

Saturday, 06. September 2025*Course*

07:30 - 21:00

C-25: Cadaveric hands-on workshop at Changi General Hospital*Chair:* Stanley Liu (United States)*Chair:* Jern-Lin Leong (Singapore)*Chair:* Maria Suurna (United States)**Registration**

07:30 - 08:00

Welcome

08:00 - 08:05

Stanley Liu (United States)

Session 1: In-office, minimally invasive RF turbinates, palate, tongue, nasal valve

08:05 - 08:45

Chew Lip Ng (Singapore)

Jessie Chi (Taiwan)

Diderot Parreira (Brazil)

Session 2: UPPP: Lateral pharyngoplasty, relocation, barbed, etc.

08:45 - 10:00

Jing Ying Yeh (China)

Jessica Schwarts (United Arab Emirates)

Vikas Agrawal (India)

Maria Suurna (United States)

Session 3: Coblation tongue base

10:00 - 10:30

Srinivas Kishore (India)

Jessica Schwarts (United Arab Emirates)

Demonstration: TORS

10:30 - 11:00

John Loh (Singapore)

Eric Thuler (Brazil)

Session 4: Hypoglossal nerve stimulation: All approaches inspire & nyxoah & livanova approaches

11:00 - 12:20

Clemens Heiser (Germany)

David Kent (United States)

Maria Suurna (United States)

Crystal Cheong (Singapore)

Networking break

12:20 - 12:30

Lunch and session 5: Virtual surgical planning and custom max expander demo for naso-maxillary expansion (video)

12:30 - 13:30

Leandro Velasco (Brazil)

Allen Huang (United States)

Dong N. Quang (Vietnam)

Session 6: Maxillary expansion: Non-surgical, surgical endoscopic and open

13:30 - 14:30

Eric Thuler (Brazil)

Leonard Soh (Singapore)

Sasikarn Poomkornsarn (Thailand)

Stanley Liu (United States)

Session 7: Genioplasty, Genioglossus

14:30 - 15:15

Yufeng Chen (Taiwan)

Dong N. Quang (Vietnam)

Catherine Sung ok Hong (Korea, Republic of)

Session 8: MMA (Bimax distraction, TMJ replacement)

15:15 - 16:45

Reza Movahed (United States)

Lai In Jeni Ho (Hong Kong)

Diderot Parreira (Brazil)

Chee Sing Lee (Singapore)

Faculty Dinner

16:45 - 16:45

Special interest group

08:00 - 09:00

WDSS: Industry breakfast

Course

08:00 - 17:00

R309

C-02: Year in review

Chair: Sean Drummond (Australia)

Introduction

08:00 - 08:20

Sleep, sleep loss, and cognition

08:20 - 09:00

Michael Chee (Singapore)

Sleep neuroscience

09:00 - 09:40

John Peever (Canada)

Question and answer

09:40 - 10:00

Coffee break

10:00 - 10:20

Sleep and health disparities

10:20 - 11:00

Giardin Jean-Louis (United States)

Sleep and circadian rhythms

11:00 - 11:40

Christian Cajochen (Switzerland)

Question and answer

11:40 - 12:00

Lunch break

12:00 - 13:00

Sleep and aging

13:00 - 13:40

Tamar Shochat (Israel)

Latest trends in wearable sleep technology

13:40 - 14:20

Hannah Scott (Australia)

Question and answer

14:20 - 14:40

Coffee break

14:40 - 15:00

Sleep-disordered breathing

15:00 - 15:40

Winfried Randerath (Germany)

Insomnia and mental health

15:40 - 16:20

Laura Palagini (Italy)

Question and answer

16:20 - 17:00

Course

08:00 - 17:00

R310

C-03: AI's potential to improve sleep research and sleep medicine*Chair:* Amir Sharafkhaneh (United States)*Chair:* Max Hirshkowitz (United States)*Chair:* Thomas Penzel (Germany)**Summary**

08:00 - 08:00

Introduction

08:00 - 08:10

Max Hirshkowitz (United States)

Mastering machine learning (ML): The future of sleep data analysis

08:10 - 08:55

Javad Razjouyan (United States)

Generative AI and LLM:

08:55 - 09:40

Shirin Shafazand (United States)

Coffee break

09:40 - 09:55

Deep learning decoded: Elevating sleep analysis to the next level

09:55 - 10:40

Henri Korkalainen (Finland)

Big data, bigger impact: Transforming sleep research with AI

10:40 - 11:25

Ju Lynn Ong (Singapore)

Lunch

11:25 - 12:25

AI in action: Revolutionizing the diagnosis of sleep disorders

12:25 - 13:10

Sulaiman S. Alsaif (Saudi Arabia)

Personalized sleep medicine: AI-powered treatment strategies

13:10 - 13:55

Amir Sharafkhaneh (United States)

Coffee break

13:55 - 14:10

Next-gen sleep monitoring: AI and wearable technology

14:10 - 14:55

Thomas Penzel (Germany)

AI's role in scientific writing and peer-review: Balancing benefits and risks

14:55 - 15:40

Ahmed BaHamam (Saudi Arabia)

Limitations, legal aspects and dangers of AI use

15:40 - 16:25

Haitham Jahrami (Bahrain)

Question and answer

16:25 - 16:55

Course

08:00 - 12:00

R311

C-04: Sleep apnea diagnosis and management: Current treatments*Chair:* Naricha Chirakalwasan (Thailand)*Chair:* Atul Malhotra (United States)**Summary**

08:00 - 08:00

Introduction

08:00 - 08:20

Atul Malhotra (United States)

Global trend in obstructive sleep apnea diagnosis

08:20 - 09:00

Mary Ip (Hong Kong)

Health consequences in obstructive sleep apnea

09:00 - 09:40

Kristina Kairaitis (Australia)

Question and answer 09:40 - 10:00**Coffee break** 10:00 - 10:20**Positive airway pressure therapy in OSA** 10:20 - 11:00

Naricha Chirakalwasan (Thailand)

Non-positive airway pressure therapy in OSA 11:00 - 11:40

Atul Malhotra (United States)

Question and answer 11:40 - 12:00

Atul Malhotra (United States)

Naricha Chirakalwasan (Thailand)

Course

08:00 - 12:00

R324

C-05: Insomnia: Behavioral treatments*Chair:* C.M. Yang (Taiwan)*Chair:* Bei Bei (Australia)**Summary** 08:00 - 08:00**Introduction** 08:00 - 08:10

C.M. Yang (Taiwan)

Theoretical foundation, assessment, and conceptualization for CBT-I 08:10 - 08:50

C.M. Yang (Taiwan)

Core components of CBT-I and treatment planning 08:50 - 09:40

Bei Bei (Australia)

Question and answer 09:40 - 10:00**Coffee Break** 10:00 - 10:20**Managing arousal, sleep reactivity, and integrating mindfulness in CBT-I** 10:20 - 11:00

Philip Cheng (United States)

Behavioral sleep medicine in medical and special populations: Tailoring existing approaches for diverse needs 11:00 - 11:40

Ariel Neikrug (United States)

Question and answer 11:40 - 12:00

Bei Bei (Australia)

Course

08:00 - 12:00

R325

C-06: Pediatric sleep medicine*Chair:* Rosemary Horne (Australia)*Chair:* Michal Kahn (Israel)**Summary** 08:00 - 08:00**Introduction** 08:00 - 08:05**Pediatric sleep disordered breathing: Emerging issues** 08:05 - 08:45

Kate Chan (Hong Kong)

Sleep problems from infancy to middle childhood: Is there a 08:45 - 09:25

skeleton key treatment for all	
Michael Gradisar (Sweden)	
Psychopharmacology in sleepless children with neurodevelopmental disorders: When, which, how?	09:25 - 10:05
Paul Gringras (United Kingdom)	
Discussion / Question and answer	10:05 - 10:15
Coffee Break	10:15 - 10:30
The sleepy child: Hypersomnolence in childhood	10:30 - 11:10
Kiran Maski (United States)	
The 4C model of healthy sleep for trauma-exposed children	11:10 - 11:50
Candice Alfano (United States)	
Question and answer	11:50 - 12:00
<i>Course</i>	
08:00 - 17:00	R326
C-01: Circadian dysfunction in health and disease	
<i>Chair:</i> Joshua Gooley (Singapore)	
<i>Chair:</i> Phyllis Zee (United States)	
Introduction	08:00 - 08:20
Joshua Gooley (Singapore)	
The circadian timing system	08:20 - 09:00
Joshua Gooley (Singapore)	
Effects of light on the circadian timing system	09:00 - 09:40
Christian Cajochen (Switzerland)	
Discussion / Question and answer	09:40 - 10:00
Coffee break	10:00 - 10:20
Methods for measuring and monitoring circadian rhythms	10:20 - 11:00
Andrew Phillips (Australia)	
The circadian clock and health	11:00 - 11:40
Shantha Rajaratnam (Australia)	
Discussion / Question and answer	11:40 - 12:00
Lunch break	12:00 - 13:00
Circadian regulation of cardiometabolic health	13:00 - 13:40
Frank A.J.L. Scheer (United States)	
The circadian clock in ageing and neurodegenerative disease	13:40 - 14:20
Aleks Videnovic (United States)	
Discussion / Question and answer	14:20 - 14:40
Coffee break	14:40 - 15:00
Circadian rhythm sleep-wake phase disorders	15:00 - 15:40
Sabra Abbott (United States)	
Circadian strategies for occupational health and safety	15:40 - 16:20

Diane Boivin (Canada)

Course wrap-up & practice points 16:20 - 16:40**Panel discussion / Question and answer** 16:40 - 17:00*Special interest group*

08:00 - 12:00

R327

Global Sleep Leadership Forum: A meeting of associate society members of World Sleep Society*Special interest group*

09:00 - 17:00

R308

World Dentofacial Sleep Society (WDSS): Bruxism*Chair:* David Tay (Singapore)*Chair:* Mimi Yow (Singapore)**Summary** 09:00 - 09:00**Keynote: Why, how and when quantification of sleep bruxism is needed. From mechanism driven and population epidemiological research to the clinic: A bridge to build** 09:00 - 09:45

Gilles J Lavigne (Canada)

Non-PSG methods of assessment of bruxism and introduction of the Standardised Tool for the Assessment of Bruxism (STAB). Clinical management of bruxism: A dentist's perspective 09:45 - 10:30

Peter Svensson (Singapore)

Coffee break 10:30 - 11:00**Keynote: Subtleties in PSG Scoring. Could sleep bruxism serve as a protective homeostatic mechanism against obstructive breathing during sleep?** 11:00 - 12:00

Jerald H. Simmons (United States)

Lunch break 12:00 - 13:30**Debate: There is vs is not clinical relevance in the application of Type 1 PSG parameters to current dental & medical diagnosis in the management of patients with sleep bruxism. (Moderators)** 13:30 - 13:30

Gilles J Lavigne (Canada)

David Tay (Singapore)

Mimi Yow (Singapore)

Debate participants: Pro position 13:30 - 14:15

Leong-Chai Leow (Singapore)

Jerald H. Simmons (United States)

Debate participants: Con position 14:15 - 15:00

Peter Svensson (Singapore)

Zheyu Xu (Singapore)

Scoring criteria and case-study in otherwise healthy individuals 15:00 - 15:20

Gilles J Lavigne (Canada)

Scoring criteria and case-study in presence of sleep-disordered breathing 15:20 - 15:40

Leong-Chai Leow (Singapore)

Scoring criteria and case-study in presence of neurological disorders 15:40 - 16:00

Zheyu Xu (Singapore)

Tea break

16:00 - 16:30

Expert panel discussion highlighting future directions and interdisciplinary collaboration

16:30 - 17:00

Gilles J Lavigne (Canada)
 Jerald H. Simmons (United States)
 Peter Svensson (Singapore)
 David Tay (Singapore)
 Zheyu Xu (Singapore)
 Mimi Yow (Singapore)
 Leong-Chai Leow (Singapore)

ASSM Meeting

09:10 - 10:25

R328

ASSM: Symposium 1: Content to be determined*ASSM Meeting*

09:10 - 10:25

R329

ASSM: Symposium 2: Content to be determined*Special interest group*

09:15 - 10:15

WDSS: Clinical presentations**Effects of Interceptive Orthodontics & Myofunctional therapy in Subjective symptoms of pediatric sleep disordered breathing amongst Indian children**

09:15 - 09:35

Mihir Shah (India)

Unveiling cutting-edge orofacial myofunctional therapy: A novel, evidence-based approach

09:35 - 09:55

Ranilo Tuazon (Philippines)

Bridging traditions in pediatric sleep care: Evidence-based integration of laser acupuncture, capnometry-guided biofeedback, and interdisciplinary collaboration

09:55 - 10:15

Louis Chan (Australia)

ASSM Meeting

10:00 - 17:00

ASSM Annual Meeting*Special interest group*

10:30 - 12:00

WDSS: Oral appliance therapy in obstructive sleep apnea: An interdisciplinary approach for personalized care*Chair:* Ghizlane Aarab (Netherlands)*Chair:* Peter Cistulli (Australia)**Summary**

10:30 - 10:30

Introduction

10:30 - 10:32

Non-invasive methods for predicting outcomes of oral appliance therapy in OSA patients

10:32 - 10:52

Olivier Vanderveken (Belgium)

Comparative effectiveness of oral appliance therapy versus other treatments for OSA: identifying patient-specific success

10:52 - 11:12

	factors	
Hui Chen (China)		
	Dental approaches to tailored oral appliance therapy for OSA patients: integrating patient-specific factors and preferences	11:12 - 11:32
Ghizlane Aarab (Netherlands)		
	Precision medicine approaches in obstructive sleep apnea: the role of dentist-sleep physician partnerships	11:32 - 11:52
Peter Cistulli (Australia)		
	Question and answer	11:52 - 12:00
<i>ASSM Meeting</i>		
10:35 - 11:50		R328
ASSM: Symposium 3: Content to be determined		
<i>ASSM Meeting</i>		
10:35 - 11:50		R329
ASSM: Symposium 4: Content to be determined		
<i>ASSM Meeting</i>		
12:00 - 13:00		R328
ASSM: Lunch symposium with Somnics		
<i>ASSM Meeting</i>		
12:00 - 13:00		R329
ASSM: Lunch Seminar 2		
<i>Special interest group</i>		
12:30 - 13:30		
WDSS: Industry lunch		
<i>Course</i>		
13:00 - 17:00		R311
C-07: The future of diagnosis and management of OSA		
<i>Chair: Danny Eckert (Australia)</i>		
<i>Chair: Robert Thomas (United States)</i>		
	Introduction	13:00 - 13:05
	State of the art on OSA endotyping/precision medicine and translation potential	13:05 - 13:45
Danny Eckert (Australia)		
	New and emerging OSA diagnostics including multi-night monitoring	13:45 - 14:25
Ching Li Chai-Coetzer (Australia)		
	Sleep tracking and monitoring	14:25 - 15:05
Cathy Goldstein (United States)		
	Coffee break	15:05 - 15:20
	Novel approaches to identify and manage downstream consequences of OSA	15:20 - 16:00
Robert Thomas (United States)		

New management pathways for CPAP follow-up including digital medicine and multimodal monitoring		16:00 - 16:40
Jean-Louis Pépin (France)		
Question and answer		16:40 - 17:00
<i>Course</i>		
13:00 - 17:00		R324
C-08: Insomnia: Pharmacological treatments		
<i>Chair:</i> David Neubauer (United States)		
<i>Chair:</i> Y.K. Wing (Hong Kong)		
Summary		13:00 - 13:00
Introduction		13:00 - 13:20
Insomnia pharmacotherapy in adults		13:20 - 14:00
David Neubauer (United States)		
Insomnia pharmacotherapy in children and adolescents		14:00 - 14:40
Judith Owens (United States)		
Question and answer		14:40 - 15:00
Coffee break		15:00 - 15:20
Hypnotics polypharmacy: Its risk factor and management		15:20 - 16:00
Yuichi Inoue (Japan)		
Advantages and disadvantages of combining CBT-I with sleep-promoting medications		16:00 - 16:40
Y.K. Wing (Hong Kong)		
Question and answer		16:40 - 17:00
<i>Course</i>		
13:00 - 17:00		R325
C-09: Adolescent sleep medicine		
<i>Chair:</i> Perran Boran (Turkey)		
<i>Chair:</i> Judith Owens (United States)		
Summary		13:00 - 13:00
Introduction		13:00 - 13:05
Sleep and cognitive function in adolescents		13:05 - 13:45
Michael Chee (Singapore)		
Transitioning care 1		13:45 - 14:05
Narong Simikajornboon (United States)		
Transitioning care 2 (OSA)		14:05 - 14:25
Albert Li (China)		
Adolescent sleep health in developing nations 1		14:25 - 14:40
Ravi Gupta (India)		
Adolescent sleep health in developing nations 2		14:40 - 14:55
Morenikeji Komolafe (Nigeria)		
Question and answer		14:55 - 15:10

Coffee break	15:10 - 15:25
Measuring sleep in adolescents	15:25 - 15:40
Karen Spruyt (France)	
Challenging insomnia cases 1	15:40 - 15:55
Guanghai Wang (China)	
Challenging insomnia cases 2: Complex neurological conditions	15:55 - 16:10
Leticia Solter (Brazil)	
Social media and sleep	16:10 - 16:30
Rachel Chan (Hong Kong)	
Question and answer	16:30 - 17:00
<i>Course</i>	
13:00 - 18:00	R327
C-24: Understanding narcolepsy: A comprehensive clinical update	
<i>Chair:</i> Raffaele Ferri (Italy)	
<i>Chair:</i> Phyllis Zee (United States)	
Understanding narcolepsy: A clinical overview	13:00 - 13:45
Takashi Kanbayashi (Japan)	
The diagnostic journey	13:45 - 14:30
Kiran Maski (United States)	
Mechanisms of disease: The orexin system	14:30 - 15:15
Alessandro Silvani (Italy)	
Coffee break	15:15 - 15:30
Diagnostic tools and sleep disorders	15:30 - 16:15
Lucie Barateau (France)	
Living with narcolepsy: A patient's voice	16:15 - 17:00
Julie Flygare (United States)	
Guidelines and management strategies	17:00 - 17:45
Rolf Fronczek (Netherlands)	
Discussion / Question and answer	17:45 - 18:00
<i>ASSM Meeting</i>	
13:10 - 13:50	R328
ASSM: Keynote 1: Content to be determined	
<i>Special interest group</i>	
13:30 - 15:00	
WDSS: Challenges in the multidisciplinary management of pediatric SDB: How to phenotype and collaborate	
<i>Chair:</i> Wei-Chung Hsu (Taiwan)	
Summary	13:30 - 13:30
Introduction	13:30 - 13:32
Phenotypes of Pediatric Sleep-disordered breathing	13:32 - 13:52
Umakanth Katwa (United States)	

CBCT/CFD images-based prediction model for ped OSA	13:52 - 14:12
Wei-Chung Hsu (Taiwan)	
Orthodontic treatment for different phenotypes of pediatric OSA	14:12 - 14:32
Audrey Yoon (United States)	
Management of refractory OSA in children	14:32 - 14:52
Archwin Tanphaichitr (Thailand)	
Question and answer	14:52 - 15:00
<i>ASSM Meeting</i>	
14:00 - 15:00	R328
ASSM: Symposium 5: Content to be determined	
<i>ASSM Meeting</i>	
14:00 - 15:00	R329
ASSM: Oral session 1: Content to be determined	
<i>ASSM Meeting</i>	
15:15 - 16:15	R328
ASSM: Symposium 6: Content to be determined	
<i>ASSM Meeting</i>	
15:15 - 16:15	R329
ASSM: Oral session 2: Content to be determined	
<i>Special interest group</i>	
15:30 - 17:00	
WDSS: Upper airway ultrasound in screening, evaluating, guiding management, and assessing treatment effectiveness of obstructive sleep apnea	
Chair: Clete Kushida (United States)	
Chair: Wei-Chung Hsu (Taiwan)	
Summary	15:30 - 15:30
Introduction	15:30 - 15:32
Use of ultrasound in obstructive sleep apnea patients to evaluate the upper airway and guide treatment	15:32 - 15:52
Clete Kushida (United States)	
Screening of underdiagnosed general population for obstructive sleep apnea using upper airway ultrasonography	15:52 - 16:12
Wei-Chung Hsu (Taiwan)	
Backscattered ultrasound imaging of tongue in predicting the hypoglossal nerve stimulation treatment outcome	16:12 - 16:32
Kurt Tschopp (Switzerland)	
Ultrasound imaging of tongue configuration in predicting the effect of mandibular advancement devices on obstructive sleep apnea treatment	16:32 - 16:52
Yunn-Jy Chen (Taiwan)	
Question and answer	16:52 - 17:00

ASSM Meeting

16:25 - 17:25

R328

ASSM: Symposium 7: Content to be determined*ASSM Meeting*

16:25 - 17:25

R329

ASSM: Oral session 3: Content to be determined

Sunday, 07. September 2025*Special interest group*

08:00 - 09:00

Breakfast Session with SoundHealth*Course*

08:00 - 17:00

C-12: Sleep-related movement disorders*Chair:* John Winkelman (United States)*Chair:* Yuichi Inoue (Japan)*Chair:* Raffaele Ferri (Italy)

	Summary	08:00 - 08:00
	Introduction	08:00 - 08:10
	Clinical and neurophysiological aspects of RLS	08:10 - 08:50
Mauro Manconi (Switzerland)		
	Clinical phenotypes of RLS	08:50 - 09:30
Elias Karroum (United States)		
	Psychiatric aspects of RLS	09:30 - 10:10
Yuichi Inoue (Japan)		
	Discussion / Question and answer	10:10 - 10:20
	Coffee break	10:20 - 10:40
	Pediatric RLS	10:40 - 11:20
Oliviero Bruni (Italy)		
	Movement activity during sleep in RLS	11:20 - 12:00
Raffaele Ferri (Italy)		
	Discussion / Question and answer	12:00 - 12:10
	Lunch break	12:10 - 13:10
	Pathophysiological substrates of RLS: Insights from animal models	13:10 - 13:50
Alessandro Silvani (Italy)		
	The omics of RLS	13:50 - 14:30
Maria Paola Mogavero (Italy)		
	Discussion / Question and answer	14:30 - 14:40
	Coffee break	14:40 - 15:00
	RCTs in RLS	15:00 - 15:40
Diego Garcia-Borreguero (Spain)		
	Treatment guidelines of RLS	15:40 - 16:20
John Winkelman (United States)		
	Question and answer	16:20 - 17:00

Course

08:00 - 17:00

R308

C-10: Narcolepsy and other hypersomnias of central origin: From mechanism to management*Chair:* Fang Han (China)*Chair:* Morenikeji Komolafe (Nigeria)**Introduction**

08:00 - 08:20

Fang Han (China)

Overview of hypersomnia

08:20 - 09:00

Kingman Strohl (United States)

New Insights in narcolepsy research

09:00 - 09:40

Emmanuel Mignot (United States)

Question and answer

09:40 - 10:00

Coffee break

10:00 - 10:20

Recognition of narcolepsy in children

10:20 - 11:00

Yu Shu Huang (Taiwan)

Progress in medical treatment of narcolepsy and other hypersomnia of central origin

11:00 - 11:40

Yves Dauvilliers (France)

Question and answer

11:40 - 12:00

Lunch break

12:00 - 13:00

Narcolepsy and metabolism: What do we know?

