

JOIN US ONLINE TO HEAR THE LATEST IN SLEEP MEDICINE & RESEARCH
FEBRUARY 18, 2021 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
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- 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
- 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



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“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** sessions on **February 18, 2021 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 February 18, 2021 virtual congress will 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)



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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 launched with a live program on December 3-5, 2020, and will continue through December 2021. Content is developed by our program committee; our individual and associate societies will also contribute content throughout 2021.

DATES OF VIRTUAL MEETINGS

- February 18, 2021
- June 24, 2021
- September 16, 2021
- December 2, 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.

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 future sessions as a reminder.


CME FOR FEBRUARY 18, 2021 VIRTUAL MEETING

The AAFP has reviewed World Sleep Virtual Meeting and deemed it acceptable for up to 10.00 Online Only, Live AAFP Prescribed credit. Term of Approval is from 02/18/2021 to 02/18/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.




CONTACT INFORMATION

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REGISTRATION QUESTIONS

Email info@worldsleepsociety.org or visit worldsleepsociety.org/2021-virtual-meeting

SCIENTIFIC CONTENT QUESTIONS

Angie Granum
granum@worldsleepsociety.org

EXHIBITOR & SPONSOR QUESTIONS

Allan O'Bryan
obryan@worldsleepsociety.org

Rev. 2-4-21



Sponsor Overview

The following sessions are available on demand.

**FEBRUARY 18, 2021
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 worldsleeptociety.org/2021-virtual-meeting.

ON DEMAND

Welcome and Introduction

Alejandro Iranzo (Spain)

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

Alejandro Iranzo (Spain) and Poul Jennum (Denmark)

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

Geert Mayer (Germany)

Expert insights from real-world experience

Rick Bogan (United States)

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

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.



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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

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

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.



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

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.



Speakers

Speakers listed in alphabetical order.

GHIZLANE AARAB
(Netherlands)

SABRA ABBOTT
(United States)

TODD ARNETT
(United States)

LAURA BARGER
(United States)

RICK BOGAN
(United States)

OLIVIERO BRUNI
(Italy)

MATTEO CESARI
(Austria)

PETER CISTULLI
(Australia)

YVES DAUVILLIERS
(France)

LOURDES DELROSSO
(United States)

CHRIS EARLEY
(United States)

DAWN ELDER
(New Zealand)

CLAIRE ELLENDER
(Australia)

ERIN FLYNN-EVANS
(United States)

DIEGO GARCIA-BORREGUERO
(Spain)

NAMNI GOEL
(United States)

MICHAEL GRADISAR
(Australia)

CATHERINE HILL
(United Kingdom)

BIRGIT HÖGL
(Austria)

ROSEMARY HORNE
(Australia)

MARK HOWARD
(Australia)

MARY IP
(Hong Kong)

ALEJANDRO IRANZO
(Spain)

STACEY ISHMAN
(United States)

POUL JENNUM
(Denmark)

CLETE KUSHIDA
(United States)

SIMON KYLE
(United Kingdom)

ALBERT LI
(Hong Kong)

MATTHEW MAAS
(United States)

STUART MACKAY
(Australia)

ATUL MALHOTRA
(United States)

GEERT MAYER
(Germany)

TIMOTHY MORGENTHAUER
(United States)

MIKE MUTCHSHELKNAUS
(United States)

ALLAN O'BRYAN
(United States)

MICHELLE OLAITHE
(Australia)

JASON ONG
(United States)

ALLAN PACK
(United States)

THOMAS PENZEL
(Germany)

DANIEL PICCHIETTI
(United States)

GIUSEPPE PLAZZI
(Italy)

BEN PLISKA
(Canada)

DALVA POYARES
(Brazil)

FEDERICA PROVINI
(Italy)

SHANTHA RAJARATNAM
(Australia)

WINFRIED RANDEARTH
(Germany)

SUSAN REDLINE
(United States)

DENISE SHARON
(United States)

ROSALIA SILVESTRI
(Italy)

LEON ROSENTHAL
(United States)

TRACEY SLETTEN
(Australia)

**LUIGI TARANTO
MONTEMURRO**
(United States)

ERIK TILCH
(Germany)

HANS VAN DONGEN
(United States)

ALEKSANDAR VIDENOVIC
(United States)

GRACE VINCENT
(Australia)

JOHN WINKELMAN
(United States)

ALEX WOLKOW
(Australia)

ADELL XU
(China)

BRENDON YEE
(Australia)

PHYLLIS ZEE
(United States)

* Additional speakers will be added throughout 2021.

