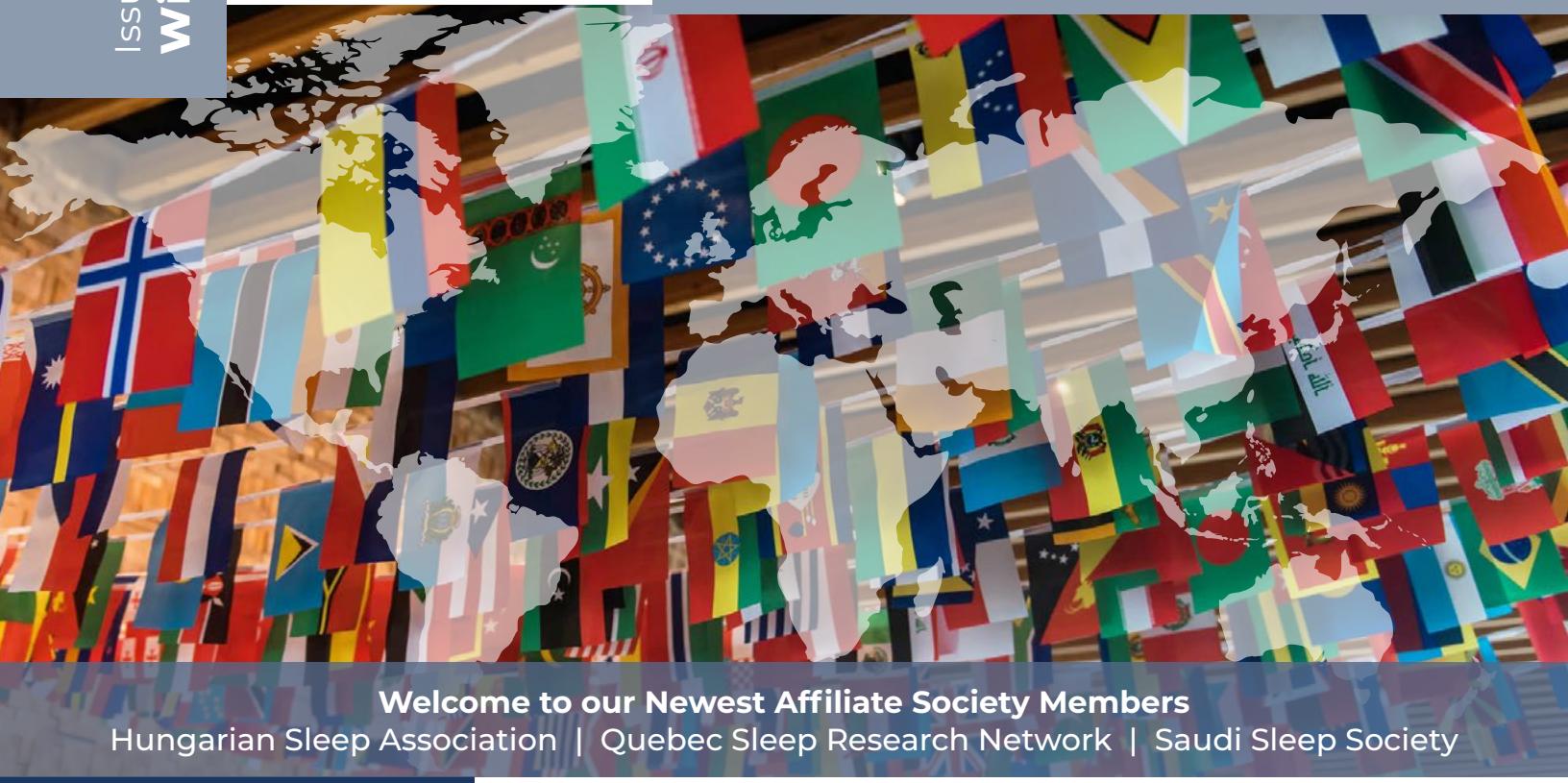


Keeping Time

The World Sleep Society Community Update



Welcome to our Newest Affiliate Society Members

Hungarian Sleep Association | Quebec Sleep Research Network | Saudi Sleep Society

Did you know?