13:00 - 13:40

Ahmed BaHammam (Saudi Arabia)

Comorbidity and burden of narcolepsy

13:40 - 14:00

S.C. Hong (Korea, Republic of)

Diagnostic burden and challenges of idiopathic hypersomnia

14:00 - 14:20

Lucie Barateau (France)

Question and answer

14:20 - 14:40

Coffee break

14:40 - 15:00

Challenges in diagnosing and managing narcolepsy in other regions of the world: Africa

15:00 - 15:40

Morenikeji Komolafe (Nigeria)

From isolation to international narcolepsy awareness: The power of peers and role models to build a global movement

15:40 - 16:00

Julie Flygare (United States)

A parent's journey: From narcolepsy diagnosis to shaping the future of sleep research

16:00 - 16:20

Lindsay Jesteadt (United States)

Question and answer

16:20 - 17:00

Course

08:00 - 17:00

R309

C-11: Sleep aging, and neurodegeneration*Chair:* Aleks Videnovic (United States)*Chair:* Mei Sian Chong (Singapore)**Summary**

08:00 - 08:00

Introduction	08:00 - 08:10
Aleks Videnovic (United States) Mei Sian Chong (Singapore)	
Sleep and rhythms in healthy aging	08:10 - 08:50
Minjee Kim (United States)	
Association between sleep and cognition in older adults	08:50 - 09:30
Shuo Qin (Singapore)	
Question and answer	09:30 - 09:45
Coffee break	09:45 - 10:00
Sleep and rhythms in dementias	10:00 - 10:40
Brendan Lucey (United States)	
Obstructive sleep apnea in older adults	10:40 - 11:20
Naricha Chirakalwasan (Thailand)	
Question and answer	11:20 - 11:35
Lunch break	11:35 - 12:40
Science year in review	12:40 - 13:10
Murat Aksu (Turkey)	
REM sleep behavior disorder	13:10 - 13:50
Y.K. Wing (Hong Kong)	
RBD and disease modification of synucleinopathies	13:50 - 14:30
Aleks Videnovic (United States)	
Question and answer	14:30 - 14:45
Coffee break	14:45 - 15:00
Sleep and circadian disturbances in Parkinson's disease	15:00 - 15:40
Claudio Liguori (Italy)	
Glymphatic system: Relevance for healthy aging and neurodegeneration	15:40 - 16:20
Ambra Stefani (Austria)	
Question and answer	16:20 - 16:35
Clinical case vignettes	16:35 - 16:55
Murat Aksu (Turkey) Claudio Liguori (Italy)	
Closing remarks	16:55 - 17:00
Aleks Videnovic (United States) Mei Sian Chong (Singapore)	
<i>Course</i>	
08:00 - 12:00	R310
C-13: Comorbid insomnia and sleep apnea (COMISA): When common conditions co-occur	
<i>Chair:</i> Melinda Jackson (Australia)	
<i>Chair:</i> Leon Lack (Australia)	

Summary	08:00 - 08:00
Introduction	08:00 - 08:10
Melinda Jackson (Australia)	
COMISA epidemiology	08:10 - 09:00
Alexander Sweetman (Australia)	
COMISA assessment	09:00 - 09:40
Célyne Bastien (Canada)	
Discussion / Question and answer	09:40 - 10:00
Coffee break	10:00 - 10:20
Patient management: Treating insomnia in COMISA	10:20 - 11:00
Leon Lack (Australia)	
Patient management: Treating OSA in COMISA	11:00 - 11:40
Michelle Zeidler (United States)	
Discussion / Question and answer	11:40 - 12:00
<i>Course</i>	
08:00 - 12:00	R311
C-14: Dental sleep medicine	
<i>Chair:</i> Mimi Yow (Singapore)	
<i>Chair:</i> Stephen Carstensen (United States)	
Summary	08:00 - 08:00
Introduction to dental sleep medicine	08:00 - 08:20
Stephen Carstensen (United States)	
Lecture: Sleep bruxism, sleep-related movement disorders, and its neurological associations	08:20 - 09:00
Zheyu Xu (Singapore)	
The NTI dental device as a screening tool for REM sleep bruxism and its medical comorbidities	09:00 - 09:40
David Tay (Singapore)	
Panel discussion / Question and answer	09:40 - 10:00
Coffee break	10:00 - 10:20
Understanding the paediatric airway in relation to sleep-disordered breathing: Current knowledge and practice	10:20 - 11:00
Lynn Koh (Singapore)	
Childhood sleep-disordered breathing, dentofacial parameters, upper airway space and management	11:00 - 11:40
Audrey Yoon (United States)	
Question and answer	11:40 - 12:00
<i>Course</i>	
08:00 - 12:00	R324
C-22: Occupational health and shift work	
<i>Chair:</i> Mark Howard (Australia)	
<i>Chair:</i> Sveta Postnova (Australia)	
Summary	08:00 - 08:00

Introduction	08:00 - 08:20
Mark Howard (Australia) Sveta Postnova (Australia)	
Shift work, internal desynchrony, and metabolic and cardiovascular health	08:20 - 09:00
Hans Van Dongen (United States)	
Bench to the bedside: Translating individual shiftwork strategies for healthcare workers	09:00 - 09:40
Mark Howard (Australia)	
Discussion / Question and answer	09:40 - 10:00
Sveta Postnova (Australia)	
Coffee break	10:00 - 10:20
From data to care: Personalized AI models for sleep and mental health in shift workers	10:20 - 11:00
Jae Kyoung Kim (Korea, Republic of)	
Prediction and optimization of circadian health in shift work	11:00 - 11:40
Sveta Postnova (Australia)	
Discussion / Question and answer	11:40 - 12:00
Mark Howard (Australia)	
<i>Course</i> 08:00 - 12:00	R325
C-15: Wearables and sleep trackers	
<i>Chair:</i> Michael Chee (Singapore) <i>Chair:</i> Cathy Goldstein (United States)	
Summary	08:00 - 08:00
Introduction	08:00 - 08:05
Michael Chee (Singapore)	
Multi-sensor wearable health trackers: Measurements and outputs	08:05 - 08:45
Mathias Baumert (Australia)	
Interpreting performance evaluation studies: Choosing the right device for your needs	08:45 - 09:25
Ju Lynn Ong (Singapore)	
Sleep tracker use in healthy individuals	09:25 - 10:05
Kelly Baron (United States)	
Question and answer	10:05 - 10:15
Coffee break	10:15 - 10:25
Sleep tracker use in patients with sleep disorders and other chronic medical conditions	10:25 - 11:05
Cathy Goldstein (United States)	
Beyond sleep: Leveraging other health applications wearable trackers	11:05 - 11:45
Michael Chee (Singapore)	
Question and answer	11:45 - 12:00
Cathy Goldstein (United States)	

Course

08:00 - 12:00

R326

C-16: Sleep, psychiatry, and mental health*Chair:* Ahmed BaHammam (Saudi Arabia)*Chair:* Charles Morin (Canada)**Epidemiology of sleep and psychiatric disorders**

08:00 - 08:10

Charles Morin (Canada)

The bi-directional relationships between insomnia and major depression: Clinical and diagnostic

08:10 - 08:50

Christoph Nissen (Switzerland)

Sleep and post-traumatic stress disorders

08:50 - 09:30

Laura Palagini (Italy)

Coffee break

09:30 - 09:50

Neuropsychiatric manifestations in narcolepsy

09:50 - 10:30

Ahmed BaHammam (Saudi Arabia)

Sleep in schizophrenia and bipolar disorders

10:30 - 11:10

Michael Mak (Canada)

Pharmacological and behavioral management of sleep disturbances in psychiatric disorders

11:10 - 11:50

Christoph Nissen (Switzerland)

Question and answer

11:50 - 12:00

Technologist session

08:00 - 12:00

R327

Global perspectives for sleep technologists: Education, standards, and future growth**Session 1: Sleep technologists around the world**

08:00 - 08:00

Continuous training, expert certification: What is news in Europe and what we can do to improve as sleep techs worldwide?

08:00 - 08:20

Sleep Technologists: The relationship between training, skills, and job prospects vs. the accreditation of sleep medicine centers

08:20 - 08:40

Paolo Matrigiani (Italy)

USA reality: BRPT as a model for training and expert certification around the world

08:40 - 09:00

Discussion group

09:00 - 09:20

Session 2: Training

09:20 - 09:20

PSG and VPSG: New guideline from AASM

09:20 - 09:40

The role of sleep technologists in pharmacological studies and clinical trials

09:40 - 10:00

Sleep breathing disorders: MCR as a gold standard for diagnosis and the role of screening devices

10:00 - 10:20

Paolo Matrigiani (Italy)

MWT and MSLT in adult and pediatric patients: The role and guidelines

10:20 - 10:40

Discussion group

10:40 - 11:00

Session 3: The role on multidisciplinary in sleep medicine	11:00 - 11:00
Connecting the dots: Multidisciplinary approach to screening, prevention and rehabilitation of sleep disorders	11:00 - 11:20
Sleep breathing disorders: Treatment in OSA patients with CPAP therapy and interaction with respiratory therapists	11:20 - 11:40
<i>ASSM Meeting</i> 08:00 - 09:00	R328
ASSM: Symposium 8: Content to be determined	
<i>ASSM Meeting</i> 08:00 - 09:00	R329
ASSM: Oral session 4: Content to be determined	
<i>ASSM Meeting</i> 08:00 - 17:00	
ASSM Annual Meeting	
<i>ASSM Meeting</i> 09:10 - 10:10	R328
ASSM: Symposium 9: Content to be determined	
<i>ASSM Meeting</i> 09:10 - 10:10	R329
ASSM: Oral session 5: Content to be determined	
<i>Special interest group</i> 09:15 - 10:15	
WDSS: Clinical presentations	
Increased post-treatment REM/NREM AHI ratio in patients with OSA successfully treated with MAD oral appliance: could it be a new PSG phenotype indicating poor upper airway muscle responsiveness?	09:15 - 09:35
Meng-Chen Tsou (Taiwan)	
Evaluation of sleep quality improvement with maxillary skeletal expansion using home sleep test and CBCT airway measurements	09:35 - 09:55
Sheetal Patil (United States)	
Segmental mandibular advancement for moderate-to-severe obstructive sleep apnea	09:55 - 10:15
Chi Ching Joan Wan (Hong Kong)	
<i>ASSM Meeting</i> 10:20 - 11:00	R328
ASSM: Keynote 2: Dang Yan: Content to be determined	
<i>Special interest group</i> 10:30 - 12:00	
WDSS: Journey of obstructive sleep apnea: From womb to tomb	
<i>Chair: Stanley Liu (United States)</i>	
<i>Chair: Nivedita Kumar (India)</i>	
Summary	10:30 - 10:30

	Introduction	10:30 - 10:32
	Pediatric OSA: Pre and Post natal risk factors, screening and early intervention	10:32 - 10:48
Kranthi Kumar R (India)		
	Orthodontic intervention in OSA: discussion and case presentation for modification of Vertical growth and maxillary expansion for transverse deficiency	10:48 - 11:04
Jojo Vallamattam (India)		
	Burden of UARS and OSA on TMD, headaches and orofacial pain, and management in an integrated sleep center	11:04 - 11:20
Nivedita Kumar (India)		
	Restoration of nasal breathing in sleep as the foundation of healthy facial and airway growth	11:20 - 11:36
Stanley Liu (United States)		
	OSA in Geriatric population: Implications and multidisciplinary management along with prosthetic rehabilitation	11:36 - 11:52
Rangarajan Vedantham (India)		
	Question and answer	11:52 - 12:00
ASSM Meeting 11:20 - 12:20		R328
ASSM: Symposium 10: Content to be determined		
ASSM Meeting 11:20 - 12:20		R329
ASSM: Oral session 6: Content to be determined		
Special interest group 12:30 - 13:30		
WDSS: Industry lunch		
ASSM Meeting 12:30 - 13:30		R328
ASSM: Lunch Seminar 3		
ASSM Meeting 12:30 - 13:30		R329
ASSM: Lunch seminar 4		
Course 13:00 - 17:00		R310
C-17: Cardiovascular consequences of sleep apnea: What is new?		
Chair: Virend Somers (United States)		
Chair: Kate Chan (Hong Kong)		
	Summary	13:00 - 13:00
	Introduction	13:00 - 13:05
Virend Somers (United States)		
	Sleep apnea in hypertrophic cardiomyopathy: Prevalence,	13:05 - 13:50

pathophysiology and prognostic implications		
Virend Somers (United States)		
Sleep apnea and heart failure		13:50 - 14:35
Douglas Bradley (Canada)		
Coffee break		14:35 - 14:45
Long-term cardiovascular outcomes of sleep apnea: From childhood to adulthood		14:45 - 15:30
Kate Chan (Hong Kong)		
Mandibular advancement versus CPAP for blood pressure control in patients with hypertension and cardiovascular risk		15:30 - 16:15
Ronald Lee (Singapore)		
Tirzepatide and cardiovascular outcomes: implications for sleep apnea management		16:15 - 17:00
Atul Malhotra (United States)		
 <i>Course</i>		
13:00 - 17:00		R311
C-18: Essentials of sleep surgery: Tools, techniques, and tactics		
<i>Chair:</i> Stanley Liu (United States)		
<i>Chair:</i> Shaun Loh (Singapore)		
<i>Chair:</i> Maria Suurna (United States)		
Part 1: How to evaluate and select patients for surgery:		13:00 - 13:00
PSG vs HST		13:00 - 13:20
Clete Kushida (United States)		
DISE		13:20 - 13:40
Madeline Ravesloot (Netherlands)		
Endotypes/phenotypes and surgical outcomes		13:40 - 14:00
Olivier Vanderveken (Belgium)		
Part 2: Role of soft tissue surgery and outcomes:		14:00 - 14:00
Song Tar Toh (Singapore)		
Evolution of palatal surgery		14:00 - 14:15
Ryan Soose (United States)		
Palatal approaches for a single level vs multilevel surgery		14:15 - 14:30
Srinivas Kishore (India)		
How to manage the tongue base obstruction		14:30 - 14:45
Julia Crawford (Australia)		
Coffee break		14:45 - 15:00
Part 3: Nasal and skeletal surgery for nasal breathing:		15:00 - 15:00
Ofer Jacobowitz (United States)		
Nasal surgery for OSA		15:00 - 15:15
Chan Soon Park (Korea, Republic of)		
Nasal breathing from childhood to adult		15:15 - 15:30
Stacey Ishman (United States)		
Naso-maxillary expansion for SDB		15:30 - 15:45
Stanley Liu (United States)		

Part 4: Advances in neurostimulation in treatment of sleep apnea:	15:45 - 16:00
Evolution of hypoglossal nerve in Asia	16:00 - 16:15
Shaun Loh (Singapore)	
Combination procedures with Hypoglossal Nerve Stimulation	16:15 - 16:30
Maria Suurna (United States)	
Unilateral vs bilateral neurostimulation for sleep apnea	16:30 - 16:45
Clemens Heiser (Germany)	
Question and answer	16:45 - 17:00
 <i>Course</i> 13:00 - 17:00	 R324
C-19: Parasomnias	
<i>Chair:</i> Carlos Schenck (United States)	
<i>Chair:</i> Federica Provini (Italy)	
Summary	13:00 - 13:00
Introduction	13:00 - 13:20
Carlos Schenck (United States)	
Disorders of arousal from NREM sleep	13:20 - 14:00
Federica Provini (Italy)	
REM sleep behavior disorder (RBD)	14:00 - 14:40
Carlos Schenck (United States)	
Coffee break	14:40 - 15:00
Sleep related eating disorder (SRED)	15:00 - 15:40
Yuichi Inoue (Japan)	
Nightmares	15:40 - 16:20
Brigitte Holzinger (Austria)	
Question and answer	16:20 - 16:40
 <i>Course</i> 13:00 - 17:00	 R325
C-20: Sleep health	
<i>Chair:</i> Daniel Buysse (United States)	
<i>Chair:</i> Rebecca Robillard (Canada)	
Introduction	13:00 - 13:15
Rebecca Robillard (Canada)	
Sleep health: From concept to clinic to public health	13:15 - 13:55
Daniel Buysse (United States)	
Sleep health: Implications for population health and prevention	13:55 - 14:35
Yu Sun Bin (Australia)	
Discussion / Question and answer	14:35 - 14:55
Coffee break	14:55 - 15:15
Sleep health implications for cardiometabolic and other medical conditions	15:15 - 15:55

Arezu Najafi (Iran)

Sleep health implications for mental health

15:55 - 16:35

Michael Grandner (United States)

Discussion / Question and answer

16:35 - 17:00

Course

13:00 - 17:00

R326

C-21: Genetics and sleep disorders

Chair: Juliane Winkelmann (Germany)

Chair: Sutapa Mukherjee (Australia)

Summary

13:00 - 13:00

Introduction

13:00 - 13:10

Juliane Winkelmann (Germany)

Sutapa Mukherjee (Australia)

Genetics of insomnia

13:10 - 14:00

Richa Saxena (United States)

Genetics of OSA

14:00 - 14:50

Hanna Ollila (Finland)

Coffee break

14:50 - 15:10

Genetics of narcolepsy

15:10 - 16:00

Emmanuel Mignot (United States)

Genetics of restless legs

16:00 - 16:50

Juliane Winkelmann (Germany)

Discussion / Question and answer

16:50 - 17:00

Special interest group

13:30 - 15:00

The rationale of Orofacial myofunctional therapy (OMT) in a combined modality treatment in OSA; A new perspective

Chair: Harald Hrubos-Strom (Norway)

Chair: Susana Falardo (Portugal)

Summary

13:30 - 13:30

Introduction

13:30 - 13:32

Impaired muscle responsiveness in OSA: an endotype for targeted combined modality treatments

13:32 - 13:48

Venkata Koka (France)

Rationale in the selection of targeted oropharyngeal exercises in OSA treatment

13:48 - 14:04

Susana Falardo (Portugal)

Facilitators and barriers to orofacial myofunctional therapy adherence in OSA

14:04 - 14:20

Harald Hrubos-Strom (Norway)

Devices and AI for myofunctional therapy in OSA

14:20 - 14:36

Chu Qin Phua (Singapore)

A consensus for OMT in a multidisciplinary and multimodality approach in OSA

14:36 - 14:52

Triin Jagomägi (Estonia)

Question and answer

14:52 - 15:00

ASSM Meeting

13:40 - 14:20

R328

ASSM: Keynote 3: Ki-Young Jung: Content to be determined

Course

14:00 - 17:00

R327

C-23: Navigating your research career: Skill development and career advice for early and mid-career researchers

Chair: Christina Bini (Sweden)

Chair: Nicole Grivell (Australia)

Summary

14:00 - 14:00

Navigating the research career pathway

14:00 - 14:50

Fang Han (China)

Yun Shen (China)

Kavitha Venkatnarayan (India)

Coffee break

14:50 - 15:05

Developing research skills

15:05 - 15:45

Danny Eckert (Australia)

Thomas Penzel (Germany)

Coffee break

15:45 - 16:00

Getting answers to hard questions

16:00 - 17:00

Amy Jordan (Australia)

Charles Morin (Canada)

Dalva Poyares (Brazil)

ASSM Meeting

14:30 - 15:30

R328

ASSM: Young investigator symposium

ASSM Meeting

14:40 - 15:30

R329

ASSM: Oral session 7: Content to be determined

Special interest group

15:30 - 17:00

WDSS: COMISA: Updates for dental practice

Chair: Miguel Meira e Cruz (Portugal)

Chair: Alexander Sweetman (Australia)

Summary

15:30 - 15:30

Introduction

15:30 - 15:32

When insomnia and sleep apnea meet together

15:32 - 15:52

Alexander Sweetman (Australia)

Orofacial aspects of COMISA: pathways and clinical pictures

15:52 - 16:12

Miguel Meira e Cruz (Portugal)

Bruxism, insomnia, and sleep apnea

16:12 - 16:32

Cibele Dal Fabbro (Canada)

COMISA interaction with surgical outcomes

16:32 - 16:52

Pedro Oliveira (United States)

