

**JUNE 24-25, 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
- 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 • PORTUGUESE SLEEP ASSOCIATION • INDIAN SLEEP DISORDERS ASSOCIATION • ITALIAN ASSOCIATION OF SLEEP MEDICINE



## *Scientific Program*

# Welcome

Dear Colleagues,

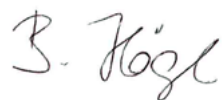
Thank you for joining us at the World Sleep Virtual Meeting. Sessions held on **June 24, 2021** will be **available on demand through December 2021**. Throughout the year, we will be providing our virtual meeting software to our society members, giving them the ability to post content and hold national and regional meetings online.

The June 24, 2021 virtual meeting features a full-day course titled “Sleep 2030,” a hybrid of the state of the field and the future of sleep medicine. International Sleep Research Training Mentees from four countries will also discuss the challenges and opportunities of global sleep medicine. Content from three associate societies will also be included: Southern Sleep Society, the International Pediatric Sleep Association, and the International Restless Legs Syndrome Study Group on June 25.

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

## 2021 PROGRAM COMMITTEE



**Birgit Högl (Austria)**  
Sleep Disorders Clinic,  
Department of Neurology  
Medical University of  
Innsbruck



**Yuichi Inoue (Japan)**  
Department of Psychiatry,  
Department of Somnology,  
Tokyo Medical University  
Yoyogi Sleep Disorder Center,  
Japan Somnology Center



**Clete Kushida (United States)**  
Division of Sleep Medicine,  
Department of Psychiatry and  
Behavioral Sciences, Stanford  
University Medical Center



**Charles M. Morin (Canada)**  
School of Psychology and  
Sleep Research Centre,  
Université Laval



**Phyllis Zee (United States)**  
Center for Circadian and  
Sleep Medicine Northwestern  
University, Feinberg School  
of Medicine

# 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 24-25, 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](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 future sessions as a reminder.

## CME FOR JUNE 24, 2021

### VIRTUAL MEETING

The AAFP has reviewed World Sleep Virtual Meeting and deemed it acceptable for up to 12.00 Online Only, Live AAFP Prescribed credit. Term of Approval is from 06/24/2021 to 06/25/2021. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



## CONTACT INFORMATION

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

+1-507-316-0084

info@worldsleepsociety.org

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)





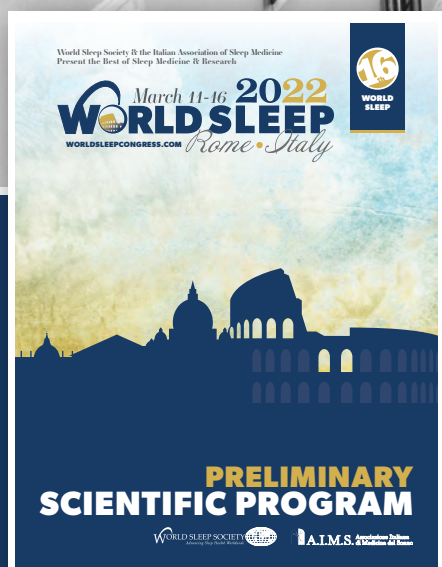
World Sleep Society & the Italian Association of Sleep Medicine  
Present the Best of Sleep Medicine & Research

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

SAVE  
THE  
DATE



WORLD  
SLEEP



**PRELIMINARY  
SCIENTIFIC PROGRAM  
NOW AVAILABLE**

VIEW ONLINE AT **WORLD SLEEP CONGRESS.COM**

# Sponsored Satellite Symposium

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).

## JAZZ PHARMACEUTICALS SATELLITE SYMPOSIUM THURSDAY, JUNE 24, 2021

*This is a promotional symposium for healthcare professionals only. Jazz Pharmaceuticals product will be discussed and prescribing information will be available.*



### EXCESSIVE DAYTIME SLEEPINESS (EDS): TAKING ON THE CHALLENGE 4:15PM TO 5:15PM UTC

#### Approaches to Treating EDS in OSA\* and Narcolepsy – Clinical Insight

Chair: Joerg Steier (United Kingdom)

4:15pm to 4:25pm

##### **Excessive Daytime Sleepiness: A Clinical Conundrum**

Joerg Steier (United Kingdom)

4:25pm to 4:45pm

##### **The patient with OSA**

Christina Lang (Germany)

4:45pm to 5:10pm

##### **The patient with Narcolepsy**

Geert Mayer (Germany)

5:10pm to 5:15pm

##### **EDS Demystified**

Joerg Steier (United Kingdom)

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

Jazz Pharmaceuticals plc is a global biopharmaceutical company dedicated to developing life-changing medicines for people with limited 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.

