



WORLD 
SLEEP SOCIETY
Advancing Sleep Health Worldwide

2022
Annual Report

Letter from the President

Officers

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Phyllis Zee, MD, PhD (United States)

President-Elect:
Raffaele Ferri, MD (Italy)

Secretary:
Ofar Jacobowitz, MD, PhD (United States)

Treasurer:
Maree Barnes, MD (Australia)

Past President:
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Lamia Afifi, MD (Egypt)

Asia or Australia:
Hiroshi Kadotani, MD, PhD (Japan)

Europe:
Federica Provini, MD, PhD (Italy)

North America:
Saverio Stranges, MD, PhD (Canada)

Central or South America:
Andrea Bacelar, MD, PhD (Brazil)

American Academy of Sleep Medicine

Asian Society of Sleep Medicine

Canadian Sleep Society

European Sleep Research Society

Sleep Research Society

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December 31, 2022

Dear Members & Colleagues,

It is with pleasure that I write to you at the end of a memorable 2022 for World Sleep Society. The year has brought significant developments to our programs and critical successes that will enable our Society to continue thriving. On behalf of the Governing Council, I offer a sincere “thank you” to our individual and society members who enabled this success. I also wish to give a special “thank you” to Birgit Högl and the previous Governing Council for their steady leadership during unsteady times.

In the last year, we have held an in-person international congress, advocated for sleep health in local communities across over 50 countries, and launched a new sleep medicine education program. In addition, World Sleep Society has developed a Global Sleep Health Task Force that is advocating for and helping to develop methods for collecting sleep data coherently on an international scale. We have merely planted the seed of a long-term project, but the goal is worthy and certainly achievable within the power of our strong international sleep and circadian community, Associate Society members, and other nonprofit organizations. I am excited to see how the project grows.

And so we come to 2023, and the work continues. I look forward to seeing you at World Sleep 2023 in Rio de Janeiro this October 21-25, 2023. Science submission is now fully open for symposia and abstracts, so I encourage you to submit a symposium proposal by February 28 and abstract proposals by June 30, 2023!

On behalf of World Sleep Society, I would like to wish you and your families a very healthy and happy new year.

Sincerely,



Phyllis Zee, MD, PhD
President of World Sleep Society


WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide

Summary

Membership

World Sleep Society launched a new website at member.worldsleepsociety.org. This new website is now used for all membership dues, event registrations, store purchases, and members-only content. At the end of 2022, membership stands at 926 individuals and 47 Associate Societies.

World Sleep 2022 in Rome

The 16th World Sleep congress was a successful return to in-person gatherings after the virtual meetings of 2020 and 2021. Held over March 11 through 16 in Rome, World Sleep 2022 brought over 2300 attendees together for courses, scientific presentations, and networking.

World Sleep Academy: A New Initiative from World Sleep Society

World Sleep Academy, an online education program in sleep medicine, launched in September. The first class attracted 38 students from 26 countries, giving this new Academy a strong start.

Guidelines Committee

The International Sleep Medicine Guidelines Committee has seven task forces working on guideline endorsement and policy papers. Topic areas include insomnia, parasomnias, pediatric melatonin, school start times, and more. Look for these publications to arrive in *Sleep Medicine* over the course of 2023.

All World Sleep Society Programs

Review more in-depth updates on each World Sleep Society program in the following report.



BEST OF SLEEP MEDICINE AND RESEARCH BIENNIAL MEETING



World Sleep Academy

ACCESSIBLE SLEEP MEDICINE TRAINING AROUND THE WORLD



MENTORING AND TRAINING SLEEP RESEARCH LEADERS

WSS

International Sleep Disorder Specialist

EXAM ASSESSING SLEEP MEDICINE COMPETENCE



ANNUAL AWARENESS EVENT WITH CALL TO ACTION



HEALTHIER SLEEP MAGAZINE FOR PATIENTS AND PUBLIC



CHRISTIAN GUILLEMINAULT YOUNG INVESTIGATOR ENDOWMENT FUND

ENDOWMENT IN HONOR OF SLEEP PIONEER

INTERNATIONAL SLEEP MEDICINE GUIDELINES

RECOMMENDATIONS FOR DIAGNOSIS AND TREATMENT



Membership

926 Members | 47 Associate Society Members

At the end of 2022, the membership of World Sleep Society stands at 926 individuals and 47 sleeps societies around the world. World Sleep Society welcomed three new Associate Society Members in 2022: Society of Behavioral Sleep Medicine, Sleep Medicine Society of Kuwait, and the Moroccan Society of Sleep and Wakefulness.