Question and answer

16:52 - 17:00

ASSM Meeting

15:40 - 17:10

R328

ASSM: Case conference*ASSM Meeting*

15:40 - 16:40

R329

ASSM: Oral session 8: Content to be determined*Poster abstract*

17:00 - 18:00

Poster abstract group 1

001

Cerebral and Peripheral Hemodynamics across wakefulness and NREM Sleep

17:00 - 17:00

A.J. Schwichtenberg (United States)

002

An integrated analysis of rhythmic ageing markers, targets of anti-ageing compounds, and metabolic pathways for unraveling the circadian impact on ageing

17:00 - 17:00

Srishti Banerjee (India)

003

Enlarged perivascular spaces is associated with cognitive impairment in older adults with obstructive sleep apnoea

17:00 - 17:00

Shawn Kong (Australia)

004

Association Between Functional Dyspepsia and Sleep Architecture Disruption in Geriatric Patients: A Comprehensive Cohort Study

17:00 - 17:00

Xiang Gao (China)

005

Clinical Trial: Efficacy of Metered-dose Negative-Pressure Breathing Training in OSA Patients

17:00 - 17:00

Sung-Lien Lin (Taiwan)

006

Age-related Changes in Sleep Characteristics and Chronotype, and Their Associations with Physical Frailty: A Longitudinal Study

17:00 - 17:00

Jiahe Wei (China)

007

Sleep EEG-Based Brain Age Index as a Biomarker of Cognitive Function

17:00 - 17:00

Hea Ree Park (Korea, Republic of)

008

Predictive factors of sleep-related accidents in a large population of retired regular highway drivers

17:00 - 17:00

Pierre Philip (France)

009

Associations between risk of obstructive sleep apnoea and fall-related physical performance

17:00 - 17:00

Rajani Khanal (Australia)

010

Clinical Characteristics of pediatric Obstructive Sleep Apnea Hypopnea Syndrome After SARS-CoV-2 Exposure

17:00 - 17:00

Le Sun (China)

011

Investigation of the Role and Mechanism of the Der p1-IL-21 Axis in Adenoid Germinal Center Responses

17:00 - 17:00

Baofeng Wang (China)

012	A Case Study---Improving Sleep Quality and Glycemic Biomarkers in Patients with Obstructive Sleep Apnea and Type 2 Diabetes through Long-Term Use of Continuous Positive Airway Pressure Therapy	17:00 - 17:00
	Pei Te Huang (Taiwan)	
013	A Machine Learning-Derived Transcriptomic Risk Model Linking DEHP and Sleep-Disordered Breathing to Cancer Prognosis and Immune Dysregulation	17:00 - 17:00
	Chih-Hsuan Chang (Taiwan)	
014	The Role of Endothelin Receptor Antagonist on Pulmonary and Systemic Hemodynamic Alteration in Chronic Intermittent Hypoxic Animal Model	17:00 - 17:00
	Akeruetai Suwannakin (Thailand)	
015	Effect of sleep irregularity on driving simulator performance during extended wakefulness	17:00 - 17:00
	Ashley Montero (Australia)	
016	LncRNA NONMMUT009018 drives tumorigenesis and progression by modulating the miR-8100/Col1a2/Thbs1 axis under intermittent hypoxia	17:00 - 17:00
	Yali Bao (China)	
017	Multi-Person Sleep Monitoring Based on mmWave Radar	17:00 - 17:00
	Doyoon Kim (Korea, Republic of)	
018	Investigating the impact of night-duty on sleep architecture and mental well-being in the security personnel: A quasi-experimental study	17:00 - 17:00
	Prafull K (India)	
019	A cross-sectional observational study on sleep parameters in Indian males and females	17:00 - 17:00
	Richa Tripathi (India)	
020	The Impact of Obstructive Sleep Apnea on the Temporal Coupling of NREM Sleep Oscillations in Schizophrenia	17:00 - 17:00
	Garry Cho (Australia)	
021	The Impact of Early Morning Training on Subjective and Objective Sleep Indices Among Male Collegiate Rowers in Japan	17:00 - 17:00
	Mari Toyooka (Japan)	
022	BTBD9 Controls Sleep via Ubiquitination of IMPDH2 and Adenosine Modulation in the Basal Forebrain	17:00 - 17:00
	Zhenfei Gao (China)	
023	AI-Driven Contactless Sleep Monitoring Using Smart Mattress and Machine Learning to Predict Obstructive Sleep Apnea and Sleep Quality in Military Personnel	17:00 - 17:00
	Yuan Chien-Han (Taiwan)	
024	CD169⁺ Macrophages Mediated Downregulation of Endothelial CX43 Expression Underlies Obstructive Sleep Apnea Related Cognitive Impairment	17:00 - 17:00
	Mengyao Li (China)	
025	Comparison of epilepsy mouse models induced by kainic acid through different administration routes	17:00 - 17:00
	Shi-Bin Li (China)	
026	KLF9 Regulates Sleep Architecture via HCN2-Mediated Excitability of VTA Dopaminergic Neurons	17:00 - 17:00
	Niannian Li (China)	

027	Bridging Accuracy and Interpretability in Sleep Assessment with SymScore	17:00 - 17:00
Olive Cawiding (Korea, Republic of)		
028	Effect of chronic intermittent hypoxia during sleep on intraoral pain via hypoxia inducible factor-1α in ovariectomized rat	17:00 - 17:00
Sho Katsura (Japan)		
029	Investigating the Effects of Sedative-Hypnotic Drugs on Sleep and Autonomic Nervous System Function in Wild-type and Alzheimer's Disease Transgenic Mice	17:00 - 17:00
Tien-Yu Chen (Taiwan)		
030	Preliminary analysis of intestinal flora characteristics in children with obstructive sleep apnea hypopnea syndrome	17:00 - 17:00
Yuqing Wang (China)		
031	Beyond Sleep Duration: The Critical Role of Sleep Stages in Cardiovascular Disease Risk: Insights from two community-based cohort study.	17:00 - 17:00
Jiao Wang (China)		
032	Adiponectin ameliorates chronic intermittent hypoxia induced insulin resistance by modulating macrophage polarization in visceral white adipose tissue	17:00 - 17:00
Xiaoqin Weng (China)		
033	Temporal effects of chronic intermittent hypoxia on genioglossus electromyography and ultrastructure in a rat OSA model	17:00 - 17:00
Guoping Yin (China)		
034	Effects of Combined Chronic Intermittent Hypoxia and Hypercapnia Exposure on Blood Pressure, Systemic Inflammation, and Oxidative Stress Levels in Rats	17:00 - 17:00
Junbo Zhang (China)		
035	Shared genetic architecture between sleep apnea related sleep traits and cardiometabolic diseases	17:00 - 17:00
Yuan Zhang (China)		
036	The Impact of Sleep Deprivation on Superiority Illusion	17:00 - 17:00
Ling Li (China)		
037	Cognitive Impairment and Its Impact on Gait Parameters and Physical Function in the Elderly	17:00 - 17:00
Dabin Choi (Korea, Republic of)		
038	Personality-based predictors of cognitive performance and perceived workload in young adults with unmanaged sleep disorders after 20 hours of extended wake	17:00 - 17:00
Gemma Robertson (Australia)		
039	The Interplay of Sleep and Cognition: Amnesic MCI and Severe OSA in the Elderly	17:00 - 17:00
Rajarajan Rajendran (India)		
040	The role of sleep-related dysfunctional beliefs in the effect of cognitive behavioral therapy on the severity of insomnia	17:00 - 17:00
Fanqiang Meng (China)		
041	Investigating Task Switching Performance in a 31h Total Sleep Deprivation Protocol	17:00 - 17:00
Melissa Ngo (Australia)		
042	Exacerbated Negative Impact on Sleep, Mood, Cognition and Daytime Functions in Comorbid Frequent Nightmares and	17:00 - 17:00

Insomnia

Weng Ian Ao (Hong Kong)

- 043 **Sleep Surprises Questionnaire: Using Expectancy Violations from Naturalistic Behavioural Experiments to Enhance Sleep-Wake State Curiosity** 17:00 - 17:00

Rosemary Clancy (Australia)

- 044 **Napping and cognition in older adults-context matters: reasons for napping, nap timing, and overall sleep health** 17:00 - 17:00

Ruth Leong (Singapore)

- 045 **Effects of Binaural Beats on Sleep Initiation and Cognitive Control: A Neurobehavioral Study** 17:00 - 17:00

Komal Sharma (India)

- 046 **The neural pathway from glutamatergic neurons in the lateral hypothalamus to the rostromedial tegmental nucleus mediates defensive behaviors in mice** 17:00 - 17:00

Su-Rong Yang (China)

- 047 **Chronotype and time-of-day in inhibitory control performance among healthy adults - a randomised cross-over trial** 17:00 - 17:00

Sze Yinn Choong (Australia)

- 048 **Association of sleep trajectories and depressive symptoms among rural-dwelling older adults** 17:00 - 17:00

Shi Tang (China)

- 049 **Associations between multidimensional sleep health and cognitive continuum among Chinese older adults: a population-based study** 17:00 - 17:00

Shi Tang (China)

- 050 **Targeted Memory Reactivation During NREM Sleep Selectively Modulates Fear Memory Extinction** 17:00 - 17:00

Sizhi Ai (China)

- 051 **Correlation between iron deposition and cognitive function in OSA patients of different severity levels based on quantitative susceptibility mapping** 17:00 - 17:00

Shiyuan Gao (China)

- 052 **Clinical significance criteria in the ICSD and DSM sleep disorder classifications: A content overlap analysis using the Jaccard index** 17:00 - 17:00

Jean-Arthur Micoulaud-Franchi (France)

- 053 **Linking Childhood Trauma to Suicidal Ideation through Nightmares in Youth** 17:00 - 17:00

Jia Jia Liu (China)

- 054 **Neural correlates of device-based sleep characteristics in adolescents** 17:00 - 17:00

Qing Ma (China)

- 055 **Sleep fragmentation and cognitive decline in Korean middle-aged through elderly general population: 8-year follow-up study** 17:00 - 17:00

Ali Tanweer Siddiquee (Korea, Republic of)

- 056 **Factors and Issues Affecting Sleep Quality in Elderly Hong Kong Residents: A Cross-Sectional Survey, 2024-2025** 17:00 - 17:00

Veeleah.Y.C Lok (Hong Kong)

- 057 **Disease-Based Chronoseasonal Patterns in Emergency Department Visits Reflecting Traditional and Emerging Trends** 17:00 - 17:00

Hyunjin Jo (Korea, Republic of)

058	Integrating Traditional Chinese Medicine (TCM) and Western Medicine Perspectives on Biological Rhythms - From Ancient Theories to AI-Driven Multidisciplinary Modeling	17:00 - 17:00
Zhitao Man (China)		
059	State-Dependent Circadian Phase Advances in Kleine-Levin Syndrome	17:00 - 17:00
Shuai Wu (China)		
060	Association between wearable device-measured weekend catch-up sleep and brain health in UK Biobank participants	17:00 - 17:00
Jinze Wu (China)		
061	The Cyclical Daytime Sleeper: A Rare Case of a Sighted Teenager with Non-24-Hour Sleep-Wake Disorder	17:00 - 17:00
Andrew Valenzuela (United States)		
063	Association of circadian rest-activity rhythm and genetic risk with incident irritable bowel syndrome	17:00 - 17:00
Hanzhang Wu (China)		
064	Dim light melatonin onset is later in post-menopausal women following Breast Cancer compared with controls	17:00 - 17:00
Harini Subramanian (Australia)		
	Light at Night Exacerbates Depression Risk via Circadian Disruption and Hippocampal Per1 Dysregulation: Translational Evidence from a Large-scale Prospective Cohort and Animal Study	17:00 - 17:00
Hongliang Feng (China)		
066	Safety and Efficacy of Acupuncture in Patients With Circadian Rhythm Sleep Disorder: A Randomized Clinical Trial	17:00 - 17:00
Zhen Liu (China)		
067	Chronic Sleep Fragmentation Induces Cognitive Decline and Desregulation of Circadian Rhythm in young wild-type Male Mouse Brains	17:00 - 17:00
Liyun Ma (China)		
068	The Impact of Shift Work on Eating Patterns and Glucose Levels in Medical Interns: An Observational Study	17:00 - 17:00
Nicholas I. Chee (Singapore)		
069	The Association between Sleep Quality and Irregular Meal Timing among Malaysian Healthcare Workers in Rotating Shifts	17:00 - 17:00
Norsham Juliana (Malaysia)		
070	Sleep variability, eveningness and depression in adolescents: a case-control study	17:00 - 17:00
Yue Pan (Hong Kong)		
071	The Impact of Different Feeding Patterns on Neonatal Sleep Patterns: A Multicenter Cross-Sectional Survey	17:00 - 17:00
Biyu Shen (China)		
072	Automatic sleep-wake classification and Parkinson's disease recognition using multi-feature fusion with support vector machine	17:00 - 17:00
Yin Shen (China)		
073	Impact of circadian rhythm sleep disruption on cortisol and melatonin biomarkers and cellular metabolism (telomeres) in oral health: systematic review	17:00 - 17:00
Susana Falardo (Portugal)		
074	Comparative Analysis of Mid-Sleep Point Calculation Methods Using Actigraphy: Relationship with Sleep Quality and Chronotype	17:00 - 17:00

Ugo Faraguna (Italy)

075 **Sleep regularity is related to variance in sleep stage composition** 17:00 - 17:00

WeiQi Cheng (Australia)

076 **Abnormal Global Brain Function in Shift Work Disorder Patients: A Resting-State Functional MRI Study** 17:00 - 17:00

Fengxiao Wang (China)

077 **Within-subject variation in circadian timing in shift workers repeating the same shift pattern** 17:00 - 17:00

Yijun Ji (Australia)

078 **Wearable-device-measured light at light exposure and Irritable bowel syndrome risk** 17:00 - 17:00

Nana Zheng (China)

079 **Timed Blue-Light Intervention Enhances Alertness and Reduces Clinical Errors in ICU Night-Shift Nurses** 17:00 - 17:00

Kai-Fu Zhang (Taiwan)

080 **Effects of Home-Based Tongue Exercises on Tongue Strength in Older Adults: Implications for Sleep-Disordered Breathing** 17:00 - 17:00

Boosana Kaboosaya (Thailand)

081 **Efficacy of Oropharyngeal Exercises for Patients with Residual Obstructive Sleep Apnea Using Mandibular Advancement Device** 17:00 - 17:00

Kai-yuan Hsiao (Taiwan)

082 **Breath, Bite, and Bedtime: Sleep's Impact on Kids' Oral Health** 17:00 - 17:00

Himaja Patil (India)

083 **Surgical Orthodontic Treatment of Patient with Moderate Obstructive Sleep Apnea** 17:00 - 17:00

Jessica Chia-Yi Wang (Taiwan)

084 **Upper Airway Dimensional Changes Following Treatment in Patients with Temporomandibular Disorders: A Longitudinal CBCT-Based Study** 17:00 - 17:00

Junghwan Jo (Korea, Republic of)

085 **Artificial Intelligence in the Management of Obstructive Sleep Apnea: Innovations and Challenges** 17:00 - 17:00

Ghabi Kaspo (United States)

086 **Mandibular advancement devices in the treatment plan of snoring, mild and moderate obstructive sleep apnea cases** 17:00 - 17:00

Mario Milkov (Bulgaria)

087 **Multidisciplinary approaches to managing complex phenotypes of patients with Obstructive Sleep Apnea** 17:00 - 17:00

Min-Ji Jeon (Korea, Republic of)

088 **Variations of craniofacial structure and the pediatric upper airway** 17:00 - 17:00

Sandra Chee (Singapore)

089 **Effects of Sleep Position Therapy on Sleep Bruxism: A pilot study** 17:00 - 17:00

Yoshitaka Suzuki (Japan)

090 **Effects of Oral Appliance Therapy on Sleep Bruxism and Sleep-Respiratory Parameters in Patients with Obstructive Sleep Apnea** 17:00 - 17:00

Yuriko Dotsu (Japan)

091 **Long-Term Clinical and Functional Evolution in Patients with Obstructive Sleep Apnea and Daytime Sleepiness Treated with CPAP: Results from the HYPNOSA Cohort Study** 17:00 - 17:00

Alejandra Roncero Lázaro (Spain)		
092	Assessment of wakefulness in Vietnamese patients with obstructive sleep apnea using a modified Maintenance of Wakefulness Test protocol	17:00 - 17:00
Khue Bui-Diem (Vietnam)		
093	Investigation of Sleep Architecture and Individual Traits Associated with the Discrepancy Between Subjective and Objective Sleepiness: A Retrospective Observational Study	17:00 - 17:00
Hiroshi Hiejima (Japan)		
094	Less Sleepy, More Success: Chronotype and Insomnia Patterns Distinguish High-Achieving Adolescents	17:00 - 17:00
Monika Sharma (India)		
095	Consensus recommendations for special challenges faced by technical personnel with elderly and very old patients in the sleep laboratory	17:00 - 17:00
Nikolaus Netzer (Italy)		
096	Effects of Sleep Patterns and Daytime Sleepiness on School Attendance Among Students in Elementary and Junior High Schools	17:00 - 17:00
Ryo Onishi (Japan)		
097	Residual Excessive Daytime Sleepiness in CPAP-Treated OSA Patients: A Retrospective Study from a Tertiary Australian Hospital	17:00 - 17:00
Sushil Agwan (Australia)		
098	Clinical Significance of Fractional Exhaled Nitric Oxide (FeNO) in Narcolepsy Patients	17:00 - 17:00
Yanan Liu (China)		
099	Challenges in the Treatment of Narcolepsy and the Positive Impact of Acetyl-L-Carnitine: A Case-Based Review with 20-Year Follow-Up	17:00 - 17:00
Miguel Meira e Cruz (Portugal)		
100	Prevalence, clinical, and sleep laboratory characteristics among patients presenting with excessive daytime sleepiness at Siriraj Hospital, Thailand Tertiary Referral Center	17:00 - 17:00
Pakpoom Nuengjumnong (Thailand)		
101	Risk of Sodium-Associated Negative Clinical Outcomes in Individuals With Idiopathic Hypersomnia in the United States: A Real-World Analysis	17:00 - 17:00
Sarah C. Markt (United States)		
103	Multimodal digital assessments of hypersomnia with an instant messaging program	17:00 - 17:00
Yuyun Liu (China)		
104	Characteristics and Relationship of Cognitive and Physiological Hyperarousal in Patients with Insomnia: A Primary Study	17:00 - 17:00
Lijuan Yang (China)		
105	The associations between short-term changes in suicidal ideation and sleep disturbances in youth	17:00 - 17:00
Rose Wing Lai So (Hong Kong)		
106	Clinical subtypes of co-morbid insomnia and obstructive sleep apnea (COMISA): Results of a cluster analysis	17:00 - 17:00
Yuan Shi (China)		
107	Predictors of Adherence to Digital CBT for Insomnia (dCBT-I) and Its Impact on Treatment Efficacy: A Large-Scale Real-World	17:00 - 17:00

	Analysis	
Xiang Kong (China)		
108	Temporal Subtypes and Characteristics of Insomnia Treatment Responses	17:00 - 17:00
Yajie Zhang (China)		
109	Study on the change of autonomic nerve function and insomnia disorder comorbid with diabetes mellitus	17:00 - 17:00
Lijia Cai (China)		
110	Association of medications commonly used for insomnia (MCUFI) with abnormal physical activity patterns: A Deep Learning Study Based on NHANES 2003-2006 Database	17:00 - 17:00
Shuqiong Zheng (China)		
111	Cognitive Impairment in Obesity Individuals With and Without Insomnia: The Role of Cortisol Dysregulation	17:00 - 17:00
Yiliang Zhang (China)		
112	Sleep Architecture and REM Sleep Without Atonia in Post-COVID-19 Insomnia	17:00 - 17:00
Abubaker Ibrahim (Austria)		
113	Rumination and Pre-sleep Arousal: The mediation role of attentional styles in adults with insomnia disorders	17:00 - 17:00
Tsz Hei, Alvin Su (Hong Kong)		
114	A pilot survey of Australian health professionals on melatonin use in typically developing children with chronic insomnia	17:00 - 17:00
Arthur Teng (Australia)		
115	Evaluating the Effectiveness of Cognitive Behavioral Therapy for Insomnia in School Settings: A Systematic Review and Meta-Analysis	17:00 - 17:00
Catriona Ewart (United Kingdom)		
116	Analysis of the clinical effect of pulsed electromagnetic field on primary insomnia	17:00 - 17:00
Jia Chen (China)		
117	The Impact of Sleep Vulnerability on Sleep Misperception in Healthy Adults	17:00 - 17:00
Hsin-Le Lin (Taiwan)		
118	The Association between Sleep Vulnerability and Autonomic Response to Nocturnal Arousals	17:00 - 17:00
Shao-Wei Lu (Taiwan)		
119	Efficacy of Jasmine Aromatherapy Pillow on Sleep Quality in Insomnia Patients	17:00 - 17:00
Jatuporn Wanchaitanawong (Thailand)		
120	Effectiveness of Stepped-Care Chinese Herbal Medicine and Psychotherapy on Improving Sleep in Adults with Insomnia: A Stepped-Wedge Cluster Randomized Trial	17:00 - 17:00
Danny Yu (Hong Kong)		
121	Safety and Efficacy of Lemborexant in Indian Adult Patients with Insomnia: A Phase 4, Prospective, Multicenter, Real-World Study	17:00 - 17:00
Darshana Dighe (India)		
122	The impact of insomnia disorder on the night and the day: analysis of polysomnography and subjective parameters from a large clinical trial database	17:00 - 17:00
Claudio Liguori (Italy)		