\*OSA – obstructive sleep apnoea

INT-SOL-2100116 | June 2021



# 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 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 an organization devoted to the promotion of pediatric sleep medicine world-wide. As such, its mission is to serve as the primary vehicle for developing, supporting and promoting global excellence in research, clinical care, education and public policy related to sleep in infants, children and adolescents.

## 2<sup>ND</sup> INTERNATIONAL MASTER IN SLEEP MEDICINE

ENGLISH-ONLINE

2022 - 2023



[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.

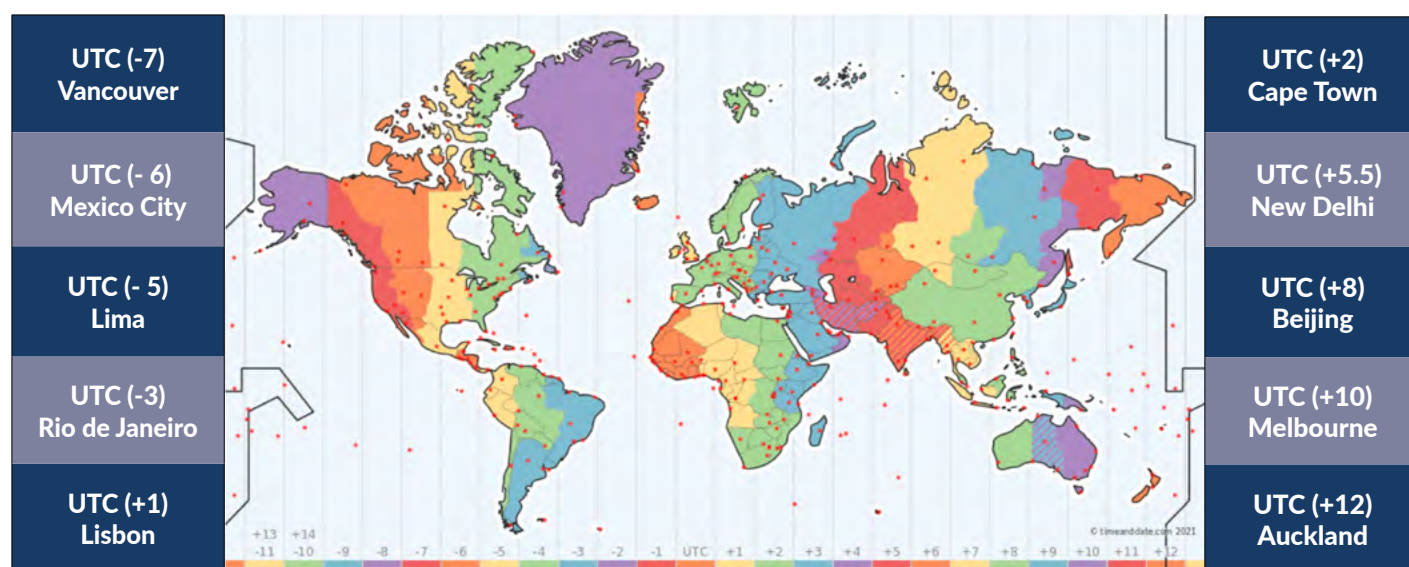




# Schedule at a Glance

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). Program Start Time by Time Zone and Color-Coded by Date. Upon logging in to the virtual event platform, dates and start times will be posted in your local time zone.

