Singapore 2025

WORLD SLEEP

September 5-10

SCIENTIFIC PROGRAM

WORLD SLEEP SOCIETY
Convening the World of Sleep Science & Medicine

ASSM
Asian Society of Sleep Medicine

WORLDSLEEPCONGRESS.COM

One Company - All Sleep Diagnostics

Nox Medical is a global leader in sleep science, transforming millions of patients' lives through streamlined diagnostic care, patient comfort, and supporting accurate diagnoses. We are committed to simplifying the delivery of sleep diagnostics, so you can concentrate on what matters most - providing the best care to your patients.

∩OX A1®
PSG System

Nox A1® PSG System

Built for the lab, ready for the home

- Full PSG signal set with AASM-compliant quality[1]
- Wireless design for faster setup and improved patient comfort
- Validated for in-lab and home use without compromising accuracy

1.Troester MM, Quan SF, Berry RB, et al. The AASM Manual for the Scoring of Sleep and Associated Events. Version 3. Darien, IL: AASM; 2023.

noxturnal®
Scoring and Reporting Software

Noxturnal® Software

The foundation of Nox's Diagnostic Excellence

- Faster workflows through configurable templates, automated scoring, and smart review tools
- Integrated AI insights that enhance scoring accuracy and reduce interpretation time
- Clinician control with full-featured raw data analysis and scoring, transparent algorithms and manual scoring capabilities

∩OX T3®
HSAT System

Nox T3® HSAT System

Built on precision, powered by physiology

- Nox Flow™: real respiratory flow measurement using patented RIP technology
- Extensive signals with body position and 3-axis actigraphy, SpO2, pulse, and plethysmography, and snoring
- Engineered for accuracy across diverse populations, including women, younger individuals, and those with comorbid conditions

Product availability and product features vary with jurisdiction, please contact your local representative.

Singapore 2025
WORLD SLEEP
September 5-10

Welcome to Singapore!

Dear Colleagues,

Welcome to World Sleep 2025 in Singapore! Thank you for attending the 18th edition of the World Sleep congress.

You are joining more than 3,000 researchers, clinicians, trainees, and other health professionals from over 75 countries for the largest World Sleep congress program yet. We hope this international exchange of perspectives and knowledge will strengthen your commitment to sleep health. Your attendance is vital to make World Sleep a special opportunity for the global sleep health community to connect and grow stronger together.

Thank you to the Asian Society of Sleep Medicine, our host society, for their invaluable contributions to the success of the program. I also sincerely thank the Singapore Tourism Bureau for their gracious support of World Sleep 2025. Singapore is an exceptional setting for such a congress, and I hope that you find some time to enjoy the city.

Find daily schedules and other practical congress information in the pages that follow. Note your must-see sessions and make plans to connect with colleagues. Enjoy your time in Singapore – and see you next in Montreal in 2027!

Sincerely,

Charles M. Morin, PhD
Chair, Program Committee

2025 Program Committee

Chair
Charles M. Morin (Canada)

Maree Barnes (Australia)

Michael Chee (Singapore)

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)

SAMSUNG

Samsung Health

Bedtime Guidance	Sleep Insight	Sleep Coaching	Sleep Apnea	Vascular Load
Go to bed at the optimal sleep time	Gather sleep data for detailed insights	Get Sleep Coaching tailored to your needs	Rest easy by catching signs of sleep apnea	Manage a balanced vascular load

Unlock insights to quality sleep with Samsung Health's latest technologies & its research partners

Join us at Booth #120 & at the Symposium

Samsung Health Symposium 📅 9 Sep 2025

Lunch Session	📍 Nicoll3	⏱ 12:45 pm – 1:45 pm
Workshop Session	📍 Room 302	⏱ 5:00 pm – 5:45 pm

Table of Contents

350+ Hours of International Scientific Content

25 Courses

123 Symposia

12 Keynotes

1,800+ Abstracts

NEW FOR 2025!

- **5k Fun Run / Walk**
- **World Sleep Foundation Award Reception**

Search the schedule, build your personal agenda, see the floor plans, and find more info in the official World Sleep 2025 app!

Supported by **Alkermes®**

SCAN TO DOWNLOAD THE WORLD SLEEP 2025 APP!

All information subject to change. For most current information visit **WORLDSLEEPCONGRESS.COM**

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
  - o Keynotes
  - o Symposia
  - o Lunch sessions
  - o Discussion groups and workshops
  - o Poster & oral abstracts
- Exhibit hall
- Opening ceremony & reception

Ticket required

Separate tickets are required for:
- ASSM 2025 Scientific Meeting
- Courses over September 6 and 7
- World Sleep Foundation Awards Reception
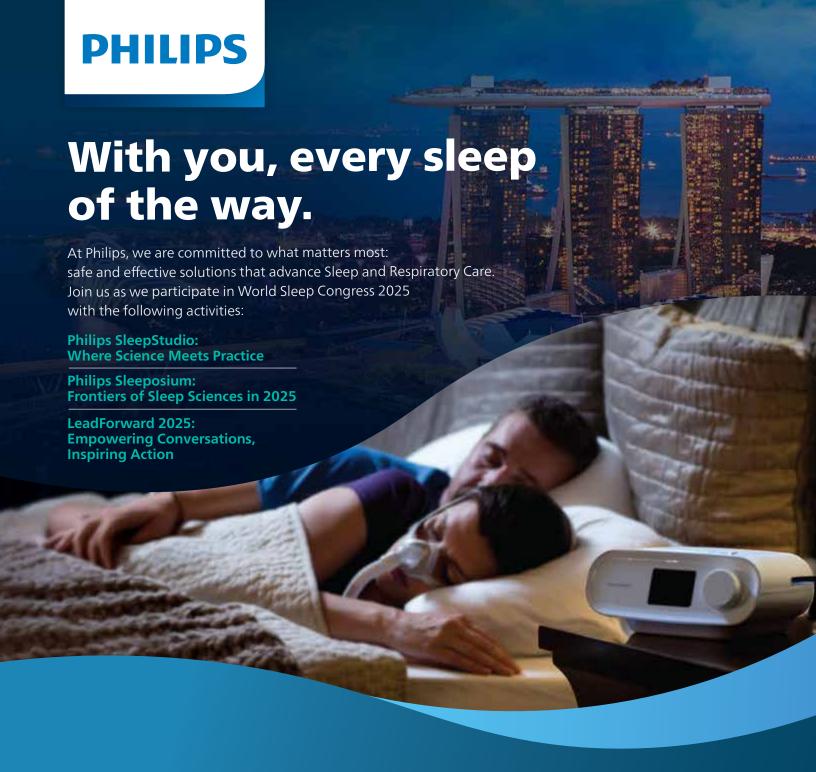- Gala dinner
- 5k Fun Run / Walk

Visit the registration desk on Level 3 for information on latest availability of tickets.

Meeting Organizers

World Sleep Society

The mission of World Sleep Society is to convene the world of sleep medicine science, practice, and advocacy. World Sleep Society fosters a multi-disciplinary and global sleep community to benefit its professional members and the health and wellness of people worldwide. The biennial World Sleep congress is organized to share the latest research findings, build international connections, and help develop the next generation of leaders in sleep.

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. Please visit the registration area on Level 3 if you require a registration.

Thank You

Thank you to the **Singapore Tourism Board** for their support of World Sleep 2025.

![Jazz Pharmaceuticals logo]

Jazz Pharmaceuticals

The goal of advancing sleep medicine through **patient-centered innovation**

For over two decades,
Jazz Pharmaceuticals has been
at the forefront of sleep medicine,
dedicated to transforming the lives
of people with complex sleep disorders
such as narcolepsy
and idiopathic hypersomnia.

Our commitment is rooted in
understanding and addressing the
unique, real-world challenges faced by
the patients we serve.

Resmed

Your partner in the journey to sleep health

Discover the full Resmed programme at World Sleep Congress

On-stand Masterclasses
Led by our clinical and product experts

📍 Booth #220

TUE, 9 Sept	12:30-12:50	New Product Innovation + Adherence
	13:30-13:50	Sleep as a Vital Sign
	14:30-14:50	Women and Sleep
WED, 10 Sept	12:30-12:50	Sleep and Mortality

Explore new tech across screening, diagnostics, masks & therapy. See how AirView & myAir integrate care seamlessly.

Let's shape the future of sleep health — together.

SLEEP INSTITUTE
Clinical Insights by Resmed

Lunch Symposium

📅 MON, 8 Sept   📍 Hall 406 C

🕐 12:45– 13:45

OSA Underdiagnosis: A World of Difference, A Common Challenge

Join international experts for a candid discussion on the gaps, solutions, and what's next in sleep diagnosis and access to care.

Moderated by

Dr. Erna Sif Arnardóttir (Iceland)

Panelists

Dr. Chi-Hang Ronald Lee (Singapore)

Dr. Michelle R. Zeidler (United States)

Dr. Ludger Grote (Sweden)

Hosted by Resmed's Sleep Institute, your new hub for expert commentary and evidence-based insight into sleep medicine.

Complimentary lunch included.

Committees

Officers of World Sleep Society
The officers comprise the Executive Committee of the World Sleep Society.

President: Raffaele Ferri (Italy)

President-Elect: Thomas Penzel (Germany)

Secretary: Lourdes DelRosso (United States)

Treasurer: Maree Barnes (Australia)

Past President: Phyllis C. Zee (United States)

Members at Large
Africa: Morenikeji Komolafe (Nigeria)

Asia or Australia: Amy Reynolds (Australia)

Europe: Karen Spruyt (France)

North America: Ofer Jacobowitz (United States)

Central or South America: Edilson Zancanella (Brazil)

Society Representatives
Society representatives are chosen through a separate but concurrent election in which all Associate Society Members of World Sleep Society vote and elect five societies among them to seat one representative each on the Governing Council.

Alexander Abreu (United States)
American Academy of Sleep Medicine (AASM)

Sutapa Mukherjee (Australia)
Australasian Sleep Association (ASA)

Erna Sif Arnardóttir (Iceland)
European Sleep Research Society (ESRS)

Paul Gringras (United Kingdom)
International Pediatric Sleep Association (IPSA)

Megan Petrov (United States)
Sleep Research Society (SRS)

Scientific Selection for the Congress
The Program Committee of each World Sleep congress is created following the World Sleep Society bylaws of committee formation, including six members of World Sleep Society and three members of the local host society. Topics are determined and proposal reviews organized by the Program Committee using established policies and procedures to mitigate bias and ensure scientific excellence.

World Sleep 2025 Program Committee
Chair Charles Morin (Canada)

Maree Barnes (Australia)

Michael Chee (Singapore)

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)

World Sleep 2025 International Scientific Committee

The International Scientific Committee is essential to the development of a scientifically and internationally balanced program. The primary responsibility of the International Scientific Committee is to review and score oral and poster abstract submissions.

Mohammed A. Al-Abri (Oman)

Diego Alvarez-Estevez (Spain)

Tarun Amalnerkar (Malaysia)

Paula Araujo (Brazil)

Chun Ting Au (Canada)

Najib Ayas (Canada)

Lucie Barateau (France)

Célyne Bastien (Canada)

Lais F. Berro (United States)

Suzanne Bertisch (United States)

Saadoun Bin-Hasan (Kuwait)

Bjørn Bjorvatn (Norway)

Perran Boran (Türkiye)

Antje Büttner-Teleagă (Germany)

José Carlos Carneiro (Portugal)

Mary Carskadon (United States)

Stephen Carstensen (United States)

Matteo Cesari (Austria)

Joey Wing Yan Chan (Hong Kong)

Kate Ching Ching Chan (Hong Kong)

Rachel Ngan Yin Chan (Hong Kong)

Ning-Hung Chen (Taiwan)

Naricha Chirakalwasan (Thailand)

Frances Chung (Canada)

Seockhoon Chung (South Korea)

Nancy Collop (United States)

Kimberly Cote (Canada)

Naima Covassin (United States)

Antonio Culebras (United States)

Thanh Dang-Vu (Canada)

Yves Dauvilliers (France)

Tom Deboer (Netherlands)

Philip de Chazal (Australia)

Joseph De Koninck (Canada)

Helen Driver (Canada)

Jeanne Duffy (United States)

Sy Duong-Quy (Vietnam)

Alan L. Eckeli (Brazil)

Bradley Edwards (Australia)

Leila Emami (Iran)

Geraldo Lorenzi Filho (Brazil)

John Fleetham (Canada)

Xuemei Gao (China)

Arturo Garay (Argentina)

Diego Garcia Borreguero (Spain)

Symielle Gaston (United States)

Pedro Genta (Brazil)

Cathy Goldstein (United States)

Joshua J. Gooley (Singapore)

Michael Grandner (United States)

Reut Gruber (Canada)

Helena Hachul (Brazil)

Wendy Hall (Canada)

Devon Hansen (United States)

Anna Heidbreder (Austria)

Max Hirshkowitz (United States)

Seung-Chul Hong (Korea)

Rosemary Horne (Australia)

Yu-Shu Huang (Taiwan)

Abubaker Ibrahim (Austria)

Osman Ipsiroglu (Canada)

Chandra Jackson (United States)

Melinda Jackson (Australia)

Eun Yeon Joo (Korea)

Amy Jordan (Australia)

Hiroshi Kadotani (Japan)

Michal Kahn (Israel)

Marta Kaminska (Canada)

Takashi Kanbayashi (Japan)

Takafumi Kato (Japan)

Amrit Kaur (India)

Hakan Cudi Kaynak (Türkiye)

Sharon Keenan (United States)

Thomas Kilduff (United States)

Keun Tae Kim (South Korea)

Lenise Jihe Kim (Brazil)

Minjee Kim (United States)

Jun Kohyama (Japan)

Suresh Kotagal (United States)

Vijaya Krishnan Paramasivan (India)

Clete Kushida (United States)

World Sleep 2025 International Scientific Committee

Michel Lecendreux (France)

Glenn Legault (Canada)

Leong-Chai Leow (Singapore)

Albert Martin Li (Hong Kong)

Diane C. Lim (United States)

Chia Jou Lin (Taiwan)

Cheng-Hui Lin (Taiwan)

Michelangelo Maestri (Italy)

Atul Malhotra (United States)

Hrudananda Mallick (India)

Jessica Manousakis (Australia)

Marie Marklund (Sweden)

Stijn Massar (Singapore)

Nigel Mcardle (Australia)

Walter McNicholas (Ireland)

Ludovico Messineo (United States)

Maria Paola Mogavero (Italy)

Gary Garcia Molina (United States)

Gustavo Antonio Moreira (Brazil)

Lucia Muntean (Germany)

Brian Murray (Canada)

Jini Naidoo (United States)

Arezu Najafi (Iran)

Indra Narang (Canada)

Alister Neill (New Zealand)

Sona Nevsimalova (Czech Republic)

Sara Op de Beeck (Belgium)

Teresa Paiva (Portugal)

Laura Palagini (Italy)

John Peever (Canada)

Jean-Louis Pépin (France)

Federica Provini (Italy)

Monica Puligheddu (Italy)

Winfried Randerath (Germany)

Graham Reid (Canada)

Cáitia Reis (Portugal)

Imthiaz Refayee (India)

Amy Reynolds (Australia)

Dieter Riemann (Germany)

Gabrielle Rigney (Australia)

Leon Rosenthal (United States)

Taeko Sakuma (Japan)

Scott Sands (United States)

Carlos Schenck (United States)

Kathy Sexton-Radek (United States)

Amir Sharafkhaneh (United States)

Alessandro Silvani (Italy)

Robert Skomro (Canada)

Tracey Sletten (Australia)

Kai Spiegelhalder (Germany)

Sapna Erat Sreedharan (India)

Ambra Stefani (Austria)

Marie-Pierre St-Onge (United States)

Sooyeon "Aly" Suh (South Korea)

Jagdish Chander Suri (India)

Mehdi Tafti (Switzerland)

Yuta Takano (Japan)

Xiao Tan (China)

Megan Thomas (Canada)

Robert Thomas (United States)

Claudia Trenkwalder (Germany)

Andrew Vakulin (Australia)

Eus Van Someren (Netherlands)

Johan Verbraecken (Belgium)

Punam Verma (India)

Guanghai Wang (China)

Wenjing Wang (China)

Shelly Weiss (Canada)

Adrian Willoughby (Singapore)

John Winkelman (United States)

Liyue Xu (China)

Mimi Yow (Singapore)

Edilson Zancanella (Brazil)

Bingqian Zhu (China)

Marco Zucconi (Italy)

Singapore 2025
WORLD SLEEP
September 5-10

All information subject to change. For most current information visit **WORLDSLEEPCONGRESS.COM**

General Information

Venue & Location
Suntec Singapore Convention & Exhibition Centre
1 Raffles Blvd, Singapore

Continuing Medical Education (CME)
The number of CME credits available at World Sleep 2025 is to be determined. Attendees are responsible for purchasing the $25 CME fee, recording their activities, and submitting them to World Sleep Society for processing..

Badge Identification
All congress participants and guests must wear a World Sleep 2025 congress badge. Badges allow entrance to the scientific sessions and access to the convention center. Your cooperation with this policy is appreciated. Recycle your badge holder after the congress by dropping it off at the registration desk. Replacement badges can be obtained at the registration desk for a fee.

Registration Desk | Level 3
Registration materials (bags, final programs, tickets, etc.) will be provided at the registration desk located on Level 3.. Tickets are required for entry to the gala dinner and to pre-congress courses on Saturday and Sunday. Tickets can be purchased online or at the registration desk.

Registration Desk Hours
Visit the registration desk on Level 3 for any questions about World Sleep 2025.

Friday, September 5
4:00pm – 8:00pm

Saturday, September 6
7:00am – 6:00pm

Sunday, September 7
7:00am – 6:00pm

Monday, September 8
7:00am – 6:00pm

Tuesday, September 9
7:00am – 6:00pm

Wednesday, September 10
7:00am – 4:00pm

Search the schedule, build your personal agenda, see the floor plans, and find more info in the official World Sleep 2025 app!

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General Information

Singapore 2025 WORLD SLEEP September 5-10

Speaker Ready Room | Level 3, Room 323

Speakers can upload and preview their presentations in room 323, which is near the registration area. Speakers are required to upload their presentations at least 12 hours before their scheduled session begins. A technician will be available to assist as needed.

Speaker Ready Room Hours

Saturday, September 6
7:00am – 5:00pm

Sunday, September 7
7:00am – 5:00pm

Monday, September 8
7:00am – 5:00pm

Tuesday, September 9
7:00am – 5:00pm

Wednesday, September 10
7:00am – 5:00pm

Exhibition Hours | Level 4, Hall 405

Monday, September 8
8:30am – 3:30pm

Tuesday, September 9
8:30am – 3:30pm

Wednesday, September 10
8:30am – 3:30pm

Press Room

Members of the press and media are welcome to use the speaker ready room to work.

Electronic Devices

Please turn all electronic devices (phones, pagers, etc.) to silent mode during presentations. As a courtesy to the presenters and audience, phone calls should be taken outside of the scientific sessions.

Recording Device Policy

No recording devices, audio or visual, may be used during CME activities. Duplication, distribution, or excerpting of this program without the express written permission of World Sleep Society is strictly prohibited. All of the proceedings of this program, including the presentation of scientific papers, are intended for limited publication only, and all property rights in the material presented, including common-law copyright, are expressly reserved by the Faculty, World Sleep Society, and/or CME provider. No statement of presentation made is to be regarded as dedicated to the public domain. Any sound reproduction, transcript, or other use of the material presented at this CME activity without the permission of World Sleep Society and CME provider is prohibited to the full extent of common-law copyright in such material.

Cameras and recording devices are not allowed to be used in the scientific meeting rooms at any time. Violation of this rule could result in removal from the congress along with the confiscation of the film and/or recording device.

Seating

Scientific sessions are filled on a first-come, first-served basis. World Sleep Society and the Program Committee reviewed the scientific sessions to anticipate demand and match the room size with expected seating. Occasionally, a presentation will have higher demand than expected. We encourage delegates to arrive early for the best possible seating.

Floor Plans

Level 3

What's on Level 3?

• Registration   • Speaker Ready Room • Symposia • Oral Abstracts

Search the schedule, build your personal agenda, see the floor plans, and find more info in the official World Sleep 2025 app!

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Floor Plans

Level 4

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Hall 406 D		

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Poster Hall

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Entrance · Entrance

Access to:
- Level 3
- Bathrooms
- Escalators
- Stairs

Revised August 10, 2025

What's on Level 4?

- Keynote Presentations • Symposia • Poster Hall • Exhibit Hall

Find the list of all exhibitors and their booth numbers on page 181.
All exhibitor information is also available in the official World Sleep 2025 app.
Exhibition begins at 8:30am on Monday, Tuesday, and Wednesday.

Networking and Social Events

Opening Ceremony

📅 **Sunday, September 7**

🕐 **6:30pm – 8:15pm**

📍 **Level 4, Hall 406 C**
Suntec Singapore Convention
& Exhibition Centre

Brief opening remarks will be followed by cultural entertainment – including a Lion Dance – and a reception with drinks. All registered attendees are welcome; no ticket is required.

Supported by **Alkermes®**

New for World Sleep 2025

World Sleep Foundation Award Reception

Ticket required

📅 **Sunday, September 7**

🕐 **8:15pm – 9:45pm**

📍 **Level 3, Room 324**
Suntec Singapore Convention
& Exhibition Centre

Join us to celebrate excellence in sleep research, education, and advocacy at the World Sleep Foundation Award Reception. Awards will be presented along with food and drink for attendees.

Supported by **HARMONY BIOSCIENCES**

Gala Dinner

Ticket required

📅 **Tuesday, September 9**

🕐 **7:00pm – 11:00pm**

📍 **Gardens by the Bay**
18 Marina Gardens Drive,
Singapore 018953

Enjoy an unforgettable evening among the iconic Supertrees and lush greenery of Singapore's Gardens by the Bay. Tickets are required and pre-sales have sold out. Please visit the registration area on Level 3 for the latest ticket availability.

Networking and Social Events

Poster Hall Sessions

📅 **Sunday, September 7 | 5:00pm – 6:00pm**

🕐 **Monday, September 8 | 6:30pm – 7:30pm**

Tuesday, September 9 | 4:45pm – 5:45pm

📍 **Level 4, Hall 405**
Suntec Singapore Convention & Exhibition Centre

Browse the posters, meet presenters, ask questions, and explore the latest sleep research in a more open and discussion-based environment.

5K Fun Run / Walk

New for World Sleep 2025

CG
CHRISTIAN GUILLEMINAULT
YOUNG INVESTIGATOR ENDOWMENT FUND

FUN RUN

Ticket required

📅 **Tuesday, September 9**

🕐 **6:00am – 7:45am**

📍 **Starting Point: DBS Foundation Esplanade Outdoor Theatre**

Start your day with movement and breathtaking views of Singapore's Marina Bay. Run or walk past waterfront landmarks – including the Merlion and Marina Bay Sands – as the sun rises on another exciting congress day.

All event proceeds support the Christian Guilleminault (CG) Young Investigator Fund, which distributes awards to early-career sleep researchers.

Closing Ceremony

📅 **Wednesday, September 10**

🕐 **6:30pm – 7:10pm**

📍 **Level 3, Room Nicoll 1**
Suntec Singapore Convention & Exhibition Centre

Hear closing remarks from the Program Committee, learn the results of the World Sleep Society election, and get a preview of World Sleep 2027 in Montreal. Light refreshments will be served.

Awards

New Investigator Awards for Oral and Poster Abstract Presentations

New Investigator Award recipients are selected among eligible presenters of oral and poster abstracts at World Sleep 2025. Find the details of the award-winning oral abstracts below, and attend the presentations to show support for the next generation of leaders in sleep research. Award-winning poster presenters will be announced and recognized during each poster hall session. Browse the hall to meet them all!

TUESDAY September 9

Christianne Martins Correa da Silva (Brazil)
Precision medicine approach in Brazilian patients with primary hypersomnias using hypocretin and high-resolution HLA sequencing: insights from a multiethnic population
Session: O-17 starting at 9:00am on Tuesday in Room 327

Annapoorna Ramasubramanya (United States)
Investigating differential rhythmicity in circadian biomarkers using skin perspiration wearables
Session: O-19 starting at 9:00am on Tuesday in Room 329

Qiu-Ye Lan (China)
Association of Outdoor Artificial Light at Night with Sleep Duration and Social Jetlag Among Preschool-aged Children
Session: O-19 starting at 9:00am on Tuesday in Room 329

Yi Hui Ou (Singapore)
Mandibular advancement device versus CPAP on cardiovascular health and quality of life in OSA — a pre-specified 12 months follow up of outcome
Session: O-19 starting at 9:00am on Tuesday in Room 329

Shi Tang (Hong Kong, SAR of China)
Distinct gut microbial, brain gene expression and clinical progression profiles in REM sleep behavior disorder biotypes
Session: O-19 starting at 9:00am on Tuesday in Room 329

Irina Filchenko (Switzerland)
REM-sleep saw-tooth waves: cortical topography and associations with cognition
Session: O-19 starting at 9:00am on Tuesday in Room 329

Benjamin K Tong (Australia)
A Pilot Study of Personalized Obstructive Sleep Apnea Therapy in Patients with Acute Coronary Syndrome
Session: O-19 starting at 9:00am on Tuesday in Room 329

Suyi Xie (Hong Kong, SAR of China)
Associations Between Sleep Health and Gut Microbiota: A Metagenomic Analysis in a Community-Based Sample in Hong Kong
Session: O-22 starting at 10:45am on Tuesday in Room 328

Mohammadreza Hajipour (United States)
Electroencephalographic response to respiratory events is associated with all-cause mortality in obstructive sleep apnea
Session: O-23 starting at 10:45am on Tuesday in Room 329

Beatrice Orso (Italy)
[18F]FDG-PET as staging biomarker in the prodromal to overt neuronal alpha-synucleinopathy continuum
Session: O-25 starting at 3:15pm on Tuesday in Room 327

Ningning Li (Hong Kong, SAR of China)
Progression of prodromal markers of alpha-synucleinopathy neurodegeneration in the first-degree relatives of patients with REM sleep behavior disorder: a 7-year prospective study
Session: O-25 starting at 3:15pm on Tuesday in Room 329

Samantha Mombelli (Canada)
Altered sleep spindle morphology in idiopathic hypersomnia
Session: O-27 starting at 3:15pm on Tuesday in Room 329

Simone Bruno (United States)
Optimizing timing and dose of melatonin administration: a randomized, double-blind controlled trial in healthy adults
Session: O-27 starting at 3:15pm on Tuesday in Room 329

WEDNESDAY September 10

Rachel Ngan Yin Chan (Hong Kong)
Efficacy of a stepped care approach to deliver cognitive behavioural therapy for insomnia in the community: A pragmatic stepped-wedge cluster randomized controlled trial
Session: O-31 starting at 9:00am on Wednesday in Room 329

Valeria Mammarella (Italy)
Pathophysiological subtypes of paediatric insomnia based on familiar and clinical features
Session: O37 starting at 9:00am on Wednesday in Room 330

Chris Xie Chen (Hong Kong, SAR of China)
Correlates between sleep architecture and sleep reactivity to stress in the context of cumulative adversities: Is REM sleep continuity a potential protective factor for sleep reactivity?
Session: O-37 starting at 9:00am on Wednesday in Room 330

Shumpei Date (Japan)
Enhanced Phase-Amplitude Coupling Prior to Dream-Enactment Behaviors in isolated REM Sleep Behavior Disorder: A Video-Polysomnography Study
Session: O-32 starting at 10:45am on Wednesday in Room 327

Yasmin Potts (Australia)
Locus coeruleus inhibition in tau transgenic mice to treat neuropsychiatric and sleep disturbances in Alzheimer's disease
Session: O-34 starting at 10:45am on Wednesday in Room 329

Awards

Christian Guilleminault Young Investigator Award

The Christian Guilleminault Young Investigator Awards are presented to encourage young investigators in the field of sleep, especially in developing portions of the world, to advance sleep medicine and research worldwide. Up to 2 awards of $1,000 will be offered to qualifying individuals.

2025 Christian Guilleminault Young Investigator Award Recipients

Huijie Yi (China)
The Effect of Telemedicine-Based CPAP Management on 24-Hour Ambulatory Blood Pressure in Patients with Obstructive Sleep Apnea: A Randomized, Controlled, Non-Inferiority Trial
Session: O-05 starting at 10:45am on Monday in Room 327

Ming Yang (China)
Inflammatory Biomarkers and Symptom Severity: The Role of Cytokines in Paediatric OSA
Session: O-29 starting at 9:00am on Wednesday in Room 327

Wayne Hening Young Investigator Awards

Wayne Hening Young Investigator Awards are presented to young investigators in the RLS/PLMS field. Up to five awards of $1,000 will be offered to qualifying individuals.

2025 Wayne Hening Young Investigator Award Recipients

Yanyan Hou (China)
Clinical Characteristics, Polysomnography, and Iron Metabolism in Restless Legs Syndrome Patients with Obstructive Sleep Apnea: A Comparative and Cluster Analysis Study
Session: O-06 starting at 10:45am on Monday in Room 328

Katie L.J. Cederberg (United States)
Chronic Health Risk in Restless Legs Syndrome and its Association with Exercise
Session: Poster #309 in poster abstract group 2 starting at 6:30pm on Monday

Elsevier Awards

Elsevier has established two scientific awards for new basic and clinical sleep specialists in honor of Christian Guilleminault and Elio Lugaresi. Two awards of $1,000 will be presented at World Sleep 2025.

2025 Young Investigator Award Recipients

Elio Lugaresi Award For Sleep Medicine
Ramkumar Sugumaran (India)
Melatonin on sleep in Parkinson's disease: A randomized double blind placebo controlled trial

Christian Guilleminault Award for Sleep Research
Zahra Aghelan (Iran)
Serum levels of 1,3-β-D-glucan is correlated with NLRP3 inflammasome activation and insomnia severity in people with chronic insomnia disorder

Elsevier Awards Committee Chair — Antonio Culebras, MD (United States)

Elsevier Awards Committtee Members — Melissa Lipford, MD (United States); Elena Majano, MD (El Salvador); Liborio Parrino, MD (Italy); Federica Provini, MD (Italy); Bradley Vaughn, MD (United States)

Distinguished Service Awards

The Distinguished Service Awards recognize outstanding contributions to the world sleep community. Awards will be presented during the World Sleep Foundation Reception at 8:15pm on Sunday, September 7 in Room 324. Tickets are required for attendance.

Thank you to the recipients of this year's Distinguished Service Awards!

- Maree Barnes (Australia)
- Judith Owens (United States)
- Jean-Charles Schwartz (France)
- Phyllis C. Zee (United States)

Keynote Speakers

Monday, September 8

8:00am – 8:45am

Hall 406 C
Thomas Penzel, PhD (Germany)
K-01 Innovations in sleep technology: Advancing diagnosis and treatment of sleep disorders

Hall 406 D
Russell Foster, PhD (United Kingdom)
K-02 Light, circadian rhythms and sleep: Fundamental mechanisms to new therapeutics

2:15pm – 3:00pm

Hall 406 C
Tiina Paunio, MD, PhD (Finland)
K-03 Sleep and development: Exploring the impact of sleep on mental health in children

Hall 406 D
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

Hall 406 C
Lauren Hale, PhD (United States)
K-05 Sleep health as a human right

Hall 406 D
Bei Bei, PhD (Australia)
K-06 Behavioral sleep interventions in women across the lifespan

2:15pm – 3:00pm

Hall 406 C
Mary Ip, MBBS(HK), MD(HK) (Hong Kong)
K-07 Cardiometabolic consequences of obstructive sleep apnea: Are we making progress?

Hall 406 D
Célyne Bastien, PhD (Canada)
K-08 Sleep misperception: A waking perspective

Singapore 2025
WORLD SLEEP
September 5-10
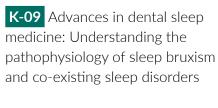
Keynote Speakers

Wednesday, September 10

8:00am – 8:45am
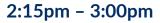
Hall 406 C

Takafumi Kato, DDS, PhD (Japan)

K-09 Advances in dental sleep medicine: Understanding the pathophysiology of sleep bruxism and co-existing sleep disorders

Hall 406 D

Ronald Postuma, MD (Canada)

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

2:15pm – 3:00pm

Hall 406 C

Björn Rasch, Dr. rer. nat (Switzerland)

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

Hall 406 D

Joshua Gooley, PhD (Singapore)

K-12 The hard facts supporting later learning start times

Search the schedule, build your personal agenda, see the floor plans, and find more info in the official World Sleep 2025 app!

Supported by **Alkermes®**

SCAN TO DOWNLOAD THE WORLD SLEEP 2025 APP!

All information subject to change. For most current information visit **WORLDSLEEPCONGRESS.COM**

Meet Our Associate Society Members

Global
- International Pediatric Sleep Association
- International RLS Study Group
- International Surgical Sleep Society
- World Dentofacial Sleep Society

Region of the Americas
- American Academy of Sleep Medicine
- Brazilian Sleep Academy
- Canadian Sleep Society
- Guatemalan Association of Sleep Medicine
- Latin American Sleep Association
- Peruvian Association of Sleep Medicine
- Sleep Research Society
- Society of Behavioral Sleep Medicine
- Venezuelan Academy of Sleep Medicine

South-East Asian Region
- Asian Society of Sleep Medicine
- Indian Association of Surgeons for Sleep Apnoea
- Indian Society for Sleep Research
- Indonesian Society of Sleep Medicine
- Sleep Society of Thailand
- South East Asian Academy of Sleep Medicine

Eastern Mediterranean Region
- Iranian Sleep Medicine Society
- Moroccan Society of Sleep and Vigilance
- Sleep Medicine Society of Kuwait

African Region
- Nigerian Sleep Society
- South African Society for Sleep and Health

Western Pacific Region
- Asian Sleep Research Society
- Australasian Sleep Association
- Australia and New Zealand Sleep Science Association
- Chinese Sleep Research Society
- Hong Kong Society of Sleep Medicine
- Integrated Sleep Medicine Society Japan
- Japanese Society of Sleep Research
- Philippine Society of Sleep Medicine
- Singapore Sleep Society
- Taiwan Society of Sleep Medicine
- Vietnam Society of Sleep Medicine

European Region
- Austrian Sleep Research Association
- British Sleep Society
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Bulgarian Society of Somnology
- Czech Sleep Research and Sleep Medicine Society
- European RLS Study Group
- European Sleep Foundation
- European Sleep Research Society
- 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
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Serbian Sleep Society
- Turkish Sleep Medicine Society
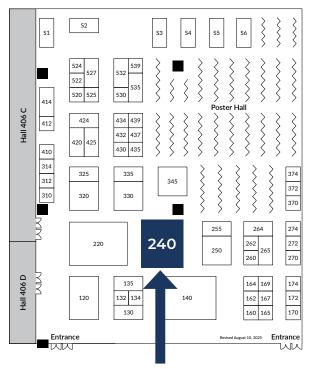
Map and list revised August 2025.

WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide

worldsleepsociety.org

Visit the Associate Society Pavilion in the Exhibit Hall at Space #240

World Sleep Society is proud to count over 50 sleep societies as Associate Society Members. Ten Associate Societies are joining us in person in the exhibit hall for World Sleep 2025. Visit them at space #240 to learn about their activities and make connections!

- Asian Society of Sleep Medicine
- Australia and New Zealand Sleep Science Association
- Australasian Sleep Association
- Chinese Sleep Research Society*
- European Sleep Research Society
- Indian Association of Surgeons for Sleep Aponea *
- Integrated Sleep Medicine Society Japan
- International Surgical Sleep Society
- Iranian Sleep Medicine Society *
- Nigerian Sleep Society *
- Sleep Society of Thailand *
- South East Asian Association of Sleep Medicine
- Taiwan Sleep Society
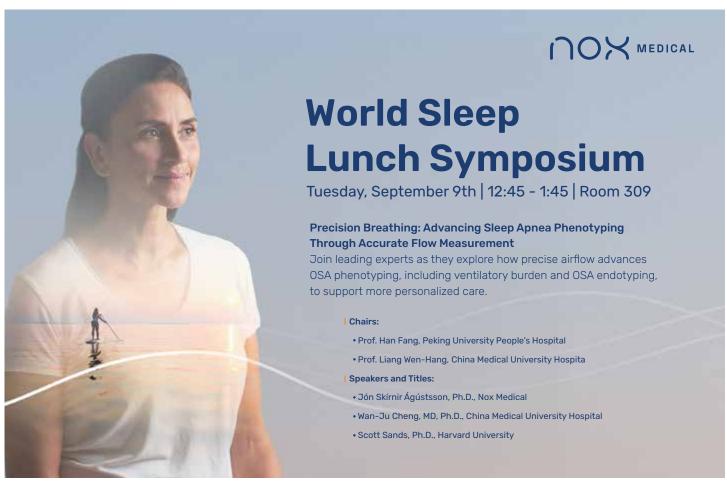- Venezuelan Academy of Sleep Medicine
- World Dentofacial Sleep Society

Find display information related to this sleep society inside the exhibit hall near the entrances.

Exhibit Hall | Level 4, Hall 405

Associate Society Pavilion Space #240

PHILIPS

Event Invitation

You're Invited!
World Sleep Congress 2025
Suntec Singapore Convention & Exhibition Centre

Philips Sleeposium
Frontiers of Sleep Sciences in 2025

Join us for an exclusive clinical lunch symposium exploring the landscape of sleep medicine.

Collaboratively Shaping the Future of Sleep Medicine: Emerging Trends That Will Affect Us All
- AI in Sleep Medicine: Navigating Innovation and Implementation Challenges
- Personalization and Customization of Sleep Therapy

Speakers: **Moderator:**

Dr. Teofilo Lee-Chiong (USA)   Dr. Ahmed BaHamman (Saudi Arabia)   Dr. Naricha Chirakalwasan (Thailand)   Dr. Toh Song Tar (Singapore)

📅 **9 September | 12:45pm – 01:45pm** 📍 **Regular Symposium Room, Hall 406D**

Lunch will be provided.
Disclaimer: Program details, including agenda and speakers, are subject to change without prior notice.

NOX MEDICAL

World Sleep Lunch Symposium
Tuesday, September 9th | 12:45 - 1:45 | Room 309

Precision Breathing: Advancing Sleep Apnea Phenotyping Through Accurate Flow Measurement
Join leading experts as they explore how precise airflow advances OSA phenotyping, including ventilatory burden and OSA endotyping, to support more personalized care.

Chairs:
- Prof. Han Fang, Peking University People's Hospital
- Prof. Liang Wen-Hang, China Medical University Hospita

Speakers and Titles:
- Jón Skírnir Ágústsson, Ph.D., Nox Medical
- Wan-Ju Cheng, MD, Ph.D., China Medical University Hospital
- Scott Sands, Ph.D., Harvard University

The International Pediatric Sleep Association (IPSA)
is pleased to announce the next edition of its biennial meeting!

IPSA 2026

Florence, Italy | April 8-11, 2026

Keynotes

Barbara Galland, PhD (New Zealand)
*Unravelling the digital impact:
Screens and sleep*

Thomas Penzel, PhD (Germany)
*Non obtrusive sleep recording and
new analysis in pediatric sleep medicine*

For the latest updates visit ipsasleep.org

ipsa

international pediatric sleep association

2005 - 2025 **20** YEARS OF GROWTH IN PEDIATRIC SLEEP HEALTH

CME

Global Perspectives in Narcolepsy
Learning From Each Other

TUESDAY, 9 SEPTEMBER 2025 | 12:45–13:45 SGT

SUNTEC SINGAPORE CONVENTION & EXHIBITION CENTRE
1 RAFFLES BLVD, SINGAPORE | ROOM: ENGAGE THEATRE 1 (HALL 406C)

HYBRID

CHAIR

Yuichi Inoue, MD, PhD
Professor
Department of Somnology
Tokyo Medical University
Tokyo, Japan

SPEAKERS

Lucie Barateau, MD, PhD
Associate Professor of Physiology
Sleep-Wake Disorders Unit
Gui De Chauliac Hospital
National Reference Centre
for Narcolepsy
Institute for Neurosciences
of Montpellier
University of Montpellier INSERM
Montpellier, France

Anne Marie Morse, DO, FAASM
Clinical Associate Professor
Director, Child Neurology
Director, Pediatric Sleep Medicine
Program Director, Child Neurology Residency
Geisinger Commonwealth School of Medicine
Geisinger Medical Center
Janet Weis Children's Hospital
Danville, Pennsylvania, United States

Thomas E. Scammell, MD
Professor of Neurology
Division of Sleep Medicine
Harvard Medical School
Boston, Massachusetts, United States

Register Now!

For more information and to register, visit:
www.medscape.org/symposium/global-narcolepsy

REGISTER

World Sleep Academy

ACCESSIBLE SLEEP MEDICINE TRAINING AROUND THE WORLD

About

World Sleep Academy (WSA) is an online, year-long program in basic sleep medicine. The WSA offers accessible sleep medicine training to health professionals, helping to advance sleep health worldwide.

Tier Structure of WSA

World Sleep Academy is organized into three tiers. The tiers progress from introductory content in sleep science and medicine to advanced practice.

2026 Schedule

Tier 1
January – March
Sleep science and patient evaluation

Tier 2
April–August
Sleep disorders

Tier 3
September–December
Advanced courses in pediatric sleep and insomnia

Scan to view videos of Tier 3 outreach projects from WSA students and alumni.

Jazz Pharmaceuticals.

This educational initiative is supported by Jazz Pharmaceuticals.

WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide

Thank You to the 2024-25 World Sleep Academy Faculty

In appreciation for their dedicated work in curriculum development, assessment, and student engagement, the World Sleep Society is proud to acknowledge its faculty members. The Academy is only possible through their dedication.

Anna Wani (United States)

Anne Marie Morse (United States)

Ari Manuel (United Kingdom)

Arezu Najafi (Iran)

Aroonwan Preutthipan (Thailand)

Bingqian Zhu (China)

Catherine McCall (United States)

Elizaveta Solomonova (Canada)

Fan Jiang (China)

Federica Provini (Italy)

Golfam Javanoskooei (United States)

Harald Hrubos-Strøm (Norway)

Ignacio Tapia (United States)

Jun Au (Canada)

Jeremy Gutierrez (United States)

Jennifer Reed (United States)

Joanna Wrede (United States)

Jodie Mitchell (Australia)

Judith Owens (United States)

Julio Fernandez-Mendoza (United States)

Karen Spruyt (France)

Leila Emami (Iran)

Lourdes DelRosso (United States)

Mary Tablizo (United States)

Mayank Vats (India)

Melisa Moore (United States)

Morenikeji Komolafe (Nigeria)

Montida Veeravigrom (United States)

Oluwatosin Olorunmoteni (Nigeria)

Pam Douglas (Australia)

Perran Boran (Türkiye)

Ravindra Chandrashekhar (United States)

Robert Thomas (United States)

Romy Hoque (United States)

Ruby Joseph K (India)

Sarah Blunden (Australia)

Sheryl Cogdell (United States)

Shelley Zak (United States)

Sofia Konstantinopolou (United Arab Emirates)

Tiago Vasconcelos (Brazil)

Zhifei Xu (China)

All information subject to change. For most current information visit **WORLDSLEEPCONGRESS.COM**

Breaking the Cycle

Prioritizing Weight Loss to Improve OSA Management

Monday, September 8, 2025

Registration & Lunch
12:30 PM - 12:45 PM SGT

Presentation
12:45 PM - 1:45 PM SGT

Suntec Singapore Convention & Exhibition Centre
Nicoll 1

On-site registration available

Scan QR code to register
or visit:
www.clinicaloptions.com/SLEEP2025

Opening Ceremony

📅 **Sunday, September 7**

🕐 **6:30pm – 8:15pm**

📍 **Level 4, Hall 406 C**

Opening Remarks | Welcome to Singapore
Program Overview | Entertainment
Reception

Reception to follow on Level 3 in rooms Nicoll 1 – 3.
All registered attendees are welcome.

