

JOIN US ONLINE TO HEAR THE LATEST IN SLEEP MEDICINE & RESEARCH  
DECEMBER 3-5, 2020 AND CONTINUING THROUGH DECEMBER 2021

# 2021 WORLD SLEEP VIRTUAL MEETING

- ASIAN SLEEP RESEARCH SOCIETY • AUSTRALASIAN SLEEP ASSOCIATION • CANADIAN SLEEP SOCIETY
- EUROPEAN SLEEP RESEARCH SOCIETY • FEDERATION OF LATIN AMERICAN SLEEP SOCIETIES • SLEEP RESEARCH SOCIETY
- 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 • 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 • ASIAN SOCIETY OF SLEEP MEDICINE • JAPANESE SOCIETY OF SLEEP RESEARCH
- SOUTH EAST ASIAN ACADEMY OF SLEEP MEDICINE • AUSTRALIA AND NEW ZEALAND SLEEP SCIENCE ASSOCIATION
- INTEGRATED SLEEP MEDICINE SOCIETY JAPAN • INTERNATIONAL RESTLESS LEGS SYNDROME STUDY GROUP • 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 • ASEAN SLEEP FEDERATION • EUROPEAN RESTLESS LEGS SYNDROME
- MINNESOTA SLEEP SOCIETY • AMERICAN ACADEMY OF SLEEP MEDICINE • CHINESE SLEEP RESEARCH SOCIETY
- CMDASM -CHINESE MEDICAL DOCTOR ASSOCIATION SLEEP MEDICINE SPECIALIZED COMMITTEE • CANADIAN SLEEP AND CIRCADIAN NETWORK
- PORTUGUESE SLEEP ASSOCIATION • INDIAN SLEEP DISORDERS ASSOCIATION
- ITALIAN ASSOCIATION OF SLEEP MEDICINE

 **WORLD SLEEP SOCIETY**  
*Advancing Sleep Health Worldwide*



# *Scientific Program*

World Sleep Society & the Italian Association of Sleep Medicine  
Present the Best of Sleep Medicine & Research

March 11-16 **2022**  
**WORLD SLEEP**  
*Rome • Italy*



[WORLDLEEPCONGRESS.COM](http://WORLDLEEPCONGRESS.COM)



“Join us in Rome, Italy for World Sleep 2022 to discover and share the finest and most recent sleep medicine & research.”

– Birgit Högl, MD (Austria), President, World Sleep Society

**SAVE THE DATE**

**WORLD SLEEP SOCIETY**  
Advancing Sleep Health Worldwide



**A.I.M.S.** Associazione Italiana  
di Medicina del Sonno

# Welcome

*Dear Colleagues,*

Thank you for joining us at our **World Sleep Virtual Meeting**, starting with sessions on **December 3-5, 2020 and continuing through December 2021**. Throughout the year, we will be providing our virtual meeting software to our society members, giving them the ability to post content and hold national and regional meetings online.

Our December 3-5, 2020 virtual congress will showcase the software, provide the latest updates on sleep medicine and allow our members to view our on demand recorded content plus submitted society content until December 2021.

This is a **new initiative** of our society. We understand that our members are looking for quality content and networking with colleagues during this unusual time. In addition to the program, we will highlight virtual exhibitor booth space, virtual presentation rooms and Q&A sessions.

We are committed to being transparent through this process and to work with our members, speakers, sponsors and exhibitors to provide **quality meeting opportunities**. The cost to attend is free to current members. We hope you will join us in 2021 virtually and in-person in 2022.

Sincerely,



Birgit Högl, MD  
*President, World Sleep Society*

P.S. Due to the COVID-19 pandemic, our World Sleep 2021 congress has been postponed until March 11-16, 2022 and will be held in Rome, Italy.

## 2021 PROGRAM COMMITTEE



**BIRGIT HÖGL, MD**  
Sleep Disorders Clinic,  
Department of Neurology  
Medical University of  
Innsbruck (*Austria*)



**YUICHI INOUE, MD**  
Department of Psychiatry,  
Department of Somnology,  
Tokyo Medical University  
Yoyogi Sleep Disorder  
Center, Japan Somnology  
Center (*Japan*)



**CLETE KUSHIDA, MD, PhD**  
Division of Sleep Medicine,  
Department of Psychiatry  
and Behavioral Sciences,  
Stanford University Medical  
Center (*United States*)



**CHARLES M. MORIN, PhD**  
School of Psychology and  
Sleep Research Centre,  
Université Laval (*Canada*)



**PHYLLIS ZEE, MD, PhD**  
Center for Circadian  
and Sleep Medicine  
Northwestern University,  
Feinberg School of Medicine  
(*United States*)

# General Information

## ABOUT

World Sleep 2021 is a virtual congress that launches with a live program on December 3-5, 2020, and continues periodically through December 2021. Content is developed by our program committee; our individual and associate societies will also contribute content throughout 2021.