Program Start Time by Time Zone	THURSDAY, JUNE 24, 2021			FRIDAY, JUNE 25, 2021	
VIRTUAL MEETING PROGRAM	UTC (-7)	UTC (-4)	UTC (+1)	UTC (+8)	UTC (+10)
SESSION TITLE	San Francisco	New York City	London	Hong Kong	Sydney
WELCOME	4:40am	7:40am	12:40pm	7:40pm	9:40pm
SESSION 16   EMBRACING CHALLENGES IN SLEEP MEDICINE	On demand	On demand	On demand	On demand	On demand
SESSION 17   GLOBAL SLEEP MEDICINE OPPORTUNITIES	5:00am	8:00am	1:00pm	8:00pm	10:00pm
SESSION 18   SLEEP 2030	6:00am	9:00am	2:00pm	9:00pm	11:00pm
JAZZ PHARMACEUTICALS SATELLITE SYMPOSIUM	9:15am	12:15pm	5:15pm	12:15am	2:15am
SESSION 19   CLINICAL CASE DISCUSSIONS: SLEEPY AND SLEEPLESS CHILDREN	1:30pm	4:30pm	9:30pm	4:30am	6:30am
SESSION 20   RLS MANAGEMENT AND RESEARCH TRENDS	5:00am	8:00am	1:00pm	8:00pm	10:00pm



Map by [timeanddate.com](http://timeanddate.com)



# Speakers

Speakers listed in alphabetical order.

