

Keeping Time

The World Sleep Society Community Update



Did you know?

World Sleep Day 2026 engaged participants from 60 countries, with 655 delegates leading over 300 activities worldwide. This level of global participation reflects a growing recognition of sleep health as essential to overall well-being, safety, and performance.

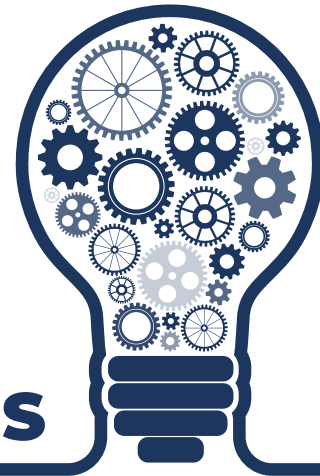
World Sleep Congress Abstracts Published

All poster and oral abstracts from World Sleep 2025 in Singapore have been published in a dedicated supplement of *Sleep Medicine*, expanding global access to the latest research and clinical insights in sleep medicine.





Society NEWS



GLOBAL COLLABORATIONS

The International Sleep Medicine Course: Four Societies Collaborate to Prep for the ESRS Exams

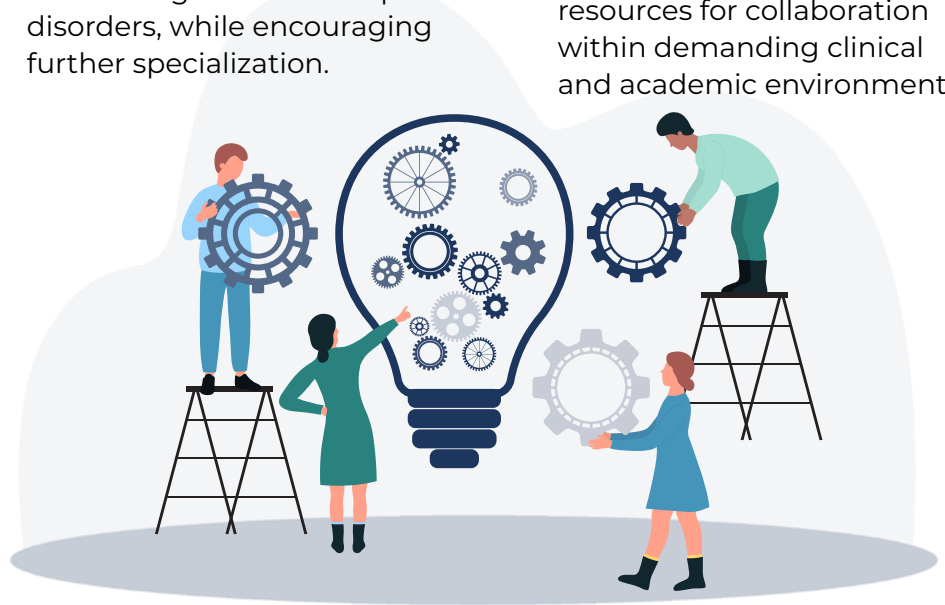
The International Sleep Medicine Course (ISMC) was developed through collaboration between the British Sleep Society (BSS), the Belgian Association for Sleep Research (BASS), and Dutch sleep societies, including the Netherlands Society for Sleep and Wake Research (NSWO) and the Slaapgeneeskundige Vereniging Nederland (SVNL).

Its development aligned with the European Sleep Research Society's (ESRS) international somnologist and technologist examinations, launched in 2012. Recognizing the need for structured preparation, these societies created a four-day course aligned with the ESRS curriculum and textbook, combining comprehensive instruction with practical workshops. The next session will be held in the United Kingdom in 2026.

While the primary outcome is exam preparation, the course also delivers broader value. Participants receive in-depth training across all aspects of sleep medicine, extending beyond typical undergraduate medical education. This supports both specialists and non-specialists in improving the diagnosis and management of sleep disorders, while encouraging further specialization.

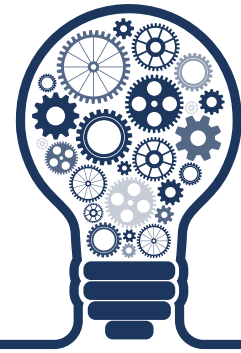
This collaboration provides meaningful impact through:

- Access to a broader pool of international expertise, including contributors to ESRS curriculum development
- Opportunities for cross disciplinary networking and shared research dialogue
- Dedicated time and resources for collaboration within demanding clinical and academic environments



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





GLOBAL COLLABORATIONS CONTINUED

Vietnam Society of Sleep Medicine Collaborates with Ho Chi Minh City Sports Training and Competition Center



HỘI Y HỌC GIÁC NGỦ VIỆT NAM
VIETNAM SOCIETY OF SLEEP MEDICINE

A Memorandum of Understanding was signed on January 21, 2026 between the Ho Chi Minh City Sports Training and Competition Center and the Vietnam Sleep Medicine Association, marking a significant step forward in integrating sleep medicine into athletic training and performance systems.

