

Keeping Time

The World Sleep Society Community Update



Did you know?

Your members have access to *Sleep Medicine*, the official journal of World Sleep Society.

Sign up today at worldsleepsociety.org



Healthier Sleep Magazine

The Sleep and Human Performance issue is now available online. Print copies are available on a pre-order basis. Discount available for members! Go to healthiersleepmag.com for more information.



Submit Science for World Sleep 2025

Symposia

Due January 15, 2025

Oral Abstracts

Due May 15, 2025

Poster Abstracts

Due July 1, 2025

Notify Me

When Submission Opens





World Sleep Academy recognized for its Global Vision



WSA Director Lourdes DelRosso and WSA Faculty Director Mike Mutschelknaus

The World Sleep Academy is the proud recipient of the **2024 American Academy of Sleep Medicine (AASM) Foundation Sleep Champion Award**. This prestigious award honors non-profit organizations that provide community-based sleep education and services. The AASM Foundation emphasized that the Academy's global vision is the reason for the award.

The World Sleep Academy (WSA) provides accessible training in sleep medicine to healthcare workers, particularly those in areas underserved by sleep medicine specialists. WSA currently educates 56 healthcare workers in 28 different countries. WSA faculty and directors are all volunteers. Tuition rates are structured by World Bank country income ratings, and plans are underway to offer the content in non-English languages, making sleep training available to even more people.

Because of the Academy...

- Sleep webinars are happening in Latin America
- Hospitals are integrating sleep medicine in the Democratic Republic of the Congo
- Patient sleep questionnaires are being administered in Mongolia
- World Sleep Day events are being hosted in Cyprus
- Pediatric sleep help for families is being shared in Türkiye
- Sleep professionals are discussing obstructive sleep apnea in Serbia
- Doctors are discussing sleep on TV talk shows in Barbados
- Academy faculty are organizing a new sleep society in Nigeria
- Academy alumni and students helped organize a national sleep conference in Iran
- High school students are being educated about quality sleep in Senegal

Contact us

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





World Sleep Day

Hosted by World Sleep Society

World Sleep Day (WSD) began in 2008 with the slogan Sleep Well, Live Fully Awake. It has evolved and grown through its 16-year history. This year (2024) WSD had a record number of delegates (581) and activity submissions (351). World Sleep Day activities are organized across the world in over 60 countries. The theme for 2024 is Sleep Equity for Global Health.

Awards

Every year a selection of activities are chosen by the World Sleep Day committee to win Distinguished Activity Awards. Award winners are delegates who have gone above and beyond to celebrate the promotion of sleep in their community and beyond. Distinguished award winners receive one complimentary registration for the next World Sleep Congress to accept the award.

This year, we have introduced two new World Sleep Day awards: the **Liborio Parrino Award** and the **Antonio Culebras Award**.



Liborio Parrino

The **Liborio Parrino Award** recognizes excellence in artistic expression. Named in honor of Liborio Parrino, co-founder and original co-chair of World Sleep Day, the Liborio Parrino Award honors the artistic initiative of a sleep health advocate who synthesizes an aspect of sleep medicine) with an original aesthetic or creative form.



Antonio Culebras

The **Antonio Culebras Award** recognizes excellence in the promotion of sleep's essential role in health. Named in honor of Antonio Culebras, original co-chair of World Sleep Day, the

Antonio Culebras Award honors the work of an activity organizer who celebrates healthy sleep, promoting its capacity for nourishment and healthy living.

Get Involved

Each year World Sleep Society provides a World Sleep Day toolkit as a free resource to help with planning activities. The toolkit includes key messaging, commentary from WSD leadership, healthy sleep resources, logos, media contact, and speaker information as well as WSD history.

Resources are available to Associate Society members and their members. If you are looking for ideas for activities for your community, a list of past activities can be found at worldsleepday.org.

Save the Date

Start planning now to participate in World Sleep Day 2025. Annually scheduled for the Friday before the Spring Vernal Equinox, the next World Sleep Day will be on **March 14, 2025**.



worldsleepday.org



@_worldsleep



facebook.com/wasmf

WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide



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](#).

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

[World Sleep Forum 2024](#)
October 1-2, 2024

[International Conference on Sleep Disorders](#)
October 5-6, 2024

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

[Sleeptech 2024](#)
October 18, 2024

November 2024

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

[32nd Annual Meeting of the German Sleep Society](#)
November 14-16, 2024

[Congres du Sommeil](#)
November 20-22, 2024

December 2024

[Brazilian Sleep Conference](#)
December 4-7, 2024

[National Conference of Indian Association of Surgeons for Sleep Apnoea](#)
December 13-15, 2024

January 2025

[CESPU Postgraduate Course in Chronobiology and Sleep Medicine](#)
January 2025

February 2025

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

[Guy's and St Thomas' 8th Clinical Update Sleep™: International Conference](#)
February 28, 2025





Society Showcase

Vietnam Society for Sleep Medicine (VSSM)

Origins and numbers

- Established in 2019.
- 14 different attached associations or affiliated branches throughout Vietnam.
- VSSM has over 800 members.



Mission

The mission of VSSM is to protect and improve sleep quality for all the communities in Vietnam by promoting awareness of sleep hygiene, care of sleep health, and prevention of sleep disorders. It is to contribute to the promotion of healthy sleep in ASEAN, Asia, and worldwide by participating in sleep medicine education, research, and clinical practices.

Spotlight on Strengths

Through education and training, VSSM looks to improve sleep quality and equity in Vietnam. More sleep professionals mean more patients can receive sleep care and more research in the field of sleep. VSSM is increasing the number of sleep professionals by providing a path of knowledge and teaching. They offer the VSS exam frequently. Those who pass the exam become teachers within VSSM's curriculum to train other physicians in sleep medicine. Graduates of the exam have gone on to work in academia, hospitals, sleep labs, and in sleep research. This adds up to better sleep quality for the community. VSSM also organizes a congress each year along with workshops, training, networking events, webinars, and forums.