Individual membership expired on December 31. Renew now and get a full year of WSS membership!

Members of Affiliate Societies receive a **\$10 discount** by using promo code **10OFF2026** when renewing.

Click to renew!



World Sleep 2025 Recordings

If you attended World Sleep 2025, you are pre-registered to watch recorded keynote, symposia, and oral presentations. Likewise, if you attended courses at World Sleep, you are pre-registered and can access the course recordings. Individual members of World Sleep Society automatically receive a 50% discount on all recorded sessions.

Catch up on all the recorded sessions you missed in World Sleep Society's new Learning Center at learn.worldsleepsociety.org.

New Collaboration Center

Are you looking for collaborators for your next research or education project? Try asking the World Sleep community! World Sleep Society members can now post collaboration opportunities on the official World Sleep Society website.

Learn more about this free member benefit at worldsleepsociety.org/collaborate.



Welcome to the World Sleep Society Learning Center

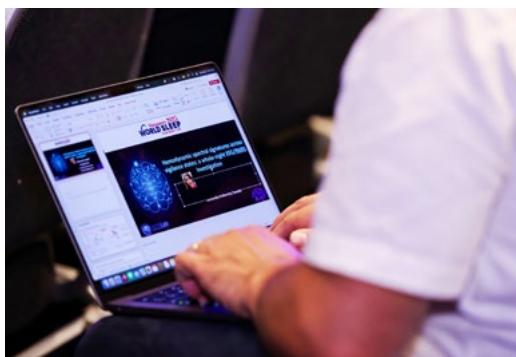
World Sleep Society's new Learning Center is the place for sleep medicine education! The Learning Center is a powerful online tool to host online meetings, organize educational courses, and facilitate collaboration.

The Learning Center can be accessed by anyone with a free World Sleep Society account. Log in with your individual member account at learn.worldsleepsociety.org.



World Sleep Academy in the Learning Center

The Learning Center is also the hub for the World Sleep Academy. Coursework including lectures, discussions, and tests can be accessed remotely. You will be able to access the academy from anywhere, anytime. The Tier 1 course begins in January 2026.



Host Your Educational Session in the Learning Center

Affiliate Societies are welcome to use the capabilities of the Learning Center for their own societies. Webinars, videos, files, discussions, handouts, and surveys can all be posted for your members.

Contact Amy at larson@worldsleepsociety.org for more information. Affiliate Societies can also begin by filling out the [Content Upload Request](#) form.

Have Society News? Send news to larson@worldsleepsociety.org





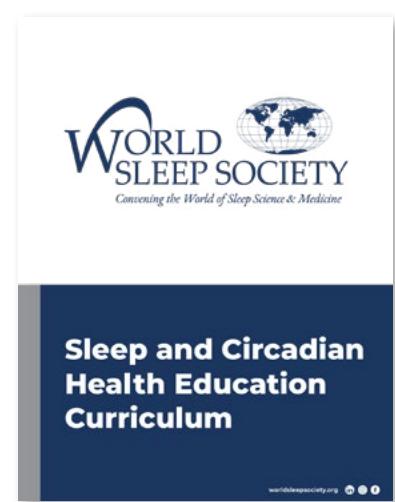
Sleep and Circadian Health Curriculum

The World Sleep Society is dedicated to advancing sleep health and promoting the understanding of sleep disorders. To further this goal, World Sleep Society has created the *Sleep and Circadian Health Education Curriculum*. The curriculum comprehensively describes the necessary knowledge base, skills, and competencies for a sleep and circadian professional.

The curriculum covers the history of sleep, normal physiology, sleep disorders, clinical assessments, diagnostic tools, research methodologies, and the latest technological advancements. It is a foundational basis for all World Sleep Society programs and activities and is adaptable to current research and developments in the field of sleep.