## COST

*For access from December 2020 through December 2021.*

World Sleep Society Members	No cost
Associate Society Members	No cost
Non-members	A one-time registration fee of \$29 (USD)

## SCIENTIFIC OVERVIEW

For the most current and up-to-date content visit [worldsleepsociety.org/2021-virtual-meeting](https://worldsleepsociety.org/2021-virtual-meeting).


## HOW TO ATTEND

After registering, a confirmation email will be sent to you. A few days before the event, you will receive a separate email from InEvent with your personal event access link. Your link is unique to you and cannot be shared with others. The link will be sent out again before the February & June sessions as a reminder.



## CONTACT INFORMATION

World Sleep Society  
3270 19th Street NW, Suite 109  
Rochester, MN 55901

 +1-507-316-0084

 [info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)

 [worldsleepsociety.org](https://worldsleepsociety.org)

## REGISTRATION QUESTIONS

Email [info@worldsleepsociety.org](mailto:info@worldsleepsociety.org) or visit [worldsleepsociety.org/2021-virtual-meeting](https://worldsleepsociety.org/2021-virtual-meeting)

## SCIENTIFIC CONTENT QUESTIONS

Angie Granum  
[granum@worldsleepsociety.org](mailto:granum@worldsleepsociety.org)

## EXHIBITOR & SPONSOR QUESTIONS

Allan O'Bryan  
[obryan@worldsleepsociety.org](mailto:obryan@worldsleepsociety.org)



# Sponsor Overview

World Sleep 2021 includes the following industry supported symposia with the program.

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at [timeanddate.com](http://timeanddate.com).

## DECEMBER 4, 2020 VIRTUAL MEETING

### JAZZ PHARMACEUTICALS SPONSORED SYMPOSIUM: REAWAKENING EXCESSIVE DAYTIME SLEEPINESS IN NARCOLEPSY AND OSA

For the most current and latest updates in our industry symposia visit [worldsleepsociety.org/2021-virtual-meeting](http://worldsleepsociety.org/2021-virtual-meeting).

6:00pm - 6:05pm

#### **Welcome and Introduction**

Alejandro Iranzo (Spain)

6:05pm - 6:18pm

#### **The burden and impact of excessive daytime sleepiness: How best to recognize and how soon to act**

Alejandro Iranzo (Spain) and Poul Jennum (Denmark)

6:18pm - 6:31pm

#### **A new therapy for excessive daytime sleepiness in patients with obstructive sleep apnoea or narcolepsy**

Geert Mayer (Germany)

6:31pm - 6:52pm

#### **Expert insights from real-world experience**

Rick Bogan (United States)

### JAZZ PHARMACEUTICALS: MEET THE EXPERT SESSION

7:00pm - 7:30pm

#### **Jazz Pharmaceuticals: Meet the expert**

Alejandro Iranzo (Spain), Poul Jennum (Denmark),  
Geert Mayer (Germany)

These sessions have been organised and funded by Jazz Pharmaceuticals for healthcare professionals only. They contain promotional content and prescribing information will be available at both sessions.

INT-SOL-2000296  
November 2020



[jazzpharma.com](http://jazzpharma.com)

Jazz Pharmaceuticals plc is a global biopharmaceutical company dedicated to developing life-changing medicines for people with limited or no options, so they can live their lives more fully. As a leader in sleep medicine and with a growing hematology/oncology portfolio, Jazz is focused on transforming biopharmaceutical discoveries into novel medicines.



# Thank You to Our Supporters

## GOLD SPONSOR



[jazzpharma.com](http://jazzpharma.com)

Jazz Pharmaceuticals plc is a global biopharmaceutical company dedicated to developing life-changing medicines for people with limited or no options, so they can live their lives more fully. As a leader in sleep medicine and with a growing hematology/oncology portfolio, Jazz is focused on transforming biopharmaceutical discoveries into novel medicines.