123	Efficacy and Safety of FLORANBIDIN® in Patients with Chronic Insomnia: A Phase 2 Randomized, Double-Blind Clinical Trial	17:00 - 17:00
	Chakrabongse Aiewtrakoon (Thailand)	
124	Sleep Architecture and Neurocognitive Performance in Insomnia Comorbid Obstructive Sleep Apnea Patients	17:00 - 17:00
	Yong Wei (Hong Kong)	
125	Effectiveness of Nurse-Led Web-Based and Face-to-Face Brief Behavioral Therapy for Insomnia in Stroke Survivors: A Pilot Randomized Controlled Trial	17:00 - 17:00
	Faizul Hasan (Thailand)	
126	Cognitive Function and Frontotemporal Functional Connectivity in Patients with Major Depressive Disorder and Comorbid Insomnia Symptoms: A Cerebral Hemodynamics Perspective	17:00 - 17:00
	Xiaodong Song (China)	
127	Diagnostic stability of insomnia and obstructive sleep apnea in 8 years - implications for the prevalence and progression of COMISA	17:00 - 17:00
	Gabriel Natan Pires (Brazil)	
128	Managing Insomnia in an Adult Female with ADHD and Sedative Abuse: A Case Report on the Combined Use of Lemborexant, Agomelatine, and Methylphenidate	17:00 - 17:00
	Hans Christian (Indonesia)	
	Long-Term Risk of Dementia in middle-age and older adults with Sleep Disorders: Evidence from 20 Years of Nationwide Taiwanese Data	17:00 - 17:00
	chih-chuan Hsieh (Taiwan)	
130	Predicting Insomnia in Chinese Firefighters: Child Emotional Neglect, Stress, and PTSD in a Moderated Mediation Model	17:00 - 17:00
	Peixuan Tan (China)	
131	Group-based and digital cognitive behavioural therapy for insomnia in adolescents with insomnia: Interim analysis of a three-arm, assessor-blinded, parallel randomised controlled trial	17:00 - 17:00
	Hao Fong Sit (Hong Kong)	
132	Co-morbid Insomnia and Obstructive Sleep Apnea Augments Cardiac Autonomic Burden to Increase All-cause Mortality	17:00 - 17:00
	Hua Qin (China)	
133	Differential Efficacy of Online Group BBTI on Fatigue and Sleep in Depressed Patients with Insomnia Symptoms Based on Sleep Reactivity: A Pilot Study	17:00 - 17:00
	Sifan Hu (China)	
134	The effectiveness of self-help cognitive behavioural therapy for insomnia in adults: a systematic review and meta-analysis	17:00 - 17:00
	Yangxi Huang (China)	
135	Gender Differences and the Role of Mood in Sleep Misperception: Evidence from Healthy Young Adults	17:00 - 17:00
	Ting-Yu Deng (Taiwan)	
136	Association of Personality Profiles with Sleep Disturbance, Depression and Anxiety in Individuals with Insomnia Disorder: A Latent Class Analysis	17:00 - 17:00
	Hoi Lok Lam (Hong Kong)	
137	The Impact of Insomnia on Cardiometabolic Health: Importance of Sleep Assessment	17:00 - 17:00
	James Kim (Canada)	

138	Associations of Subjective and Objective Sleep with Impulsivity and Probabilistic Reasoning	17:00 - 17:00
	Shijie Yu (Hong Kong)	
139	Aberrant Effective Connectivity Within and Between the Default Mode Network, Executive Control Network and Salience Network in Chronic Insomnia Disorder - towards identifying the hyperarousal state	17:00 - 17:00
	Kiril Terziyski (Bulgaria)	
140	Mechanistic Insights into Cognitive Behavioral Therapy for Adolescents with Comorbid Insomnia and Anxiety: Mediation Analysis in a Randomized Controlled Trial	17:00 - 17:00
	Xiao Li (Hong Kong)	
141	Effects and Influencing Factors of the Different Components in Cognitive Behavioral Therapy for Insomnia	17:00 - 17:00
	Limin Meng (China)	
142	Prediction of treatment outcome on digital cognitive behavioural therapy for insomnia using machine learning and usage data	17:00 - 17:00
	Longdi Xian (China)	
143	Psychological Aspects of Sleep Disorders — Insomnia and Maladaptive Cognitions: Results of the Multicenter Study “How Does Russia Sleep? (SleepStudyRu)”	17:00 - 17:00
	Maria Shchevliagina (Russian Federation)	
144	Changes in insomnia severity and psychological distress in a community cohort completing THIS WAY UP digital sleep intervention	17:00 - 17:00
	Melinda Jackson (Australia)	
145	Insomnia as a result of severe traumatic head and neck injuries in young male patients	17:00 - 17:00
	Nikolaos Syrmos (Greece)	
146	Actigraphy-Derived Circadian Rhythm Patterns as the Predictors of Anxiety and Depression in Individual with Insomnia Symptoms: Results of Principal Component Analysis	17:00 - 17:00
	Mingqing Zhou (Hong Kong)	
147	Validation and reliability of a Thai version of The Insomnia Severity Index	17:00 - 17:00
	Nutcha Intaragumhaeng (Thailand)	
148	Efficacy and Safety of Yokukansan in Patients with Initial-Onset Insomnia: A Multicenter Prospective Observational Study	17:00 - 17:00
	Motohiro Ozone (Japan)	
149	Predicting Insomnia Symptoms Among Youth Using Multimodal Ecological Momentary Assessment	17:00 - 17:00
	Kit Ying Chan (Hong Kong)	
150	Transcranial Alternating Current Stimulation (tACS) for Chronic Primary Insomnia: A Systematic Review and Meta-Analysis of Randomized Controlled Trials on Efficacy	17:00 - 17:00
	Pukovisa Prawiroharjo (Indonesia)	
151	The effects of Cognitive behavioral therapy for insomnia (CBT-I) and Tai Chi on mood symptoms and cognitive functioning in older adults with insomnia: A pilot study	17:00 - 17:00
	Rachel Ran Wang (Hong Kong)	
152	Embodied AI coach for delivering CBT-I in virtual reality- a pilot feasibility study	17:00 - 17:00

Rong Huang (China)		
153	Emotion dysregulation and insomnia: the mediating role of repetitive thought and REM arousal	17:00 - 17:00
Samantha Mombelli (Canada)		
154	The Impact of Caregiving on Insomnia: Gender Differences, Long-Term Health Risks, Child Sleep Patterns, and Scalable Digital Interventions	17:00 - 17:00
Shimin Ooi (United States)		
155	Efficacy and Adherence of a Two-Week Bedtime Routine Intervention via the Sleep Coaching App in Adults with Insomnia Symptoms	17:00 - 17:00
Wonchul Shin (Korea, Republic of)		
156	Subtyping and Prognosis of Insomnia Disorder Based on Clinical, Psychological, and Sleep EEG Features	17:00 - 17:00
Dongbin Lyu (China)		
157	Exploring Subgroup Differences in Response to Digital Cognitive Behavioral Therapy for Insomnia in Preventing Major Depressive Disorder among At-Risk Youth	17:00 - 17:00
Sijing Chen (Hong Kong)		
158	Research Progress on the Role of Ferroptosis in Insomnia with Depression	17:00 - 17:00
□ □ (China)		
159	The Effect of Body Grounding on Sleep Quality of Cancer Inpatients, and the Relations between Body Voltage, Bedroom EMF and Sleep Quality: a Blinded Randomized Controlled Study	17:00 - 17:00
Chun-Hsien Tu (Taiwan)		
160	Comparative Effectiveness of Digital CBT and MBSR for Insomnia in Cancer Survivors: Results from a Meta-Analysis	17:00 - 17:00
Suyeon Lee (Korea, Republic of)		
161	Exploring pregnant women' s perspectives in developing a WeChat-delivered cognitive behavioral therapy for insomnia: a qualitative study	17:00 - 17:00
Xingchen Shang (Hong Kong)		
162	The link between improvement in sleep and depressed mood: Exploring the role of repetitive negative thinking and behavioural activation	17:00 - 17:00
Vanika Lall (Australia)		
163	Gut microbiota regulate insomnia-like behaviors via gut-brain metabolic axis	17:00 - 17:00
Zhe Wang (China)		
164	Virtual reality improves sleep quality and associated symptoms in patients with chronic insomnia	17:00 - 17:00
Yahui Wan (China)		
165	Gender differences, psychological factors, and sleep parameters in paradoxical insomnia and non-paradoxical insomnia	17:00 - 17:00
Mengmeng Wang (China)		
166	Effect of Scalp Acupuncture on Neurological Deficits and Insomnia in Patients with Stroke	17:00 - 17:00
Yuanqing Wang (China)		
167	Ultrasound-Guided Stellate Ganglion Block Combined with Myofascial Trigger Point Needling for Refractory Insomnia with	17:00 - 17:00

Depression: A Case Report		
Yaozhu Wang (China)		
168	A Small-World Network Study on Acupuncture Treatment for Chronic Insomnia	17:00 - 17:00
Mingyue Xia (China)		
169	Wearable sleep tracking in digital CBT-I: Clinical impact and the subjective-objective sleep discrepancy	17:00 - 17:00
Yujin Lee (Korea, Republic of)		
170	Neural basis of emotion dysregulation in insomnia disorder: A task-based fMRI study	17:00 - 17:00
Wenrui Zhao (China)		
171	Does the increase or decrease in the patient's vigilance performance during sleep restriction reflect a build-up of sleep pressure that contributes to treatment success in chronic insomnia?	17:00 - 17:00
Zhongxing Zhang (Switzerland)		
172	Sleep Disorders and Sarcopenia: Exacerbating Cognitive Decline in Chinese Women with Mild-to-Moderate Alzheimer's Disease	17:00 - 17:00
Shan-wen Liu (China)		
173	An Sleep-Active Hippocampal Interneuron for Memory Consolidation	17:00 - 17:00
Min Xu (China)		
174	The Effect of Melatonin on Hippocampal Synaptic Plasticity in an Acute Sleep Deprivation Model	17:00 - 17:00
Yanhong Dong (Singapore)		
175	Age-Related Alterations in SO-Spindle Coupling and Their Impact on Sleep-Dependent Memory Consolidation: A Magnetoencephalography Study	17:00 - 17:00
Sanwang Wang (China)		
176	Wakefulness activity-dependent regulation of memory	17:00 - 17:00
Yadong Li (China)		
177	Impact of Sleep Disturbance and Hypnotics on the Risk of Dementia: a longitudinal follow-up study	17:00 - 17:00
Cheng-Yu Wei (Taiwan)		
178	Impaired transition from wake to sleep and hyperarousal may not resolve with a dental guard in sleep-related bruxism	17:00 - 17:00
Daniel Neu (Belgium)		
179	Clinical and polysomnographic characteristics of periodic limb movements during sleep in obstructive sleep apnea patients and the effect of positive airway pressure therapy	17:00 - 17:00
Kana Kasemsap (Thailand)		
180	Clinical Research of Acupuncture and Medication Combined Treatment for Restless Legs Syndrome(RLS)	17:00 - 17:00
Guiling Fu (China)		
181	Sex and Age Differences in PLMS Among RLS Patients: A Lifespan Perspective	17:00 - 17:00
Maria Paola Mogavero (Italy)		
182	Autonomic Function Test and Polysomnographic Findings in Parkinson's Disease and Multiple System Atrophy: A Comparative Correlational Study	17:00 - 17:00
Sang-Myung Cheon (Korea, Republic of)		

183	Clinical Characteristics, Polysomnography, and Iron Metabolism in Restless Legs Syndrome Patients with Obstructive Sleep Apnea: A Comparative and Cluster Analysis Study	17:00 - 17:00
Yanyan Hou (China)		
184	Sleep Stage-Specific Aperiodic EEG Spectral Slope Alterations in isolated REM Sleep Behavior Disorder and Neurodegenerative Disorders	17:00 - 17:00
Jianzhang Ni (Hong Kong)		
185	Electroencephalographic slowing during REM sleep is a marker of cholinergic dysfunction in Lewy body disorders	17:00 - 17:00
Jack Anderson (Australia)		
186	Smartphone-based digital phenotyping of motor and non-motor biomarkers across early stages of α-synucleinopathies	17:00 - 17:00
Zhixuan He (Hong Kong)		
187	A Minimally Invasive Framework for Home-Based Sleep Tracking in Parkinson's Disease With Wearables	17:00 - 17:00
Irene Rechichi (Italy)		
188	Increased FoxA1⁺ Treg Cells Proportion of Peripheral Blood in Patients with Narcolepsy Type 1	17:00 - 17:00
Qingqing Sun (China)		
189	Erectile function in Male patients with Narcolepsy	17:00 - 17:00
Lidong Zhang (China)		
190	Weight loss response to GLP-1 RA in adults with narcolepsy cataplexy	17:00 - 17:00
Shuying Li (China)		
191	Metabolic comorbidities in narcolepsy: a systematic review and meta-analysis	17:00 - 17:00
Xinyan Zhang (China)		
192	Hormonal Contraceptive and Pitolisant CYP3A4 Induction	17:00 - 17:00
Christian Caussé (France)		
193	Prevalence and Incidence of Comorbidities in Individuals With Narcolepsy or Idiopathic Hypersomnia: A Systematic Literature Review	17:00 - 17:00
Caroleen Drachenberg (United States)		
194	First-Line Treatments for Children with Narcolepsy Type 1: Retrospective Comparison of Pitolisant and Modafinil	17:00 - 17:00
Patricia Franco (France)		
195	Pan-Cancer Prognostic Modeling Using Narcolepsy-Associated Genes: A Transcriptomic Framework Bridging Sleep Regulation and Tumor Biology	17:00 - 17:00
Jhen-Wei Chen (Taiwan)		
196	Consciousness Denied: The First Cross-National Autoethnographic Study of Diagnostic and Treatment Pathways in Type 1 Narcolepsy	17:00 - 17:00
Heqiao Wang (Sweden)		
197	Narcolepsy is associated with an increased risk of HLA-related autoimmune diseases: Evidence from a nationwide healthcare system data in South Korea	17:00 - 17:00
S.C. Hong (Korea, Republic of)		
198	Corticotropin-releasing hormone (CRH) in murine narcolepsy: What do genetic and immune models tell us?	17:00 - 17:00
Jingru Zhou (Netherlands)		

199	Attention and Inhibition Deficits in Narcolepsy Type 1—Behavioral and Electrophysiological Markers	17:00 - 17:00
Zongshan Li (China)		
200	Treatment Considerations in Co-morbid Schizophrenia and Narcolepsy: A Case Report	17:00 - 17:00
Michael SB Mak (Canada)		
201	Effects of Once-Nightly Sodium Oxybate on Apnea-Hypopnea Index: Post Hoc Analysis From the Phase 3 REST-ON Clinical Trial	17:00 - 17:00
Richard Bogan (United States)		
202	Hypothalamic Functional Connectivity, Depressive Symptoms, and Post-Treatment SOREMPs in Narcolepsy Type 1: Links to Sleep Latency and Mediation Mechanisms	17:00 - 17:00
Fulong Xiao (China)		
203	Nocturnal Fragmentation and Dream Enactment behaviors in Narcolepsy: Diagnostic Biomarkers Associated with Hypocretin-1 Deficiency	17:00 - 17:00
Huimin Zhang (China)		
204	Clinical Phenotypes and Longitudinal Evolution Patterns in Narcolepsy: A Prospective Cohort Study Based on Symptom Cluster Analysis	17:00 - 17:00
Yimeng Zhang (China)		
205	Clinical evidence of Traditional Chinese Medicine for post-stroke sleep disorders	17:00 - 17:00
Su Qing (China)		
206	Neuroimaging findings for poor sleepers after acquired brain injury	17:00 - 17:00
Lai Gwen Chan (Singapore)		
207	Investigation of Factors that Impact the Accuracy of Auto-detected REM Sleep with Atonia	17:00 - 17:00
Daniel Levendowski (United States)		
208	Motor Sleep Inertia and Activity-Based Prospective Memory in Early Multiple Sclerosis: An Actigraphic Study	17:00 - 17:00
Federica Giudetti (Italy)		
209	Rest-activity rhythm and risk of cognitive impairment: A systematic review and meta-analysis	17:00 - 17:00
Le Shi (China)		
210	Prevalence of obstructive sleep apnea and screening questionnaire performance in highly drug-resistant epilepsy	17:00 - 17:00
Sirincha Pitipanyakul (Thailand)		
211	Diagnostic Potential of Sleep Spindles in drug-naïve Schizophrenia Using Standard PSG Data: A Retrospective Pilot Study	17:00 - 17:00
Satoshi Mizuki (Japan)		
212	Sleep Microarchitecture Disruptions in Ischemic Stroke: Insights from Polysomnography	17:00 - 17:00
Sivasubramanian Mythirayee (India)		
213	An exploration of the factors influencing the uptake of non-invasive ventilation by people with motor neurone disease in Australia: a qualitative study of patient and health professional perspectives	17:00 - 17:00
Nicole Grivell (Australia)		
214	BETWEEN SLEEP AND SORROWS: CASE REPORT ON NARCOLEPSY	17:00 - 17:00
Nicole Marie Manalastas (Philippines)		

215	Association Between Long Sleep Duration and Dementia Risk Among Elderly Farmers: A Cross-Sectional Analysis	17:00 - 17:00
	Un-chang Heo (Korea, Republic of)	
216	Sleep Efficiency and Short-Term Topographic Memory in Stroke Survivors: Preliminary Results	17:00 - 17:00
	Pr Srijithesh (India)	
217	Sleep EEG Characteristics in People with Parkinson's Disease Dementia: A Retrospective Polysomnographic Analysis	17:00 - 17:00
	Wei-Pin Hong (Taiwan)	
218	Optimising Positive Airway Pressure (PAP) Therapy in a Patient with Cervical Spinal Cord Injury and Untreated Severe Obstructive Sleep Apnoea (OSA): A Case Report	17:00 - 17:00
	Wen Li Lui (Singapore)	
219	Insomnia, Stigma, and Depression in Tuberculosis Patients: Longitudinal Insights from a Cross-lagged Model and Growth Models	17:00 - 17:00
	Xiangmin Liu (China)	
220	Sleep EEG Signatures of APOE4 in Older Adults with Subjective Cognitive Impairment	17:00 - 17:00
	Hamish Mundell (Australia)	
221	The comorbidity of ischemic heart disease requiring (IHD) revascularization significantly correlates with obstructive sleep apnea (OSA)	17:00 - 17:00
	Monika Kowalik (Poland)	
222	A Cross-Sectional Pilot Study on the Craniofacial Markers of Symptomatic Obstructive Sleep Apnea in a South Indian Population	17:00 - 17:00
	Sharada Vinod Kutty (India)	
223	Sleep disorders in patients with low back pain and comorbid mood disorders	17:00 - 17:00
	Li Tingting (China)	
224	Knowledge and prevalence of sleep paralysis in medical students from two Latin American universities: UDES Colombia and ULA Venezuela	17:00 - 17:00
	Claudio Cárdenas (Venezuela)	
225	Non-Rapid Eye Movement Parasomnias and Their Impact on Academic Performance in Medical University Students: A Cross-Sectional Study	17:00 - 17:00
	Fatima Iftikhar (Pakistan)	
226	Prevalence of Exploding head syndrome (EHS) does not change from year to year	17:00 - 17:00
	Hiroshi Kadotani (Japan)	
227	Building Predictive Models for Hypoventilation in Children with Neuromuscular Disorders	17:00 - 17:00
	Adelaide Withers (Australia)	
228	Sleep Health Among Children in Foster Care: Understanding Impacts, Interventions, and Research Gaps	17:00 - 17:00
	Anna Wani (United States)	
229	Inter-Scorer Concordance and Method Agreement in Paediatric Sonomat® Scoring for Sleep Disordered Breathing	17:00 - 17:00
	Anne-Marie Adams (Australia)	
230	Insufficient Weekday Sleep Predicts Emotional Distress in	17:00 - 17:00

Adolescents: A Study of Sleep Patterns in Taiwan		
Shou-Hung Huang (Taiwan)		
231	Robin Sequence: from dilemmas to developing an adaptable standardized stepwise approach to treat upper airway obstruction	17:00 - 17:00
Dimple Goel (Australia)		
232	Validation of a national actigraph in children and adolescents	17:00 - 17:00
Alan Eckeli (Brazil)		
233	Establishing Consensus Guidelines for the Assessment and Management of Sleep-Disordered Breathing and Behavioural Sleep Disturbance in Children with Neurodisability: A Delphi Study	17:00 - 17:00
Fiona Hudson (Australia)		
234	Predictors of Napping Frequency Across Early Childhood: Investigating the Effects of Social Factors on Developmental Trajectories	17:00 - 17:00
George Normore (Australia)		
235	The epidemiology and disease burden of obstructive sleep-disordered breathing in children: a descriptive, multicenter study	17:00 - 17:00
Yunxiao Wu (China)		
236	Exploring the Impact of Technology Use in Children with and without Neurodisabilities. Findings from a Cross-Sectional Study	17:00 - 17:00
Isha Shin (Australia)		
238	Association Between Spindle Wave Activity and Subjective Sleep Evaluation in Drug-Naïve Adolescents With ADHD and Sleep Complaints	17:00 - 17:00
Takao Kato (Japan)		
239	Association of Outdoor Artificial Light at Night with Sleep Duration and Social Jetlag Among Preschool-aged Children	17:00 - 17:00
Qiu-Ye Lan (China)		
240	Effects of Ambient Temperature and Pollen Exposure on Sleep, Respiratory Events, and Apnea-Specific Pulse Rate Response in Children with Sleep Disordered Breathing	17:00 - 17:00
Yanru Li (China)		
241	Current status and perspectives of research on postoperative sleep health in pediatric liver transplant recipients	17:00 - 17:00
Wenqing Lu (China)		
242	Sleep Characteristics, Patterns, and Problem in Children at Respiriology Clinic in Jakarta	17:00 - 17:00
Madeleine Ramdhani Jasin (Indonesia)		
243	Prescribing with sleep in mind: Polypharmaceutical considerations in children with neurodevelopmental disorders	17:00 - 17:00
Mark Anderson (Australia)		
244	Screening for Pediatric OSA on a Specialist Outpatient Waitlist: Insights from the First Year of a Sleep Nurse-led Triage Clinic	17:00 - 17:00
Megan Angliss (Australia)		
245	The presence or absence of sleep apnea in a healthy newborn aged 2 days	17:00 - 17:00
Seiko Mitachi (Japan)		
246	Learning from parents about the prevalence of SDB in children with neurodevelopmental disorders and their preferences for diagnostic testing	17:00 - 17:00
Moya Vandeleur (Australia)		