Affiliate Societies are welcome to freely use the *Sleep and Circadian Health Education Curriculum* to guide their education and training programs.

Find it online for download at worldsleepsociety.org/curriculum.



Volunteer with World Sleep Society

World Sleep Society has many volunteer opportunities available.

Volunteering with World Sleep Society offers members the opportunity to network with sleep professionals around the world and enrich your career.



Some opportunities include:

- Reviewing congress submissions → Reviewing exam questions
- Lecturer, discussion leader, or project assessment → Writing for *Healthier Sleep*
- Speaker/Media resource → Committee work



worldsleepsociety.org



Scan the QR code for more information and to fill out the volunteer interest form.





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](#).

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

**Help Promote Your
Next Meeting With
a WSS Endorsed
Meeting Graphic!**



Email us at info@worldsleepsociety.org and we will send you the graphics to use to help promote your meeting.





Society Showcase

Society of Behavioral Sleep Medicine

Origins and Numbers

- Established in 2010

To learn more visit: behavioralsleep.org

Mission

The mission of the Society of Behavioral Sleep Medicine (SBSM) is to set standards and promote excellence in Behavioral Sleep Medicine, healthcare, education, and research.

Spotlight on Strengths

ESTABLISHING AN ACCREDITATION PROCESS

The SBSM accreditation is the recognized standard for adequate practicum and educational preparation that leads to competent practice in the specialty area of Behavioral Sleep Medicine.

When SBSM started the accreditation for a BSM training program, there were no standards for BSM scope of practice. They began with comparators of APA approved accreditation standards, the AASM accreditation standards for sleep and the VA national standards for clinical practice. Standards were then created from evidence-based clinical practice parameters and standards, regulatory standards, and review of changing clinical practice.

The accreditation committee reviews applications for new and renewing accreditations. These volunteers and other dedicated BSM experts keep the cost of running the program low. Ongoing cost is mostly website maintenance. Additional experts are invited to assist with evidence-based elements of the standards, and complete comparisons of other clinical standards if they exist.

The most valuable piece of SBSM accreditation is the standards for BSM training programs, standardized curricula for didactic and experiential training. There are comparable competencies completed through the standardized training criteria and measures for competency.

SBSM is also invested in the education of their providers and researchers. Each year they sponsor many webinars on a host of innovative topics. The webinars are presented by subject matter experts and include a discussant and moderator to engage with attendees. This education is important to their professional colleagues as evidenced by the impressions of archived webinars on their website. To view the educational material, visit behavioralsleep.org.

Have Society News? Send news to larson@worldsleepsociety.org





Society Showcase

Hong Kong Society of Sleep Medicine

Origins and Numbers

- Established in 1993
- 200 members

To learn more visit: hkssm.org/main.php

Mission

The mission of the Hong Kong Society of Sleep Medicine (HKSSM) is to strengthen academic exchange and collaboration, to foster innovation, to promote excellence in clinical practice, and to provide professional education in the field of sleep medicine in Hong Kong.

Spotlight on Strengths

CLINICAL MEETINGS

Our quarterly clinical meeting program serves as a dynamic platform for the dissemination of knowledge and the exchange of ideas among sleep specialists and healthcare professionals from diverse fields. By encouraging participation across specialties, the program promotes multidisciplinary collaboration, collective learning, and supports the advancement of sleep research and clinical excellence in sleep medicine.

Our society's website serves as a valuable hub for our members. It features highlights from previous clinical meetings and annual scientific meetings, as well as links to relevant resources from the frontiers in sleep medicine. Additionally, we organize regular tutorials and mock examinations to help our candidates prepare for the sleep medicine examination.

We host an Annual Scientific Meeting, featuring at least one international keynote speaker, and multiple distinguished local speakers to

foster academic excellence and international collaboration. It covers diverse topics, from basic clinical science and recent research updates to the latest clinical practices and translational research.