## EXHIBITORS



[cadwell.com](http://cadwell.com)

Cadwell Industries, Inc. has designed and manufactured neurodiagnostic and neuromonitoring systems since 1979. Customer input, employee expertise and American-made components are built into our EEG, EMG/EP, IONM, Sleep, Data Management, and Neuro Consumables. Cadwell values innovation, product quality, intuitive usability, and outstanding customer support. Cadwell: Helping you help others.



[pedsleep.org](http://pedsleep.org)

The International Pediatric Sleep Association is committed to offering you the premier event on pediatric sleep. Although we would have loved to host the IPSA Congress in Brisbane, we have opted to pivot our event to a digital platform. We hope you will join us at IPSA ONLINE from the comfort of your home or office on February 5-6, 2021.

## INTERNATIONAL MASTER IN SLEEP MEDICINE ENGLISH-ONLINE

2021 - 2022



[sleepinstitute.eu/master-in-sleep-medicine](http://sleepinstitute.eu/master-in-sleep-medicine)

The Sleep Institute, in collaboration with the European University in Madrid, has developed a virtual master in sleep medicine serving as a preparation tool for those planning to take the European ESRS examination or other certification—without career interruption. Once completed, an internship at any of our clinics under the direction of Diego García-Borreguero, MD is possible. The master in sleep medicine lasts 11 months (60 ECTS credits) and is led by American and European experts from various areas (pulmonology, ENT, pediatrics, CBT, etc.). Students will be certified by the European University and by the Sleep Institute.



[irlssg.org](http://irlssg.org)

International RLS Study Group (IRLSSG) is a nonprofit organization of professionals committed to advancing basic and clinical research of restless legs syndrome (RLS). IRLSSG works together to provide scientific and medical information to professionals and the public.



# ip<sup>s</sup>a ONLINE

FEBRUARY 5-6 • 2021

*The 6th congress of the International Pediatric Sleep Association*

## Keynotes



**BETH MALOW, MD, MS** (United States)  
Vanderbilt University Medical Center

*Developmental disabilities and sleep:  
Interrelationships, impact, and new directions*



**ALBERT MARTIN LI, MD, MB ChB, FRCPCH** (Hong Kong)  
Chinese University of Hong Kong

*Natural progression of obstructive sleep apnea (OSA):  
Does baseline disease status predict adulthood  
cardiovascular outcomes?*

# 65 HOURS

*65 Hours of Scientific  
Content in Program*

- 2 KEYNOTES
- 24 SYMPOSIA
- 4 COURSES
- 2 SPECIAL WORKSHOPS
- 31 ORAL ABSTRACTS
- 59 POSTER ABSTRACTS
- BREAK OUT DISCUSSIONS



*All content available  
on demand until  
June 1, 2021*

Presented by



[www.pedsleep.org](http://www.pedsleep.org)

**REGISTER TO ATTEND AT PIDSLEEP.ORG**



# Schedule at a Glance

Program Start Time by Time Zone

	Dec 3	Dec 4	Dec 5		
<b>PROGRAM DAY 1</b>	<b>UTC (-8)</b>	<b>UTC (- 5)</b>	<b>UTC (0)</b>	<b>UTC (+8)</b>	<b>UTC (+11)</b>
<b>SESSION TITLE</b>	San Francisco	New York City	London	Hong Kong	Sydney
WELCOME	8:00am	11:00am	4:00pm	12:00am	3:00am
CLINICAL PRACTICE UPDATE	8:15am	11:15am	4:15pm	12:15am	3:15am
DENTAL SLEEP MEDICINE	9:45am	12:45pm	5:45pm	1:45am	4:45am
SLEEP DEPRIVATION	10:15am	1:15pm	6:15pm	2:15am	5:15am
MENTAL HEALTH	11:30am	2:30pm	7:30pm	3:30am	6:30am
FATIGUE & ALERTNESS	1:15pm	4:15pm	9:15pm	5:15am	8:15am
SURGERY FOR OSA & SNORING	3:45pm	6:45pm	11:45pm	7:45am	10:45am
<b>PROGRAM DAY 2</b>					
JAZZ PHARMACEUTICALS SPONSORED SYMPOSIUM	10:00am	1:00pm	6:00pm	2:00am	5:00am
JAZZ PHARMACEUTICALS: MEET THE EXPERT SESSION	11:00am	2:00pm	7:00pm	3:00am	6:00am
INTRODUCTION TO IS RTP	11:30am	2:30pm	7:30pm	3:30am	6:30am
CIRCADIAN RHYTHM SLEEP-WAKE DISORDERS	12:00pm	3:00pm	8:00pm	4:00am	7:00am
OSA DIAGNOSIS & MANAGEMENT	2:00pm	5:00pm	10:00pm	6:00am	9:00am

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at [timeanddate.com](http://timeanddate.com).



