

# 2024

## Annual Report

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



# Letter from the President



Dear Esteemed Members and Colleagues,

I am pleased to share this 2024 annual report with the World Sleep community. The last year has delivered exciting successes across our programs.

For example, World Sleep Academy enrollment grew to 56 students, eight new associate societies joined, and more delegates participated in World Sleep Day than ever before. Registration has already opened for the next World Sleep Congress in Singapore over September 5 – 10, 2025, keynote speakers are scheduled, and our Program Committee will share the symposium program soon.

Amidst all these activities, significant progress has been made on the development of updated bylaws to ensure that our society remains well-positioned to meet the needs of our global community. World Sleep Society has also engaged in a strategic planning process that will clarify the vision, mission, and goals of our society. On behalf of the Strategic Planning Committee, I look forward to sharing the results of this work soon.

Finally, the ongoing process of identifying the venues and organizing committees for the World Sleep Congress in 2027 and 2029 reflects our commitment to careful planning and inclusivity as we bring together researchers, clinicians, and advocates from around the world.

In the future, we will look back on 2024 and find it a momentous year for our society. I thank the members who have volunteered their time and energy to World Sleep Society, making such advances possible. I wish you all a wonderful 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)



# 2024 Highlights



## Membership

Current individual membership in World Sleep Society is **795**. Eight societies joined WSS to bring the number of Associate Society members to **55**.



## World Sleep 2025 in Singapore

Plans for World Sleep 2025 in Singapore are underway. The event venue is secured, keynote speakers are engaged, science submission is open, and **registration is open**.



## International Sleep Research Training Program (ISRTP)

ISRTP began its **sixth year** with six mentees and continues to grow the community of young investigators. Current mentees are from China, Brazil, Thailand, India, and Türkiye.



## World Sleep Academy (WSA)

The World Sleep Academy began its second year in January 2024, enrolling **56 students across 29 countries**. In June, WSA was also recognized by the AASM Foundation with the **Sleep Champion Award** for the program's global educational outreach to areas underserved by sleep medicine.



# Membership

As of December 20, membership stands at **795** individuals representing **73** countries.

WSS welcomed **eight new associate society members**, increasing the **total to 55**. New associate society members include:

- Bulgarian Society of Somnology
- European Sleep Foundation
- Indonesian Society of Sleep Medicine
- International Surgical Sleep Society
- Iranian Sleep Medicine Society
- Philippine Society of Sleep Medicine
- Singapore Sleep Society
- Venezuelan Academy of Sleep Medicine

2024 was the inaugural year for ***Keeping Time: A World Sleep Community Update***, which is a means for society members of WSS to share updates with other societies around the world. ***Keeping Time*** is published quarterly and sent to all Associate Society Members.

- **588 regular members**
- **133 student members**
- **74 technician members**



WSS also endorsed **29 society and other sleep meetings** in 2024. An updated international calendar of sleep meetings is available at [worldsleepsociety.org/membership/societymembership/meetings](https://worldsleepsociety.org/membership/societymembership/meetings)

# World Sleep Congress

September 5-10 **2025**  
**WORLD SLEEP**  
— **Singapore** —

Preparations are underway for the 18th World Sleep Congress, which will be in **Singapore over September 5 – 10, 2025.**

**Twelve keynote speakers** representing 10 countries are scheduled, and the [course schedule](#) for September 6 and 7 is now available online.

Registration, hotel reservations, and abstract submission are **all open!** Learn more at [worldsleepcongress.com](https://worldsleepcongress.com).

## 2025 Keynote Speakers

Monday, September 8



Russell Foster, PhD  
United Kingdom



Thomas Penzel, PhD  
Germany



Tiina Paunio, MD, PhD  
Finland



Hiroki R. Ueda, MD, PhD  
Japan

Tuesday, September 9



Lauren Hale, PhD  
United States



Bei Bei, PhD  
Australia



Mary Ip, MBBS(HK), MD(HK)  
Hong Kong



Célyne Bastien, PhD  
Canada

Wednesday, September 10



Takafumi Kato, DDS, PhD  
Japan



Ronald Postuma, MD  
Canada



Björn Rasch, Dr. rer. nat.  
Switzerland



Joshua Gooley, PhD  
Singapore



**WORLD SLEEP CONGRESS.COM**

# Global Sleep Health Task Force



Throughout 2024, small working groups of the Global Sleep Health Task Force have been working to help **accelerate and coordinate potential sleep-health-related initiatives** within each of the WHO Units.

