

Issue 1
Winter 2024

Keeping Time

The World Sleep Society Community Update



Did you know?

Individual members of our Associate Societies receive a \$10 discount on their membership dues to World Sleep Society.

Use this simple discount code during checkout. Spread the word with your members!

10OFF2024



Welcome to the first issue of *Keeping Time: The World Sleep Society Community Update*.

Published quarterly, each issue highlights the work of our Associate Society Members and shares updates from World Sleep Society that are relevant to them.

The World Sleep community is remarkably diverse and productive. We hope that international connections – of which this update is a small part – help our members feel part of a global community and consequently empowered to pursue our common goal: advancing sleep health!

worldsleepsociety.org





World Sleep Academy: Better Sleep through Global Education and Personal Connections

By Dr. Mike Mutschelknaus | World Sleep Academy Faculty Director

The inaugural year of the World Sleep Academy (WSA) ended in September 2023. Our second year started on January 14, 2024.

Mission and Curriculum

The WSA's mission is to bring quality sleep education to health care workers around the world, especially in underserved regions. The curriculum is all online, and you can do the work on your own time. The first curricular tier focuses on the basics of sleep science and patient evaluation, the second tier focuses on sleep disorders, and the third tier focuses on advanced sleep research topics. There are weekly Zoom sessions with sleep doctors recognized for expertise in their fields, but if you can't attend the Zooms, we do record them for you.

Global Outreach

Last year, 58 students from 26 different countries completed the academy. The students

were from countries such as Burkina Faso, Italy, Japan, Nigeria, Peru, Taiwan, Thailand, Venezuela, Zimbabwe, and many others. To watch WSA student testimonials, in several languages, simply go to YouTube and search "World Sleep Academy". One of our former students, a psychiatrist from Thailand, for example, encourages "everyone to participate in this unique sleep medicine course with international students from various continents all around the world."

Personal Connections

It is not just the carefully sequenced curriculum, the online flexibility, the low tuition prices, or expert faculty that make the WSA unique, what sets the WSA apart is our emphasis on connection. Connections are made by engaging in online discussions and live Zoom sessions with colleagues from

all over the world and doing group projects focused on collaboration across continents. You will form friendships and professional connections that will serve you well after you finish the WSA. Similarly, WSA students developed strong relationships working together on several different 2023 World Sleep Day projects. To view a representative project, go to worldsleepday.org and check out the 2023 multi-country project from Cristina Frange.

Inspired Leadership

Our Executive Director, Lourdes DelRosso, MD, PhD firmly believes that the WSA is transformative. What you learn in the WSA will build up the sleep skills you need to help your patients. Ultimately, that is what the WSA is all about. She has worked for several years, collaborating with sleep experts from around the world, to launch the WSA.

Contact us

To apply, go to worldsleepsociety.org/world-sleep-academy, or email us at sleepcourse@worldsleepsociety.org for more information.





Celebrate World Sleep Day 2024

World Sleep Day is an **annual public awareness day that celebrates healthy sleep**. World Sleep Society members around the world organize local and regional activities that promote the year's theme and raise awareness of sleep health.

Delegate registration is going on now. Once a delegate is determined, activities can be submitted to World Sleep Society.

Visit worldsleepday.org for resources and inspiration.



Host World Sleep 2027

World Sleep Society is now accepting letters of interest from sleep societies for hosting World Sleep 2027. The World Sleep congress is the premier international congress in sleep and circadian science and medicine, regularly gathering thousands of attendees from over 70 countries. Through the World Sleep congress, World Sleep Society provides the highest level of education to its membership and a uniquely global forum for discussion and learning among sleep scientists, clinicians, and industry leaders.

Any interested society should submit a letter of interest to World Sleep Society. Letters of interest are due to World Sleep Society by April 30, 2024.

Requirements for the letter include the following:

- Society leadership names and contact information
- Society demographic information, including previous meetings and number of members
- Reasons for interest in hosting World Sleep 2027

Letters of interest should not include budgets, support from governments, or venue/city requests.

If your society shares a geographic representation with another sleep society, please consult with the relevant society or societies prior to submitting your letter of interest; in such cases, a joint application is often preferred.

Please submit letters of interest to the World Sleep Society administrative office at info@worldsleepsociety.org.