Supported by **Alkermes®**

ISRTP
INTERNATIONAL SLEEP RESEARCH TRAINING PROGRAM

CONGRATULATIONS TO THIS YEAR'S ISRTP MENTEES FOR SUCCESSFULLY COMPLETING THEIR PROGRAM!

ABOUT THE PROGRAM

The International Sleep Research Training Program (ISRTP) is a mentorship program that **pairs early and mid-career researchers with world class leaders in their fields** for one year of learning, collaboration, and connection with the global sleep community. ISRTP mentors represent many of the world's leading sleep and circadian research institutions.

TOPICS COVERED WITHIN THE MENTORSHIP

- Research study development, implementation, and replication
- Clinical exposure to management of sleep disorders
- Scientific communication skills, including presenting and publishing
- Obtaining and managing research funds
- Career development and sleep clinic entrepreneurship

WONDERING IF ISRTP IS THE RIGHT FIT FOR YOU?

ISRTP will start its seventh year in July 2027.
Contact Mike Mutschelknaus at **mike@worldsleepsociety.org** for more information and to find out if the ISRTP is right for you.

This educational initiative is supported by: **Jazz** Pharmaceuticals.   Takeda

WORLDSLEEPSOCIETY.ORG/ISRTP

World Sleep Day®

Hosted by World Sleep Society

Colombia

Nigeria

Hong Kong

About

World Sleep Day is a global awareness campaign that emphasizes the importance of healthy sleep. Each year on World Sleep Day, World Sleep Society invites advocates, health professionals, and institutions to organize sleep health awareness activities related to the annual theme.

The theme for World Sleep Day 2025 was *"Make Sleep Health a Priority."*

What happened on World Sleep Day 2025?

Over 500 advocates from 79 countries signed up to be official World Sleep Day Delegates! Here is just a small sample of what they accomplished:

In *Colombia*, 13 unique events were coordinated by Dr. Natalia Colorado and the Colombian Association of Sleep Medicine, including conferences, media outreach, and articles.

In *Nigeria*, Prof. Morenikeji Komolafe organized a healthcare symposium and student outreach sessions in Osun State, helping young people understand the importance of sleep.

In *India*, Apollo Specialty Hospitals hosted a "pillow parade," poetry and painting competitions, and a power nap contest.

The *Chinese Sleep Research Society* livestreamed a major event featuring sleep experts, innovators, and an Olympic athlete.

Save the Date

The next World Sleep Day is *March 13, 2026*.

Scan the code to become a World Sleep Day Delegate.

WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide

Nigeria

Philippines

Romania

Singapore

Ghana

El Salvador

Pakistan

Türkiye

South Korea

Norway

China

India

Colombia

Italy

Cyprus

Egypt
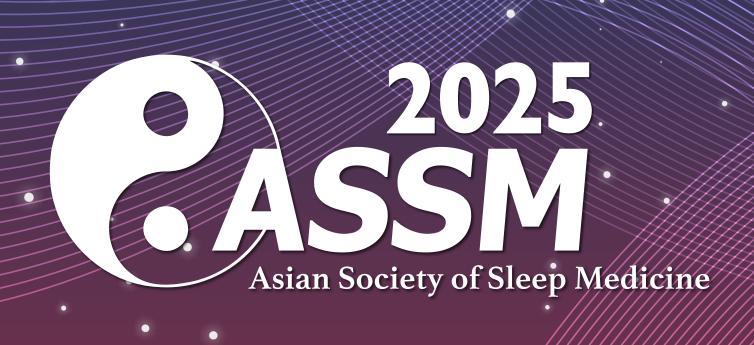
Bulgaria

United Kingdom

Thailand

2025 ASSM

Asian Society of Sleep Medicine

MEETING PROGRAM

September 6 – 7, 2025 | Singapore

ASSM 2025 MEETING OVERVIEW

Meeting Dates
Saturday, September 6 and Sunday, September 7

Location
Rooms 328, 329, 330
Suntec Singapore Convention & Exhibition Centre

Registration
ASSM 2025 requires a separate registration from World Sleep 2025. Please visit the registration area on Level 3 if you require a registration.

Registration for ASSM 2025 includes access to all ASSM sessions on Saturday and Sunday, including keynotes, symposia, oral abstracts, poster abstracts, the lunch sessions, and the closing reception. The closing reception will take place at the ASSM session rooms on Sunday evening after the poster hall session concludes.

About ASSM
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.

Organizing Committee
Yuichi Inoue (Japan) – *Chair*
Ahmed S. BaHammam (Saudi Arabia)
Fang Han (China)
Hiroshi Kadotani (Japan)
KiYoung Jung (Korea)
Leow Leong-Chai (Singapore)
Michael Chee (Singapore)
Naricha Chirakalwasan (Thailand)
SC Hong (Korea)
Stijn Massar (Singapore)
Toh Song Tar (Singapore)
Yukiyoshi Sumi (Japan)
Yun Kwok Wing (Hong Kong)
Yuta Takano (Japan)

Program Committee
Ahmed S. BaHammam (Saudi Arabia)
Duong-Quy Sy (Vietnam)
Fang Han (China)
Hiroshi Kadotani (Japan)
JC Suri (India)
Leow Leong-Chai (Singapore)
Michael Chee (Singapore)
Mohamed A. Al-Abri (Oman)
Naricha Chirakalwasan (Thailand)
Ning-Hung Chen (Taiwan)
Seockhoon Chung (Korea)
Seung Bong Hong (Korea)
Seung-Chul Hong (Korea)
Stijn Massar (Singapore)
Tayard Desudchit (Thailand)
Toh Song Tar (Singapore)
Yuichi Inoue (Japan)
Yuta Takano (Japan)
Yun-Kwok Wing (Hong Kong)
Zhi-Li Huang (China)
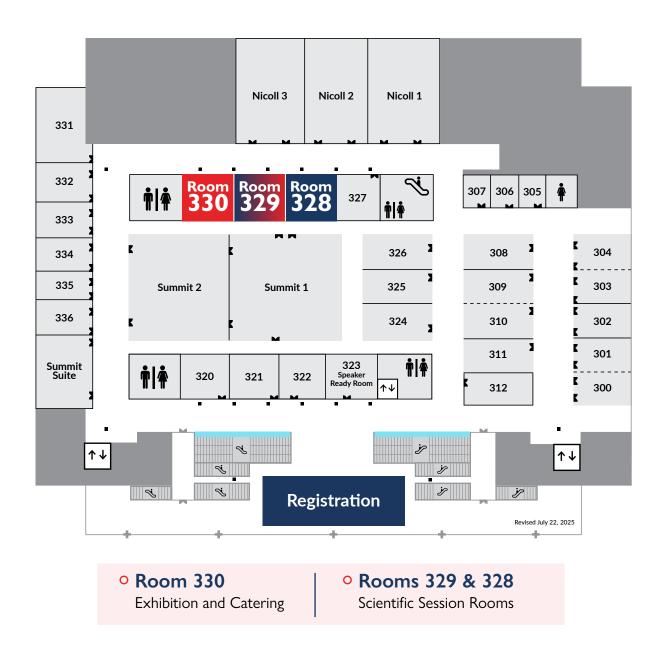
MEETING PROGRAM
ASSM 2025

September 6 – 7, 2025 | Singapore

SUNTEC SINGAPORE CONVENTION & EXHIBITION CENTRE

○ **Room 330**
Exhibition and Catering

○ **Rooms 329 & 328**
Scientific Session Rooms

Revised July 22, 2025

ASSM
Asian Society of Sleep Medicine

SATURDAY, SEPTEMBER 6

ASSM 2025 Exhibition

9:00am – 5:00pm | Room 330

ASSM Opening remarks

9:00am – 9:05am | Room 328
Yuichi Inoue (Japan)

ASSM Symposium 1: Current status of narcolepsy and hypersomnolence research in Asia

9:10am – 10:25am | Room 328
Chairs: S.C. Hong (Korea, Republic of), Fang Han (China)

9:10am– 9:25am
Aripiprazole treatment for post-COVID-19 sleep duration prolongation
Takashi Kanbayashi (Japan)

9:25am – 9:40am
The Treatment Outcome of Narcolepsy and Depression with Repetitive Transcranial Magnetic Stimulation (rTMS): A Preliminary Study
Yu Shu Huang (Taiwan)

9:40am– 9:55am
HLA-Associated Autoimmune Disorders in Narcolepsy: Evidence from Nationwide Data in South Korea
S.C. Hong (Korea, Republic of)

9:55am – 10:10am
Psychiatric and Sleep Disturbances in Families of Narcolepsy Patients: Cross-sectional Study
Tae Won Kim (Korea, Republic of)

10:10am– 10:25am
Narcolepsy and the Risk of Pregnancy Complications: Based on a Nationwide Healthcare System Database in South Korea
Young-Chan Kim (Korea, Republic of)

ASSM Oral session 1: Technology, basic, and cognition

9:10am – 10:10am | Room 329
Chair: Zhi-Li Huang (China)

9:10am – 9:19am
Z4IP – Comprehensive Sleep and Activity Phenotyping Through Multifactor Mobile Data Integration
Chun Siong Soon (Singapore)

9:19am – 9:28am
Does self-reported sleep duration reflect actigraphy-reported sleep duration in youth male soccer players?
Pedro Figueiredo (United Arab Emirates)

9:28am – 9:37am
Shared genetic architecture between sleep apnea related sleep traits and cardiometabolic diseases
Yuan Zhang (China)

9:37am – 9:46am
Correlation between iron deposition and cognitive function in OSA patients of different severity levels based on quantitative susceptibility mapping.
Shiyuan Gao (China)

9:46am – 9:55am
The Role of Adenosine Receptors and Their Antagonist Caffeine in the Mouse Hippocampal CA2 Region Associated with Sleep Deprivation
Lik Wei Wong (Singapore)

9:55am – 10:04am
Effects of Combined Chronic Intermittent Hypoxia and Hypercapnia Exposure on Blood Pressure, Systemic Inflammation, and Oxidative Stress Levels in Rats
Junbo Zhang (China)

SATURDAY, SEPTEMBER 6

ASSM Symposium 2: Transforming insomnia care: Novel insights and approaches for treatment

10:35am – 11:50am | Room 328
Chairs: Isa Okajima (Japan), Shirley Xin Li (Hong Kong)

10:35am – 10:50am
Role of value clarification/commitment and rule-governed behaviors (tracking) on the insomnia and daytime symptoms
Isa Okajima (Japan)

10:50am – 11:05am
Attrition, adherence, and retention in cognitive behavioural therapy for youth insomnia
Hao Fong Sit (Hong Kong)

11:05am – 11:20am
Stepped care of CBT-I based on systematic reviews
Yuta Takano (Japan)

11:20am – 11:35am
Digital Insomnia Intervention Program Prevents Future Onset of Major Depressive Disorder in Youth with Insomnia
Sijing Chen (Hong Kong)

11:35am – 11:50am
Digital cognitive-behavioral therapy for insomnia prevents suicidality: evidence from real-world study
Binbin Lei (China)

ASSM Symposium 3: An update of collaborative research studies Across Asia ASSM initiative

10:35am – 11:35am | Room 329
Chair: Yun Kwok Wing (Hong Kong), SB Hong (Korea, Republic of)

10:35am – 10:50am
Cross-cultural differences in sleep patterns and problems in Asian school-aged adolescents - the ACROSS study
Stijn Massar (Singapore)

10:50am – 11:05am
Cross-cultural differences in sleep patterns and problems in Asian school-aged adolescents - the ACROSS study
Rachel Chan (Hong Kong)

11:05am – 11:20am
Clinical characteristics of RLS in Asian countries
Sungeun Hwang (Korea, Republic of)

11:20am – 11:35am
Sleep Medicine Education in Asian Medical Schools
Hamza Dhafar (Saudi Arabia)

ASSM
Asian Society of Sleep Medicine

SATURDAY, SEPTEMBER 6

ASSM Lunch Seminar 1: The Impact of Tongue on sleep apnea: From Pathophysiology to Innovative Therapies

12:00pm – 1:00pm | Room 328
Chair: Ning-Hun Chen (Taiwan), Motoo Yamauchi (Japan)

Supported by Somnics

12:00pm – 12:15pm
Physiological Role of the Tongue in the Pathogenesis of Obstructive Sleep Apnea
Liyue (Adell) Xu (China)

12:15pm – 12:30pm
MRI-Based Assessment of Airway Patency During Sleep With and Without Pressure Therapy: Role of Tongue and Soft Tissue Structures
Chen Lin (Taiwan)

12:30pm – 12:45pm
Drug-Induced Sleep Endoscopy for Functional Assessment of Intraoral Negative Pressure in OSA Management
Srinivas Kishore (India)

12:45pm – 1:00pm
Tongue based therapy: the Asian experience of hypoglossal nerve stimulus
Motoo Yamauchi (Japan)

1:00pm – 1:00pm
Panel Discussion and Q&A

ASSM Lunch Seminar 2: Orexin/Hypocretin System: Clinical Use

12:00am – 1:00pm | Room 329
Chairs: S.C. Hong (Korea, Republic of), Fang Han (China)

Supported by Yangtze River Pharmaceutical Group

12:00pm – 12:05pm
Introduction
S.C. Hong (Korea, Republic of)

12:05pm – 12:15pm
Significance and Indications of CSF Orexin Measurement
Takashi Kanbayashi (Japan)

12:15pm – 12:30pm
Orexin/Hypocretin Receptors Antagonist for Insomnia: Phase III RCT Evidence of Fazamorexant, a Rapid-Onset, Short-Acting DORA
Wenjun Zhu (China)

12:30pm – 12:45pm
The Current Issues and Future Perspectives of Pharmacological Treatment for CNS Hypersomnias
Yuichi Inoue (Japan)

12:45pm – 1:00pm
Panel Discussion and Audience Q&A

ASSM
Asian Society of Sleep Medicine

SATURDAY, SEPTEMBER 6

ASSM Keynote 1: Stijn Massar: One Million and One Nights: Harnessing Wearable Sleep Tracking Data to Accelerate Population Health Insights

1:10pm – 1:50pm | Room 328
Chair: Ahmed BaHammam (Saudi Arabia)

1:10pm – 1:12pm
Introduction
Ahmed BaHammam (Saudi Arabia)

1:10pm – 1:50pm
One Million and One Nights: Harnessing Wearable Sleep Tracking Data to Accelerate Population Health Insights
Stijn Massar (Singapore)

ASSM Symposium 4: Navigating Insomnia: Characterization and Targeted Interventions in Diverse Age Groups and Comorbidities

2:00pm – 3:00pm | Room 328
Chairs: Jihui Zhang (China), Rachel Chan (Hong Kong)

2:00pm – 2:15pm
Insomnia in Adolescents: Characteristics and Non-Pharmacological Interventions
Rachel Chan (Hong Kong)

2:15pm – 2:30pm
Insomnia in the Elderly: Exploring the Efficacy of Tai Chi and Cognitive Behavioral Therapy for Insomnia
Danny Yu (Hong Kong)

2:30pm – 2:45pm
Managing Insomnia Comorbid with Mood Disorders: Integrative Approaches and Evidence-Based Strategies
Jihui Zhang (China)

2:45pm – 3:00pm
Insomnia and Obstructive Sleep Apnea: Cardiometabolic Risk and Clinical Implication
Yun Li (China)

ASSM Oral session 2: RBD

2:00pm – 3:00pm | Room 329
Chair: Ki-Young Jung (Korea, Republic of)

2:00pm – 2:09pm
Automated analysis of home video for screening REM sleep behaviour disorder
Yonglong Ye (Hong Kong)

2:09pm – 2:18pm
Neural correlates of decisional impulsivity across early stages of α-synucleinopathy: a case-control functional magnetic resonance imaging study
Siyi Gong (China)

2:18pm – 2:27pm
Association Between Iron Metabolism Biomarkers and REM Sleep Behavior Disorder: A Mendelian Randomization Study
Guimei Zhang (China)

2:27pm – 2:36pm
Integrated gut microbiome and metabolome analysis in isolated REM sleep behavior disorder
Bo Li (Hong Kong)

2:36pm – 2:45pm
Sleep Deprivation Accelerates α-Synuclein Pathology via Per2-Mediated Lysosomal Dysfunction in Mice with REM Sleep Behavior Disorder
Liqing Zhang (China)

ASSM
Asian Society of Sleep Medicine

SATURDAY, SEPTEMBER 6

ASSM Symposium 5: Obstructive sleep apnea in women: clinical practice and basic research

3:15pm – 4:30pm | Room 328
Chairs: Qing Yun Li (China), Naricha Chirakalwasan (Thailand)

3:15pm – 3:30pm
Sex differences of OSA
Qing Yun Li (China)

3:30pm – 3:45pm
Teleportative effects of estrogen on CIH induced endothelial dysfunction
Ying Ni Lin (China)

3:45pm – 4:00pm
Characteristics of OSA in Japanese women and CPAP model selection
Azusa Ikegami (Japan)

4:00pm – 4:15pm
Association between obstructive sleep apnea and the risk of adverse pregnancy outcomes
Yoko Komada (Japan)

4:15pm – 4:30pm
Impact of Treating Obstructive Sleep Apnea on Pregnancy Outcomes
Naricha Chirakalwasan (Thailand)

ASSM Oral session 3: Hypersomnia

3:15pm – 4:15pm | Room 329
Chair: S.C. Hong (Korea, Republic of)

3:15pm – 3:24pm
Clinical Phenotypes and Longitudinal Evolution Patterns in Narcolepsy: A Prospective Cohort Study Based on Symptom Cluster Analysis
Yimeng Zhang (China)

3:24pm – 3:33pm
Weight loss response to GLP-1 RA in adults with narcolepsy cataplexy
Shuying Li (China)

3:33pm – 3:42pm
Hypothalamic Functional Connectivity, Depressive Symptoms, and Post-Treatment SOREMPs in Narcolepsy Type 1: Links to Sleep Latency and Mediation Mechanisms
Mengmeng Wang (China)

3:42pm – 3:51pm
Does body mass index differentiate the clinical and sleep characteristics of Chinese children and adults with narcolepsy type 1 differently?
Min Zhang (China)

3:51pm – 4:00pm
Attention and Inhibition Deficits in Narcolepsy Type 1: Behavioral and Electrophysiological Markers
Zongshan Li (China)

4:00pm – 4:09pm
Nocturnal Fragmentation and Dream Enactment behaviors in Narcolepsy: Diagnostic Biomarkers Associated with Hypocretin-1 Deficiency
Huimin Zhang (China)

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SATURDAY, SEPTEMBER 6

ASSM Oral session 4: Insomnia and psychiatry

4:25pm – 5:35pm | Room 329
Chair: Isa Okajima (Japan)

4:25pm – 4:34pm
An AI-Driven Model for Depression Detection Using Sleep Heartbeat and Breathing Signals
Dongbin Lyu (China)

4:34pm – 4:43pm
Cognitive Function and Frontotemporal Functional Connectivity in Patients with Major Depressive Disorder and Comorbid Insomnia Symptoms: A Cerebral Hemodynamics Perspective
Xiaodong Song (China)

4:43pm – 4:52pm
Differential Efficacy of Online Group BBTI on Fatigue and Sleep in Depressed Patients with Insomnia Symptoms Based on Sleep Reactivity: A Pilot Study
Sifan Hu (China)

4:52pm – 5:01pm
Associations of Subjective and Objective Sleep with Impulsivity and Probabilistic Reasoning
Shijie Yu (Hong Kong)

5:01pm – 5:10pm
Subtyping and Prognosis of Insomnia Disorder Based on Clinical, Psychological, and Sleep EEG Features
Dongbin Lyu (China)

5:10pm – 5:19pm
Actigraphy-Derived Circadian Rhythm Patterns as the Predictors of Anxiety and Depression in Individual with Insomnia Symptoms: Results of Principal Component Analysis
Mingqing Zhou (Hong Kong)

5:19pm – 5:28pm
426 Gender Differences in Changes in Sleep-Related Physical and Mental Symptoms and Quality of Life Following CPAP Treatment in Patients with OSA
Yen-Chin Chen (Taiwan)

ASSM Symposium 6: Sleep Medicine Education Across Asia: Current Assessment and Strategic Implementation Framework

4:40pm – 5:55pm | Room 328
Chairs: Ahmed BaHammam (Saudi Arabia), Naricha Chirakalwasan (Thailand)

4:40pm – 4:55pm
Mapping the Current Landscape: Challenges and Opportunities in Asian Sleep Medicine Education
Pei-Lin Lee (Taiwan)

4:55pm – 5:10pm
Implementing the Asian Adult Sleep Medicine Fellowship Curriculum: Strategies for Diverse Healthcare Systems
Ahmed BaHammam (Saudi Arabia)

5:10pm – 5:25pm
Building Excellence in Sleep Technology: Developing Comprehensive Training Programs for Sleep Technologists
Naricha Chirakalwasan (Thailand)

5:25pm – 5:40pm
Sleep Medicine Education in Asian Medical School Curricula: Current State and Strategic Recommendations for Enhancement
Hamza Dhafar (Saudi Arabia)

5:40pm – 5:55pm
Future Directions: ASSM Accreditation Systems, Certification Pathways, and Regional Collaboration Networks
Ahmed BaHammam (Saudi Arabia)

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SUNDAY, SEPTEMBER 7

ASSM 2025 Exhibition

8:00am – 5:00pm | Room 330

ASSM Young investigator symposium

8:00am – 9:00am | Room 328
Chairs: Naricha Chirakalwasan (Thailand), Ronald Lee (Singapore)

8:00am – 8:15am
Gut microbiota in major depressive disorders with rapid eye movement behavior disorder: tracing a subtype of depression with underlying neurodegeneration
Yuhua Yang (Hong Kong)

8:15am – 8:30am
Artificial Intelligence Diagnosis of Obstructive Sleep Apnea: Bayesian Meta-Analyses of 80 Studies with 248 Models
Esther Yanxin Gao (Singapore)

8:30am – 8:45am
Nighttime Light Exposure Predicts Higher Sleep Apnea Risk: A Prospective Study with Explainable Machine Learning
Wei Wang (China)

8:45am – 9:00am
Effectiveness of Stepped-Care Chinese Herbal Medicine and Psychotherapy on Improving Sleep in Adults with Insomnia: A Stepped-Wedge Cluster Randomized Trial
Danny Yu (Hong Kong)

ASSM Oral session 5: SBD 1

8:00am – 9:00am | Room 329
Chair: Ning-Hun Chen (Taiwan)

8:00am – 8:09am
Chronic Intermittent Hypoxia Impairs Genioglossus Activity and Alters Upper Airway Negative Pressure Reflex in a Rat Model
Guoping Yin (China)

8:09am – 8:18am
The Effectiveness of a Smart Sleep Apnoea Self-Management Support Program (4S) in Improving Cardiovascular Risk and Quality of Life in Subjects with Moderate to Severe Obstructive Sleep Apnea: A Randomized Controlled Trial
Agnes Yuen-kwan Lai (Hong Kong)

8:18am – 8:27am
Comparison of the 1st Half of the Night Polysomnography (3 Hours) vs. Full Night Analysis in Asian Population: A Cohort Study
Sasarak Kijtorntham (Thailand)

8:27am – 8:36am
Higher Ambient Temperatures may Increase Sleep Apnea–Specific Pulse-Rate Response in obstructive sleep apnea.
Yanru Li (China)

8:36am – 8:45am
Adenosine A2A Receptor Activation Protects Against Chronic Intermittent Hypoxia Induced Kidney Injury by PKA-ERK1/2 pathway
Xiucui Li (China)

SUNDAY, SEPTEMBER 7

ASSM Symposium 7: Neurocognitive Mechanisms and Mental Health Consequences Associated with Sleep Disturbance in Adolescents

9:10am – 10:10am | Room 328
Chairs: Rachel Chan (Hong Kong), Shirley Xin Li (Hong Kong)

9:10am – 9:25am
Insomnia with Objective Short Sleep Duration in Adolescents: Behavioural and Cortical Arousal Evidence
Yee Lok Wong (Hong Kong)

9:25am – 9:40am
Neurobehavioral functions in sleep-restricted adolescents
June Lo (Singapore)

9:40am – 9:55am
Sleep and Mental Resilience in Adolescents: The Potential Stress Adaptive Role of High Frequency Power in Sleep EEG
Chris Xie Chen (Hong Kong)

9:55am – 10:10am
Subtypes of Insomnia and Objective Short Sleep Duration: Associations with Mental Health Problems in Adolescents
Guanghai Wang (China)

ASSM Oral session 6: SBD 2

9:10am – 10:10am | Room 329
Chair: Leong-Chai Leow (Singapore)

9:10am – 9:19am
Interpretable Machine Learning Using Questionnaire Data: A Scalable Approach for Sleep Apnea Screening
Nhung Huyen Hoang (Japan)

9:19am – 9:28am
Unveiling the circHDAC9/miR-138-5p/SIRT1 Axis: A Novel Mechanism Linking Obstructive Sleep Apnea-Hypopnea Syndrome to Cognitive Impairment through Senescence-Associated Neuronal Autophagy
Wenqiu Wei (China)

9:28am – 9:37am
Determining the Minimum Nights Required for Reliable Wearable-Based Assessment of Sleep Architecture and HRV in OSA, Insomnia, and COMISA
Hai Ka Betty Young (Hong Kong)

9:37am – 9:46am
Can Awake End-tidal CO2 Predicts Sleep-related Hypoventilation in Children with Neuromuscular Diseases?
Kanjaporn Sirisomboonlarp (Thailand)

9:46am – 9:55am
Association of upper airway morphological phenotypes with obstructive sleep apnea in middle-aged Korean adults
Jisun Choi (Korea, Republic of)

9:55am – 10:04am
Screening prediction models using artificial intelligence for moderate-to-severe obstructive sleep apnea in patients with acute ischemic stroke
Huan Jan Lin (Taiwan)

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SUNDAY, SEPTEMBER 7

ASSM Keynote 2: Yang Dan: The How and Why of sleep

10:20am – 11:00am | Room 328
Chair: Zhi-Li Huang (China)

10:20am – 10:22am
Introduction
Zhi-Li Huang (China)

10:22am – 11:00am
The How and Why of sleep
Yang Dan (United States)

ASSM Symposium 8: Restless Legs Syndrome: Clinical Perspectives and Emerging Research

11:20am – 12:20pm | Room 328
Chairs: Ki-Young Jung (Korea, Republic of), Yuichi Inoue (Japan)

11:20am – 11:35am
Prevalence, Presentation, and Correlates of RLS Among Stroke Survivors in India.
Ravi Gupta (India)

11:35am – 11:50am
Circadian Rhythm in Restless Legs Syndrome
Seyoung Bang (Korea, Republic of)

11:50am – 12:05pm
RLS: from phenotype to genotype
Wenjun Zhu (China)

12:05pm – 12:20pm
Japanese RLS guideline update: evidence review and GRADE based recommendations
Yukiyoshi Sumi (Japan)

ASSM Oral session 7: Sleep Health

11:20am – 12:20pm | Room: Room 329
Chair: Hiroshi Kadotani (Japan)

11:20am – 11:29am
Sleep Temporal Entropy: A Novel Sleep Fragmentation Biomarker Predicting Cardiometabolic Disease and Mortality Risk
Jiong Chen (China)

11:29am – 11:38am
Sleep Stage Classification over Continuous Positive Airway Pressure Signals with Multi-Period Convolutional Neural Network
Yu-Hsin Chen (Taiwan)

11:38am – 11:47am
Effects of a Personalized Sleep Extension Protocol on Sleep Duration and Its Moderators: A Pilot Actigraphy Study
Wei Wang (Hong Kong)

11:47am – 11:56am
Association between snoring and in vitro fertilization outcomes among infertile women
Huanhuan Wang (China)

11:56am – 12:05pm
Structural Factors Impeding or Facilitating Freshmen Sleep Habits
Chun Siong Soon (Singapore)

12:05pm – 12:14pm
Sleep quality and hypertension: correlation between Pittsburgh Sleep Quality Index (PSQI) scores and the prevalence of hypertension and blood pressure reduction patterns
Kaiyan Ma (China)

SUNDAY, SEPTEMBER 7

ASSM Lunch Seminar 3: The Epidemiology, Mechanisms, and Clinical Manifestations of Excessive Daytime Sleepiness

12:30pm – 1:30pm | Room 328
Chairs: Ahmed BaHammam (Saudi Arabia), Yuichi Inoue (Japan)

Supported by Takeda

12:30pm – 12:45pm
Epidemiology of Excessive daytime sleepiness in Asia
Yun Kwok Wing (Hong Kong)

12:45pm – 1:00pm
Characteristics of 24-Hour Melatonin Rhythms in Different Sleep-Related Hypersomnolence Disorders
Shuai Wu (China)

1:00pm – 1:15pm
Narcolepsy spectrum disorder -multifaced aspects of sleepiness
Makoto Honda (Japan)

ASSM Philips Sleeposium: Frontiers of Sleep Sciences in 2025
Pillars of Progress: Patient Safety and OSA Leadership in 2025

12:30pm – 1:30pm | Room 329
Chair: Leow Leong Chai (Singapore)

Supported by Philips

From Testing to Trust: Ensuring Patient Safety
Denver Faulk (United States)

OSA.version.2025: Crucial Conversations
Teofilo Lee-Chiong (United States)

Panel discussion

ASSM Keynote 3: Ki-Young Jung: Restless legs syndrome across Asian countries

1:40pm – 2:20pm | Room 328
Chair: Yuichi Inoue (Japan)

1:40pm – 1:42pm
Introduction
Yuichi Inoue (Japan)

1:42pm – 2:20pm
Restless legs syndrome across Asian countries
Ki-Young Jung (Korea, Republic of)

ASSM Symposium 9: REM sleep, behavior, mood, and neurodegeneration - the path from early to late life

2:30pm – 3:30pm | Room 328
Chair: Gulcin Benbir Senel (Turkey), Garima Shukla (Canada)

2:30pm – 2:45pm
REM sleep behavior disorder and neuropsychiatric comorbidity - lessons from younger populations
Garima Shukla (Canada)

2:45pm – 3:00pm
Clinical characteristics and predictors of phenoconversion in REM sleep behavior disorder - data from different ethnic and geographical origins
Gulcin Benbir Senel (Turkey)

3:00pm – 3:15pm
Polysomnographic markers of neurodegeneration in REM sleep behavior disorder
Ravi Yadav (India)

3:15pm – 3:30pm
How we could support patients with isolated REM sleep behavior disorder in their transitional state from sleep disorders to neurodegenerative diseases?
Naoko Tachibana (Japan)

SUNDAY, SEPTEMBER 7

ASSM Oral session 8: Pediatric and chronobiology

2:30pm – 3:30pm | Room 329
Chair: Tayard Desudchit (Thailand)

2:30pm – 2:39pm
Reward processing and eveningness in adolescents: A case-control study with EEG investigation
Fiona Yujing Jin (Hong Kong)

2:39pm – 2:48pm
Wearable-device-measured light at light exposure and Irritable bowel syndrome risk
Nana Zheng (China)

2:48pm – 2:57pm
Impaired attention function and increased REM sleep EEG Theta/Beta Ratio in pediatric REM sleep-related obstructive sleep apnea
Dandi Ma (China)

2:57pm – 3:06pm
Effects of Ambient Temperature and Pollen Exposure on Sleep, Respiratory Events, and Apnea-Specific Pulse Rate Response in Children with Sleep Disordered Breathing
Yanru Li (China)

3:06pm – 3:15pm
Pulmonary Rehabilitation in Pediatric Scoliosis: A Prospective Pilot of a Risk-Stratified Perioperative Respiratory Pathway involving polysomnography and transcutaneous carbon dioxide measurements
Neha Mohan Rao (India)

ASSM Case conference

3:40pm – 5:10pm | Room 328
Chairs: Sy Duong-Quy (Vietnam), JC Suri (India)

3:40pm – 3:55pm
OSA-Triggered Sexsomnia: Clinical Recognition of a Hidden Parasomnia
Hamza Dhafar (Saudi Arabia)

3:55pm – 4:10pm
Central hypoventilation syndrome. What if it's not congenital?
Jindapa Srikajon (Thailand)

4:10pm – 4:25pm
Excessive daytime sleepiness as a clinical manifestation of severe obstructive sleep apnea: a case report
Kiky Monica Soesanto (Indonesia)

4:25pm – 4:40pm
Can REM sleep behavior disorder be observed in Alzheimer's disease?
Kwang Ik Yang (Korea, Republic of)

4:40pm – 4:55pm
The silent strain: unmasking the hidden obstructive sleep apnea
Linda Soebroto (Indonesia)

4:55pm – 5:10pm
A middle-aged man with sleep disordered breathing, parasomnia, and recurrent respiratory failure
Mayura Nitesnoppakul (Thailand)

SUNDAY, SEPTEMBER 7

ASSM Symposium 10: Therapeutic Innovations for Sleep Disorders: From Mechanistic Breakthroughs to Clinical Translations

3:40pm – 4:55pm | Room 329
Chairs: Xiaoqing Hu (Hong Kong), Hongliang Feng (China)

3:40pm – 3:55pm
Impaired memory control and insomnia: A potential new intervention approach
Xiaoqing Hu (Hong Kong)

3:55pm – 4:10pm
Light and circadian rest-activity rhythm disruptions: Mechanisms and interventions
Hongliang Feng (China)

4:10pm – 4:25pm
Efficacy of group-based cognitive behavioural therapy for insomnia with adjunctive bright light therapy in youths with insomnia and eveningness: Results from a randomised controlled trial
Forrest Tin Wai Cheung (United Kingdom)

4:25pm – 4:40pm
Gut microbiota, circadian rhythms and mental health: Insights from community-dwellings samples
Suyi Xie (Hong Kong)

4:40pm – 4:55pm
Human oral, mouth and gut microbiota as therapeutic targets for sleep disorders
Tong Luo (China)

ASSM Closing remarks

6:10pm – 6:20pm | Room 328
Chair: Yuichi Inoue (Japan)

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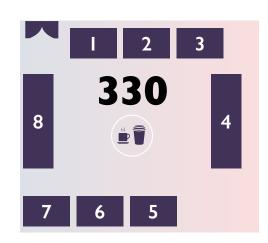
ASSM 2025 EXHIBITORS

Exhibitor Name	Table Number
Asleep	1
Fisher and Paykel Healthcare	2
Philips Electronics (S) Pte Ltd	4
Resmed	6
Somnics, Inc.	5
The Air Station Pte Ltd	8
Yangtze River Pharmaceutical Group	7

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ACULYS

aculys.com/en

Development, import, manufacturing, and sales of prescription pharmaceuticals in the neurology area.

Asleep

asleep.ai/en/home

Asleep is a leading sleep tech company that developed 'Apnotrack,' an AI medical device for diagnosing sleep apnea. In clinical trials, the device has proven its high accuracy, recording a sensitivity of 87% and a specificity of 92%. By providing a convenient, non-contact method using only a smartphone, our technology overcomes the high cost and inconvenience of traditional exams. Asleep developed 'Sleeptrack,' an AI home solution based on its sleep AI API technology. Our platform analyzes sleep in real-time, enabling seamless control of smart appliances to create the optimal sleep environment. This technology is based on the world's largest sleep sound dataset. With multiple SCI-level publications and two CES 2025 Innovation Awards, Asleep is a globally recognized leader in sleep technology.

Fisher & Paykel HEALTHCARE

fphcare.com

Fisher & Paykel Healthcare is a medical device manufacturer headquartered in New Zealand. The company designs, manufactures and sells products and systems used in respiratory care, critical care and sleep apnea treatment. Utilizing its proprietary heating and humidification technology, the company provides products in over 120 countries around the world. The company is committed to developing innovative medical devices to improve patients' quality of life. In particular, the company has unique technologies and products related to OSA masks, contributing to making them comfortable for patients to use at home.

meiji

meiji-seika-pharma.co.jp

Beginning with the production of penicillin in 1946, Meiji Seika Pharma has established itself as a leader in the manufacture and sale of antibacterial drugs. The company also supplies high-quality generic drugs and treatments.

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Resmed

Resmed.com

Resmed (NYSE, ASX: RMD) creates life-changing health technologies that people love. We're relentlessly committed to pioneering innovative technology to empower millions of people in 140 countries to live happier, healthier lives. Our AI-powered digital health solutions, cloud-connected devices and intelligent software make home healthcare more personalized, accessible and effective. Ultimately, Resmed envisions a world where every person can achieve their full potential through better sleep and breathing, with care delivered in their own home. Learn more about how we're redefining sleep health at Resmed.com and follow @Resmed.

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somnics.com

Somnics, Inc. is a medical device company founded in 2011. The Somnics specializes in innovative, mask-free therapies for Obstructive Sleep Apnea (OSA) and is the developer of the award-winning iNAP® Sleep Therapy System. The iNAP Sleep Therapy system is a portable, negative-pressure oral device delivered through a soft, flexible mouthpiece connected to a handheld console. During sleep, it generates gentle suction within the oral cavity to reposition the tongue and soft palate, thus maintaining an open airway without masks, hoses, or forced airflow. This approach enables natural nasal breathing and quiet, comfortable treatment that's discreet and travel-friendly. The iNAP is CE-certified and registered in Taiwan, Singapore, Malaysia, and Hong Kong. The devices have secured FDA clearance in the U.S. and comply with ISO 13485, CE, TGA, and GMP standards.

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Takeda's passion and expertise across neurology and psychiatry with special focus on sleep-wake disorders, neurodegenerative and rare neurological conditions, drive our commitment to address the unmet needs of these patients. We are dedicated to transforming the lives of patients with neurological diseases through groundbreaking research and innovative treatments that aim to address the profound impact these disorders have on people and society. Our efforts extend beyond therapeutic innovation. We aim to improve health outcomes across the patient journey by building solution-focused partnerships with industry, academia, health systems and advocacy, educating patients and physicians and broadening access to therapies. We give particular focus to integrating digital solutions including advancing novel biomarkers and digital approaches to improve diagnosis and personalize patient care.

THE AIR STATION

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theairstation.com

The Air Station is a regional leader in sleep and respiratory care, working closely with medical specialists and clinical partners to improve the way sleep disorders are diagnosed and managed. We offer a comprehensive range of clinically proven diagnostics, CPAP systems, and therapy solutions to support better patient outcomes. More than a solutions provider, we collaborate with hospitals and healthcare teams to enhance care delivery through training, service support, and patient education. Our focus is on enabling earlier detection, improving therapy access, and helping more patients achieve better sleep. With a strong presence across Asia, The Air Station continues to shape the future of sleep health through trusted partnerships, quality solutions, and a commitment to advancing clinical care.

扬子江药业集团
Yangtze River Pharmaceutical Group
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As a leading pharmaceutical company in China, Yangtze River Pharmaceutical Group (YRPG) was founded in 1971, and is one of the first Innovative Enterprises in China selected by the Ministry of Science and Technology. Headquartered in Taizhou City, Jiangsu Province. YRPG has over 20 subsidiaries and more than 18,000 employees. The marketing network covers 12 therapeutic areas with 565 specifications, and 104 products are exported to 42 countries or regions. YRPG is dedicated to providing high-quality, effective products and services worldwide, fulfilling the core value of "High Quality, Public Benefits, Continuous Innovation, and Pursuit of Excellence". We aim to expand international exchange and cooperation, seeking partners worldwide to ensure that YRPG's high-quality products can benefit people around the globe.

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2025
September 5-10

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SCIENTIFIC
CONTENT

Schedule at a Glance

00 | **SATURDAY** September 6

Courses | Special Interest Groups | ASSM Meeting

00 | **SUNDAY** September 7

Courses | Special Interest Groups | ASSM Meeting
Poster Presentations | Opening Ceremony
World Sleep Foundation Award Reception

00 | **MONDAY** September 8

Keynote Presentations | Symposia | Oral Abstracts
Industry Symposia | Special Interest Groups
Discussion Groups | Poster Presentations

00 | **TUESDAY** September 9

Keynote Presentations | Symposia | Oral Abstracts
Industry Symposia | Special Interest Groups
Discussion Groups | Poster Presentations | Gala Dinner

00 | **WEDNESDAY** September 10

Keynote Presentations | Symposia | Oral Abstracts
Industry Symposia | Special Interest Groups | Closing Ceremony

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WS 2025

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Course Faculty

Course faculty listed in alphabetical order.

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Murat Aksu (Türkiye)

Candice Alfano (United States)

Sulaiman S. Alsaif (Saudi Arabia)

Ahmed BaHammam (Saudi Arabia)

Ahmed Yassin Bahgat (United Arab Emirates)

Lucie Barateau (France)

Kelly Baron (United States)

Christina Bini (Sweden)

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Célyne Bastien (Canada)

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Douglas Bradley (Canada)

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Stephen Carstensen (United States)

Kate Chan (Hong Kong)

Rachel Chan (Hong Kong)

Philip Cheng (United States)

Michael Chee (Singapore)

Jessie Chi (Taiwan)

Mei Sian Chong (Singapore)

Ching Li Chai Coetzer (Australia)

Yufeng Chen (Taiwan)

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Sean Drummond (Australia)

Danny Eckert (Australia)

Julie Flygare (United States)

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Cathy Goldstein (United States)

Michael Gradisar (Sweden)

Paul Gringras (United Kingdom)

Michael Grandner (United States)

Ravi Gupta (India)

Fang Han (China)

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Mark Howard (Australia)

Yuichi Inoue (Japan)

Stacey Ishman (United States)

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Michal Khan (Israel)

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Minjee Kim (United States)

Srinivas Kishore (India)

Henri Korkalainen (Finland)

Lynn Koh (Singapore)

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Clete Kushida (United States)

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Atul Malhotra (United States)

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Kiran Maski (United States)

Emmanuel Mignot (United States)

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Charles Morin (Canada)

Sutapa Mukherjee (Australia)

Ariel Neikrug (United States)

Chew Lip Ng (Singapore)

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Ju Lynn Ong (Singapore)

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Laura Palagini (Italy)

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John Peever (Canada)

Andrew Phillips (Australia)

Sasikarn Poomkornsarn (Thailand)

Dalva Poyares (Brazil)

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Virend Somers (United States)

Tar Toh Song (Singapore)

Karen Spruyt (France)

Kingman Strohl (United States)

Alexander Sweetman (Australia)

Robert Thomas (United States)

Annabelle Sok-Yan Tay (Singapore)

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Zheyu Xu (Singapore)

Jing Ying Yeh (China)

Mimi Yow (Singapore)

Yu Yuan (Taiwan)

Audrey Yoon (United States)

Yves Dauvilliers (France)

Phyllis C. Zee (United States)

Michelle Zeidler (United States)

Course Overview

SATURDAY September 6, 2025

8:00am – 5:00pm

C-01 Circadian dysfunction in health and disease
Room 326

C-02 Year in review
Room 309

C-03 AI's potential to improve sleep research and sleep medicine
Room 310

C-25 Cadaveric hands-on workshop at Changi General Hospital
Located at offsite venue

8:00am – 12:00pm

C-04 Sleep apnea diagnosis and management: Current treatments
Room 311

C-05 Insomnia: Behavioral treatments
Room 324

C-06 Pediatric sleep medicine
Room 325
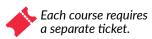
1:00pm – 5:00pm

C-07 The future of diagnosis and management of OSA
Room 311

C-08 Insomnia: Pharmacological treatments
Room 324

C-09 Adolescent sleep medicine
Room 325

1:00pm – 6:00pm

C-24 Understanding narcolepsy: A comprehensive clinical update
Room 327

Each course requires a separate ticket.

