



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

**2023**  
**Annual Report**

# Letter from the President



January 1, 2024

Dear Esteemed Members and Colleagues,

It brings me great pleasure to share the remarkable achievements and successes that characterized the year 2023 for the World Sleep Society.

Foremost among our successes was the 17th World Sleep Congress, which witnessed the enthusiastic participation of over 3,100 attendees. On behalf of the Governing Council, I extend sincere gratitude to the more than 1,200 colleagues who chose to contribute their expertise to this prestigious event. I also express heartfelt thanks to our esteemed partners at the Brazilian Sleep Association, whose gracious hospitality and collaborative spirit significantly enhanced the overall success of the congress.

While the congress stands as the flagship program of our society, this annual report accentuates the excellent performance of World Sleep Society's additional educational and awareness initiatives. Throughout the year, our dedicated members diligently strive to deliver high-caliber education, mentorship, and advocacy for the global promotion of sleep medicine and sleep health.

A notable highlight includes the participation of twenty-seven young investigators in the International Sleep Research Training Program, engaging in fruitful collaborations with accomplished sleep scientists. Additionally, the inaugural year of the World Sleep Academy saw enrollment from over 50 students worldwide in our online basic sleep medicine program. As the members of the World Sleep Society continue to represent the vanguard of sleep science and medicine, they concurrently nurture the future leaders in our field, sharing knowledge generously with colleagues and healthcare providers.

I encourage your active participation in our initiatives! Consider presenting on a relevant topic to our Academy students, engaging in an IS RTP session, providing constructive feedback on a young investigator's project, advocating for healthy sleep on World Sleep Day, participating in an interview with Healthier Sleep magazine, or contributing to a committee or writing group. In essence, I invite you to join us in the forthcoming year, 2024!

In closing, I extend my heartfelt gratitude for your collective contributions that rendered the past year a resounding success. Wishing you and your families a joyful and prosperous New Year.

Sincerely,

Raffaele Ferri, MD | President, World Sleep Society

## 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)



# Summary

## Membership

Membership in 2023 totaled 1074 individual members and 48 associate society members. The one new associate society member is the South African Society for Sleep and Health.

## World Sleep 2023 in Rio

The 17th World Sleep congress took place in Rio de Janeiro, Brazil over October 20 – 25, 2023 and was a strong return to pre-pandemic international attendance levels. The World Sleep congress is now back on its usual schedule, convening during each odd year (2025, 2027, 2029, and so on).

## International Sleep Research Training Program (IS RTP)

The IS RTP is now in its fifth year, and an exciting community of young investigators in sleep has begun to grow. Nineteen mentees met in person at World Sleep 2023 for special professional development and networking sessions, and alumni from the program contributed much to the main scientific program of the congress also. World Sleep Society members are encouraged to share the IS RTP opportunity with their younger colleagues worldwide.

## Practice Recommendations

World Sleep Society published two guideline endorsements in 2023 and finished the year with one final submission to *Sleep Medicine* for publication shortly in 2024. Six additional task forces continue to work on endorsements and recommendations in other topic areas. Thank you to these volunteer task forces for their hard work over the year!

## All World Sleep Society Programs

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



BEST OF SLEEP MEDICINE & 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



ENDOWMENT IN HONOR OF SLEEP PIONEER

PRACTICE RECOMMENDATIONS

RECOMMENDATIONS FOR DIAGNOSIS AND TREATMENT



# Membership

World Sleep Society had **1,074 individual members** and **48 associate society members** at the end of 2023. The individual membership of World Sleep Society represents 75 countries. One new associate society member joined in 2023: South African Society for Sleep and Health.

2023 was the first full year with the **new membership website** at [member.worldsleepeociety.org](https://member.worldsleepeociety.org).

All membership renewals, event registrations, and member benefits are delivered through the membership website. Recorded presentations from World Sleep 2023 are now available to current members through the membership website.

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**678 regular members**

**310 student members**

**86 technician members**

**75 countries represented**

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# World Sleep Congress

The 17th World Sleep congress was held in Rio de Janeiro, Brazil over October 20 – 25, 2023. **Over 300 hours of content was presented.** The Brazilian Sleep Association organized a Latin American Day with two tracks of content in Portuguese and Spanish, and several other societies organized tracks of specialty content, including the International Pediatric Sleep Association, World Dentofacial Sleep Society, and International Restless Legs Syndrome Study Group.

