

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



Watch World Sleep 2023

As a member of the World Sleep Society, you can access videos from the 2023 World Sleep congress in Rio de Janeiro. Available videos include keynote addresses, symposia, and courses. Access the media at member.worldsleepsociety.org.



Latest Issue of *Healthier Sleep* Magazine Now Available

Healthier Sleep Volume 5 Issue 1 is now available! This issue highlights keynote addresses and presentations from the 2023 congress in Rio. Read about the potential of consumer sleep trackers, sleep and the developing brain, insomnia among adolescents, and more. Find the full issue at healthiersleepmag.com.



Developing Tomorrow's Sleep Leaders

By Dr. Mike Mutschelknaus | IS RTP Coordinator

The International Sleep Research Training Program (IS RTP) is now entering its sixth year. 33 early career researchers have gone through our one-year program so far.

IS RTP has three goals. First, IS RTP **connects early career researchers, known as mentees, with established mentors in sleep research for a one-year intensive research immersion program.** For example, we have sent Brazilian mentees to do research at the University of Paris, Chinese mentees to Stanford University, Iranian mentees to Flinders University, and Indian mentees to Kings College.

The second IS RTP goal is to **send mentees to one World Sleep congress and one regional conference in their specialty area.** At the 2023 World Sleep congress in Rio, for instance, one of our mentees won a new investigator award for his work. He has, in the last year, published nine research articles in his area of interest. The exposure he received at the congress was important for his career.



IS RTP mentees receiving program completion certificates at the World Sleep 2023 congress in Rio.

Finally, the third IS RTP goal is to **help mentees develop their full career potential.** We offer a weekly curriculum that focuses on topics such as leadership, ethics, entrepreneurship, advanced writing and presentation skills, professional networking skills, and grantsmanship.

Contact us

For more information visit worldsleepsociety.org/isrtp or contact Dr. Mike Mutschelknaus at mike@worldsleepsociety.org





Educating for Global Reach, Local Impact

By Dr. Mike Mutschelknaus | World Sleep Academy Faculty Director

The World Sleep Academy (WSA) is an online course for health care professionals around the world who want to improve the quality of their patients' sleep health.

After an introduction to the field of sleep medicine, students learn about the most common sleep issues and diseases. Finally, they can choose to take an advanced course in patient case studies, research methods, or pediatric sleep.

The entire course takes about 18 months to complete. Our first WSA cohort had 35 students in it. Our current WSA cohort has 62 students. What makes the WSA so special is the high quality of our faculty, sleep experts from around the world. We have neurologists from Nigeria, surgeons from Brazil, pediatricians from Thailand, and doctors from Turkey teaching the course.

Our commitment to accessible training is also important. We help medical professionals in communities underserved by sleep medicine. For example, in our two cohorts so far, we have recruited students from several countries in South America and sub-Saharan Africa.

What students value most, though, are the connections they make with each other. The doctor from Kenya learns from the doctor in Venezuela how to open a sleep lab. The neurologist from Senegal learns from the nurse in China how to do a patient sleep evaluation. These connections are both professional and collegial. The WSA is a warm, engaging community.



Contact us

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



Upcoming Society Meetings Endorsed by World Sleep Society

Want to promote your meeting to the World Sleep community? Let us know! Contact us at info@worldsleepsociety.org. Societies and organizations that are not already members of World Sleep Society should first [submit the endorsed meeting application](#).

April 2024

[Portuguese Sleep Association](#)
April 12-13, 2024

[Latin American Congress of Sleep Medicine](#)
April 24-27, 2024

[International Pediatric Sleep Association](#)
April 26-28, 2024

May 2024

[American Academy Orofacial Pain](#)
May 9-12, 2024

[Romanian Pediatric Sleep Conference](#)
May 24-25, 2024

June 2024

[SLEEP](#)
June 1-5, 2024

[International Restless Legs Syndrome Study Group](#)
June 2, 2024

[Congress of Vietnam Society of Sleep Medicine](#)
June 8-9, 2024

[Sleep in Aotearoa](#)
June 20-21, 2024

September 2024

[Society of Behavioral Sleep Medicine Conference](#)
September 12-15, 2024

[Congress of the South African Society for Sleep and Health](#)
September 13-15, 2024

[Sleep Europe](#)
September 24-27, 2024

[International Symposium on Rhinosinusitis and Nasal Polyposis & OSA and Snoring](#)
September 26-28, 2024

October 2024

[Sleep DownUnder](#)
October 16-19, 2024

[Sleeptech 2024](#)
October 18, 2024

November 2024

[World Dentofacial Sleep Society](#)
November 7-10, 2024

February 2025

[11th ASRS Congress](#)
February 8-9, 2025



Society Showcase

Portuguese Sleep Society (APS)



Mission

Raise awareness of sleep in the general population and among health care professionals.

