

Keeping Time

The World Sleep Society Community Update



Did you know?

Affiliate Societies may request complimentary meeting space during World Sleep 2027 as part of affiliate membership benefits.

APPLICATIONS ARE NOW BEING ACCEPTED!

Beginning December 1, 2026, applications will be reviewed monthly and assigned on a first-come, first-served basis while space remains available. Affiliate Societies planning executive meetings, committee meetings, strategic planning sessions, or mentor gatherings during World Sleep are encouraged to apply early.

APPLICATION



Welcome Egyptian Sleep Society



World Sleep Society warmly welcomes the Egyptian Sleep Society (ESS) as the newest member of our global Affiliate Society network. Formally founded in 2024, the ESS represents a unified national body of physicians, researchers, dentists, psychologists, technologists, and allied health professionals dedicated to advancing sleep medicine throughout Egypt.

The society shares a vision to making healthy sleep a recognized pillar of public health by promoting scientific research, professional education, multidisciplinary collaboration, and evidence-based patient-centered care.

Affiliate Societies are central to World Sleep Society's mission of convening the world of sleep medicine science, practice, and advocacy. We look forward to working alongside the Egyptian Sleep Society as we continue strengthening education, research, and professional collaboration across the global sleep community.

Assembly of Affiliate Societies



Assembly of Affiliate Societies June 29, 2026 Highlights

Twenty Affiliate Societies convened during the second assembly of 2026, contributing valuable insight into workforce development, certification, educational pathways, and professional training within their regions. Find the highlights below!

Introducing the Global Education Mapping Project



Dr. BaHamam

Dr. Ahmed BaHamam, current president of the Asian Society of Sleep Medicine (ASSM) and the Co-

Chair of the WSS Education and Examination Committee, introduced the WSS Global Education Mapping Project at the June 29 assembly.

Educational pathways, workforce development, and government recognition for sleep medicine vary considerably across the world. The Global Education Mapping Project is addressing this challenge. Building on the success of ASSM's Asia Education Mapping Project completed in 2024, World Sleep Society is now expanding this work globally by collecting standardized information on sleep medicine education from countries and regions around

the world. The result will be *the first comprehensive overview of sleep medicine education* while helping World Sleep Society and Affiliate Societies identify opportunities to strengthen education, advocacy, and professional development where additional support is needed.

Each Affiliate Society will be invited to designate a representative to complete a comprehensive 45-question survey examining sleep medicine education within its country or region. In countries where no sleep society exists, World Sleep Society will invite an established sleep medicine researcher to participate.

If you know qualified individuals who could contribute, please share their contact with Dr. Ahmed BaHamam or Amy Larson at larson@worldsleepsociety.org



Mapping the landscape of sleep medicine training in across Asia, published in 2024 by the ASSM.

This study led by the ASSM Education Task Force is the inspiration for the WSS project.

READ STUDY



Assembly of Affiliate Societies

**June 29, 2026
Highlights**

(continued)



Fourteen Years of International Certification

Dr. H.N. Mallick, representing the Indian Society for Sleep Research (ISSR), shared the ISSR's experience administering the World Sleep Society Examination over the past 14 years. ISSR has integrated the examination into its long-standing commitment to advancing education, professional development, and clinical excellence in sleep medicine.

Over time, the examination has helped:

- Formalize sleep medicine as a recognized professional discipline
- Increase the number of trained sleep medicine professionals
- Support recognition of internationally qualified sleep specialists
- Encourage participation from physicians across multiple specialties
- Contribute to the development of sleep technologist certification

Professionals who successfully complete the examination earn the designation of International Sleep Specialist from World Sleep Society. Thanks to the efforts of the ISSR and other local sleep societies, over 100 sleep professionals from India have now earned this designation, demonstrating high competence in sleep medicine.

Affiliate Societies interested in hosting the World Sleep Society Examination are encouraged to contact Lindsay Jesteadt at jesteadt@worldsleepsociety.org.