247	Pulmonary Rehabilitation in Pediatric Scoliosis: A Prospective Pilot of a Risk-Stratified Perioperative Respiratory Pathway involving polysomnography and transcutaneous carbon dioxide measurements	17:00 - 17:00
	Neha Mohan Rao (India)	
248	Prospective Associations Between Adolescent Sleep Characteristics and Depression, Anxiety, and Their Co-Occurrence in Early Adulthood: A 9-Year Cohort Study	17:00 - 17:00
	Cai Thi Thuy Nguyen (Taiwan)	
249	Sustained Myofunctional Therapy in Pediatric Sleep-Disordered Breathing: Correlates of Adherence and Clinical Outcomes	17:00 - 17:00
	Somnath Maity (India)	
250	Effectiveness of a nurse-led community-based infant sleep intervention programme: The Sleep Easy Programme (SleEP), Singapore	17:00 - 17:00
	Nurul Azirah Binte Johari (Singapore)	
251	Understanding the impact of growth hormone on ventilatory control stability in children with Prader-Willi syndrome	17:00 - 17:00
	Okkes R. Patoglu (Australia)	
252	Validity and Reliability of a Filipino and Cebuano Version of the BEARS Pediatric Sleep Questionnaire	17:00 - 17:00
	Pristine Marie C. Bernardo (Philippines)	
253	Two Cases of Delayed Hemorrhage Following Coblation Adenoidectomy	17:00 - 17:00
	Shuyao Qiu (China)	
254	Disparities in Maternal Knowledge and Practices on Sleep Training: A Cross-Sectional Analysis of Urban VS Rural Areas	17:00 - 17:00
	Rini Sekartini (Indonesia)	
255	Groups of multiple respiratory and allergic trajectories between 1 and 5.5 years of age and their associations with sleep characteristics in early life	17:00 - 17:00
	Sabine Plancoulaine (France)	
256	The effectiveness of transcranial magnetic stimulation on sleep structure and quality of life in children with autism	17:00 - 17:00
	Sarittha Somsup (France)	
257	ASSOCIATION BETWEEN PARASOMNIAS AND CHILDREN WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER: A CROSS-SECTIONAL STUDY IN VIETNAM	17:00 - 17:00
	Sy Duong-Quy (Vietnam)	
258	Obstructive sleep apnea and sleep disorders in children with attention deficit hyperactivity disorder	17:00 - 17:00
	Sy Duong-Quy (Vietnam)	
259	Sleep Phenotypes in Infancy and Their Continuity into Toddlerhood	17:00 - 17:00
	Natalie Barnett (United States)	
260	The Association between Sleep Disturbances and Behavioral Problems in urban Children Aged 6 to 12	17:00 - 17:00
	Yupu Liu (China)	
261	Associations between developmental trajectories of sleep regularity during early childhood with emotional and behavioral difficulties at 7 years old: findings from the GUSTO cohort	17:00 - 17:00
	Yujiao Deng (Singapore)	

262	The Mechanism of Ferroptosis in Chronic Intermittent Hypoxia Induced Liver Injury and the Interventional Role of Nrf2	17:00 - 17:00
Shurui Zhuge (China)		
263	Psychotropic Drug Induced Sleep Bruxism	17:00 - 17:00
Sumit Gupta (United Arab Emirates)		
264	Optimizing timing and dose of melatonin administration: a randomized, double-blind controlled trial in healthy adults	17:00 - 17:00
Simone Bruno (United States)		
265	Chronic cannabis use and sleep architecture: A retrospective cohort study using polysomnography in a clinical sample	17:00 - 17:00
Wayne Lai (Canada)		
266	rTMS Modulation of Sleep-Related Brain Networks in Major Depressive Disorder: Multisite Identification and Therapeutic Validation	17:00 - 17:00
Yao Zhang (China)		
267	From Sleep to Diagnosis: A Novel Nomogram for Identifying Major Depressive Disorder Using Comprehensive Sleep Metrics	17:00 - 17:00
Bin Zhou (China)		
268	The Mediating Role of Depressive Symptoms in the Association Between Dysfunctional Sleep Cognition and Insomnia Severity Among Chinese Students	17:00 - 17:00
Yajun Zhang (China)		
269	Uncovering hidden depression: the critical role of depression screening in sleep disorders at U.S. sleep centers	17:00 - 17:00
Archie Defillo (United States)		
270	Genetic association of depression and antidepressant targets with α-synucleinopathy spectrum disorders	17:00 - 17:00
Jing Wang (China)		
271	Associations of Atypical Depressive Features with Sleep disturbances: Evidence from the Cluster Analysis	17:00 - 17:00
Christopher Chi Wai Cheng (Hong Kong)		
272	Association between EEG Power during Sleep and Attention Levels in Patients with Major Depressive Disorder	17:00 - 17:00
Le Chen (China)		
273	Effect of transcranial direct current stimulation on the sleep electroencephalogram in major depressive disorder: findings of intrinsic multiscale entropy from a randomized controlled study	17:00 - 17:00
Tao Chen (China)		
274	Trauma-related nightmares: From nosography to physiology, bridging Mind-Body dynamics in sleep	17:00 - 17:00
Dorone Feingold (France)		
275	Discordance in Physiological and Subjective Stress Measurements: Hair Cortisol, Self-reported Stress Scales and Heart Rate Variability in Healthcare Night-shift Workers	17:00 - 17:00
Fengfei Ding (China)		
276	Neurometabolic Alterations in the Anterior Cingulate Gyrus and Putamen: Insights from Adolescents with Insomnia and Depression	17:00 - 17:00
Shunkai Lai (China)		
277	A Long-Lasting Low-Threshold Spiking in Laterodorsal Tegmental Glutamatergic Neurons Regulates Anxiety Hyperarousal	17:00 - 17:00
Jian Bo Jiang (China)		

278	From genetic variants to genes: dissecting shared genetic architecture and biological mechanisms linking sleep traits and suicide attempt	17:00 - 17:00
Yan'e Lu (China)		
279	The Impact of Sleep Quality on Prefrontal Hemodynamic Response during Verbal Fluency Task in Depression: An fNIRS Study	17:00 - 17:00
Yuxin Zhang (China)		
280	Obstructive Sleep Apnea and Psychiatric Co-morbidities: A Territory-Wide Study in Hong Kong	17:00 - 17:00
Sangqi Pan (Hong Kong)		
281	A comparative study of sleep and suicidality in Major Depressive Disorder and bipolar depression	17:00 - 17:00
Ayushi Taru (India)		
282	Sleep regularity, actigraphic rest-activity rhythms and light exposure patterns in patients with bipolar depression and evening chronotype	17:00 - 17:00
Xingle Gao (Hong Kong)		
283	Integrated gut microbiome and metabolome analysis in isolated REM sleep behavior disorder	17:00 - 17:00
Bo Li (Hong Kong)		
284	Susceptibility weighted imaging predict disease conversion in isolated rapid eye movement sleep behavior disorder	17:00 - 17:00
Xuan Zhang (China)		
285	Association Between Iron Metabolism Biomarkers and REM Sleep Behavior Disorder: A Mendelian Randomization Study	17:00 - 17:00
Guimei Zhang (China)		
286	Habitual diet and gut microbiome correlates in isolated REM sleep behavior disorder	17:00 - 17:00
Bei Huang (Hong Kong)		
287	Automated analysis of home video for screening REM sleep behaviour disorder	17:00 - 17:00
Yonglong Ye (Hong Kong)		
288	Environmental Exposures, Clinical Characteristics and Gut Microbial Features in Patients with Early α-Synucleinopathies and Their Cohabiting Partners	17:00 - 17:00
Sudan Zhu (Hong Kong)		
289	Neurodegeneration and Sleep Instability: A CAP-Based Comparison in RBD Patients	17:00 - 17:00
Elvin Ay (Turkey)		
290	Diagnostic Cutoffs for REM Sleep Without Atonia in Isolated REM Sleep Behavior Disorder from a Korean Population	17:00 - 17:00
Ki-Young Jung (Korea, Republic of)		
291	Neuroprotective Effect of Melatonin in Isolated Rapid Eye Movement Sleep Behavior Disorder	17:00 - 17:00
Yaping Liu (China)		
292	Progression of prodromal markers of alpha-synucleinopathy neurodegeneration in the first-degree relatives of patients with REM sleep behavior disorder: a 7-year prospective study	17:00 - 17:00
Ningning Li (Hong Kong)		
293	Resting-State fMRI Functional Connectivity Reveals Dual Network Disruption in REM Sleep Behavior Disorder: Diagnostic Insights	17:00 - 17:00

	from Multi-Metric Analysis	
	Yi-Seul Choo (Korea, Republic of)	
294	Neural correlates of decisional impulsivity across early stages of α-synucleinopathy: a case-control functional magnetic resonance imaging study	17:00 - 17:00
	S.Y. Gong (Hong Kong)	
295	Gut microbiota in major depressive disorders with rapid eye movement behavior disorder: tracing a subtype of depression with underlying neurodegeneration	17:00 - 17:00
	Yuhua Yang (Hong Kong)	
296	Sleep Deprivation Accelerates α-Synuclein Pathology via Per2-Mediated Lysosomal Dysfunction in Mice with REM Sleep Behavior Disorder	17:00 - 17:00
	Liqing Zhang (China)	
297	Causal Associations Between Tea Consumption and REM Sleep Behavior Disorder: A Mendelian Randomization Study	17:00 - 17:00
	Shenyang Zhang (China)	
298	Severe, refractory restless legs syndrome responding to hyperbaric oxygen therapy: a case report	17:00 - 17:00
	Daryl Emery Chee Yeow Chan (Australia)	
299	Clinical feature and alpha-synuclein level of restless legs syndrome with leucine-rich repeat kinase 2 encoding gene mutation	17:00 - 17:00
	Xin Guo (China)	
300	Comparison of Restless Leg Syndrome Characteristics and Treatment Responses Between Male and Female Patients	17:00 - 17:00
	Mayura Nitesnoppakul (Thailand)	
301	Reduced N3 Sleep Is Associated with Cognitive Impairment in Elderly Patients with Obstructive Sleep Apnea	17:00 - 17:00
	Wenjing Yang (China)	
302	The theranostic value of gene signatures and molecular mechanisms between obstructive sleep apnea and heart failure derived by machine learning	17:00 - 17:00
	Tianjiao Zhou (China)	
303	The Prognostic Significance of Severe Obstructive Sleep Apnea in Patients Undergoing Surgical Repair for Acute Type A Aortic Dissection	17:00 - 17:00
	Jiazhen Mei (China)	
304	Body Weight Change and Nocturnal BP Pattern influence the effect of CPAP treatment on 24-Hour Ambulatory Blood Pressure in OSA Patients	17:00 - 17:00
	Huiji Yi (China)	
305	Multi-Omics Sequencing and Mendelian Randomization Analysis Identifies Corticotropin-Releasing Hormone Receptors (GRHR) as a Potential Therapeutic Target for Obstructive Sleep Apnea	17:00 - 17:00
	Shu Zhang (China)	
306	Risk and management of traffic accidents in occupational drivers with obstructive sleep apnea	17:00 - 17:00
	Zhaohua Chen (China)	
307	Interpretable Machine Learning Using Questionnaire Data: A Scalable Approach for Sleep Apnea Screening	17:00 - 17:00
	Nhung Huyen Hoang (Japan)	

308	Sleep breathing impairment index predicts incident atrial fibrillation in obstructive sleep apnea: a prospective cohort study	17:00 - 17:00
Lixia Wang (China)		
309	Unveiling the circHDAC9/miR-138-5p/SIRT1 Axis: A Novel Mechanism Linking Obstructive Sleep Apnea-Hypopnea Syndrome to Cognitive Impairment through Senescence-Associated Neuronal Autophagy	17:00 - 17:00
Wenqiu Wei (China)		
310	Biomarker Discovery in Obstructive Sleep Apnea: A Bibliometric Mapping of Research Frontiers (2000-2023)	17:00 - 17:00
Ying Shen (China)		
311	Study on gene single nucleotide polymorphisms in Han and Uygur patients with OSA combined with hypertension	17:00 - 17:00
Zhongming He (China)		
312	Effect of Self-Viewing Sleep Videos on CPAP Adherence: A Prospective Real-World Study in Patients with Sleep Apnea Syndrome	17:00 - 17:00
Keun Tae Kim (Korea, Republic of)		
313	Obstructive Sleep Apnea Treatment Regulates Monocyte Inflammatory Phenotype and Function	17:00 - 17:00
Sung-Dong Cho (Korea, Republic of)		
314	Assessment of a Vibrotactile Device for Positional Therapy in Healthy Volunteers: A Pilot Study	17:00 - 17:00
Andrey Aleksandrov (Russian Federation)		
315	Predictors of successful reduction in AHI after Yoga-based intervention for treatment of obstructive sleep apnea	17:00 - 17:00
Anupama Gupta (India)		
316	The Impact of Early Intensive Nursing Interventions via Telemetric Monitoring on Long-Term CPAP Adherence in Obstructive Sleep Apnea- A single-centre experience in Hong Kong	17:00 - 17:00
Pui Hing Chiu (Hong Kong)		
317	Integrative Prognostic Framework Linking Sleep-Disordered Breathing-Associated Genes to Tumor Hypoxia and Immune Evasion Across Cancers	17:00 - 17:00
Tingyu Chen (Taiwan)		
318	The Role of Mouth Tape for CPAP Users in OSA Patients with Mouth Breathing	17:00 - 17:00
Avika Meksukree (Thailand)		
319	The Effectiveness of a Smart Sleep Apnoea Self-Management Support Program (4S) in Improving Cardiovascular Risk and Quality of Life in Subjects with Moderate to Severe Obstructive Sleep Apnea: A Randomized Controlled Trial	17:00 - 17:00
Agnes Yuen-kwan Lai (Hong Kong)		
320	Impact of Obstructive Sleep Apnea on Nocturnal Ketone Metabolism: A Breath Acetone Analysis Study	17:00 - 17:00
Yu Ming Chang (Taiwan)		
321	Association of Obstructive Sleep Apnea with Cancer Risk & Mortality	17:00 - 17:00
Benjamin Kye Jyn Tan (Singapore)		
322	Comparative Effects of Nasal and Oronasal Masks on Airway Collapse and Oxygenation During CPAP-Assisted DISE	17:00 - 17:00
Hyung Chae Yang (Korea, Republic of)		

323	Screening prediction models using artificial intelligence for moderate-to-severe obstructive sleep apnea in patients with acute ischemic stroke	17:00 - 17:00
	Huan Jan Lin (Taiwan)	
324	Factors affecting level II polysomnography (PSG) outcomes in a tertiary referral sleep centre in Australia: A retrospective cohort study	17:00 - 17:00
	Brayden Varcoe (Australia)	
325	Cephalometric differences between REM and NREM OSA patients may help in choosing the right surgical candidate	17:00 - 17:00
	Sung ok Catherine Hong (Korea, Republic of)	
326	Obstructive sleep apnea is associated with sympathetic overactivation in non-elderly but not elderly	17:00 - 17:00
	Baixin Chen (China)	
327	Comparative Assessment of Diaphragm Morphofunctional Alterations in Obstructive Sleep Apnea, Chronic Obstructive Pulmonary Disease, and Overlap Syndrome	17:00 - 17:00
	Ze Chen (China)	
328	Effect of adenotonsillectomy on lipid profile in children with obstructive sleep apnea	17:00 - 17:00
	Chia hsuan Lee (Taiwan)	
329	Vasomotor Intracranial Blood Vessels in Obstructive Sleep Apnea Patients	17:00 - 17:00
	Chintya Anugrah Suhendra (Indonesia)	
330	Predictors of surgical outcomes for limited palatal muscle resection in patients with obstructive sleep apnea	17:00 - 17:00
	Kyu-Sup Cho (Korea, Republic of)	
331	Revealing the knowledge gap: A scoping review on Maxillomandibular Advancement for Obstructive Sleep Apnea in Skeletal Class III Patients	17:00 - 17:00
	Chee Weng Yong (Singapore)	
332	An Updated Network Meta-Analysis of Pharmacological Therapies for Obstructive Sleep Apnea: Effects on AHI Reduction and Lowest Oxygen Saturation Improvement	17:00 - 17:00
	Dhiyandra Kautsarrizqi (Indonesia)	
333	Assessment of Sympatho-Vagal Dysfunction in Patients with Obstructive Sleep Apnea and Its Association with Disease Severity	17:00 - 17:00
	Dibakar Sahu (India)	
334	Polysomnographic Diagnosis of Obstructive Sleep Apnea in Patients Presenting with Insomnia Symptoms: A Retrospective Observational Study	17:00 - 17:00
	Harshini Errabelli (India)	
335	A Cross-Sectional Study on Sleep-Related Breathing Disorders and School Performance Among School Children in Mindanao, Philippines	17:00 - 17:00
	Gamaliel Urbi (Philippines)	
336	Analysis of Polysomnography in Patients with Sleep Disorders Accompanied by Tinnitus	17:00 - 17:00
	Woo Yong Bae (Korea, Republic of)	
337	Higher Trend of Severe OSA in Normal BMI Patients: Analysis from Western Part of India	17:00 - 17:00
	Kashmira Jhala (India)	

338	Obstructive sleep apnea (OSA) -The Iceberg In The Sea Of Comorbidities	17:00 - 17:00
	Ruby Joseph K (India)	
339	Rethinking Sleep Apnea Severity: Beyond AHI versus multidimensional Polysomnographic Indices	17:00 - 17:00
	Sushant Meshram (India)	
340	Development of a Wavelet-Based Classifier for Sleep Apnea Subtypes Using EEG and ECG	17:00 - 17:00
	Tran Thanh Duy Linh (Vietnam)	
341	Infrared Optical Gas Imaging for Sleep Apnea Diagnosis	17:00 - 17:00
	Hyun Jun Kim (Korea, Republic of)	
342	Artificial Intelligence Diagnosis of Obstructive Sleep Apnea: Bayesian Meta-Analyses of 80 Studies with 248 Models	17:00 - 17:00
	Esther Yanxin Gao (Singapore)	
343	Pathway for bariatric/metabolic surgery candidates with obstructive sleep apnea(OSA) at a private Hospital in Brazil	17:00 - 17:00
	Evelyn Lucien Brasil (Brazil)	
344	Impact of Hypoxic Burden and Sleep Fragmentation on Mortality in OSA: A High-Risk Phenotype Identified by A Cluster Analysis	17:00 - 17:00
	Yu Jin Lee (Korea, Republic of)	
345	Preliminary study of the effects of Nortriptyline on OSA indices and snoring intensity in patients with OSA: a pilot study	17:00 - 17:00
	Fateme Mohammadi Aniloo (Iran)	
346	Development and Validation of a Facial-Recognition-Based Screening App for Obstructive Sleep Apnea (OSA)	17:00 - 17:00
	Fei Qi (China)	
347	Prevalence and Risk Factors of Residual Excessive Sleepiness in Chinese Obstructive Sleep Apnea Patients	17:00 - 17:00
	Xujun Feng (China)	
348	Serum Uric Acid As a Biomarker For Nocturnal Respiratory Effort in Obstructive Sleep Apnea	17:00 - 17:00
	Zhaoyan Feng (China)	
349	Adenosine A_{2A} Receptor Activation Protects Against Chronic Intermittent Hypoxia Induced Kidney Injury by PKA-ERK1/2 pathway	17:00 - 17:00
	Xiucui Li (China)	
350	Concomitant Instantaneous heart rate decrease, and proximal skin temperature increase during apnea events	17:00 - 17:00
	Gary Garcia Molina (United States)	
351	Analysis of Brain Gray Matter Microstructure Alterations in Obstructive Sleep Apnea Patients Based on NODDI	17:00 - 17:00
	Zhijun Wang (China)	
352	The oral and gut microbiota dysbiosis in OSA	17:00 - 17:00
	Jiahui Gu (China)	
353	Respiratory Arousal Threshold in patients with Isolated Obstructive Sleep Apnea and Comorbid Insomnia (COMISA)	17:00 - 17:00
	Teng Han (China)	
354	Factors Associated with Worsening of Sleep-Disordered Breathing in Patients with REM Sleep Behavior Disorder	17:00 - 17:00
	Hideaki Nakayama (Japan)	