Society Showcase

Georgian Sleep Research and Sleep Medicine Society (GSSS)

Mission

To ensure that health professionals, patients and their care providers, government, and the public of Georgia have the educational and research resources that are essential in prevention, diagnosing, and treating persons with sleep disorders.

Administration

GSSS has a board with President, Vice President Secretary General and Treasurer. Elections are held once every four years.

Established in 2007, the GSSS has been a member of World Sleep Society since 2018, European Sleep Research Society since 2023 and has 19 members.

Funding is secured through member fees and scientific grants.

Member Benefits

While the GSSS is in the building stages, with few members, they are very active in advocacy, including World Sleep Day when they deliver lectures at universities, print and distribute booklets, organize TV programs and hold an annual meeting.

Society Highlights

- **Advocacy:** Translated, adapted, and implemented numerous sleep questionnaires into Georgian.
- **Education:** Prepared and submitted a medical education course to the Ministry of Health for accreditation.
- **Society:** Successful in adding sleep disorder screening of children 1-6 years in the national prevention program.
- **Future:** Plans include the creation of a pediatric branch of GSSS, offering medical education training courses, promoting sleep certification, and participation in sleep medicine scientific research.

For more information visit: inn.org.ge



Society Showcase

American Association of Sleep Medicine (AASM)



Mission

Advancing sleep care and enhancing sleep health to improve lives.

Administration

American Association of Sleep Medicine (AASM) has a Board of Directors consisting of a president, president-elect, immediate past president, and secretary/treasurer. There are also eight directors elected by voting members.

Funding comes primarily from membership dues, educational events, accreditation fees, advertising and sponsorships, and educational product sales.

The AASM was founded in 1975 and will celebrate its 50th anniversary in 2025. The membership stands at 11,200 with 9,359 individual members and 1,841 facility members. They have held 37 annual meetings.

Member Benefits

AASM members receive complimentary subscriptions to the *Journal of Clinical Sleep Medicine* and the journal *Sleep*; free access to the online AASM Scoring Manual, AASM Engage online community, and #SleepTechnology

directory of emerging consumer and clinical sleep technology; important news and updates through the Weekly Insider e-newsletter; discounted registration for events such as the SLEEP annual meeting and Sleep Medicine Trends; reduced pricing on AASM products such as *The International Classification of Sleep Disorders*; access to the AASM Mentor Program; and the opportunity to volunteer on committees and task forces that are helping to shape the field of sleep.

Society Highlights

- **Advocacy:** Works with government officials to legislate for healthy sleep initiatives.
- **Education:** Hosts live courses and webinars and offers on-demand online education.
- **Society:** Develops clinical practice guidelines available at: aasm.org/clinical-resources/practice-standards/practice-guidelines
- **Future:** Adapt, innovate, and thrive as the U.S. health care system continues to change.

For more information visit: aasm.org



Upcoming Meeting:

Sleep 2024
Houston, Texas | June 1-5, 2024

For more information visit:
sleepmeeting.org



Society Showcase

Australasian Sleep Association (ASA)

Mission

Lead and promote sleep health and sleep science, provide professional development for members, foster research and establish clinical standards.

Administration

The Australasian Sleep Society (ASA) is governed by a Board with the following positions alternating each year: President, President elect, and Immediate past president. There are 6 additional directors and an observer role for a nominee of the Australia and New Zealand Sleep Science Association. The President of the New Zealand Branch is also a director sitting on the Board.

ASA was established in 1988 and has 1013 members as of June 30, 2023. They have held 34 scientific meetings of the Australasian Sleep Association and the Australian and New Zealand Sleep Science Association.

This Association acquires funding from various sources including membership subscriptions, conference income, grant funding, and accreditation programs.

Member Benefits

ASA offers a range of professional education opportunities, free online access to selected scientific journals, opportunities to contribute to advocacy and clinical standard-setting, research presentation opportunities, and two accreditation programs. The Online Learning Centre hosts a wide range of on-demand learning resources, as well as recording and tracking professional development credits and storing completion certificates for members from all their education and training activities.