These seven groups are currently working to expand the committees for each of the subtopics, identify next steps, and engage with the WHO Units:

- **Sleep, metabolism, and physical activity**
- **Sleep as a protective factor of brain and mental health**
- **Adolescent & young adult sleep health**
- **Sleep and occupational and workplace health**
- **Sleep and healthy aging**
- **Sleep, nutrition & food safety**
- **Sleep, sustainable mobility, and road safety**





# World Sleep Academy



There is a significant need for quality sleep training in underserved regions worldwide and the World Sleep Academy is addressing this demand. In recognition of its global educational outreach, WSA **received the AASM Sleep Champion Award** in 2024.

**56 students representing 29 countries** enrolled in the first tier of WSA, a substantial increase from the 35 students who enrolled in the first tier in 2023. Forty returning students and four new students enrolled in the second curriculum tier, which ran from April through November of 2024.

**New in 2024**, two separate tracks were implemented for the final tier of the WSA curriculum: “**Advanced Sleep Technology**” and “**Pediatric Sleep**.” With 27 and 43 students respectively, these new tracks feature the **largest and most diverse group of students** in WSA to date.

- **24 live online lectures were given**
- **Four WSA students from year one cohort volunteered as instructors for year two**
- **The AASM Foundation recognized the WSA with the Sleep Champion Award at SLEEP 2024 in Houston**



This educational initiative is supported by Jazz Pharmaceuticals.





The **International Sleep Research Training Program (IS RTP)** continues to promote sleep research among young sleep professionals. Six mentees completed their training in June, and six new mentees began training in July. Thirty-nine young professionals have now participated in the mentorship program.

Former IS RTP mentees continue to be active across World Sleep Society. They are founding members of the Global Sleep Health Initiative, faculty in the World Sleep Academy, active World Sleep Day participants, sleep tracker researchers, and members of the traffic safety work group. They are the **next generation of World Sleep Society leadership**.

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- **All six current mentees are submitting symposia proposals and scientific abstracts for World Sleep 2025 in Singapore**
  - **Yamei Li published her AI research in the May 2024 *Sleep and Breathing* journal**
  - **Christianne Martins had six publications in 2024**
  - **Sharada Kuttly had five publications in 2024**
  - **Merve Suzgun published her brain parenchyma literature review in the *Neuropathology* journal**
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**PHILIPS**



**Jazz Pharmaceuticals.**



This educational initiative is supported by Philips, Jazz Pharmaceuticals, and Takeda Pharmaceuticals.





# Sleep Medicine Exam

Four sleep societies administered the International Sleep Specialist exam in 2024. Exams were organized by the Vietnam Sleep Medicine Association, Sleep Disorder Society Malaysia, South East Asian Academy of Sleep Medicine, and the Indian Society for Sleep Research. A total of 90 individuals took the exam, and 51 passed. **In total, 320 individuals have now earned the “International Sleep Specialist” designation.**

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)

The exam committee reviewed all the exam questions and made updates based on ICSD-3-TR and other publications.

A second version of the exam has been created for advanced practice providers (APP). The APP Sleep Medicine Certification Exam was administered as a pilot program to three nurse practitioners at the Stanford University Division of Sleep Medicine.

## WSS

International Sleep  
Disorder Specialist

- **Indian Society for Sleep Research**

New Delhi, India | April 14, 2024

- **Vietnam Sleep Medicine Association**

Da Lat, Vietnam | June 9, 2024

- **Sleep Disorder Society Malaysia**

Puncak Alam, Malaysia | September 26, 2024

- **South East Asian Academy of Sleep Medicine**

Indore, India | October 5, 2024



# World Sleep Day

World Sleep Day took place in clinics, communities, and countries around the world on March 15, 2024 with the theme **“Sleep Equity for Global Health.”**

Over 580 World Sleep Day delegates from 80 different countries submitted over 350 activities to the World Sleep Day website. **World Sleep Day continues to grow in interest and participation!**

**Two new activity awards** were introduced in 2024: the **Antonio Culebras Award** and the **Liborio Parrino Award**. Named for the original co-chairs of World Sleep Day, these awards recognize excellence in the positive celebration and artistic expression of sleep health. Learn more about these [new awards](#) and the inaugural recipients.

**Distinguished Activity Awards** were also awarded to eight activity organizers. View the [2024 award winners](#).



- **Over 580 delegates from 80 countries participated**
- **350+ sleep awareness activities submitted**



Sleep Society of Thailand



Brazilian Sleep Association



Korean Sleep Research Society



Vietnam Society of Sleep Medicine

World Sleep Day Distinguished Activity Award winners will receive certificates at the opening ceremony of World Sleep 2025 in Singapore.



# Healthier Sleep Magazine

## HEALTHIER sleep

**Three issues** of *Healthier Sleep* were published in 2024. The first issue was published in February and featured research and information presented at **World Sleep 2023** in Rio de Janeiro, Brazil.