Find complete course details on following pages.

SUNDAY September 7, 2025

8:00am – 5:00pm

C-10 Narcolepsy and other hypersomnias of central origin: From mechanism to management
Room 308

C-11 Sleep, aging, and neurodegeneration
Room 309

C-12 Sleep-related movement disorders
Room 306

8:00am – 12:00pm

C-13 Comorbid insomnia and sleep apnea (COMISA): When common conditions co-occur
Room 310

C-14 Dental sleep medicine
Room 311

C-15 Wearables and sleep trackers
Room 325

C-16 Sleep, psychiatry, and mental health
Room 326

C-22 Occupational health and shift work
Room 324

1:00pm – 5:00pm

C-17 Cardiovascular consequences of sleep apnea: What is new?
Room 310

C-18 Essentials of sleep surgery: Tools, techniques, and tactics
Room 311

C-19 Parasomnias
Room 324

C-20 Sleep health
Room 325

C-21 Genetics and sleep disorders
Room 326

2:00pm – 5:00pm

C-23 Navigating your research career: Skill development and career advice for early and mid-career researchers
Room 327

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Scientific Program | SATURDAY

C-25: Cadaveric hands-on workshop at Changi General Hospital

7:30am – 9:00pm | Off-site Venue
Chairs: Stanley Liu (United States),
Jern-Lin Leong (Singapore), Maria Suurna (United States)

7:30am – 8:00am
Registration

8:00am – 8:05am
Welcome
Stanley Liu (United States)

8:05am – 8:45am
Session 1: In-office, minimally invasive RF turbinates, palate, tongue, nasal valve
Chew Lip Ng (Singapore)
Jessie Chi (Taiwan)
Diderot Parreira (Brazil)

8:45am – 10:00am
Session 2: UPPP: Lateral pharyngoplasty, relocation, barbed, etc.
Jing Ying Yeh (China)
Jessica Schwarts (United Arab Emirates)
Vikas Agrawal (India)
Maria Suurna (United States)

10:00am – 10:30am
Session 3: Coblation tongue base
Srinivas Kishore (India),
Jessica Schwarts (United Arab Emirates)

10:30am – 11:00am
Demonstration: TORS
John Loh (Singapore), Eric Thuler (Brazil)

11:00am – 12:20pm
Session 4: Hypoglossal nerve stimulation: All approaches inspire & nyxoah & livanova approaches
Clemens Heiser (Germany)
David Kent (United States)
Maria Suurna (United States)
Crystal Cheong (Singapore)

12:20pm – 12:30pm
Networking break

12:30pm – 1:30pm
Lunch and session 5: Virtual surgical planning and custom max expander demo for naso-maxillary expansion (video)
Leandro Velasco (Brazil)
Allen Huang (United States)
Dong N. Quang (Vietnam)

1:30pm – 2:30pm
Session 6: Maxillary expansion: Non-surgical, surgical endoscopic and open
Eric Thuler (Brazil)
Leonard Soh (Singapore)
Sasikarn Poomkornsarn (Thailand)
Stanley Liu (United States)

2:30pm – 3:15pm
Session 7: Genioplasty, Genioglossus
Yufeng Chen (Taiwan)
Dong N. Quang (Vietnam)
Catherine Sung ok Hong (Korea, Republic of)

3:15pm – 4:45pm
Session 8: MMA (Bimax distraction, TMJ replacement)
Lai In Jeni Ho (Hong Kong)
Diderot Parreira (Brazil)
Chee Sing Lee (Singapore)

Faculty Dinner to follow

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Scientific Program | SATURDAY

C-02: Year in review

8:00am – 5:00pm | Room 309
Chairs: Sean Drummond (Australia)

8:00am – 8:20am
Introduction

8:20am – 9:00am
Sleep, sleep loss, and cognition
Michael Chee (Singapore)

9:00am – 9:40am
Sleep neuroscience
John Peever (Canada)

9:40am – 10:00am
Question and answer

10:00am – 10:20am
Coffee break

10:20am – 11:00am
Sleep and health disparities
Giardin Jean-Louis (United States)

11:00am – 11:40am
Sleep and circadian rhythms
Christian Cajochen (Switzerland)

11:40am – 12:00pm
Question and answer

12:00pm – 1:00pm
Lunch break

1:00pm – 1:40pm
Sleep and aging
Tamar Shochat (Israel)

1:40pm – 2:20pm
Latest trends in wearable sleep technology
Hannah Scott (Australia)

2:20pm – 2:40pm
Question and answer

2:40pm – 3:00pm
Coffee break

3:00pm – 3:40pm
Sleep-disordered breathing
Winfried Randerath (Germany)

3:40pm – 4:20pm
Insomnia and mental health
Laura Palagini (Italy)

4:20pm – 5:00pm
Question and Answer

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

8:00am – 5:00pm | Room 310
Chairs: Amir Sharafkhaneh (United States),
Thomas Penzel (Germany)

8:00am – 8:10am
Introduction
Max Hirshkowitz (United States)

8:10am – 8:55am
Mastering machine learning (ML): The future of sleep data analysis
Javad Razjouyan (United States)

8:55am – 9:40am
Generative AI and LLM
Shirin Shafazand (United States)

9:40am – 9:55am
Coffee break

9:55am – 10:40am
Deep learning decoded: Elevating sleep analysis to the next level
Henri Korkalainen (Finland)

10:40am – 11:25am
Big data, bigger impact: Transforming sleep research with AI
Ju Lynn Ong (Singapore)

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11:25am – 12:25pm
Lunch

12:25pm – 1:10pm
AI in action: Revolutionizing the diagnosis of sleep disorders
Sulaiman S. Alsaif (Saudi Arabia)

1:10pm – 1:55pm
Personalized sleep medicine: AI-powered treatment strategies
Amir Sharafkhaneh (United States)

1:55pm – 2:10pm
Coffee break

2:10pm – 2:55pm
Next-gen sleep monitoring: AI and wearable technology
Thomas Penzel (Germany)

2:55pm – 3:40pm
AI's role in scientific writing and peer-review: Balancing benefits and risks
Ahmed BaHammam (Saudi Arabia)

3:40pm – 4:25pm
Limitations, legal aspects and dangers of AI use
Haitham Jahrami (Bahrain)

4:25pm – 4:55pm
Question and answer

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

8:00am – 12:00pm | Room 311
Chairs: Naricha Chirakalwasan (Thailand),
Atul Malhotra (United States)

8:00am – 8:20am
Introduction
Atul Malhotra (United States)

8:20am – 9:00am
Global trend in obstructive sleep apnea diagnosis
Mary Ip (Hong Kong)

9:00am – 9:40am
Health consequences in obstructive sleep apnea
Kristina Kairaitis (Australia)

9:40am – 10:00am
Question and answer

10:00am – 10:20am
Coffee break

10:20am – 11:00am
Positive airway pressure therapy in OSA
Naricha Chirakalwasan (Thailand)

11:00am – 11:40am
Non-positive airway pressure therapy in OSA
Atul Malhotra (United States)

11:40am – 12:00pm
Question and answer
Atul Malhotra (United States),
Naricha Chirakalwasan (Thailand)

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C-05: Insomnia: Behavioral treatments

8:00am – 12:00pm | Room 324
Chairs: C.M. Yang (Taiwan), Bei Bei (Australia)

8:00am – 8:10am
Introduction
C.M. Yang (Taiwan)

8:10am – 8:50am
Theoretical foundation, assessment, and conceptualization for CBT-I
C.M. Yang (Taiwan)

8:50am – 9:40am
Core components of CBT-I and treatment planning
Bei Bei (Australia)

9:40am – 10:00am
Question and Answer

10:00am – 10:20am
Coffee Break

10:20am – 11:00am
Managing arousal, sleep reactivity, and integrating mindfulness in CBT-I
Philip Cheng (United States)

11:00am – 11:40am
Behavioral sleep medicine in medical and special populations: Tailoring existing approaches for diverse needs
Ariel Neikrug (United States)

11:40am – 12:00pm
Question and Answer
Bei Bei (Australia)

C-06: Pediatric sleep medicine

8:00am – 12:00pm | Room 325
Chairs: Rosemary Horne (Australia), Michal Kahn (Israel)

8:00am – 8:05am
Introduction

8:05am – 8:45am
Pediatric sleep disordered breathing: Emerging issues
Kate Chan (Hong Kong)

8:45am – 9:25am
Sleep problems from infancy to middle childhood: Is there a skeleton key treatment for all
Michael Gradisar (Sweden)

9:25am – 10:05am
Psychopharmacology in sleepless children with neurodevelopmental disorders: When, which, how?
Paul Gringras (United Kingdom)

10:05am – 10:15am
Discussion / Question and answer

10:15am – 10:30am
Coffee Break

10:30am – 11:10am
The sleepy child: Hypersomnolence in childhood
Kiran Maski (United States)

11:10am – 11:50am
The 4C model of healthy sleep for trauma-exposed children
Candice Alfano (United States)

11:50am – 12:00pm
Question and Answer

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C-01: Circadian dysfunction in health and disease

8:00am – 5:00pm | Room 326
*Chairs: Joshua Gooley (Singapore),
Phyllis Zee (United States)*

8:00am – 8:20am
Introduction
Joshua Gooley (Singapore)

8:20am – 9:00am
The circadian timing system
Joshua Gooley (Singapore)

9:00am – 9:40am
Effects of light on the circadian timing system
Christian Cajochen (Switzerland)

9:40am – 10:00am
Discussion / Question and answer

10:00am – 10:20am
Coffee break

10:20am – 11:00am
Methods for measuring and monitoring circadian rhythms
Andrew Phillips (Australia)

11:00am – 11:40am
The circadian clock and health
Shantha Rajaratnam (Australia)

11:40am – 12:00pm
Discussion / Question and answer

12:00pm – 1:00pm
Lunch break

1:00pm – 1:40pm
Circadian regulation of cardiometabolic health
Frank A.J.L. Scheer (United States)

1:40pm – 2:20pm
The circadian clock in ageing and neurodegenerative disease
Aleks Videnovic (United States)

2:20pm – 2:40pm
Discussion / Question and answer

2:40pm – 3:00pm
Coffee break

3:00pm – 3:40pm
Circadian rhythm sleep-wake phase disorders
Sabra Abbott (United States)

3:40pm – 4:20pm
Circadian strategies for occupational health and safety
Diane Boivin (Canada)

4:20pm – 4:40pm
Course wrap-up & practice points

4:40pm – 5:00pm
Panel discussion / Question and answer

Global Sleep Leadership Forum: A meeting of associate society members of World Sleep Society

8:00am – 12:00pm | Room 327

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Scientific Program | SATURDAY

World Dentofacial Sleep Society (WDSS): Bruxism

9:00am – 5:00pm | Room 308
Chairs: David Tay (Singapore), Mimi Yow (Singapore)

9:00am – 9:45am
Keynote: Why, how and when quantification of sleep bruxism is needed. From mechanism driven and population epidemiological research to the clinic: A bridge to build
Gilles J Lavigne (Canada)

9:45am – 10:30am
Non-PSG methods of assessment of bruxism and introduction of the Standardised Tool for the Assessment of Bruxism (STAB). Clinical management of bruxism: A dentist's perspective
Peter Svensson (Singapore)

10:30am – 11:00am
Coffee break

11:00am – 12:00pm
Keynote: Subtleties in PSG Scoring. Could sleep bruxism serve as a protective homeostatic mechanism against obstructive breathing during sleep?
Jerald H. Simmons (United States)

12:00pm – 1:30pm
Lunch break

1:30pm – 3:00pm
Debate: There is vs is not clinical relevance in the application of Type 1 PSG parameters to current dental & medical diagnosis in the management of patients with sleep bruxism.
*Moderators: Gilles J Lavigne (Canada),
David Tay (Singapore), Mimi Yow (Singapore)*

1:30pm – 2:15pm
Debate participants: Pro position
Leong-Chai Leow (Singapore),
Jerald H. Simmons (United States)

2:15pm – 3:00pm
Debate participants: Con position
Peter Svensson (Singapore), Zheyu Xu (Singapore)

3:00pm – 3:20pm
Scoring criteria and case-study in otherwise healthy individuals
Gilles J Lavigne (Canada)

3:20pm – 3:40pm
Scoring criteria and case-study in presence of sleep-disordered breathing
Leong-Chai Leow (Singapore)

3:40pm – 4:00pm
Scoring criteria and case-study in presence of neurological disorders
Zheyu Xu (Singapore)

4:00pm – 4:30pm
Tea break

4:30pm – 5:00pm
Expert panel discussion highlighting future directions and interdisciplinary collaboration
Gilles J Lavigne (Canada), Jerald H. Simmons (United States), Peter Svensson (Singapore), David Tay (Singapore), Zheyu Xu (Singapore), Mimi Yow (Singapore), Leong-Chai Leow (Singapore)

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WDSS: Clinical presentations

9:15am – 10:15am | Room 303

9:15am – 9:35am
Effects of Interceptive Orthodontics & Myofunctional therapy in Subjective symptoms of pediatric sleep disordered breathing amongst Indian children
Mihir Shah (India)

9:35am – 9:55am
Unveiling cutting-edge orofacial myofunctional therapy: A novel, evidence-based approach
Ranilo Tuazon (Philippines)

9:55am – 10:15am
Bridging traditions in pediatric sleep care: Evidence-based integration of laser acupuncture, capnometry-guided biofeedback, and interdisciplinary collaboration
Louis Chan (Australia)

WDSS: Oral appliance therapy in obstructive sleep apnea: An interdisciplinary approach for personalized care

10:30am – 12:00pm | Room 303
Chairs: Ghizlane Aarab (Netherlands),
Peter Cistulli (Australia)

10:30am – 10:32am
Introduction

10:32am – 10:52am
Non-invasive methods for predicting outcomes of oral appliance therapy in OSA patients
Olivier Vanderveken (Belgium)

10:52am – 11:12am
Comparative effectiveness of oral appliance therapy versus other treatments for OSA: identifying patient-specific success factors
Hui Chen (China)

11:12am – 11:32am
Dental approaches to tailored oral appliance therapy for OSA patients: integrating patient-specific factors and preferences
Ghizlane Aarab (Netherlands)

11:32am – 11:52am
Precision medicine approaches in obstructive sleep apnea: the role of dentist-sleep physician partnerships
Peter Cistulli (Australia)

11:52am – 12:00pm
Question and answer

WDSS: Lunch Session with Graphy

12:30pm – 1:30 PM | Room 303

Scientific Program | SATURDAY

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

1:00pm – 5:00pm | Room 311
Chairs: Danny Eckert (Australia),
Robert Thomas (United States)

1:00pm – 1:05pm
Introduction

1:05pm – 1:45pm
State of the art on OSA endotyping/precision medicine and translation potential
Danny Eckert (Australia)

1:45pm – 2:25pm
New and emerging OSA diagnostics including multi-night monitoring
Ching Li Chai-Coetzer (Australia)

2:25pm – 3:05pm
Sleep tracking and monitoring
Cathy Goldstein (United States)

3:05pm – 3:20pm
Coffee break

3:20pm – 4:00pm
Novel approaches to identify and manage downstream consequences of OSA
Robert Thomas (United States)

4:00pm – 4:40pm
New management pathways for CPAP follow-up including digital medicine and multimodal monitoring
Jean-Louis Pépin (France)

4:40pm – 5:00pm
Question and Answer

C-08 : Insomnia: Pharmacological treatments

1:00pm – 5:00pm | Room 324
Chairs: David Neubauer (United States),
Yun Kwok Wing (Hong Kong)

1:00pm – 1:20pm
Introduction

1:20pm – 2:00pm
Insomnia pharmacotherapy in adults
David Neubauer (United States)

2:00pm – 2:40pm
Insomnia pharmacotherapy in children and adolescents
Judith Owens (United States)

2:40pm – 3:00pm
Question and Answer

3:00pm – 3:20pm
Coffee break

3:20pm – 4:00pm
Hypnotics polypharmacy: Its risk factor and management
Yuichi Inoue (Japan)

4:00pm – 4:40pm
Advantages and disadvantages of combining CBT-I with sleep-promoting medications
Yun Kwok Wing (Hong Kong)

4:40pm – 5:00pm
Question and Answer

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C-09: Adolescent sleep medicine

1:00pm – 5:00pm | Room 325
Chairs: Perran Boran (Türkiye), Judith Owens (United States)

1:00pm – 1:05pm
Introduction

1:05pm – 1:45pm
Sleep and cognitive function in adolescents
Michael Chee (Singapore)

1:45pm – 2:05pm
Transitioning care 1
Narong Simakajornboon (United States)

2:05pm – 2:25pm
Transitioning care 2 (OSA)
Albert Li (China)

2:25pm – 2:40pm
Adolescent sleep health in developing nations 1
Ravi Gupta (India)

2:40pm – 2:55pm
Adolescent sleep health in developing nations 2
Morenikeji Komolafe (Nigeria)

2:55pm – 3:10pm
Question and answer

3:10pm – 3:25pm
Coffee break

3:25pm – 3:40pm
Measuring sleep in adolescents
Karen Spruyt (France)

3:40pm – 3:55pm
Challenging insomnia cases 1
Guanghai Wang (China)

3:55pm – 4:10pm
Challenging insomnia cases 2: Complex neurological conditions
Leticia Solter (Brazil)

4:10pm – 4:30pm
Social media and sleep
Rachel Chan (Hong Kong)

4:30pm – 5:00pm
Question and Answer

C-24: Understanding narcolepsy: A comprehensive clinical update

1:00pm – 6:00pm | Room 327
Chairs: Raffaele Ferri (Italy), Phyllis C. Zee (United States)

1:00pm – 1:45pm
Understanding narcolepsy: A clinical overview
Takashi Kanbayashi (Japan)

1:45pm – 2:30pm
The diagnostic journey
Kiran Maski (United States)

2:30pm – 3:15pm
Mechanisms of disease: The orexin system
Alessandro Silvani (Italy)

3:15pm – 3:30pm
Coffee break

3:30pm – 4:15pm
Diagnostic tools and sleep disorders
Lucie Barateau (France)

4:15pm – 5:00pm
Living with narcolepsy: A patient's voice
Julie Flygare (United States)

5:00pm – 5:45pm
Guidelines and management strategies
Rolf Fronczek (Netherlands)

5:45pm – 6:00pm
Discussion / Question and answer

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WDSS: Challenges in the multidisciplinary management of pediatric SDB: How to phenotype and collaborate

1:30pm – 3:00pm | Room 303
Chair: Wei-Chung Hsu (Taiwan)

1:30pm – 1:32pm
Introduction

1:32pm – 1:52pm
Phenotypes of Pediatric Sleep-disordered breathing
Umakanth Katwa (United States)

1:52pm – 2:12pm
CBCT/CFD images-based prediction model for ped OSA
Wei-Chung Hsu (Taiwan)

2:12pm – 2:32pm
Orthodontic treatment for different phenotypes of pediatric OSA
Audrey Yoon (United States)

2:32pm – 2:52pm
Management of refractory OSA in children
Archwin Tanphaichitr (Thailand)

2:52pm – 3:00pm
Question and answer

WDSS: Upper airway ultrasound in screening, evaluating, guiding management, and assessing treatment effectiveness of obstructive sleep apnea

3:30pm – 5:00pm | Room 303
Chairs: Clete Kushida (United States),
Wei-Chung Hsu (Taiwan)

3:30pm – 3:32pm
Introduction

3:32pm – 3:52pm
Use of ultrasound in obstructive sleep apnea patients to evaluate the upper airway and guide treatment
Clete Kushida (United States)

3:52pm – 4:12pm
Screening of underdiagnosed general population for obstructive sleep apnea using upper airway ultrasonography
Wei-Chung Hsu (Taiwan)

4:12pm – 4:32pm
Backscattered ultrasound imaging of tongue in predicting the hypoglossal nerve stimulation treatment outcome
Kurt Tschopp (Switzerland)

4:32pm – 4:52pm
Ultrasound imaging of tongue configuration in predicting the effect of mandibular advancement devices on obstructive sleep apnea treatment
Yunn-Jy Chen (Taiwan)

4:52pm – 5:00pm
Question and answer

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Scientific Program | SUNDAY

WDSS: Breakfast Session with SoundHealth

8:00am – 9:00am | Room 303

Global perspectives for sleep technologists: Education, standards, and future growth

8:00am – 12:00pm | Room 327

8:00am – 8:00am
Session 1: Sleep technologists around the world

8:00am – 8:20am
Continuous training, expert certification: What is news in Europe and what we can do to improve as sleep techs worldwide?

8:20am – 8:40am
Sleep Technologists: The relationship between training, skills, and job prospects vs. the accreditation of sleep medicine centers
Paolo Matrigiani (Italy)

8:40am – 9:00am
USA reality: BRPT as a model for training and expert certification around the world

9:00am – 9:20am
Discussion group

9:20am – 9:20am
Session 2: Training

9:20am – 9:40am
PSG and VPSG: New guideline from AASM

9:40am – 10:00am
The role of sleep technologists in pharmacological studies and clinical trials

10:00am – 10:20am
Sleep breathing disorders: MCR as a gold standard for diagnosis and the role of screening devices
Paolo Matrigiani (Italy)

10:20am – 10:40am
MWT and MSLT in adult and pediatric patients: The role and guidelines

10:40am – 11:00am
Discussion group

11:00am – 11:00am
Session 3: The role on multidisciplinary in sleep medicine

11:00am – 11:20am
Connecting the dots: Multidisciplinary approach to screening, prevention and rehabilitation of sleep disorders

11:20am – 11:40am
Sleep breathing disorders: Treatment in OSA patients with CPAP therapy and interaction with respiratory therapists

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

8:00am – 5:00pm | Room 308
Chairs: Fang Han (China), Morenikeji Komolafe (Nigeria)

8:00am – 8:20am
Introduction
Fang Han (China)

8:20am – 9:00am
Overview of hypersomnia
Kingman Strohl (United States)

9:00am – 9:40am
New Insights in narcolepsy research
Emmanuel Mignot (United States)

9:40am – 10:00am
Question and answer

10:00am – 10:20am
Coffee break

10:20am – 11:00am
Recognition of narcolepsy in children
Yu Shu Huang (Taiwan)

Scientific Program | SUNDAY

11:00am – 11:40am
Progress in medical treatment of narcolepsy and other hypersomnia of central origin
Yves Dauvilliers (France)

11:40am – 12:00pm
Question and answer

12:00pm – 1:00pm
Lunch break

1:00pm – 1:40pm
Narcolepsy and metabolism: What do we know?
Ahmed BaHammam (Saudi Arabia)

1:40pm – 2:00pm
Comorbidity and burden of narcolepsy
S.C. Hong (Korea, Republic of)

2:00pm – 2:20pm
Diagnostic burden and challenges of idiopathic hypersomnia
Lucie Barateau (France)

2:20pm – 2:40pm
Question and answer

2:40pm – 3:00pm
Coffee break

3:00pm – 3:40pm
Challenges in diagnosing and managing narcolepsy in other regions of the world: Africa
Morenikeji Komolafe (Nigeria)

3:40pm – 4:00pm
From isolation to international narcolepsy awareness: The power of peers and role models to build a global movement
Julie Flygare (United States)

4:00pm – 4:20pm
A parent's journey: From narcolepsy diagnosis to shaping the future of sleep research
Lindsay Jesteadt (United States)

4:20pm – 5:00pm
Question and answer

C-11: Sleep aging, and neurodegeneration

8:00am – 5:00pm | Room 309
Chairs: Aleks Videnovic (United States),
Mei Sian Chong (Singapore)

8:00am – 8:10am
Introduction
Aleks Videnovic (United States),
Mei Sian Chong (Singapore)

8:10am – 8:50am
Sleep and rhythms in healthy aging
Minjee Kim (United States)

8:50am – 9:30am
Association between sleep and cognition in older adults
Shuo Qin (Singapore)

9:30am – 9:45am
Question and answer

9:45am – 10:00am
Coffee break

10:00am – 10:40am
Sleep and rhythms in dementias
Brendan Lucey (United States)

10:40am – 11:20am
Obstructive sleep apnea in older adults
Naricha Chirakalwasan (Thailand)

11:20am – 11:35am
Question and answer

11:35am – 12:40pm
Lunch break

12:40pm – 1:10pm
Science year in review
Murat Aksu (Türkiye)

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1:10pm – 1:50pm
REM sleep behavior disorder
Yun Kwok Wing (Hong Kong)

1:50pm – 2:30pm
RBD and disease modification of synucleinopathies
Aleks Videnovic (United States)

2:30pm – 2:45pm
Question and answer

2:45pm – 3:00pm
Coffee break

3:00pm – 3:40pm
Sleep and circadian disturbances in Parkinson's disease
Claudio Liguori (Italy)

3:40pm – 4:20pm
Glymphatic system: Relevance for healthy aging and neurodegeneration
Ambra Stefani (Austria)

4:20pm – 4:35pm
Question and answer

4:35pm – 4:55pm
Clinical case vignettes
Murat Aksu (Türkiye), Claudio Liguori (Italy)

4:55pm – 5:00pm
Closing remarks
Aleks Videnovic (United States),
Mei Sian Chong (Singapore)

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

8:00am – 12:00pm | Room 310
Chairs: Melinda Jackson (Australia), Leon Lack (Australia)

8:00am – 8:10am
Introduction
Melinda Jackson (Australia)

8:10am – 9:00am
COMISA epidemiology
Alexander Sweetman (Australia)

9:00am – 9:40am
COMISA assessment
Célyne Bastien (Canada)

9:40am – 10:00am
Discussion / Question and answer

10:00am – 10:20am
Coffee break

10:20am – 11:00am
Patient management: Treating insomnia in COMISA
Leon Lack (Australia)

11:10am – 11:40am
Patient management: Treating OSA in COMISA
Michelle Zeidler (United States)

11:40am – 12:00pm
Discussion / Question and answer

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C-14: Dental sleep medicine

8:00am – 12:00pm | Room 311
Chairs: Mimi Yow (Singapore),
Stephen Carstensen (United States)

8:00am – 8:20am
Introduction to dental sleep medicine
Stephen Carstensen (United States)

8:20am – 9:00am
Lecture: Sleep bruxism, sleep-related movement disorders, and its neurological associations
Zheyu Xu (Singapore)

9:00am – 9:40am
Repurposing the NTI dental device as a screening tool for REM sleep bruxism and its medical comorbidities
David Tay (Singapore)

9:40am – 10:00am
Panel discussion / Question and answer

10:00am – 10:20am
Coffee break

10:20am – 11:00am
Understanding the paediatric airway in relation to sleep-disordered breathing: Current knowledge and practice
Lynn Koh (Singapore)

11:00am – 11:40am
Childhood sleep-disordered breathing, dentofacial parameters, upper airway space and management
Audrey Yoon (United States)

11:40am – 12:00pm
Question and answer

C-22: Occupational health and shift work

8:00am – 12:00pm | Room 324
Chairs: Mark Howard (Australia), Sveta Postnova (Australia)

8:00am – 8:20am
Introduction
Mark Howard (Australia), Sveta Postnova (Australia)

8:20am – 9:00am
Shift work, internal desynchrony, and metabolic and cardiovascular health
Hans Van Dongen (United States)

9:00am – 9:40am
Bench to the bedside: Translating individual shiftwork strategies for healthcare workers
Mark Howard (Australia)

9:40am – 10:00am
Discussion / Question and answer
Sveta Postnova (Australia)

10:00am – 10:20am
Coffee break

10:20am – 11:00am
From data to care: Personalized AI models for sleep and mental health in shift workers
Jae Kyoung Kim (Korea, Republic of)

11:00am – 11:40am
Prediction and optimization of circadian health in shift work
Sveta Postnova (Australia)

11:40am – 12:00pm
Discussion / Question and answer
Mark Howard (Australia)

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C-15: Wearables and sleep trackers

8:00am – 12:00pm | Room 325
Chairs: Michael Chee (Singapore),
Cathy Goldstein (United States)

8:00am – 8:05am
Introduction
Michael Chee (Singapore)

8:05am – 8:45am
Multi-sensor wearable health trackers:
Measurements and outputs
Mathias Baumert (Australia)

8:45am – 9:25am
Interpreting performance evaluation studies:
Choosing the right device for your needs
Ju Lynn Ong (Singapore)

9:25am – 10:05am
Sleep tracker use in healthy individuals
Kelly Baron (United States)

10:05am – 10:15am
Question and answer

10:15am – 10:25am
Coffee break

10:25am – 11:05
Sleep tracker use in patients with sleep disorders
and other chronic medical conditions
Cathy Goldstein (United States)

11:05 – 11:45am
Beyond sleep: Leveraging other health applications
wearable trackers
Michael Chee (Singapore)

11:45am – 12:00pm
Question and answer
Cathy Goldstein (United States)

C-16: Sleep, psychiatry, and mental health

8:00am – 12:00pm | Room 326
Chairs: Ahmed BaHammam (Saudi Arabia),
Charles Morin (Canada)

8:00am – 8:10am
Epidemiology of sleep and psychiatric disorders
Charles Morin (Canada)

8:10am – 8:50am
The bi-directional relationships between insomnia
and major depression: Clinical and diagnostic
Christoph Nissen (Switzerland)

8:50am – 9:30am
Sleep and post-traumatic stress disorders
Laura Palagini (Italy)

9:30am – 9:50am
Coffee break

9:50am – 10:30am
Neuropsychiatric manifestations in narcolepsy
Ahmed BaHammam (Saudi Arabia)

10:30am – 11:10am
Sleep in schizophrenia and bipolar disorders
Michael Mak (Canada)

11:10am – 11:50am
Pharmacological and behavioral management of
sleep disturbances in psychiatric disorders
Christoph Nissen (Switzerland)

11:50am – 12:00pm
Question and answer

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C-12: Sleep-related movement disorders

8:00am – 5:00pm | Room 306
Chairs: John Winkelman (United States),
Yuichi Inoue (Japan), Raffaele Ferri (Italy)

8:00am – 8:10am
Introduction

8:10am – 8:50am
Clinical and neurophysiological aspects of RLS
Mauro Manconi (Switzerland)

8:50am – 9:30am
Clinical phenotypes of RLS
Elias Karroum (United States)

9:30am – 10:10am
Psychiatric aspects of RLS
Yuichi Inoue (Japan)

10:10am – 10:20am
Discussion / Question and answer

10:20am – 10:40am
Coffee break

10:40am – 11:20am
Pediatric RLS
Oliviero Bruni (Italy)

11:20am – 12:00pm
Movement activity during sleep in RLS
Raffaele Ferri (Italy)

12:00pm – 12:10pm
Discussion / Question and answer

12:10pm – 1:10pm
Lunch break

1:10pm – 1:50pm
Pathophysiological substrates of RLS: Insights from animal models
Alessandro Silvani (Italy)

1:50pm – 2:30pm
The omics of RLS
Maria Paola Mogavero (Italy)

2:30pm – 2:40pm
Discussion / Question and answer

2:40pm – 3:00pm
Coffee break

3:00pm – 3:40pm
RCTs in RLS
Diego Garcia-Borreguero (Spain)

3:40pm – 4:20pm
Treatment guidelines of RLS
John Winkelman (United States)

4:20pm – 5:00pm
Question and Answer

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WDSS: Clinical presentations

9:15am – 10:15am | Room 303

9:15am – 9:35am
Increased post-treatment REM/NREM AHI ratio in patients with OSA successfully treated with MAD oral appliance: could it be a new PSG phenotype indicating poor upper airway muscle responsiveness?
Meng-Chen Tsou (Taiwan)

9:35am – 9:55am
Evaluation of sleep quality improvement with maxillary skeletal expansion using home sleep test and CBCT airway measurements
Sheetal Patil (United States)

9:55am – 10:15am
Segmental mandibular advancement for moderate-to-severe obstructive sleep apnea
Chi Ching Joan Wan (Hong Kong)

WDSS: Journey of obstructive sleep apnea: From womb to tomb

10:30am – 12:00pm | Room 303
Chairs: Stanley Liu (United States), Nivedita Kumar (India)

10:30am – 10:32am
Introduction

10:32am – 10:48
Pediatric OSA: Pre and Post natal risk factors, screening and early intervention
Kranthi Kumar R (India)

10:48 – 11:04
Orthodontic intervention in OSA: discussion and case presentation for modification of Vertical growth and maxillary expansion for transverse deficiency
Jojo Vallamattam (India)

11:04 – 11:20am
Burden of UARS and OSA on TMD, headaches and orofacial pain, and management in an integrated sleep center
Nivedita Kumar (India)

11:20am – 11:36am
Restoration of nasal breathing in sleep as the foundation of heathy facial and airway growth
Stanley Liu (United States)

11:36am – 11:52am
OSA in Geriatric population: Implications and multidisciplinary management along with prosthetic rehabilitation
Rangarajan Vedantham (India)

11:52am – 12:00pm
Question and answer

WDSS: Lunch Session with Graphy

12:30pm – 1:30 PM | Room 303

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

1:00pm – 5:00pm | Room 310
Chairs: Virend Somers (United States), Kate Chan (Hong Kong)

1:00pm – 1:05pm
Introduction
Virend Somers (United States)

1:05pm – 1:50pm
Sleep apnea in hypertrophic cardiomyopathy: Prevalence, pathophysiology and prognostic implications
Virend Somers (United States)

1:50pm – 2:35pm
Sleep apnea and heart failure
Douglas Bradley (Canada)

2:35pm – 2:45pm
Coffee break

2:45pm – 3:30pm
Long-term cardiovascular outcomes of sleep apnea: From childhood to adulthood
Kate Chan (Hong Kong)

3:30pm – 4:15pm
Mandibular advancement versus CPAP for blood pressure control in patients with hypertension and cardiovascular risk
Ronald Lee (Singapore)

4:15pm – 5:00pm
Tirzepatide and cardiovascular outcomes: implications for sleep apnea management
Atul Malhotra (United States)

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

1:00pm – 5:00pm | Room 311
Chairs: Stanley Liu (United States), Shaun Loh (Singapore), Maria Suurna (United States)

Part 1: How to evaluate and select patients for surger:

1:00pm – 1:20pm
PSG vs HST
Clete Kushida (United States)

1:20pm – 1:40pm
DISE
Madeline Ravesloot (Netherlands)

1:40pm – 2:00pm
Endotypes/phenotypes and surgical outcomes
Olivier Vanderveken (Belgium)

Part 2: Role of soft tissue surgery and outcomes
Song Tar Toh (Singapore)

2:00pm – 2:15pm
Evolution of palatal surgery
Ryan Soose (United States)

2:15pm – 2:30pm
Palatal approaches for a single level vs multilevel surgery
Srinivas Kishore (India)

2:30pm – 2:45pm
How to manage the tongue base obstruction
Julia Crawford (Australia)

2:45pm – 3:00pm
Coffee break

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Part 3: Nasal and skeletal surgery for nasal breathing
Ofer Jacobowitz (United States)

3:00pm – 3:15pm
Nasal surgery for OSA
Chan Soon Park (Korea, Republic of)

3:15pm – 3:30pm
Nasal breathing from childhood to adult
Stacey Ishman (United States)

3:30pm – 3:45pm
Naso-maxillary expansion for SDB
Stanley Liu (United States)

Part 4: Advances in neurostimulation in treatment of sleep apnea

4:00pm – 4:15pm
Evolution of hypoglossal nerve in Asia
Shaun Loh (Singapore)

4:15pm – 4:30pm
Combination procedures with Hypoglossal Nerve Stimulation
Maria Suurna (United States)

4:30pm – 4:45pm
Unilateral vs bilateral neurostimulation for sleep apnea
Clemens Heiser (Germany)

4:45pm – 5:00pm
Question and answer

C-19: Parasomnias

Room 324 | 1:00pm – 5:00pm
Chairs: Carlos Schenck (United States),
Federica Provini (Italy)

1:00pm – 1:20pm
Introduction
Carlos Schenck (United States)

1:20pm – 2:00pm
Disorders of arousal from NREM sleep
Federica Provini (Italy)

2:00pm – 2:40pm
REM sleep behavior disorder (RBD)
Carlos Schenck (United States)

2:40pm – 3:00pm
Coffee break

3:00pm – 3:40pm
Sleep related eating disorder (SRED)
Yuichi Inoue (Japan)

3:40pm – 4:20pm
Nightmares
Brigitte Holzinger (Austria)

4:20pm – 4:40pm
Question and answer

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C-20: Sleep health

1:00pm – 5:00pm | Room 325
Chairs: Daniel Buysse (United States),
Rebecca Robillard (Canada)

1:00pm – 1:15pm
Introduction
Rebecca Robillard (Canada)

1:15pm – 1:55pm
Sleep health: From concept to clinic to public health
Daniel Buysse (United States)

1:55pm – 2:35pm
Sleep health: Implications for population health and prevention
Yu Sun Bin (Australia)

2:35pm – 2:55pm
Discussion / Question and answer

2:55pm – 3:15pm
Coffee break

3:15pm – 3:55pm
Sleep health implications for cardiometabolic and other medical conditions
Arezu Najafi (Iran)

3:55pm – 4:35pm
Sleep health implications for mental health
Michael Grandner (United States)

4:35pm – 5:00pm
Discussion / Question and answer

C-21: Genetics and sleep disorders

1:00pm – 5:00pm | Room 326
Chairs: Juliane Winkelmann (Germany),
Sutapa Mukherjee (Australia)

1:00pm – 1:10pm
Introduction
Juliane Winkelmann (Germany),
Sutapa Mukherjee (Australia)

1:10pm – 2:00pm
Genetics of insomnia
Richa Saxena (United States)

2:00pm – 2:50pm
Genetics of OSA
Hanna Ollila (Finland)

2:50pm – 3:10pm
Coffee break

3:10pm – 4:00pm
Genetics of narcolepsy
Emmanuel Mignot (United States)

4:00pm – 4:50pm
Genetics of restless legs
Juliane Winkelmann (Germany)

4:50pm – 5:00pm
Discussion / Question and answer

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WDSS: The rationale of Orofacial myofunctional therapy (OMT) in a combined modality treatment in OSA; A new perspective

1:30pm – 3:00pm | Room 303
Chairs: Harald Hrubos-Strøm (Norway),
Susana Falardo (Portugal)

1:30pm – 1:32pm
Introduction

1:32pm – 1:48pm
Impaired muscle responsiveness in OSA: an endotype for targeted combined modality treatments
Venkata Koka (France)

1:48pm – 2:04pm
Rationale in the selection of targeted oropharyngeal exercises in OSA treatment
Susana Falardo (Portugal)

2:04pm – 2:20pm
Facilitators and barriers to orofacial myofunctional therapy adherence in OSA
Harald Hrubos-Strøm (Norway)

2:20pm – 2:36pm
Devices and AI for myofunctional therapy in OSA
Chu Qin Phua (Singapore)

2:36pm – 2:52pm
A consensus for OMT in a multidisciplinary and multimodality approach in OSA
Triin Jagomägi (Estonia)

2:52pm – 3:00pm
Question and answer

C-23: Navigating your research career: Skill development and career advice for early and mid-career researchers

2:00pm – 5:00pm | Room 327
Chairs: Christina Bini (Sweden), Nicole Grivell (Australia)

2:00pm – 2:50pm
Navigating the research career pathway
Fang Han (China), Yun Shen (China),
Kavitha Venkatnarayan (India)

2:50pm – 3:05pm
Coffee break

3:05pm – 3:45pm
Developing research skills
Danny Eckert (Australia), Thomas Penzel (Germany)

3:45pm – 4:00pm
Coffee break

4:00pm – 5:00pm
Getting answers to hard questions
Amy Jordan (Australia), Charles Morin (Canada),
Dalva Poyares (Brazil)

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WDSS: COMISA: Updates for dental practice

3:30pm – 5:00pm | Room 303
Chairs: Miguel Meira e Cruz (Portugal),
Alexander Sweetman (Australia)

3:30pm – 3:32pm
Introduction

3:32pm – 3:52pm
When insomnia and sleep apnea meet together
Alexander Sweetman (Australia)

3:52pm – 4:12pm
Orofacial aspects of COMISA: pathways and clinical pictures
Miguel Meira e Cruz (Portugal)

4:12pm – 4:32pm
Bruxism, insomnia, and sleep apnea
Cibele Dal Fabbro (Canada)

4:32pm – 4:52pm
COMISA interaction with surgical outcomes
Pedro Oliveira (United States)

4:52pm – 5:00pm
Question and answer

Poster abstract group 1

5:00pm – 6:00pm | Hall 405

Opening ceremony

6:30pm – 8:15pm | Hall 405

World Sleep Foundation Award Reception

8:15pm – 9:45pm | Room 324

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Scientific Program | MONDAY

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

8:00am – 8:45am | Hall 406 C

8:00am – 8:02am
Introduction
Michael Chee (Singapore)

8:02am – 8:45am
Innovations in sleep technology: Advancing diagnosis and treatment of sleep disorders
Thomas Penzel (Germany)

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

8:00am – 8:45am | Hall 406 D

8:00am – 8:02am
Introduction
Phyllis C. Zee (United States)

8:02am – 8:45am
Light, circadian rhythms and sleep: Fundamental mechanisms to new therapeutics
Russell Foster (United Kingdom)

Exhibit Hall

8:30am – 3:30pm | Hall 405

S-01: Pharmacotherapy of obstructive sleep apnea in 2025

9:00am – 10:30am | Hall 406 C
*Chairs: Atul Malhotra (United States),
Vsevolod Polotsky (United States)*

9:00am – 9:02am
Introduction

9:02am – 9:18am
GLPR1 agonists in OSA
Atul Malhotra (United States)

9:18am – 9:34am
A combination of antimuscarinic agents with selective norepinephrine reuptake inhibitors to treat OSA
Ana Sanchez-Azofra (United States)

9:34am – 9:50am
Carbonic anhydrase inhibitors to treat OSA
Jan Hedner (Sweden)

9:50am – 10:06am
Treating sleepiness in OSA: Is it worth it?
Julia Chapman (Australia)

10:06am – 10:22am
Drug development in OSA: What else in the pipeline?
Vsevolod Polotsky (United States)

10:22am – 10:30am
Question and Answer

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Scientific Program | MONDAY

S-02: The Global Adolescent Sleep Project (GASP): A Summary of the Findings, Research Gaps and Future Directions

9:00am – 10:30am | Hall 406 D
Chair: Judith Owens (United States)

9:00am – 9:02am
Introduction

9:02am – 9:18am
1) Introduction: Goals and Methods;
2) Summary and Next Steps
Judith Owens (United States)

9:18am – 9:34am
Sleep and Mental/Behavioral Health
Magda LaHorgue Nunes (Brazil)

9:34am – 9:50am
Accidental Injuries and Immune Function and Infection
Saadoun Bin Hasan (Kuwait)

9:50am – 10:06am
Sleep and Cognition/Learning and Academic Achievement
Karen Spruyt (France)

10:06am – 10:22am
Sleep and Obesity, Cardiovascular and Metabolic Function
Chris Xie Chen (Hong Kong)

10:22am – 10:30am
Question and Answer

S-03: Challenges of using cognitive behavioral treatment for insomnia in specific patient groups and settings

9:00am – 10:30am | Nicoll 1
Chairs: Kai Spiegelhalder (Germany),
Shirley Xin Li (Hong Kong)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Challenges of cognitive behavioural treatment for insomnia in adolescents
Shirley Xin Li (Hong Kong)

9:18am – 9:34am
Challenges of cognitive behavioural treatment for insomnia in primary care
Charles Morin (Canada)

9:34am – 9:50am
Challenges in adapting cognitive behavioural treatment for perinatal insomnia
Bei Bei (Australia)

9:50am – 10:06am
Challenges of cognitive behavioural treatment for insomnia in shift workers
Kai Spiegelhalder (Germany)

10:06am – 10:22am
Challenges of cognitive behavioural treatment for insomnia in psychiatric inpatients with comorbid conditions
Elisabeth Hertenstein (Switzerland)

10:22am – 10:30am
Question and Answer

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S-04: WSS Task Force recommendations for use of consumer health trackers for sleep tracking

9:00am – 10:30am | Nicoll 2
Chairs: Michael Chee (Singapore),
Clete Kushida (United States)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Rationale and scope of recommendations
Michael Chee (Singapore)

9:18am – 9:34am
Using wearable sleep data from healthy persons
Cathy Goldstein (United States)

9:34am – 9:50am
Using sleep trackers in persons with sleep disorders or medical conditions
Kelly Baron (United States)

9:50am – 10:06am
Reading a performance evaluation and selecting an appropriate device
Mathias Baumert (Australia)

10:06am – 10:22am
Ingesting sleep data into clinical records
Thomas Penzel (Germany)

10:22am – 10:30am
Question and Answer

S-05: OSA, neurodegeneration and neurocognitive decline: New insights and future directions

9:00am – 10:30am | Nicoll 3
Chairs: Najib Ayas (Canada), Sutapa Mukherjee (Australia)

9:00am – 9:02am
Introduction

9:02am – 9:18am
How does OSA lead to neurodegeneration? Discussion of mechanisms of oxidative stress to glymphatics.
Camilla Hoyos (Australia)

9:18am – 9:34am
Can physiologic biomarkers from polysomnography predict neurodegeneration?
Najib Ayas (Canada)

9:34am – 9:50am
Predicting and monitoring neurodegeneration with plasma biomarkers
Andrew Varga (United States)

9:50am – 10:06am
Predicting neurocognitive response to CPAP - A step towards precision medicine?
Klar Yaggi (United States)

10:06am – 10:22am
Questions and discussion session
Sutapa Mukherjee (Australia)

10:22am – 10:30am
Question and Answer

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Scientific Program | MONDAY

S-06: Sleep health and aging: A decade research and its global implications

9:00am – 10:30am | Room 303
*Chairs: Daniel Buysse (United States),
Soomi Lee (United States)*

9:00am – 9:02am
Introduction

9:02am – 9:18am
Lessons Learned from a Decade of Research on Sleep Health
Daniel Buysse (United States)

9:18am – 9:34am
Genetic basis of multi-dimensional sleep health
Heming Wang (United States)

9:34am – 9:50am
Exploring Generational Variations in Multidimensional Sleep Health: Insights from Epidemiological Data of the Japanese Adults Population
Ryuji Furihata (Japan)

9:50am – 10:06am
Sleep Health Profiles, Pain, and Chronic Conditions: Evidence from US and Asian Countries
Soomi Lee (United States)

10:06am – 10:22am
Poor sleep is associated with faster aging in three independent samples of adults
Aric Prather (United States)

10:22am – 10:30am
Question and answer

S-07: Hypersomnolence in focus: Orexin as the key to treating comorbidities and secondary diseases?