355	Efficient and Effective Telemonitoring System for CPAP Adherence Using Digital Transformation	17:00 - 17:00
	Hiroshi Nakamura (Japan)	
356	Insomnia as a Symptom of REM-related OSA: A Retrospective Cross-Sectional Study in 1736 OSA Patients	17:00 - 17:00
	Tetsuro Hoshino (Japan)	
357	Decline in CD4⁺ Naïve T Cell Levels Correlates with OSA Severity in Adult and Pediatric Patients	17:00 - 17:00
	Ke Huang (China)	
358	Tailored palatal surgery for obstructive sleep apnea patients with lateral pharyngeal wall collapse based on DISE phenotyping	17:00 - 17:00
	Hyun Jik Kim (Korea, Republic of)	
359	Exploring the Relationship between Self-reported Daytime Sleepiness and Positive Airway Pressure Treatment Adherence Among Filipino Patients with Obstructive Sleep Apnea	17:00 - 17:00
	Ivarrene Cahinde (Philippines)	
360	Facial Aesthetic Outcomes of Counterclockwise Maxillomandibular Advancement in Asians with Obstructive Sleep Apnea: An Objective Analysis	17:00 - 17:00
	Izzati Nabilah Ismail (Taiwan)	
361	Effect of waterless humidification via heat and moisture exchangers on long-term adherence to PAP therapy: a 12-month home-based study	17:00 - 17:00
	Japneet Kaur Bindra (Australia)	
362	Alterations in Psychomotor Vigilance and Influencing Factors in Mild Obstructive Sleep Apnea	17:00 - 17:00
	Jingru Ma (China)	
363	ASSOCIATION OF UPPER AIRWAY MORPHOLOGICAL PHENOTYPES WITH OBSTRUCTIVE SLEEP APNEA IN MIDDLE-AGED KOREAN ADULTS	17:00 - 17:00
	Jisun Choi* (Korea, Republic of)	
364	Implantable respiratory state detection in stimulation target-IPG ECG lead	17:00 - 17:00
	Mingze Jiang (China)	
365	Can Awake End-tidal CO₂ Predicts Sleep-related Hypoventilation in Children with Neuromuscular Diseases?	17:00 - 17:00
	Kanjaporn Sirisomboonlarp (Thailand)	
366	The Overlooked Component: Proportion of Central Hypopnea in Obstructive Sleep Apnea Patients	17:00 - 17:00
	Kritarth Rawat (India)	
367	Transforming Rural Sleep Health Care: Establishing a Rural Sleep-Disordered Breathing Service in East Malaysia	17:00 - 17:00
	Kugan Raman (Malaysia)	
368	The Effect of Bariatric Surgery on Obstructive Sleep Apnea Remission and Outcomes	17:00 - 17:00
	Jinjuta Ngeyvijit (Thailand)	
369	Impact of Obstructive Sleep Apnea on Daily Life by Disease Severity Level: Analysis from the SHINE Survey	17:00 - 17:00
	Kristina S. Yu (United States)	
370	Gender Effects on Surgical Outcome after Maxillomandibular Advancement for Obstructive Sleep Apnea in the East Asian Patient	17:00 - 17:00

Chee Sing Lee (Singapore)

- 371 **A Study on Selected Factors and Their Association with the Severity of Obstructive Sleep Apnea in Overweight and Obese Hypertensive Patients at Gia Dinh General Hospital.** 17:00 - 17:00

Duyen Le Thi Hong (Vietnam)

- 372 **Lactylation-Related Gene Signatures Define Molecular Subtypes and Therapeutic Targets in Obstructive Sleep Apnea** 17:00 - 17:00

Zhiyong Li (China)

- 373 **Success rate of Portable Polysomnography in Snoring and Obstructive Sleep Apnea Patients in ENT Clinic Srinagarind Hospital, Khon Kaen University** 17:00 - 17:00

Supawan Laohasiriwong (Thailand)

- 374 **PFKFB3 Drives Endothelial Glycolysis, Promoting Vascular Injury under Obstructive Sleep Apnea** 17:00 - 17:00

Shi Qi Li (China)

- 375 **Links of sleep-disordered breathing with dementia risk and healthcare utilization** 17:00 - 17:00

Cindy Choo (Taiwan)

- 376 **Deep Learning-based Identification of Severe Obstructive Sleep Apnea using Sagittal MRI Images** 17:00 - 17:00

Tsuyoshi Mikami (Japan)

- 377 **Causal Relationship Between Female Reproductive Factors and Risk of Obstructive Sleep Apnea** 17:00 - 17:00

Minhan Yi (China)

- 378 **Sleep and cardiovascular outcomes are worse in people with co-morbid obstructive sleep apnoea and chronic respiratory disease: insights from consumer data** 17:00 - 17:00

Molly-Eve Day (Australia)

- 379 **Long-term effects on blood pressure of soft tissue surgery for obstructive sleep apnea treatment in adults: a systematic review and meta-analysis** 17:00 - 17:00

Natamon Charakorn (Thailand)

- 380 **The relationship between obstructive sleep apnea and visual hallucinations in PD patients--a MRI and PSG study** 17:00 - 17:00

Li Zhang (China)

- 381 **CPAP, Mortality & Life Expectancy in Obstructive Sleep Apnea: A Patient-Level Meta-Analysis of Reconstructed Survival Data** 17:00 - 17:00

Nicole Kye Wen Tan (Singapore)

- 382 **An Analysis of Snoring Characteristics and Their Impact on Obstructive Sleep Apnea** 17:00 - 17:00

Boon Han Kevin Ng (Malaysia)

- 383 **The different characteristics of polysomnography between stroke and TIA patients** 17:00 - 17:00

Nutchaphol Wongkanjana (Thailand)

- 384 **Clinical Characteristics and Management Outcomes of Congenital Central Hypoventilation Syndrome: A Single-Center Case Series** 17:00 - 17:00

Nuttida Panichapat (Thailand)

- 385 **Surgically assisted transverse jaw expansion in adult OSA patients** 17:00 - 17:00

Wing Yau Ng (Hong Kong)

- 386 **Endoscopic titration technique of mandibular advancement device** 17:00 - 17:00

treatment for obstructive sleep apnea		
Kentaro Okuno (Japan)		
387	Benefits of Community-Based Intervention for Mild OSA on Cardiac Remodeling: A Secondary Analysis of a Randomized Trial	17:00 - 17:00
Qiong Ou (China)		
388	Effects of strenght training on blood pressure and arterial stiffness in adults with moderate to severe obstructive sleep apnea: a randomized controlled trial	17:00 - 17:00
Ozeas Lins-Filho (Brazil)		
389	Study on the Effect of Chemogenetic Regulation of Neurons in the mPFC brain Region on Learning and Memory Impairment and Sleep Structure in Mice with Chronic Intermittent Hypoxia	17:00 - 17:00
Guo Pei (China)		
390	Characterization of Craniofacial Skeletal Phenotype of Adult Obstructive sleep apnea	17:00 - 17:00
Kun-Woo Park (Korea, Republic of)		
391	CPAP compliance trends from Cloud data: Who is on Cloud Nine?	17:00 - 17:00
G. Prakash Kothari (India)		
392	Diaphragmatic dimensions as predictors of severity of obstructive sleep apnea: A cross-sectional study	17:00 - 17:00
Rahul Chakraborty (India)		
393	The impact of body mass index on severity of sleep related breathing disorders in adults with class 3 obesity	17:00 - 17:00
Richard Yang (Australia)		
394	Comparison of the 1st Half of the Night Polysomnography (3 Hours) vs. Full Night Analysis in Asian Population: A Cohort Study	17:00 - 17:00
Sasarak Kijtorntam (Thailand)		
395	Morphological phenotypes of the oral cavity and hard palate in Thai adults with obstructive sleep apnea: A case-control study	17:00 - 17:00
Sasikarn Poomkonsarn (Thailand)		
396	Development and Validation of a Reversible Obstructive Sleep Apnea Pig Model Using Cross-Linked Sodium Hyaluronate	17:00 - 17:00
Jiang Shang (China)		
397	Effects on quality of life and daytime sleepiness between patients treated with CPAP versus CPAP alternatives	17:00 - 17:00
Kerisnasamy Shivanessh (Malaysia)		
398	Impact of CPAP Treatment on Inflammatory Markers in Moderate-Severe Obstructive Sleep Apnea Patients: A 12-Month Follow-Up Study	17:00 - 17:00
Piyaporn Sirijanchune (Thailand)		
399	Oscillometric Lung Function and Its Association with Obstructive Sleep Apnea Risk	17:00 - 17:00
Linda Soebroto (Indonesia)		
400	Challenges of acute non-invasive ventilation in patients with schizophrenia	17:00 - 17:00
Rui Ya Soh (Singapore)		
401	Efficacy of Intraoral Negative Air Pressure (iNAP) Therapy in Adolescents with Obstructive Sleep Apnea: A Prospective Exploratory Study	17:00 - 17:00
Ziying Song (China)		

402	Efficacy of Novel Oral Appliance and Novel Oral Positive Expiratory Pressure Accessory at reducing sleep apnea-specific hypoxic burden, a metric predictive of cardiovascular morbidity and mortality	17:00 - 17:00
	Sat Sharma (Canada)	
403	Factors associated with self-reported continuous positive airway pressure machine use for patients located in metropolitan and regional areas across Australia	17:00 - 17:00
	Stefanie Evas (Australia)	
404	Effects of Continuous Positive Airway Pressure Treatment on Gut Microbiota and Metabolome in Obstructive Sleep Apnea Patients	17:00 - 17:00
	Linfan Su (China)	
405	Prevalence and Modulating Factors of Upper Airway Collapse Sites in OSA Patients Assessed by Drug-Induced Sleep Endoscopy: A Meta-Analysis	17:00 - 17:00
	Chung Man Sung (Korea, Republic of)	
406	Unveiling Predictive Factors for CPAP Adherence: A Pilot Cohort Study on Real-World Use in OSA	17:00 - 17:00
	Yu Sun (Taiwan)	
407	Sleep and Survival: A Low-Cost Home Ventilation Strategy for Children with Neuromuscular disease in Resource-Limited Settings	17:00 - 17:00
	Supriya Suresh Shinde (India)	
408	Investigation of nasal obstruction as a risk factor for SDB: prevalence of SDB in patients who underwent endoscopic nasal sinus surgery	17:00 - 17:00
	Masaaki Suzuki (Japan)	
409	Long-Term Outcomes of Combined Sleep Surgery for Obstructive Sleep Apnea: A 14-Year Retrospective Study in Hong Kong Patients	17:00 - 17:00
	Hau Yu Teresa Lo (Hong Kong)	
410	Effects of Reboxetine alone and in combination with Oxybutynin on quantitative electroencephalogram measures of alertness in obstructive sleep apnea	17:00 - 17:00
	Jia En Clara Tan (Singapore)	
411	Refining the Detection of Sleep-disordered Breathing Events: Improving Annotations in National Sleep Research Resource (NSRR) Polysomnography Data	17:00 - 17:00
	Suha Lim (Korea, Republic of)	
412	Association study of gut microbiota abnormalities and cognitive dysfunction caused by obstructive sleep apnea	17:00 - 17:00
	Jun Tai (China)	
413	Polycystic Ovary Syndrome is associated with Masked Hypertension in Reproductive-Aged Women: Role of Obstructive Sleep Apnea	17:00 - 17:00
	Huanhuan Wang (China)	
414	Effects of Obstructive Sleep Apnea Treatment on Blood Biomarkers of Alzheimer's Disease: A Prospective Clinical Study	17:00 - 17:00
	Yun-Ting Wang (Taiwan)	
415	Rapid-onset obesity, hypothalamic dysfunction, hypoventilation, and autonomic dysregulation syndrome - (ROHHAD): case series and literature review	17:00 - 17:00
	Xinru Wang (China)	
416	Nighttime Light Exposure Predicts Higher Sleep Apnea Risk: A Prospective Study with Explainable Machine Learning	17:00 - 17:00

Wei Wang (China)		
417	Identifying Obstructive Sleep Apnoea in Headache Clinics: Clinical Clues and Diagnostic Considerations	17:00 - 17:00
You-Jiang Tan (Singapore)		
418	Prevalence of high risk for obstructive sleep apnea in Thai patients undergoing elective general surgery	17:00 - 17:00
Wish Banhiran (Thailand)		
419	The nonlinear endotypic characteristics and unique endotypic subtypes in Obstructive sleep apnea	17:00 - 17:00
Xiaoting Wang (China)		
420	Intermittent Hypoxia Accelerates Full-Thickness Cutaneous Wound Healing in Sprague-Dawley Rats: The Role of Upregulated TGF-β and YAP Expression	17:00 - 17:00
Xiaowan Du (China)		
421	Reading Your Sleep: Learning SpO₂ Words and Sentences for OSA Detection and Subtyping	17:00 - 17:00
Donglin Xie (China)		
422	A new 3D-printed invisible mandibular advancement device for patients with obstructive sleep apnea: A cohort study	17:00 - 17:00
Xi Wang (China)		
423	Exploring the treatment journey of Obstructive Sleep Apnoea: A scoping review on the perspectives of Chinese patients	17:00 - 17:00
Xueling Zhu (Australia)		
424	A Machine Learning Model for Predicting Obstructive Sleep Apnea Using Anthropometric and Bioimpedance Data	17:00 - 17:00
Li Yen Tai (Taiwan)		
425	A Study on Differentiating Obstructive and Central Sleep Apnea and Identifying Cheyne-Stokes Breathing Using Non-Invasive Fiber Optic Physiological Monitoring Technology and AI	17:00 - 17:00
Shu-Chen Yang (Taiwan)		
426	Gender Differences in Changes in Sleep-Related Physical and Mental Symptoms and Quality of Life Following CPAP Treatment in Patients with OSA	17:00 - 17:00
Yen-Chin Chen (Taiwan)		
427	Independent association between sleep apnea-specific hypoxic burden and dyslipidemia in obstructive sleep apnea	17:00 - 17:00
Hongliang Yi (China)		
428	The Effect of Telemedicine-Based CPAP Management on 24-Hour Ambulatory Blood Pressure in Patients with Obstructive Sleep Apnea: A Randomized, Controlled, Non-Inferiority Trial	17:00 - 17:00
huijie Yi (China)		
429	Determining the Minimum Nights Required for Reliable Wearable-Based Assessment of Sleep Architecture and HRV in OSA, Insomnia, and COMISA	17:00 - 17:00
Hai Ka Betty Young (Hong Kong)		
430	Non-contact On-device Detection of Obstructive Sleep Apnea from Infrared Video	17:00 - 17:00
You Rim Choi (Korea, Republic of)		
431	Digital Health Engagement and CPAP Adherence: Analysis of Patient Interaction with the myAir App	17:00 - 17:00
Yasuhiro Tomita (Japan)		

432	Prevalence and characteristics of obstructive sleep apnea (OSA) comorbid with catathrenia (nocturnal groaning)	17:00 - 17:00
Min Yu (China)		
433	Apnea/hypopnea-related drops in pulse transit time predicts left ventricular dysfunction in obstructive sleep apnea	17:00 - 17:00
Mei Su (China)		
434	Sex differences in endocrine, metabolic and psychological disturbance in obese patients with OSA	17:00 - 17:00
Xiaolei Zhang (China)		
435	Comparison of the impact of nasal and pharyngeal surgery on CPAP treatment parameters and quality of life	17:00 - 17:00
Yuzuka Hagiwara (Japan)		
436	Network Meta-Analysis of Positive Airway Pressure-based Therapy Efficacy and Systematic Review of Randomized Controlled Trials in Patients with Comorbid Insomnia and Sleep Apnea	17:00 - 17:00
Yunyun Zhang (China)		
437	Can Acute Post-Surgical Changes in PSG Features Inform Subsequent Management of Patients with Moderate-to-Severe Obstructive Sleep Apnea? A Pilot Study	17:00 - 17:00
Qingqian Zhu (China)		
438	Rotating shifts change gut microbiota and sleep in shift workers: an observational study	17:00 - 17:00
Dandan Zheng (China)		
439	Sleep quality and hypertension: correlation between Pittsburgh Sleep Quality Index (PSQI) scores and the prevalence of hypertension and blood pressure reduction patterns	17:00 - 17:00
Kaiyan Ma (China)		
440	Transdiagnostic Effects of a Chinese Herbal Formula DEP-2306 on Improving Sleep in Adults with Depressive Episode with Insufficient Symptoms: A Real-World Study	17:00 - 17:00
Hui To Tang (Hong Kong)		
441	Enhancing Pediatric Sleep Health: Development of an Interdisciplinary Educational Course for Primary Care and Sleep Medicine Providers	17:00 - 17:00
Anna Wani (United States)		
442	Influence of Climate Changes on Sleep. Systematic Review	17:00 - 17:00
Antje Büttner-Teleaga (Korea, Republic of)		
443	Clusters of sleep disturbance in people with systemic lupus erythematosus and associated factors	17:00 - 17:00
Bingqian Zhu (China)		
444	Das-Naglieri cognitive assessment system and serum Aβ levels contribute to the cognitive evaluation of OSAHS children	17:00 - 17:00
Xiaohong Cai (China)		
445	Structural Factors Impeding or Facilitating Freshmen Sleep Habits	17:00 - 17:00
Chun Siong Soon (Singapore)		
446	Sleep Disorders in Chronic Kidney Disease Patients	17:00 - 17:00
Chiranjeev Biswas (Bangladesh)		
447	SLEEP HEALTH AMONG MEDICAL STUDENTS IN ABAKALIKI NIGERIA: A DESCRIPTIVE STUDY	17:00 - 17:00
Chukwuemeka Eze (Nigeria)		

448	Associations of Lifestyle Habits with Sleep Quality	17:00 - 17:00
Xinyu Fu (China)		
449	Changes in the expression of clock genes after liver transplantation	17:00 - 17:00
Guillermo Ramis (Spain)		
450	Contemporaneous network analysis of mental health symptoms in middle-aged and elderly patients with OSA	17:00 - 17:00
Huichang Huang (China)		
452	Serial Mediating Effects of Insomnia and Nightmare in the Relationship between Self-Compassion and Non-Suicidal Self-Injury Among Hong Kong Adolescents	17:00 - 17:00
Yin Yi Ho (Hong Kong)		
453	Preliminary Efficacy of Transdiagnostic Intervention for Sleep-Circadian dysfunction adapted for common mental disorders: A case series	17:00 - 17:00
Jemimah A. Johnson (India)		
454	Sleep Temporal Entropy: A Novel Sleep Fragmentation Biomarker Predicting Cardiometabolic Disease and Mortality Risk	17:00 - 17:00
Jiong Chen (China)		
455	Bedtime Stress and Prefrontal Cortex Hemodynamics During Sleep: A Pilot Study Using Wearable fNIRS and Salivary Biomarkers	17:00 - 17:00
Zilu Liang (Japan)		
456	Unpacking the Discrepancy Between Subjective and Wearable-Measured Sleep: A Neurophysiological Perspective Using fNIRS	17:00 - 17:00
Zilu Liang (Japan)		
457	Social isolation and risk of insomnia: A cohort and Mendelian randomization study	17:00 - 17:00
Yannis Yan Liang (China)		
458	Oscillatory population-level activity of dorsal raphe serotonergic neurons in sleep-wake disorders	17:00 - 17:00
Xue Li (China)		
459	Exploring Barriers to Sleep Hygiene Among Chronic Short Sleepers Using Reflexive Thematic Analysis: A Pilot Study	17:00 - 17:00
Ho Yin Derek Ma (Hong Kong)		
460	Associations Between Sleep Quality, Sleep Duration, and Cognitive Function Among Older Adults in India: Evidence From the WHO-SAGE Study	17:00 - 17:00
Monirujjaman Biswas (India)		
461	Prevalence and Psychological Profiles of Comorbid Obstructive Sleep Apnoea and Post-Traumatic Stress Disorder in a UK General Population Sample	17:00 - 17:00
Noora Mumenah (United Kingdom)		
462	Sleep Hygiene Awareness and Behavior Among Adolescents and Young Adults in Urban India Background	17:00 - 17:00
Nalini Nagalla (India)		
463	The association between weekend catch-up sleep and the reduction of obesity and overweight risk in adolescents with insufficient weekday sleep	17:00 - 17:00
Kwang Ik Yang (Korea, Republic of)		
464	Identifying and managing sleep disorders in patients with fibromyalgia.	17:00 - 17:00
Nicole Lovato (Australia)		

465	Poor sleep behaviour from childhood to adolescence is associated with polycystic ovary syndrome in adolescence: Findings from the Raine Study	17:00 - 17:00
	Nur K. Abdul Jafar (Australia)	
466	Latent physical activity profiles of people with chronic pain: Associations with pain severity, sleep and accelerometer-measured rest-activity rhythm	17:00 - 17:00
	Peter To (United Kingdom)	
467	Factors and associations related to sleep quality in patients with tinnitus	17:00 - 17:00
	Pichanon Manajit (Thailand)	
468	Predicting Insomnia Symptoms in University Students Using Machine Learning: The Roles of Stress, Dietary Intake, and Nature Connectedness	17:00 - 17:00
	Yuen Fan Poon (Hong Kong)	
469	Effect of Sleep Quality on Heart Rate Variability in Medical Students: A Cross-sectional Study	17:00 - 17:00
	Prachi Dawer (India)	
470	Sleep Stage Classification over Continuous Positive Airway Pressure Signals with Multi-Period Convolutional Neural Network	17:00 - 17:00
	Hsin-Yu Chen (Taiwan)	
471	Home-Based Oropharyngeal Myofunctional Therapy for Habitual Snoring: A Randomized Controlled Trial of Snoring Severity and Sleep Quality	17:00 - 17:00
	Ritu Patel (India)	
472	Sleep Health of Preschool Children in Bangladesh	17:00 - 17:00
	Shafiqul Ameen (Bangladesh)	
473	Evaluating Obstructive Sleep Apnea as a Predictor of Postoperative Bleeding in Chronic Rhinitis Surgery	17:00 - 17:00
	Chien Yu Huang (Taiwan)	
474	Non-Rapid Eye Movement Parasomnias & their Impact on the Academic Performance in Medical University Students: A Cross Sectional Study	17:00 - 17:00
	Sohaib Mushtaq (Pakistan)	
475	OSA Screening Questionnaires - What's New? Introducing the "GPSS" - General Practice Sleep Scale	17:00 - 17:00
	Subash Heraganahally (Australia)	
476	Reliability and validity of the Chinese version of Global Sleep Assessment Questionnaire in adult patients with sleep disorders	17:00 - 17:00
	Mingze Sun (China)	
477	Associations Between Sleep Health and Gut Microbiota: A Metagenomic Analysis in a Community-Based Sample in Hong Kong	17:00 - 17:00
	Suyi Xie (Hong Kong)	
478	Sleep Timing and Cardiovascular Events: A Systematic Review & Meta-Analysis	17:00 - 17:00
	Tejas Suri (India)	
479	Chronotype-Specific Associations Between Lifestyle Factors and Daytime Sleepiness in Japanese Elementary School Children: Focus on Japanese-Style Bathing	17:00 - 17:00
	Sayaka Uji (Japan)	