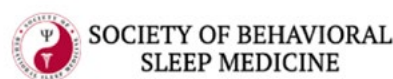
Featured Education Resources from Affiliate Societies

The Assembly of Affiliate Societies highlighted several excellent, freely available educational resources developed by Affiliate Societies.

Sleep Central by Australasian Sleep Association

Sleep Central – “the fast track to sleep health information for primary care providers” – offers an extensive collection of educational materials, clinical guidance, webinars, and professional development resources designed for clinicians, researchers, and allied health professionals.

Website: sleepcentral.org.au



Training and Accreditation with Society of Behavioral Sleep Medicine

Professionals interested in behavioral sleep medicine and cognitive behavioral therapy for insomnia (CBT-I) can explore several educational resources available through the Society of Behavioral Sleep Medicine.

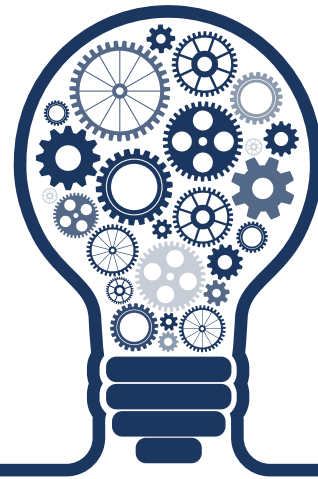
Highlighted resources include:

- [SBSM Accredited Training Programs](#)
- [Accredited CBT-I Training Programs](#)
- [Behavioral Sleep Medicine Credentialing Guide](#)

These resources support clinicians pursuing specialized education, accreditation, and professional certification in behavioral sleep medicine.

GLOBAL COLLABORATIONS

Lighting the Future of Sleep Health



Chinese Sleep Research Society and European Sleep Research Society Launch Exchange Program



The Chinese Sleep Research Society (CSRS) and the European Sleep Research Society (ESRS) have announced their first international exchange program, creating new opportunities for early-career researchers to collaborate across continents.

Developed through a shared commitment to scientific exchange and professional development, the program will provide participants with valuable opportunities to present research, build international relationships, and gain insight into sleep medicine from different cultural and healthcare perspectives.

Ten early-career ESRS members will be selected to attend the [18th Annual Academic Conference of the Chinese Sleep Research Society](#), taking place August 28 – 30, 2026, in Zhengzhou, China.

During the program, participants will:

- Attend China's premier scientific meeting focused on sleep medicine and sleep research.
- Present their research to an international audience.
- Exchange ideas with clinicians and researchers from around the world.
- Build lasting professional relationships that support future collaboration.

Beyond the conference itself, the exchange program is expected to foster lasting scientific partnerships while supporting the next generation of international leaders in sleep medicine. Programs such as this demonstrate how collaboration across societies strengthens scientific discovery, encourages innovation, and helps build a more connected global community.



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

WORLD SLEEP SOCIETY
Convening the World of Sleep Science & Medicine



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](#).

August 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

[International Sleep Medicine Course \(ISMC\) 2026](#)
Newcastle, United Kingdom | September 15-18, 2026

[International RLS State of Science 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

[Advancing Clinical Practice: Integrating Circadian
Medicine into Patient Care and Treatment: 2nd
Annual Meeting of the International Association of
Circadian Health Clinics](#)
Tokyo, Japan | November 2-3, 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

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

German Sleep Society (DGSM)

*Advancing Sleep Medicine Through
Science, Education, and Collaboration*

AT A GLANCE

Established: 1992

Membership: More than 2,000 members

Learn more: dgsm.de

MISSION

To advance scientific knowledge about sleep, promote high-quality patient care, increase public awareness of sleep health and sleep disorders, support education and professional training in sleep medicine, and foster the next generation of sleep researchers and clinicians.

SPOTLIGHT ON STRENGTHS

For more than three decades, the German Sleep Society (DGSM) has been a leading force in advancing sleep medicine and sleep research throughout Germany and across Europe.