9:00am – 10:30am | Room 308
Chairs: Anna Heidbreder (Austria), Lucie Barateau (France)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Orexin as a key mechanism: Influence on comorbid and disease-immanent disorders in hypersomnolence
Jari Gool (Netherlands)

9:22am – 9:42am
Narcolepsy and cardiovascular risk: Links between hypersomnolence and cardiovascular disease
Poul Jørgen Jennum (Denmark)

9:42am – 10:02am
Mental comorbidities in narcolepsy: Depression, anxiety disorders and the impact of orexin on psychiatric health
Anna Heidbreder (Austria)

10:02am – 10:22am
Therapeutic approaches in narcolepsy: New perspectives through orexin receptor agonists and their significance for the treatment of comorbidities
Lucie Barateau (France)

10:22am – 10:30am
Question and Answer

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Scientific Program | MONDAY

S-08: Decoding neurological sleep disorders: Genetic and omics approaches to advance clinical practice

9:00am – 10:30am | Room 309
Chairs: Hanna Ollila (Finland), Richa Saxena (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Shared and Unique Genetic Mechanisms Between Self-Reported or Clinical Insomnia
Richa Saxena (United States)

9:22am – 9:42am
Genetic Mechanisms in Bruxism and Clinical Implications
Tommi Strausz (United States)

9:42am – 10:02am
Narcolepsy: Mechanisms and Translational Advances
Emmanuel Mignot (United States)

10:02am – 10:22am
ME/CFS and Long COVID: Genetic and Omics Insights
Vilma Lammi (Finland)

10:22am – 10:30am
Question and Answer

S-09: 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

9:00am – 10:30am | Room 324
Chairs: Mimi Yow (Singapore), Jing-Hao Ng (Singapore)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Medical aspects of oral appliance therapy in a randomized, controlled, non-inferiority trial of patients with OSA and health morbidities in Asia
Yihui Ou (Singapore)

9:22am – 9:42am
Considerations in oral appliance design for different populations in the management of sleep-disordered breathing
Simona Orlej (Czech Republic)

9:42am – 10:02am
Phenotyping patients with sleep-disordered breathing disorders for management with oral appliances
May-Nak Lau (Malaysia)

10:02am – 10:22am
British airways – Medical effects and dental outcomes of oral appliances in Caucasians with sleep-disordered breathing
Lindsay Winchester (United Kingdom)

10:22am – 10:30am
Question and Answer

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Scientific Program | MONDAY

S-10: Mechanisms underlying REM sleep memory modification

9:00am – 10:30am | Room 325
Chairs: Lucia Talamini (Netherlands), Gina Poe (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
A unique role for REM sleep in memory modification; findings from targeted memory reactivation studies
Penny Lewis (United Kingdom)

9:22am – 9:42am
Theta phase-locked memory reactivation during REM sleep reduces memories' emotional tone
Lucia Talamini (Netherlands)

9:42am – 10:02am
Critical dynamics during REM sleep
Antione Adamantidis (Switzerland)

10:02am – 10:22am
Local interneurons governing REM functions in memory consolidation versus clearance
Gina Poe (United States)

10:22am – 10:30am
Question and Answer

S-11: Prefrontal cortical orchestration of sleep: The missing link between sleep disruption and psychiatric disease?

9:00am – 10:30am | Room 326
Chairs: Lukas Krone (United Kingdom),
Franz Weber (United States)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Bidirectional regulation of NREM sleep by prefrontal cortex pyramidal neurons
Lukas Krone (United Kingdom)

9:18am – 9:34am
Prefrontal-hypothalamic dynamics regulating REM sleep
Franz Weber (United States)

9:34am – 9:50am
Prefrontal synaptic regulation of homeostatic sleep pressure
Shoi Shi (Japan)

9:50am – 10:06am
Early life sleep is critical for mPFC development and species-typical social behavior in the monogamous prairie vole
Miranda Lim (United States)

10:06am – 10:22am
Role of prefrontal cortex somatostatin neurons directing top-down control of sleep preparatory behaviour and sleep
Kyoko Tossell (United Kingdom)

10:22am – 10:30am
Question and Answer

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Scientific Program | MONDAY

O-01: Advancing surgical and neurostimulation therapies for obstructive sleep apnea

9:00am – 10:30am | Room 327
Chairs: Ofer Jacobowitz (United States)

9:00am – 9:13am
Next-Generation Hypoglossal Nerve Stimulation Therapy for the Treatment of Obstructive Sleep Apnea
Shaun Loh (Singapore)

9:13am – 9:26am
Efficacy of H-UPPP in obstructive sleep apnea patients with epiglottic collapse
Di Zhao (China)

9:26am – 9:39am
Low Arousal Threshold as a Predictor of Hypoglossal Nerve Stimulation Therapy Adherence
Thomas Kaffenberger (United States)

9:39am – 9:52am
The 'USA' System: A Novel Classification for Hypoglossal Nerve Stimulation Therapy Outcomes
Ryan Soose (United States)

9:52am – 10:05am
Combined Hypoglossal Nerve and Ansa Cervicalis Stimulation Outperforms Single Interventions in Maintaining Airway Patency in Patients with Obstructive Sleep Apnea
Yike Li (United States)

10:05am – 10:18am
International expert consensus statement: surgical failure in obstructive sleep apnea
Tiziano Perrone (Italy)

O-02: Orexin-based therapies and pharmacological advances in narcolepsy

9:00am – 10:30am | Room 328
Chairs: Michael Thorpy (United States),
Christelle Peyron (France)

9:00am – 9:13am
Oveporexton (TAK-861) Improves Wakefulness in People with NT1: Assessment of At-home Napping and In-clinic Microsleeps
Brian Tracey (United States)

9:13am – 9:26am
Initial preclinical development of a novel dual orexin receptor agonist
Alessandro Silvani (Italy)

9:26am – 9:39am
Optogenetic activation of the histaminergic system in the amygdala of narcoleptic mice reduces the occurrence of cataplexy
Christelle Peyron (France)

9:39am – 9:52am
The Effect of Pitolisant on Sleep-Promoting Neurons
Thomas Scammell (United States)

9:52am – 10:05am
iSPHYNCS: An Update on the Internationalization and New Approaches of the Swiss Primary HYpersomnolence and Narcolepsy Cohort Study
Markus Schmidt (Switzerland)

10:05am – 10:18am
E2086, a Selective Orexin Receptor-2 Agonist, Study for Promoting Wakefulness in Patients With Narcolepsy Type-1
Jocelyn Cheng (United States)

Scientific Program | MONDAY

O-03: Sleep health trajectories in childhood and adolescence

9:00am – 10:30am | Room 329
Chair: Oliviero Bruni (Italy), Paul Gringras (United Kingdom)

9:00am – 9:13am
Relationships between childhood sleep health and mental health at 12-years: Findings from the Growing Up in New Zealand study
Diane Muller (New Zealand)

9:13am – 9:26am
Perinatal Subjective Sleep Disturbance and Circulating Cytokine Levels: Bidirectional Examinations
Michele Okun (United States)

9:26am – 9:39am
Bi-directional associations between physical activity and sleep in school-age children: differences across times of day
Jia Xu Toby Seah (Singapore)

9:39am – 9:52am
Bedtime at Midnight: Actigraphy-Measured Sleep Dimensions and Socioeconomic Predictors among Toddlers in Dhaka, Bangladesh
Ayesha Sania (United States)

9:52am – 10:05am
Exploring the Sleep of Young Children in Aotearoa New Zealand: Associations with Ethnicity and Maternal Depression in and Beyond the Perinatal Period
Mikaela L. Carter (New Zealand)

10:05am – 10:18am
Sleep Health Profile In Early Infancy Is Associated With Emerging Executive Function Development
Nicolò Pini (United States)

O-04: Basic Science: Sleep deprivation and sleep disorder

9:00am – 10:30am | Room 330
Chairs: Luis de Lecea (United States)

9:00am – 9:13am
Maternal sleep disordered breathing impacts cortisol regulation in pregnancy
Margaret Bublitz (United States)

9:13am – 9:26am
THC and CBD in insomnia associated to neuropathic pain: effect on sleep architecture and descending anti-nociceptive pathways
Martha Lopez-Canul (Canada)

9:26am – 9:39am
Data-Driven Fatigue Management: Harmonising Predictive Models with Actual Pilot Data to Optimise Alertness and Performance
Paul Kirby (Australia)

9:39am – 9:52am
Effects of Sleep Deprivation on Cognitive Performance and Neurovascular Coupling: A Functional Transcranial Doppler Study
Kannaphob Ladthavorlaphatt (Thailand)

9:52am – 10:05am
Sleep architectural changes during recurrent cycles of sleep restriction: comparing stable and variable short sleep schedules
Tiffany B. Koa (Singapore)

10:05am – 10:18am
Dopaminergic Mechanisms Underpinning Excessive Daytime Sleepiness and Hypoglossal Nerve Stimulation Outcomes in OSA: Evidence from Transcriptomics and Animal Models
Yan Wang (China)

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S-12: Narcolepsy: Examining the science, impact, and current unmet needs

10:45am – 12:15pm | Hall 406 C
Chairs: Raffaele Ferri (Italy), Phyllis C. Zee (United States)

S-12 is a Takeda-Sponsored Scientific Session.

10:45am – 10:47am
Introduction

10:47am – 11:03am
The orexin system: Foundation of NT1 pathophysiology and therapeutic avenues
Emmanuel Mignot (United States)

11:03am – 11:19am
Narcolepsy across the lifespan: Pediatric and adult perspectives
Kiran Maski (United States)

11:19am – 11:35am
Clinical heterogeneity in narcolepsy: Implications for diagnosis and management
Claudio Bassetti (Switzerland)

11:35am – 11:51am
Genetics and autoimmunity in narcolepsy: Insights from Asian cohorts
Makoto Honda (Japan)

11:51am – 12:07pm
Innovations in narcolepsy treatment: From evidence to implementation
Yves Dauvilliers (France)

12:07pm – 12:15pm
Question and answer

S-13: World Health Organization report on road safety: Pathway to global professional driver work hours regulations

10:45am – 12:15pm | Hall 406 D
Chairs: Mark Howard (Australia), Arezu Najafi (Iran)

10:45am – 10:47am
Introduction

10:47am – 11:03am
WHO global report on road safety: Current professional driver work hours legislation and future targets
Fangfang Luo (China)

11:03am – 11:19am
Continuous drowsiness monitoring to assess work hours impact on professional driver drowsiness: A naturalistic study
Mark Howard (Australia)

11:19am – 11:35am
Applying guidelines for work shift and break duration to professional driver work hours regulations
Hans Van Dongen (United States)

11:35am – 11:51am
Panel discussion/presentation: Pathway to global professional driver work hours regulations: Regulations and challenges in Nigeria
Morenikeji Komolafe (Nigeria)

11:51am – 12:07pm
Panel discussion/presentation: Pathway to global professional driver work hours regulations: Regulations and challenges in China
Fang Han (China)

12:07pm – 12:15pm
Question and Answer

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Scientific Program | MONDAY

S-14: 45 years on from CPAP: Therapeutic options for pediatric OSA

10:45am – 12:15pm | Nicoll 1
Chairs: Jasneek Chawla (Australia), Moya Vandeleur (Australia)

10:45am – 10:47am
Introduction

10:47am – 11:07am
CPAP in pediatric OSA- What have we learnt?
Karen Waters (Australia)

11:07am – 11:27am
Positional therapy for pediatric OSA
Lena Xiao (Canada)

11:27am – 11:47am
Heated humidified high flow nasal cannula therapy in children with OSA
Indra Narang (Canada)

11:47am – 12:07am
The controversy around orthodontic treatment for OSA in children
Fernanda Almeida (Canada)

12:07pm – 12:15pm
Question and Answer

S-15: Sleep loss increases intrusive memories: But, how?

10:45am – 12:15pm | Nicoll 2
*Chairs: Sean Drummond (Australia),
Jessica Ogden (Australia)*

10:45am – 10:47am
Introduction

10:47am – 11:07am
The impact of time of day and sleep architecture on the frequency and intensity of intrusions following an analogue trauma exposure
Jessica Paterson (Australia)

11:07am – 11:27am
Cognitive consequences of local sleep: From mental fatigue to hypersomnia's
Arthur LeCoz (France)

11:27am – 11:47am
Day-to-day relationships between sleep and intrusive memories following experimental trauma exposure
Jessica Ogden (Australia)

11:47am – 12:07pm
The effects of sleep restriction and insomnia disorder on intrusive memories for emotional scenes
Tony Cunningham (United States)

12:07pm – 12:15pm
Question and Answer

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Scientific Program | MONDAY

S-16: Sleep and health problems among shift workers across the world: Novel findings, challenges, and future perspectives

10:45am – 12:15pm | Nicoll 3
Chairs: Bjørn Bjorvatn (Norway), Siri Waage (Norway)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Transitioning into shift work: Sleep and mental health challenges in new shift workers in Australia
Alexander Wolkow (Australia)

11:07am – 11:27am
The impact of short rest periods between shifts (e.g., quick returns) on sickness absence, sleep, sleepiness and work-related fatigue
Ingebjørg LR Djupedal (Norway)

11:27am – 11:47am
How start times and recovery periods determine sleep duration in shift workers
John Axelsson (Sweden)

11:47am – 12:07pm
Combining behavioral and circadian approaches to improve sleep and mental health in shift workers
Annie Vallières (Canada)

12:07pm – 12:15pm
Question and Answer

S-17: Discussion group: Leading the charge: Sleep medicine's role in a healthier planet

10:45am – 12:15pm | Room 303
*Chairs: Timothy Morgenthaler (United States),
Teofilo Lee-Chiong (United States),
Allan O'Bryan (United States)*

10:45am – 10:55am
Introduction
Timothy Morgenthaler (United States)

10:55am – 11:15am
Environmental impacts of therapy for OSA: Energy costs of PAP therapy, and how to minimize them
Maxime Patout (France)

11:15am – 11:35am
Sustainable Practices in OSA Therapy: Wastes in the sleep lab and beyond
Laura Donahue (United States)

11:35am – 11:55am
Sustainability Programs in the Medical Device Industry: General requirements and framework for sustainability for medical devices
Jeremy Wong (United States)

11:55am – 12:10am
Panel and Audience Discussion
Timothy Morgenthaler (United States)
Teofilo Lee-Chiong (United States)
Jeremy Wong (United States)
Maxime Patout (France)
Laura Donahue (United States)

12:10am – 12:15am
Conclusion and next steps
Teofilo Lee-Chiong (United States)

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Scientific Program | MONDAY

S-18: iRBD biomarkers through the lens of young scientists: What do we have and what do we need?

10:45am – 12:15pm | Room 308
Chair: Bradley Boeve (United States)

10:45am – 10:47am
Introduction

10:47am – 11:03am
Clinical biomarkers in iRBD: Foundations for precision and integration
Luca Baldelli (Italy)

11:03am – 11:19am
Molecular and metabolic imaging biomarkers: What's missing?
Beatrice Orso (Italy)

11:19am – 11:35am
Electrophysiology and digital biomarkers: Automated monitoring of progression and phenoconversion in iRBD
Matteo Cesari (Austria)

11:35am – 11:51am
Recent developments in diagnostic, prognostic, and disease-monitoring wet biomarkers in iRBD
Bei Huang (Hong Kong)

11:51am – 12:07pm
The ideal biomarker(s): From big data to personalized medicine
Bradley Boeve (United States)

12:07pm – 12:15pm
Question and Answer

S-19: 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

10:45am – 12:15pm | Room 309
Chair: Heming Wang (United States)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Actigraphy-derived sleep quality and MRI markers of dementia in a diverse cohort of older adults
Clémence Cavaillès (France)

11:07am – 11:27am
Associations of objectively measured sleep restriction-rebound patterns with all-cause mortality
Xiaoyu Li (China)

11:27am – 11:47am
Reliability of brief accelerometer-based sleep measurements for capturing long-term sleep duration and variability
Heming Wang (United States)

11:47am – 12:07pm
Association between accelerometry derived sleep duration with CVD and mortality
Kaitlin Potts (United States)

12:07pm – 12:15pm
Question and Answer

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Scientific Program | MONDAY

S-20: Exploring the intersections of sleep bruxism, orofacial pain, insomnia, and obstructive sleep apnea

10:45am – 12:15pm | Room 324
Chairs: Ghizlane Aarab (Netherlands), Peter Svensson (Singapore)

10:45am – 10:47am
Introduction

10:47am – 11:03am
Introduction of the Intersections of Sleep Bruxism, Orofacial Pain, Insomnia, and Obstructive Sleep Apnea
Ghizlane Aarab (Netherlands)

11:03am – 11:19am
Overview of the mosaic of risk factors connecting orofacial pain and muscle activity in sleep bruxism
Peter Svensson (Singapore)

11:19am – 11:35am
Exploring common risk factors linking sleep bruxism and insomnia
Thiprawee Chattrattrai (Thailand)

11:35am – 11:51am
Breaking the cycle: cognitive behavioral therapy for insomnia in patients with orofacial pain
Wendy Knibbe (Netherlands)

11:51am – 12:07pm
From Bruxing to Breathing: Exploring the Complex Relationship between Sleep Bruxism and Obstructive Sleep Apnea
Deshui Li (China)

12:07pm – 12:15pm
Question and Answer

S-21: Current evidence on cardiometabolic diseases and sleep disorders; Asian Perspectives

10:45am – 12:15pm | Room 325
Chairs: Yuichi Inoue (Japan), Naricha Chirakalwasan (Thailand)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Association between the incidence of major adverse cardiovascular events and the presence of obstructive sleep apnea
Ronald Lee (Singapore)

11:07am – 11:27am
The relationship between sleep duration and glucose metabolism
Sirimon Reutrakul (United States)

11:27am – 11:47am
The prevalence of insomnia in Asia and its association with the increased risks of cardiometabolic diseases
Naricha Chirakalwasan (Thailand)

11:47am – 12:07pm
The effect of environmental components in shaping sleep quality and duration
Motoo Yamauchi (Japan)

12:07pm – 12:15pm
Question and Answer

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Scientific Program | MONDAY

S-22: Patterns of plates and pillows: Exploring the bidirectional interplay between sleep and circadian rhythms, and eating behavior and metabolic outcomes

10:45am – 12:15pm | Room 326
Chairs: Morgan H James (Australia),
Joel S Raymond (United States)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Eat, sleep, two-way street? Unravelling the reciprocal dynamics between sleep and eating using preclinical animal models
Joel S Raymond (United States)

11:07am – 11:27am
From plate to pillow: How eating behaviours and sleep influence each other
Marie-Pierre St-Onge (United States)

11:27am – 11:47am
The effect of circadian disruption on eating behaviour, dietary intake, and metabolic outcomes in night shift working populations
Maxine Bonham (Australia)

11:47am – 12:07pm
Chrononutrition as a shared determinant of poor sleep and obesity in adolescents: Insights from the Teen Sleep Well Study
Emma Louise Gale (United Kingdom)

12:07pm – 12:15pm
Question and Answer

O-05: Optimizing therapeutic strategies and outcomes in obstructive sleep apnea management

10:45am – 12:15pm | Room 327
Chair: Raphael Heinzer (Switzerland),
Maree Barnes (Australia)

10:45am – 10:58am
Benefits of Early Body Weight Reduction in Participants with Obesity and Moderate-to-severe Obstructive Sleep Apnea: A Post Hoc Analysis of SURMOUNT-OSA
Ying Ni Lin (China)

10:58am – 11:11am
The Effect of Zolpidem on CPAP Acclimatization in Patients with OSA: A Crossover, Randomized, Double-blinded, Placebo-controlled Trial
Piyakorn Pisalnoradej (Thailand)

11:11am – 11:24am
The Effect of Telemedicine-Based CPAP Management on 24-Hour Ambulatory Blood Pressure in Patients with Obstructive Sleep Apnea: A Randomized, Controlled, Non-Inferiority Trial
huijie Yi (China)

11:24am – 11:37am
CPAP, Mortality & Life Expectancy in Obstructive Sleep Apnea: A Patient-Level Meta-Analysis of Reconstructed Survival Data
Nicole Kye Wen Tan (Singapore)

11:37am – 11:50am
Real-World Evidence for Surgical and Nonsurgical Sleep Apnea Therapies: safety, Clinical Outcomes and Healthcare Utilization Patterns
Robson Capasso (United States)

11:50am – 12:03pm
Five-year, prospective, multicenter, real-world study to assess initial delivery, management and long-term effectiveness of a CAD/CAM, 3-D printed oral appliance in the treatment of obstructive sleep apnea: Interim Analysis Update
Robyn Woidtke (United States)

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O-06: Innovations in the diagnosis and management of RLS

10:45am – 12:15pm | Room 328
Chairs: Elias Karroum (United States),
Maria Paola Mogavero (Italy)

10:45am – 10:58am
Efficacy of transcutaneous spinal direct current stimulation and pneumatic compression in restless legs syndrome and augmentation
Nikita Gorbachev (Russian Federation)

10:58am – 11:11am
Tonic motor activation therapy in patients with painful versus painless restless legs: An interim 180-day results from the THRIVE study
Elias Karroum (United States)

11:11am – 11:24am
Clinical Characteristics, Polysomnography, and Iron Metabolism in Restless Legs Syndrome Patients with Obstructive Sleep Apnea: A Comparative and Cluster Analysis Study
Yanyan Hou (China)

11:24am – 11:37am
Clinical influence of restless legs syndrome in migraine patients: a 12-year single-center longitudinal study
Keisuke Suzuki (Japan)

11:37am – 11:50am
Impact of Dopamine Agonists and Clonazepam on LMM and PLMS in RLS Patients
Maria Paola Mogavero (Italy), Raffaele Ferri (Italy)

11:50am – 12:03pm
Neurological approaches to restless legs syndrome: a systematic review of non-pharmacological interventions
Joao Victor Pereira Gonzalez (Brazil)

O-07: Dental and surgical sleep medicine interactions

10:45am – 12:15pm | Room 329
Chairs: Cibele Dal Fabbro (Canada), Susana Falardo (Portugal)

10:45am – 10:58am
Ultrasound-Guided Tongue Base Thickness as a Screening Tool for Assessing Severity among patients with symptoms of Obstructive Sleep Apnea (OSA) at the Lung Center of the Philippines
Mark Edison De Vera (Philippines)

10:58am – 11:11am
Analysis of Chest and Abdominal Respiratory Movements Prior to Masticatory Muscle Activity During Sleep
Kento Hata (Japan)

11:11am – 11:24am
Sleep quality and daytime sleepiness is related to immune and comorbidity status in temporomandibular disorders
Ji Woon Park (Korea, Republic of)

11:24am – 11:37am
Effect of orofacial myofunctional therapy (OMT) on chewing efficiency, lip strength and tongue strength in participants of the "OMT with autofeedback for obstructive apnea" (OMTAOSA) randomized controlled trial
Unn Tinbod (Norway)

11:37am – 11:50am
Impact of High Mandibular Plane on Surgical Outcomes of Maxillomandibular Advancement for Obstructive Sleep Apnea
Fang-Yu Hsu (Taiwan)

11:50am – 12:03pm
Minimal titration approach for mandibular advancement device treatment in patients with obstructive sleep apnea: a retrospective multicenter observational cohort study
Marc Braem (Belgium)

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O-08: Light and sleep health

10:45am – 12:15pm | Room 330
Chairs: Xiao Tan (Sweden), Leon Lack (Australia)

10:45am – 10:55am
Examining the impact of seasonal variations in photoperiod on sleep in young adults
Saranea Ganesan (United Kingdom)

10:55am – 11:05am
Light Exposure Patterns and Human Health: Insights from Large-Scale Personal Light Tracking
Sean Cain (Australia)

11:05am – 11:15am
Diurnal light exposure and circadian rest-activity rhythms with the risk of metabolic dysfunction-associated fatty liver disease
Xiao Tan (Sweden)

11:15am – 11:25am
Light at Night Exacerbates Depression Risk via Circadian Disruption and Hippocampal Per1 Dysregulation: Translational Evidence from a Large-scale Prospective Cohort and Animal Study
Hongliang Feng (China)

11:25am – 11:35am
Use of Apple Watch to Optimize Light Therapy and Reduce Circadian Misalignment for Night Shift Workers
Marleigh Treger (United States)

11:35am – 11:45am
Blue light influences loss aversion
Alicia Lander (Australia)

Intercultural Compilation of Physiological and Oneiric Sleep

11:00am – 12:00pm | Room 311

New directions in measuring sleep outside the lab

12:20pm – 1:15pm | Room 302
Chairs: Merve Aktan Süzgün (Türkiye), Yamei Li (China)

Resmed: OSA Underdiagnosis- A world of difference, a common challenge

12:45pm – 1:45pm | Hall 406 C
Chair: Erna Sif Arnardóttir (Iceland)

12:45pm – 12:55pm
Lecture: The Diagnosis Crisis
Erna Sif Arnardóttir (Iceland)

12:45pm – 1:35pm
Panel discussion: Global perspectives
- What's working and what's not in OSA diagnosis
-Charting the Path Forward
Erna Sif Arnardóttir (Iceland)
Michelle Zeidler (United States)
Ronald Lee (Singapore)
Ludger Grote (Sweden)

1:35pm – 1:45pm
Wrapup and next steps
Erna Sif Arnardóttir (Iceland)

CME/EBAC-accredited - Breaking the Cycle: Prioritizing Weight Loss to Improve OSA Management

12:45pm – 1:45pm | Nicoll 1

Supported by an educational grant from Lilly.

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Bayer: Sleep disturbance across menopause – innovations in measurement and treatment

12:45pm – 1:45pm | Room 303
Chair: Fiona C. Baker (United States)

12:45pm – 12:50pm
Welcome and Introduction
Fiona C. Baker (United States)

12:50pm – 1:00pm
Menopause and sleep: Why it matters, How it happens
Rossella E. Nappi (Italy)

1:00pm – 1:15pm
Measuring sleep in menopause: moving from the lab to the Real World
Fiona C. Baker (United States)

1:15pm – 1:30pm
Dual neurokinin-targeted therapy and beyond: Mechanisms and guidelines
Claudio N. Soares (Canada)

1:30pm – 1:40pm
Panel discussion and Q&A

1:40pm – 1:45pm
Closing remarks and key takeaways
Fiona C. Baker (United States)

Eisai: RISE – Regional Insights in Sleep Excellence

12:45pm – 1:45pm | Room 309
Chair: Roger C.M. Ho (Singapore)

12:45pm – 1:10pm
Evolving National Guidelines: The 2025 Thailand/Thai Framework for Insomnia Management
Puntarik Srisawart (Thailand)

1:10pm – 1:45pm
Real-World Use of Lemborexant in Japan: Insights from the SELENADE Study
Yoshikazu Takaesu (Japan)

Asleep: Challenging Consumer Sleep-Tracker Limits: From Mobile Innovation to Data-Driven Sleep Care

12:45pm – 1:45pm | Room 324

12:45pm – 12:48pm
Redefining sleep-tracker standards: A new era of sleep measurement with mobile AI
David Lee (Korea, Republic of)

12:48pm – 12:56pm
Medical evaluation of sleep trackers and the smartphone-based approach ensuring accuracy for clinical use
Clete Kushida (United States)

12:56pm – 1:04pm
Challenges and innovations in pediatric sleep monitoring: Accurate and contactless sound-based AI analysis
Yusam Jung (Korea, Republic of)

1:04pm – 1:12pm
Extending AI sleep measurement: Postures, arousals, and oxygen saturation: A multi-dimensional sleep analysis
In-Young Yoon (Korea, Republic of)

1:12pm – 1:20pm
Sleep-data utilization: From statistical insights to environmental control: Integrating macro-level data analysis with micro-level environmental control ('Hey Sleep')
Ki-Young Jung (Korea, Republic of)

1:20pm – 1:28pm
Expanding surgical treatment with AI sleep monitoring: Pre- and post-operative applications of sleep data
Stanley Liu (United States)

1:28pm – 1:33pm
Track-agent-action: The framework for universal sleep tracking: Real-world implementations and sleep-tech innovations
David Lee (Korea, Republic of)

1:33pm – 1:35pm
Question and answer

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ProSomnus: Beyond Mandibular Advancement: Science, Innovation and Outcomes

12:45pm – 1:45pm | Room 326

Stepwise Add-On and Endotype-informed Targeted Combination Therapy to Treat OSA
Danny Eckert (Australia)

Effectiveness of Oral Appliance Therapy as First-Line Treatment Compared with CPAP: The FLOSAT Study
Olivier Vanderveken (Belgium)

ProSomnus RPMO2 Oral Device with Embedded Oxygen Sensor
Edward Sall (United States)

Sefam: Predictive Markers of Cardiovascular Risk in Patients with OSA

1:45pm – 2:30pm | Room 302
Chair: Ronald Lee (Singapore)

Predictive Markers of Cardiovascular Risk in Patients with OSA
Takatoshi Kasai (Japan)

Sleep Science, Technology, and Economy Symposium - Golden Triangle

1:45pm – 4:45pm | Room 325

Philips SleepStudio: Advantages of automatic NIV (AVAPS-AE) in managing OHS

2:00pm – 2:45pm | Room 311
Chair: Leong-Chai Leow (Singapore)

Background and methodology of the Pickwick Titration Randomized Clinical Trial
Babak Mokhlesi (United States)

Main results of the Pickwick Titration Randomized Clinical Trial
Juan Fernando Masa Jimenez (Spain)

AVAPS-AE Customized for Every Patient
Julie Yarascavitch (United States)

Panel Discussion

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

2:15pm – 3:00pm | Hall 406 C

2:15pm – 2:17pm
Introduction

2:17pm – 3:00pm
Sleep and development: Exploring the impact of sleep on mental health in children
Tiina Paunio (Finland)

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

2:15pm – 3:00pm | Hall 406 D

2:15pm – 2:17pm
Introduction
Shantha Rajaratnam (Australia)

2:17pm – 3:00pm
Towards human systems biology of sleep/wake cycles: The role of calcium and phosphorylation in sleep
Hiroki R. Ueda (Japan)

Philips SleepStudio: Optimizing peak-flow-triggered ASV to control both CSA and OSA in heart failure: tricks of the trade from ADVENT-HF

3:00pm – 3:45pm | Room 311
Chair: Julius Goh Liang Chye (Malaysia)

Optimizing peak-flow-triggered ASV to control both CSA and OSA in heart failure: tricks of the trade from ADVENT-HF
Douglas Bradley (Canada)

Setting personalized therapy targets with BiPAP autoSV
Julie Yarascavitch (United States)

Panel Discussion

S-23: Harnessing sensors and big data to decipher the link between sleep health and cardiovascular risk: Innovations and applications

3:15pm – 4:45pm | Hall 406 C
Chair: Alessandro Silvani (Italy)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
An Integrated Approach to Sleep-Cardiovascular Physiology: Utilizing Multi-Sensor and Multi-Device Data
Alessandro Silvani (Italy)

3:33pm – 3:49pm
Long-Term Monitoring of Sleep, Activity, and Heart Rate Using Multi-Sensor Wearables: Lessons from Narcolepsy Type One
Oriella Gnarra (Switzerland)

3:49pm – 4:05pm
Digital Phenotyping via Consumer Wearables to Identify Links Between Sleep, Cardiovascular Disease Risk and Biological Aging
Weng Khong Lim (Singapore)

4:05pm – 4:21pm
Leveraging Multi-Sensor Wearable Technology: Mapping Cardiorespiratory Health through PPG and Accelerometry
Pauli Ohukainen (Finland)

4:21pm – 4:37pm
Translating Sleep Sensor and Big Data into Cardiorespiratory Care: Clinical Implications and Opportunities
Cathy Goldstein (United States)

4:37pm – 4:45pm
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S-24: Novel approaches to address sleep problems in young children: Evidence from 5 randomized controlled trials

3:15pm – 4:45pm | Hall 406 D
Chair: Michal Kahn (Israel)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
Preventing postpartum insomnia: A three-arm RCT of CBT-I, responsive bassinets, and sleep hygiene
Meagan Crowther (Australia)

3:33pm – 3:49pm
Promoting infant sleep through enhanced co-parenting: Results from a sleep-adapted family foundations intervention
Douglas Teti (United States)

3:49pm – 4:05pm
The "bedtime checking" sleep intervention in infants with insomnia: Preliminary results
Liat Tikotzky (Israel)

4:05pm – 4:21pm
Addressing parental cognitions to improve infant insomnia: Results from a randomized controlled trial
Sooyeon(Aly) Suh (Korea, Republic of)

4:21pm – 4:37pm
Enhancing imagery rehearsal therapy with the DreamChanger: A novel approach for treating nightmares in children
Michal Kahn (Israel)

4:37pm – 4:45pm
Question and Answer

S-25: Open data and open science in sleep medicine and sleep research

3:15pm – 4:45pm | Nicoll 1
Chairs: Thomas Penzel (Germany), Diane Lim (United States)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Open science in sleep research in Europe: Legal limits, new opportunities and recent progress
Dagmar Krefting (Germany)

3:37pm – 3:57pm
Benefits and challenges of open science: A neuro-AI perspective
Thomas Yeo (Singapore)

3:57pm – 4:17pm
The National Sleep Resource enables phenotype research and personalized medicine
Shaun Purcell (United States)

4:17pm – 4:37pm
Interoperability, integration and harmonization of data from multiple sources for sleep medicine
Christoph Schoebel (Germany),
Cynthia Schmidt (Germany)

4:37pm – 4:45pm
Question and answer

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S-26: Advancing biomarkers in isolated REM sleep behavior disorder: Pathways to clinical implementation

3:15pm – 4:45pm | Nicoll 2
Chair: Shady Rahayel (Canada)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
Leveraging structural MRI and neurocomputational models to predict disease pathways in iRBD
Shady Rahayel (Canada)

3:33pm – 3:49pm
Brain molecular imaging for predicting phenoconversion and monitoring disease progression in iRBD
Giulia Carli (United States)

3:49pm – 4:05pm
EEG and sleep structure features as disease progression biomarkers in iRBD
Andreas Brink-Kjaer (Denmark)

4:05pm – 4:21pm
Structural connectivity alterations and network reorganisation in iRBD
Christina Tremblay (Canada)

4:21pm – 4:37pm
Quantitative brain iron changes and genetic risk factors in iRBD
Rahul Gaurav (France)

4:37pm – 4:45pm
Question and Answer

S-27: Symptom subtypes of obstructive sleep apnea: Past, present, and future

3:15pm – 4:45pm | Nicoll 3
Chairs: Peter Cistulli (Australia), Allan Pack (United States)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
The current status of symptom subtypes – An international perspective
Brendan Keenan (United States)

3:37pm – 3:57pm
Are men and women really the same when it comes to OSA symptoms subtypes?
Maria Bonsignore (Italy)

3:57pm – 4:17pm
An 'omics approach to predict the excessively sleepy OSA subtype
Yun Li (China)

4:17pm – 4:37pm
Translating symptoms subtypes to the clinic – What are the next steps?
Ulysses Magalang (United States)

4:37pm – 4:45pm
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S-28: Global insights and emerging perspectives on sleep (ir)regularity

3:15pm – 4:45pm | Room 303
Chairs: Andrew Phillips (Australia), Amy Reynolds (Australia)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Measuring sleep (ir)regularity : Current metrics and applications
Dorothee Steven (Germany)

3:37pm – 3:57pm
Linking sleep irregularity to cardiometabolic disease and mortality: Epidemiologic evidence
Andrew Phillips (Australia)

3:57pm – 4:17pm
Multigenerational sleep regularity and its associations with physical and mental health
Amy Reynolds (Australia)

4:17pm – 4:37pm
The comparative role of sleep regularity and sleep duration for risk of chronic health outcomes
Daniel Windred (Australia)

4:37pm – 4:45pm
Question and Answer

CAP Taskforce Discussion Session: Implementing the Updated ESRS Scoring Rules and Atlas

3:15pm – 4:45pm | Room 306

3:15pm – 4:45pm
Taskforce Members and Contributors
Heiður Grétarsdóttir (Iceland), Liborio Parrino (Italy), Robert Thomas (United States), Ivana Rosenzweig (United Kingdom), Oliviero Bruni (Italy), Gulcin Benbir Senel (Türkiye), Erna Sif Arnardóttir (Iceland), Raffaele Ferri (Italy)

S-29: ISSS symposium: Neurostimulation in the treatment obstructive sleep apnea: Current understanding, challenges and the future

3:15pm – 4:45pm | Room 308
Chairs: Song Tar Toh (Singapore), Maria Suurna (United States)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
What is the current landscape in neurostimulation for OSA - who, why, where, when and what is being done?
Clemens Heiser (Germany)

3:33pm – 3:49pm
What is the current evidence to support neurostimulation in OSA?
Ofer Jacobowitz (United States)

3:49pm – 4:05pm
Challenges in implementing neurostimulation in my country? Financial and regulatory considerations
Shaun Loh (Singapore)

4:05pm – 4:21pm
Future directions in neurostimulation
David Kent (United States)

4:21pm – 4:37pm
Debate / Discussion: Will neurostimulation become first line treatment in OSA

4:37pm – 4:45pm
Question and Answer

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S-30: New insights and opportunities into sleep and pregnancy health with wearable big data and digital health interventions

3:15pm – 4:45pm | Room 324
Chairs: Massimiliano de Zambotti (United States), Laura Palagini (Italy)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
The interaction of circadian rhythms, lifestyles, and behavior on maternal and offspring health
Ling-Wei Chen (Taiwan)

3:37pm – 3:57pm
Sleep disorders and mental health in pregnancy and postpartum: An overlooked critical factor in women's health
Laura Palagini (Italy)

3:57pm – 4:17pm
Smart wearables to unlock new opportunities in monitoring sleep and pregnancy health
Massimiliano de Zambotti (United States)

4:17pm – 4:37pm
Integrating digital tools to improving perinatal sleep
Bei Bei (Australia)

4:37pm – 4:45pm
Question and Answer

O-09: Targeting the orexin pathway: Emerging pharmacotherapies for narcolepsy type 1

3:15pm – 4:46pm | Room 327
Chairs: Yuichi Inoue (Japan), Sheila Sivam (Australia)

3:15pm – 3:28pm
Vibrance-1: A Randomized Phase 2 Study Evaluating Safety and Efficacy of the Orexin 2 Receptor Agonist Alixorexton (ALKS 2680) in Patients with Narcolepsy Type 1
Giuseppe Plazzi (Italy)

3:28pm – 3:41pm
Improvement in the Severity of Narcolepsy Symptoms and Fatigue in Patients with Narcolepsy Type 1 Treated with the Orexin 2 Receptor Agonist Alixorexton (ALKS 2680)
Yves Dauvilliers (France)

3:41pm – 3:54pm
Improvement in Patient-reported Cognitive Functioning in Patients with Narcolepsy Type 1 Treated with the Orexin 2 Receptor Agonist Alixorexton (ALKS 2680)
Giuseppe Plazzi (Italy)

3:54pm – 4:07pm
The First Light: Efficacy and Safety of a multi-dose study of Oveporexton (TAK-861), an Oral Orexin Receptor 2 Agonist for the Treatment of Narcolepsy Type 1
Emmanuel Mignot (United States)

4:07pm – 4:20pm
The Radiant Light: Efficacy and Safety of Oveporexton (TAK-861), an Oral Orexin Receptor 2 Agonist for the Treatment of Narcolepsy Type 1
Yves Dauvilliers (France)

4:20pm – 4:33pm
Effect of Oral Orexin Receptor 2 Agonist Oveporexton (TAK-861) on the Severity of Symptoms in Individuals With Narcolepsy Type 1: Results From Two Phase 3 Studies
Lucie Barateau (France)

4:33pm – 4:46pm
Effect of the Oral Orexin Receptor 2 Agonist Oveporexton (TAK-861) on Quality of Life in Individuals with NT1 over 12 weeks
Sheila Sivam (Australia)

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O-10: Novel approaches to treating insomnia

3:15pm – 4:45pm | Room 328

3:15pm – 3:28pm
Mindfulness-imbued insomnia therapy enhances antidepressant outcomes for pregnant women with insomnia and depression: A comparative effectiveness randomized controlled trial of CBTI and PUMAS
Heba Afaneh (United States)

3:28pm – 3:41pm
**Intensive Sleep Retraining and Total Sleep Deprivation for Treating Chronic Insomnia:
A Randomised Controlled Trial**
Charles Morin (Canada)

3:41pm – 3:54pm
Effect of combined treatment with transcranial direct current stimulation and repetitive transcranial magnetic stimulation compared to monotherapy for the treatment of chronic insomnia: a randomised, double-blind, parallel-group, controlled trial
Qi Zhou (China)

3:54pm – 4:07pm
Brain Network Study of Transcranial Plasma Therapy for Chronic Insomnia
Qinying Ma (China)

4:07pm – 4:20pm
Novel Approach for Biologically-Guided Therapeutics in Insomnia
Carolina Gutierrez Herrera (Switzerland)

4:20pm – 4:33pm
Effects of Music Presentation on Sleep Quality and Functional Connectivity in the Brain Estimated using EEG
Hiroto Irimajiri (Japan)

O-11: Sleep in childhood and adolescence

3:15pm – 4:45pm | Room 329
Chair: Mary Carskadon (United States), Albert Li (China)

3:15pm – 3:28pm
Autism, Sleep, and Medicinal Cannabis: Evaluating 18-Month Efficacy and Safety Outcomes
Mohsin Maqbool (United States)

3:28pm – 3:41pm
Integrated metagenomic and metabolomic analysis reveal distinctive gut microbiota-derived metabolites in pediatric obstructive sleep apnea
Xiaoman Zhang (China)

3:41pm – 3:54pm
Achieving recommended sleep duration and abdominal fat deposition: a sex-specific relationship in 10-year-old children
Shirong Cai (Singapore)

3:54pm – 4:07pm
Can sleep spindle characteristics distinguish children with narcolepsy from those with idiopathic hypersomnia and subjective sleepiness?
Rosemary Horne (Australia)

4:07pm – 4:20pm
The temporal associations between sleep and circadian preference, and mental health among Norwegian adolescents
Ingvild West Saxvig (Norway)

4:20pm – 4:33pm
Beyond the recommendations: A bioecological analysis of pre-bedtime screen use, moderate-to-vigorous physical activity and food intake in family contexts
Chao Gu (New Zealand)

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O-12: Basic research: Animal models of sleep and sleep disorder

3:15pm – 4:45pm | Room 330
Chair: Monica Andersen (Brazil)

3:15pm – 3:28pm
Acetate improves neurocognition in sleep-deprived male Wistar rats via modulation of xanthine oxidase/uric acid-driven oxidative stress and NFkB-dependent inflammation, and caspase 3-mediated apoptosis
Roland Akhigbe (Nigeria)

3:28pm – 3:41pm
Dim light at night exacerbate Parkinson's disease through circadian rhythm related pathways in mice
Biao Li (China)

3:41pm – 3:54
Neural Adaptations Across Daily Torpor and Sleep: Ultrastructural, Molecular, and Behavioural Changes in Djungarian Hamsters (Phodopus sungorus)
Xiao Zhou (United Kingdom)

3:54 – 4:07pm
Subcortical connectivity patterns during the introduction of NREMS and isoflurane-induced loss of responsiveness are partly different along the sleep/wake promoting pathway in mice
Thomas Fenzl (Germany)

4:07pm – 4:20pm
Reducing complement activation during sleep deprivation yields cognitive improvement by dexmedetomidine
Qian Zhai (China)

4:20pm – 4:33pm
Exercise improves sleep deprivation-induced cognitive impairment by upregulating brain-derived neurotrophic factor and restoring hippocampal synaptic plasticity
Yining Wen (China)

S-31: Sleep and digital media myth-busting: What should the recommended guidelines be for children, adolescents and young adults?