480	The longitudinal mediating role of sleep in the bidirectional relationship between depression and functional disability among older adults: A systematic review and conceptual framework	17:00 - 17:00
Hao Wu (China)		
481	Effects of a Personalized Sleep Extension Protocol on Sleep Duration and Its Moderators: A Pilot Actigraphy Study	17:00 - 17:00
Wei Wang (Hong Kong)		
482	Effects of a 12-Week Machine-assisted Strengthening Program on sleep health in Frail Older Adults	17:00 - 17:00
Hwa-Yen Chiu (Taiwan)		
483	Association between Work Engagement and Psychomotor Vigilance among Physicians in a Japanese University Hospital: Stratified Analysis by Age Group and Medical Specialty	17:00 - 17:00
Yoshihito Kameda (Japan)		
484	Association of accelerometer-measured sleep regularity with macrovascular and microvascular complications among individuals with type 2 diabetes	17:00 - 17:00
Ying Zheng (China)		
485	Does short- and long-term exposure to air pollution affect the risk of obstructive sleep apnea? A systematic review and meta-analysis	17:00 - 17:00
Yansu He (Hong Kong)		
486	Postpartum Sleep Health as a Network: Mapping Multidimensional and Contextual Dynamics	17:00 - 17:00
Zepeng Gou (Australia)		
487	Associations between thyroid hormone regulation and sleep phenotypes	17:00 - 17:00
Meng He (China)		
488	The Effects of Sleep Extension on Emotion Regulation Among Chronically Sleep-Restricted Young Adults: The Moderating Role of Intervention Adherence	17:00 - 17:00
Yu Zheng (Hong Kong)		
489	The paraventricular thalamic nucleus is involved in sleep-fragmentation-associated cardiac dysfunction after acute myocardial infarction	17:00 - 17:00
Yakun Bo (China)		
490	Effects of B vitamin intake on sleep duration and pulse wave velocity: a cross-sectional study based on NHANES	17:00 - 17:00
Yunqiu Chu (China)		
491	Association Between Screen Time Exposure and Sleep Duration among U.S. Adolescents and Young Adults: An exploratory analysis of NHANES 2011-2016 cohorts	17:00 - 17:00
Daniel Bancovsky (Israel)		
492	Liproxstatin-1 Attenuates Chronic Intermittent Hypoxia-Induced Aorta Injury via Metabolic Reprogramming of the Pentose Phosphate Pathway	17:00 - 17:00
Wenqian Chen (China)		
493	Exercise Frequency, but Not Intensity, Benefits Chinese College Students' Sleep Quality: Evidence from Parallel Mediating Roles of Anxiety and Depression	17:00 - 17:00
Chen Qiu (China)		
494	Polysomnographic comparison of sleep architecture between patients with disorders of consciousness and healthy controls	17:00 - 17:00

Siyu Dai (China)		
495	The life style, sleep time and sleep duration of the people in different social stratus during previous four decades in Taiwan	17:00 - 17:00
Cheng-Yu Chen (Taiwan)		
496	Sleep characteristics and predictors of their disturbances in the Russian population: preliminary data from the large-scale SLEEPSTUDYRU project	17:00 - 17:00
Eduard Yakupov (Russian Federation)		
497	Exploring the Influence of Emotion Regulation on Emotional Naps: A Preliminary Study	17:00 - 17:00
Fan-Chi Hsiao (Taiwan)		
498	Association Between Multidimensional Sleep Health and Psychological Distress in Japanese Community Residents	17:00 - 17:00
Ryuji Furihata (Japan)		
499	Healthy shiftwork: Co-designed, clickable, credible	17:00 - 17:00
Grace Vincent (Australia)		
500	The Impact of Sleep Deprivation on Mental and Physical Functioning Among Medical Students: A Mixed-Methods Study	17:00 - 17:00
Xiaoqia Ni (China)		
501	Sleep Apnea Monitoring with a Consumer-Grade Wearable: Performance of the Samsung Galaxy Watch	17:00 - 17:00
Hyunjun Jung (Korea, Republic of)		
502	Comparing sleep markers in a comparative micro-cohort study for mothers with depressive symptoms and a community cohort	17:00 - 17:00
Jessie Ooh (Singapore)		
503	Sleep Concordance and Discordance in Dyads of Cancer Patients and Bed-Partner Caregivers: A Systematic Review on Patterns, Health Impacts, and Dyadic Interventions	17:00 - 17:00
Jie Zhong (China)		
504	Title: Relationship between initial pressure setting and continuous positive pressure therapy compliance	17:00 - 17:00
Yong Wan Kim (Korea, Republic of)		
505	Bridging the Guideline Gap: Clinically Tested Casein Tryptic Hydrolysate (CTH) and the Combination of CTH-Theanine as First-Line Therapy for Mild to Moderate Insomnia	17:00 - 17:00
Kokila Thiagarajah (Malaysia)		
506	Relaxation of social time pressure affects subjective sleep quality and its associations vary depending on chronotype	17:00 - 17:00
Yoko Komada (Japan)		
507	Factors influencing sleep quality among persons with systemic lupus erythematosus through the lens of Spielman's three-factor insomnia model	17:00 - 17:00
Rulan Yin (China)		
508	Daytime dysfunction, self-reported health, and hospitalizations predicting 3-year readmission in adults with systemic lupus erythematosus	17:00 - 17:00
Rulan Yin (China)		
509	Utility of the General Practice Sleep Scale "GPSS" among women in childbearing age in comparison to existing OSA screening tools	17:00 - 17:00
Lauren Walters (Australia)		

510	Menopausal Hormone Therapy and Cardiovascular Outcomes in Menopausal Women with Obstructive Sleep Apnea	17:00 - 17:00
	Yusheng Lin (Taiwan)	
511	Preliminary Findings on Sleep Patterns in Working Women of Menopausal Generation in Japan	17:00 - 17:00
	Makiko Arima (Japan)	
512	The experience of poor sleep of living with HIV in Indonesia: Toward an Intervention Development	17:00 - 17:00
	Hening Pujasari (Indonesia)	
513	Head Rocking Enhances Deep Sleep During Daytime Naps: Evidence from a Motorized Pillow Study	17:00 - 17:00
	Kazutaka Yamamoto (Japan)	
514	Proposal of a Novel Sleep Evaluation Index Utilizing Metabolic Dynamics During Sleep	17:00 - 17:00
	Kidai Oyama (Japan)	
515	The effects of physical activity timing and adherence to physical activity guidelines on sleep in children with Attention-deficit/hyperactivity disorder	17:00 - 17:00
	Xiao Liang (Hong Kong)	
516	Estimating Apnea-Hypopnea Index from Short-Duration Electrocardiograms	17:00 - 17:00
	Shubhangi Shubhangi (India)	
517	The Association of Sleep Duration and Quality with Obesity-related Cancers: Results from the Health Examinees Study	17:00 - 17:00
	Sinyoung Cho (Korea, Republic of)	
518	Analysis of the Characteristics and Influencing Factors of Working Memory Impairment in Middle-aged and Young Patients with Obstructive Sleep Apnea-Hypopnea Complicated by Nocturia	17:00 - 17:00
	Tong Su (China)	
519	Comparative Efficacy of Transcutaneous Auricular Vagus Nerve Stimulation (taVNS) versus SSRIs for Sleep Improvement in Depression: An 8-Week Randomized Controlled Trial	17:00 - 17:00
	Chaochao Lu (China)	
520	Associations of Pre-Sleep Arousal and Dysfunctional Sleep Belief with Depression in Youths with Eveningness	17:00 - 17:00
	Denise Dandan Liao (China)	
521	Nocebo Effects on the Duration of First-Night Effect in Insomnia Patients: A Polysomnographic Study	17:00 - 17:00
	Li Wang (China)	
522	Causal Relationship Between Metabolites and Obstructive Sleep Apnea Hypopnea Syndrome (OSAHS) Based on Two-Sample Mendelian Randomization Analysis	17:00 - 17:00
	Kainan Wu (China)	
523	Healthcare measures adopted by medical students to mitigate brain function impairment caused by sleep deprivation: a qualitative interview study using health belief model	17:00 - 17:00
	Xianyi Wu (China)	
524	Association between Sleep Duration and Cancer-Specific Mortality among community-based population: A Systematic Review and Meta-Analysis	17:00 - 17:00
	Linxi Yan (China)	

525	Healthcare-seeking and paediatric sleep disordered breathing in substandard housing: preliminary findings from an urban cohort	17:00 - 17:00
	Crystal Ying Chan (Hong Kong)	
526	Estimating Daytime Productivity from Sleep-Time Biosignals with a Reduced Feature Set	17:00 - 17:00
	Chijing Wang (Japan)	
527	Active Components in Digital Health Interventions for Sleep among Adolescents: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	17:00 - 17:00
	Alicia Salamanca-Sanabria (Singapore)	
528	AI-based Prediction Model of Alzheimer's Disease From Polysomnographic Records: A Preliminary Study	17:00 - 17:00
	Somin Oh (Korea, Republic of)	
529	Can the alpha power of the electroencephalogram (EEG) signal during the eyes-closed calibration of the Multiple Sleep Latency Test (MSLT) first nap predict daytime hypersomnolence?	17:00 - 17:00
	Jackie Eritaia (Australia)	
530	A Smartphone-based Intervention to Improve Light Exposure in Young Adults	17:00 - 17:00
	Daniella Mahfoud (Singapore)	
531	Sleep physiology characteristics in patients with Obstructive Sleep Apnea from Vietnam	17:00 - 17:00
	Binh Thu Nguyen (Vietnam)	
532	Apnea-Hypopnea Event Detection from 10-Second Sleep Audio Clips: A Machine Learning Model	17:00 - 17:00
	Ethan Ma (Taiwan)	
533	Validation of Automatic Sleep Stage Classification and Sleep Quality Assessment Using Smartwatch Technology	17:00 - 17:00
	Leqin Fang (China)	
534	Multi-Night At-Home Evaluation of Oura Ring Against Dreem Headband in Free-Living Older Adults	17:00 - 17:00
	Hosein Aghayan Golkashani (Singapore)	
535	Implementation of the AI-Powered Belun Ring to Streamline Sleep Disorder Assessment in Primary Care: A Real-World Community Study	17:00 - 17:00
	Hiu Yeung Choi (Hong Kong)	
536	Manual Versus Automated Polysomnography Scoring: Inter-rater Accuracy in a Single-Center Thai Cohort	17:00 - 17:00
	Kannaphob Ladthavorlaphatt (Thailand)	
537	Sleep Stage Classification Using Cardiorespiratory Features from Smart Mattress Signals: A Case-Based Validation Study	17:00 - 17:00
	Hui-Ru Lin (Taiwan)	
538	Clinical Application of a Polysomnography Report with an AI-Assisted Summary	17:00 - 17:00
	Kuang-Yu Chen (Taiwan)	
539	Snoring Sound Detection: An Explorative Study on Use of TensorFlow.js for Sleep Quality Monitoring	17:00 - 17:00
	Nabiila Ala Qoonita Najma Haq (Indonesia)	
540	Does self-reported sleep duration reflect actigraphy-reported sleep duration in youth male soccer players?	17:00 - 17:00
	Pedro Figueiredo (United Arab Emirates)	

541	Comparative Study of Polysomnography and HSAT levels in Diagnosis of Sleep Apnea and Analysis of Subsequent Treatment Uptake in 300 Patients	17:00 - 17:00
Prithviraj Jayaram (India)		
542	Bright White Light Reduces Early Afternoon Alertness Decline in Healthy Adults	17:00 - 17:00
Sijia Lou (China)		
543	An innovative solution to positional therapy for obstructive sleep apnea - Pilot Study	17:00 - 17:00
Thomas Zheng Jie Teng (Singapore)		
544	Self-operable Wearable Transcranial Photobiomodulation on the Sleep Symptoms of People Living with Major Depressive Disorder: A Secondary Analysis of a Randomised, Sham-controlled Clinical Trial	17:00 - 17:00
Wan- Jing Li (Taiwan)		
545	What are the optimal bedroom temperatures for sleep?	17:00 - 17:00
Xiaojun Fan (Singapore)		
546	AI-Based Contactless Sleep Monitoring for Early Detection of Mood Dysregulation in Hospitalized Patients	17:00 - 17:00
Yung-Kuo Lee (Taiwan)		

Social event
18:30 - 20:15

Opening ceremony

Social event
20:15 - 21:45

Awards ceremony

R324

Monday, 08. September 2025*Keynote*

08:00 - 08:45

K-01: Thomas Penzel: Innovations in sleep technology: Advancing diagnosis and treatment of sleep disorders**Introduction**

08:00 - 08:02

Michael Chee (Singapore)

Innovations in sleep technology: Advancing diagnosis and treatment of sleep disorders

08:02 - 08:45

Thomas Penzel (Germany)

Keynote

08:00 - 08:45

K-02: Russell Foster: Light, circadian rhythms and sleep: Fundamental mechanisms to new therapeutics**Introduction**

08:00 - 08:02

Phyllis Zee (United States)

Light, circadian rhythms and sleep: Fundamental mechanisms to new therapeutics

08:02 - 08:45

Russell Foster (United Kingdom)

Exhibition

08:30 - 15:30

Exhibit Hall*Symposium*

09:00 - 10:30

S-01: Pharmacotherapy of obstructive sleep apnea in 2025*Chair:* Atul Malhotra (United States)*Chair:* Vsevolod Polotsky (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

GLPR1 agonists in OSA

09:02 - 09:18

Atul Malhotra (United States)

A combination of antimuscarinic agents with selective norepinephrine reuptake inhibitors to treat OSA

09:18 - 09:34

Ana Sanchez-Azofra (United States)

Carbonic anhydrase inhibitors to treat OSA

09:34 - 09:50

Jan Hedner (Sweden)

Treating sleepiness in OSA: Is it worth it?

09:50 - 10:06

Julia Chapman (Australia)

Drug development in OSA: What else in the pipeline?

10:06 - 10:22

Vsevolod Polotsky (United States)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-02: The Global Adolescent Sleep Project (GASP): A Summary of the Findings, Research Gaps and Future Directions*Chair:* Judith Owens (United States)*Chair:* Judith Owens (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

1) Introduction: Goals and Methods; 2) Summary and Next Steps

09:02 - 09:18

Judith Owens (United States)

Sleep and Mental/Behavioral Health

09:18 - 09:34

Magda LaHorgue Nunes (Brazil)

Accidental Injuries and Immune Function and Infection

09:34 - 09:50

Saadoun Bin Hasan (Kuwait)

Sleep and Cognition/Learning and Academic Achievement

09:50 - 10:06

Karen Spruyt (France)

Sleep and Obesity, Cardiovascular and Metabolic Function

10:06 - 10:22

Chris Xie Chen (Hong Kong)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-03: Challenges of using cognitive behavioral treatment for insomnia in specific patient groups and settings*Chair:* Kai Spiegelhalder (Germany)*Chair:* Shirley Xin Li (Hong Kong)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Challenges of cognitive behavioural treatment for insomnia in adolescents

09:02 - 09:18

Shirley Xin Li (Hong Kong)

Challenges of cognitive behavioural treatment for insomnia in primary care

09:18 - 09:34

Charles Morin (Canada)

Challenges in adapting cognitive behavioural treatment for perinatal insomnia

09:34 - 09:50

Bei Bei (Australia)

Challenges of cognitive behavioural treatment for insomnia in shift workers

09:50 - 10:06

Kai Spiegelhalder (Germany)

Challenges of cognitive behavioural treatment for insomnia in psychiatric inpatients with comorbid conditions

10:06 - 10:22

Elisabeth Hertenstein (Switzerland)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-04: WSS Task Force recommendations for use of consumer health trackers for sleep tracking*Chair:* Michael Chee (Singapore)*Chair:* Clete Kushida (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Rationale and scope of recommendations

09:02 - 09:18

Michael Chee (Singapore)

Using wearable sleep data from healthy persons

09:18 - 09:34

Cathy Goldstein (United States)

Using sleep trackers in persons with sleep disorders or medical conditions

09:34 - 09:50

Kelly Baron (United States)

Reading a performance evaluation and selecting an appropriate device

09:50 - 10:06

Mathias Baumert (Australia)

Ingesting sleep data into clinical records

10:06 - 10:22

Thomas Penzel (Germany)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-05: OSA, neurodegeneration and neurocognitive decline: New insights and future directions*Chair:* Najib Ayas (Canada)*Chair:* Sutapa Mukherjee (Australia)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

How does OSA lead to neurodegeneration? Discussion of mechanisms of oxidative stress to glymphatics.

09:02 - 09:18

Camilla Hoyos (Australia)

Can physiologic biomarkers from polysomnography predict neurodegeneration?

09:18 - 09:34

Najib Ayas (Canada)

Predicting and monitoring neurodegeneration with plasma biomarkers

09:34 - 09:50

Andrew Varga (United States)

Predicting neurocognitive response to CPAP - A step towards precision medicine?

09:50 - 10:06

Klar Yaggi (United States)

Questions and discussion session

10:06 - 10:22

Sutapa Mukherjee (Australia)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-06: Sleep health and aging: A decade research and its global implications*Chair:* Daniel Buysse (United States)*Chair:* Soomi Lee (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Lessons learned from a decade of research on sleep health

09:02 - 09:18

Daniel Buysse (United States)

Genetic basis of multi-dimensional sleep health

09:18 - 09:34

Heming Wang (United States)

Exploring Generational Variations in Multidimensional Sleep Health: Insights from Epidemiological Data of the Japanese Adults Population

09:34 - 09:50

Ryuji Furihata (Japan)

Sleep Health Profiles, Pain, and Chronic Conditions: Evidence from US and Asian Countries

09:50 - 10:06

Soomi Lee (United States)

Poor sleep is associated with faster aging in three independent samples of adults

10:06 - 10:22

Aric A Prather (United States)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R308

S-07: Hypersomnolence in focus: Orexin as the key to treating comorbidities and secondary diseases?*Chair:* Anna Heidbreder (Austria)*Chair:* Lucie Barateau (France)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Orexin as a key mechanism: Influence on comorbid and disease-immanent disorders in hypersomnolence

09:02 - 09:22

Jari Gool (Netherlands)

Narcolepsy and cardiovascular risk: Links between hypersomnolence and cardiovascular disease

09:22 - 09:42

Poul Jørgen Jennum (Denmark)

Mental comorbidities in narcolepsy: Depression, anxiety disorders and the impact of orexin on psychiatric health

09:42 - 10:02

Anna Heidbreder (Austria)

Therapeutic approaches in narcolepsy: New perspectives through orexin receptor agonists and their significance for the treatment of comorbidities

10:02 - 10:22

Lucie Barateau (France)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R309

S-08: Decoding neurological sleep disorders: Genetic and omics approaches to advance clinical practice*Chair:* Hanna Ollila (Finland)*Chair:* Richa Saxena (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Shared and Unique Genetic Mechanisms Between Self-Reported or Clinical Insomnia

09:02 - 09:22

Richa Saxena (United States)

Genetic Mechanisms in Bruxism and Clinical Implications

09:22 - 09:42

Tommi Strausz (United States)

Narcolepsy: Mechanisms and Translational Advances

09:42 - 10:02

Emmanuel Mignot (United States)

ME/CFS and Long COVID: Genetic and Omics Insights

10:02 - 10:22

Vilma Lammi (Finland)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R324

S-09: The medical and dental aspects of Asian and Caucasian populations in cardiosleep outcomes with oral appliance therapy on sleep-disordered breathing, blood pressure control, and maladaptive myocardial remodelling*Chair:* Mimi Yow (Singapore)*Chair:* Jing-Hao Ng (Singapore)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Medical aspects of oral appliance therapy in a randomized, controlled, non-inferiority trial of patients with OSA and health morbidities in Asia

09:02 - 09:22

Yihui Ou (Singapore)

Considerations in oral appliance design for different populations in the management of sleep-disordered breathing

09:22 - 09:42

Simona Orlej (Czech Republic)

Phenotyping patients with sleep-disordered breathing disorders for management with oral appliances

09:42 - 10:02

May-Nak Lau (Malaysia)

British airways - Medical effects and dental outcomes of oral appliances in Caucasians with sleep-disordered breathing

10:02 - 10:22

Lindsay Winchester (United Kingdom)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R325

S-10: Mechanisms underlying REM sleep memory modification*Chair:* Lucia Talamini (Netherlands)*Chair:* Gina Poe (United States)**Summary**

09:00 - 09:00

Introduction	09:00 - 09:02
A unique role for REM sleep in memory modification; findings from targeted memory reactivation studies	09:02 - 09:22
Penny Lewis (United Kingdom)	
Theta phase-locked memory reactivation during REM sleep reduces memories' emotional tone	09:22 - 09:42
Lucia Talamini (Netherlands)	
Critical dynamics during REM sleep	09:42 - 10:02
Antione Adamantidis (Switzerland)	
Local interneurons governing REM functions in memory consolidation versus clearance	10:02 - 10:22
Gina Poe (United States)	
Question and answer	10:22 - 10:30
<i>Symposium</i> 09:00 - 10:30	R326
S-11: Prefrontal cortical orchestration of sleep: The missing link between sleep disruption and psychiatric disease?	
Chair: Lukas Krone (United Kingdom)	
Chair: Franz Weber (United States)	
Summary	09:00 - 09:00
Introduction	09:00 - 09:02
Bidirectional regulation of NREM sleep by prefrontal cortex pyramidal neurons	09:02 - 09:18
Lukas Krone (United Kingdom)	
Prefrontal-hypothalamic dynamics regulating REM sleep	09:18 - 09:34
Franz Weber (United States)	
Prefrontal synaptic regulation of homeostatic sleep pressure	09:34 - 09:50
Shoi Shi (Japan)	
Early life sleep is critical for mPFC development and species-typical social behavior in the monogamous prairie vole	09:50 - 10:06
Miranda Lim (United States)	
Role of prefrontal cortex somatostatin neurons directing top-down control of sleep preparatory behaviour and sleep	10:06 - 10:22
Kyoko Tossell (United Kingdom)	
Question and answer	10:22 - 10:30
<i>Oral abstract</i> 09:00 - 10:30	R327
O-01: Advancing surgical and neurostimulation therapies for obstructive sleep apnea	
Next-Generation Hypoglossal Nerve Stimulation Therapy for the Treatment of Obstructive Sleep Apnea	09:00 - 09:13
Crystal Cheong (Singapore)	
Efficacy of H-UPPP in obstructive sleep apnea patients with epiglottic collapse	09:13 - 09:26
Di Zhao (China)	
Low Arousal Threshold as a Predictor of Hypoglossal Nerve	09:26 - 09:39