Members come from a wide range of specialties. We are committed to combining high-quality research, clinical excellence, education, and international cooperation to improve sleep health and the care of patients with sleep disorders. This interdisciplinary approach enables DGSM to advance both scientific discovery and clinical practice while promoting collaboration across specialties.

DGSM has helped establish high standards for sleep medicine through a wide range of educational and professional initiatives.

Key areas of impact include:

- Developing national quality standards for sleep medicine
- Certifying sleep laboratories
- Contributing to evidence-based clinical practice guidelines
- Supporting interdisciplinary scientific working groups
- Providing continuing professional education
- Investing in early-career investigators through mentorship and training

One of DGSM's signature achievements is its **Somnologist Certification Program**, which provides specialized certification for physicians, psychologists, scientists, and medical technical assistants. The program supports a highly trained multidisciplinary workforce dedicated to delivering quality sleep care.

DGSM also co-publishes **Somnologie**, a peer-reviewed journal published in both English and German, helping disseminate research and clinical advances to an international audience.

SAVE THE DATE

The **34th DGSM Annual Conference** will take place **November 5 – 7, 2026 in Wiesbaden, Germany**. It will bring together clinicians, researchers, psychologists, technologists, and young investigators to discuss the latest developments in sleep research and sleep medicine. It is the largest sleep medicine conference in the German-speaking region.





جمعية طب النوم
Sleep Medicine Society
In Saudi Arabia المملكة العربية السعودية

Society Showcase

Saudi Sleep Medicine Society

Building a National Model for Sleep Medicine

AT A GLANCE

Established: August 2024
Membership: 95

MISSION

To advance the scientific and professional standards of sleep medicine in the Kingdom of Saudi Arabia.

VISION

To promote awareness of sleep medicine while advancing professional excellence, scientific innovation, and research throughout the Kingdom.

SPOTLIGHT ON STRENGTHS

Although officially established in 2024, the Saudi Sleep Medicine Society builds upon more than a decade of national progress in developing sleep medicine education, professional training, and clinical care.

Today, the society serves as a national leader in advancing education, supporting research, promoting public awareness, and strengthening collaboration among sleep medicine professionals. Its work reflects a long-term commitment to developing a highly trained workforce capable of meeting the growing need for specialized sleep healthcare.

Saudi Arabia has established one of the region's most comprehensive infrastructures for sleep medicine education.

Major achievements include:

- [Recognition of sleep medicine and sleep technology as independent specialties](#)
- [Development of a nationally standardized interdisciplinary fellowship program](#)
- [Creation of structured educational curricula and certification pathways](#)
- Expansion of specialized training opportunities for physicians and allied health professionals

The society has also contributed important research examining topics that are both regionally significant and internationally relevant.

Studies exploring sleep during Ramadan, intermittent fasting, circadian rhythms, and culturally influenced sleep behaviors have expanded understanding of how social, cultural, and environmental factors influence sleep health.

These contributions demonstrate the value of incorporating diverse cultural perspectives into global sleep medicine research and clinical guidance.

Through the Ministry of Health's national strategy, sleep medicine services have expanded significantly throughout Saudi Arabia. Sleep centers are now established across much of the Kingdom, improving access to diagnosis, treatment, and long-term care for patients with sleep disorders. Continued investment in education, clinical infrastructure, and professional development is helping ensure more patients receive timely, evidence-based care.

The Saudi Sleep Medicine Society remains committed to strengthening partnerships with organizations around the world through collaborative research, professional exchange, and shared educational initiatives.

The society welcomes opportunities to work alongside Affiliate Societies in advancing sleep medicine globally and believes that diverse cultural and geographic perspectives strengthen both scientific understanding and patient care.



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

- Egyptian Sleep Society
- 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 August 2026

Welcome to our Newest Affiliate Society Member
Egyptian Sleep Society

WORLD SLEEP SOCIETY
Convening the World of Sleep Science & Medicine

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

Alexandre 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*