999), then spent over two decades at AP-HP as Technical Director at Hôtel-Dieu Hospital (1999–2023) and Biosciences Engineer (PhD) (2016–2023). From 2023 to 2024, he served as Chief Scientific Director – Sleep at BioSerenity. He is now Chief Scientific Officer at SOS Oxygène, where he also leads a team of data scientists working on artificial intelligence in sleep disorders. He sits on the Scientific and Ethics Boards of Future4Care, MNH, and SoFIA-Santé, and is Vice-President of INeS. Former President of the French Society of Sleep Technologists and the European Society of Sleep Technologists, he has helped shape the field in France and Europe. His work bridges clinical research, technological innovation, and ethics to improve public health through connected technologies and personalized sleep care.

Federica Testa (Italy)

Federica Testa is a Speech-language pathologist and Neurophysiopathology Technician based in Italy.

Her clinical and research work has mainly focused on sleep microstructure, the role of muscular imbalance in sleep disorders, and how these factors affect cognition. She has co-authored several publications and presented at international meetings, including the World Sleep Congress in Rome 2022 and Rio de Janeiro 2023. In 2024, she was part of the scientific committee of Sleep Tech in Valmontone (Italy).

Her professional goal is integrating neurophysiological monitoring and speech-language rehabilitation to promote a multidisciplinary approach to sleep and cognitive disorders, bridging clinical practice and research.

She currently works at Sanigea Polimedica and is an active member of the Italian Association of Neurophysiology Technologists (AITN), within the Sleep Special Interest Group.

Madison Bailey (Australia)

Madison Bailey is an RPSGT-certified sleep scientist who has been working in sleep since 2021. She has a background in Biomedical Science, majoring in Neuroscience and Physiology. While most of her work has been in Perth, Western Australia, she is currently based in Reykjavik, Iceland.

She has worked as a research assistant and a sleep scientist, specializing in adults and children.

She was a speaker at the first international conference SLEEPTECH 2024 in Italy.
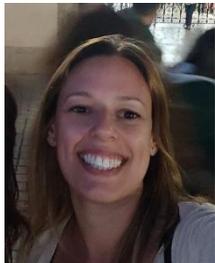
Giulia Neccia (Italy)

Giulia Neccia took her Master's Degree as Neurophysiopathology Technologist and works as a Sleep Technologist at the Polysomnography Laboratory of IRCCS – Istituto delle Scienze Neurologiche in Bologna, with a specific interest in central nervous system hypersomnias. She is a Study Coordinator within the research group led by Prof. Giuseppe Plazzi, managing several clinical trials aimed at testing innovative therapies for patients with hypersomnias and insomnia. She spoke at various international conferences (EUNN Berna 2019, World Sleep Congress 2022 Rome, 2023 Rio de Janeiro, and SLEEPTECH Conference 2024 in Italy). She also spoke at various national meetings (AIMS 2020, SNO 2024). She completed her Good Clinical Practice (ICH GCP E6R3) Certification in July 2025.

PROGRAM

Course Introductions
*Institutional Welcome by **Professor Raffaele Ferri***
President of the World Sleep Society

Session 1: *Sleep Technologists around the world*
        Chairs: ***Carlos Teixeira, Paolo Matrigiani***

8:00 – 8:20 Continuous training, expert certification: What is new in
        Europe and what we can do to improve as Sleep Techs
        Carlos Teixeira (Portugal)
8:20 – 8:40 Sleep Technologists: The relationship between training, skills
        and job prospects Vs the accreditation of Sleep Medicine Centers.
        Paolo Matrigiani (Italy)
8:40 – 9:00 USA reality: BRPT as a model for training and expert
        certification around the world - ***Amber Allen (USA)***
9:00 – 9:40 Sleep Science opportunity in Australia –
        Madison Bailey (Australia)

9:20 – 9:30 Discussion group

Session 2: T*raining*
        Chairs: ***Paolo Matrigiani, Federica Testa***

9:30 – 9:55 The role of AI in OSA diagnosis – ***Maxime Elbaz (France)***
9:55 – 10:15 The role of Sleep Technologists in pharmacological studies
        and clinical trials – ***Giulia Neccia (Italy)***

10:15 – 10:40 Will wearables replace conventional sleep devices for Sleep
        Disorder diagnosis? – ***Maxime Elbaz (France)***
10:40 – 11:00 MWT and MSLT in adult and pediatric patients: the role and
        guidelines – ***Carlos Teixeira (Portugal)***

11:00 – 11:10 Discussion Group

11:10 – 11:30 Coffee break

Session 3: *The role of multidisciplinary in Seep Medicine*
        Chairs: ***Maxime Elbaz, Amber Allen***

11:30 – 11:50 Connecting the dots: Multidisciplinary approach to
        screening, prevention, and rehabilitation of sleep disorders –
        Federica Testa (Italy)

11:50 – 12:10 Sleep Breathing disorders: Treatment in OSA patients with
CPAP therapy – Transversal skills – ***Paolo Matrigiani (Italy)***

12:10 – 12:30 Practical session
        What did we learn from this course? – Neurolimpics online game,
        Respirolimpics online game. Test your skills.
        Carlos Teixeira, Paolo Matrigiani, Maxime Elbaz

12:30 Closing

Note:

Others Events