



ANNUAL REPORT 2019

MISSION

The fundamental mission of the World Sleep Society is to **ADVANCE SLEEP HEALTH WORLDWIDE**. World Sleep Society will fulfill this mission by promoting and encouraging education, research and patient care throughout the World, particularly in those parts of the world where the practice of sleep medicine is less developed.

World Sleep Society will act as a bridge between different sleep societies and cultures, supporting and encouraging worldwide exchange of clinical information and scientific studies related to sleep medicine. World Sleep Society will seek to encourage development and exchange of information for worldwide and regional standards of practice for sleep medicine.

LEADERSHIP

OFFICERS

President | Birgit Högl (Austria)
President-Elect | Phyllis C. Zee (USA)
Secretary | Fang Han (China)
Treasurer | Maree Barnes (Australia)
Past President | Charles Morin (Canada)
Executive Director | Allan O'Bryan (USA)

GOVERNING COUNCIL

AFRICA | Lamia Afifi (Egypt)
ASIA or AUSTRALIA | Peter Eastwood (Australia)
EUROPE | Isabelle Arnulf (France)
NORTH AMERICA | Shelly Weiss (Canada)
SOUTH AMERICA | Andrea Bacelar (Brazil)
American Academy of Sleep Medicine (AASM)
Australasian Sleep Association (ASA)
Canadian Sleep Society (CSS)
European Sleep and Research Society (ESRS)
Sleep Research Society (SRS)

YEAR-END LETTER FROM THE PRESIDENT



Dear Members & Colleagues,

Happy New Year from everyone at World Sleep Society! As we stop to reflect on our successful 2019, I offer a message of thanks for supporting our organization that has accomplished so much in the past year. From the largest World Sleep congress in history to the Inaugural Class of our mentee program (ISTRP), 2019 was a momentous year.

Without the dedication and efforts of our international committee members, coupled with our hardworking and capable staff, 2019 would not have seen such grand successes. I would like to thank outgoing Executive Committee Members, Dr. Yuichi Inoue and Dr. Thomas Penzel. As this is my first term as President, I would also like to thank Past-President, Dr. Charles Morin, for guiding our organization forward.

World Sleep 2019 in Vancouver was the largest of our congresses to date, with 3,583 clinicians, researchers, trainees and technologists from 77 countries in attendance. The program offered remarkable scientific content covering all aspects of sleep sciences, debuting 320 hours of scientific content including 12 keynotes, 23 pre-congress courses and workshops, 99 symposia and panel discussions and 1,313 abstract presentations. World Sleep content was presented by thousands of sleep medicine and research professionals, making us the largest scientific program on sleep medicine and research, anywhere. New in 2019 was our OnDemand session recording, which captured content from much of the congress. Post-congress, we were pleased to see that 92% of respondents were satisfied with the scientific quality of World Sleep 2019. The scientific quality was driven by you, our World Sleep Society members, and the excellent and sustained work of our 2019 Committees.

Several of our other programs provided sleep medicine and research education. After receiving applications to join the ISRTTP mentor/mentee training program from half a dozen countries, five applicants were selected, creating the inaugural class of our newly-created program. In 2019, In addition to mentoring and training sleep research leaders, 76 individual professionals from 16 countries passed the International Sleep Medicine Examination, becoming sleep specialists. In the public sector, we held our first Patient Sleep Expo in conjunction with the congress, as well as raised awareness of the importance of sleep on World Sleep Day, a thriving event that has included 88 countries around the globe.

As we embark into 2020, please accept our thanks and appreciation for the dedication and support you share. It is my honor to lead World Sleep Society forward. Together, we can make 2020 our best year yet!

Best,

Birgit Högl, MD | President, World Sleep Society

2019 EDUCATION & AWARENESS PROGRAMS OVERVIEW

- World Sleep 2019 from September 20-25 in Vancouver, Canada
- World Sleep Day on Friday, March 15, 2019
- Inaugural class of the new mentor/mentee program IS RTP
- Sleep Specialist Exam administered in Canada, India and Vietnam
- Individual and society memberships
- Endorsed sleep education meetings
- Monthly issues of *Sleep Medicine* journal
- Guidelines for the treatments of sleep disorders
- World Sleep Job Board
- Continuation of networking within the online Sleep Directory

2019 HIGHLIGHTS

JANUARY



Program Committee in New York City to finalize symposia & courses for World Sleep 2019