**GHIZLANE AARAB**  
(Netherlands)

**SABRA ABBOTT**  
(United States)

**DEBBIE AKERS**  
(United States)

**TODD ARNETT**  
(United States)

**LAURA BARGER**  
(United States)

**CLAUDIO BASSETTI**  
(Switzerland)

**JOSEPH BERKOWSKI**  
(United States)

**RICK BOGAN**  
(United States)

**OLIVIERO BRUNI**  
(Italy)

**MATTEO CESARI**  
(Austria)

**DAVID CHAMPION**  
(Australia)

**PETER CISTULLI**  
(Australia)

**STEFAN CLEMENS**  
(United States)

**YVES DAUVILLIERS**  
(France)

**LOURDES DELROSSO**  
(United States)

**CHRIS EARLEY**  
(United States)

**ERIC EARLEY**  
(United States)

**DAWN ELDER**  
(New Zealand)

**CLAIRE ELLENDER**  
(Australia)

**LEILA EMAMI**  
(Iran)

**BARBARA T. FELT**  
(United States)

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

**LUIGI FERINI-STRAMBI**  
(Italy)

**STEPHANY FULDA**  
(Switzerland)

**XIANG GAO**  
(United States)

**DIEGO GARCIA-BORREGUERO**  
(Spain)

**NAMNI GOEL**  
(United States)

**CATHY GOLDSTEIN**  
(United States)

**ANDREY GOLOVATYUK**  
(Russia)

**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)

**BYRON JAMERSON**  
(United States)

**POUL JENNUM**  
(Denmark)

**WENJING JIANG**  
(China)

**HYEON JIN KIM**  
(South Korea)

**SORIUL KIM**  
(South Korea)

**BRIAN KOO**  
(United States)

**CLETE KUSHIDA**  
(United States)

**SIMON KYLE**  
(United Kingdom)

**CHRISTINA LANG**  
(Germany)

**ALBERT LI**  
(Hong Kong)

**LAURA LINLEY**  
(United States)

**MATTHEW MAAS**  
(United States)

**STUART MACKAY**  
(Australia)

**ATUL MALHOTRA**  
(United States)

**MAURO MANCONI**  
(Switzerland)

**GEERT MAYER**  
(Germany)

**TIMOTHY MORGENTHAUER**  
(United States)

**JANET MULLINGTON**  
(United States)

**MIKE MUTSCHELKNAUS**  
(United States)

**TAMMY MUTH-DAVIS**  
(United States)

**AREZU NAJAFI**  
(Iran)

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

**KONRAD OEXLE**  
(Germany)

**MICHELLE OLAITHE**  
(Australia)

**JASON ONG**  
(United States)

**ALLAN PACK**  
(United States)

**THOMAS PENZEL**  
(Germany)

**DANIEL PICCHIETTI**  
(United States)

**GIUSEPPE PLAZZI**  
(Italy)

**BEN PLISKA**  
(Canada)

**JOEL PORQUEZ**  
(United States)

**DALVA POYARES**  
(Brazil)

**FEDERICA PROVINI**  
(Italy)

**SHANTHA RAJARATNAM**  
(Australia)

**WINFRIED RANDERATH**  
(Germany)

**SUSAN REDLINE**  
(United States)

**MARY ROSE**  
(United States)

**LEON ROSENTHAL**  
(United States)

**DAVID RYE**  
(United States)

**AARO SALMINEN**  
(Germany)

**THOMAS SCAMMELL**  
(United States)

**DENISE SHARON**  
(United States)

**YUN SHEN**  
(China)

**GARIMA SHUKLA**  
(Canada)

**MICHAEL SILBER**  
(United States)

**ROSALIA SILVESTRI**  
(Italy)

**TRACEY SLETTEN**  
(Australia)

**PATRICK SORENSON**  
(United States)

**AMBRA STEFANI**  
(Austria)

**JOERG STEIER**  
(United Kingdom)

**MARILYN SWICK**  
(United States)

**JOHN SWIECA**  
(Australia)

**NAOKO TACHIBANA**  
(Japan)

**LUIGI TARANTO MONTEMURRO**  
(United States)

**ROBERT THOMAS**  
(United States)

**ERIK TILCH**  
(Germany)

**CLAUDIA TRENKWALDER**  
(Germany)

**HUA QIN**  
(China)

**HANS VAN DONGEN**  
(United States)

**ALEKSANDAR VIDENOVIC**  
(United States)

**GRACE VINCENT**  
(Australia)

**ARTHUR WALTERS**  
(United States)

**KRISTINA WEAVER**  
(United States)

**JOHN WINKELMAN**  
(United States)

**ALEX WOLKOW**  
(Australia)

**ADELL XU**  
(China)

**BRENDON YEE**  
(Australia)

**PHYLLIS ZEE**  
(United States)

**XI ZHANG**  
(China)

**YUAN ZHANG**  
(China)

**BINGQIAN ZHU**  
(China)

\* Additional speakers will be added throughout 2021.  
Revised as of June 22, 2021.



# Now Available On Demand Southern Sleep Society's 2021 Virtual Conference

The following session is available on demand.

## SESSION 16 | EMBRACING CHALLENGES IN SLEEP MEDICINE

### PART ONE

**Linking central sleep apnea and heart failure**  
Timothy Morgenthaler (United States)

### PART TWO

**Managing COPD patients in sleep medicine**  
Tammy Muth-Davis (United States)

**Finding the right therapy for your patient: CPAP/BPAP/servo ventilation volume targeted pressure support**  
Byron Jamerson (United States)

### PART THREE

**Identifying and responding to cardiac arrhythmias**  
Kristina Weaver (United States)

### PART FOUR

**Sleep center safety and infection control in the age of COVID-19**  
Laura Linley (United States)

### PART FIVE

**An update on SIDS: A comprehensive review**  
Patrick Sorenson (United States)

**Distinguishing medical vs behavioral disorders in pediatric patients**  
Joel Porquez (United States)

**From the neuron to the K-complex—The neurology of sleep medicine**  
Patrick Sorenson (United States)

### PART SIX

**Recognizing abnormal EEG activity during sleep**  
Debbie Akers (United States)

**Incorporating clinical research in the sleep center practice**  
Marilyn Swick (United States)

## SOUTHERN SLEEP SOCIETY

Session provided by our Associate Society  
Member, Southern Sleep Society.



## SOUTHERN SLEEP SOCIETY

NOW AVAILABLE ON DEMAND

### ABOUT SOUTHERN SLEEP SOCIETY'S 2021 VIRTUAL CONFERENCE

Going back to 1978 in Memphis, Tennessee, the annual meeting of the Southern Sleep Society is the oldest regional sleep conference in the United States.

Membership voted to hold the 43rd Annual Southern Sleep Society Meeting using a virtual platform. Featuring a full-day technical course titled "Embracing Challenges in Sleep Medicine," the first day of the meeting is now available on demand for attendees of the World Sleep Virtual Meeting through December 2021.

For more information visit [southernsleepsociety.org](https://southernsleepsociety.org)

# Thursday June 24, 2021 Virtual Meeting

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A detailed UTC map can be viewed online at [timeanddate.com](http://timeanddate.com). Sessions 1-15 were included in the December and February programs and are available to view on demand.