At the end of the year, World Sleep Society also launched a new membership website at member.worldsleepsociety.org. The new membership website is now used for all membership renewals, event registrations, and store purchases.

13 Associate Society Member Meetings in 2022

Want your meeting to be endorsed by World Sleep Society? Learn more and apply at worldsleepsociety.org/membership/societymembership/meetings/



Other 2022 Endorsed Meetings

- 6th International Sleep Update 2022 | Ace School of Sleep Medicine | New Delhi, India | February 26-27
- Sleep Teaching Day, Upstate University Sleep Center | New York, United States | June 10
- Course on Surgical Innovations and New Technologies in OSA and Snoring in the Era of Precision Medicine | Rome, Italy | May 6-7
- 22nd World Congress of Psychiatry | Bangkok, Thailand | August 3-6



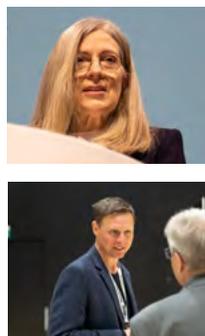
World Sleep Congress

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

Working with the Italian Association of Sleep Medicine, World Sleep Society organized the 16th World Sleep congress in Rome over March 11 through 16. World Sleep 2022 in Rome was a successful return to in-person meetings after the virtual meetings of 2020 and 2021. In addition to featuring the best and latest sleep science and medicine, the 16th World Sleep congress also achieved other important goals like the election of our new board and officers.

Thank you to the estimated 2,500+ attendees who journeyed to Rome for the congress, and we will see you again in Rio de Janeiro this coming October!

22 courses
14 keynotes
93 symposia
810 abstracts
2,419 delegates



World Sleep Academy

World Sleep Academy is a new online education program that launched in September 2022. World Sleep Academy provides high-quality sleep medicine education to health care workers who are not sleep specialists: family physicians, nurses, community health workers, and more. A special focus is placed on providing this education opportunity to health care workers in places typically underserved by sleep medicine. The first class launched with a highly diverse cohort of 38 students representing 26 countries. Many of these students received scholarship support from World Sleep Society.

World Sleep Academy is made possible by the excellent work of our contributing writers, lecturers, and teaching assistants, and we sincerely thank them all for sharing their knowledge and expertise with our students.



World Sleep Academy

38 students

26 countries represented

\$13,500 in scholarships distributed

TIER 1 <i>September - November 2022</i>	TIER 2 <i>November 2022 - May 2023</i>	TIER 3 <i>May 2023 - August 2023</i>
Sleep science, technology, and patient evaluation	Sleep disorders	Sleep case studies and research projects





The **International Sleep Research Training Program (IS RTP)** is continuing its fourth year, combining individual mentorship in sleep research with regular small-group workshops in research development, scientific writing, and leadership. Twenty-seven mentees have now participated in IS RTP since its inception.

While the travel restrictions of the last several years have impacted the ability of many mentees to travel to their host sites, World Sleep Society continues to support IS RTP and is excited to welcome the next class of mentees. Applications are now open for the next class, which begins July 1, 2023.

Current Mentor Sites

- Charité University Hospital Berlin
- Flinders University
- Harvard University
- King's College London
- Monash University
- **NEW in 2022**
National Institute of Medicine and Health – NeuroDiderot, Université Paris Cité
- Peking University People's Hospital
- Stanford University
- St. John's Medical College Hospital
- University Medical Center Freiburg
- University of Oxford
- University of Pennsylvania
- University of Sydney
- University of Tsukuba

PHILIPS

This educational initiative is supported by Philips.

151 publications by IS RTP mentees in the last two years

25 presentations by IS RTP mentees at World Sleep

17 mentees participated in the special IS RTP program at World Sleep



Sleep Medicine Exam

WSS

International Sleep
Disorder Specialist

Two sittings of the **World Sleep Society's International Sleep Specialist Exam** took place in 2022: one in New Delhi hosted by the Indian Society for Sleep Research and another in Rome during the World Sleep congress. Twenty individuals passed the exam, earning the International Sleep Specialist designation. Congratulations to all the recipients!

The exam is also undergoing a review and update process to ensure that it remains an accurate and dependable assessment of sleep medicine knowledge. If you want to get involved as a question writer or reviewer, you can contact World Sleep Society at any time to inquire about opportunities.

**Administered in
New Delhi, India and
Rome, Italy**

**20 people have earned
the International Sleep
Specialist designation**

World Sleep Day



World Sleep Day 2022 took place at a special time this year – two days after the end of the World Sleep congress! Emphasizing the importance of quality sleep on mental and emotional health, the theme of World Sleep Day 2022 was “Quality Sleep. Sound Mind. Happy World.”