At World Sleep 2025 in Singapore, HKSSM members presented symposia and educational courses, earned seven Young Investigator Awards, and offered a scholarship program.

The World Sleep Society International Sleep Specialist exam has been offered regularly since 2013 with invited sleep specialists to lead pre-examination courses.

HKSSM is committed to raising public awareness about the critical importance of sleep health, advocating for better sleep practices, and promoting sleep health literacy.

Have Society News? Send news to larson@worldsleepsociety.org



Society Showcase

British Sleep Society



Origins and Numbers

- Established in 1989 and became a Charitable Incorporated Organization in 2025.
- Over 800 members

To learn more visit: sleepsociety.org.uk

Mission

The mission of the British Sleep Society is to support excellence in multi-disciplinary practice across the fields of sleep science and sleep medicine.

Spotlight on Strengths

TECHNOLOGIST CONFERENCE

Lack of professional recognition of sleep medicine within the NHS and the Royal Colleges has resulted in a short supply of the sleep workforce and limited training opportunities in sleep medicine, especially for technologists and physiologists. To address this, we started a 'hands-on' Technologist conference. It is a multi-day training course focused on developing practical skills in polygraphy and polysomnography. It was developed and run by Dr Lizzie Hill but temporarily ceased after Lizzie stepped down. We revived it a couple of years ago using funds received from NHS England to employ a dedicated BSS Fellow to help organize it. It is held once every two years. Each conference lasts two days and offers practical sleep medicine skills primarily to technologists and physiologists but physicians and sleep scientists also attend.

We have seen many benefits including:

- An increase in the trained sleep medicine workforce.
- Individuals learn/refresh/develop practical skills and theoretical knowledge of sleep medicine
- Increased awareness of BSS and its activities among medical professionals in the UK
- Puts BSS at the center of sleep medicine

The response has been excellent. There are a limited number of places due to the practical nature and the need to match delegates to available equipment, so this course normally sells out. Feedback at the end of the conference has been very positive. Delegates typically comment on the usefulness of the topics covered, the clarity of the demonstrations, and the expertise of the individuals giving the presentations.

Other activities of the BSS include a biennial conference, hosting international events, monthly webinar, quarterly newsletter, and the podcast *Bites of BSS*.

Have Society News?

Send news to larson@worldsleepsociety.org



Meet Our Affiliate 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
- Quebec Sleep Research Network
- 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
- Saudi Sleep Society
- 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
- Hungarian Sleep Association
- Israel Sleep Research Society
- Italian Academy of Sleep Medicine
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Serbian Sleep Society
- Turkish Sleep Medicine Society

Map and list revised January 2026.

Welcome to our Newest Affiliate Society Members

Hungarian Sleep Association | Quebec Sleep Research Network
Saudi Sleep Society





Mission

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

Officers

President

Thomas Penzel, PhD (Germany)

President Elect

Peter Cistulli, MBBS, PhD (Australia)

Secretary

Fang Han, MD (China)

Treasurer

Dalva Poyares, MD, PhD (Brazil)

Past President

Raffaele Ferri, MD (Italy)

Members at Large

Africa

Morenikeji Komolafe, MBBS (Nigeria)

Asia or Australia

Michael Chee, MBBS (Singapore)

Europe

Karen Spruyt, PhD (France)

North America

Najib Ayas, MD, MPH (Canada)

Central or South America

Edilson Zancanella, MD, PhD (Brazil)

Affiliate Society Representatives

American Academy of Sleep Medicine
Alexander Abreu (United States)

Asian Society of Sleep Medicine
Ahmed BaHammam (Saudi Arabia)

Australasian Sleep Association
Roo Killick (Australia)

European Sleep Research Society
Erna Sif Arnardóttir (Iceland)

Sleep Research Society
Dayna Johnson (United States)

Affiliate Society Membership Benefits

Affiliate 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*