FEBRUARY



Site selection for World Sleep 2021 in Rio de Janeiro, Brazil

MARCH



The globe unites for World Sleep Day 2019

APRIL



IS RTP inaugural class of 2020 announced

MAY



World Sleep Day Distinguished Activity Awards Selected

JUNE



Participated in American Academy of Sleep Medicine & Sleep Research Society's SLEEP meeting

JULY



Loss of a sleep pioneer, Dr. Christian Guilleminault

AUGUST



World Sleep 2019 secured the largest exhibitor floor plan and sponsorship list in its history

SEPTEMBER



World Sleep 2019 brings 3,583 sleep professionals to Vancouver, Canada

OCTOBER



Participated in the Chinese Sleep Research Meeting

NOVEMBER



Administered the exam in Vietnam, bringing the number of Sleep Specialists who passed the exam in 2019 up to 76

DECEMBER



Participated in the Brazilian Sleep Society Meeting in Rio de Janeiro, Brazil

WORLD SLEEP DAY 2019 HIGHLIGHTS & OVERVIEW



World Sleep Day®

HOSTED BY WORLD SLEEP SOCIETY

MARCH 15, 2019 • HEALTHY SLEEP, HEALTHY AGING

In 2019, the slogan was **HEALTHY SLEEP, HEALTHY AGING.**

World Sleep Day 2019 incorporated the slogan to emphasize the importance of sleep in overall health at any age. The focus of our 12th annual awareness day was purposefully broad in meaning, surrounding the message that quality of life can be improved with healthy sleep.

Conversely, when sleep fails, health declines, decreasing quality of life. Sound sleep is a treasured function and one of the core pillars of health.

2019 WORLD SLEEP DAY® COMMITTEE

- Liborio Parrino (Italy), Chair
- Richard Allan (United States)
- Ximena Alvarado (Bolivia)
- Manvir Bhatia (India)
- Ravindra Chandrashekhar (United States)
- Rayleigh Ping-Ying Chiang (Taiwan)
- Miguel Meira e Cruz (Portugal)
- Antonio Culebras (United States)
- Marta Gonçalves (Portugal)
- Ravi Gupta (India)
- Lenise Jihe Kim (Brazil)
- Melissa Lipford (United States)
- Elena M. Majano (El Salvador)
- Ghulam Mustafa (Pakistan)
- Laura Palagini (Italy)
- Muhammad Sayed (United States)

2019 WORLD SLEEP DAY DISTINGUISHED ACTIVITIES AWARDS

Each year, a selection of Distinguished Activities is chosen by our World Sleep Day Committee. Winners receive one complimentary registration to attend the next World Sleep Congress to receive a trophy at the Opening Ceremony. Honorable Mentions are also invited on stage to receive a certificate of achievement.

CONGRATULATIONS TO THE 2019 DISTINGUISHED ACTIVITY AWARDEES

- Portuguese Sleep Association | APS, ANSS, ESRS
- Fernando Alberto Ceballos Fuentes, MD, MSc
Guatemalan Association of Sleep Medicine
- Miguel Meira e Cruz | Portuguese Association of Chronobiology and Sleep Medicine; Sleep Unit of Cardiovascular Center, University of Lisbon, School of Medicine
- Dr. Prerana Garg & Dr. Himanshu Garg | Sleep Cure Solutions
- Montida Veeravigrom, MD | Sleep Society of Thailand
- Dr N. Ramakrishnan | Nithra Institute of Sleep Sciences

CONGRATULATIONS TO THE 2019 HONORABLE MENTION AWARDEES

- Lew Mun Yee | Am Life International
- Rayleigh Ping Ying Chiang | International Sleep Science Technology Association
- Elena Maricela Majano, MD | Bernes Medical Sleep and Neurological Private Center
- Dr. Manvir Bhatia | Neurology Sleep Centre
- György G. Németh | Hungarian Sleep Association
- Ximena Alvarado | Hospital de Clínicas La Paz Bolivia
- Dr. Laura Palagini | AIMS

World Sleep Society (WSS) and World Sleep Day Committee, or any person affiliated with WSS does not endorse or recommend commercial products, treatments, or companies.