# Speakers

Speakers listed in alphabetical order.

**GHIZLANE AARAB**  
(Netherlands)

**MARK HOWARD**  
(Australia)

**ALLAN O'BRYAN**  
(United States)

**TRACEY SLETTEN**  
(Australia)

**SABRA ABBOTT**  
(United States)

**MARY IP**  
(Hong Kong)

**JASON ONG**  
(United States)

**LUIGI TARANTO  
MONTEMURRO**  
(United States)

**TODD ARNETT**  
(United States)

**ALEJANDRO IRANZO**  
(Spain)

**ALLAN PACK**  
(United States)

**HANS VAN DONGEN**  
(United States)

**LAURA BARGER**  
(United States)

**POUL JENNUM**  
(Denmark)

**THOMAS PENZEL**  
(Germany)

**ALEKSANDAR VIDENOVIC**  
(United States)

**RICK BOGAN**  
(United States)

**CLETE KUSHIDA**  
(United States)

**BEN PLISKA**  
(Canada)

**GRACE VINCENT**  
(Australia)

**PETER CISTULLI**  
(Australia)

**SIMON KYLE**  
(United Kingdom)

**DALVA POYARES**  
(Brazil)

**ADELL XU**  
(China)

**YVES DAUVILLIERS**  
(France)

**MATTHEW MAAS**  
(United States)

**SHANTHA RAJARATNAM**  
(Australia)

**BRENDON YEE**  
(Australia)

**LOURDES DELROSSO**  
(United States)

**STUART MACKAY**  
(Australia)

**WINFRIED RANERATH**  
(Germany)

**PHYLLIS ZEE**  
(United States)

**CLAIRE ELLENDER**  
(Australia)

**GEERT MAYER**  
(Germany)

**SUSAN REDLINE**  
(United States)

**ERIN FLYNN-EVANS**  
(United States)

**TIMOTHY MORGENTHAUER**  
(United States)

**LEON ROSENTHAL**  
(United States)

**NAMNI GOEL**  
(United States)

**MIKE MUTCHSHELKNAUS**  
(United States)

\* Additional speakers will be added throughout 2021.

\*\* Revised as of December 1, 2020.

**BIRGIT HÖGL**  
(AUSTRIA)



# December 3, 2020 Virtual Meeting

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at [timeanddate.com](http://timeanddate.com).

## WELCOME

4:00pm - 4:15pm

### Welcome

Allan O'Bryan (United States) and Birgit Högl (Austria)

## CLINICAL PRACTICE UPDATES

4:15pm - 4:50pm

### Central Hypersomnolence Disorders: Best practices and management

Yves Dauvilliers (France)

4:50pm - 5:20pm

### Adult OSA and CPAP treatment and use of actigraphy

Timothy Morgenthaler (United States)

5:20pm - 5:45pm

### Updates in pediatric sleep 2020

Lourdes DelRosso (United States)

## DENTAL SLEEP MEDICINE

5:45pm - 6:15pm

### Redefinition of dental sleep medicine

Ghizlane Aarab (Netherlands)

## SLEEP DEPRIVATION

6:15pm - 7:00pm

### Sleep deprivation in adults: Individual differences and biomarkers

Namni Goel (United States)

## MENTAL HEALTH

7:30pm - 8:10pm

### Sleep disorders and substance abuse

Todd Arnedt (United States)

8:10pm - 8:45pm

### Sleep and mindfulness

Jason Ong (United States)

## FATIGUE AND ALERTNESS

9:15pm - 9:45pm

### Road traffic accidents

Mark Howard (Australia)

9:45pm - 10:25pm

### Sleep and alertness in the workplace

Grace Vincent (Australia)

10:25pm - 10:55pm

### Circadian misalignment and sleep during the Antarctic winter

Tracey Sletten (Australia)

10:55pm - 11:20pm

### Sleep and circadian challenges beyond earth

Laura Barger (United States)

11:20pm - 11:45pm

### Caffeine

Hans Van Dongen (United States)

## SURGERY FOR OSA & SNORING

11:45pm - 12:15am

### Surgery for patients with OSA and snoring

Stuart Mackay (Australia)

# December 4, 2020 Virtual Meeting

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at [timeanddate.com](http://timeanddate.com).