5:00pm – 6:30pm | Hall 406 C
Chairs: Emma Louise Gale (United Kingdom), Serena Bauducco (Sweden)

5:00pm – 5:02pm
Introduction

5:02pm – 5:18pm
Impact of screens on sleep: An update on mechanisms, moderators and bi-directional links
Serena Bauducco (Sweden)

5:18pm – 5:34pm
Using objective measures to determine if screens really do impact teen sleep
Rachael Taylor (New Zealand)

5:34pm – 5:50pm
Using passive sensing of screen time to improve assessment of timing and content effects on sleep health
Lauren Hale (United States)

5:50pm – 6:06pm
Personalized sleep interventions for young adults: Addressing bedtime postponement through a behavioral framework for media use
Sooyeon (Aly) Suh (Korea, Republic of)

6:06pm – 6:22pm
Feasibility of implementing global screen time changes to improve sleep health and physical and mental wellbeing in children and adolescents
Emma Louise Gale (United Kingdom)

6:22pm – 6:30pm
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S-32: Sleep, sleep disorders and neurodegenerative diseases: Novel insights on mechanisms and interventions

5:00pm – 6:30pm | Hall 406 D
Chairs: Thien Thanh Dang-Vu (Canada),
Géraldine Rauchs (France)

5:00pm – 5:02pm
Introduction

5:02pm – 5:22pm
Sleep microarchitecture, cognition and neurodegeneration
Thien Thanh Dang-Vu (Canada)

5:22pm – 5:42pm
Effects of a Lifestyle Intervention on Sleep and Circadian Rest-Activity Rhythms in Older Adults at Risk of Cognitive Decline
Katie Stone (United States)

5:42pm – 6:02pm
Impact of sleep-disordered breathing on brain health and cognition, and its potential modulation by lifestyle
Géraldine Rauchs (France)

6:02pm – 6:22pm
Relationship between sleep disturbance and dementia biomarkers in at 'at-risk' sample
Sharon Naismith (Australia)

6:22pm – 6:30pm
Question and Answer

S-33: Global sleep health in turbulent times: Effects of political instability on funding, advocacy and health services

5:00pm – 6:30pm | Nicoll 1
Chairs: Peter Eastwood (Australia),
Phyllis C. Zee (United States)

5:00pm – 5:05pm
Introduction
Phyllis C. Zee (United States)

5:05pm – 5:25pm
WSS Global Sleep Health Taskforce
Peter Eastwood (Australia)

5:25pm – 5:45pm
Geopolitics of sleep research
Phyllis Zee (United States)

5:45pm – 6:05pm
Geopolitics of sleep health
Dayna Johnson (United States)

6:05pm – 6:25pm
Geopolitics of global health - A Singapore perspective
Alex Cook (Singapore)

6:25pm – 6:30pm
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S-34: Discussion group: Artificial intelligence in sleep medicine: The good, the bad, the ugly

5:00pm – 6:30pm | Nicoll 2
Chair: Qurratul (Afifa) Shamim-Uzzaman (United States)

5:00pm – 5:02pm
Introduction

5:02pm – 5:18pm
The Role of AI in the Future of Sleep Medicine
Jean-Louis Pépin (France)

5:18pm – 5:34pm
Perks & Pitfalls of Using AI in Scientific Writing
Ahmed BaHammam (Saudi Arabia)

5:34pm – 5:50pm
Resource Needs and Implementation Challenges of AI
Arash Maghsoudi (United States)

5:50pm – 6:06pm
Big Data and Machine Learning
Amir Sharafkhaneh (United States)

6:06pm – 6:22pm
Legal & Ethical Considerations of AI
Haitham Jahrami (Bahrain)

6:22pm – 6:30pm
Question and Answer

S-35: Sleep-Immune interactions and the role of sleep in Long COVID

5:00pm – 6:30pm | Nicoll 3
*Chairs: Janet Mullington (United States),
Estefania Martinez Albert (Germany)*

5:00pm – 5:16pm
Introduction
Janet Mullington (United States)

5:16pm – 5:32pm
T-cell subsets involved in initiation and maintenance of adaptive immunity are facilitated in their migration to lymph nodes, by sleep
Estefania Martinez Albert (Germany)

5:32pm – 5:48pm
Vaccination, sleep and the risk for development of long COVID
Aric A Prather (United States)

5:48pm – 6:04pm
Sleep disorders as a risk factor for Long COVID with prominent cognitive sequelae
Claudia Schilling (Germany)

6:04pm – 6:20pm
Long COVID and immune factors modulated by sleep and recovery
Monika Haack (United States)

6:20pm – 6:30pm
Question and Answer

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S-36: Discussion group: Cannabis for the treatment of sleep disorders: What's the POTential?

5:00pm – 6:30pm | Room 303
Chairs: Ron Grunstein (Australia),
Paul Muchowski (United States)

5:00pm – 5:02pm
Introduction

5:02pm – 5:22pm
Medicinal cannabis global landscape
Camilla Hoyos (Australia)

5:22pm – 5:42pm
Evidence for cannabinoid use for the treatment of poor sleep and insomnia
Jen Walsh (Australia)

5:42pm – 6:02pm
Evidence for cannabinoid use for the treatment of OSA, RBD, RLS & nightmare disorder
Alan Eckeli (Brazil)

6:02pm – 6:22pm
Medicinal cannabis prescribing practicalities from a clinician's perspective
Simon Erridge (United Kingdom)

6:22pm – 6:30pm
Question and Answer

S-37: Social and neuropsychological outcomes in central disorders of hypersomnolence

5:00pm – 6:30pm | Room 308
Chairs: Yaroslav Winter (Germany),
Anne Marie Morse (United States)

5:00pm – 5:02pm
Introduction

5:02pm – 5:18pm
Work productivity in patients with central disorders of hypersomnolence
Yuichi Inoue (Japan)

5:18pm – 5:34pm
Brain fog in central disorders of hypersomnolence
Anne Marie Morse (United States)

5:34pm – 5:50pm
The role of social outcomes from patient perspective
Stephanie Manuli (United States)

5:50pm – 6:06pm
Influence of psychiatric co-morbidity on social and neurocognitive outcomes in central disorders of hypersomnolence
Haykuhi Hovakimyan (Armenia)

6:06pm – 6:22pm
Cognitive impairment in central disorders of hypersomnolence and ways to treat it
Yaroslav Winter (Germany)

6:22pm – 6:30pm
Question and Answer

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S-38: New circuits underlying REM sleep regulation and homoeostasis

5:00pm – 6:30pm | Room 309
Chairs: Luis de Lecea (United States),
Pierre-Herve Luppi (France)

5:00pm – 5:02pm
Introduction

5:02pm – 5:18pm
Neurobiology of paradoxical sleep
Pierre-Herve Luppi (France)

5:18pm – 5:34pm
REM-off neurons in the sublaterodorsal tegmentum (SLD) predict the onset of REM sleep
Luis de Lecea (United States)

5:34pm – 5:50pm
New markers of REM-on neurons in the sublaterodorsal tegmenjtum (SLD) sufficient to induce REM sleep
Yu Hayashi (Japan)

5:50pm – 6:06pm
Infraslow oscillation gates REM sleep
Anita Luthi (Switzerland)

6:06pm – 6:22pm
Identifying makers of ultradian REM sleep timing in EEG and EMG data
Franz Weber (United States)

6:22pm – 6:30pm
Question and Answer

S-39: Sleep well, feel well: Enhancing mental health across the lifespan through sleep interventions

5:00pm – 6:30pm | Room 324
Chairs: Cele Richardson (Australia),
Christin Lang (Switzerland)

5:00pm – 5:02pm
Introduction

5:02pm – 5:22pm
Expanding Sleep Ninja®: Findings from the adolescent trial and new adaptations for schools and younger audiences
Kate Maston (Australia)

5:22pm – 5:42pm
SLEEPAC: Findings from a transdiagnostic multi-component sleep intervention to improve sleep & psychopathology in adolescent psychiatric outpatients
Christin Lang (Switzerland)

5:42pm – 6:02pm
Preliminary findings from a trial evaluating Digital Cognitive Behavioural Therapy for Insomnia on Depression Symptoms and Processes in Young Adults
Cele Richardson (Australia)

6:02pm – 6:22pm
Preliminary findings from a pragmatic, randomized controlled trial of group cognitive behavioural therapy for insomnia in psychiatric care
Ane Wilhelmsen-Langeland (Norway)

6:22pm – 6:30pm
Question and Answer

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S-40: Best of SLEEP MEDICINE – Journal Highlights 2025

5:00pm – 6:30pm | Room 325
Chairs: Winfried Randerath (Germany), Oliviero Bruni (Italy)

5:00pm – 5:02pm
Introduction

5:02pm – 5:18pm
Sleep disordered breathing
Robert Thomas (United States)

5:18pm – 5:34pm
Insomnia and parasomnia
Eunyeon Joo (Korea, Republic of)

5:34pm – 5:50pm
Movement disorders
Garima Shukla (Canada)

5:50pm – 6:06pm
Sleep and neurological disorders
Luigi Ferini-Strambi (Italy)

6:06pm – 6:22pm
Pediatric sleep medicine
Oliviero Bruni (Italy)

6:22pm – 6:30pm
Question and Answer

S-41: To wake up or continue sleep: Arousal dynamics and sleep stability in health and disease

5:00pm – 6:30pm | Room 326
*Chairs: Rick Wassing (Australia),
Alejandro Osorio-Forero (Colombia)*

5:00pm – 5:02pm
Introduction

5:02pm – 5:22pm
Intrusion of wake-like activity in sleep and relationship with sleep disorders
Aurelie Stephan (France)

5:22pm – 5:42pm
Do micro-arousals contribute to the restorative property of sleep?
Natalie Hauglund (Denmark)

5:42pm – 6:02pm
Bridging developmental and clinical perspectives: The Infraslow fluctuation of sigma power in sleep
Maria Dimitriades (Greece)

6:02pm – 6:22pm
To wake or continue sleep: Arousal characteristics in adults with insomnia disorder treated with cannabinoids and placebo
Rick Wassing (Australia)

6:22pm – 6:30pm
Question and Answer

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O-13: New sensing or signal analysis methods in sleep

5:00pm – 6:30pm | Room 327
Chairs: Gizem Yilmaz (Singapore), Mathias Baumert (Australia)

5:00pm – 5:13pm
Contactless Oxygen Desaturation Prediction and ODI Estimation from Nocturnal Breathing Sounds via Deep Learning
EunSung Cho (Korea, Republic of)

5:13pm – 5:26pm
Beyond Conventional Sleep: Modelling Diverse Sleep Behaviours Using Personalized Sleep Probability
Chun Siong Soon (Singapore)

5:26pm – 5:39pm
The Effect of Different Auditory Stimulation Modalities on Sleep Slow Wave Activity and Cognitive Performance
Christopher Jones (United States)

5:39pm – 5:52pm
Silicon Nanowire Field-Effect Transistor Biosensors for the Detection of Melatonin as Sleep Disorder Biomarker
Tianlang Ou (China)

5:52pm – 6:05pm
Hemodynamic spectral signatures across vigilance states: a whole-night EEG/fNIRS investigation
Shahla Bakian Dogaheh (Canada)

6:05pm – 6:18pm
Identifying and Predicting Emotionally Relevant Adenosine-Mediated Sleep Enhancement via Transcranial Near-Infrared Photobiomodulation: Translational Evidence from Animal and Human Studies
Tae Kim (Korea, Republic of)

O-14: Sleep and circadian regulation of cognition and memory

5:00pm – 6:30pm | Room 328
Chairs: June Lo (Singapore), Josheph De Koninck (Canada)

5:00pm – 5:13pm
Targeted memory reactivation during slow-wave sleep prompts systems-level changes in the neural basis of episodic memory
Scott Cairney (United Kingdom)

5:13pm – 5:26pm
Investigating the effects of REM sleep fragmentation on emotional memory and psychophysiological reactivity
Lorenzo Viselli (Italy)

5:26pm – 5:39pm
Dementia prediction tool based on accelerometry measures of circadian rhythm in older adults
Clémence Cavaillès (France)

5:39pm – 5:52pm
Associations between REM OSA, White Matter Microstructure, and Cognition in Community-Dwelling Cognitively Unimpaired Older Adults
Joshua Gills (United States)

5:52pm – 6:05pm
Long sleep is associated with poor global cognitive function across diverse populations
Tamar Sofer (United States)

6:05pm – 6:18pm
Reward processing and eveningness in adolescents: A case-control study with EEG investigation
Fiona Yujing Jin (Hong Kong)

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O-15: Psychiatric disorders affecting wake / sleep

5:00pm – 6:30pm | Room 329
Chairs: Joey Chan (Hong Kong), Daniel Buysse (United States)

5:00pm – 5:13pm
Impact of insomnia symptoms on the clinical outcomes among patients with major depressive disorder and eveningness – results from a randomized controlled trial
Joey Chan (Hong Kong)

5:13pm – 5:26pm
Sleep and Subsequent Mental Disorders in Young Adults: A National Prospective Diagnostic Study
Børge Sivertsen (Norway)

5:26pm – 5:39pm
A PVT^{D2R}-CeA circuit underlies sleep disturbance and negative effects induced by morphine withdrawal
Wenjun Chen (China)

5:39pm – 5:52pm
Effects of a Dual Orexin-receptor Antagonist on Sleep Architecture and Opioid Withdrawal Severity during a Buprenorphine Taper
Andrew Huhn (United States)

5:52pm – 6:05pm
Sleep Profiles in Schizophrenia Inpatients: A Cross-Sectional Study of Clinical and Genetic Associations
Kseniia Gasenko (Russian Federation)

6:05pm – 6:18pm
Pre-Infusion EEG Vigilance Dynamics as Predictive Indicators of Ketamine Response in Major Depression: A Placebo-Controlled Study
Martin Brunovsky (Czech Republic)

6:18pm – 6:31pm
Sleep and PTSD Symptom Severity in Military Personnel: Insights from Multi-Night Ecological Recordings
Emeric Saguin (France)

O-16: Sleep and aging brains: Patterns, risks, and predictive insights

5:00pm – 6:30pm | Room 330
Chairs: Bradley Boeve (United States), Anastasia Suraev (Australia)

5:00pm – 5:13pm
Association between cyclic alternating pattern during sleep and incident dementia
Ying Zheng (China)

5:13pm – 5:26pm
Sleep and longevity: insights from sleep macroarchitecture and nocturnal heart rate variabilty
Irina Filchenko (Switzerland)

5:26pm – 5:39pm
Obstructive sleep apnea physiological burdens and cognitive performance in older community dwelling American adults
Purbanka Pahari (United States)

5:39pm – 5:52pm
Poor subjective sleep quality independently predicts greater disability and functional decline in older adults at-risk of dementia
Anastasia Suraev (Australia)

5:52pm – 6:05pm
Identifying and Predicting Emotionally Relevant Sleep Disturbance Patterns in Dementia Family Caregivers: A Machine Learning Approach to Objective-Subjective Discrepancy
Tomoko Wakui (Japan)

6:05pm – 6:18pm
Associations of microarousals-related ventricular repolarization lability during sleep with long-term cardiovascular disease and mortality
Sizhi Ai (China)

Africa Sleep Network and Nigerian Sleep Society Meeting

5:30pm – 6:30pm | Room 306
Chair: Morenikeji Komolafe (Nigeria)

Poster abstract group 2

6:30pm – 7:30pm | Hall 405

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World Sleep Society Membership Meeting

7:00am – 8:00am | Room 303

K-05: Lauren Hale
Social determinants and sleep health equity

8:00am – 8:45am| Hall 406 C

8:00am – 8:02am
Introduction
Yun Kwok Wing (Hong Kong)

8:02am – 8:45am
Social determinants and sleep health equity
Lauren Hale (United States)

K-06: Bei Bei
Behavioral sleep interventions in women across the lifespan

8:00am – 8:45am | Hall 406 D

8:00am – 8:02am
Introduction
Charles Morin (Canada)

8:02am – 8:45am
Behavioral sleep interventions in women across the lifespan
Bei Bei (Australia)

Exhibit Hall

8:30am – 3:30pm | Hall 405

S-42: Revolutionizing personalized medicine in OSA: Exploring new treatment modalities

9:00am – 10:30am | Hall 406 C
Chairs: Ding Zou (Sweden), Harald Hrubos-Strøm (Norway))

9:00am – 9:02am
Introduction

9:02am – 9:18am
Overview: From CPAP treatment to the first medicine for OSA patients with obesity
Ding Zou (Sweden)

9:18am – 9:34am
Kairos positive airway pressure (KPAP) for OSA treatment
William Noah (United States)

9:34am – 9:50am
Intra-Oral sensor systems for monitoring mandibular advancement device therapy
Peter Cistulli (Australia)

9:50am – 10:06am
Targeting upper airway muscle dysfunction in OSA: A new frontier in treatment
Ana Sanchez-Azofra (United States)

10:06am – 10:22am
Effect of orofacial myofunctional therapy with autofeedback in patients with newly diagnosed OSA: The OMTAOSA RCT
Diana Dobran Hansen (Norway)

10:22am – 10:30am
Question and answer

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S-43: Insomnia Sub-typing: Pathophysiology, phenotypes and differential treatment response

9:00am – 10:30am | Hall 406 D
Chairs: Rachel Chan (Hong Kong), Jihui Zhang (China)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Insomnia subtypes: Exploring links to demographic factors, mood problems, alcohol use and hypnotic medications
Bjørn Bjorvatn (Norway)

9:22am – 9:42am
Insomnia with objective short sleep duration: Pathophysiology, consequences and response to CBT-I
Julio Fernandez-Mendoza (United States)

9:42am – 10:02am
Digital multi-modal approaches for sub-typing insomnia disorder
Jihui Zhang (China)

10:02am – 10:22am
Sub-typing insomnia for predicting response towards cognitive behavioral therapy for insomnia
Rachel Chan (Hong Kong)

10:22am – 10:30am
Question and answer

S-44: Sleep and cardiometabolic health: Pathophysiology, and novel preventive and therapeutic strategies

9:00am – 10:30am | Nicoll 1
Chairs: Dalva Poyares (Brazil), Helga Margrét Skúladóttir (Iceland)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Breathless nights, lifelong impact: Sleep-disordered breathing and cardiometabolic risk in pregnancy
Sushmita Pamidi (Canada)

9:18am – 9:34am
Insufficient sleep and vascular damage: Mechanisms and implications
Naima Covassin (United States)

9:34am – 9:50am
Narcolepsy and cardiometabolic health
Virend Somers (United States)

9:50am – 10:06am
Light, sleep and cardiometabolic disease – A Scandinavian perspective
Fjola D.H. Sigurdardottir (Norway)

10:06am – 10:22am
Healthy sleep: A game changer for weight loss
Esra Tasali (United States)

10:22am – 10:30am
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S-45: The role of autovideosomnography in research: How AI and big data are transforming pediatric sleep and development research

9:00am – 10:30am | Nicoll 2
Chair: Oliviero Bruni (Italy)

9:00am – 9:02am
Introduction

9:02am – 9:18am
A cross-sectional study on the relationship between infant sleep, temperament, and bedtime practices
Maria Breda (Italy)

9:18am – 9:34am
Debunking the teething-sleep disruption myth: Insights from a longitudinal auto-videosomnography study
Michal Kahn (Israel)

9:34am – 9:50am
The impact of the transition to kindergarten on child sleep using autovideosomnography analysis
Ekjot Saini (United States)

9:50am – 10:06am
How does infant sleep relate to parental insomnia, depression, and emotional regulation? A network analysis using Autovideosomnography data.
Zepeng Gou (Australia)

10:06am – 10:22am
The kids are asleep! Parental bedtime procrastination and its impact on sleep health
Sungkyoung Shin (Korea, Republic of)

10:22am – 10:30am
Question and answer

S-46: How sleep shapes memory dynamics from the lens of reactivation: New insights and future directions

9:00am – 10:30am | Nicoll 3
Chairs: Xiaoqing Hu (Hong Kong),
Eitan Schechtman (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Can we use reactivation to improve sleep quality?
Björn Rasch (Switzerland)

9:22am – 9:42am
Interpreting sleep activity through neural contrastive learning
Yunzhe Liu (China)

9:42am – 10:02am
Memory consolidation for interconnected memories during sleep
Eitan Schechtman (United States)

10:02am – 10:22am
Spindle refractory period shapes emotional memory reactivation
Tao Xia (Hong Kong)

10:22am – 10:30am
Question and answer

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S-47: Beyond the lab: Measuring sleep and circadian rhythms in naturalistic settings

9:00am – 10:30am | Room 303
Chairs: Leila Tarokh (Switzerland),
Mary Carskadon (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Circadian timing in American adolescents: Home-based assessments of dim light melatonin onset in major depressive disorder
Mary Carskadon (United States)

9:22am – 9:42am
Home-based insights into sleep neurophysiology and mental health in youth with and without major depressive disorder
Leila Tarokh (Switzerland)

9:42am – 10:02am
Rhythms of rest: Exploring sleep health and environmental influences on circadian rhythms in African youth
Karine Scheuermaier (South Africa)

10:02am – 10:22am
Beyond constant laboratory conditions: The role of environmental stimuli in the dynamic modulation of sleep expression
Markus Schmidt (Switzerland)

10:22am – 10:30am
Question and answer

S-48: Discussion group: Optimizing opioid therapy for restless legs syndrome /Willis-Ekbom disease: Insights from basic science to clinical practice

9:00am – 10:30am | Room 308
Chairs: Yuichi Inoue (Japan), John Winkelman (United States)

Discussants
Arthur Walters (United States), John Winkelman (United States), Yuichi Inoue (Japan), Ravi Gupta (India), Ambra Stefani (Austria)

S-49: New insights into the waking, sleeping and dreaming brain

9:00am – 10:30am | Room 309
Chairs: Elda Arrigoni (United States),
Patrick Fuller (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Role of dopamine signaling in the amygdala in the regulation of REM sleep
Emi Hasegawa (Japan)

9:22am – 9:42am
The teleological mystery of sleep — Glioneuronal mechanisms integrating sleep homeostasis and motivation
Michael Lazarus (Japan)

9:42am – 10:02am
Long-range and local networks that regulate sleep-promoting ventrolateral preoptic neurons
Elda Arrigoni (United States)

10:02am – 10:22am
The intersection of sleep and stress circuity: How the brain drives hyperarousal in insomnia
Patrick Fuller (United States)

10:22am – 10:30am
Question and answer

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S-50: Bridging sleep research and practice: Leveraging implementation science to improve sleep equity around the globe

9:00am – 10:30am | Room 324
Chair: Suzanne Bertisch (United States)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Preventing the voltage drop: Why implementation science matters
Suzanne Bertisch (United States)

9:18am – 9:34am
Implementation strategies (particularly technology and optimization) to improve adoption, implementation, and sustainment of best practices in health
Roman Xu (China)

9:34am – 9:50am
Addressing sleep apnea post-stroke: A hybrid type I cluster-randomized trial--results and lessons learned from the US veterans health administration
Jason Sico (United States)

9:50am – 10:06am
Sleep health challenges and opportunities: Focus on modifiable factors in African adults
Jesujoba Olanrewaju (Nigeria)

10:06am – 10:22am
Implementing the implementable - progress in dispensing good sleep health in Australian community pharmacies
Bandana Saini (Australia)

10:22am – 10:30am
Question and answer

S-51: The latest advances in understanding maternal sleep as a modifiable contributor to safer outcomes for mother and baby

9:00am – 10:30am | Room 325
Chairs: Ghada Bourjeily (United States), Danielle Wilson (Australia)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Sleep as an opportunity to improve maternal and fetal health outcomes
Ghada Bourjeily (United States)

9:22am – 9:42am
Can sleeping position during pregnancy impact fetal growth and wellbeing?
Danielle Wilson (Australia)

9:42am – 10:02am
Non-pharmacological interventions for sleep in pregnancy
Meagan Crowther (Australia)

10:02am – 10:22am
Treatment of sleep disordered breathing in pregnancy
Visasiri Tantrakul (Thailand)

10:22am – 10:30am
Question and answer

Scientific Program | TUESDAY

S-52: Sleep Challenge 2025 Exhibition: Predicting all-cause mortality using physiological signals from the PSG

9:00am – 10:30am | Room 326
Chairs: Diane Lim (United States), Toshihiro Imamura (United States)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Sleep challenges: A catalyst for big data innovation and transformation
Diane Lim (United States)

9:18am – 9:34am
Chaos theory-driven approach to analyzing biosignals
Yu-Hsin Chen (Taiwan)

9:34am – 9:50am
Deep learning models to detect sleep patterns
Poul Jørgen Jennum (Denmark)

9:50am – 10:06am
Physiological networks applied to sleep apnea patients
Ronny Bartsch (Israel)

10:06am – 10:22am
A clinically guided weighted hypoxemia approach for mortality prediction
Cheng-Bang Chen (United States)

10:22am – 10:30am
Question and answer

O-17: Biomarkers, phenotyping, and cognitive aspects in narcolepsy and hypersomnolence

9:00am – 10:30am | Room 327
Chairs: MaoHuan Peng (China), Clete Kushida (United States)

9:00am – 9:13am
Multimodal Detection of Narcolepsy Type 1 Using Genetic and Nocturnal Polysomnography Data
Dmitri Volfson (United States)

9:13am – 9:26am
Clinical and Polysomnographic Differences Among Child-, Adolescent-, and Adult-Onset Type 1 Narcolepsy: A Chinese Cohort Study
MaoHuan Peng (China)

9:26am – 9:39am
Single-cell RNA and TCR sequencing of cerebrospinal fluid cells from patients with recent-onset type 1 narcolepsy
Shuang Yue (China)

9:39am – 9:52am
Narcolepsy's Sustained Attention Deficits: Unveiled by Dysfunctional Brain Dynamics
Xiao Han (China)

9:52am – 10:05am
Precision medicine approach in Brazilian patients with primary hypersomnias using hypocretin and high-resolution HLA sequencing : insights from a multiethnic population
Christianne Martins Correa da Silva (Brazil)

10:05am – 10:18am
Clinically Meaningful Improvement in Daytime Sleepiness With ON-SXB in People With Narcolepsy and Severe Sleepiness
Clete Kushida (United States)

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O-18: Tracking sleep: Tools, trends, and tailored interventions

9:00am – 10:30am | Room 328
Chair: Kelly Baron (United States)

9:00am – 9:13am
Tired and Wired: Sleep Deprivation Prevents Affective Renormalisation During Exposure to Ambiguous Threat
Emma Sullivan (United Kingdom)

9:13am – 9:26am
Uncovering Sleep-Linked Glucose Dynamics in Healthy Individuals Using Wearable Data
Zilu Liang (Japan)

9:26am – 9:39am
How the Visual Urban Landscape Influences Sleep Health via Subjective Neighborhood Evaluation
Xiaorui Wang (Japan)

9:39am – 9:52am
Timing Matters: Differential Associations of Pre-Bedtime vs. In-Bed Objective Phone Use with Sleep among University Students
Zhenghao Pu (Singapore)

9:52am – 10:05am
Effects of a behavioral sleep extension intervention on actigraphically measured sleep and patient reported outcomes
Kelly Baron (United States)

10:05am – 10:18am
Identifying sleep associations in women across five countries: a global smartwatch-based study
Claudio N. Soares (Canada)

O-19: New Investigator Award

9:00am – 10:30am | Room 329
Chairs: Charles Morin (Canada), Thomas Penzel (Germany)

9:00am – 9:13am
Investigating differential rhythmicity in circadian biomarkers using skin perspiration wearables
Annapoorna Ramasubramanya (United States)

9:13am – 9:26am
Association of Outdoor Artificial Light at Night with Sleep Duration and Social Jetlag Among Preschool-aged Children
Qiu-Ye Lan (China)

9:26am – 9:39am
Mandibular advancement device versus CPAP on cardiovascular health and quality of life in OSA — a pre-specified 12 months follow up of outcome
Yi Hui Ou (Singapore)

9:39am – 9:52am
Distinct gut microbial, brain gene expression and clinical progression profiles in REM sleep behavior disorder biotypes
Shi Tang (Hong Kong)

9:52am – 10:05am
REM-sleep saw-tooth waves: cortical topography and associations with cognition
Irina Filchenko (Switzerland)

10:05am – 10:18am
A Pilot Study of Personalized Obstructive Sleep Apnea Therapy in Patients with Acute Coronary Syndrome
Benjamin K Tong (Australia)

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Scientific Program | TUESDAY

O-20: Sleep and sleep deprivation neurophysiology

9:00am – 10:30am | Room 330
Chairs: Federico Salfi (Italy), Eunyeon Joo (Korea, Republic of)

9:00am – 9:13am
Sleep Macro- and Microarchitecture in Major Depressive Disorder with Sleep State Misperception
Jiong Chen (China)

9:13am – 9:26am
Sleep's Protective Effect on Fear Overgeneralization: The Role of REM Sleep and Theta Oscillations
Tianqi Di (China)

9:26am – 9:39am
Sleep Restriction Affects Sequential Updating Through Increasing Reward Sensitivity
Jeryl, Yin Liang Lim (Australia)

9:39am – 9:52am
An experimental study on the effects of railway vibration on sleep and the blood metabolome
Michael Smith (Sweden)

9:52am – 10:05am
The contribution of theta activity preceding cortical down-states to the slow oscillatory-spindle dynamics of human non-REM sleep
Federico Salfi (Italy)

10:05am – 10:18am
The Role of Adenosine Receptors and Their Antagonist Caffeine in the Mouse Hippocampal CA2 Region Associated with Sleep Deprivation
Lik Wei Wong (Singapore)

Narcolepsy Group Workshop with Takeda

10:00am – 10:45am | Room 302

An Experiential Journey with Stigma: Understanding Stigma and its Impact on Diagnosis and Quality of Life for People Living with Narcolepsy
Yoshika Sherring (United States), Lindsay Jesteadt (United States), Anne Marie Morse (United States), Aaron Schokman (Australia), Kerry Johnson (United States)

S-53: Illuminating the minds: Impact of light exposure on circadian rhythms and health

10:45am – 12:15pm | Hall 406 C
Chairs: Joey Chan (Hong Kong)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Light exposure and neuropathology in schizophrenia
Yuichi Esaki (Japan)

11:07am – 11:27am
Real world light exposure patterns and mental health
Sean Cain (Australia)

11:27am – 11:47am
Alterations of Melanopsin-mediated Pupillary Response in Patients with REM Sleep Behavior Disorder and Parkinson's Disease
Joey Chan (Hong Kong)

11:47am – 12:07pm
Light, circadian rhythm, and neuropsychiatric diseases
Jihui Zhang (China)

12:07pm – 12:15pm
Question and answer

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Scientific Program | TUESDAY

S-54: Advancing the definition and management of childhood obstructive sleep apnea (OSA)

10:45am – 12:15pm | Hall 406 D
Chairs: Indra Narang (Canada), Albert Li (China)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Improving sleep in children with Down syndrome
Rosemary Horne (Australia)

11:07am – 11:27am
EEG characteristics and cognitive dysfunction in children with OSA
Zhifei Xu (China)

11:27am – 11:47am
Can adenotonsillectomy in childhood enhance long-term cardiovascular health for individuals with OSA?
Jun Chun Ting Au (Canada)

11:47am – 12:07pm
Optimizing treatment for pediatric OSA: Insights from HFNC and CPAP therapies
Kate Chan (Hong Kong)

12:07pm – 12:15pm
Question and answer

S-55: Advancing ambulatory sleep monitoring and diagnostics through innovative sensor technologies

10:45am – 12:15pm | Nicoll 1
*Chairs: Ralf Seepold (Germany),
Natividad Martínez Madrid (Germany)*

10:45am – 10:47am
Introduction

10:47am – 11:03am
Development and verification of a neck-wearable Piezoelectric sensor for detecting snoring and sleep apnea from snoring and carotid pulse signals
Li-Ang Lee (Taiwan)

11:03am – 11:19am
Innovative sleepiness monitoring system using speech and wearable electrodermal activity signals
Ralf Seepold (Germany)

11:19am – 11:35am
Analysis of sleep and speech patterns for the diagnosis of impulse control disorders in adolescents
Natividad Martínez Madrid (Germany)

11:35am – 11:51am
All-night EEG-fNIRS as a novel tool for investigating sleep physiology
Christophe Grova (Canada)

11:51am – 12:07pm
Quantification of REM sleep without atonia in natural sleep environment
Shani Oz (Israel)

12:07pm – 12:15pm
Question and answer

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Scientific Program | TUESDAY

S-56: Obesity and the effects of GLP-1 agonists on OSA

10:45am – 12:15pm | Nicoll 2
Chairs: Richard Schwab (United States),
Ron Grunstein (Australia)

10:45am – 10:47am
Introduction

10:47am – 11:03am
Relationship of upper airway anatomy and obesity in patients with OSA: The Icelandic Sleep Cohort
Liyue (Adell) Xu (China)

11:03am – 11:19am
Effect of weight loss on pharyngeal soft tissues including reductions in tongue fat from MRI studies
Richard Schwab (United States)

11:19am – 11:35am
Effect of Liraglutide on OSA in patients with type 2 DM - the ROMANCE trial
Dan Cuthbertson (United Kingdom)

11:35am – 11:51am
Highlights from the Surmount OSA trial and what are the next treatments on the horizon
Ron Grunstein (Australia)

11:51am – 12:07pm
How do GLP-1 agonists fit into OSA management pathways and will they a game change?
Vaishnavi Kundel (United States)

12:07pm – 12:15pm
Question and answer

S-57: Narcolepsy meets immunology: Recent global discoveries in its pathophysiology

10:45am – 12:15pm | Nicoll 3
Chairs: Emmanuel Mignot (United States),
Rolf Fronczek (Netherlands)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Mechanistic insights into the autoimmune hypothesis of narcolepsy: Novel cellular and animal findings
Christelle Peyron (France)

11:07am – 11:27am
A European perspective on the role of immunological triggers on the development of central disorders of hypersomnolence
Jari Gool (Netherlands)

11:27am – 11:47am
The role of different influenza strains on the onset of narcolepsy in the United States
Emmanuel Mignot (United States)

11:47am – 12:07pm
The role of upper airway infection as trigger for children narcolepsy type 1 in China
Fang Han (China)

12:07pm – 12:15pm
Question and answer

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Scientific Program | TUESDAY

S-58: Discussion group: Religious and spiritual determinants of sleep health

10:45am – 12:15pm | Room 303
Chair: Chandra Jackson (United States)

10:45am – 12:15pm
Discussants
Chandra Jackson (United States)
Rupsha Singh (Nepal)
Hamza Dhafar (Saudi Arabia)

S-59: Understanding the therapeutic opportunities of iron treatment in RLS

10:45am – 12:15pm | Room 308
Chairs: Diego Garcia-Borreguero (Spain),
Claudia Trenkwalder (Germany)

10:45am – 10:47am
Introduction

10:47am – 11:07am
The therapeutic efficacy of iron supplementation in adults
Claudia Trenkwalder (Germany)

11:07am – 11:27am
Measuring serum vs brain iron status. The use of SN Ultrasound in RLS
Diego Garcia-Borreguero (Spain)

11:27am – 11:47am
Iron deficiency and augmentation
Chung-Yao Hsu (Taiwan)

11:47am – 12:07pm
The therapeutic efficacy of iron supplementation in the pediatric population
Gulcin Benbir Senel (Türkiye)

12:07pm – 12:15pm
Question and answer

S-60: Collaborative strategies for optimizing pediatric sleep health

10:45am – 12:15pm | Room 309
Chairs: Leopoldo Pedro Correa (Mexico),
Christine Hong (United States)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Precision Growth modification targeting craniofacial skeletal phenotype of pediatric OSA
Su-Jung Kim (Korea, Republic of)

11:07am – 11:27am
Biology of maxillary expansion and its effect on upper airway
Christine Hong (United States)

11:27am – 11:47am
Orofacial myofunctional therapy as adjunct in treating obstructive sleep apnea
Rochelle McPherson (Australia)

11:47am – 12:07pm
Pathophysiological and anatomical factors in pediatric OSA: Path towards precision medicine
Umakanth Katwa (United States)

12:07pm – 12:15pm
Question and answer

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Scientific Program | TUESDAY

S-61: Sleep and the microbiome

10:45am – 12:15pm | Room 324
Chairs: Dalva Poyares (Brazil), Yun Kwok Wing (Hong Kong)

10:45am – 10:47am
Introduction

10:47am – 11:07am
Brain-gut-microbiota interactions in sleep disorders
Lin Lu (China)

11:07am – 11:27am
Obstructive sleep apnea, hypoxia, and the microbiota
Jean-Louis Pépin (France)

11:27am – 11:47am
Sleep bruxism and putative role(s) of the oral microbiota: Caution in extrapolation
Gilles J Lavigne (Canada)

11:47am – 12:07pm
Is there a role for probiotics in the treatment of insomnia disorder and psychological symptoms?
Charles Morin (Canada)

12:07pm – 12:15pm
Question and answer

S-62: Rethinking mask selection for CPAP and non-invasive ventilation: Facts and perspectives

10:45am – 12:15pm | Room 325
Chairs: Pedro Genta (Brazil), Patrick Strollo (United States)

10:45am – 10:47am
Introduction

10:47am – 11:03am
Mask side-effects: Distinguishing between mouth and mask leak
Pedro Genta (Brazil)

11:03am – 11:19am
Performance of nasal and oronasal masks for CPAP treatment: Current evidence
Patrick Strollo (United States)

11:19am – 11:35am
The importance of mask selection for home non-invasive ventilation
Amanda Piper (Australia)

11:35am – 11:51am
Digital facial imaging for artificial intelligence-guided mask fitting applications
Timothy Morgenthaler (United States)

11:51am – 12:07pm
Common biases leading to incorrect mask selection
Ana C. Krieger (United States)

12:07pm – 12:15pm
Question and answer

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Scientific Program | TUESDAY

S-63: Global efforts to combat drowsy driving: Opportunities and challenges to save more lives

10:45am – 12:15pm | Room 326
Chairs: Andrew Vakulin (Australia), Arezu Najafi (Iran)

10:45am – 10:47am
Introduction

10:47am – 11:03am
Drowsy driving: Summary of the scientific evidence on the causes, prevalence, consequences and costs
Clare Anderson (United Kingdom)

11:03am – 11:19am
Overview of international regulations on sleep disorders and drowsy driving across the world
Walter McNicholas (Ireland)

11:19am – 11:35am
Overview of international public health and road design approaches to reducing drowsy driving
Arezu Najafi (Iran)

11:35am – 11:51am
Summary of research evidence on detecting driver state and trait drowsiness from laboratory and on-road driving studies and commercial vehicle systems
Mark Howard (Australia)

11:51am – 12:07pm
Gaps in regulations and public health initiatives to reduce drowsy driving crashes in private drivers and related solutions
Andrew Vakulin (Australia)

12:07pm – 12:15pm
Question and answer

O-21: Phenotyping and variability in obstructive sleep apnea: Implications for cardiovascular risk and personalized management

10:45am – 12:15pm | Room 327
*Chairs: Danny Eckert (Australia),
Mary Carskadon (United States)*

10:45am – 10:58am
Multi-night monitoring of variability in OSA severity and associated impacts on daytime impairment and quality of life
Simon Proctor (Australia)

10:58am – 11:11am
Data-Driven Identification of OSA Subtypes through Endotypic Clustering in Multi-Cohort Population Studies
Sue Jung Lee (Korea, Republic of)

11:11am – 11:24am
The combined effect of acetazolamide and oxygen (ACZO2) on OSA severity and endotypes
Shane Landry (Australia)

11:24am – 11:37am
Respiratory self-similarity is a sleep apnea endotype that predicts cardiovascular disease related mortality in community-dwelling subjects
Yuenan Ni (China)

11:37am – 11:50am
Sleep-stage dynamics predicts current sleep-disordered-breathing and future cardiovascular risk
Michal Bechny (Switzerland)

11:50am – 12:03pm
High night-to-night variability in OSA severity is associated with prevalent major adverse cardiovascular and cerebrovascular events
Bastien Lechat (Australia)

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Scientific Program | TUESDAY

O-22: The science of sleep health: Biomarkers, behavior, and big data

10:45am – 12:15pm | Room 328
Chairs: Matteo Cesari (Austria),
Julio Fernandez-Mendoza (United States)

10:45am – 10:58am
Digital cognitive-behavioral therapy-based treatment for insomnia, nightmares and post-traumatic stress disorder symptoms in wildfire survivors: A randomized feasibility pilot trial
Fadia Isaac (Australia)

10:58am – 11:11am
Relationships between sleep and daily step count examined using large-scale, home-based, health monitoring data
Josh Fitton (Australia)

11:11am – 11:24am
Association Between Daily Step Count and Sleep Health: Findings from a National Survey in China
Xinyu Fu (China)

11:24am – 11:37am
Associations Between Sleep Health and Gut Microbiota: A Metagenomic Analysis in a Community-Based Sample in Hong Kong
Suyi Xie (Hong Kong)

11:37am – 11:50am
Cerebral Metabolic Abnormalities and Disrupted Gut Microbiota in Adolescents with Major Depressive Disorder and Comorbid Insomnia Symptoms: A Proton Magnetic Resonance Spectroscopy Study
Shuming Zhong (China)

11:50am – 12:03pm
Where You Live Shapes How You Sleep: Geographic and Cultural Influences on Sleep Duration in Global Data Measured by the Galaxy Watch
Pamela Song (Korea, Republic of)

O-23: Neurophysiological signatures and technological innovations in sleep apnea detection and impact assessment

10:45am – 12:15pm | Room 329
Chairs: Virend Somers (United States), Ingo Fietze (Germany)

10:45am – 10:58am
Sleep spindle characteristics in children with OSA and their associations with declarative memory function
Mingqi Dong (China)

10:58am – 11:11am
Electroencephalographic response to respiratory events is associated with all-cause mortality in obstructive sleep apnea
Mohammadreza Hajipour (United States)

11:11am – 11:24am
A Multi-Task Deep Learning Model for Sleep Staging and Apnea Detection Using Single-Channel EEG
Hyun Kyung Lee (Korea, Republic of)

11:24am – 11:37am
Dynamic Changes in Pulse Propagation Time Following Respiratory Events are Associated with Cortical Arousals in Obstructive Sleep Apnea
Christian Strassberger (Sweden)

11:37am – 11:50am
AI-rway A Scalable Smartphone based Airway Screening tool for OSA and SDB for use @ Scale in pediatric and adult populations
Paramesh Gopi (United States)

11:50am – 12:03pm
Supplemental Low-Dose CO_2 Delivered by a Novel Device Abolishes Central Sleep Apnea at High Altitude
Yuanming Luo (United States)

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Scientific Program | TUESDAY

O-24: Treatment and risk factor modifications in circadian rhythm disorders

10:45am – 12:15pm | Room 330
Chairs: Kathryn Reid (United States), Diane Boivin (Canada)

10:45am – 10:55am
Aripiprazole (Abilify) as a new treatment for circadian rhythm sleep-wake disorders (CRSWDs) and its mechanism of action
Takashi Kanbayashi (Japan)

10:55am – 11:05am
Clinical Trial of Solriamfetol in Early Morning Shift Workers
Kirsi-Marja Zitting (United States)

11:05am – 11:15am
Late Isocaloric Eating Delays Circadian Rhythm of Glucose Tolerance in Adults with Overweight and Obesity
Han-Chow Koh (United States)

11:15am – 11:25am
Work ability and health-related productivity loss by chronotype: Results from population-based panel study
Mo-Yeol Kang (Korea, Republic of)

11:25am – 11:35am
Evaluation of the Molecular Crosstalk Between Endoplasmic Reticulum Stress and Sleep-Wake Homeostasis
Guohao Ni (United Kingdom)

11:35am – 11:45am
Chronotype and infradian rhythms: the influence of solar and lunar cycles on sleep duration and phase
Simone Bruno (United States)

BMC Medical: Detecting all Central Events using CPAP - What's the point?