Following the signing, a scientific seminar titled Sleep Medicine and Its Importance in Sports Activities was presented by leading experts, highlighting the growing recognition of sleep as a critical factor in athletic recovery, performance, and long-term health.

This collaboration focuses on building a sustainable scientific foundation and standardizing the application of sleep medicine across sports systems. Key areas of focus include:

- Joint scientific research initiatives
- Integration of sports psychology and polysomnography
- Development of structured training pathways in sports medicine
- Establishment of a Sports Sleep Medicine network

In addition, both organizations are advancing education in sleep hygiene through short-term training programs for coaches, staff, and athletes. These efforts aim to establish consistent, evidence-based sleep practices across training environments.

“We want to build a sustainable scientific foundation, gradually standardizing the application of sleep medicine in training, coaching, and research for high-performance sports. This will contribute to improving the health, performance, and overall development of athletes in Ho Chi Minh City and the entire country.”

– Mr. Ly Dai Nghia, Director of the Ho Chi Minh City Sports Training and Competition Center

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Assembly of Affiliate Societies: Global Advocacy in Action

The Assembly of Affiliate Societies convened March 30, bringing together 45 participants representing 38 societies across 32 countries.

Hosted by World Sleep Society, the Assembly creates space for connection, knowledge sharing, and collective action across the global sleep community. *The next Assembly of Affiliate Societies is scheduled for June 29, 2026 with a focus on sleep medication education.*



**Next Assembly of
Affiliate Societies
June 29, 2026**



Transforming Workplace and Consumer Awareness

Gergely Vada of the
Hungarian Sleep Society

presented the Sleep Friendly Award Program, an initiative that has been active for over 10 years.

The program recognizes hotels, companies, and products that promote high-quality sleep environments, structured around three core pillars: hospitality, workplace, and consumer products. Organizations are evaluated using criteria grounded in international research and best practices.

This initiative positions sleep not only as a health priority but also as a business and societal consideration. Hotels participating in the program have reported improved guest satisfaction, reduced complaints, and increased positive reviews. Employers have also begun investing more intentionally in sleep education and workplace culture.

Award recipients are permitted to use the Sleep Friendly designation for three years, reinforcing accountability and long-term commitment.



Preventing Tragedy Through Public Awareness

Jimmy Chang of the **Philippine Society of Sleep Medicine** shared a national campaign addressing drowsy driving following a fatal accident involving a driver who fell asleep at the wheel.

Recognizing the need for action beyond awareness, the organization launched a comprehensive campaign in collaboration with the Metro Manila Development Authority and private sector partners.

Key components include:

- Educational presentations at national road safety summits
- Public service commercials shown during the Metro Manila Film Festival, reaching broad audiences
- Integration of campaign messaging into training programs for public utility drivers and driving schools

The campaign emphasizes the dangers of microsleep and aims to embed sleep education into transportation systems and public safety initiatives. This work demonstrates how advocacy can evolve into large-scale behavioral and systemic change.



British Sleep Society

UK Multidisciplinary Sleep Professionals

Influencing Policy and Public Discourse

Nicola Read of the **British Sleep Society** presented advocacy efforts related to time policy in the United Kingdom.

In response to proposals to extend daylight saving time, the Society issued a statement supporting permanent standard time based on evidence related to sleep, health, performance, and safety.

The statement gained national media attention, with Society members contributing to interviews across news platforms and participating in public discourse. The issue was also raised in Parliament, highlighting the importance of sleep-informed policy decisions.

While the policy outcome remains under discussion, this work illustrates the critical role of sleep organizations in shaping public understanding and influencing decision-making at national levels.



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](#).

May 2026

[Sleep Summer School](#) – Sleep, Physical Health and Chronic Diseases, Quebec Sleep Research Network Montreal, Canada | May 27-28, 2026

[20th Congress of Latinoamericano del Sueño Virtual](#) | May 27-30, 2026

June 2026

[WDSS Scientific and Clinical Meeting 2026](#)
Baltimore, Maryland | June 13-14, 2026

[VII Annual Congress of Vietnam Society of Sleep Medicine](#)
Sapa, Vietnam | June 19-21, 2026

[Romanian Pediatric Sleep Conference](#)
Brasov, Romania | June 25-26, 2026

[Inspired International Society of Pediatric Respiratory Diseases](#)
Bologna, Italy | June 25-28, 2026

July 2026

[Sleep2026: Malaysian Multidisciplinary Sleep Congress](#)
Kuala Lumpur, Malaysia | July 9-11, 2026

August 2026

[Nigerian Sleep Society Conference](#)
Abuja, Nigeria | August 11-12, 2026

[South East Asian Academy of Sleep Medicine 8th International Conference on Sleep Disorders](#)
Ahmedabad, India | August 21-23, 2026

[18th Academic Annual Conference of the Chinese Sleep Research Association](#)
Zhengzhou City, China | August 28-30, 2026

September 2026

[ASSM Interim Meeting 2026](#)
Hong Kong | September 10-13

[Peter Brooks State of the Science International Conference](#)
Washington D.C. | September 23-26, 2026