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

A third issue was published in July with a focus on **sleep and human performance**. This issue was distributed both online and in print – the first print issue since 2021. This issue along with previously printed issues can now be ordered and delivered internationally for a small fee.



To order, click or scan for more information.



*Healthier Sleep* has returned to an online format with new articles posted every few weeks.



This educational initiative is supported by Harmony Biosciences.



# Christian Guilleminault Award



**CHRISTIAN GUILLEMINAULT  
YOUNG INVESTIGATOR ENDOWMENT FUND**

The **Christian Guilleminault Young Investigator Award** is given to young investigators who are presenting their sleep-related science at scientific conferences, congresses, and meetings.

Two young investigators were recognized with the award in 2024. Each recipient receives a **\$1,000 grant** to assist with travel to sleep-related research conferences.

Please share [the application](#) with young investigators in sleep!

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## **Congratulations to the recipients:**

### **Lisa Brunel (France)**

Effectiveness of an intervention program on physical activity in children with narcolepsy type 1.

### **Zhiguang Zhang (Australia)**

The relationships between contextual factors, parenting practices, and sleep in young children: an analysis of pooled data from 32 countries.

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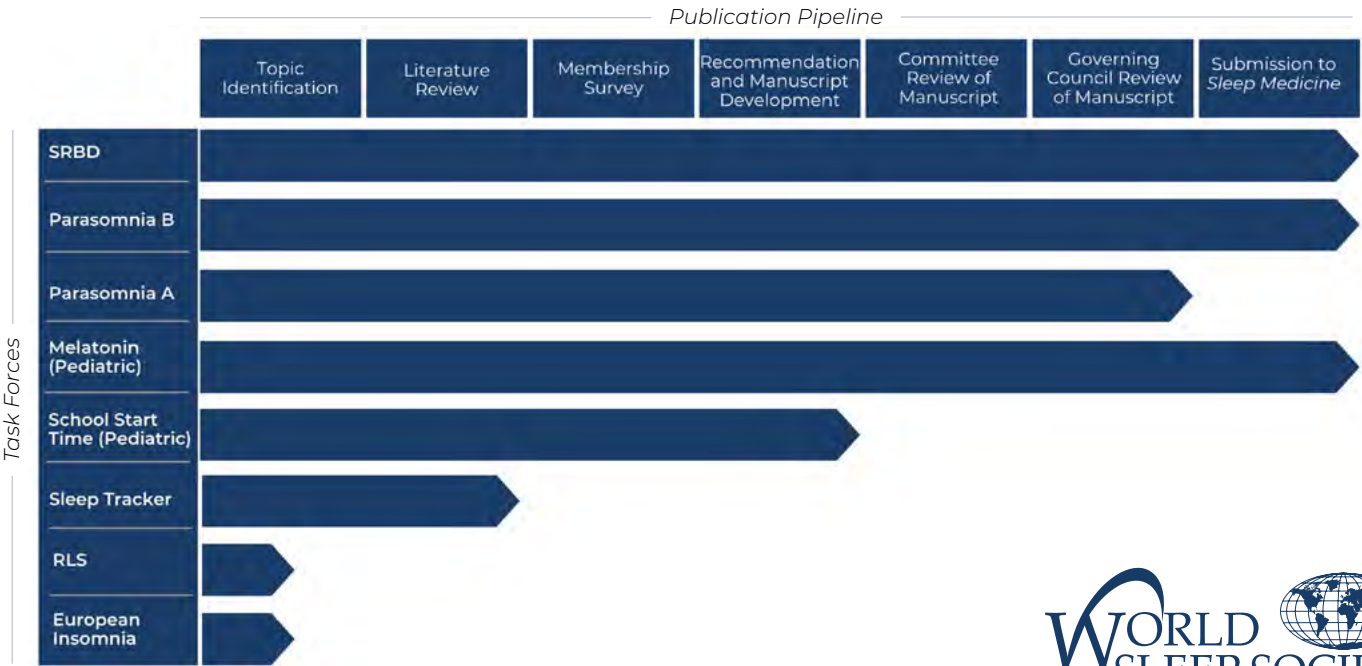
# Practice Recommendations

## PRACTICE RECOMMENDATIONS

There are now **eight task forces** working on sleep medicine practice recommendations. **Two new task forces** were created in 2024 for **RLS** and **insomnia**.

The practice recommendation “**Endorsement of ‘European Respiratory Society guideline on non-CPAP therapies for obstructive sleep apnoea’** by World Sleep Society” was published in *Sleep Medicine* in January of 2024.

Two additional practice recommendations are in press: one from the **Parasomnia B** task force and another from the **Melatonin (pediatric)** task force. Another practice recommendation from the **Parasomnia A** task force is ready for submission.



..... Save the Date .....



**2025**  
September 5-10

# WORLD SLEEP

— **Singapore** —