11:15am – 12:00pm | Room 302

Detecting all Central Events using CPAP - What's the point?
Xiaolei Zhang (China), Renata Riha (United Kingdom)

New directions in multi-disciplinary education

12:20pm – 1:15pm | Room 302
Chairs: Jatuporn Wanchaitanawong (Thailand), Huiji Yi (China)

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Scientific Program | TUESDAY

Medscape: Education Global: Global Perspectives in Narcolepsy: Learning From Each Other

12:45pm – 1:45pm | Hall 406 C
Chair: Yuichi Inoue (Japan)

Supported by an independent educational grant from Takeda.

12:45pm – 12:55pm
Welcome and Introduction
Yuichi Inoue (Japan)

12:55pm – 1:05pm
Narcolepsy Type 1: Journeys to a Tricky Diagnosis
Anne Marie Morse (United States)

1:05pm – 1:20pm
Awake but Not Alert: Cognitive Performance in Narcolepsy
Lucie Barateau (France)

1:20pm – 1:30pm
Mechanisms of Impaired Cognition in Narcolepsy
Thomas Scammell (United States)

1:30pm – 1:43pm
Panel Discussion and Audience Q&A

1:43pm – 1:45pm
Summary and Close
Yuichi Inoue (Japan)

Philips Sleeposium: Frontiers of Sleep Sciences in 2025

12:45pm – 1:45pm | Hall 406 D
Chair: Song Tar Toh (Singapore)

Collaboratively shaping the future of sleep medicine: Emerging trends that will affect us all
Teofilo Lee-Chiong (United States)

AI in Sleep Medicine: Navigating Innovation and Implementation Challenges
Ahmed BaHammam (Saudi Arabia)

Personalization and customization of sleep therapy
Naricha Chirakalwasan (Thailand)

Panel Discussion

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Scientific Program | TUESDAY

Idorsia: Managing insomnia disorder in patients with neurological and psychiatric comorbidities

12:45pm – 2:15pm | Nicoll 1
Chairs: David Neubauer (United States), Lu Lin (China)

12:45pm – 1:05pm
The impact of insomnia disorder for patients
David Neubauer (United States)

1:05pm – 1:25pm
New clinical data on daridorexant for managing insomnia disorder
Atul Khullar (Canada)

1:25pm – 1:45pm
Clinical experience managing insomnia disorder in patients with psychiatric comorbidities
Laura Palagini (Italy)

1:45pm – 2:05pm
Clinical experience managing insomnia disorder in patients with neurological comorbidities
Claudio Liguori (Italy)

2:05pm – 2:15pm
Panel discussion and Q&A

Transforming Sleep Science with Wearable and Next Generation Technology: Samsung Opportunities and Case Studies

12:45pm – 1:45pm | Nicoll 3
Chair: Jennifer Kanady (United States)

12:45pm – 12:50pm
Welcome and Samsung Health Introduction
Jongmin Choi (Korea, Republic of)

12:50pm – 1:00pm
Beyond the Lab: How Wearables and Next-Gen Tech are Advancing Sleep Health and Research
Jennifer Kanady (United States)

1:00pm – 1:10pm
Samsung Health SDK Suite: Inspiring the Future through Research and Innovation
Moonbae Song (Korea, Republic of)

1:10pm – 1:25pm
Case Study One: Bayer
Consumer wearables and women's health: Real-world insights into sleep disturbances associated with menopausal transition
Cecilia Caetano (Switzerland)

1:25pm – 1:40pm
Case Study Two: KAIST
AI + Math Meets Physiology: Scalable Personalized Sleep Scheduling via Samsung Health
Jaekyoung Kim (Korea, Republic of)

1:40pm – 1:45pm
Question and answer
Jennifer Kanady (United States)

Introduction to next Samsung Symposium and Booth Exhibition
Jennifer Kanady (United States)

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Scientific Program | TUESDAY

Nox Medical: Precision Breathing: Advancing Sleep Apnea Phenotyping Through Accurate Flow Measurement

12:45pm – 1:45pm | Room 309
Chairs: Fang Han (China), Liang-wen Hang (Taiwan)

Flow matters: Unlocking the diagnostic power of Nox Flow
Jon Agustsson (Iceland)

Mapping mechanisms: Phenotyping the pathophysiology of obstructive sleep apnea
Scott Sands (United States), Jon Agustsson (Iceland)

Beyond AHI: How phenotyping is redefining sleep apnea treatment at the bedside
Wan-Ju Cheng (Taiwan)

World Sleep Academy Research Showcase

2:00pm – 4:00pm | Room 302

Türkiye
Ezgi Baris (Türkiye), Elif Öztürk (Türkiye), Mahmut Caner Us (Türkiye)

Peru
Monica Caycho (Peru)

Serbia
Dragan Hrnčić (Serbia)

Vietnam
Khue Bui-Diem (Vietnam), Tai Tran (Vietnam)

India
Ramya Rathod (India)

Japan
Yoshinori Saito (Japan)

Colombia
Ana María Silva (Argentina)

China
Siyu Dai (China)

Zimbabwe
Priscilla Zimani (Zimbabwe)

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

2:15pm – 3:00pm | Hall 406 C

2:15pm – 2:17pm
Introduction
Sutapa Mukherjee (Australia)

2:17pm – 3:00pm
Cardiometabolic consequences of obstructive sleep apnea: Are we making progress?
Mary Ip (Hong Kong)

K-08: Célyne Bastien
Sleep misperception: A waking perspective

2:15pm – 3:00pm | Hall 406 D

2:15pm – 2:17pm
Introduction
Dalva Poyares (Brazil)

2:17pm – 3:00pm
Sleep misperception: A waking perspective
Célyne Bastien (Canada)

S-64: Managing patients with obstructive sleep apnea and obesity with GLP-1 receptor agonists

3:15pm – 4:45pm | Hall 406 C
Chairs: Clete Kushida (United States), Patrick Strollo (United States)

Discussants
Clete Kushida (United States), Patrick Strollo (United States), Christine Won (United States), Danny Eckert (Australia), Ingo Fietze (Germany), Najib Ayas (Canada)

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Scientific Program | TUESDAY

S-65: Night shift work and health risks: Internal desynchrony and underlying mechanisms

3:15pm – 4:45pm | Hall 406 D
Chair: Hans Van Dongen (United States)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Multi-omics of simulated night shift work: Evidence of widespread metabolic desynchrony
Hans Van Dongen (United States)

3:37pm – 3:57pm
Real-world rotating shift schedules and internal circadian disruption of metabolism
Diane Boivin (Canada)

3:57pm – 4:17pm
Eating at night and its circadian impacts on metabolism
Siobhan Banks (Australia)

4:17pm – 4:37pm
Meal timing and the regulation of glucose metabolism and immunity
Leonie Heilbronn (Australia)

4:37pm – 4:45pm
Question and answer

S-66: Phenotypic spectrum of restless legs syndrome: Clinical insights and research perspectives

3:15pm – 4:45pm | Nicoll 1
Chairs: Diego Garcia-Borreguero (Spain),
Gulcin Benbir Senel (Türkiye)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Introduction: The phenotypic clinical diversity of RLS
Diego Garcia-Borreguero (Spain)

3:37pm – 3:57pm
Pediatric RLS phenotypes: Early onset and unique challenges
Lourdes DelRosso (United States)

3:57pm – 4:17pm
Adult RLS phenotypes: Clinical variability in adulthood
Claudia Trenkwalder (Germany)

4:17pm – 4:37pm
Genetic insights into RLS: Shared variants and comorbidities
Arthur Walters (United States)

4:37pm – 4:45pm
Question and answer

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Scientific Program | TUESDAY

S-67: Toward understanding dream interpretation: Mechanisms and functions of REM sleep

3:15pm – 4:45pm | Nicoll 2
Chairs: Yu Hayashi (Japan), Shoi Shi (Japan)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Mapping the neurophysiological correlates of dreams in sleep
Francesca Siclari (Netherlands)

3:37pm – 3:57pm
Neural network models of hippocampal computations during sleep
Louis Kang (Japan)

3:57pm – 4:17pm
Sodium leak channel uncovers the molecular mechanism regulating REM sleep and the function of REM sleep
Hiromasa Funato (Japan)

4:17pm – 4:37pm
Brain-body interactions underlying REM sleep regulation and threat responses
Liping Wang (China)

4:37pm – 4:45pm
Question and answer

S-68: Adolescent sleep and mental health: From challenges to solutions

3:15pm – 4:45pm | Nicoll 3
Chairs: Shirley Xin Li (Hong Kong), Michael Gradisar (Sweden)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
Caught between books and beds: The impact of sleep deprivation and sleep disturbance on Taiwanese adolescents' mental health
Ya-wen Jan (Taiwan)

3:33pm – 3:49pm
Adolescent sleep and implications for school performance and mental health – Results from a Norwegian cohort of older adolescents
Ingvild West Saxvig (Norway)

3:49pm – 4:05pm
New subtypes of insomnia and their association with mental health in children and adolescents
Guanghai Wang (China)

4:05pm – 4:21pm
Late owl phenomenon and sleep deprivation in adolescents: Is advancing bedtime effective?
Sijing Chen (Hong Kong)

4:21pm – 4:37pm
Comorbid insomnia and anxiety in youth – Shall we tackle sleep or anxiety problem in treatment?
Xiao Li (Hong Kong)

4:37pm – 4:45pm
Question and answer

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Scientific Program | TUESDAY

S-69: Discussion group: Global perspectives on sleep health advocacy: Insights and experiences across five continents

3:15pm – 4:45pm | Room 303
Chairs: Rebecca Robillard (Canada), Arezu Najafi (Iran)

3:15pm – 4:45pm
Discussants
Arezu Najafi (Iran), Jason Ellis (United Kingdom), Morenikeji Komolafe (Nigeria), Julie Flygare (United States), Andrew Vakulin (Australia), Rebecca Robillard (Canada)

S-70: Ecology of sleep strategies: Placing sleep function in a broader context

3:15pm – 4:45pm | Room 308
Chairs: Markus Schmidt (Switzerland), Gianina Ungurean (Germany)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
Introduction – A mammalian and Bird's Eye perspective of sleep diversity
Gianina Ungurean (Germany)

3:33pm – 3:49pm
Ecological flexibility in seep duration
Niels Rattenborg (Germany)

3:49pm – 4:05pm
Long-term monitoring of sleep-wake behaviors and the role of ambient ecological conditions
Isabella Capellini (United Kingdom)

4:05pm – 4:21pm
Comparative studies of seasonal impacts on sleep expression in birds and mammals
Peter Meerlo (Netherlands)

4:21pm – 4:37pm
Strategies of resource optimization through sleep-wake alternation
Markus Schmidt (Switzerland)

4:37pm – 4:45pm
Question and answer

S-71: Cracking the code: Deep signal analysis in sleep-disordered breathing

3:15pm – 4:45pm | Room 309
Chairs: Ding Zou (Sweden), Liang-wen Hang (Taiwan)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
Morphological flow analysis for high loop gain in adults and kids
Robert Thomas (United States)

3:33pm – 3:49pm
Centralness of respiratory events: A novel tool to guide non-PAP interventions in sleep disordered breathing
Scott Sands (United States)

3:49pm – 4:05pm
Beyond Desaturations: Leveraging Pulse Oximetry for Comprehensive Diagnosis
Henri Korkalainen (Finland)

4:05pm – 4:21pm
Endotypic traits characterizing obesity and sleep-related hypoventilation in patients with obstructive sleep apnea
Wan-Ju Cheng (Taiwan)

4:21pm – 4:37pm
Cluster analysis in OSA: Opening the black box of AI with explainable modelling
Daniil Lisik (Sweden)

4:37pm – 4:45pm
Question and answer

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Scientific Program | TUESDAY

S-72: Advances in proteomics, glycomics, and transcriptomics of sleep disorders

3:15pm – 4:45pm | Room 324
Chairs: Raffaele Ferri (Italy), Maria Paola Mogavero (Italy)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Proteomic and metabolomic perspectives in the study of PLMS/RLS
Katie L.J. Cederberg (United States)

3:37pm – 3:57pm
Integrative proteomics and glycomics in narcolepsy: Biomarkers and mechanistic insights
Yehia Mechref (United States)

3:57pm – 4:17pm
New insights into Kleine-Levin syndrome: Orexin and omics biomarkers
Fang Han (China)

4:17pm – 4:37pm
Decoding the proteomic and transcriptomic landscape of restless legs syndrome
Maria Paola Mogavero (Italy)

4:37pm – 4:45pm
Question and answer

S-73: Discussion group: "Simple" snoring: Not simple, not hopeless

3:15pm – 4:45pm | Room 325
Chairs: Ofer Jacobowitz (United States), Edilson Zancanella (Brazil)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
Devices and Aids for Snoring : Does Anything Work?
Ofer Jacobowitz (United States)

3:33pm – 3:49pm
The approach to the snoring patient
Edilson Zancanella (Brazil)

3:49pm – 4:05pm
First in Line, the Nose
Jessica Schwarts (United Arab Emirates)

4:05pm – 4:21pm
Palatal Vibrations, How to Treat
Dipankar Datta (India)

4:21pm – 4:37pm
Case Presentations & Panel Discussion
Stuart MacKay (Australia)

4:37pm – 4:45pm
Question and answer

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Scientific Program | TUESDAY

S-74: Harmonizing pediatric sleep: Navigating the complexities and diversities in managing sleep-related breathing disorders across borders

3:15pm – 4:45pm | Room 326
Chairs: Karen Spruyt (France),
Umakanth Katwa (United States)

3:15pm – 3:17pm
Introduction

3:17pm – 3:33pm
The South American perspective
Gustavo Moreira (Brazil)

3:33pm – 3:49pm
The Asian perspective
Kate Chan (Hong Kong)

3:49pm – 4:05pm
The USA perspective
Umakanth Katwa (United States)

4:05pm – 4:21pm
The African perspective
Eniola Eziyi (Nigeria)

4:21pm – 4:37pm
The European perspective
Palma Benedek (Hungary)

4:37pm – 4:45pm
Question and answer

O-25: Biomarkers and neuroimaging in prodromal RBD and synucleinopathies

3:15pm – 4:45pm | Room 327
Chairs: Federica Provini (Italy), Shady Rahayel (Canada)

3:15pm – 3:28pm
Glymphatic defect in isolated REM sleep behavior disorder is associated with phenoconversion to Parkinson's disease
Léa Bastien (Canada)

3:28pm – 3:41pm
[18F]FDG-PET as staging biomarker in the prodromal to overt neuronal alpha-synucleinopathy continuum
Beatrice Orso (Italy)

3:41pm – 3:54pm
Free water imaging predicts phenoconversion in isolated REM sleep behavior disorder: a longitudinal, multicentre, prospective cohort study
Celine Haddad (Canada)

3:54pm – 4:07pm
Free water is increased within the basal forebrain and suprachiasmatic pathways of isolated REM sleep behavior disorder
Shady Rahayel (Canada)

4:07pm – 4:20pm
Brain Connectivity Alterations in Idiopathic REM Sleep Behavior Disorder: A Multi-Cohort Study
Christina Tremblay (Canada)

4:20pm – 4:33pm
Progression of prodromal markers of alpha-synucleinopathy neurodegeneration in the first-degree relatives of patients with REM sleep behavior disorder: a 7-year prospective study
Ningning Li (Hong Kong)

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O-26: Infant and preschool sleep: Patterns and problems

3:15pm – 4:45pm | Room 328
Chairs: Rosemary Horne (Australia),
Judith Owens (United States)

3:15pm – 3:28pm
Feasibility and clinical utility of daytime polysomnography performed in NICU to diagnose sleep disordered breathing in infants
Dimple Goel (Australia)

3:28pm – 3:41pm
Comparison of Treatment Efficacy Between Rapid Maxillary Expansion and Adenotonsillectomy in Children With Obstructive Sleep Apnea: An RCT
Supakit Peanchitlertkajorn (Thailand)

3:41pm – 3:54pm
Toddler Sleep Patterns: Exploring Associations Between Bedtime Consistency and Routines, Parental Involvement and Sleep Outcomes
Monica Ordway (United States)

3:54pm – 4:07pm
A Quest for a Histaminergic or Orexinergic Biomarker for Sudden Infant Death Syndrome
Patricia Franco (France)

4:07pm – 4:20pm
Slower maturation of the circadian rest-activity rhythm is associated with weight gain across infancy
Megan Petrov (United States)

4:20pm – 4:33pm
Diagnostic Accuracy of a Contactless Sleep Mat; "The Sonomat®" compared to Level 1 Polysomnography in Children with Neurodisability – Findings from an Australian Multi-Centre Trial
Jasneek Chawla (Australia)

O-27: Rethinking daytime sleepiness: Multimodal approaches to identification and management

3:15pm – 4:45pm | Room 329
Chairs: Thomas Scammell (United States),
Lucie Barateau (France)

3:15pm – 3:28pm
Bordeaux Sleepiness Scale (BOSS): A new scale to predict sleep-related traffic accident in regular French highway drivers
Pierre Philip (France)

3:28pm – 3:41pm
Association of Hypnotics with Dementia and Cognitive Function in Insomnia Patients: An Observational and Two-sample Mendelian Randomization study
Sizhi Ai (China), Huiying Zhang (China)

3:41pm – 3:54pm
Altered sleep spindle morphology in idiopathic hypersomnia
Samantha Mombelli (Canada)

3:54pm – 4:07pm
Optimizing timing and dose of melatonin administration: a randomized, double-blind controlled trial in healthy adults
Simone Bruno (United States)

4:07pm – 4:20pm
Detection of Phoneme Sequences in Spontaneous Speech for the Characterization of Excessive Daytime Sleepiness: a new method to be compared to MSLT
Colleen Beaumard (France)

4:20pm – 4:33pm
Metabolomic Profiling of Kleine-Levin Syndrome In and Out of Episode using Liquid Chromatography-Mass Spectrometry
Liyue (Adell) Xu (China)

4:33pm – 4:46pm
Machine Learning Classification of Idiopathic Hypersomnia and Narcolepsy: Novel Clinical Predictors from a Decade-Long Urban Academic Sleep Center
NatalieDeana Badillo (United States)

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Scientific Program | TUESDAY

O-28: Chronobiology and neurophysiology in early neurodegeneration

3:15pm – 4:45pm | Room 330
Chairs: Keisuke Suzuki (Japan), Angelica Quercia (Italy)

3:15pm – 3:25pm
Electroencephalographic slowing during REM sleep is a marker of cholinergic dysfunction in Lewy body disorders
Jack Anderson (Australia)

3:25pm – 3:35pm
Sleep Stage–Specific Aperiodic EEG Spectral Slope Alterations in isolated REM Sleep Behavior Disorder and Neurodegenerative Disorders
Jianzhang Ni (Hong Kong)

3:35pm – 3:45pm
Smartphone-based digital phenotyping of motor and non-motor biomarkers across early stages of α-synucleinopathies
Zhixuan He (Hong Kong)

3:45pm – 3:55pm
Circadian Clock Gene Per1/Per2 Knockout Leads to Motor Dysfunction in Mice
Yimei Fan (China)

3:55pm – 4:05pm
A diagnostic model for Parkinson's disease based on circadian rhythm-related genes
Lufeng Wang (China)

4:05pm – 4:15pm
Effects of Light Therapy on Parkinson's Disease–Related Brain Dysconnectivity and Sleep Disorders
Yun Shen (China)

SOMNOmedics: Next Era: Home Based Sleep Architecture and AI-Based PSG Scoring: Bridging Ambulatory and Laboratory Diagnostics

4:00pm – 4:45pm | Room 302

Artificial intelligence in sleep medicine - toward foundation models for polysomnography
Emmanuel Mignot (United States)

Presenting the DOMINO-AI from SOMNOmedics, certified by the AASM, and first clinical experience
Gert Küchler (Germany)

Longitudinal sleep assessment at home: A comparison of wearable and contactless approaches
Derk-Jan Dijk (United Kingdom)

HomeSleepTest – A Cost-Efficient and Innovative Tool for objective Sleep Stage Evaluation in the patients' home
Hatem Khalil (Egypt)

Singapore Sleep Society Annual General Meeting 2025 Launch of the AMS Chapter of Sleep Medicine Physicians Obstructive Sleep Apnoea (OSA) Consensus Statements

4:45pm – 6:15pm | Room 303

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Scientific Program | TUESDAY

Personalized management of OSA: Anatomical-Pathological correlation, DISE integration, surgical modifications, and addressing CPAP and surgical failures

4:45pm – 6:15pm | Room 308
Chairs: Srinivas Kishore (India), Vikas Agrawal (India)

4:45pm – 4:50pm
Introduction
Vijaya Krishnan (India)

4:50pm – 5:10pm
**Bridging anatomy & pathophysiology:
A unified perspective in OSA evaluation**
Vikas Agrawal (India)

5:10pm – 5:30pm
Strategic use of DISE to enhance success rates in OSA surgery
Sandeep Bansal (India)

5:30pm – 5:50pm
Customized palatoplasty in sleep apnea: Matching surgical technique to airway phenotype
Vijaya Krishnan (India)

5:50pm – 6:10pm
When first-line treatments fail: Revisiting CPAP and surgical setbacks in OSA
Dipankar Datta (India)

6:10pm – 6:15pm
Question and answer
Vijaya Krishnan (India)

Poster abstract group 3

4:45pm – 5:45pm | Hall 405

Transforming Sleep Science with Wearable and Next Generation Technology: Samsung Opportunities and Case Studies

5:00pm – 6:00pm | Room 302
Chair: Eunyeon Joo (Korea, Republic of)

5:00pm – 5:15pm
**Case Study Three: Reykjavik University
Objective and Subjective Sleep Experience: Comparing Smartwatch Tracking with Polysomnography and Digital Sleep Diaries**
Luka Biedebach (Iceland)

5:15pm – 5:30pm
**Case Study Four: Sungshin Women's University
Sleep re-imagined: Insights from 60 million wearable users challenging what we know**
Sooyeon "Aly" Suh (Korea, Republic of)

5:30pm – 5:45pm
**Case Study Five: Ilsan Paik Hospital
Mapping Sleep: Patterns Across Borders - Insights from Samsung Galaxy Global Data**
Pamela Song (Korea, Republic of)

Closing
Eunyeon Joo (Korea, Republic of)

DREAMER Study Group Session: Advancements and Next Steps

5:00pm – 6:30pm | Room 306
Closed working meeting.

Co-Investigators
Raffaele Ferri (Italy), Monica Puligheddu (Italy), Giuseppe Plazzi (Italy), Luigi Ferini-Strambi (Italy), Fabio Pizza (Italy), Maria Paola Mogavero (Italy), Giuseppe Lanza (Italy), Michela Figorilli (Italy)

Gala Dinner at Gardens by the Bay

7:00pm – 11:00pm

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Scientific Program | WEDNESDAY

K-09: Takafumi Kato
Advances in dental sleep medicine: Understanding the pathophysiology of sleep bruxism and co-existing sleep disorders

8:00am – 8:45am | Hall 406 C

8:00am – 8:02am
Introduction
Gilles J Lavigne (Canada)

8:02am – 8:45am
Advances in dental sleep medicine: Understanding the pathophysiology of sleep bruxism and co-existing sleep disorders
Takafumi Kato (Japan)

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

8:00am – 8:45am | Hall 406 D

8:00am – 8:02am
Introduction
Raffaele Ferri (Italy)

8:02am – 8:45am
REM sleep behavior disorder: Gateway to early diagnosis and therapy in synucleinopathies
Ronald Postuma (Canada)

Philips SleepStudio: Digital management of OSA patients - use of patient engagement tools and telemonitoring to drive long-term adherence & outcomes

8:30am – 9:30am | Room 302
Chair: Jimmy Chang (Philippines)

Digital management of OSA patients - use of patient engagement tools and telemonitoring to drive long-term adherence & outcomes
Adam Benjafield (Australia)

Panel Discussion

Exhibit Hall

8:30am – 3:30pm | Hall 405

S-75: Can OSA in adults be prevented by interventions in children?

9:00am – 10:30am | Hall 406 C
*Chairs: Rafael Pelayo (United States),
Audrey Yoon (United States)*

9:00am – 9:02am
Introduction

9:02am – 9:22am
Why are we not working to prevent OSA?
Dimple Goel (Australia)

9:22am – 9:42am
The role of dentistry and cranial facial modification in OSA prevention
Audrey Yoon (United States)

9:42am – 10:02am
Modifiable risk factors associated with obstructive sleep apnea (OSA) focused on prevention of the disease
David Gozal (United States)

10:02am – 10:22am
Can OSA in adults be prevented by early childhood interventions: Where do we go from here?
Rafael Pelayo (United States)

10:22am – 10:30am
Question and answer

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Scientific Program | WEDNESDAY

S-76: Practical telemonitoring implementation to improve outcomes in home mechanical ventilation globally, across diverse clinical settings and regions

9:00am – 10:30am | Hall 406 D
Chair: Alejandra Lastra (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
The role of professional societies in supporting home ventilation implementation and scalability for complex sleep-disordered breathing management
Claudio Cárdenas (Venezuela)

9:22am – 9:42am
Practical implementation of home ventilation and remote data monitoring: Opportunities and limitations from OHS to EPOC
Alejandra Lastra (United States)

9:42am – 10:02am
When CO2 is not available: Telemonitoring for treatment adjustment and guidance of home mechanical ventilation worldwide using oximetry
Naricha Chirakalwasan (Thailand)

10:02am – 10:22am
Pediatric applications of CO2 monitoring and large scale implementation
Jasneek Chawla (Australia)

10:22am – 10:30am
Question and answer

S-77: Restless legs syndrome and cardio-cerebro-vascular disease: Clinical associations and implications

9:00am – 10:30am | Nicoll 1
Chair: Garima Shukla (Canada)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Restless legs syndrome and stroke – association and role in risk stratification
Garima Shukla (Canada)

9:22am – 9:42am
Role of periodic limb movements as a risk factor for cerebrovascular disease
Raffaele Ferri (Italy)

9:42am – 10:02am
Restless legs syndrome and coronary artery disease
Anupama Gupta (India)

10:02am – 10:22am
Stroke related restless legs syndrome – phenotypes and course
Elisabeth Ruppert (France)

10:22am – 10:30am
Question and answer

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Scientific Program | WEDNESDAY

S-78: The role of glia in sleep regulation and sleep homeostasis: Implications for cognitive function and mental health

9:00am – 10:30am | Nicoll 2
Chairs: Peter Meerlo (Netherlands), Carolina Gutierrez Herrera (Switzerland)

9:00am – 9:02am
Introduction

9:02am – 9:22am
The role of microglia in sleep regulation
Yang Dan (United States)

9:22am – 9:42am
Adenosine dynamics: Mechanisms and consequences for sleep-wake cycles
Min Xu (China)

9:42am – 10:02am
Of sleep and stars: Defining a role for astrocytes in sleep expression and homeostasis
Ashley Ingiosi (United States)

10:02am – 10:22am
Beyond neurons: Astrocytes shaping sleep in the cortical landscape
Carolina Gutierrez Herrera (Switzerland)

10:22am – 10:30am
Question and answer

S-79: Sleep as a window to health: Artificial intelligence-enabled digital sleep biomarkers for disease prediction

9:00am – 10:30am | Nicoll 3
Chairs: Yue Leng (United States), Haoqi Sun (United States)

9:00am – 9:02am
Introduction

9:02am – 9:18am
Health-oriented sleep staging (HOSS) with AI: Making sleep stages reflect health outcomes
Haoqi Sun (United States)

9:18am – 9:34am
Continuous sleep depth index annotation with deep learning yields novel digital biomarkers for sleep health
Shenda Hong (China)

9:34am – 9:50am
Deep learning and generative AI for automatic sleep monitoring and disease prediction
Wei Chen (Australia)

9:50am – 10:06am
Accurately predicting mood episodes in mood disorder patients: Insights from wearable sleep and circadian rhythm data using machine learning
Jae Kyoung Kim (Korea, Republic of)

10:06am – 10:22am
Bridging sleep in clinic and at home: An AI-powered sleep foundation model for precision brain health
Yue Leng (United States)

10:22am – 10:30am
Question and answer

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Scientific Program | WEDNESDAY

S-80: Cognitive symptoms in narcolepsy and idiopathic hypersomnia: Neurobiology, functional impact, and clinical research

9:00am – 10:30am | Room 303
Chairs: Kiran Maski (United States), Lucie Barateau (France)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Neurobiological mechanisms of orexin on cognitive targets
Rolf Fronczek (Netherlands)

9:22am – 9:42am
Navigating brain fog: Patient experience of cognitive challenges in the real world
Julie Flygare (United States)

9:42am – 10:02am
Nocturnal sleep disruption, daytime sleepiness and cognitive impact
Kiran Maski (United States)

10:02am – 10:22am
Cognitive treatment effects in CNS disorders hypersomnolence
Lucie Barateau (France)

10:22am – 10:30am
Question and answer

S-81: Guiding light for metabolic health: Lessons from bench to field studies for therapeutic insights

9:00am – 10:30am | Room 308
Chairs: Minjee Kim (United States),
Kathryn Reid (United States)

9:00am – 9:02am
Introduction

9:02am – 9:22am
Light exposure patterns and cardiometabolic health: Insights from epidemiological studies
Daniel Windred (Australia)

9:22am – 9:42am
Shining light on glucose metabolism across the metabolic health spectrum
Jan-Frieder Harmsen (Germany)

9:42am – 10:02am
Molecular mechanisms of circadian entrainment
Aarti Jagannath (United Kingdom)

10:02am – 10:22am
Day and night: Impact of light exposure on health
Kathryn Reid (United States)

10:22am – 10:30am
Question and answer

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S-82: Tales from the edge: What can we learn about sleep from non-WEIRD (Western, Educated, Industrialized, Rich, and Democratic) sleep research?

9:00am – 10:30am | Room 309
Chair: Adrian Willoughby (Singapore)

9:00am – 9:06am
Introduction

9:06am – 9:25am
Understanding sleep in Hong Kong: Exploring the key facilitators, barriers, and cultural influences
Danny Yu (Hong Kong)

9:25am – 9:44am
Conceptualisation and understanding of sleep health in Australian First Nations communities
Fatima Yaqoot (Australia)

9:44am – 10:03am
Elevated oxidative stress biomarkers in adults with segmented sleep patterns in Oman
Ibtisam Al Lawati (Oman)

10:03am – 10:22am
Are humans facing a sleep epidemic or enlightenment?
David Samson (Canada)

10:22am – 10:30am
Question and answer

S-83: RBD 1985-2025: Novel perspectives

9:00am – 10:30am | Room 324
Chairs: Carlos Schenck (United States), Birgit Högl (Austria)

9:00am – 9:05am
Introduction

9:05am – 9:25am
Expanding knowledge on the global epidemiology of RBD; and update on the Tasmania ISLAND Study on isolated RBD
Jane Alty (Australia)

9:25am – 9:45am
Neurodegeneration risk in isolated RBD and insights from brain imaging studies
Dario Arnaldi (Italy)

9:45am – 10:05am
Depression, RBD, neurodegeneration, and familial risk
Yun Kwok Wing (Hong Kong)

10:05am – 10:25am
Machine learning-based prediction of neurodegeneration and prognostic counseling in iRBD
Ki-Young Jung (Korea, Republic of)

10:25am – 10:30am
Question and answer

Search the schedule, build your personal agenda, see the floor plans, and find more info in the official World Sleep 2025 app!

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S-84: Napping and its associations with health and cognition across the life span

9:00am – 10:30am | Room 325
Chairs: Gianluca Ficca (Italy), Vincenzo Muto (Belgium)

9:00am – 9:05am
Introduction

9:05am – 9:25am
The relation between memory consolidation and nap transitions in early childhood
Rebecca Spencer (United States)

9:25am – 9:45am
Napping in teens and young adults: Benefits on mood and cognition
Ruth Leong (Singapore)

9:45am – 10:05am
To nap or not to nap? Impact of napping on cognition in the ageing brain
Vincenzo Muto (Belgium)

10:05am – 10:25am
Associations of intentional and unintentional naps with health and psychological wellbeing at different ages
Francesca Conte (Italy)

10:25am – 10:30am
Question and answer

O-29: Pediatric sleep-disordered breathing: Diagnostic innovation, biological mechanisms, and therapeutic strategies in complex and vulnerable populations

9:00am – 10:30am | Room 327
Chairs: Flavia Consens (United States), Kate Chan (Hong Kong)

9:00am – 9:13am
"Sleep and Survival: A Low-Cost Home Ventilation Strategy for Children with Neuromuscular disease in Resource-Limited Settings"
Supriya Suresh Shinde (India)

9:13am – 9:26am
Sleep-disordered breathing in children with Prader-Willi syndrome and the effect of growth hormone therapy
Prakarn Tovichien (Thailand)

9:26am – 9:39am
Evaluating the diagnostic accuracy of smartphone video clips against polysomnography for Paediatric Obstructive Sleep Apnoea
Cal McLean (United Kingdom)

9:39am – 9:52am
Distinct Salivary Microbial Signatures Associated with Anatomical Sites of Upper Airway Obstruction Caused by Lymphoid Hypertrophy in Children
Ying Xu (China)

9:52am – 10:05am
Inflammatory Biomarkers and Symptom Severity: The Role of Cytokines in Paediatric OSA
Ming Yang (China)

10:05am – 10:18am
Simultaneous Polysomnography and Cardiotocography Reveal Temporal Correlation Between Maternal Obstructive Sleep Apnea and Fetal Hypoxia
Jingyu Wang (China)

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O-30: Sleep and public health: Stress, climate, and community

9:00am – 10:30am | Room 328
*Chairs: Chandra Jackson (United States),
Giuseppe Lanza (Italy)*

9:00am – 9:13am
Differential effects of sleep quality and sleep duration on stress reactivity: implications for mental health and wellbeing of young adults
Sylistah Gadam (Australia)

9:13am – 9:26am
Impact of Nocturnal Air Pollution on Sleep Quality and Emergency Health Service Utilization for Respiratory and Cardiovascular Conditions in Portugal: An Ecological Analysis Using Open Data
Miguel Meira e Cruz (Portugal)

9:26am – 9:39am
A national study and public mandate for sleep health policy reform
Emma Louise Gale (United Kingdom)

9:39am – 9:52am
Large-Scale Investigation into Sleep Health: Patterns and Challenges in Chinese Population
Xinyu Fu (China)

9:52am – 10:05am
Longitudinal associations between couple relationship quality and insomnia symptoms among Chinese couples: A cross-lagged panel design
Jia Jia Liu (China)

10:05am – 10:18am
Summertime bedroom overheating in un-airconditioned UK urban apartments during Heat Alert periods: thermal comfort and sleep outcomes
Iuliana Hartescu (United Kingdom)

O-31: Management of insomnia with digital CBT-I

9:00am-10:30am | Room 329
*Chairs: Rachel Chan (Hong Kong),
Alexander Sweetman (Australia)*

9:00am – 9:13am
The effect of a tailored digital cognitive behavioural therapy for insomnia in people with co-morbid insomnia and sleep apnoea (COMISA): A pilot randomised controlled trial
Alexander Sweetman (Australia)

9:13am – 9:26am
Digital CBTi improves insomnia and reduces sleeping pill use in Australian primary care patients: Preliminary analysis of a randomised controlled implementation trial
Chelsea Reynolds (Australia)

9:26am – 9:39am
Guided internet-based cognitive behavioral therapy for insomnia in people suffering from insomnia and psychological distress: results of a randomized controlled trial
Joyce Reesen (Netherlands)

9:39am – 9:52am
Efficacy of a stepped care approach to deliver cognitive behavioural therapy for insomnia in the community: A pragmatic stepped-wedge cluster randomized controlled trial
Rachel Chan (Hong Kong)

9:52am – 10:05am
What is the optimal treatment for co-occurring insomnia and anxiety? An RCT comparing internet CBT for insomnia to internet CBT for anxiety
Elizabeth Mason (Australia)

10:05am – 10:18am
Group-based and digital cognitive behavioural therapy for insomnia in adolescents with insomnia: Interim analysis of a three-arm, assessor-blinded, parallel randomised controlled trial
Hao Fong Sit (Hong Kong)

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O-37: Symptomatology, phenotypes, and pathophysiology of insomnia

5:00pm – 6:30pm | Room 327
Chairs: Rebecca Robillard (Canada), Hannah Scott (Australia)

5:00pm – 5:13pm
Pathophysiological subtypes of paediatric insomnia based on familiar and clinical features
Valeria Mammarella (Italy)

5:13pm – 5:26pm
Correlates between sleep architecture and sleep reactivity to stress in the context of cumulative adversities: Is REM sleep continuity a potential protective factor for sleep reactivity?
Chris Xie Chen (Hong Kong)

5:26pm – 5:39pm
Long-Term Risk of Dementia in middle-age and older adults with Sleep Disorders: Evidence from 20 Years of Nationwide Taiwanese Data
chih-chuan Hsieh (Taiwan)

5:39pm – 5:52pm
Circadian rhythm timing and associations with sleep symptoms in insomnia disorder
Hannah Scott (Australia)

5:52pm – 6:05pm
Data-driven subtypes of youth insomnia: A mixed-feature clustering analysis
Zihan Chen (Hong Kong)

6:05pm – 6:18pm
Preliminary observations on insomnia phenotypes based on daily electroencephalography sleep monitoring in the natural sleeping environment
Rebecca Robillard (Canada)

6:18pm – 6:31pm
Co-morbid Insomnia and Obstructive Sleep Apnea Augments Cardiac Autonomic Burden to Increase All-cause Mortality
Hua Qin (China)

Fisher & Paykel Healthcare: Rethinking the Apnea-Hypopnea Index: Looking Toward a Patient-Centered Approach in Sleep Medicine

10:00am – 10:45am | Room 302

Rethinking the Apnea-Hypopnea Index: Looking Toward a Patient-Centered Approach in Sleep Medicine
David M. Rapoport (United States)

S-85: Consumer sleep technology: Usefulness and reliability for patients and practitioners

10:45am – 12:15pm | Hall 406 C
Chair: Walter McNicholas (Ireland)

10:45am – 10:50am
Introduction

10:50am – 11:06am
Overviewing the current use of consumer sleep technologies by both the patients and healthcare professionals
Walter McNicholas (Ireland)

11:06am – 11:22am
How patients perceive and use consumer sleep technology
Michael Grandner (United States)