## JAZZ PHARMACEUTICALS SPONSORED SYMPOSIUM: REAWAKENING EXCESSIVE DAYTIME SLEEPINESS IN NARCOLEPSY AND OSA

For the most current and latest updates in our industry symposia visit [worldsleepsociety.org/2021-virtual-meeting](http://worldsleepsociety.org/2021-virtual-meeting).

6:00pm - 6:05pm

### Welcome and Introduction

Alejandro Iranzo (Spain)

6:05pm - 6:18pm

### The burden and impact of excessive daytime sleepiness: How best to recognize and how soon to act

Alejandro Iranzo (Spain) and Poul Jennum (Denmark)

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### A new therapy for excessive daytime sleepiness in patients with obstructive sleep apnoea or narcolepsy

Geert Mayer (Germany)

6:31pm - 6:52pm

### Expert insights from real-world experience

Rick Bogan (United States)

## JAZZ PHARMACEUTICALS: MEET THE EXPERT SESSION

7:00pm - 7:30pm

### Jazz Pharmaceuticals: Meet the expert

Alejandro Iranzo (Spain), Poul Jennum (Denmark), Geert Mayer (Germany)

These sessions have been organised and funded by Jazz Pharmaceuticals for healthcare professionals only. They contain promotional content and prescribing information will be available at both sessions.

INT-SOL-2000296  
November 2020

## INTRODUCTION TO INTERNATIONAL SLEEP RESEARCH TRAINEE PROGRAM (IS RTP)

7:30pm - 7:50pm

### IS RTP program and fellowship opportunities

Clete Kushida (United States), Mike Mutschelknaus (United States), Allan O'Bryan (United States)

## CIRCADIAN RHYTHM SLEEP-WAKE DISORDERS

8:00pm - 8:30pm

### Delayed sleep wake phase disorder and non-24 hour-sleep wake rhythm

Sabra Abbott (United States)

8:30pm - 9:00pm

### Circadian rhythm and ICU

Matthew Maas (United States)

9:00pm - 9:35pm

### Circadian rhythm in neurodegeneration

Aleksandar Videnovic (United States)

9:35pm - 10:00pm

### International Association of Circadian Health Clinics

Shantha Rajaratnam (Australia)

## OSA DIAGNOSIS & MANAGEMENT

10:00pm - 10:30pm

### Oral appliances

Peter Cistulli (Australia)

10:30pm - 11:00pm

### Different clinical subtypes

Allan Pack (United States)

11:00pm - 11:30pm

### Pharmacotherapy for OSA

Luigi Taranto Montemurro (United States)

11:30pm - 12:00am

### How effective is CPAP?

Claire Ellender (Australia)

12:00am - 12:30am

### Oral appliances for children

Ben Pliska (Canada)

## NETWORKING & CLOSING REMARKS

12:30am - 1:00am

### Networking & closing remarks

Allan O'Bryan (United States)

# On Demand Content

## WORLD SLEEP SOCIETY'S (WSS) ENDORSEMENT & DISCUSSION OF EXISTING SLEEP MEDICINE GUIDELINES

### Introduction of WSS endorsements

Clete Kushida (United States)

### Insomnia: Endorsement of European guidelines for the diagnosis and treatment of insomnia

Dalva Poyares (Brazil)

### Narcolepsy: 2018 worldwide survey of healthcare providers caring for patients with narcolepsy

Leon Rosenthal (United States)

## INTERNATIONAL SLEEP RESEARCH TRAINEE PROGRAM (ISRTP)

### ISRTP program and fellowship opportunities

Clete Kushida (United States)

### Content and overview of curriculum

Mike Mutschelknaus (United States)

### How to apply to ISRTP

Allan O'Bryan (United States)

## COLLECTION OF 2020 SPEAKERS

### How I got started in research

Allan Pack (United States)

### Writing and publishing in *Sleep Medicine*

Winfried Randerath (Germany)

### Research methodology

Susan Redline (United States)

### Research perspectives on OSA in Chinese

Mary Ip (Hong Kong)

### Future of sleep medicine

Thomas Penzel (Germany)

### Astronaut sleep duration, hypnotic use and circadian misalignment in space

Erin Flynn-Evans (United States)

## ISRTP TRAINEE SITE OPPORTUNITIES

### Stanford University | Sleep research opportunities

Clete Kushida (United States)

### University of Pennsylvania | Sleep research opportunities

Allan Pack (United States)

### University of Sydney | Sleep research opportunities

Brendon Yee (Australia)