## WELCOME

11:40am to 12:00pm

### Welcome and overview of program

Birgit Högl (World Sleep Society), John Winkelman (International RLS Study Group), Judy Owens (International Pediatric Sleep Association), Mary Rose (Southern Sleep Society)

## SESSION 17 | GLOBAL SLEEP MEDICINE OPPORTUNITIES 12:00PM TO 1:00PM UTC

Chair: Mike Mutschelknaus (United States)

12:00pm to 12:30pm

### Iranian sleep medicine

Leila Emami (Iran), Arezu Najafi (Iran)

### Korean sleep medicine

Soriul Kim (South Korea), Hyeon Jin Kim (South Korea)

### Russian sleep medicine

Andrey Golovatyuk (Russia)

### Chinese sleep medicine

Yuan Zhang (China), Bingqian Zhu (China), Wenjing Jiang (China), Xi Zhang (China), Yun Shen (China), Hua Qin (China)

12:30pm to 1:00pm

### Live discussion

## SESSION 18 | SLEEP 2030 1:00PM TO 8:30PM UTC

Chair: Robert Thomas (United States)

### PART ONE

1:00pm to 1:45pm

#### PAP 2030

Winfried Randerath (Germany)

1:45pm to 2:30pm

#### Sleep for brain health

Claudio Bassetti (Switzerland)

### PART TWO

2:45pm to 3:30pm

#### The quantified self

Cathy Goldstein (United States)

3:30pm to 4:15pm

#### Circadian medicine

Phyllis Zee (United States)

### PART THREE

5:15pm to 6:00pm

#### Extracting the maximum from sleep state data

Robert Thomas (United States)

6:00pm to 6:45pm

#### Fatigue

Janet Mullington (United States)

### PART FOUR

7:00pm to 7:45pm

#### Neurocircuitry based sleep pharmacology

Thomas Scammell (United States)

7:45pm to 8:30pm

#### Future of long term trials in OSA: A response to AHRQ report

Allan Pack (United States)

Continued next page.

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

## SESSION 19 | CLINICAL CASE DISCUSSIONS: SLEEPY AND SLEEPLESS CHILDREN 8:30PM TO 9:15PM UTC

Chair: Paul Gringras (United Kingdom)

8:30pm to 8:40pm

### **Narcolepsy case presentation**

Giuseppe Plazzi (Italy)

8:40pm to 8:52pm

### **Narcolepsy case discussion**

Experts: Oliviero Bruni (Italy), Barbara T. Felt (United States),  
Patricia Franco (France), Paul Gringras (United Kingdom),  
Giuseppe Plazzi (Italy)

8:52pm to 9:02pm

### **Insomnia case presentation**

Paul Gringras (United Kingdom)

9:02pm to 9:15pm

### **Insomnia case discussion**

Experts: Oliviero Bruni (Italy), Barbara T. Felt (United States),  
Patricia Franco (France), Paul Gringras (United Kingdom),  
Giuseppe Plazzi (Italy)

## IPSA Member Meeting 9:15PM UTC

Chair: Judy Owens (United States)

### **Agenda:**

- Review of IPSA Online
- New programs and initiatives
- Financial report
- Recognition of retiring board members
- Board Member Elections



international pediatric sleep association

## Become a Member

*Support the Importance of Sleep to Children's  
Development, Health & Well-being*

### ABOUT IPSA

The International Pediatric Sleep Association (IPSA) operates exclusively for scientific and educational purposes pertaining to pediatric sleep research.

### IPSA MEMBERSHIP BENEFITS

- Discounted rates to attend future meetings
- Complimentary online and app access to *Sleep Medicine* journal
- Inclusion in and access to the IPSA online member directory
- Eligibility to participate and vote in IPSA general assembly meetings
- Eligibility to serve on IPSA committees
- IPSA members will receive access to sleep medicine webinars. New content will be posted monthly.

### 2021 MEMBERSHIP RATES

New and renewed memberships run for one calendar year. Below are rates for individual members in US Dollars, current until December 31, 2020.

**Regular Membership | \$25**

**Student Membership | \$15**

For more information visit [pedsleep.org](http://pedsleep.org)





# Friday June 25, 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](http://timeanddate.com). Sessions 1-15 were included in the December and February programs and are available to view on demand.