11:22am – 11:38am
Innovations on consumer sleep technology for sleep tracking and scoring
Erna Sif Arnardóttir (Iceland)

11:38am – 11:54am
Innovations on consumer sleep technology for the sleep-disordered breathing
Timo Leppänen (Finland)

11:54am – 12:10pm
Sponsorship bias and lack of validation – Exploring the negative effects of commercial aspects on the validation of consumer sleep technologies
Gabriel Natan Pires (Brazil)

12:10pm – 12:15pm
Question and answer

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S-86: AI approaches in pediatric sleep: Unraveling developmental sleep issues

10:45am – 12:15pm | Hall 406 D
Chair: Karen Spruyt (France)

10:45am – 10:50am
Introduction

10:50am – 11:10am
Characterizing the complexity of REM sleep across pediatric development: A chaos-driven approach
Toshihiro Imamura (United States)

11:10am – 11:30am
Time-of-day rhythms of memory function in Chinese university students
Fan Li (China)

11:30am – 11:50am
Extracting polysomnographic insights before and after adenotonsillectomy for pediatric OSA through advanced recurrence analysis
Cheng-Bang Chen (United States)

11:50am – 12:10pm
Digital approaches to delivering parent-based sleep interventions for insomnia in children with ASD/ADHD
Shirley Xin Li (Hong Kong)

12:10pm – 12:15pm
Question and answer

S-87: Innovative approaches to sleep Disorders and craniofacial health: Bridging research and clinical practice

10:45am – 12:15pm | Nicoll 1
Chairs: Juliana Tereza Colpani (Singapore), Raymond Chung Wen Wong (Singapore)

10:45am – 10:50am
Introduction

10:50am – 11:06am
Sleep bruxism and orofacial pain: Putative mechanisms towards clinical implications
Gilles J Lavigne (Canada)

11:06am – 11:22am
Advancing facial deformity correction: Integrating technology in sleep disorder treatment
Raymond Chung Wen Wong (Singapore)

11:22am – 11:38am
Classification of craniofacial pain with a focus on sleep disorders and neuroplasticity
Peter Svensson (Singapore)

11:38am – 11:54am
Novel approaches to sleep-disordered breathing: Mechanisms and treatments
Peter Cistulli (Australia)

11:54am – 12:10pm
Cardiovascular implications of obstructive sleep apnea: Emerging insights
Anna Mohammadieh (Australia)

12:10pm – 12:15pm
Question and answer

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S-88: Gender disparities in obesity hypoventilation syndrome: From diagnosis and treatment to outcomes

10:45am – 12:15pm | Nicoll 2
Chairs: Babak Mokhlesi (United States),
Juan Fernando Masa Jimenez (Spain)

10:45am – 10:50am
Introduction

10:50am – 11:08am
Gender differences in presentation and diagnosis of OHS
Ahmed BaHammam (Saudi Arabia)

11:08am – 11:26am
Sex disparities impacts patient outcomes in ambulatory and hospitalized patients with OHS
Maria Angeles Sanchez Quiroga (Spain)

11:26am – 11:44am
Implementing guideline-based care in patients with OHS to minimize gender disparities in care
Amanda Piper (Australia)

11:44am – 12:02pm
Putting it all together: Is gender bias in OHS real and if so, how to avoid it
Babak Mokhlesi (United States)

12:02pm – 12:15pm
Question and answer

S-89: Novel developments in psychotherapy for insomnia

10:45am – 12:15pm | Nicoll 3
Chairs: Elisabeth Hertenstein (Switzerland),
Kai Spiegelhalder (Germany)

10:45am – 10:50am
Introduction

10:50am – 11:10am
NEW SLEEP: Using accurate and daily sleep feedback in home environments in order to improve sleep
Manuel Schabus (Austria)

11:10am – 11:30am
Acceptance and commitment therapy versus cognitive behavioral therapy for insomnia: Outcomes from a RCT and predictors of treatment response
Renatha El-Rafihi Ferreira (Brazil)

11:30am – 11:50am
Addressing non-response and improving implementation as primary challenges for the future of psychotherapy for insomnia
Elisabeth Hertenstein (Switzerland)

11:50am – 12:10pm
Implementing CBT-I in routine clinical care using a stepped care model: A randomized controlled trial
Kai Spiegelhalder (Germany)

12:10pm – 12:15pm
Question and answer

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S-90: Restless legs syndrome: Exploring genetic diversity, racial differences, and phenotypes

10:45am – 12:15pm | Room 303
Chairs: Yuichi Inoue (Japan), Ambra Stefani (Austria)

10:45am – 10:50am
Introduction

10:50am – 11:05am
Prevalence, presentation and correlates of RLS among stroke survivors in India
Ravi Gupta (India)

11:05am – 11:20am
Genetics of RLS, update and new developments
Juliane Winkelmann (Germany)

11:20am – 11:35am
African descent and RLS: Phenotypic differences and racial insights
Michael Fawale (Nigeria)

11:35am – 11:50am
Seasonal exacerbation and its associated factors in restless legs syndrome
Yukiyoshi Sumi (Japan)

11:50am – 12:05pm
Exploring the clinical spectrum of idiopathic RLS: Data-driven classification and therapeutic implications
Ki-Young Jung (Korea, Republic of)

12:05pm – 12:15pm
Question and answer

S-91: The impact of sleep on frailty, sarcopenia, and falls: Investigating novel risk factors in aging populations

10:45am – 12:15pm | Room 308
Chairs: Dalva Poyares (Brazil), Andrew Vakulin (Australia)

10:45am – 10:50am
Introduction

10:50am – 11:10am
The role of healthy sleep in healthy ageing: The interconnections between poor sleep and frailty
Katie Stone (United States)

11:10am – 11:30am
The crosstalk between sleep and muscle health: Exploring relationships between sleep disorders and sarcopenia
Ronaldo Piovezan (Australia)

11:30am – 11:50am
Poor sleep and clinical sleep disorders as potentially preventable risk factors for falls
Kelly Sansom (Australia)

11:50am – 12:10pm
Can treatment of sleep disorders reduce the risk of frailty, sarcopenia, and falls in older populations?
Atul Malhotra (United States)

12:10pm – 12:15pm
Question and answer

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S-92: The impact of war on sleep: Uncovering the mechanisms that link trauma exposure and sleep quality across different cohorts and age groups

10:45am – 12:15pm | Room 309
Chairs: Tamar Shochat (Israel), Iris Haimov (Israel)

10:45am – 10:50am
Introduction

10:50am – 11:06am
Associations of sleep quality with war-related anxiety, childhood stressors, and war-related stressors during the Israel-Hamas war
Iris Haimov (Israel)

11:06am – 11:22am
Tired of war: Changes in the sleep of the Israeli civilian population in the wake of the Israel-Hamas war
Alex Gileles-Hillel (Israel)

11:22am – 11:38am
The impact of REM and non-REM sleep on fear extinction recall in trauma-exposed populations
Kim Felmingham (Australia)

11:38am – 11:54am
Circadian instability predicts PTSD symptom severity following mass trauma
Roee Admon (Israel)

11:54am – 12:10pm
Safe sleep for children in unsafe conditions
Angelica Schlarb (Germany)

12:10pm – 12:15pm
Question and answer

S-93: Unveiling and addressing sleep health disparities in indigenous peoples around the world

10:45am – 12:15pm | Room 324
Chair: Wendy Troxel (United States)

10:45am – 10:50am
Introduction

10:50am – 11:08am
Sleep challenges and health implications for urban American Indian and Alaska Native adolescents
Wendy Troxel (United States)

11:08am – 11:30am
Sleep health of First Nations Australian adolescents: Co-designed solutions for sleep health equity
Fatima Yaqoot (Australia)

11:30am – 11:48am
Sleep health in First Nations Australians: Impacts on cardiovascular disease risk
Stephanie Yiallourou (Australia)

11:48am – 12:06am
Indigenous sleep health inequities: Two-decades of evidence from Aotearoa New Zealand
Diane (Dee) Muller (New Zealand)

12:06pm – 12:15pm
Question and answer

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S-94: The link between heart rate variability, autonomic alterations, and sleep disorders across lifespan and pathologies

10:45am – 12:15pm | Room 325
Chairs: Raffaele Ferri (Italy), Monica Puligheddu (Italy)

10:45am – 10:50am
Introduction

10:50am – 11:10am
Autonomic dysregulation and neurodegeneration: HRV mesurements in REM sleep, RSWA and RBD
Monica Puligheddu (Italy)

11:10am – 11:30am
Cross-sectional presentation of sleep microstructure in sleep disorders with major implications to pathophysiology and autonomic interplay
Ivana Rosenzweig (United Kingdom)

11:30am – 11:50am
Cardiac autonomic modulation in adolescents: Impact of sleep irregularity, continuity, and depth
Julio Fernandez-Mendoza (United States)

11:50am – 12:10pm
Autonomic dysfunction in restless legs syndrome: Insights Into underlying mechanisms
Chenini Sofiène (France)

12:10pm – 12:15pm
Question and answer

O-32: Pathophysiological and diagnostic advances in RBD and NREM parasomnias

10:45am – 12:15pm| Room 327
Chairs: Carlos Schenck (United States),
Gulcin Benbir Senel (Türkiye)

10:45am – 10:58am
Enhanced Phase-Amplitude Coupling Prior to Dream-Enactment Behaviors in isolated REM Sleep Behavior Disorder: A Video-Polysomnography Study
Shumpei Date (Japan)

10:58am – 11:11am
High-Frequency Oscillations Across Wakefulness and Sleep in NREM Parasomnia and Sleep-Related Hypermotor Epilepsy
Gulcin Benbir Senel (Türkiye)

11:11am – 11:24am
Reliability and diagnostic accuracy of home video recording in differentiating Sleep-related Hypermotor Epilepsy from Disorders of Arousal
Greta Mainieri (Italy)

11:24am – 11:37am
Updated Data on the Prodromal Synucleinopathy Rating Scale Among Patients with REM Sleep Behavior Disorder in the North American Prodromal Synucleinopathy (NAPS) Consortium
Bradley Boeve (United States)

11:37am – 11:50am
Altered Interhemispheric Excitability in Patients with REM Sleep Behavior Disorder: An Exploratory TMS Study
Giuseppe Lanza (Italy)

11:37am – 11:50am
Neural correlates of decisional impulsivity across early stages of α-synucleinopathy: a case-control functional magnetic resonance imaging study
Siyi Gong (China)

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O-33: Multisystem pathophysiology and biomarker discovery in sleep apnea

10:45am – 12:15pm | Room 328
Chairs: Allan Pack (United States), David Wang (Australia)

10:45am – 10:58am
Endothelial-dependent vasodilation is associated with sleep apnea-specific blood pressure variations in patients with severe OSA
Ning Ding (China)

10:58am – 11:11am
Nrf2 Pathway Activation: A Neuroprotective Strategy Against ER Stress-Mediated Apoptosis in Obstructive Sleep Apnea
Peipei Zhong (China)

11:11am – 11:24am
Risk of mild cognitive impairment in relation to sleep apnea parameters: an 8-year longitudinal study in a community-based cohort
Jisun Choi (Korea, Republic of)

11:24am – 11:37am
Identification and validation of a novel autophagy-related biomarker in obstructive sleep apnea syndrome
Zhiyong Li (China)

11:37am – 11:50am
Opioid-related Central Sleep Apnea Not Detrimental to Key Respiratory and Sleep Parameters: Results from the OpSafe Multicentre Trial
David Wang (Australia)

11:50am – 12:03pm
The Role of TREM-1 in Mediating Atherosclerosis Induced by Obstructive Sleep Apnea Syndrome: Insights into Mechanisms and Therapeutic Implications
Xiaoling Gao (China)

O-34: Mechanisms and modulation of sleep-related cognitive dysfunction

10:45am – 12:15pm | Room 329
Chairs: Thien Thanh Dang-Vu (Canada), Irina Filchenko (Switzerland)

10:45am – 10:58am
The interplay between orexin, neurodegeneration, cognition and sleep microarchitecture in mild to moderate Alzheimer's Disease
Arsenio Paez (Canada)

10:58am – 11:11am
Characterizing older patients with Obstructive Sleep Apnea at heightened risk of prospective cognitive decline and/or Alzheimer's Disease stage transition
Omonigho Bubu (United States)

11:11am – 11:24am
Slow-wave–heart rhythm coupling during sleep in older adults with and without mild cognitive impairment: effects of phase-locked acoustic stimulation
Irina Filchenko (Switzerland)

11:24am – 11:37am
Induced sleep fragmentation enhances epileptic activity in focal epilepsy: a combined intracranial EEG and polysomnography study
Sana Hannan (United Kingdom)

11:37am – 11:50am
Locus coeruleus inhibition in tau transgenic mice to treat neuropsychiatric and sleep disturbances in Alzheimer's disease
Yasmin Potts (Australia)

11:50am – 12:03pm
Multicenter study on the effect of CPAP on cognitive function in patients with mild cognitive impairment and Alzheimer's disease with OSA (DemCPAP): presentation of the protocol and preliminary data
Biancamaria Guarnieri (Italy)

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New directions in AI-driven sleep diagnostics

11:00am – 12:00pm | Room 302
Chairs: Christianne Martins Correa da Silva (Brazil),
Sharada Vinod Kutty (India)

S-95: No strings attached: Harnessing novel contactless technology for sleep health and beyond

12:30pm – 2:00pm | Hall 406 C
Chairs: Yue Leng (United States),
Derk-Jan Dijk (United Kingdom)

12:30pm – 12:35pm
Introduction

12:35pm – 12:51pm
Sleep and sleep apnea testing in the home – Contactless solutions and validation
Indu Ayappa (United States)

12:51pm – 1:07pm
Under-mattress devices for assessment of sleep stages and sleep-disordered breathing
Clete Kushida (United States)

1:07pm – 1:23pm
Multi-night assessment of OSA: Implications for diagnosis and cardiovascular outcomes
Danny Eckert (Australia)

1:23pm – 1:39pm
Contactless and longitudinal monitoring of sleep and circadian rhythms in ageing and dementia
Derk-Jan Dijk (United Kingdom)

1:39pm – 1:55pm
From pillow to pulse: Developing digital biomarkers from contactless sleep technologies
Yue Leng (United States)

1:55pm – 2:00pm
Question and answer

S-96: Circadian rhythm sleep-wake disorders: Relevance to behavior and comorbidity

12:30pm – 2:00pm | Hall 406 D
Chairs: Corrado Garbazza (Switzerland),
Tsuyoshi Kitajima (Japan)

12:30pm – 12:35pm
Introduction

12:35pm – 12:51pm
The pathophysiology of DSWPD and its subtyping
Sabra Abbott (United States)

12:51pm – 1:07pm
The consensus on DLMO measurement, and its applications to a longitudinal cohort of adolescents
Shantha Rajaratnam (Australia)

1:07pm – 1:23pm
Comprehensive features of circadian disorders and their relevance to psychiatric disorders
Nicholas Meyer (United Kingdom)

1:23pm – 1:39pm
Possible internal desynchronization in DSWPD and N24SWD and its relevance to comorbidity and behavior
Tsuyoshi Kitajima (Japan)

1:39pm – 1:55pm
Circadian measurements and interventions for CRSWDs with a focus on N24SWD and its comorbidity
Corrado Garbazza (Switzerland)

1:55pm – 2:00pm
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S-97: Obstructive sleep, apnea: Studies by early-stage investigators

12:30pm – 2:00pm | Nicoll 1
Chairs: Allan Pack (United States), Nigel McArdle (Australia)

12:30pm – 12:35pm
Introduction

12:35pm – 12:55pm
Comparison of tongue fat in Asians with obstructive sleep apnea and controls
Liyue (Adell) Xu (China)

12:55pm – 1:15pm
Differences in sleep-disordered breathing between Asians and Caucasians
Matthew Salanitro (Germany)

1:15pm – 1:35pm
Harnessing observational data to advance insights into CPAP therapy and cardiovascular health in OSA
Kelly Sansom (Australia)

1:35pm – 1:55pm
Measuring arousal sources for use in cross diagnosis of sleep apnea and insomnia
Matt Gratton (United States)

1:55pm – 2:00pm
Question and answer

S-98: Beyond the classical pentad: Narcolepsy from a multimodal perspective

12:30pm – 2:00pm | Nicoll 2
Chairs: Emmanuel Mignot (United States), Birgit Högl (Austria)

12:30pm – 12:35pm
Introduction

12:35pm – 12:55pm
A vicious circle: Psychiatric and cognitive comorbidities in narcolepsy and their impact on patient-reported outcome measures
Merve Aktan Süzgün (Türkiye)

12:55pm – 1:15pm
Unmasking the overlap: Exploring the link between narcolepsy, obstructive sleep apnea, and their impact on cardiovascular and metabolic health
Jatuporn Wanchaitanawong (Thailand)

1:15pm – 1:35pm
What precision medicine brings to narcolepsy practical clinic: The importance of genetics, biomarkers and phenotype in stratifying the subtypes
Christianne Martins Correa da Silva (Brazil)

1:35pm – 1:55pm
The present and future of research, diagnosis, and treatment of central disorders of hypersomnolence
Emmanuel Mignot (United States)

1:55pm – 2:00pm
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S-99: Promoting infant sleep in different cultures: Lessons from developing, adapting and evaluating innovative sleep interventions for infants in various cultures

12:30pm – 2:00pm | Nicoll 3
Chairs: Ree M. Meertens (Netherlands),
Justin A. Lavner (United States)

12:30pm – 12:35pm
Introduction

12:35pm – 12:51pm
Symposium introduction and an overview of different cultural approaches to child sleep health promotion interventions
Ree M. Meertens (Netherlands)

12:51pm – 1:07pm
Sleep health of Australian First Nations children: Community-led initiatives to improve sleep health of young people
Roslyn Von Senden (Australia)

1:07pm – 1:23pm
Promoting infant and maternal sleep among Black American families in the early postpartum period: A randomized clinical trial
Justin A. Lavner (United States)

1:23pm – 1:39pm
Culturally and family tailored sleep intervention for Japanese young children: A community-based approach using an interactive smartphone application
Arika Yoshizaki (Japan)

1:39pm – 1:55pm
Sleep on number 1! Development, co-creation and evaluation of an infant sleep intervention tailored to Dutch pediatric primary care
Marijn P. W. van de Sande (Netherlands)

1:55pm – 2:00pm
Question and answer

S-100: The rhythm of rest: Exploring the cognitive and psychological benefits and drawbacks associated with intraindividual variability in sleep

12:30pm – 2:00pm | Room 303
Chairs: June Lo (Singapore), Shirley Xin Li (Hong Kong)

12:30pm – 12:35pm
Introduction

12:35pm – 12:55pm
Objective and subjective measures of sleep intraindividual variability
Michael Scullin (United States)

12:55pm – 1:15pm
Neurobehavioural outcomes of intraindividual variability in sleep from childhood to adulthood
June Lo (Singapore)

1:15pm – 1:35pm
Exploring the impact of sleep variability on adolescent mental health and cognitive function: Insights from year-long actigraphy recordings
Leila Tarokh (Switzerland)

1:35pm – 1:55pm
The implications of sleep variability on health in young people: From experimental to clinical research
Yue Pan (Hong Kong)

1:55pm – 2:00pm
Question and answer

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S-101: ISSS symposium: The role of anatomic surgery in adult sleep apnea patients failing conventional treatments: Latest evidence and guidelines

12:30pm – 2:00pm | Room 308
Chairs: Lyndon Chan (Australia),
Thomas Kaffenberger (United States)

12:30pm – 12:35pm
Introduction

12:35pm – 12:51pm
What is sleep apnea surgery and what are the current guidelines?
Khai Beng Chong (Singapore)

12:51pm – 1:07pm
Evidence for surgery as an adjunct for sleep apnea devices
Srinivas Kishore (India)

1:07pm – 1:23pm
Evidence for sleep apnea surgery
Julia Crawford (Australia)

1:23pm – 1:39pm
What is mean disease alleviation and how does it apply to the treatment of sleep apnea
Madeline Ravesloot (Netherlands)

1:39pm – 1:55pm
Debate & discussion: Where does anatomic surgery sit in modern treatment paradigms?

1:55pm – 2:00pm
Question and answer

S-102: Digital advancements in oral appliance therapy for obstructive sleep apnea

12:30pm – 2:00pm | Room 309
Chairs: Subha Giri (United States)

12:30pm – 12:35pm
Introduction

12:35pm – 12:55pm
Artificial Intelligence enabled predictive metrics in personalizing OSA treatments
Timothy Morgenthaler (United States)

12:55pm – 1:15pm
Facial features of patients with obstructive sleep apnea – "Is the picture worth a thousand words?"
Fernanda Almeida (Canada)

1:15pm – 1:35pm
Innovations in digital technology for predicting outcomes with oral appliance therapy
Olivier Vanderveken (Belgium)

1:35pm – 1:55pm
Current and future trends in end-to-end digital workflow in oral appliance therapy: Challenges and opportunities in middle-income countries
Premthip Chalidapongse (Thailand)

1:55pm – 2:00pm
Question and answer

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S-103: Cardiovascular implications of sleep disruption in women: Emerging evidence and clinical implications

12:30pm – 2:00pm | Room 324
Chairs: Snigdha Pusalavidyasagar (United States), Virend Somers (United States)

12:30pm – 12:35pm
Introduction

12:35pm – 12:55pm
The social and environmental determinants of women's sleep health
Dayna Johnson (United States)

12:55pm – 1:15pm
Cardiovascular consequences of sleep disruption: Worse for women?
Naima Covassin (United States)

1:15pm – 1:35pm
Pregnancy-related cardiovascular disease and obstructive sleep apnea
Snigdha Pusalavidyasagar (United States)

1:35pm – 1:55pm
Sleep disruption and autonomic imbalance in women: Pathophysiology, clinical implications and therapeutic strategies
Helga Margrét Skúladóttir (Iceland)

1:55pm – 2:00pm
Question and answer

S-104: Shaping the future of sleep medicine: Evidence, innovations, and insights from Sleep Revolution

12:30pm – 2:00pm | Room 325
Chairs: Timo Leppänen (Finland), Erna Sif Arnardóttir (Iceland)

12:30pm – 12:35pm
Introduction

12:35pm – 12:51pm
Harnessing big data and artificial intelligence in sleep medicine: opportunities and challenges
Henri Korkalainen (Finland)

12:51pm – 1:07pm
Subjective vs. objective sleep parameters - What do they tell us?
Erna Sif Arnardóttir (Iceland)

1:07pm – 1:23pm
Probabilistic approach to analyze sleep structure – From scoring sleep to modelling sleep
Samu Kainulainen (Finland)

1:23pm – 1:39pm
The future of sleep laboratories: Translating sleep revolution findings into clinical practice
Ludger Grote (Sweden)

1:39pm – 1:55pm
Personalized treatment modalities – The role of physical activity and exercise in the management of SDB
Katrin Ýr Friðgeirsdóttir (Iceland)

1:55pm – 2:00pm
Question and answer

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S-105: Waking up the workforce: Exploring the impact of sleep on workplace performance, decision-making, and outcomes

12:30pm – 2:00pm | Room 326
Chair: Stijn Massar (Singapore)

12:30pm – 12:35pm
Introduction

12:35pm – 12:53pm
The impact of sleep deprivation on physicians' empathy and pain management decisions
Alex Gileles-Hillel (Israel)

12:53pm – 1:11pm
The science behind sleep and workplace performance: Bridging research and real-world applications
Els van der Helm (Switzerland)

1:11pm – 1:29pm
Using wearable and mobile technology to measure sleep at scale in working populations
Stijn Massar (Singapore)

1:29pm – 1:47pm
Preventing Karoshi: Fatigue risk in employees exceeding 80 hours of overtime monthly
Tomohide Kubo (Japan)

1:47pm – 2:00pm
Question and answer

O-35: Novel sleep technology approaches with clinical applications

12:30pm – 2:00pm | Room 327
Chairs: Sean Drummond (Australia), Isa Okajima (Japan)

12:30pm – 12:43pm
Sound-Based AI Sleep Staging in Pediatric Patients
Seunghun Kim (Korea, Republic of)

12:43pm – 12:56pm
A novel, wearable, in-ear EEG technology to assess sleep and daytime sleepiness
Prabhjyot Saini (United States)

12:56pm – 1:09pm
Prospective real-world validation of a smartwatch-based OSA detection algorithm: A comparative study with polysomnography
Donghyeok Kim (Korea, Republic of)

1:09pm – 1:22pm
Costs and benefits of a Meta and tiktok public campaign to promote the usage of a sleep hygiene phone app
Pierre Philip (France)

1:22pm – 1:35pm
Weighted Hypoxia Index, a Translational Quantitative Metric, Predicts All-Cause Mortality
Diane Lim (United States)

1:35pm – 1:48pm
A randomized controlled trial to evaluate digital cognitive behavioral therapy for insomnia (CBT-I) with artificial intelligence chatbot for youth with insomnia: Preliminary results
Tim Man Ho Li (Hong Kong)

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

2:15pm – 3:00pm | Hall 406 C

2:15pm – 2:17pm
Introduction
Sean Drummond (Australia)

2:17pm – 3:00pm
Sleep and memory: Current state of research and future needs
Björn Rasch (Switzerland)

K-12: Joshua J. Gooley
The hard facts supporting later learning start times

2:15pm – 3:00pm | Hall 406 D

2:15pm – 2:17pm
Introduction

2:17pm – 3:00pm
The hard facts supporting later learning start times
Joshua J. Gooley (Singapore)

S-106: World clock: Turning back time on diagnostic delays in NT1

3:15pm – 4:45pm | Hall 406 C
Chairs: Phyllis C. Zee (United States), Raffaele Ferri (Italy)

S-106 is a Takeda-Sponsored Scientific Session.

3:15pm – 3:15pm
Introduction

3:15pm – 3:31pm
Bringing narcolepsy to light: Public and clinician education
Anne Marie Morse (United States)

3:31pm – 3:47pm
Recognizing pediatric NT1: A key to earlier diagnosis
Giuseppe Plazzi (Italy)

3:47pm – 4:03pm
Why narcolepsy goes unseen: Causes of diagnostic delay and solutions through medical education
Nana Tachibana (Japan)

4:03pm – 4:19pm
Narcolepsy in the Middle East: Barriers and opportunities in early diagnosis
Ahmed BaHammam (Saudi Arabia)

4:19pm – 4:35pm
A patient's perspective and mission to reduce delays
Julie Flygare (United States)

4:35pm – 4:43pm
Question and answer

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S-107: Beyond scoring: Transforming sleep medicine with AI

3:15pm – 4:45pm | Hall 406 D
Chairs: Matteo Cesari (Austria), Manuel Schabus (Austria)

3:15pm – 3:20pm
Introduction

3:20pm – 3:36pm
Beyond the hypnogram: Alternative representations of sleep structure
Merel van Gilst (Netherlands)

3:36pm – 3:52pm
Unlocking sleep's secrets: AI-driven insights into brain health
Wolfgang Ganglberger (United States)

3:52pm – 4:08pm
New sleep: Accurate sleep analysis in natural settings with the aim to improve sleep using wearables
Manuel Schabus (Austria)

4:08pm – 4:24pm
AI-based tools for improving diagnosis and treatment of obstructive sleep apnea
Gabriel Natan Pires (Brazil)

4:24pm – 4:40pm
From code to care: Implementing AI in sleep medicine devices and practices
Jon Agustsson (Iceland)

4:40pm – 4:45pm
Question and answer

S-108: Sleep, sleep apnea, and heart rhythm: All you can learn

3:15pm – 4:45pm | Nicoll 1
Chairs: Younghoon Kwon (United States),
Chih-Chieh Yu (Taiwan)

3:15pm – 3:20pm
Introduction

3:20pm – 3:36pm
Interplay between obstructive sleep apnea and AF
Ronald Lee (Singapore)

3:36pm – 3:52pm
OSA and impaired sleep as risk factors of AF and other heart rhythm disorders
Chih-Chieh Yu (Taiwan)

3:52pm – 4:08pm
Device-detected sleep apnea events and its link to cardiac arrhythmia and cardiovascular outcomes
Seung-Jung Park (Korea, Republic of)

4:08pm – 4:24pm
Sleep apnea and sudden cardiac death: Quo Vadis?
Virend Somers (United States)

4:24pm – 4:40pm
Wearable sleep and cardiac rhythm monitoring to address sleep heart health
Younghoon Kwon (United States)

4:40pm – 4:45pm
Question and answer

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S-109: Examining sleep contributions to pathways from stress to affective psychopathology in children and youth

3:15pm – 4:45pm | Nicoll 2
Chair: Erika Forbes (United States)

3:15pm – 3:20pm
Introduction

3:20pm – 3:40pm
Adolescent sleep development and mental health
Rachel Ran Wang (Hong Kong)

3:40pm – 4:00pm
Sleep patterns and internalizing psychopathology in children adopted from foster care
Candice Alfano (United States)

4:00pm – 4:20pm
Sleep quality interacts with reactivity to daily social threat events to predict suicidal Ideation in sexual and gender minority young adults
Stanley Seah (United States)

4:20pm – 4:40pm
Savoring approaches to better sleep in a war zone: Co-design of a brief digital intervention for Ukrainian youth
Dana McMakin (United States)

4:40pm – 4:45pm
Question and answer

S-110: Chrononutrition to optimize health

3:15pm – 4:45pm | Nicoll 3
Chair: Frank A.J.L. Scheer (United States)

3:15pm – 3:20pm
Introduction

3:20pm – 3:40pm
Meal o'clock; Circadian food timing to improve metabolic and cardiovascular health
Frank A.J.L. Scheer (United States)

3:40pm – 4:00pm
Optimizing health through time-restricted eating
Emily Manoogian (United States)

4:00pm – 4:20pm
Meal timing in shift work and beyond: Enhancing metabolic health and cognitive performance
Siobhan Banks (Australia)

4:20pm – 4:40pm
An interactive web: Meal timing, genetics, and metabolic health
Marta Garaulet (Spain)

4:40pm – 4:45pm
Question and answer

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S-111: Translation of endo-phenotyping of adult obstructive sleep apnea to the clinic

3:15pm – 4:45pm | Room 303
Chairs: Danny Eckert (Australia),
Thomas M Tolbert (United States)

3:15pm – 3:20pm
Introduction

3:20pm – 3:36pm
The latest knowledge on OSA pathophysiology and opportunities to advance personalized care
Danny Eckert (Australia)

3:36pm – 3:52pm
Development of simplified OSA endotype metrics and their role in guiding targeted therapies including pharmacotherapies and beyond
Amal Osman (Australia)

3:52pm – 4:08pm
Cohorts, data standardization, technical & measurement perspectives and the need for data sharing/collaboration to advance OSA endo-phenotyping
Scott Sands (United States)

4:08pm – 4:24pm
Use of digital health and novel technology to advance clinical translation of OSA endo-phenotyping for personalized care
Jean-Louis Pépin (France)

4:24pm – 4:40pm
Summary of the ATS research statement recommendations and findings
Thomas M Tolbert (United States)

4:40pm – 4:45pm
Question and answer

S-112: Targeting sleep disturbances in mental disorders: Does it make the difference?

3:15pm – 4:45pm | Room 308
Chair: Pierre Alexis Geoffroy (France)

3:15pm – 3:20pm
Introduction

3:20pm – 3:40pm
Sleep and circadian rhythm disturbance in psychosis, does targeting sleep and circadian function improve outcomes?
Nicholas Meyer (United Kingdom)

3:40pm – 4:00pm
A "wake up call" for nightmares in adults: Management and implications for mental health
Pierre Alexis Geoffroy (France)

4:00pm – 4:20pm
Treating insomnia comorbid with mood and anxiety disorders: Data on CBT-I and pharmacological treatments
Laura Palagini (Italy)

4:20pm – 4:40pm
Reducing suicidality through insomnia treatment is it possible?
Vaughn McCall (United States)

4:40pm – 4:45pm
Question and answer

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S-113: The mind throughout the sleep-wake cycle: The importance of cognitive phenomenology in sleep clinics

3:15pm – 4:45pm | Room 309
Chairs: Andrea Galbiati (Italy), Francesca Siclari (Netherlands)

3:15pm – 3:20pm
Introduction

3:20pm – 3:36pm
The spectrum of conscious experiences and sensory disconnection in patients with Non-REM parasomnias
Francesca Siclari (Netherlands)

3:36pm – 3:52pm
Nocturnal mentation in insomnia and its consequences for regulation of emotional distress
Rick Wassing (Australia)

3:52pm – 4:08pm
The cathartic dream: Using a large language model to study a new type of functional dream in healthy and clinical populations
Lampros Perogamvros (Switzerland)

4:08pm – 4:24pm
Dreaming in action: Bridging neurobiology and phenomenology in REM behavior disorder
Andrea Galbiati (Italy)

4:24pm – 4:40pm
When epilepsy enters dreams: Mental content during sleep as a window on neurological disorders
Laure Peter-Derex (France)

4:40pm – 4:45pm
Question and answer

S-114: New insights on the control of breathing during sleep and innovative genetic approaches for obstructive sleep apneas

3:15pm – 4:45pm | Room 324
Chairs: Stefano Bastianini (Italy), Elda Arrigoni (United States)

3:15pm – 3:20pm
Introduction

3:20pm – 3:40pm
Neural circuitry mediating arousal during sleep apnea and airways motor control during REM sleep
Elda Arrigoni (United States)

3:40pm – 4:00pm
The recruitment of abdominal muscles to stabilize the respiratory pattern during REM sleep in newborns and adult rats
Silvia Pagliardini (Canada)

4:00pm – 4:20pm
Genetic mouse models of obstructive sleep apnea and chemogenetic modulation of tongue contraction during sleep
Stefano Bastianini (Italy)

4:20pm – 4:40pm
Mechanisms of hypoglossal motor control reveal therapeutic targets for obstructive sleep apnea
Richard Horner (Canada)

4:40pm – 4:45pm
Question and answer

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S-115: Sleep in athletes and the application to occupational settings

3:15pm – 4:45pm | Room 325
Chairs: Ian Dunican (Australia), Ashley Montero (Australia)

3:15pm – 3:17pm
Introduction

3:17pm – 3:37pm
Sleep, nutrition & athlete recovery
Rónán Doherty (Ireland)

3:37pm – 3:57pm
Travel fatigue, jet lag, and performance: Insights from athletes with applicability for all
Tim Smithies (Australia)

3:57pm – 4:17pm
Sleep deprivation, motivation, and effort investment
Stijn Massar (Singapore)

4:17pm – 4:37pm
Mental health and sleep in athletes: Translation and application to industrial settings and shiftwork
Michael Grandner (United States)

4:37pm – 4:45pm
Question and answer

O-36: Neurophysiology of sleep and cognitive aging

3:15pm – 4:45pm | Room 327
Chairs: Eunyeon Joo (Korea, Republic of),
Ronaldo Piovezan (Australia)

3:15pm – 3:25pm
The Relationship Between Napping and Memory Varies as a Function of Genetic Risk for Alzheimer's Disease
Caroline Faucher (Australia)

3:25pm – 3:35pm
Trait-Like Slow-Wave Activities Link to Cognition: Multi-Night At-Home Wireless EEG Study in Older Adults
Shuo Qin (Singapore)

3:35pm – 3:45pm
Association of sleep stages, duration, and efficiency with physical performance in a diverse sample of older adults
Dillys Xiaodi Liu (United States)

3:45pm – 3:55pm
Polygenic scores for sleep traits and dementia incidence: Findings from the Swedish Twin Registry
Manasa Shanta Näsholm (Sweden)

3:55pm – 4:05pm
Amplitude fluctuations of cerebrovascular oscillations and CSF movement desynchronize during NREM3 sleep
A.J. Schwichtenberg (United States)

4:05pm – 4:15pm
Sleep spindles and slow oscillations predict neurofilament-light, neurogranin 36, Chitinase-3-like protein-1 and cognition in mild to moderate Alzheimer's Disease
Arsenio Paez (Canada)

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S-116: The role of sleep and circadian factors for motivation and behavior

5:00pm – 6:30pm | Hall 406 C
Chairs: John Axelsson (Sweden), Leonie Balter (Netherlands)

5:00pm – 5:05pm
Introduction

5:05pm – 5:25pm
Chronotype differences in motivation and dopamine binding capacity across the day
Leonie Balter (Netherlands)

5:25pm – 5:45pm
The impact of insufficient sleep on dietary choices and physical activity behaviours
Sean Drummond (Australia)

5:45pm – 6:05pm
The role of sleep and sleepiness for social behaviour
Tina Sundelin (Sweden)

6:05pm – 6:25pm
Sleepiness as motivation: A mechanism for how insufficient sleep and other stressors drive behavior to safeguard recovery
John Axelsson (Sweden)

6:25pm – 6:30pm
Question and answer

S-117: Artificial intelligence approaches to physiologic signals in sleep medicine

5:00pm – 6:30pm | Hall 406 D
Chair: Najib Ayas (Canada)

5:00pm – 5:05pm
Introduction

5:05pm – 5:25pm
When sleep apnea speaks: Voice as a biomarker of sleep apnea
Azadeh Yadollahi (Canada)

5:25pm – 5:45pm
AI analysis of EEG patterns in polysomnography-An insight into the brain
Haoqi Sun (United States)

5:45pm – 6:05pm
AI-based endo-phenotyping of sleep apnea
Lucia Pinilla (Australia)

6:05pm – 6:25pm
Concluding remarks and Questions
Najib Ayas (Canada)

6:25pm – 6:30pm
Question and answer

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S-118: The molecular link between sleep and neurodevelopment

5:00pm – 6:30pm | Nicoll 1
Chairs: Gustavo Moreira (Brazil),
Magda LaHorgue Nunes (Brazil)

5:00pm – 5:05pm
Introduction

5:05pm – 5:25pm
Genetic convergence between sleep and neurodevelopment
Mariana Moyses-Oliveira (Brazil)

5:25pm – 5:45pm
Iron deficiency underlying sleep and neurodevelopmental disorders
Romy Hoque (United States)

5:45pm – 6:05pm
Circadian and sleep alterations in neurogenetic disorders
Karen Spruyt (France)

6:05pm – 6:25pm
Broad impact of sleep disturbances in genetic syndromes: Who takes care of the caregiver?
Gustavo Moreira (Brazil)

6:25pm – 6:30pm
Question and answer

S-119: Empowering women's sleep health through artificial intelligence

5:00pm – 6:30pm | Nicoll 2
Chairs: Leila Emami (Iran), Shirin Shafazand (United States)

5:00pm – 5:02pm
Introduction

5:02pm – 5:22pm
AI tools in sleep health diagnosis and research
Javad Razjouyan (United States)

5:22pm – 5:42pm
OSA in women, more than just snoring: A population health perspective
Shirin Shafazand (United States)

5:42pm – 6:02pm
Hypersomnia and its impact on women's health
Brendon Yee (Australia)

6:02pm – 6:22pm
Understanding sleep disorders in Iranian women: A public health perspective
Leila Emami (Iran)

6:22pm – 6:30pm
Question and answer

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S-120: Sleep and long COVID: From epidemiology to future prevention on behalf of Second International COVID-19 Sleep Study (ICOSS-II) group

5:00pm – 6:30pm | Nicoll 3
Chairs: Markku Partinen (Finland), Bjørn Bjorvatn (Norway)

5:00pm – 5:05pm
Introduction

5:05pm – 5:21pm
Sleep as core symptoms of long COVID
Iiona Merikanto (Finland)

5:21pm – 5:37pm
Sleep debt, chronotype, and irregular sleep patterns in long COVID
Catia Reis (Portugal)

5:37pm – 5:53pm
Long COVID, loss of smell and sleep disturbances
Harald Hrubos-Strom (Norway)

5:53pm – 6:09pm
Long COVID, dream enactment behavior and future neurodegeneration
S.Y. Gong (Hong Kong)

6:09pm – 6:25pm
Prevention of infection related morbidities from sleep and circadian perspectives
Tomi Sarkanen (Finland)

6:25pm – 6:30pm
Question and answer

S-121: Novel sleep intervention trials for enhancing brain health across the lifespan

5:00pm – 6:30pm | Room 309
Chairs: Katie Stone (United States), Yue Leng (United States)

5:00pm – 5:05pm
Introduction

5:05pm – 5:25pm
Gut-based intervention strategies for neuroprotection in sleep disorders
Yuhua Yang (Hong Kong)

5:25pm – 5:45pm
Effects of CPAP on neuroimaging biomarkers and cognition: A multi-center randomized controlled trial in a middle-aged Chinese population
Shankai Yin (China)

5:45pm – 6:05pm
Sleep apnea intervention to reduce risk of Alzheimer's Disease and related dementias
Andrew Varga (United States)

6:05pm – 6:25pm
Treating insomnia in mild cognitive impairment in the community: Insights from an online CBI-I feasibility trial
Sharon Naismith (Australia)

6:25pm – 6:30pm
Question and answer

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S-122: Children's sleep in context: The role of social, economic, and educational policy and practice in early sleep development

5:00pm – 6:30pm | Room 324
Chair: Karen Thorpe (Australia)

5:00pm – 5:05pm
Introduction

5:05pm – 5:25pm
The interactive association of family- and neighbourhood- level factors on children and youth sleep outcomes
Katarina McKenzie (Canada)

5:25pm – 5:45pm
The relationship between children's napping patterns and teacher-child interactions in preschool classrooms in China
Hui Li (China)

5:45pm – 6:05pm
Variability in childcare sleep environments and naptime-related provider attitudes and practices in Rhode Island, USA
Tayla von Ash (United States)

6:05pm – 6:25pm
Social and environmental drivers of longitudinal sleep patterns in early childhood
Sally Staton (Australia)

6:25pm – 6:30pm
Question and answer

S-123: The waking nightmare: Unraveling the evidence behind the intertwined pathways between sleep and cancer

5:00pm – 6:30pm | Room 325
Chairs: Sergio Tufik (Brazil), David Gozal (United States)

5:00pm – 5:05pm
Introduction

5:05pm – 5:25pm
Prostate cancer, prostate-specific antigen, and obstructive sleep apnea: What do we know so far?
Allan Porcacchia (Brazil)

5:25pm – 5:45pm
Sleep disorders and circadian disruption: Clinical insights into Cancer risk and progression
Maria Paola Mogavero (Italy)

5:45pm – 6:05pm
Mechanisms from translational and basic studies about sleep disorders, circadian disruption and cancer
Isaac Almendros (Spain)

6:05pm – 6:25pm
Sleep disruption in patients with Cancer
Saadia Faiz (United States)

6:25pm – 6:30pm
Question and answer

Closing ceremony

6:25pm – 7:10pm | Nicoll 1

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Sponsored Lunch Sessions

Lunches will be served inside each lunch session room for that session's attendees only. Prior to 12:30pm, please queue outside the room. Service is planned to begin at 12:30pm in each room with the session starting at 12:45pm.

MONDAY September 8

Resmed

OSA Underdiagnosis- A world of difference, a common challenge

12:45pm – 1:45pm | Hall 406 C

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CME/EBAC-accredited - Breaking the Cycle: Prioritizing Weight Loss to Improve OSA Management

12:45pm – 1:45pm | Nicoll 1

Supported by an educational grant from Lilly.

