

Keeping Time

The World Sleep Society Community Update



Did You know?

Recordings from World Sleep 2025 will be distributed through World Sleep Society's Learning Center at learn.worldsleepsociety.org.

Sessions in the main program will be made available over the next six weeks to all individuals who registered for the congress.



Successful turnout of Affiliate Societies in Singapore for World Sleep 2025

Thank you to our Affiliate Societies for participating in the first-ever Affiliate Society Pavilion at the World Sleep congress!

Seventeen Affiliate Societies participated with complimentary signage and table displays, promoting their activities to the 4,000+ attendees of World Sleep 2025.





Society NEWS

Introducing World Sleep Society's Governing Council 2025 – 2027

Elections were held in conjunction with World Sleep 2025. Changes to the World Sleep Society bylaws were passed, and a new Governing Council for 2025 – 2027 has been elected.

Officers



President
Thomas Penzel
(Germany)



President Elect
Peter Cistulli
(Australia)



Secretary
Fang Han
(China)



Treasurer
Dalva Poyares
(Brazil)



Past President
Raffaele Ferri
(Italy)

Members at Large



Africa
Morenikeji Komolafe
(Nigeria)



Asia / Australia
Michael Chee
(Singapore)



Europe
Karen Spruyt
(France)



North America
Najib Ayas
(Canada)



South or Central America
Edilson Zancanella
(Brazil)

Affiliate Society Representatives



European Sleep Research Society
Sleep Research and Sleep Medicine Europe



Sleep
Research
Society®

Bylaws Update

There are two changes to the bylaws affecting Affiliate Societies:

- Beginning with the 2027 election, the five elected Affiliate Society Representatives to the WSS Governing Council must come from 5 different regions of the world. The society with the highest number of votes for their region will be elected.
- All Member societies make up the Affiliate Society General Assembly. Each Affiliated Society is obligated to select a designated representative to this Assembly. Generally, this person is the president or chairman of the society but can also be an appointed representative. This person will participate in the General Assembly of Affiliate Societies, which meets no more than 5 times a year.

Click the link to open the complete [updated bylaws for World Sleep Society](#).



Society NEWS

Nigerian Sleep Society (NSS) held its inaugural meeting

Currently, only four of the 54 countries in Africa have established sleep societies, so it is big news that the Nigerian Sleep Society held their first conference on April 30, 2025. The virtual and physical attendance was 127, including members of NSS, intending members, university and hospital officials and staff, medical doctors, medical students, and members of the community.

The meeting accomplished numerous goals:

- Inauguration of the Nigerian Sleep Society and the student's chapter
- Increased understanding from scientific presentations
- Challenges of sleep disorders in Nigeria better understood
- Interest in more sleep labs due to increased interest from members
- Agreed on the need for advocacy and education on sleep disorders
- Realized need for government partnership

Nigerian Sleep Society

Possibly the most useful outcome of the conference is increased awareness and interest in joining NSS to promote healthy sleep through legislation, additional sleep labs, multicenter research, and teamwork. Many people realized the potential opportunity to help the Nigerian population attain better health through better sleep.

To view the program from the Nigerian Sleep Society's inaugural meeting, click the link below.

[1st Scientific Conference & General Meeting Program](#)

“Congratulations to Prof. Komolafe and the entire team on the successful staging of this history making conference. It was very educational and highly rewarding to every participant.”

– Prof Omonkaye, University of Ilorin

“Congratulations, the conference was fantastic and was an eye-opener for me.”

– Dr. Ann Aronu, Consultant Paediatrician

Have Society News?

Send your associate society news to larrison@worldsleepsociety.org



WHAT DO YOU THINK?

Help Advance Global Sleep Health

The World Sleep Society invites you to participate in a short, 25-minute anonymous survey aimed at improving understanding of sleep health practices and policies worldwide.

Your insights will directly contribute to advancing the field in line with the WHO's Intersectoral Global Action Plan. In line with the WHO IGAP strategic framework, the insights gained from this survey created for sleep health will guide countries in improving awareness of sleep health, reducing risks, and strengthening the diagnosis, care, and support of individuals with sleep disorders and their caregivers globally.

Participation is voluntary, confidential, and free of risk, and you may skip any question or stop at any time. No identifiers will be collected, and responses will be securely stored.

By sharing your experience, you help shape future strategies for better access to care, improved quality of life, and stronger sleep health policy.

*Scan to take the survey
and make your voice
count for global
sleep health.*



Ethical approval: IRB CEL-IRCCS OASI/29-07-2025/PA01.



Upcoming Society Meetings Endorsed by World Sleep Society



Want to promote your meeting to the World Sleep community? 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](#).