** Revised as of February 1, 2021.



February 18, 2021 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. Sessions 1-9 were included in the December program and are available to view on demand.

WELCOME

2:45pm to 3:00pm

Welcome and presentation of Christian Guilleminault Young Investigator Awards

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

SESSION 10 | 3:00PM TO 4:00PM UTC HEALTHIER SLEEP (PART 1)

Chair: Birgit Högl (Austria)

3:00pm to 3:30pm

Healthy sleep overview

Lourdes DelRosso (United States)

3:30pm to 4:00pm

Sleep Issues in COVID-19

Atul Malhotra (United States)

SESSION 11 | 4:00PM TO 5:30PM UTC RESTLESS SLEEP DISORDER IN CHILDREN: DIAGNOSIS, CONSEQUENCES AND TREATMENT



Session provided by our Associate Society Member, International Pediatric Sleep Association.

Chair: Raffaele Ferri (Italy)

4:00pm to 4:05pm

Introduction

Raffaele Ferri (Italy)

4:05pm to 4:22pm

Restless sleep and restless sleep disorder (RSD) literature review

Daniel Picchietti (United States)

4:22pm to 4:37pm

Restless sleep disorder: Consensus diagnostic criteria

Rosalia Silvestri (Italy)

4:37pm to 4:52pm

Sleep disruption and daytime symptoms in children with RSD

Oliviero Bruni (Italy)

4:52pm to 5:07pm

Treatment of restless sleep disorders

Lourdes Del Rosso (United States)

5:07pm to 5:30pm

Live panel Q&A

SESSION 12 | 5:30PM TO 6:00PM UTC ARTIFICIAL INTELLIGENCE

Chair: Célyne Bastien (Canada)

Artificial intelligence in sleep medicine and research: Past, present, and future 2021 and beyond

Matteo Cesari (Austria)

SESSION 13 | 6:00PM TO 8:40PM UTC RLS DEVELOPMENT AND TREATMENT



Session provided by our Associate Society Member, International Restless Legs Syndrome Study Group.

Chair: Rochelle Zak (United States)

6:00pm to 6:10pm

Richard Allen memorial

Chris Earley (United States)

6:10pm to 6:26pm

Iron and RLS: Biology, pathology and implications

Chris Earley (United States)

6:26pm to 6:43pm

Genetics

Erik Tilch (Germany)

6:43pm to 6:59pm

Non-pharmacological treatments for RLS

John Winkelman

6:59pm to 7:14pm

Live Q&A on iron, genetics and non-pharma

Chris Earley (United States)

Erick Tilch (Germany)

John Winkelman (United States)

Continued next page.

February 18, 2021 Virtual Meeting

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A detailed UTC map can be viewed online at timeanddate.com. Sessions 1-9 were included in the December program and are available to view on demand.

7:14pm to 7:33pm

Overview of pharmacological treatments

Diego Garcia-Borreguero (Spain)

7:33pm to 7:48pm

Problem with treatments

Denise Sharon (United States)

7:48pm to 8:07pm

Augmentation

Diego Garcia-Borreguero (Spain)

8:07pm to 8:25pm

RLS and sleep disorder comorbidities (OSA, insomnia, sleep-related eating)

Federica Provini (Italy)

8:25pm to 8:40pm

Live Q&A on pharma and comorbidities

Diego Garcia-Borreguero (Spain)

Federica Provini (Italy)

Denise Sharon (United States)

SESSION 14 | 8:45PM TO 9:45PM UTC HEALTHIER SLEEP (PART 2)

Chair: Maree Barnes (Australia)

8:45pm to 9:15pm

Sleep, stress and mental health in emergency personnel

Alex Wolkow (Australia)

9:15pm to 9:45pm

Sleep disordered breathing and depression

Michelle Olaithe (Australia)

SESSION 15 | 9:45 TO 1:10AM UTC YEAR IN REVIEW: UPDATE ON PEDIATRIC SLEEP RESEARCH



Session provided by our Associate Society Member,
International Pediatric Sleep Association.