Administration

The Portuguese Sleep Society (APS) has an elected board/committee. Elections are held every three years. Funding comes from membership, sponsors, and profits from events. It was established in 1991 and currently has 178 members.

Member Benefits

Members receive discounts on events.

Society Highlights

- **Advocacy:** APS promotes sleep to the general public by arranging activities including movies and talks. Special attention is given to school age kids with drawing competitions and movies about sleep.
- **Education:** APS sponsors certification events. The next event will be held in April and will be OSA Crossover between specialties.
- **Society:** Everyone in the Portuguese Sleep Society is also a member of the World Sleep Society. Members give time to working with people to raise awareness of sleep.
- **Future:** Growth, as awareness of the importance of sleep increases, the Portuguese Sleep Society projects increased membership.

For more information visit: apsono.com/pt

Upcoming Meetings

SAOS O cruzamento de especialidades
April 12-13, 2024



Society Showcase

Asian Society of Sleep Medicine (ASSM)



Mission

Promote sleep medicine and sleep health in Asia.

Administration

The Asian Society of Sleep Medicine (ASSM) was founded in 2017 and has 30 society members across Asia. ASSM has a council committee with members from the 30 society members. The executive committee consists of the president, past president, president elect, vice presidents for general affairs, education, research, treasurer, and secretary.

Member Benefits

ASSM offers educational opportunities, exchanges amongst sleep professionals, and training for young sleep professionals.

Society Highlights

- **Advocacy:** Works with TV and websites to raise awareness, organizing exhibitions for sleep products, and a special dream drawing exhibition for narcolepsy patients.
- **Education:** Published accreditation criteria for sleep physician and sleep tech in *Sleep Medicine*.
- **Society:** Focuses on the unique needs of the Asian sleep community in the areas of sleep education, research, and practice.
- **Future:** Increase the impact of the sleep community as the economy in Asia develops. We're looking forward to the World Sleep congress in Singapore in 2025 which will bring increased awareness in Asia of sleep medicine.

For more information visit:

worldsleepsociety.org/membership/assm

Highlights from ASSM 2023 in Bangkok



Society Showcase

European Sleep Research Society (ESRS)



Mission

Promote all aspects of sleep research and sleep medicine, to improve the care for patients with sleep disorders, and facilitate the dissemination of information regarding sleep research and sleep medicine.

Administration

ESRS is a non-profit association and relies on membership fees, income from annual congress and publications, as well as industry support for funding. ESRS was established in 1972 and has approximately 2,000 individual members and 31 societal members.

Member Benefits

- Free annual subscription to the *Journal of Sleep Research* (JSR)
- Discount on JSR's Open Access price for authors that are ESRS members
- Reduced fees at ESRS Congress and other events
- Member discount on the ESRS Sleep Medicine Textbook
- Monthly ESRS President's newsletter
- Voting rights
- Eligibility to be voted into any ESRS position
- Eligibility to apply for ESRS grants and financial support
- Access to members only content at esrs.eu from ESRS products to a wide range of educational content
- Automatic membership to the Federation of European Neuroscience Societies (FENS)
- Full access to *European Journal of Neuroscience* (EJN) articles
- Discounted registration rates for the FENS Forum
- Easy registration for all FENS activities, including schools and training courses

Society Highlights

- **Advocacy:** Webinars and scientific blog posts, contributor to the Sleep Revolution, the Brain Health Mission, and the Excessive Daytime Sleepiness and Insomnia Project.
- **Education:** ESRS offers an international sleep certification program, which will be available in September 2024 in Seville, Spain. ESRS also organizes online self-paced courses and hosts the Sleep Science School. A Paediatric Sleep School is planned for April 2024. ESRS also offers CME courses at each annual meeting.
- **Society:** A multidisciplinary society brings together scientists, researchers, students, and medical practitioners, as well as representatives of corporate and academic institutions. ESRS collaborates with networks and external societies.
- **Future:** Focus on online learning, making sleep research more accessible to all, including webinars and online discussions, increased collaboration with related disciplines, and growth of Sleep Europe.

For more information visit: esrs.eu



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
- Australian and New Zealand Sleep Science Association (ANZSSA)
- 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
- Philippine Society of Sleep Medicine
- Vietnam Society of Sleep Medicine

European Region

- Austrian Sleep Research Association
- British Sleep Society
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Bulgarian Society of Somnology
- 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 (with pre-approval)
- 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*