Check out this video of [Delegates from around the world wishing a happy World Sleep Day](#) and saying the slogan in their home languages. Thank you to the Delegates and activity organizers who worked around the world to raise awareness of sleep health!

200+ sleep awareness activities submitted to worldsleepday.org

51 countries participated

10 award-winning activities

View all [2022 award-winning activities](#)



300+
official delegates
joined the campaign



11,000+
impressions on World Sleep
Society Facebook posts



60,000
worldsleepday.org visitors
on World Sleep Day



Healthier Sleep Magazine

HEALTHIER sleep

Three issues of *Healthier Sleep Magazine* were published in 2022, and plans are moving forward for another year of publication both in print and online in 2023. One of the highlights of 2022 for Healthier Sleep was the special issue on Travel and Sleep Health, published on World Sleep Day in partnership with a large hospitality group that distributed the edition in print around their properties worldwide. [You can find this special issue online](#) today.

**3 issues published:
Restless Legs Syndrome
Travel & Sleep Health
Artificial Intelligence
in Sleep**



WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide

Christian Guilleminault Award



CHRISTIAN GUILLEMINAULT
YOUNG INVESTIGATOR ENDOWMENT FUND

This year World Sleep Society opened up the application process and period to allow for more young investigators working in sleep to apply for travel grants from the **Christian Guilleminault Young Investigator Endowment Fund**. There are now three review periods during each calendar year with deadlines of April 30, August 31, and December 31. After each period, submissions will be reviewed and travel grants distributed as determined by the review committee. Up to six are available per year.

We are pleased to share that four CG Young Investigator Awards were distributed in 2022. Congratulations to the recipients, and don't forget to [share the application](#) with your young investigator colleagues!

The CG Award is made possible by generous donors. [Contribute to the CG Young Investigator Endowment Fund](#) to support young investigators in the field of sleep.

Matteo Cesari in recognition of “Automatic scoring of sleep stages with artificial intelligence and its use for differentiation of disorders of hypersomnolence” presented at Sleep Europe 2022 in Athens

Mariana Fernandes in recognition of “Cerebrospinal-fluid biomarkers and blood-brain barrier alteration may be useful to predict the phenoconversion of patients with idiopathic/isolated REM sleep behaviour disorder” presented at World Sleep 2022 in Rome

Laetita Gaspar in recognition of “Obstructive Sleep Apnea clock (dys)regulation: potential applications in OSA diagnosis and treatment?” presented at Sleep Europe 2022 in Athens

Sarah Schoch in recognition of “Interactions between sleep and gut bacteria in healthy developing infants” presented at World Sleep 2022 in Rome

International Sleep Medicine Guidelines

The International Sleep Medicine Guidelines Committee continued its work in 2022, organizing into seven task forces to write or endorse guidelines for the practice of sleep medicine in a global context. The seven task forces are Hypersomnia, Insomnia, SRBD, Parasomnia A, Parasomnia B, Pediatric Melatonin, and School Start Time.

Guideline papers are under development and expected to be published in *Sleep Medicine* over the course of 2023.

Seven task forces: Hypersomnia, Insomnia, SRBD, Parasomnia A, Parasomnia B, Pediatric Melatonin, and School Start Time

INTERNATIONAL SLEEP MEDICINE GUIDELINES

Current guidelines under review for endorsement include:

Cesari M, Heidbreder A, St Louis EK, et al. Video-polysomnography procedures for diagnosis of rapid eye movement sleep behavior disorder (RBD) and the identification of its prodromal stages: guidelines from the International RBD Study Group. *Sleep*. 2022;45(3):zsab257. doi:10.1093/sleep/zsab257

Edinger JD, Arnedt JT, Bertisch SM, et al. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2021;17(2):255-262. doi:10.5664/jcsm.8986

Maski K, Trotti LM, Kotagal S, et al. Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2021;17(9):1881-1893. doi:10.5664/jcsm.9328

Morgenthaler TI, Auerbach S, Casey KR, et al. Position Paper for the Treatment of Nightmare Disorder in Adults: An American Academy of Sleep Medicine Position Paper. *J Clin Sleep Med*. 2018;14(6):1041-1055. Published 2018 Jun 15. doi:10.5664/jcsm.7178

Randerath W, Verbraecken J, de Raaff CAL, et al. European Respiratory Society guideline on non-CPAP therapies for obstructive sleep apnoea. *Eur Respir Rev*. 2021;30(162):210200. Published 2021 Nov 30. doi:10.1183/16000617.0200-2021

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



WORLD
SLEEP

SAVE THE DATE

WORLD SLEEP

October 21-25 2023 Rio de Janeiro
BRAZIL

WORLD.sleepcongress.com