Society Highlights

- **Advocacy:** Partners with Sleep Health Foundation to advocate for raising the importance of sleep health in public policy.
- **Education:** Offers a sleep accreditation program, clinical skills certification, webinars, and short postgraduate courses.
- **Society:** ASA has a high level of engagement from 200 volunteer members who actively contribute.
- **Future:** Explore new and improved benefits for members and engage with health care professionals more broadly as the field of sleep grows.

For more information visit: sleep.org.au

Upcoming Meetings:



Sleep in Aotearoa 2024
June 20-21, 2024
Dunedin, New Zealand



Sleep DownUnder 2024
October 16-19, 2024
Broadbeach, Australia

Meet Our Associate Society Members



Region of the Americas

- American Academy of Sleep Medicine
- Brazilian Sleep Society
- Canadian Sleep Society
- Federation of Latin American Sleep Societies
- International Pediatric Sleep Association
- International RLS Study Group
- Minnesota Sleep Society
- Peruvian Association of Sleep Medicine
- Sleep Research Society
- Society of Behavioral Sleep Medicine

South-East Asian Region

- Asian Society of Sleep Medicine
- Indian Association of Surgeons for Sleep Apnoea
- Indian Sleep Disorders Association
- Indian Society for Sleep Research
- South East Asian Academy of Sleep Medicine
- Taiwan Society of Sleep Medicine

Eastern Mediterranean Region

- Sleep and Wakefulness Medicine Moroccan Federation
- Moroccan Society of Sleep and Vigilance
- Sleep Medicine Society of Kuwait

African Region

- South African Society for Sleep and Health

Western Pacific Region

- ASEAN Sleep Federation
- Asian Sleep Research Society
- Australasian Sleep Association
- Australasian Sleep Technologist Association
- Chinese Sleep Research Society
- Chinese Medical Doctor Association Sleep Medicine Specialized Committee
- Hong Kong Society of Sleep Medicine
- Integrated Sleep Medicine Society Japan
- Japanese Society of Sleep Research
- Vietnam Society of Sleep Medicine

European Region

- Austrian Sleep Research Association
- British Sleep Society
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Czech Sleep Research and Sleep Medicine Society
- European Academy of Dental Sleep Medicine
- European Sleep Research Society
- European RLS Study Group
- Finnish Sleep Research Society
- French Society for Sleep Research and Sleep Medicine
- Georgian Sleep Research and Sleep Medicine Society
- German Sleep Society
- Israel Sleep Research Society
- Italian Association of Sleep Medicine
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Russian Society of Somnologists
- Serbian Sleep Society
- Turkish Sleep Medicine Society

Mission

The mission of World Sleep Society is to advance sleep health worldwide. World Sleep Society fulfills this mission by encouraging and facilitating sleep health education, research, and patient care throughout the world, particularly in places underserved by sleep medicine.

Officers

President:

Raffaele Ferri, MD (Italy)

President-Elect:

Thomas Penzel, PhD (Germany)

Secretary:

Lourdes DelRosso, MD, PhD (United States)

Treasurer:

Maree Barnes, MBBS (Australia)

Past President:

Phyllis C. Zee, MD, PhD (United States)

Members at Large

Africa:

Morenikeji Komolafe, MBBS (Nigeria)

Asia or Australia:

Amy Reynolds, PhD (Australia)

Europe:

Karen Spruyt, PhD (France)

North America:

Ofer Jacobowitz, MD, PhD (United States)

Central or South America:

Edilson Zancanella, MD, PhD (Brazil)

Society Representatives

American Academy of Sleep Medicine (AASM)

Australasian Sleep Association (ASA)

European Sleep Research Society (ESRS)

International Pediatric Sleep Association (IPSA)

Sleep Research Society (SRS)

Associate Society Membership Benefits

Associate Society membership comes with its benefits! Some are for your organization as a whole and others apply directly to your individual members.

Benefits for your organization

- Complimentary meeting room space at the World Sleep congress
- Complimentary space for exhibition at the World Sleep congress to promote your society
- One complimentary World Sleep congress registration
- One complimentary World Sleep Society individual membership for a society representative
- Co-promotion for your programming and meetings
- Use of the World Sleep Society logo
- Voting rights for the election of the Society House of Delegates, who are voting members of the Governing Council

Benefits for your members

- \$10 discount on individual membership dues for World Sleep Society membership
- Online access to *Sleep Medicine*