Thank you to everyone who journeyed to beautiful Rio de Janeiro for World Sleep 2023! **The next World Sleep congress will be in Singapore over September 5 – 10, 2025.**

**23 courses**

**14 keynote presentations**

**115 symposia**

**1,121 abstracts**

**52 sponsors & exhibitors**

**3,102 attendees from 73 countries**



# Global Sleep Health Task Force



Chaired by Dr. Phyllis C. Zee, the Global Sleep Health Task Force continued to meet through 2023, working on an open-access viewpoint publication.

Led by two equal first authors Diane C. Lim (United States) and Arezu Najafi (Iran), “The need to promote sleep health in public health agendas across the globe” was published in *The Lancet Public Health* in October 2023. This viewpoint paper calls for **health policy decisionmakers worldwide to recognize sleep health as a foundation of human health and wellness.**

Read the complete, open-access viewpoint in *Lancet Public Health* here: [https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(23\)00182-2/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(23)00182-2/fulltext)

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The viewpoint specifies three actions for government at all levels, researchers, and other stakeholders:

## Education

Promote sleep and circadian health education and awareness

## Research

Collect and centralize standard sleep and circadian data in every country

## Implement public health policies

Include sleep health initiatives to advance public health agendas



# World Sleep Academy



World Sleep Academy

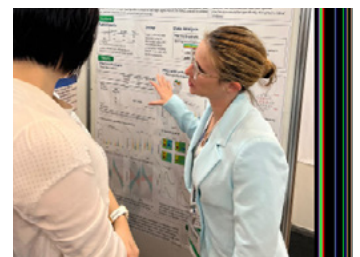
The first full year of World Sleep Academy completed in August of 2023 with a total of 58 students completing a course. The student population represents over 26 countries, suiting the purpose of the Academy to **provide accessible sleep medicine education in underserved areas of the world.**

Two new developments for the Academy have been planned for 2024. First, World Sleep Society received a grant from Jazz Pharmaceuticals to provide reduced tuition rates for students based on the country in which they live and work. This updated tuition structure is taking effect for the next class of World Sleep Academy, which begins January 2024.

Second, the final course of World Sleep Academy will offer three separate tracks for students, allowing a student to focus on pediatric sleep, sleep technology, or sleep research. Students will complete specialized content in one of these tracks while maintaining general sessions with the whole cohort to promote networking and intercultural exchanges.

**58 students completed a course**

**26+ countries represented**



This educational initiative is supported by:



The **International Sleep Research Training Program (IS RTP)** is now in its fifth year. In total, 33 young professionals from 11 countries have now participated in the research mentorship program. Four of them completed the program in June of 2023, and six started their mentorships the following month.

Nineteen IS RTP mentees attended World Sleep 2023 in Rio de Janeiro. They participated in dedicated professional development sessions with mentors and special guests. In addition, IS RTP mentees contributed 40 presentations to the main scientific program and chaired three sessions. Abubaker Ibrahim (class of 2023) received several New Investigator Awards and Bingqian Zhu (class of 2020) received a World Sleep Day Distinguished Activity Award.

World Sleep Society received grant support for IS RTP from Philips, Takeda Pharmaceuticals, and Jazz Pharmaceuticals during 2023.

This educational initiative is supported by:



## 19 mentees attended World Sleep 2023

## 40 presentations given by IS RTP mentees at World Sleep 2023





# Sleep Medicine Exam

Three exam administrations took place in 2023 in India, Brazil, and Thailand. Across these exam sittings, 109 individuals took the exam and 79 passed, earning the International Sleep Specialist designation and certificate.

All International Sleep Specialists are listed on the World Sleep Society website by name, country, and year of examination. Find the directory at [worldsleepsociety.org/examination](https://worldsleepsociety.org/examination)

In total, 269 individuals have now earned the International Sleep Specialist designation.

## WSS

International Sleep  
Disorder Specialist

### 1. Indian Society for Sleep Research

New Delhi, India | April 16, 2023

### 2. World Sleep 2023 Congress

Rio de Janeiro, Brazil | October 20, 2023

### 3. Asian Society of Sleep Medicine

Bangkok, Thailand | December 10, 2023



# World Sleep Day

**World Sleep Day** took place in clinics, communities, and countries around the world on March 17, 2023 with the theme “Sleep is Essential to Health.”

World Sleep Day Delegates from 69 countries submitted over 300 activities to the World Sleep Day website, a clear increase from the prior year.

Activity award winners from 2022 and 2023 were recognized on stage at the opening ceremony of World Sleep 2023. Thank you to all World Sleep Day Delegates and activity organizers who work to celebrate healthy sleep!