The next World Sleep Day will take place on **March 13, 2020**. For more information including how to become a delegate visit worldsleepday.org.



worldsleepday.org



twitter.com/_WorldSleep



facebook.com/wasmf

2019 WORLD SLEEP DAY® Overview



352+

OFFICIAL DELEGATES
JOINED THE CAMPAIGN

201

SLEEP AWARENESS ACTIVITIES
ADDED TO WORLDSDLEEPPDAY.ORG



53

COUNTRIES NOTIFIED US OF
PARTICIPATION IN WORLD SLEEP DAY



7

AWARD WINNING
ACTIVITIES



26,168

VIEWS WITH 255 SHARES FOR
THE ANNOUNCEMENT POST
FOR WORLD SLEEP DAY



#WORLDSDLEEPPDAY

HASHTAG USED 65,000
TIMES IN 24 HOURS

**ONE
MILLION**

VIEWS ON WORLD SLEEP DAY WEBSITE



GLOBAL MEDIA OUTLETS WHO
COVERED WORLD SLEEP DAY 2019



Newsweek Forbes Men'sHealth

HISTORY OF WORLD SLEEP DAY DELEGATES, ACTIVITIES & COUNTRIES



2016

152 DELEGATES
75 SLEEP ACTIVITIES
33 COUNTRIES

2017

295 DELEGATES
155 SLEEP ACTIVITIES
58 COUNTRIES

2018

282 DELEGATES
149 SLEEP ACTIVITIES
55 COUNTRIES

2019

352 DELEGATES
201 SLEEP ACTIVITIES
53 COUNTRIES



World Sleep 2019

SEPTEMBER 20-25, 2019 • VANCOUVER, CANADA



WORLD SLEEP

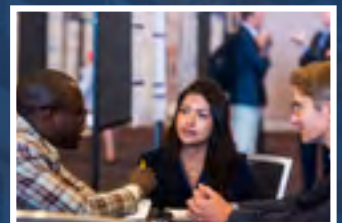
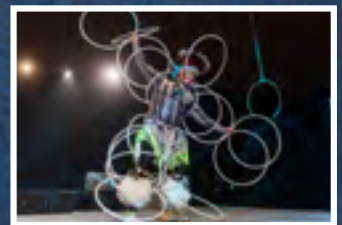
THE BEST OF SLEEP MEDICINE & RESEARCH | worldsleepcongress.com



Canadian Sleep Society



Société Canadienne du Sommeil



WORLD SLEEP 2019 LARGEST CONGRESS TO DATE

WORLD SLEEP 2019 ACCOMPLISHMENTS

World Sleep 2019 brought together **3,583 sleep medicine and research professionals**. The scientific program included **320 hours** of content, including:

- 12 keynotes
- 23 pre-congress courses and workshops
- 99 symposia and panel discussions
- 1,313 abstract presentations
- 90 exhibitors
- 39 prescribed credits (CME)
- 30.5 CSTE credits
- 28.25 CE credit hours

World Sleep 2019 had a **36% increase in attendance** over World Sleep 2017 (which was previously our largest congress). The worldsleepcongress.com website received over 1 million views in 2019. Our **3,583 international attendees** attended from **six continents and 77 countries**.

ATTENDEES BY CONTINENT

- North America | 1,823
- Europe | 829
- Asia | 583
- Australia | 203
- South America | 91
- Unspecified | 45
- Africa | 9

2019 PROGRAM COMMITTEE

Charles Morin, PhD (Canada)
Maree Barnes, MD (Australia)
Célyne Bastien, PhD (Canada)
John Fleetham, MD, FRCP(C) (Canada)
Reut Gruber, PhD (Canada)

Yuichi Inoue, MD (Japan)
Clete Kushida, MD, PhD (USA)
Allan O'Bryan (USA)
Thomas Penzel, PhD (Germany)
Dalva Poyares, MD, PhD (Brazil)

“World Sleep 2019 provided an opportunity to network with top sleep experts throughout the world, share clinical and/or research ideas, and disseminate their own patient or study findings on a worldwide stage.”

*- Charles M. Morin, PhD,
President, World Sleep Society
(2017-2019)*

CONGRESS ATTENDEES & PROFIT





MENTORING & TRAINING SLEEP RESEARCH LEADERS

In 2019, World Sleep Society developed the **International Sleep Research Training Program (ISRTP)**. The overarching goal of the program is to prepare sleep trainees from various countries throughout the world for future leadership in basic and/or clinical sleep research.