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

IRLSSG Session Committee: Lourdes DelRosso (United States), Aaro Salminen (Germany), Denise Sharon (United States), John Winkelman (United States)

## SESSION 20 | RLS MANAGEMENT AND RESEARCH TRENDS 12:00PM to 5:15PM UTC

### PART ONE: KEYNOTE

12:00pm-12:05pm  
**Introduction and year in review**  
John Winkelman (United States)

12:05pm-12:30pm  
**Richard P. Allen memorial keynote**  
Christopher Earley (United States)

### PART TWO: RLS GENETICS AND ANIMAL MODELS

Moderator: Aaro Salminen (Germany)

12:30pm to 12:45pm  
**Spinal reflexes in an iron-deficient model of RLS: Role of dopamine and adenosine receptors**  
Stefan Clemens (United States)

12:45pm to 1:00pm  
**New developments in RLS genetics**  
Konrad Oexle (Germany)

1:00pm to 1:15pm  
**Contrasting painless and painful phenotypes of pediatric RLS: A twin family study**  
David Champion (Australia)

### PART THREE: ASK THE EXPERT: MANAGEMENT OF PEDIATRIC RLS

Moderator: Lourdes DelRosso (United States)

1:15pm to 1:45pm  
**Ask the expert**  
Experts: Daniel Picchietti (United States), Rosalia Silvestri (Italy), Arthur Walters (United States)

### PART FOUR: SOCIO-ECONOMIC AND EPIDEMIOLOGICAL ASPECTS OF RLS

Moderator: Ambra Stefani (Austria)

1:50pm to 2:05pm  
**Socio-economic impact of RLS**  
Claudia Trenkwalder (Germany)

2:05pm to 2:20pm  
**Treating RLS was associated with low-risk CVD**  
Xiang Gao (United States)

### PART FIVE: ASK THE EXPERT: MANAGEMENT OF RLS IN ADULTS

Moderator: Joseph Berkowski (United States)

2:20pm to 2:50pm  
**Ask the expert**  
Experts: Christopher Earley (United States), Diego Garcia-Borreguero (Spain), Birgit Högl (Austria), John Swieca (Australia), Naoko Tachibana (Japan)

Continued next page.

# Friday June 25, 2021 Virtual Meeting

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A detailed UTC map can be viewed online at [timeanddate.com](http://timeanddate.com). Sessions 1-15 were included in the December and February programs and are available to view on demand.



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

## WAYNE HENING YOUNG INVESTIGATORS AWARD | 2:50PM to 3:35PM UTC

Moderator: Rochelle Zak (United States)

2:50pm to 2:53pm

### Introduction

Rochelle Zak (United States)

2:53pm to 2:56pm

### Signs of sympathetic and endothelial cell activation in the skin of patients with restless legs syndrome

Melanie Bergmann (Austria)

2:56pm to 2:59pm

### Efficacy of a physical activity intervention for managing restless legs syndrome in multiple sclerosis: A pilot randomized controlled trial

Katie LJ Cederberg (United States)

2:59pm to 3:02pm

### The seasonal pattern of restless legs syndrome in a sample from the Korean health insurance review and assessment service national database

Seongmin Oh (Republic of Korea)

3:02pm to 3:05pm

### Restless legs syndrome and periodic limb movements in 86 patients with multiple sclerosis

Davide Sparasci (Switzerland)

3:05pm to 3:08pm

### Characteristics of augmented RLS patients on dopamine agonists at a tertiary referral center

Jonathan Adrian Yeung Laiwah (United States)

3:08pm to 3:35pm

### Questions and answers

Rochelle Zak (United States)

## SESSION 20 | RLS MANAGEMENT AND RESEARCH TRENDS 12:00PM to 5:15PM UTC

### PART SIX: PATHOPHYSIOLOGY AND TREATMENT OF RLS

Moderator: Garima Shukla (Canada)

3:40pm to 3:55pm

### Association of proton pump inhibitor and histamine H2 receptor antagonist with RLS

Eric Earley (United States)

3:55pm to 4:10pm

### A potential role in RLS for zinc

Arthur Walters (United States)

4:10pm to 4:25pm

### Buprenorphine for RLS

David Rye (United States)

### PART SEVEN: ASK THE EXPERT: MANAGEMENT OF RLS IN ADULTS

Moderator: Brian Koo (United States)

4:25pm to 4:55pm UTC

### Ask the expert

Experts: Luigi Ferini-Strambi (Italy), Mauro Manconi (Switzerland), David Rye (United States), Michael Silber (United States), Claudia Trenkwalder (Germany)

Continued next page.

# Friday June 25, 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](http://timeanddate.com). Sessions 1-15 were included in the December and February programs and are available to view on demand.