View all [2023 award-winning activities](#)



**300+ sleep awareness activities**

**69 countries participated**

**10 award-winning activities**



Nigeria & Republic of Korea



Brazil



El Salvador



Malaysia

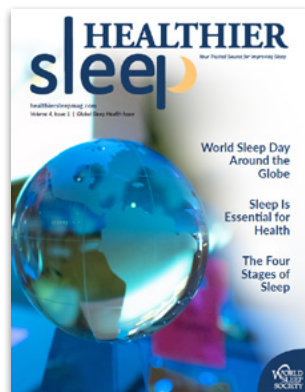
*World Sleep Day Distinguished Activity Award winners receive their certificates at the opening ceremony of World Sleep 2023 in Rio de Janeiro.*



# Healthier Sleep Magazine

Two issues of *Healthier Sleep* were published in 2023. The first issue was published in March, focusing on global sleep health and highlighting the activities of World Sleep Day.

The second was a special issue published in collaboration with Langham Hospitality Group, focusing on sleep health and wellness. This issue was distributed in print at Langham properties around the world and online at [healthiersleepmag.com](http://healthiersleepmag.com).



## HEALTHIER sleep

**Two issues published in 2023:**

**Global sleep health & World Sleep Day**

**Sleep health & wellness**



Harmony Biosciences is the sponsor of the 'Clinician as Advocate' articles in *Healthier Sleep* magazine.



# Christian Guilleminault Award



**CHRISTIAN GUILLEMINAULT  
YOUNG INVESTIGATOR ENDOWMENT FUND**

Four young investigators were recognized with the **Christian Guilleminault Young Investigator Award** in 2023. Each recipient receives a \$1000 grant to assist with travel to sleep-related research conference.

Congratulations to the recipients, and please [share the application](#) with young investigators in sleep!

**Takato Honda** in recognition of “GABAergic Neurons in Ventral Midbrain/ Pons Are Involved in Mania-like Behaviors with Altered Sleep Homeostasis and Sleep Architecture” presented at Neuroscience 2022 in San Diego, California

**Derric Eng** in recognition of of “The Association between Chronotype and Infant Bedtimes” presented at IPSA Online 2022

**Emma Louise Gale** in recognition of “Late night screen usage and screentime addiction as shared determinants of insomnia, obesity and wellbeing in 11–14-year-olds” presented at World Sleep 2023 in Rio de Janeiro

**Abubaker Ibrahim** in recognition of “Effects of Periodic Breathing on Sleep at High Altitude: A Randomized Placebo-Controlled Cross-Over Study using Inspiratory CO<sub>2</sub>” presented at World Sleep 2023 in Rio de Janeiro



# Practice Recommendations

World Sleep Society published two guideline endorsements in 2023 with one additional manuscript submitted to *Sleep Medicine* at the end of the year.

## Publications

Morin CM, Bei B, Bjorvatn B, et al. World sleep society international sleep medicine guidelines position statement endorsement of “behavioral and psychological treatments for chronic insomnia disorder in adults: An American Academy of sleep medicine clinical practice guidelines”. *Sleep Med.* 2023;109:164-169. doi:10.1016/j.sleep.2023.07.001

Schenck CH, Cochen de Cock V, Lewis SJG, Tachibana N, Kushida C, Ferri R. Partial endorsement of: “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” by the World Sleep Society. *Sleep Med.* 2023;110:137-145. doi:10.1016/j.sleep.2023.07.012

## PRACTICE RECOMMENDATIONS

Current Task Forces:

**Pediatric Melatonin**

**School Start Time**

**Sleep-Related Breathing Disorders**

**Sleep Tracker**



# Treasurer's Report

## **World Sleep Society continues to grow.**

Revenue from the biennial congress continues to support staff and other operating expenses. Program-supported revenues grew in 2023 due to grant support from industry partners including Philips, Jazz Pharmaceuticals, Takeda Pharmaceuticals, and Harmony Biosciences.

### **IS RTP**

Philips, Jazz Pharmaceuticals,  
Takeda Pharmaceuticals

### **World Sleep Academy**

Jazz Pharmaceuticals

### **Healthier Sleep Magazine**

Harmony Biosciences

World Sleep Society arranges sponsorship agreements directly for World Sleep Day, totaling \$55,250 for 2023. Top sponsors included Idorsia Pharmaceuticals, Sanofi, Decca Records, Blue Whale Rare Disease Special Fund, Chemipharm, and AmLife International.

### **Membership**

The total membership in 2023 was consistent with 2022, another congress year. The primary benefit that draws membership is the reduced congress registration rate.



# Attend World Sleep in Singapore

September 5-10,  
2025



2025  
**WORLD  
SLEEP**  
Singapore