October 2025

[II International Course on Sleep Medicine: Comprehensive Management](#)
Lima, Peru | October 23–25, 2025

November 2025

[VII International Conference on Art, Sleep and Medicine](#)
San Cristobal, Venezuela | November 1, 2025

[BSS Sleep – British Sleep Society](#)
Brighton, England | November 5–7, 2025

[Pediatric Sleep Medicine 2025 Conference](#)
Hilton Head, South Carolina | United States
November 5–8, 2025

[Annual Scientific Meeting of the Hong Kong Society of Sleep Medicine](#)
Tsim Sha Tsui, Hong Kong | November 9, 2025

[Forensic Sleep Medicine – European Sleep Foundation \(ESF\)](#)
Ascona, Switzerland | November 10–12, 2025

[eSleep Europe 2025 – ESRS | Sleep Technology](#)
Virtual congress | November 13, 2025

2nd Lisbon Sleep Summit –
Portuguese Sleep Association
Lisbon, Portugal | November 19–22, 2025

[33rd Annual Conference of the German Society for Sleep Research and Sleep Medicine](#)
Hannover, Germany | November 27–29, 2025

December 2025

[eSleep Europe 2025 – ESRS | Basic Animal](#)
Virtual congress | December 11, 2025

[24th Annual Meeting of the EURLSSG](#)
Munich, Germany | December 13–14, 2025

February 2026

[ISSS 2026 Annual Meeting – International Surgical Sleep Society](#)
Mumbai, India | February 20–22, 2026

[9th International Sleep Update 2026 – Ace School of Sleep Medicine](#)
New Delhi, India | February 28–March 1, 2026

April 2026

[IPSA 2026 – International Pediatric Sleep Association](#)
Florence, Italy | April 8–11, 2026

September 2026

[International RLS State of Science Conference Symposia Submission](#)
Virginia, United States | September 23–26, 2026



WSS has a new endorsed meeting graphic!

Available in blue and white versions, email us at info@worldsleepsociety.org and we will send you the badges to use to help promote your meeting.



Australia and New Zealand
**SLEEP SCIENCE
ASSOCIATION**

Society Showcase

Australia and New Zealand Sleep Science Association (ANZSSA)

Origins and Numbers

- Established over 30 years ago
- 300+ members

To learn more visit: anzsleepscience.org

Mission

Our mission is to advocate for and elevate sleep science by connecting those who work in the field with the knowledge, skills and professional network they need for excellence.

Spotlight on Strengths

EDUCATION AND CERTIFICATION

ANZSSA is committed to continuing the professional recognition and development of our members. One key strategic objective is the development of sleep science standards and guidelines. The development of credentials for scientists working within clinical sleep services across Australia and New Zealand supports this objective.

The ANZSSA Certification Exam (ACE) was developed over several years by a committee of experienced sleep scientists from Australia and New Zealand. Based on the New Zealand Sleep Science Exam, all pre-existing questions were reviewed/updated, and a bank of new questions were written by committee members. There are currently 400 questions available in the question bank. Each question is assigned a difficulty rating. Relative weighting of difficulty based on question selection is factored into each exam.

To help people prepare, exam topics are the focus of a scheduled masterclass and presentations both online and at the annual Sleep Down Under Conference. Ongoing education relevant to exam topics is planned into the future.

In addition to exam information and Sleep Lab Accreditation, ANZSSA offers webinars on a variety of educational topics designed to be eligible for CEC/CPD credits. Webinars are available via their website, email communications to members, and social media platforms.

“Providing education using an online format with the opportunity for post event viewing has been very well received by our members. Asking the members for their preferences regards topics can also help guide what education is provided.”

– Nicole Verginis, President of ANZSSA



Society Showcase

Canadian Sleep Society (CSS)



Canadian Sleep Society / Société Canadienne du Sommeil

Origins and Numbers

- Established in 1989
- 440 members

To learn more visit: css-scs.ca

Mission

The Canadian Sleep Society is a national organization committed to improving sleep for all Canadians through support for research, promotion of high-quality clinical care, education of professionals and the public, and advocacy for sleep and sleep disorders medicine. "Healthy sleep for healthy Canadians"

Spotlight on Strengths

RESEARCH

Canadian Sleep Society (CSS) has well-established resources for sleep researchers and trainees including a research map, trainee seminars, and a research volunteer bank.

The research map lists researchers with their areas of expertise working throughout Canada. It was created to connect trainees and experienced researchers to develop projects or to offer internships. It also serves as a resource for media outlets to find experts on specific topics.

Sleep research trainee seminars train the next generation of sleep researchers. Seminars are held virtually each month. Trainees can network, share their work, and receive feedback from peers and experienced researchers. Another benefit is that researchers have an opportunity to recruit for their labs. These seminars are well attended, open to all trainees (not only CSS members), and available for viewing post seminar. This has been the most beneficial program to promote research collaboration in CSS.