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

## PART EIGHT: DISCUSSION OF IRLSSG ONGOING PROJECTS

4:55pm to 5:15pm UTC

### Q&A of IRLSSG ongoing projects

Moderator: Stephany Fulda (Switzerland)

Panelists: Lourdes DelRosso (United States), Raffaele Ferri (Italy), Stephany Fulda (Switzerland), Diego Garcia-Borreguero (Spain), Aaro Salminen (Germany), Arthur Walters (United States)

Project presentations are available on demand starting June 10.

### Animal models

Aaro Salminen (Germany)

### Scoring of RSD

Raffaele Ferri (Italy)

### Leg movement detection

Stephany Fulda (Switzerland)

### Spark PLMD

Stephany Fulda (Switzerland)

### Pediatric PLMD

Lourdes DelRosso (United States)

### Pediatric RLS

Arthur Walters (United States)

### Future treatment of RLS

Diego Garcia-Borreguero (Spain)

**IRLSSG MEMBER MEETING | 5:15PM TO 5:30PM UTC**

**NETWORKING | 5:30PM TO 6:00PM UTC**

## BECOME A MEMBER



## COMMITTED TO ADVANCING BASIC & CLINICAL RESEARCH ON RLS

### ABOUT IRLSSG

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.

### MEMBERSHIP

Membership in IRLSSG is open to professionals, students, and paraprofessional staff who work in an area related to RLS research or clinical practice. Benefits of membership include access to digital and in-person learning events, numerous networking opportunities, and the opportunity to participate in IRLSSG programs and committees.

For more information visit [irlssg.org](http://irlssg.org)





# 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 (IS RTP)

**IS RTP 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)

# Now Available On Demand February 18, 2021 Virtual Meeting

The following sessions are available on demand.

## SESSION 10 | HEALTHIER SLEEP (PART 1)

### Healthy sleep overview

Lourdes DelRosso (United States)

### Sleep issues in COVID-19

Atul Malhotra (United States)

## SESSION 11 | RESTLESS SLEEP DISORDER IN CHILDREN: DIAGNOSIS, CONSEQUENCES AND TREATMENT



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

### Restless sleep and restless sleep disorder (RSD) literature review

Daniel Picchietti (United States)

### Restless sleep disorder: Consensus diagnostic criteria

Rosalia Silvestri (Italy)

### Sleep disruption and daytime symptoms in children with RSD

Oliviero Bruni (Italy)

### Treatment of restless sleep disorders

Lourdes DelRosso (United States)

## SESSION 12 | ARTIFICIAL INTELLIGENCE

### 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.

### Iron and RLS: Biology, pathology and implications

Chris Earley (United States)

### Genetics

Erik Tilch (Germany)

### Non-pharmacological treatments for RLS

John Winkelman

### Overview of pharmacological treatments

Diego Garcia-Borreguero (Spain)

### Problem with treatments

Denise Sharon (United States)

### Augmentation

Diego Garcia-Borreguero (Spain)

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

Federica Provini (Italy)

## SESSION 14 | HEALTHIER SLEEP (PART 2)

### Sleep, stress and mental health in emergency personnel

Alex Wolkow (Australia)

### Sleep disordered breathing and depression

Michelle Olaithe (Australia)

## SESSION 15 | YEAR IN REVIEW: UPDATE ON PEDIATRIC SLEEP RESEARCH



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

### Sleep in infancy and early childhood

Dawn Elder (New Zealand)

### Sleep problems in adolescence

Michael Gradisar (Australia)

### New research into the causes and consequences of childhood OSA

Albert Li (Hong Kong)

### Surgical treatment of childhood OSA

Stacey Ishman (United States)

### Sleep in children with disabilities

Catherine Hill (United Kingdom)

### Updated on pediatric narcolepsy

Giuseppe Plazzi (Italy)

# 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

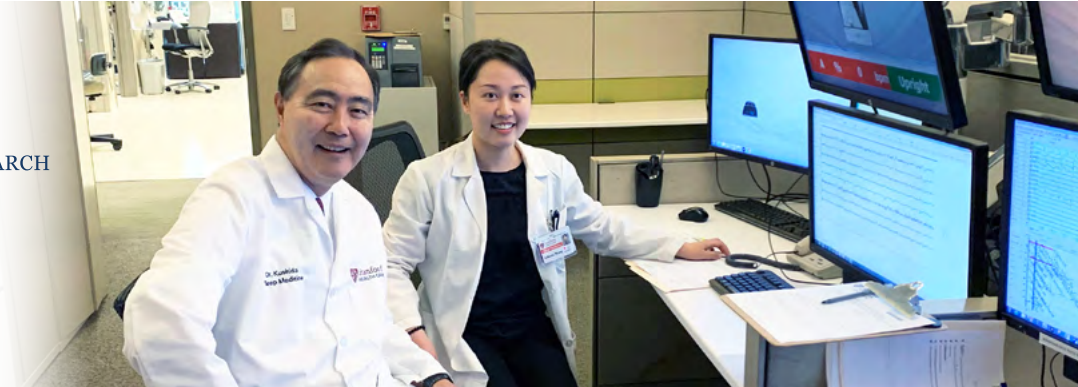
Mary Ip (Hong Kong)