What VSSM is doing to promote sleep in their community

- VSSM requested a national Vietnam Sleep Day in the middle of March each year from the Vietnamese government.
- Monthly expert consultation on sleep medicine
- Donate PSG or PGs each year to hospitals in Vietnam to promote the screening of OSA
- Train sleep techs and physicians on PSG interpretation
- National program for early diagnosis of OSA in healthcare workers. 2,000 participants answered questionnaires and 25% completed a "through-drive polygraphy at night".

VSSM looks forward to engaging more with global sleep medicine communities, participating in international conferences, contributing to global research, and adopting best practices from around the world.

For more information visit:

hoiyhocgiacnguvietsam.org.vn

"We expect that as public awareness about sleep health grows the impact of sleep disorders is likely to intensify. We project increased training programs, certification courses, and CME credits. We would like to recruit younger professionals to grow and diversify our member base." – Sy Duong-Quy, MD, PhD, FCCP, President of VSSM



Society Showcase

French Society for Sleep Research and Sleep Medicine (SFRMS)

Origins and numbers

- Established in the early 1990s as the Association of the Centers of Sleep Hospitals and Universities
- Scope enlarged in 2005 with a name change to the French Society for Sleep Research and Sleep Medicine (SFRMS)
- SFRMS has 1,700 members

Mission

The SFRMS attempts to bring together doctors, researchers, and healthcare professionals involved through their professional practice, in understanding the mechanisms of sleep, wakefulness, and their disorders. It federates the players in a young, evolving, and cross-disciplinary field.

Spotlight on Strengths

One strength of SFRMS is its ability to bring together professionals in all areas of sleep including sleep researchers, technicians, nurses, psychologists, physiotherapists, and physicians with Pneumologists, Psychiatrists, Neurologists, ENT surgeons, and general and occupational practitioners.

SFRMS is:

- One of the larger transdisciplinary scientific societies in France.
- Bringing attention to the sleep field through teaching, research, clinical practice, and policies.
- Investing funds (over 400,000 €) to support grants for supporting thesis, masters, and trials.
- Hosting activities for members including scientific watch, communication about policies, events regarding sleep, and supporting research.
- Organizing sleep training of DIU of Sleep and its pathologies and the formation of specific transversal of sleep.

- Offering CME credited courses at their congress of sleep.
- Participating in sleep centre certification. European accreditation for sleep centres requires a dedicated organization responsible for evaluating and performing an onsite visit, based on clinical procedures and research activities.
- Cooperating with the Societe of Pneumologie de Langue France to organize the Congres of Sommeil. It will join together more than 3500 people from all fields of sleep during the 3 day congress in November.

Sleep medicine and research are growing both in terms of initial sleep training and improvement of sleep medicine quality. Moreover, several research teams are involved in large projects and publishing in high-level journals in all different fields of sleep medicine.

For more information visit:

sfrms-sommeil.org

Upcoming Meeting

[Congres du Sommeil](#) | Nov 20-22, 2204



Associação Brasileira do Sono

Society Showcase

Brazilian Sleep Association (ABS)

Origins and numbers

- Established in 1985 as the Sociedad Brasileira do Sono.
- In 2005 the name was changed to the Brazilian Sleep Association (ABS)
- Membership includes the Brazilian Association of Sleep Medicine and the Brazilian Association of Sleep Dentistry
- ABS has 4,337 members

Mission

Promote sleep science in Brazil, updating and training professionals from different areas in a country of continental proportions. Disseminating good practices and global trends in diagnosis and treatment, and raising awareness among the population about the importance of sleep quality for health. The ABS is continuously encouraging public policies that make it possible to improve the quality of sleep for Brazilians.

Spotlight on Strengths

In celebration of World Sleep Day, ABS holds Sleep Week (called “Semana do Sono”). The ABS’s schedule for World Sleep Day 2024 comprised approximately 386 activities, including Lives (face to face), Webinars, and Lectures/Scientific Activities. Our metrics revealed that approximately 410,000 people were impacted by our activities (not only in Brazil but also in some Countries in Latin America and Europe). Our program promoted a great dialogue with health professionals, researchers, educators, lay people and society discussing the importance of sleep. Several digital influencers approved by our Board (some of them with >25,000,000 followers) helped us spread the main World Sleep Society 2024 message (“Sleep Equity for Global Health”). We are proud to reach a record number of activities as compared to the previous years!



ABS has a strong commitment to disseminating scientific knowledge through publications and education. Some of their activities include:

- *Sleep Science* - a scientific magazine that publishes scientific articles from around the world.
- *SONO* – a magazine discussing current issues in sleep.
- *TERSONO* – a weekly webinar of experts covering specific, in-depth topics.
- Brazilian Dental sleep guidelines to be launched in 2024.
- Certification of professionals in all areas of sleep.
- CPAP Solidario project – working to provide CPAP machines for low-income patients.

For more information visit: absono.com.br

Upcoming 20th Annual Meeting

[Brazilian Sleep Conference](#) | December 4-7 2024

Meet Our Associate Society Members



Region of the Americas

- American Academy of Sleep Medicine
- Brazilian Sleep Association
- 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
- Australia 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
- Singapore Sleep Society
- 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 RLS Study Group
- European Sleep Foundation
- European Sleep Research Society
- 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

Welcome to our Newest Associate Society Members!

Bulgarian Society of Somnology | European Sleep Foundation
Philippine Society of Sleep Medicine | Singapore Sleep 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*