October 2026

[Night and Day International Surgical Sleep Society](#)
Los Angeles, California | October 15-16, 2026

[Sleep Europe Congress 2026](#)
Maastricht, Netherlands | October 20-23, 2026

November 2026

[34th Annual Meeting of the German Society for Sleep Research and Sleep Medicine](#)
Wiesbaden, Germany | November 5-7, 2026

[Sleep DownUnder 2026](#)
Brisbane, Australia | November 11-14, 2026

[The Sleep Congress](#)
Lyon, France | November 25-27, 2026

[Congress of the Italian Academy of Sleep Medicine](#)
Verona, Italy | November 27-29, 2026

December 2026

[Brazilian Sleep Congress](#)
Sao Paulo, Brazil | December 3-5, 2026

[8th Federation of South East Asia Sleep Medicine \(FSSM\) Congress](#)
Bangkok, Thailand | December 13-15, 2026



Society Showcase

Indian Association of Surgeons for Sleep Apnea



ORIGINS AND NUMBERS

- Established: 2012 in Chennai
- Members: Approximately 1,000

MISSION

IASSA's mission is to advance knowledge, research, and clinical excellence in the surgical and multidisciplinary management of sleep apnea, to serve as a bridge between sleep societies, and support the worldwide exchange of clinical information and scientific studies related to sleep apnea.

IASSA is the first national-level association in India dedicated to sleep apnea surgery and multidisciplinary care.

Our association is honored to be an Affiliate Society Member of World Sleep Society, reinforcing our commitment to global standards in sleep medicine and active international engagement. We welcome partnerships, collaborative research, and shared educational initiatives with sleep societies around the world. Through our conferences, training programs, and online platforms, IASSA strives to improve sleep health awareness and clinical care across diverse patient populations.

FOCUS ON STRENGTHS | EDUCATION

Indian Association of Surgeons for Sleep Apnea (IASSA) hosts an Annual National Conference (IASSACON), bringing together national and international experts to promote multidisciplinary learning and collaboration.

Additional initiatives include:

- A Certified Training Program (CTP), a structured two-month clinical training program
- Live surgical workshops and continuing medical education programs throughout the year
- An online lecture series covering foundational and advanced topics
- Multidisciplinary education across ENT, pulmonology, neurology, dentistry, psychiatry, and related fields

Through these efforts, IASSA continues to strengthen clinical practice, education, and collaboration across the region and beyond.

To learn more about the Indian Association of Surgeons for Sleep Apnea, visit iassa.in.

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





**BULGARIAN SOCIETY
OF OBSTRUCTIVE SLEEP APNEA
AND SNORING**

Society Showcase

Bulgarian Society of Obstructive Sleep Apnea and Snoring

ORIGINS AND NUMBERS

- Established: 2012 in Varna, Bulgaria
- Members: 120

MISSION

To advance the prevention, diagnosis, and treatment of obstructive sleep apnea and related conditions, while supporting education and international collaboration..

FOCUS ON STRENGTHS | WORLD SLEEP DAY TRADITIONS

The Bulgarian Society of Obstructive Sleep Apnea and Snoring (BSOSAS) celebrates 10 years of participation in World Sleep Day, demonstrating a sustained commitment to public engagement and professional education.

Annual activities include scientific conferences, interdisciplinary symposia, and international speaker participation. In 2026, the organization hosted a special symposium featuring presenters from 11 countries.

During the campaign, BSOSAS offers free public sleep consultations. Patients are evaluated by multidisciplinary specialists and receive written reports on sleep health, including assessment for obstructive sleep apnea. Polygraphic sleep studies continue after the campaign to accommodate demand.

Over 100 individuals participated in this year's initiative, reflecting strong community engagement and impact.

*View video of
symposium*

CLICK HERE



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Society Showcase

Japanese Society of Sleep Research

ORIGINS AND NUMBERS

- Established: 1977
- Members: 4,200

MISSION

To promote scientific sleep research, enhance sleep-related medicine and care, and contribute to national health.

JSSR is a multidisciplinary society spanning physiology, psychology, psychiatry, neurology, and sociology. It has grown into the largest sleep society in Asia and continues to play a leading role in advancing research, education, and collaboration.

FOCUS ON STRENGTHS | ADVANCING SOCIETY GOALS

Japanese Society of Sleep Research (JSSR) has led and participated in major international initiatives, including multiple World Sleep Congress events and regional partnerships across Asia. Its long-standing commitment to collaboration has helped shape the development of sleep research networks across the region.

Publications

In 2003, JSSR launched *Sleep and Biological Rhythms*, an English-language journal featuring global research. The journal achieved an Impact Factor of 1.3 in 2024.

Certification Programs

JSSR established a certification system in 2002 to support the advancement of clinical practice. As of March 2026, the society recognizes:

- 121 accredited institutes
- 662 certified sleep physicians
- 616 certified technologists
- 80 certified dentists
- 7 certified psychologists

A certification program for nurses will launch in 2026, further expanding its multidisciplinary impact.

To learn more about JSSR, visit jssr.jp.

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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

Revised May 2026



Mission

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

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Asian Society of Sleep Medicine

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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*