ISRTP provides an opportunity for trainees, especially those in developing countries, to train at major academic institutions so they can acquire sleep research skills and observe management of patients with sleep disorders

from experienced scientists and clinicians. In turn, the program will foster a cohort of future sleep research leaders who will keep the field of sleep research and medicine vibrant with their ideas, plans and goals.

The trainees were selected and matched with sleep research mentors at host academic institutions.

The next class of Mentors and Mentees will be selected in January 2020.

INAUGURAL CLASS OF 2020 SELECTED & MATCHED



Leila Emami, MD (Iran)
Mentoring at University of Sydney:
Woolcock Institute of Medical Research



Wenjing (Athena) Wang, MD (China)
Mentoring at Stanford University: Division
of Sleep Medicine



Hyeon Jin Kim, MD (Republic of Korea)
Mentoring at Harvard University:
Division of Sleep Medicine at
Harvard Medical School



Liyue (Adell) Xu, MD (China)
Mentoring at University of Pennsylvania:
Center for Sleep & Circadian
Neurobiology



Ximena Omlin, PhD (United Kingdom)
Mentoring at University of Oxford:
Sleep and Circadian Neuroscience Institute



I am a board-certified anesthesiologist and sleep specialist working in one of the main teaching hospitals of Tehran University in Iran. I had been a Post-Doctoral Researcher in division of sleep medicine, University of Chicago and Neuroanesthesia lab of UCSF.

I am really excited to join ISRTP to connect to major academic institutions to fulfill my dream to grow as a mentor and research leader in the field of sleep medicine.

- Leila Emami, MD (Iran) | Inaugural Sleep Research Trainee Class of 2020



MEMBERSHIP

In 2019, World Sleep Society's global representation was 14,000 sleep professionals, with 1,402 being individual World Sleep Society memberships and 38 being Associate Society Members with regional membership rosters included in our reach.

All individual memberships include the following benefits:

- Access to international standards, best practices and current research in the field of sleep medicine
- Access to *Sleep Medicine* journal (all memberships receive online and app access; full membership also includes printed journal)
- Discount pricing for the biennial World Sleep Congress
- Inclusion in and access to the World Sleep online directory of sleep medicine professionals around the globe
- Eligibility to serve on committees
- Eligibility to participate and vote in general assembly meetings
- Use the "International Sleep Specialist" designee after successfully passing the Sleep Medicine Examination



625
individual
memberships

2015

346
individual
memberships

2016

920
individual
memberships

2017

200
individual
memberships

2018

1,402
individual
memberships

2019

ASSOCIATE SOCIETY MEMBERS

The fundamental mission of World Sleep Society (WSS) is to advance sleep health worldwide. In an effort to increase global awareness of sleep issues, WSS has formed a relationship with the following national sleep societies or regional federations.

FOUNDING MEMBERS

- Asian Sleep Research Society
- Australasian Sleep Association
- Canadian Sleep Society
- European Sleep Research Society
- Federation of Latin American Sleep Societies
- Sleep Research Society

MEMBERS SINCE 2015

- Taiwan Society of Sleep Medicine
- Czech Sleep Research and Sleep Medicine Society
- German Sleep Society
- Russian Society of Somnologists
- Serbian Sleep Society
- Turkish Sleep Medicine Society
- British Sleep Society
- French Society for Sleep Research and Sleep Medicine
- Finnish Sleep Research Society

MEMBERS SINCE 2016

- Israel Sleep Society
- Peruvian Association of Sleep Medicine
- Romanian Association for Pediatric Sleep Disorders
- Sleep and Wakefulness Medicine Moroccan Federation
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Indian Society for Sleep Research

MEMBERS SINCE 2017

- Asian Society of Sleep Medicine
- Japanese Society of Sleep Research
- South East Asian Academy of Sleep Medicine
- Australasian Sleep Technologist Association
- Integrated Sleep Medicine Society Japan
- International Restless Legs Syndrome Study Group

MEMBERS SINCE 2018

- Georgian Sleep Research and Sleep Medicine Society
- International Pediatric Sleep Association
- Indian Association of Surgeons for Sleep Apnoea
- Austrian Sleep Research Association
- Brazilian Sleep Society
- European Academy of Dental Sleep Medicine
- Hong Kong Society of Sleep Medicine

MEMBERS SINCE 2019

- ASEAN Sleep Federation
- European Restless Legs Syndrome
- Minnesota Sleep Society
- American Academy of Sleep Medicine

22
society
memberships

2015

22
society
memberships

2016

28
society
memberships

2017

33
society
memberships

2018

38
society
memberships

2019

ENDORSED MEETINGS

ENDORSED SOCIETY MEETINGS

In 2019, WSS endorsed more than **30 sleep meetings and conferences around the world**. World Sleep Society strives to provide information, increase awareness, and champion advocacy on sleep and its disorders amongst both healthcare workers and the general public. In an effort to raise awareness, we promote sleep meetings around the world.