Asleep

Challenging Consumer Sleep-Tracker Limits: From Mobile Innovation to Data-Driven Sleep Care

12:45pm – 1:45pm | Room 324

BAYER

Sleep disturbance across menopause – innovations in measurement and treatment

12:45pm – 1:45pm | Room 303

Eisai

RISE – Regional Insights in Sleep Excellence

12:45pm – 1:45pm | Room 309

ProSomnus
SLEEP TECHNOLOGIES

Beyond Mandibular Advancement: Science, Innovation and Outcomes

12:45pm – 1:45pm | Room 326

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Sponsored Lunch Sessions

Lunches will be served inside each lunch session room for that session's attendees only. Prior to 12:30pm, please queue outside the room. Service is planned to begin at 12:30pm in each room with the session starting at 12:45pm.

TUESDAY September 9

Medscape EDUCATION GLOBAL

Global Perspectives in Narcolepsy: Learning From Each Other

12:45pm – 1:45pm | Hall 406 C

Supported by an independent educational grant from Takeda.

SAMSUNG Health

Transforming Sleep Science with Wearable and Next Generation Technology: Samsung Opportunities and Case Studies

12:45pm – 1:45pm | Nicoll 3

PHILIPS

Philips Sleeposium: Frontiers of Sleep Sciences in 2025

12:45pm – 1:45pm | Hall 406 D

nox MEDICAL

Precision Breathing: Advancing Sleep Apnea Phenotyping Through Accurate Flow Measurement

12:45pm – 1:45pm | Room 309

idorsia

Managing insomnia disorder in patients with neurological and psychiatric comorbidities

12:45pm – 2:15pm | Nicoll 1

Find complete agendas of the Tuesday lunch sessions in the World Sleep 2025 app.

Singapore 2025 WORLD SLEEP September 5-10

All information subject to change. For most current information visit **WORLDSLEEPCONGRESS.COM**

Sponsored Workshops

The following sessions are developed by each sponsor separately, and no ticket is required. Each session offers an opportunity to engage directly with industry leaders on a focused topic.

MONDAY September 8

Sefam

Predictive Markers of Cardiovascular Risk in Patients with OSA

1:45pm – 2:30pm | Room 302

PHILIPS

Philips SleepStudio: Advantages of automatic NIV (AVAPS-AE) in managing OHS

2:00pm – 2:45pm | Room 311

PHILIPS

Philips SleepStudio: Optimizing peak-flow-triggered ASV to control both CSA and OSA in heart failure: tricks of the trade from ADVENT-HF

3:00pm – 3:45pm | Room 311

TUESDAY September 9

Takeda

An Experiential Journey with Stigma: Understanding Stigma and its Impact on Diagnosis and Quality of Life for People Living with Narcolepsy

10:00am – 10:45am | Room 302

BMC

Detecting all Central Events using CPAP – What's the point?

11:15am – 12:00pm | Room 302

SOMNO medics

Next Era: Home Based Sleep Architecture and AI-Based PSG Scoring: Bridging Ambulatory and Laboratory Diagnostics

4:00pm – 4:45pm | Room 302

SAMSUNG Health

Transforming Sleep Science with Wearable and Next Generation Technology: Samsung Opportunities and Case Studies

5:00pm – 6:00pm | Room 302

WEDNESDAY September 10

PHILIPS

Philips SleepStudio: Digital management of OSA patients - use of patient engagement tools and telemonitoring to drive long-term adherence & outcomes

8:30am – 9:30am | Room 302

Fisher&Paykel HEALTHCARE

Rethinking the Apnea-Hypopnea Index: Looking Toward a Patient-Centered Approach in Sleep Medicine

10:00am – 10:45am | Room 302

Volunteer with World Sleep Society

World Sleep Society has many volunteer opportunities available. Volunteering with World Sleep Society offers the opportunity to network with sleep professionals around the world and enrich your career.

Opportunities exist in the following programs:

→ World Sleep Congress   → World Sleep Academy   → World Sleep Day

→ *Healthier Sleep* Magazine   → CG Young Investigator Award

worldsleepsociety.org
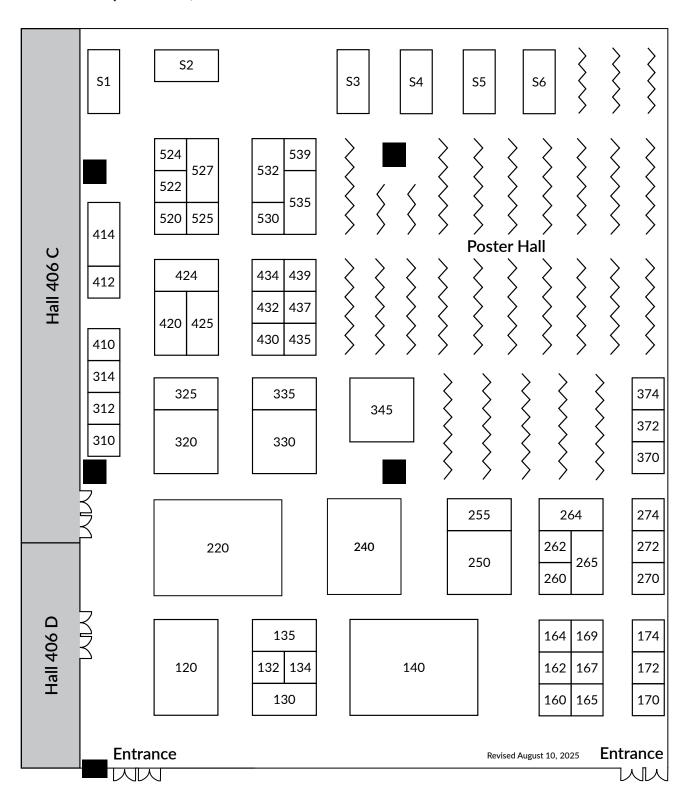
Scan the QR code and submit a volunteer interest form. You will be contacted when specific opportunities arise.

WORLD SLEEP SOCIETY
Convening the World of Sleep Science & Medicine

Exhibit Hall Floor Plan

Exhibit Hall | Level 4, Hall 405

Poster Hall

Hall 406 C

Hall 406 D

S1, S2, S3, S4, S5, S6

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Entrance

Revised August 10, 2025

Entrance

2025 Exhibitors

Exhibition Hours | Level 4, Hall 405

Monday, September 8
8:30am – 3:30pm

Tuesday, September 9
8:30am – 3:30pm

Wednesday, September 10
8:30am – 3:30pm

Exhibitor Name .... Booth Number

3D Sleep 345

ActivInsights Ltd 430

Advanced Brain Monitoring, Inc 160

Alkermes 374

AM LIFE INTERNATIONAL SDN BHD 425

AmCad BioMed Corporation 310

Asleep 130

Belun Technology Company Limited 435

BMC Medical Co., Ltd. 255

Centessa Pharmaceuticals 439

CGX 434

Circadian Health Innovations 432

Compumedics 414

Condor Instruments 520

Dormotech 525

Fisher and Paykel Healthcare 535

Fundación Instituto del Sueño 174

Good Sleep Co 522

HoneyNaps USA, Inc. 527

Huawei Technologies (Malaysia) Sdn. Bhd. 264

Huijia Health Life Technology CO., LTD. 169

Hunan Beyond Medical Technology Co.,Ltd 265

Idorsia Pharmaceuticals Ltd. 420

Inspire Medical Systems, Inc. 162

Jiangsu Yuyue Medical Equipment & Supply Co.,Ltd 250

Lepu Medical Technology (Beijing) Co., Ltd 165

Löwenstein Medical Se & Co. Kg 330

Lucimed 412

MC Technology GmbH 530

Micomme Medical Technology Development Co., Ltd. 325

Murata Electronics Singapore (Pte.) Ltd. 270

myWaves REM Solution 172

National University of Singapore 539

NEWSOM 370

Nox Medical 135

Open Airway Dental Solutions (OADS) 274

OrthoApnea 437

OSAWELL 335

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Philips Electronics (S) Pte Ltd 140

DORMIFLEX , AIR SYSTEM ATTIVO ,BONAMASSA 372

PranaQ 167

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Resmed 220

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SOMNOmedics AG 314

SoundHealth 272

Suven Life Sciences Limited 532

Takeda 320

TMed Technology 164

ZOLL Itamar 260

Sponsors & Exhibitors

Thank you to the following supporters of World Sleep 2025 in Singapore.
Listed in alphabetical order.

3D SLEEP
Helping dentists put sleep problems to rest

Booth 345 | 3dsleep.com.au

3D Sleep provides all the solutions for dental professionals in the management of snoring, sleep apnoea and bruxism. There has been a revolution in oral appliances for sleep disorders. 3D printed Nylon, along with computer-assisted design and manufacturing, are creating appliances of unprecedented strength and comfort-the two essential features for achieving successful results.

ActivInsights

Booth 430 | activinsights.com

ActivInsights delivers activity, sleep and lifestyle insight. We simplify access to real-world data with our wearables, connected technologies and secure data infrastructure. With a commitment to improving global public health, ActivInsights is accelerating pharmaceutical drug development, enhancing clinical practice and improving disease management. ActivInsights is focussed on: Driving forward our measurement expertise in human behaviour. Delivering validated digital measures from high quality data. Deploying wearable technologies with minimum site & patient burden. Unlock Sleep Measures with the GENEActiv Gain valuable insights into activity, lifestyle, and sleep, to help diagnose sleep conditions, assess the efficacy of interventions, and measure treatment effects in studies involving sleep.

ADVANCED BRAIN MONITORING

Booth 160 | advancedbrainmonitoring.com

Advanced Brain Monitoring specializes in the acquisition and analysis of physiological signal obtained during wake and sleep, and in the treatment of sleep-disordered breathing. Sleep Profiler has validated biomarkers to assess insomnia or hypersomnia, monitor sleep and delirium in the ICU, obtain an in-home unattended PSG, characterize specific neurodegenerative disorder subtypes, and/or characterize REM sleep without atonia severity. Night Shift provides electronic positional therapy from the neck or chest. Apnea Guard® is a trial oral appliance that provides equivalent efficacy as a custom appliance.

Alkermes®

SILVER SPONSOR

Booth 374 | alkermes.com

Alkermes is a global biopharmaceutical company that seeks to develop innovative medicines in the field of neuroscience. Headquartered in Dublin, Ireland, Alkermes has a portfolio of proprietary commercial products for the treatment of alcohol dependence, opioid dependence, schizophrenia and bipolar I disorder, and a pipeline of candidates in development for neurological disorders. www.alkermes.com

Sponsors & Exhibitors

AmLife
life, redefined

Booth 425 | amlife.com.my

AmLife established its sleep healthcare business in 2014, pioneering the combination of bedding equipment with Japan's state-of-the-art technology to unlock the unlimited potential of the sleep healthcare market. The company provides an innovative health solution that integrates seamlessly into modern lifestyles. As a socially responsible organization, AmLife has launched nationwide health programs to address aging-related health concerns, promoting vitality and rejuvenation. Through its "easy to use" and "ultimate winning" marketing strategy, AmLife has introduced high-tech products centered on the "sleep healthcare" concept. With a strong commitment to sustainable development, the company has built a robust market surveillance and brand operations team, significantly enhancing its brand presence.

AmCad BioMed

Booth 310 | amcad.com.tw

AmCad BioMed is the world's first medical device company to receive FDA approval for its ultrasound computer-aided diagnosis (CAD) system. Combining AI and clinical expertise, AmCad has developed four FDA, CE, and TFDA-certified AI-assisted CAD software, including "AmCAD-UO" for rapid obstructive sleep apnea (OSA) assessment, "AmCAD-UT" for live thyroid nodule assessment,"AmCAD-US" for backscattered signal analysis for tissue composition insights, and "AmCAD-CA" for cytopathology indication. Driven by innovation, AmCad's patented technologies have earned numerous accolades, empowering healthcare professionals with enhanced diagnostic quality and superior patient experiences. A pioneer in ultrasound AI, AmCad redefines diagnostic precision and patient care.

Asleep

BRONZE SPONSOR

Booth 130 | asleep.ai/en/home

Asleep is a leading sleep tech company that developed 'Apnotrack,' an AI medical device for diagnosing sleep apnea. In clinical trials, the device has proven its high accuracy, recording a sensitivity of 87% and a specificity of 92%. By providing a convenient, non-contact method using only a smartphone, our technology overcomes the high cost and inconvenience of traditional exams. Asleep developed 'Sleeptrack,' an AI home solution based on its sleep AI API technology. Our platform analyzes sleep in real-time, enabling seamless control of smart appliances to create the optimal sleep environment. This technology is based on the world's largest sleep sound dataset. With multiple SCI-level publications and two CES 2025 Innovation Awards, Asleep is a globally recognized leader in sleep technology.

BAYER

BRONZE SPONSOR

bayer.com

Women's Health is in Bayer's DNA. As a global leader in women's healthcare Bayer has a long-standing commitment to delivering science for a better life by advancing a portfolio of innovative treatments. Bayer offers therapies for menopause management and gynecological diseases. Bayer is also focusing on innovative options to address the unmet medical needs of women worldwide and to broadening treatment choices such as in menopause.

Singapore 2025
WORLD SLEEP
September 5-10

Sponsors & Exhibitors

Booth 435 | beluntech.com

Belun Sleep System (BLS-100) is an AI-enabled FDA 510(k) cleared system for OSA diagnosis with sleep stages. It's clinically validated in accredited sleep labs to provide accurate AHI, sleep stages, and autonomic nervous system response. Its AHI multi-night trend plotting feature clearly represents sleep apnea severity over time, empowering progress-tracking, pattern-identifying, and effective treatment optimization for HSAT & post-treatment monitoring.

Booth 255 | en.bmc-medical.com/contact

BMC Medical Co., Ltd. (BMC), established in Beijing, China in 2001, was built to partner with families worldwide to overcome the discomfort of chronic respiratory disease with quality products, professional services and proactive care.

Centessa Pharmaceuticals
Booth 439 | centessa.com

Centessa aims to discover and develop medicines that are transformational for patients. We strive to deliver medicines that address high unmet need, establish potentially new standards of care, and improve outcomes for patients. We're pursuing our Orexin Receptor 2 Agonist Program to bring potentially transformative treatment options to patients with sleep-wake, neurological, neurodegenerative and psychiatric disorders.

Booth 434 | cgxsystems.com

CGX designs and builds mobile EEG systems for academic and clinical use. The CGX Patch EEG device is a mobile EEG system designed for high volume at-home sleep studies. The Onton Sleep Stager software provides comprehensive sleep metrics for clinicians and researchers.

Booth 432 | circadianhealthinnovations.com

Circadian Health Innovations is a science-driven health tech company dedicated to optimizing human well-being through the power of circadian biology. Our mission is to translate cutting-edge research on light into practical tools that help people live and work in harmony with their natural rhythms. Our flagship MiEye wearable light sensor provides cutting-edge data on real-world light exposure patterns with data insights made easy via our data analysis platform, providing easy data cleaning, light metrics, and mathematical modelling of the circadian clock. Founded by experts in circadian rhythms, Circadian Health Innovations bridges the gap between lab-based science and everyday application—making circadian health accessible, actionable, and effective for everyone, everywhere.

clinicaloptions.com

CCO is a nationally recognized provider of continuing education for healthcare professionals. CCO develops, delivers, and evaluates a broad range of accredited, cutting-edge CME and CE opportunities.

Sponsors & Exhibitors

COMPUMEDICS

Booth 414 | compumedics.com.au

Since 1987, Compumedics' strategy has focused on developing its core competency – Sleep Diagnostics – which has enabled the company to become one of the leaders in this growing international healthcare market. Today, Compumedics has evolved into one of the world's leading suppliers of medical technology for sleep and neuro diagnostics (including brain research) and ultrasonic blood flow monitoring. Compumedics' technologies and products are distributed to clients around the globe, helping millions of people who suffer from debilitating sleep, neurological and other healthcare problems.

CONDOR INSTRUMENTS

Booth 520 | condorinst.com

Condor Instruments is a leading manufacturer of actigraphy devices with the best-in-class light sensor available, providing detailed information about the light spectrum and Melanopic EDI measurements. In conjunction with our digital Sleep Diary and advanced scoring software, we offer a comprehensive set of tools for sleep and circadian applications.

BONAMASSA Sleep & Performance

Booth 372 | bonamassa.it

Dormiflex, founded in 1964 by the Bonamassa family, manufactures mattresses and bed bases for the medical, hospitality, sports, and wellness sectors. It offers Class 1 CE-certified medical devices solutions. Dormiflex launched the first bed system globally designed for professional athletes and medical use — not passive, but the Air System ATTIVO: an adaptive and synergistic setup of pillow, mattress, and base working in unison to support performance and recovery. Now in its third generation, Dr. Loris Bonamassa founded Bonamassa Sleep & Performance, the first global organization focused on Sleep Coaching (nutrition, movement, mindset) and Room Set-up (sleep system + environment), offered directly and via licenses. Together, they set the international standard for "the quality and the right quantity of sleep", supported by product partners and the Sleep Trainer Bonamassa Academy.

Dormotech
Advancing Health Through Sleep

Booth 525 | dormotech.com

Dormotech is revolutionizing sleep health with DormoVision X™. A modular, AI-driven diagnostics platform. This all-in-one platform delivers real-time physiological data monitoring and sleep analysis that matches the accuracy and quality of in-lab studies, all from the comfort and convenience of at-home testing. DormoVision X™ enables seamless online management of unlimited in-lab and home PSG studies, measuring 29 direct channels and 9 derived signals to support all sleep study types. Its wireless design enhances patient comfort and mobility, eliminating the challenges and limitations of traditional wired setups and making it ideal for everyone aged 6 and above. Our innovative technology bridges the gap between traditional sleep labs and home-based monitoring, enabling earlier detection, better prevention, and more effective treatment. The result: improved outcomes for patients and expanded capabilities for clinicians.

Sponsors & Exhibitors

Eisai

BRONZE SPONSOR

eisai.com/index.html

Eisai's Corporate Concept is "to give first thought to patients and people in the daily living domain, and to increase the benefits that health care provides." Under this Concept (also known as human health care (hhc) Concept), we aim to effectively achieve social good in the form of relieving anxiety over health and reducing health disparities. With a global network of R&D facilities, manufacturing sites and marketing subsidiaries, we strive to create and deliver innovative products to target diseases with high unmet medical needs, with a particular focus in our strategic areas of Neurology and Oncology.

FUNDACIÓN INSTITUTO DEL SUEÑO

Booth 174 | iis.es/master-en-medicina-del-sueno-online

Fundación Instituto del Sueño (FIS): The Fundación Instituto del Sueño (FIS) is a private, non-profit organization, established in 2018 and officially registered with the Foundation Protectorate of the Spanish Ministry of Culture. Its work focuses on advanced education, research, and the promotion of clinical and scientific knowledge in the field of sleep medicine, as well as in related disciplines such as neurology, pulmonology, and psychiatry. Its flagship initiative is the International Master's Degree in Sleep Medicine (60 ECTS), offered in collaboration with, and academically endorsed by, Universidad Europea. This program provides comprehensive, up-to-date theoretical and practical training, preparing healthcare professionals for clinical practice in the field of sleep medicine, as well as for internationally recognized certification exams, such as those offered by the European Sleep Research Society (ESRS).

Fisher & Paykel HEALTHCARE

Booth 535 | fphcare.com/nz

Fisher & Paykel Healthcare is a leading designer, manufacturer and marketer of products and systems for use in acute and chronic respiratory care, surgery and the treatment of obstructive sleep apnea. Driven by a strong sense of purpose, we are working to improve patient care and outcomes through inspired and world-leading healthcare solutions. The needs of our customers and their patients drive everything we do. We call this commitment Care by Design. Our medical devices and technologies help clinicians deliver the best possible patient care. They enable patients to transition into less-acute care settings, recover more quickly and avoid more serious conditions. Because of our products and therapies, many patients can be treated in the comfort of their own homes instead of in the hospital.

Good Sleep co.

Booth 522 | provider.goodsleepco.health

Good Sleep Co was founded to redefine the journey to better sleep health, because our patients inspire everything we do. We listen closely and design accordingly, striving to deliver the most comfortable, effective oral appliances on the market. Our range of world-class mandibular advancement devices for Obstructive Sleep Apnea reflects that commitment to patient-driven innovation. But we don't stop at great devices. We've also invested in intuitive software that streamlines practice operations and enhances clinical decision-making, making practitioners' professional experience smoother and more efficient. Our vision is simple and unique: to help people sleep better by empowering patients with cutting-edge therapy and equipping clinicians with best-in-class tools.

Sponsors & Exhibitors

HONEYNAPS USA

Booth 527 | honeynaps.com

HoneyNaps develops SOMNUM™, an FDA-approved AI sleep disorder diagnostic software used in hospitals and clinics worldwide. We also offer solutions for home monitoring SOMNUM Scanning™, insomnia treatment SOMNUM Medella™, and centralized sleep management SOMNUM PAX™, driving innovation in sleep medicine and healthcare.

HUAWEI

Booth 264 | huawei.com/my

Huawei Consumer BG is dedicated to delivering the latest technologies to consumers and sharing the happiness of technological advances with more people around the world.

HUIJIA HEALTH

Booth 169 | huijiahealth.com.tw

Huijia Health specializes in non-invasive Fiber Optic Physiological Monitoring Technology (nFOPT®), using optical fiber total reflection to detect vital signs without electromagnetic interference, ensuring truly interference-free monitoring in sleep areas. Its high-sensitivity sensors track breathing, heart rate, cough, blood pressure, sleep stages, and activity. Applications include smart films, mattress, wheelchair cushions, and care systems for multiple elders and infants. Huijia develops nFOPT® into biomarkers and medical devices, converting signals into health data analyzed by AI to help diagnose heart disease, cardiopulmonary failure, sleep apnea, dementia, Parkinson's disease, mental health changes, and animal welfare. Clinically validated, Huijia's wearable-free technology uses AI to distinguish OSA, CSA and Cheyne-Stokes respiration, making it ideal for long-term home monitoring and improvement. Early intervention and continuous insights enhance quality of life.

BEYOND 比扬医疗

Booth 265 | en.csbeyond.cn

Hunan Beyond Medical Tech (founded 2009) is a CE/ISO-certified manufacturer (50M RMB capital) specializing in R&D, production, and sales of medical devices. Core segments: 1) Life Support (infusion pumps, ventilators, patient monitors); 2) Chronic Care (home ventilators, oxygen concentrators); 3) Innovation (oral/veterinary). With 17,000m^2 workshops, 400+ staffs, and 100+ R&D teams, we hold 150+ patents. Our SMT workshop ensures customized PCB production. We run 7 lines for syringe/infusion pumps, ventilators, nurse call systems, etc., certified by CE/TUV/ANVISA/SFDA. Focused on quality and 24/7 English service, we export to 120+ countries. Culture: "Simple, efficient, honest." Vision: Build a clinical-homecare ecosystem for global health.

idorsia

BRONZE SPONSOR

Booth 420 | idorsia.com

The purpose of Idorsia is to challenge accepted medical paradigms, answering the questions that matter most. To achieve this, we will discover, develop, and commercialize transformative medicines – either with in-house capabilities or together with partners – and evolve Idorsia into a leading biopharmaceutical company, with a strong scientific core. Headquartered near Basel, Switzerland – a European biotech hub – Idorsia has a highly experienced team of dedicated professionals, covering all disciplines from bench to bedside; a treatment insomnia with the potential to revolutionize this mounting public health concern; strong partners to maximize the value of our portfolio; a promising in-house development pipeline; and a specialized drug discovery engine focused on small-molecule drugs that can change the treatment paradigm for many patients.

All information subject to change. For most current information visit **WORLDSLEEPCONGRESS.COM**

Sponsors & Exhibitors

Booth 162 | inspiresleep.com

Inspire Medical Systems offers an Obstructive Sleep Apnea treatment for those unable to use CPAP. The Inspire system is implanted during an outpatient procedure and uses mild stimulation to keep the airway open during sleep. The therapy has broad commercial and Medicare coverage, with over 100,000+ implanted patients. Inspire has proven sustained results and 91% patient satisfaction.

GOLD SPONSOR

jazzpharma.com

Jazz Pharmaceuticals is a global biopharma company whose purpose is to innovate to transform the lives of patients and their families. We are dedicated to developing life-changing medicines for people with serious diseases — often with limited or no therapeutic options. Our patient-focused and science-driven approach powers pioneering research and development advancements across our robust pipeline of innovative therapeutics in oncology and neuroscience.

Booth 250 | yuwell.com/usw

Yuwell Medical, a Chinese A-share listed company been focusing on healthcare industry for 25 years. Since its establishment in 1998, it has been a leading provider of healthcare products and service solutions in China, adhering to the mission of "helping patients relieve pain and helping doctors improve medical skills". It covers 10 medical and health solutions including respiratory therapy, diabetes management, in vitro diagnosis, infection control, ultrasound diagnosis, and others. It has set up 12 R&D centers and 9 production bases around the world, serving more than 300,000 medical institutions and more than 90% of grade A class 3 hospitals in China, covering 131 countries and regions overseas and benefiting 300 million families worldwide.

Lepu Medical Technology (Beijing) Co., Ltd
Booth 165

LÖWENSTEIN
medical

Booth 330 | loewensteinmedical.com

Löwenstein Medical, based in Bad Ems (Rhineland-Palatinate), has been developing and manufacturing innovative medical technology for over 35 years and employs around 3,500 people worldwide. The family-run company specializes in the development, production, and distribution of medical devices with a focus on neonatology, anesthesia, intensive care ventilation, sleep apnea therapy, non-clinical ventilation, and diagnostics. This portfolio is complemented by the supply and distribution of medical oxygen. Löwenstein Medical thus stands for holistic solutions along the entire medical technology supply chain.

Sponsors & Exhibitors

Booth 412 | myluminette.com

Our mission is to help people around the world who are deprived of sunlight rediscover their «joie de vivre». We achieve this through innovative advancements in the science and art of creating artificial light. The inventors took a simple observation as their starting point: light therapy lamps are effective but not very convenient. Most of them end up unused in the attic. That's why we tried to develop a light therapy device that could be used on the go, allowing users to carry out their normal activities without losing a second of light.

Booth 530 | thera-mon.com

MC Technology GmbH´s CEO Ing. Gerhard Gschladt is the inventor of the patient compliance technology marketed under the protected brand name theramon®. Theramon® consists of sensors beeing embedded in oral appliances, special reader hardware and a cloud based application to monitor patent comliance. Theramon® as of today is claiming to be the global leader and golden standard of patient compliance monitoring for oral appliances for dental sleep applications. Many published studies of well recognized universities and dental sleep experts have been accompanied by theramon® technology and have heavily contributed to objective study comeouts.

Booth 325 | micommed.com

Micommed is a leading innovative non-invasive respiratory therapy solutions provider . Dedicated to improving users' treatment experience, we specialize in the development and manufacturing of advanced respiratory solution devices for both hospital and homecare. Our comprehensive product range includes non-invasive ventilators,cpap,bpap,humidifiers,high-flow oxygen therapy device, and respiratory consumable,all designed to deliver exceptional performance and comfort. "Committed to breath", Micommed continues strive to enhance respiratory health through advanced, user-friendly devices that support both healthcare professionals and users, ensuring the highest standards of quality and reliability.

Booth 270 | murata.com/en-sg

Murata Manufacturing Co., Ltd. is a worldwide leader in the design, manufacture and sale of ceramic-based passive electronic components & solutions, communication modules, and power supply modules. Murata is committed to the development of advanced electronic materials and leading-edge, multi-functional, high-density modules. The company has employees and manufacturing facilities throughout the world. Murata is the world's No.1 manufacturer of wireless connectivity modules, accounting for more than half of the world market. This market-leading position in module design also extends to low power and battery-operated sensor nodes, gateways/border routers, software development, and more. Murata goes beyond thinking about just the modules, to identify the optimal approach and platform for the complete end-to-end solution.

Sponsors & Exhibitors

myWaves

Booth 172 | mywaves.tech

myWaves provides a REM and Onset Sleep SOLUTION via listening to PERSONALIZED Delta wave sounds created from your unique brainwave pattern. myWaves creates wearable neurotech, providing non-invasive, personalised audio solutions to improve your REM length and depth of sleep using a patented process. Clinical-level neuroscience DISCOVERY, Made Accessible. Endorsed and used by Olympic teams, Space Physicians/Engineers, and Clinics with clinical testing and proof of concept studies to back up the science. myWaves has introduced new income streams to clinics, helped research groups with tech and promotes sleep education to all end customers. We are seeking Distributors and Clinics to Run Proof of Concept Tests.

BluePro®

The first-line temporary oral appliance
BY NEWSOM

Booth 370 | bluepro.pro

Newsom is a French manufacturer specializing in innovative medical devices for the treatment of sleep disorders. The company designs and distributes BluePro®, a high-quality temporary mandibular advancement device, recognized as one of the best solutions for reducing snoring and managing mild to moderate obstructive sleep apnea. Easily adjustable and thermoformable within minutes, BluePro® allows for a quick assessment of patient tolerance to mandibular advancement therapy before considering a custom-made device. With ISO 13485 certification and both CE marking and FDA clearance, the device meets the highest standards of quality and safety across Europe and the United States.

Z4IP

Booth 539 | z4ip.com

Z4IP (Sleep for Improved Performance) provides comprehensive and scalable research solutions for digital phenotyping of sleep, activity, cognition, and wellbeing. Developed by researchers with decades of experience from the Sleep and Cognition Laboratory at the National University of Singapore, our mobile app (iOS and Android compatible) integrates six fully customizable modules to meet the research needs of diverse study protocols: cognitive tests, questionnaires, audio diaries, time-use diaries, movement patterns, and wearable device integration. Field-tested in community, lab-based, and hybrid studies, Z4IP captures rich, multi-dimensional data with ease, empowering researchers to focus on answering key scientific questions. Beyond the app, our sophisticated backend allows you to scale up data monitoring and management, with end-to-end support within a flexible digital phenotyping ecosystem.

nox MEDICAL

BRONZE SPONSOR

Nox Medical
Booth 135 | noxmedical.com

Nox Medical is a global leader in the science of sleep diagnostics, providing diagnostic devices that prioritize patient comfort and workflow efficiency, and deliver reliable data collection. Key product lines include the Nox A1s in-lab PSG system with ambulatory capabilities, Nox T3s home sleep test, and Noxturnal single platform software with validated auto-scoring capabilities.

Sponsors & Exhibitors

OADS
Sleep Better, Live Better

Booth 274 | openairway.ca

At Openairway Dental Solutions (OADS), we specialize in advanced oral appliance therapy, revolutionizing the management of obstructive sleep apnea (OSA) and snoring. Founded on the principle of enhancing patient comfort without compromising effectiveness, our flagship product, 02Vent, embodies innovation in sleep medicine. OADS stands at the forefront of sleep health, integrating unique airway technology in our devices. The 02Vent, distinguished by its patented airway design, ensures uninterrupted breathing, addressing both snoring and sleep apnea. This breakthrough technology not only optimizes airflow but also caters to patients intolerant to CPAP therapy. Partnering with sleep professionals and dentists, we aim to improve sleep quality globally. Headquartered in Canada, OADS is expanding its reach, advocating for better sleep health across continents OADS - Breathing new life into sleep solutions.

OrthoApnea

Booth 437 | orthoapnea.com

OrthoApnea is a global company specialized in the development of mandibular advancement devices (MADs) for the treatment of obstructive sleep apnea (OSA) and snoring. With over 15 years of experience, it offers personalized solutions that improve patients' sleep quality and overall well-being. Known for its focus on innovation and biomedical technology, the company works closely with sleep specialists. Present in more than 40 countries, it has helped over 450,000 people and continues to expand internationally. Its flagship product, OrthoApnea NOA, combines effectiveness, comfort, and customization for the treatment of OSA.

OSAWELL®

OSAWELL
Booth 335 | osawell.com/en

OSAWELL is revolutionizing obstructive sleep apnea (OSA) treatment through non invasive, digitally optimized solutions. Founded in 2020 by coworking with experts in pulmonology and oral medicine from Taipei Medical University, the company developed a patented oral appliance using 3D scanning and digital design to improve comfort, reduce jaw strain, and enhance treatment outcomes. In 2024, OSAWELL launched its next-generation OSAWELL Pro, made with advanced nano-laser polymers for better fit and durability. With a focus on innovation, digital precision, and patient comfort, OSAWELL is redefining how OSA is treated—offering an effective alternative to traditional CPAP and surgery.

ŌURA

Booth 424 | ouraring.com

ŌURA is the company behind Oura Ring — the smart ring that delivers personalized health data, insights, and daily guidance. With its advanced, research-grade sensors, Oura Ring packs state-of-the-art heart rate, heart rate variability (HRV), personalized temperature, activity, and sleep monitoring technology into a convenient, non-invasive ring — prioritizing both accuracy and comfort without compromise.

Singapore 2025
WORLD SLEEP
September 5-10

Sponsors & Exhibitors

PHILIPS

GOLD SPONSOR

Booth 140 | philips.com.sg
At Philips, our purpose is to improve people's health and well-being through meaningful innovation. We aim to improve 2.5 billion lives per year by 2030, including 400 million in underserved communities. As a technology company, we – and our brand licensees – innovate for people with one consistent belief: there's always a way to make life better.

pranaQ

Booth 167 | pranaq.com

PranaQ is a digital healthcare company that develops wearable medical devices for sleep and breathing disorders. Its products feature AI-based biomedical signal-processing algorithms designed to monitor and analyze health conditions. Founded in 2021 and based in New York City, PranaQ is dedicated to empowering individuals with better knowledge and control over their medical treatments by making diagnostics and monitoring more accessible, efficient, and patient-centered.

PROSOMNUS® SLEEP TECHNOLOGIES

BRONZE SPONSOR

Booth 410 | prosomnus.com

ProSomnus is the leading non-CPAP OSA therapy® for the treatment of Obstructive Sleep Apnea, a serious medical disease affecting over 1 billion people worldwide. ProSomnus intraoral medical devices are engineered to precisely track the treatment plan and anatomy for each patient. Non-invasive, patient preferred and easy to use, ProSomnus devices have demonstrated excellent efficacy, safety, adherence, and overall outcomes in a growing body of clinical investigations. ProSomnus precision intraoral devices are FDA-cleared, patented, and covered by commercial medical insurance, Medicare, TRICARE and many government sponsored healthcare plans around the world, representing over 200 million covered lives.

Resmed

GOLD SPONSOR

Booth 220 | Resmed.com
Resmed (NYSE, ASX: RMD) creates life-changing health technologies that people love. We're relentlessly committed to pioneering innovative technology to empower millions of people in 140 countries to live happier, healthier lives. Our AI-powered digital health solutions, cloud-connected devices and intelligent software make home healthcare more personalized, accessible and effective. Ultimately, Resmed envisions a world where every person can achieve their full potential through better sleep and breathing, with care delivered in their own home. Learn more about how we're redefining sleep health at Resmed.com and follow @Resmed.

Sponsors & Exhibitors

retimer

Booth 132 | retimer.com.au

Re-Time is a South Australia-based sleep tech company that was incubated out of Flinders University in 2010. The company has developed multiple products offering solutions to consumers for insomnia, seasonal affective disorders (SAD), circadian rhthym sleep disorders and jet lag. The products are based on 25+ years of research by sleep experts at Flinders University.retimer is designed, engineered & manufactured in South Australia.

SAMSUNG Health

GOLD SPONSOR

Booth 120 | samsung.com/samsung-health

Samsung is committed to scaling prevention and redefining connected care. By harnessing AI, smart devices and strong partnerships, we aim to bridge wellness and healthcare — delivering personalized, proactive and accessible solutions to billions worldwide. We are envisioning a future where care is seamless, holistic and empowers healthier lives for everyone. Samsung strives to provide holistic health management starting with sleep. Through Sleep coaching, Sleep environment report, Sleep apnea risk detection, Bedtime guidance, and Vascular load tracking, Samsung seeks to provide users with holistic insights into their sleep and empower them to make positive changes for better overall health. Join us as we pursue redefining the future of holistic health through connected care and personalized solutions.

Sefam

Booth 312 | sefam-medical.com

In 1984, our company manufactured the first continuous positive airway pressure (CPAP) device for the treatment of sleep-disordered breathing (SDB). Since then, we've been designing and producing respiratory diagnostic and treatment solutions in France, which are used in over 60 countries worldwide.

SUNNYGRAND

Booth 524 | sunnygrand.com
SunnyGrand is one of the leading providers for respiratory health devices and solutions for home-based patients.

Booth 262 | sleepmultimedia.com

SleepMultiMedia 2025 is a comprehensive computerized textbook of sleep medicine: text, audio, graphics, animation, and video; suitable for sleep specialists, trainees and researchers. SleepMultiMedia contains Medline references and abstracts. Updated annually with 140 CME credits, the program covers adult and pediatric clinical sleep medicine, dental sleep medicine, sleep physiology, polysomnography, sleep research and sleep practice management. NEW CHAPTER: Orexin Agonists

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Sponsors & Exhibitors

SleepImage

Booth 134 | sleepimage.com

The SleepImage System is an FDA-cleared cloud-based Software as a Medical Device (SaMD) that can aid in the diagnosis and management of sleep disordered breathing in patients age 2+. The SleepImage System's automated output has clinical accuracy on par with PSG.

SleepUp

Booth 170 | sleepup.com

SleepUp is a global Digital Therapeutics IoT Platform that offers personalized and clinically validated treatment, monitoring, and diagnostics for sleep disorders, and neurological diseases. SleepUp developed proprietary technology including mobile software of CBTi, ML/AI algorithms for sleep and brain monitoring technology based on electroencephalogram headband. SleepUp was born with the purpose of democratizing sleep & brain health, making it accessible to all, and solving the problems of ineffective treatments and diagnosis for sleep disorders, as well as management and prediction of neurodegenerative diseases.

SOMNOmedics

Booth 314 | somnomedics.eu

SOMNOmedics has been setting new standards in innovative and mobile diagnostics solutions for polysomnography, polygraphy, actigraphy and home sleep tests since its foundation 25 years ago. SOMNOmedics has always been ahead of the growing trend of home sleep testing (HST) with all of our devices being some of the smallest and lightest on the market. For full mobility, our devices are patient-worn and offer easy hook up. Our experience allows us to understand the needs of a sleep lab and offer a full suit of services from new sleep lab installations to system upgrades as well as having a 24/7 support team that provides an industry leading service.

SoundHealth

Booth 272 | soundhealth.life

SoundHealth is a medical technology company that harnesses the power of artificial intelligence and medical science to improve respiratory and mental health. Their product, SONU, is the world's first wearable, personalized, drug-free treatment for nasal congestion indicated for ages 12 and up. Using the SONU app, standard iPhone technology and groundbreaking AI-technology, SONU provides personalized therapy unique to each patient's sinus anatomy. In a clinical study, 80% of patients reported improvement in nasal symptoms and proved SONU to be effective and safe with no known side effects.

Sponsors & Exhibitors

SUVEN Life Sciences

Booth 532 | suven.com

Suven Life Sciences is a drug discovery and development company dedicated to creating innovative therapies for central nervous system disorders, including hypersomnolence conditions. One of the lead drug candidates, Samelisant, has demonstrated promising efficacy and safety in a Phase 2 clinical trial involving patients with narcolepsy. Building on these results, Suven is preparing to initiate Phase 3 trials to further confirm Samelisant's therapeutic potential in narcolepsy. In parallel, the company also plans to launch a separate clinical trial to explore the drug's potential for treating idiopathic hypersomnia. Samelisant is a potent and selective histamine H3 receptor inverse agonist, offering potential advantages over existing therapies for sleep-related disorders.

Takeda

GOLD SPONSOR

Booth 320

Takeda's passion and expertise across neurology and psychiatry with special focus on sleep-wake disorders, neurodegenerative and rare neurological conditions, drive our commitment to address the unmet needs of these patients. We are dedicated to transforming the lives of patients with neurological diseases through groundbreaking research and innovative treatments that aim to address the profound impact these disorders have on people and society. Our efforts extend beyond therapeutic innovation. We aim to improve health outcomes across the patient journey by building solution-focused partnerships with industry, academia, health systems and advocacy, educating patients and physicians and broadening access to therapies. We give particular focus to integrating digital solutions including advancing novel biomarkers and digital approaches to improve diagnosis and personalize patient care.

TMed Technology

Booth 164 | tmedtechnology.com

TMed Technology, Inc is a team of dedicated sleep health advocates focused on improving and developing medical devices and treatments for patients suffering from sleep disorders. Our primary goal is to offer patients alternative treatment options that, if not equal, surpass existing choices. With a research and development-centered ethos, we lead the way in sleep health and technology, drawing on decades of experience from our team of specialists and staff. Our headquarters are located in the heart of the breathtaking Okanagan Valley. Our mission is to provide innovative and efficient medical device solutions to patients suffering from sleep-disordered breathing conditions.

ZOLL itamar

Booth 260 | itamar-medical.com

ZOLL® Itamar®, a division of ZOLL® Medical, is a leading company in sleep apnea diagnosis and pioneering innovative sleep apnea management programs for patients and healthcare professionals. Our mission is to improve access to the millions of undiagnosed sleep apnea patients with diagnostic testing and cardio sleep solutions through our breakthrough WatchPAT® products and services. Itamar® Medical was founded in 1997 and acquired by ZOLL® in 2021.

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Become a Member

World Sleep Society is a membership organization of sleep and circadian researchers, clinicians, and other professionals dedicated to advancing sleep health worldwide.

What do World Sleep Society members accomplish together?

· Organize the biennial World Sleep congress

· Develop educational programs and resources to increase practical knowledge of sleep medicine worldwide

· Publish international practice recommendations in sleep medicine

· Foster the next generation of sleep and circadian researchers through mentorship and conference funding

· Promote healthy sleep to the public through publications and events

Want to be involved? Become a member!

A one-year membership is only 70 USD (25 USD for students) and includes benefits like reduced registration rates for the World Sleep congress and online access to *Sleep Medicine*.

Join Today

WORLD SLEEP SOCIETY
Convening the World of Sleep Science & Medicine

worldsleepsociety.org

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Asleep

Challenging Consumer Sleep-Tracker Limits
: From Mobile Innovation to Data-Driven Sleep Care

Clete A. Kushida
Prof., Stanford

From Consumer Trackers to
Sound AI—Clinically Proven

Yoo-sam Chung
Prof., AMC

Sound AI Pediatric Sleep & Apnea

In-Young Yoon
Prof., SNUBH

Beyond Sleep Stage: Position,
Arousal, Oxygen Desaturation

Stanley Y. Liu
Prof., NSU Health

Sleep Surgery Outcome with Sound AI

Ki-Young Jung
Prof., SNUH

From Macro Sleep Analytics to
Environment Control for Better Sleep

Dong-heon Lee
CEO, Asleep

Track-Action, Sleep for Everyone

Room 324

**12:45pm–1:45pm
Monday, Sep 8, 2025**

Introduction

**Booth Location
Booth 130, Exhibition Hall**

APNO TRACK

**Mobile App for At-Home
Sleep Apnea Screening**

- Sensitivity 87%
- Specificity 92%
- Top Medical Journals 6+
- Top Medical Conferences 18+

*Approved by MFDS

Contact : ceo@asleep.ai

Takeda

Since 1781 | Takeda is guided by its commitment to patients, our people, and the planet and is focused on creating better health for people and a brighter future for the world.

Takeda's research of orexin science drives **innovation**

Explore more at **WORLD SLEEP 2025**: Booth **#320**