### Charité University Hospital Berlin | Sleep research opportunities

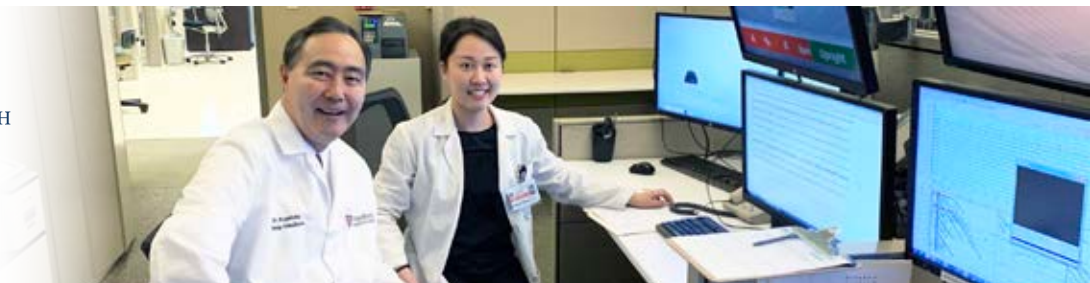
Thomas Penzel (Germany)

### University of Oxford | Sleep research opportunities

Simon Kyle (United Kingdom)

### Current trainee experience

Adell Xu (China)



# Future Virtual Meetings

Additional presentations and content to be announced as program develops.

## February 18, 2021 Virtual Meeting

### HEALTHIER SLEEP

Healthy sleep overview

Nutrition, exercise and sleep

Long-haul Qantas pilot data

Daylight saving time impact and recommendations

COVID-19 and sleep disorders

### RESTLESS SLEEP DISORDER (RSD)

Literature review

Consensus diagnostic criteria

Sleep disruption and daytime symptoms in children with RSD

Treatment of RSD

### RWA AND RBD DIAGNOSIS & TREATMENT

### RLS DEVELOPMENTS & TREATMENTS

## June 24, 2021 Virtual Meeting

### 2021 YEAR IN REVIEW & TRENDS

### TECHNOLOGY, TELEMEDICINE & ARTIFICIAL INTELLIGENCE

### DENTAL SLEEP MEDICINE

### BASIC SCIENCE

### 2021 RESEARCH TRENDS

## September 2021 Virtual Meeting

and

## December 2021 Virtual Meeting

Content to be announced...

# HEALTHIER sleep



## YOUR TRUSTED SOURCE FOR IMPROVING SLEEP

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### UPCOMING ISSUE TOPICS

- HEALTHY SLEEP
- SLEEP DISORDERS
- INSOMNIA
- HYPERSOMNIA & NARCOLEPSY
- RESTLESS LEGS SYNDROME
- SNORING & OSA

### IN EVERY ISSUE



**The BuZZ**  
about Sleep



**Ask the**  
Sleep Doc



**Bedtime**  
Reads



**Right Now in**  
Sleep Science

*Healthier Sleep* is published up to six times per year by World Sleep Society. World Sleep Society is a membership organization for professionals working in the field of sleep medicine and research with a mission to advance sleep health worldwide.

### CONTACT US



For more information or to subscribe, visit [Healthiersleepmag.com](https://www.healthiersleepmag.com).



For questions, contact [healthiersleep@worldsleepsociety.org](mailto:healthiersleep@worldsleepsociety.org).

WORLD  
SLEEP  
SOCIETY



Guatemala

Brazil

India

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Romania

# World Sleep Day<sup>®</sup>

Hosted by World Sleep Society

**MARCH 19, 2021** **REGULAR SLEEP**  
**HEALTHY FUTURE**



## ABOUT

World Sleep Day is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep.

Hosted by World Sleep Society, it is an opportunity for sleep experts to **inform the public about the importance of sleep** in all aspects of health.



## BECOME A DELEGATE

Become one of the hundreds of delegates representing 88 countries and help raise awareness of **#WorldSleepDay**.



## PLAN AN ACTIVITY

Join World Sleep Day and contribute to improving and facilitating sleep health around the world by carrying out an awareness activity.

Virtual and online activities are suggested in 2021.

For examples of activities and for more information visit **worldsleepday.org**.



[worldsleepday.org](http://worldsleepday.org)



[twitter.com/\\_WorldSleep](https://twitter.com/_WorldSleep)



[facebook.com/wasmf](https://facebook.com/wasmf)



## 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.

For more information visit **worldsleepsociety.org**.