Chairs: Rosemary Horne (Australia) and Phyllis Zee (United States)

9:45pm to 9:47pm

Welcome

Phyllis Zee (United States)

9:47pm to 9:49pm

Introduction

Rosemary Horne (Australia)

9:49pm to 10:24pm

Sleep in infancy and early childhood

Dawn Elder (New Zealand)

10:24pm 10:42pm

Sleep problems in adolescence

Michael Gradisar (Australia)

10:42pm 10:52pm

Live panel Q&A

10:52pm to 11:16pm

New research into the causes and consequences of childhood OSA

Albert Li (Hong Kong)

11:16pm to 11:53pm

Surgical treatment of childhood OSA

Stacey Ishman (United States)

11:53pm to 12:03am

Live panel Q&A

12:03am to 12:36am

Sleep in children with disabilities

Catherine Hill (United Kingdom)

12:36am to 1:00am

Updated on pediatric narcolepsy

Giuseppe Plazzi (Italy)

1:00am to 1:10am

Live panel Q&A

Now Available On Demand December 3, 2020 Virtual Meeting

The following sessions are available on demand.

SESSION 1 | CLINICAL PRACTICE UPDATES

Central Hypersomnolence Disorders: Best practices and management

Yves Dauvilliers (France)

Adult OSA and CPAP treatment and use of actigraphy

Timothy Morgenthaler (United States)

Updates in pediatric sleep 2020

Lourdes DelRosso (United States)

SESSION 2 | DENTAL SLEEP MEDICINE

Redefinition of dental sleep medicine

Ghizlane Aarab (Netherlands)

SESSION 3 | SLEEP DEPRIVATION

Sleep deprivation in adults: Individual differences and biomarkers

Namni Goel (United States)

SESSION 4 | MENTAL HEALTH

Sleep disorders and substance abuse

Todd Arnedt (United States)

Sleep and mindfulness

Jason Ong (United States)

SESSION 5 | FATIGUE AND ALERTNESS

Road traffic accidents

Mark Howard (Australia)

Sleep and alertness in the workplace

Grace Vincent (Australia)

Circadian misalignment and sleep during the Antarctic winter

Tracey Sletten (Australia)

Sleep and circadian challenges beyond earth

Laura Barger (United States)

Caffeine

Hans Van Dongen (United States)

SESSION 6 | SURGERY FOR OSA & SNORING

Surgery for patients with OSA and snoring

Stuart Mackay (Australia)

SESSION 7 | INTRODUCTION TO INTERNATIONAL SLEEP RESEARCH TRAINEE PROGRAM (ISRTP)

ISRTP program and fellowship opportunities

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

SESSION 8 | CIRCADIAN RHYTHM SLEEP-WAKE DISORDERS

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

Sabra Abbott (United States)

Circadian rhythm and ICU

Matthew Maas (United States)

Circadian rhythm in neurodegeneration

Aleksandar Videnovic (United States)

International Association of Circadian Health Clinics

Shantha Rajaratnam (Australia)

SESSION 9 | OSA DIAGNOSIS & MANAGEMENT

Oral appliances

Peter Cistulli (Australia)

Different clinical subtypes

Allan Pack (United States)

Pharmacotherapy for OSA

Luigi Taranto Montemurro (United States)

How effective is CPAP?

Claire Ellender (Australia)

Oral appliances for children

Ben Pliska (Canada)

On Demand Content

The following sessions are available on demand.

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)

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)

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)



HEALTHIER sleep



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A MAGAZINE FROM WORLD SLEEP SOCIETY

Join the 18,000 individuals, sleep clinics, hospitals and other professional sleep businesses receiving *Healthier Sleep* Magazine to their inboxes.

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Welcome to Healthier Sleep.

UPCOMING ISSUE TOPICS

- SLEEP DISORDERS
- INSOMNIA
- HYPERSOMNIA & NARCOLEPSY
- RESTLESS LEGS SYNDROME
- SNORING & OSA
- BETTER SLEEP
- FUTURE OF SLEEP

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://healthiersleepmag.com).



For questions, contact healthiersleep@worldsleeptociety.org.

WORLD
SLEEP
SOCIETY



Guatemala

Brazil

India

Russia

Romania

World Sleep Day[®]

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



twitter.com/_WorldSleep



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**.