2019 Brazilian Sleep Society Meeting in Rio de Janeiro, Brazil



2019 Chinese Sleep Research Society Symposium in Dalat City, Vietnam in 2019

Upcoming Society & Endorsed Meetings

Meetings are listed in order of event date.

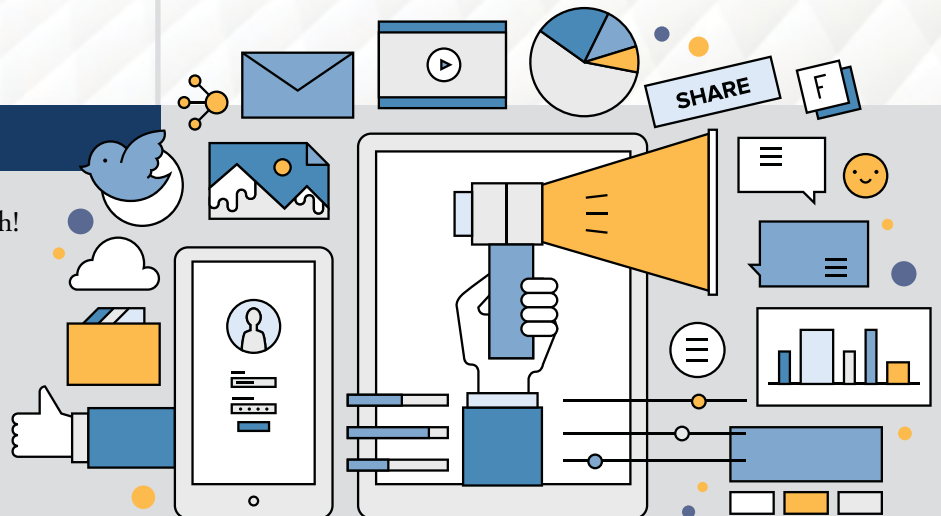
- 4th International Sleep Update 2020 by Ace School of Sleep MedicineFebruary 22-23, 2020
- INDIA SLEEP SHOW 2020 – Sleep For All (ISSR).....March 13-14, 2020
- SLEEP 2020 in PhiladelphiaJune 13-17, 2020
- IPSA 2020 (International Pediatric Sleep Association) in Brisbane.....October 21-24, 2020
- SLEEP 2021 in Seattle.....June 12-16, 2021
- World Sleep 2021 in Brazil.....September 10-15, 2021
- SLEEP 2022 in CharlotteJune 4-8, 2022
- SLEEP 2023 in Indianapolis.....June 3-7, 2023
- SLEEP 2024 in HoustonJune 8-12, 2024

If your society has an upcoming meeting and would like to list it with us, learn more about our endorsed meetings at worldsleepsociety.org/membership/societymembership/meetings.

GROWTH IN OUTREACH

It's an exciting time in sleep medicine and research! From 2016 through 2019, World Sleep Society's growth has been noteworthy. Our World Sleep Congress attendance increased **33.8%**.

Our digital mailing list saw an **80% increase** in opt-ins. And in social media, our Twitter page **grew 191%** and Facebook followers increased **over 53%**.



SLEEP MEDICINE EXAM

World Sleep Society SLEEP MEDICINE EXAMINATION

The Sleep Medicine Examination was available for qualified candidates during World Sleep 2019 in Vancouver, Canada. Candidates were given four hours to successfully complete the 150-question exam to be awarded the International Sleep Specialist designation.



Dalat City, Vietnam in 2019

In 2019, 76 candidates passed the exam. Developed in accordance with our mission to advance sleep health worldwide, the overarching goal of the exam is to provide an opportunity for individuals, especially those in underserved countries, to earn the sleep specialist designation.



Dalat City, Vietnam in 2019

Exams were also hosted by the Indian Society for Sleep Research (ISSR) in New Delhi, India, South East Asian Regional Academy of Sleep Medicine (SEAASM) in Gurgaon, India and ASEAN Sleep Federation in Dalat City, Vietnam in 2019.