### Future of sleep medicine

Thomas Penzel (Germany)







## MENTOR THE NEXT GENERATION OF LEADERS IN SLEEP SCIENCE & MEDICINE

*Organized by World Sleep Society, the International Sleep Research Training Program (ISRTP) prepares sleep science trainees around the world for future leadership in the sleep science field. The one-year comprehensive training program develops the mentee's strengths in research design, communication and career development.*

### CURRENT MENTOR SITES:

**CHARITÉ UNIVERSITY HOSPITAL BERLIN**  
Sleep Medicine Center

**FLINDERS UNIVERSITY**  
Adelaide Institute for Sleep Health

**HARVARD UNIVERSITY**  
Division of Sleep Medicine at Harvard Medical School

**KING'S COLLEGE LONDON**  
Sleep Disorders Centre at Guy's and St. Thomas'  
NHS Foundation Trust

**MEDICAL UNIVERSITY OF INNSBRUCK**  
Department of Neurology & Neurosurgery

**MONASH UNIVERSITY**  
Turner Institute for Brain and Mental Health

**PEKING UNIVERSITY PEOPLE'S HOSPITAL**  
PKUPH Sleep Center

**ST. JOHN'S MEDICAL COLLEGE HOSPITAL**  
St. John's Medical College Hospital, Department  
of Pulmonary, Critical Care and Sleep Medicine

**STANFORD UNIVERSITY**  
Division of Sleep Medicine

**UNIVERSITY MEDICAL CENTER FREIBURG**  
Albert-Ludwigs-Universität, Freiburg i. Brsg., Medical Centre,  
Department of Psychiatry and Psychotherapy, Centre for  
Sleep Research and Sleep Medicine

**UNIVERSITY OF OXFORD**  
Sleep and Circadian Neuroscience Institute

**UNIVERSITY OF PENNSYLVANIA**  
Center for Sleep & Circadian Neurobiology

**UNIVERSITY OF SYDNEY**  
Woolcock Institute of Medical Research

**UNIVERSITY OF TSUKUBA**  
International Institute for Integrative Sleep Medicine

**JOIN ISRTP AND MENTOR THE NEXT GENERATION OF LEADERS  
IN SLEEP SCIENCE & MEDICINE. FOR MORE INFORMATION  
VISIT [WORLDSSLEEPSOCIETY.ORG/ISRTP](https://www.worldsleeptociety.org/isrtp)**

# World Sleep Day<sup>®</sup>

Hosted by World Sleep Society

# MARCH 18 2022



## 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.



**45+ COUNTRIES  
200+ ACTIVITIES**

Dozens of delegates in countries around the world participated in World Sleep Day 2021, holding in-person, online, and media events that promoted the theme of **"REGULAR SLEEP, HEALTHY FUTURE."**



## SAVE THE DATE

The next World Sleep Day is **FRIDAY, MARCH 18, 2022**. Sign up for updates at [worldsleepday.org](https://worldsleepday.org) to follow the latest developments regarding the annual theme and activities.



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



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**WORLD SLEEP SOCIETY**  
Advancing Sleep Health Worldwide

# GOVERNING COUNCIL REPORT

## GET UPDATES FROM WORLD SLEEP SOCIETY

ON THE LATEST NEWS FROM THE FOLLOWING PROGRAMS & INITIATIVES  
THAT ADVANCE SLEEP HEALTH WORLDWIDE

*Executive Committee | Treasurer's Report | World Sleep 2022 Rome | World Sleep Virtual Meeting  
World Sleep Day | Sleep Medicine Exam | International Sleep Research Training Program (IS RTP)  
Guidelines Committee | Healthier Sleep Magazine | CG Memorial Fund | Membership*

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