CSS helps researchers in Canada recruit people for research studies by listing studies and the recruits needed. Only academic research is listed. It is a means of connecting researchers with the participants they need to learn about sleep disorders and how to treat them.

CSS is always open for collaboration and happy to work with anyone or help with initiatives linked to the field of sleep.

SAVE THE DATE

CSS is hosting World Sleep 2027
over September 10-15, 2027 in Montréal!



Click the link to learn more about the [Sleep Research Trainee Seminars](#)





Society Showcase

Philippine Society of Sleep Medicine (PSSM)

Origins and Numbers

- Established in 2002
- 88 members

To learn more visit: thepssmi.wordpress.com

Mission

Promote awareness of the importance of sleep health. Educate healthcare professionals in the recognition and management of sleep disorders. Advance the field of sleep healthcare through research. Establish standards for the practice of sleep medicine. Nurture the professional growth of its members.

Spotlight on Strengths

OUTREACH: PROVIDING ACCESS TO SLEEP PROFESSIONALS

The Philippines is an archipelagic country made up of 7,641 islands. This presents unique challenges in delivering sleep care to the population, particularly those in outlying communities. Currently there are 83 sleep professionals and four accredited training institutions.

When the Covid pandemic restricted in-person meetings, Philippine Society of Sleep Medicine (PSSM) created a teleconsultation directory which turned out to be a great platform for delivering sleep medicine. Virtual consultations, remote monitoring of CPAP treatment and most digital sleep assessments allow for seamless diagnosis and management of common sleep disorders. Now any Filipino with an internet connection has access to sleep professionals. The directory is posted on their website and Facebook account and is promoted through partner companies.

Many distant rural communities don't have local sleep medicine professionals. PSSM organizes scientific forums in these communities to equip them with basic knowledge about sleep health.

Doctors in these communities are encouraged to apply to the local fellowship training on sleep medicine and have access to the teleconsultation directory to collaborate with other sleep professionals.

Currently PSSM is developing guidelines on type three sleep apnea devices. Once finalized, a caravan is planned to set up level three sleep apnea testing in distant communities.

The PSSM is a relatively small but growing society working to meet the needs of a large population with geographic challenges. The demand for sleep services has increased exponentially in the past five years, and PSSM has used creative and effective means to deliver sleep medicine amidst these challenges.



Meet Our Associate Society Members



Global

- International Pediatric Sleep Association
- International RLS Study Group
- International Surgical Sleep Society
- World Dentofacial Sleep Society

Region of the Americas

- American Academy of Sleep Medicine
- Brazilian Sleep Academy
- Canadian Sleep Society
- Guatemalan Association of Sleep Medicine
- Latin American Sleep Association
- Peruvian Association of Sleep Medicine
- Sleep Research Society
- Society of Behavioral Sleep Medicine
- Venezuelan Academy of Sleep Medicine

South-East Asian Region

- Asian Society of Sleep Medicine
- Indian Association of Surgeons for Sleep Apnoea
- Indian Society for Sleep Research
- Indonesian Society of Sleep Medicine
- Sleep Society of Thailand
- South East Asian Academy of Sleep Medicine

Eastern Mediterranean Region

- Iranian Sleep Medicine Society
- Moroccan Society of Sleep and Vigilance
- Sleep Medicine Society of Kuwait

African Region

- Nigerian Sleep Society
- South African Society for Sleep and Health

Western Pacific Region

- Asian Sleep Research Society
- Australasian Sleep Association
- Australia and New Zealand Sleep Science Association
- Chinese Sleep Research Society
- Hong Kong Society of Sleep Medicine
- Integrated Sleep Medicine Society Japan
- Japanese Society of Sleep Research
- Philippine Society of Sleep Medicine
- Singapore Sleep Society
- Taiwan 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 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
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Serbian Sleep Society
- Turkish Sleep Medicine Society

Map and list revised October 2025.

Welcome to our Newest Associate Society Members!

World Dentofacial Sleep Society | Nigerian Sleep Society
Sleep Society of Thailand



Mission

Convening the World of Sleep Medicine
Science, Practice, and Advocacy

Officers

President

Thomas Penzel (Germany)

President Elect

Peter Cistulli (Australia)

Secretary

Fang Han (China)

Treasurer

Dalva Poyares (Brazil)

Past President

Raffaele Ferri (Italy)

Members at Large

Africa

Morenikeji Komolafe (Nigeria)

Asia / Australia

Michael Chee (Singapore)

Europe

Karen Spruyt (France)

North America

Najib Ayas (Canada)

South or Central America

Edilson Zancanella (Brazil)

Affiliate Society Representatives

American Academy of Sleep Medicine

Asian Society of Sleep Medicine

Australasian Sleep Association

European Sleep Research Society

Sleep Research Society

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

- Connections and networking opportunities with other sleep societies around the globe
- 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*