To learn more about the exams and to view the 2019 award recipients, visit worldsleepsociety.org/programs/examination.


STATEMENT OF FINANCIAL POSITION


ASSETS	2015	2016	2017	2018	2019
Cash and Cash Equivalents	\$376,530	\$159,362	\$818,193	\$554,707	\$1,635,457
Accounts Receivable, Net	\$-	\$7,500	\$48,348	\$96,447	\$7,108
Related Party Receivable	\$25,000	\$16,892	\$16,892	\$16,892	\$16,892
Prepaid Expenses	\$-	\$49,950	\$7,294	\$-	\$-
Total Assets	\$401,530	\$233,704	\$890,727	\$668,046	\$1,659,457
LIABILITIES					
Accounts Payable	\$700	\$-	\$96,168	\$53,040	\$99,365
Accrued Expenses	\$-	\$-	\$27,684	\$-	\$-
Deferred Revenue	\$-	\$23,592	\$-	\$144,874	\$11,433
Note payable to WASM	\$400,000	\$400,000	\$-	\$-	\$-
Total Liabilities	\$400,700	\$423,592	\$123,852	\$197,914	\$110,797
NET ASSETS					
Unrestricted & Restricted	\$830	\$189,888	\$766,875	\$470,132	\$1,548,660
Total Liabilities & Net Assets	\$401,530	\$233,704	\$890,727	\$668,046	\$1,659,457

STATEMENT OF ACTIVITIES (YEAR ENDED DECEMBER 31)

REVENUES	2015	2016	2017	2018	2019
<i>Unrestricted</i>					
Conferences			\$1,290,332	\$-	\$2,126,419
Membership			\$40,120	\$21,578	\$70,843
Other Revenue	\$985	\$22,500	\$9,240	\$40,740	\$34,950
Interest Income	\$49	\$100	\$184	\$2,215	\$7,713
Forgiveness of Debt			\$418,727		
Total Revenues	\$1,034	\$22,600	\$1,758,603	\$64,533	\$2,239,925
EXPENSES					
Program Services	\$-	\$213,318	\$783,037	\$343,508	\$1,247,071
Management & General	\$204	\$-	\$18,803	\$26,482	\$38,657
Total Expenses	\$204	\$213,318	\$801,840	\$369,990	\$1,285,728
<i>Change In Unrestricted Net Assets</i>	\$830	\$(190,718)	\$956,763	\$(305,457)	\$954,197
<i>Temporarily Restrcted Net Assets</i>					
Contributions			\$-	\$25,000	\$130,400
Satisfaction of restrictions			\$-	\$(16,286)	\$(6,069)
<i>Change In Restricted Net Assets</i>	\$-	\$-	\$-	\$8,714	\$124,331
Total Change in Net Assets	\$830	\$(190,718)	\$956,763	\$(296,743)	\$1,078,528
Net Assets - Beginning of Year	\$-	\$830	\$(189,888)	\$766,875	\$470,132
NET ASSETS - END OF YEAR	\$830	\$(189,888)	\$766,875	\$470,132	\$1,548,660

CONNECT WITH US

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

 +1-507-316-0084

 info@worldsleepsociety.org

 worldsleepsociety.org

 twitter.com/_WorldSleep

 facebook.com/wasmf


WORLD
SLEEP
SOCIETY

To learn more about the financials of World Sleep Society, visit worldsleepsociety.org/about/annualreport.

SAVE
THE
DATE



WORLD
SLEEP

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

WORLD SLEEP

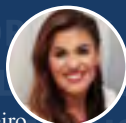
september 10-15 | 2021 **rio de janeiro**
BRAZIL



INVITATION TO ATTEND



“Join us at World Sleep 2021 to discover and share the finest and most recent science of sleep, state-of-the-art Sleep Medicine & Research—all in one of the most beautiful cities of the world, Rio de Janeiro, Brazil.”
– Birgit Högl, MD (Austria), President, World Sleep Society



“On behalf of the Brazilian Sleep Society, it is my privilege to invite you to visit the wonderful city, Rio de Janeiro. Yes, it will be days of much study and professional growth, but also will be days of fellowship.”
– Andrea Bacelar, MD (Brazil), President, Brazilian Sleep Society

CALL FOR SCIENCE



WORLDSLEEPCONGRESS.COM