Stimulation Therapy Adherence		
Thomas Kaffenberger (United States)		
The 'USA' System: A Novel Classification for Hypoglossal Nerve Stimulation Therapy Outcomes	09:39 - 09:52	
Ryan Soose (United States)		
Combined Hypoglossal Nerve and Ansa Cervicalis Stimulation Outperforms Single Interventions in Maintaining Airway Patency in Patients with Obstructive Sleep Apnea	09:52 - 10:05	
Yike Li (United States)		
International expert consensus statement: surgical failure in obstructive sleep apnea	10:05 - 10:18	
Tiziano Perrone (Italy)		
<i>Oral abstract</i>		
09:00 - 10:30		R328
O-02: Orexin-based therapies and pharmacological advances in narcolepsy		
<i>Chair: Michael Thorpy (United States)</i>		
<i>Chair: Yves Dauvilliers (France)</i>		
Oveporexton (TAK-861) Improves Wakefulness in People with NT1: Assessment of At-home Napping and In-clinic Microsleeps	09:00 - 09:13	
Dmitri Volfson (United States)		
Initial preclinical development of a novel dual orexin receptor agonist	09:13 - 09:26	
Alessandro Silvani (Italy)		
Optogenetic activation of the histaminergic system in the amygdala of narcoleptic mice reduces the occurrence of cataplexy	09:26 - 09:39	
Christelle Peyron (France)		
The Effect of Pitolisant on Sleep-Promoting Neurons	09:39 - 09:52	
Thomas Scammell (United States)		
E2086, a Selective Orexin Receptor-2 Agonist, Study for Promoting Wakefulness in Patients With Narcolepsy Type-1	09:52 - 10:05	
Jocelyn Cheng (United States)		
<i>Oral abstract</i>		
09:00 - 10:30		R329
O-03: Sleep health trajectories in childhood and adolescence		
<i>Chair: Oliviero Bruni (Italy)</i>		
Relationships between childhood sleep health and mental health at 12-years: Findings from the <i>Growing Up in New Zealand</i> study	09:00 - 09:13	
Diane Muller (New Zealand)		
Perinatal Subjective Sleep Disturbance and Circulating Cytokine Levels: Bidirectional Examinations	09:13 - 09:26	
Michele Okun (United States)		
Bi-directional associations between physical activity and sleep in school-age children: differences across times of day	09:26 - 09:39	
Jia Xu Toby Seah (Singapore)		
Bedtime at Midnight: Actigraphy-Measured Sleep Dimensions and Socioeconomic Predictors among Toddlers in Dhaka, Bangladesh	09:39 - 09:52	
Ayesha Sania (United States)		
Exploring the Sleep of Young Children in Aotearoa New Zealand: Associations with Ethnicity and Maternal Depression in and Beyond	09:52 - 10:05	

the Perinatal Period

Mikaela L. Carter (New Zealand)

Sleep Health Profile In Early Infancy Is Associated With Emerging Executive Function Development

10:05 - 10:18

Nicolò Pini (United States)

Oral abstract

09:00 - 10:30

O-04: Basic Science: Sleep deprivation and sleep disorder**Maternal sleep disordered breathing impacts cortisol regulation in pregnancy**

09:00 - 09:13

Margaret Bubnitz (United States)

THC and CBD in insomnia associated to neuropathic pain: effect on sleep architecture and descending anti-nociceptive pathways

09:13 - 09:26

Martha Lopez-Canul (Canada)

Data-Driven Fatigue Management: Harmonising Predictive Models with Actual Pilot Data to Optimise Alertness and Performance

09:26 - 09:39

Paul Kirby (Australia)

Effects of Sleep Deprivation on Cognitive Performance and Neurovascular Coupling: A Functional Transcranial Doppler Study

09:39 - 09:52

Kannaphob Ladthavorlaphatt (Thailand)

Sleep architectural changes during recurrent cycles of sleep restriction: comparing stable and variable short sleep schedules

09:52 - 10:05

Tiffany B. Koa (Singapore)

Dopaminergic Mechanisms Underpinning Excessive Daytime Sleepiness and Hypoglossal Nerve Stimulation Outcomes in OSA: Evidence from Transcriptomics and Animal Models

10:05 - 10:18

Yan Wang (China)

Symposium

10:45 - 12:15

S-12: Narcolepsy: Examining the science, impact, and current unmet needs*Chair:* Raffaele Ferri (Italy)*Chair:* Phyllis Zee (United States)**Introduction**

10:45 - 10:47

The orexin system: Foundation of NT1 pathophysiology and therapeutic avenues

10:47 - 11:03

Emmanuel Mignot (United States)

Narcolepsy across the lifespan: Pediatric and adult perspectives

11:03 - 11:19

Kiran Maski (United States)

Clinical heterogeneity in narcolepsy: Implications for diagnosis and management

11:19 - 11:35

Claudio Bassetti (Switzerland)

Genetics and autoimmunity in narcolepsy: Insights from Asian cohorts

11:35 - 11:51

Makoto Honda (Japan)

Innovations in narcolepsy treatment: From evidence to implementation

11:51 - 12:07

Yves Dauvilliers (France)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

S-13: World Health Organization report on road safety: Pathway to global professional driver work hours regulations*Chair:* Mark Howard (Australia)*Chair:* Arezu Najafi (Iran)**Summary** 10:45 - 10:45**Introduction** 10:45 - 10:47**WHO global report on road safety: Current professional driver work hours legislation and future targets** 10:47 - 11:03

Fangfang Lou (China)

Continuous drowsiness monitoring to assess work hours impact on professional driver drowsiness: A naturalistic study 11:03 - 11:19

Mark Howard (Australia)

Applying guidelines for work shift and break duration to professional driver work hours regulations 11:19 - 11:35

Hans Van Dongen (United States)

Panel discussion/presentation: Pathway to global professional driver work hours regulations: Regulations and challenges in Nigeria 11:35 - 11:51

Morenikeji Komolafe (Nigeria)

Panel discussion/presentation: Pathway to global professional driver work hours regulations: Regulations and challenges in China 11:51 - 12:07

Fang Han (China)

Question and answer 12:07 - 12:15*Symposium*

10:45 - 12:15

S-14: 45 years on from CPAP: Therapeutic options for pediatric OSA*Chair:* Colin Sullivan (Australia)*Chair:* Jasneek Chawla (Australia)**Summary** 10:45 - 10:45**Introduction** 10:45 - 10:47**CPAP in pediatric OSA- What have we learnt?** 10:47 - 11:03

Karen Waters (Australia)

Positional therapy for pediatric OSA 11:03 - 11:19

Lena Xiao (Canada)

Heated humidified high flow nasal cannula therapy in children with OSA 11:19 - 11:35

Indra Narang (Canada)

The controversy around orthodontic treatment for OSA in children 11:35 - 11:51

Fernanda Almeida (Canada)

Residual OSA in children: The role of hypoglossal nerve stimulation 11:51 - 12:07

Stacey Ishman (United States)

Question and answer 12:07 - 12:15

Symposium

10:45 - 12:15

S-15: Sleep loss increases intrusive memories: But, how?*Chair:* Sean Drummond (Australia)*Chair:* Jessica Ogden (Australia)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

The impact of time of day and sleep architecture on the frequency and intensity of intrusions following an analogue trauma exposure

10:47 - 11:07

Jessica Paterson (Australia)

Cognitive consequences of local sleep: From mental fatigue to hypersomnia's

11:07 - 11:27

Arthur LeCoz (France)

Day-to-day relationships between sleep and intrusive memories following experimental trauma exposure

11:27 - 11:47

Jessica Ogden (Australia)

The effects of sleep restriction and insomnia disorder on intrusive memories for emotional scenes

11:47 - 12:07

Tony Cunningham (United States)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

S-16: Sleep and health problems among shift workers across the world: Novel findings, challenges, and future perspectives*Chair:* Bjørn Bjorvatn (Norway)*Chair:* Siri Waage (Norway)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

Transitioning into shift work: Sleep and mental health challenges in new shift workers in Australia

10:47 - 11:07

Alexander Wolkow (Australia)

The impact of short rest periods between shifts (e.g., quick returns) on sickness absence, sleep, sleepiness and work-related fatigue

11:07 - 11:27

Ingebjørg LR Djupedal (Norway)

How start times and recovery periods determine sleep duration in shift workers

11:27 - 11:47

John Axelsson (Sweden)

Combining behavioral and circadian approaches to improve sleep and mental health in shift workers

11:47 - 12:07

Annie Vallières (Canada)

Question and answer

12:07 - 12:15

Discussion group

10:45 - 12:15

S-17: Discussion group: Leading the charge: Sleep medicine's role in a healthier planet*Chair:* Timothy Morgenthaler (United States)*Chair:* Teofilo Lee-Chiong (United States)*Chair:* Allan O'Bryan (United States)

Summary	10:45 - 10:45
Introduction	10:45 - 10:55
Timothy Morgenthaler (United States)	
Environmental impacts of therapy for OSA: Energy costs of PAP therapy, and how to minimize them	10:55 - 11:15
Maxime Patout (France)	
Sustainable Practices in OSA Therapy: Wastes in the sleep lab and beyond	11:15 - 11:35
Laura Donahue (United States)	
Sustainability Programs in the Medical Device Industry: General requirements and framework for sustainability for medical devices	11:35 - 11:55
Jeremy Wong (United States)	
Panel and Audience Discussion	11:55 - 12:10
Timothy Morgenthaler (United States)	
Teofilo Lee-Chiong (United States)	
Jeremy Wong (United States)	
Maxime Patout (France)	
Laura Donahue (United States)	
Conclusion and next steps	12:10 - 12:15
Teofilo Lee-Chiong (United States)	
<i>Symposium</i>	
10:45 - 12:15	R308
S-18: iRBD biomarkers through the lens of young scientists: What do we have and what do we need?	
Chair: Bradley Boeve (United States)	
Summary	10:45 - 10:45
Introduction	10:45 - 10:47
Clinical biomarkers in iRBD: Foundations for precision and integration	10:47 - 11:03
Luca Baldelli (Italy)	
Molecular and metabolic imaging biomarkers: What's missing?	11:03 - 11:19
Beatrice Orso (Italy)	
Electrophysiology and digital biomarkers: Automated monitoring of progression and phenoconversion in iRBD	11:19 - 11:35
Matteo Cesari (Austria)	
Recent developments in diagnostic, prognostic, and disease-monitoring wet biomarkers in iRBD	11:35 - 11:51
Bei Huang (Hong Kong)	
The ideal biomarker(s): From big data to personalized medicine	11:51 - 12:07
Bradley Boeve (United States)	
Question and answer	12:07 - 12:15

Symposium

10:45 - 12:15

R309

S-19: Associations of accelerometry-derived sleep variables with age-related disease outcomes and variations across sociodemographic groups and wearing time: Findings from the CHARGE Accelerometry Working Group

Chair: Heming Wang (United States)

Summary

10:45 - 10:45

Introduction

10:45 - 10:47

Actigraphy-derived sleep quality and MRI markers of dementia in a diverse cohort of older adults

10:47 - 11:07

Clémence Cavaillès (France)

Associations of objectively measured sleep restriction-rebound patterns with all-cause mortality

11:07 - 11:27

Xiaoyu Li (China)

Reliability of brief accelerometer-based sleep measurements for capturing long-term sleep duration and variability

11:27 - 11:47

Tianyi Huang (United States)

Association between accelerometry derived sleep duration with CVD and mortality

11:47 - 12:07

Kaitlin Potts (United States)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

R324

S-20: Exploring the intersections of sleep bruxism, orofacial pain, insomnia, and obstructive sleep apnea

Chair: Ghizlane Aarab (Netherlands)

Chair: Peter Svensson (Singapore)

Summary

10:45 - 10:45

Introduction

10:45 - 10:47

Introduction of the Intersections of Sleep Bruxism, Orofacial Pain, Insomnia, and Obstructive Sleep Apnea

10:47 - 11:03

Ghizlane Aarab (Netherlands)

Overview of the mosaic of risk factors connecting orofacial pain and muscle activity in sleep bruxism

11:03 - 11:19

Peter Svensson (Singapore)

Exploring common risk factors linking sleep bruxism and insomnia

11:19 - 11:35

Thiprawee Chattratrat (Thailand)

Breaking the cycle: cognitive behavioral therapy for insomnia in patients with orofacial pain

11:35 - 11:51

Wendy Knibbe (Netherlands)

From Bruxing to Breathing: Exploring the Complex Relationship between Sleep Bruxism and Obstructive Sleep Apnea

11:51 - 12:07

Deshui Li (China)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

R325

S-21: Current evidence on cardiometabolic diseases and sleep disorders; Asian Perspectives*Chair:* Yuichi Inoue (Japan)*Chair:* Naricha Chirakalwasan (Thailand)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

Association between the incidence of major adverse cardiovascular events and the presence of obstructive sleep apnea

10:47 - 11:07

Ronald Lee (Singapore)

The relationship between sleep duration and glucose metabolism

11:07 - 11:27

Sirimon Reutrakul (United States)

The prevalence of insomnia in Asia and its association with the increased risks of cardiometabolic diseases

11:27 - 11:47

Naricha Chirakalwasan (Thailand)

The effect of environmental components in shaping sleep quality and duration

11:47 - 12:07

Motoo Yamauchi (Japan)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

R326

S-22: Patterns of plates and pillows: Exploring the bidirectional interplay between sleep and circadian rhythms, and eating behavior and metabolic outcomes*Chair:* Morgan H James (Australia)*Chair:* Joel S Raymond (United States)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

Eat, sleep, two-way street? Unravelling the reciprocal dynamics between sleep and eating using preclinical animal models

10:47 - 11:07

Joel S Raymond (United States)

From plate to pillow: How eating behaviours and sleep influence each other

11:07 - 11:27

Marie-Pierre St-Onge (United States)

Chrononutrition as a shared determinant of poor sleep and obesity in adolescents: Insights from the Teen Sleep Well Study

11:27 - 11:47

Emma Louise Gale (United Kingdom)

The effect of circadian disruption on eating behaviour, dietary intake, and metabolic outcomes in night shift working populations

11:47 - 12:07

Maxine Bonham (Australia)

Question and answer

12:07 - 12:15

Oral abstract

10:45 - 12:15

R327

O-05: Optimizing therapeutic strategies and outcomes in obstructive sleep apnea management*Chair:* Raphael Heinzer (Switzerland)**Benefits of Early Body Weight Reduction in Participants with Obesity and Moderate-to-severe Obstructive Sleep Apnea: A Post Hoc Analysis of SURMOUNT-OSA**

10:45 - 10:58

Ying Ni Lin (China)

The Effect of Zolpidem on CPAP Acclimatization in Patients with OSA: A Crossover, Randomized, Double-blinded, Placebo-controlled Trial.

10:58 - 11:11

Piyakorn Pisalnoradej (Thailand)

The Effect of Telemedicine-Based CPAP Management on 24-Hour Ambulatory Blood Pressure in Patients with Obstructive Sleep Apnea: A Randomized, Controlled, Non-Inferiority Trial

11:11 - 11:24

huijie Yi (China)

CPAP, Mortality & Life Expectancy in Obstructive Sleep Apnea: A Patient-Level Meta-Analysis of Reconstructed Survival Data

11:24 - 11:37

Nicole Kye Wen Tan (Singapore)

Real-World Evidence for Surgical and Nonsurgical Sleep Apnea Therapies: safety, Clinical Outcomes and Healthcare Utilization Patterns

11:37 - 11:50

Robson Capasso (United States)

Five-year, prospective, multicenter, real-world study to assess initial delivery, management and long-term effectiveness of a CAD/CAM, 3-D printed oral appliance in the treatment of obstructive sleep apnea: Interim Analysis Update

11:50 - 12:03

Robyn Woidtke (United States)

Oral abstract

10:45 - 12:15

R328

O-06: Innovations in the diagnosis and management of RLS

Chair: Elias Karroum (United States)

Chair: Maria Paola Mogavero (Italy)

Efficacy of transcutaneous spinal direct current stimulation and pneumatic compression in restless legs syndrome and augmentation

10:45 - 10:58

Nikita Gorbachev (Russian Federation)

Tonic motor activation therapy in patients with painful versus painless restless legs: An interim 180-day results from the THRIVE study

10:58 - 11:11

Elias Karroum (United States)

Clinical Characteristics, Polysomnography, and Iron Metabolism in Restless Legs Syndrome Patients with Obstructive Sleep Apnea: A Comparative and Cluster Analysis Study

11:11 - 11:24

Yanyan Hou (China)

Clinical influence of restless legs syndrome in migraine patients: a 12-year single-center longitudinal study

11:24 - 11:37

Keisuke Suzuki (Japan)

Impact of Dopamine Agonists and Clonazepam on LMM and PLMS in RLS Patients

11:37 - 11:50

Maria Paola Mogavero (Italy)

Raffaele Ferri (Italy)

Neurological approaches to restless legs syndrome: a systematic review of non-pharmacological interventions

11:50 - 12:03

Joao Victor Pereira Gonzalez (Brazil)

Oral abstract

10:45 - 12:15

R329

O-07: Dental and surgical sleep medicine interactions*Chair:* Cibele Dal Fabbro (Canada)**Ultrasound-Guided Tongue Base Thickness as a Screening Tool for Assessing Severity among patients with symptoms of Obstructive Sleep Apnea (OSA) at the Lung Center of the Philippines**

10:45 - 10:58

Mark Edison De Vera (Philippines)

Analysis of Chest and Abdominal Respiratory Movements Prior to Masticatory Muscle Activity During Sleep

10:58 - 11:11

Kento Hata (Japan)

Sleep quality and daytime sleepiness is related to immune and comorbidity status in temporomandibular disorders

11:11 - 11:24

Ji Woon Park (Korea, Republic of)

Effect of orofacial myofunctional therapy (OMT) on chewing efficiency, lip strength and tongue strength in participants of the "OMT with autofeedback for obstructive apnea" (OMTAOSA) randomized controlled trial

11:24 - 11:37

Unn Tinbod (Norway)

Impact of High Mandibular Plane on Surgical Outcomes of Maxillomandibular Advancement for Obstructive Sleep Apnea

11:37 - 11:50

Fang-Yu Hsu (Taiwan)

Minimal titration approach for mandibular advancement device treatment in patients with obstructive sleep apnea: a retrospective multicenter observational cohort study

11:50 - 12:03

Marc Braem (Belgium)

Oral abstract

10:45 - 12:15

O-08: Light and sleep health*Chair:* Xiao Tan (Sweden)*Chair:* Leon Lack (Australia)**Examining the impact of seasonal variations in photoperiod on sleep in young adults**

10:45 - 10:55

Saranea Ganesan (United Kingdom)

Light Exposure Patterns and Human Health: Insights from Large-Scale Personal Light Tracking

10:55 - 11:05

Sean Cain (Austria)

Diurnal light exposure and circadian rest-activity rhythms with the risk of metabolic dysfunction-associated fatty liver disease

11:05 - 11:15

Xiao Tan (Sweden)

Light at Night Exacerbates Depression Risk via Circadian Disruption and Hippocampal Per1 Dysregulation: Translational Evidence from a Large-scale Prospective Cohort and Animal Study

11:15 - 11:25

Hongliang Feng (China)

Use of Apple Watch to Optimize Light Therapy and Reduce Circadian Misalignment for Night Shift Workers

11:25 - 11:35

Marleigh Treger (United States)

Blue light influences loss aversion

11:35 - 11:45

Alicia Lander (Australia)

Special interest group

11:00 - 12:00

R311

Intercultural Compilation of Physiological and Oneiric Sleep**Summary Fernando**

11:00 - 11:00

Special interest group

12:20 - 13:15

R302

New directions in measuring sleep outside the lab*Chair:* Merve Aktan Süzgün (Turkey)*Chair:* Yamei Li (China)**Summary**

12:20 - 12:20

Industry symposium

12:45 - 13:45

OSA Underdiagnosis- A world of difference, a common challenge**Summary**

12:45 - 12:45

Lecture: The Diagnosis Crisis

12:45 - 12:55

Erna Sif Arnardóttir (Iceland)

Panel discussion: Global perspectives

12:55 - 13:35

- What's working and what's not in OSA diagnosis**-Charting the Path Forward**

Erna Sif Arnardóttir (Iceland)

Michelle Zeidler (United States)

Ronald Lee (Singapore)

Ludger Grote (Sweden)

Wrapup and next steps

13:35 - 13:45

Erna Sif Arnardóttir (Iceland)

Industry symposium

12:45 - 13:45

CME/EBAC-accredited - Breaking the Cycle: Prioritizing Weight Loss to Improve OSA Management**Overview**

12:45 - 12:45

Industry symposium

12:45 - 13:45

Bayer: Sleep disturbance across menopause - innovations in measurement and treatment*Chair:* Fiona C. Baker (United States)**Overview**

12:45 - 12:45

Welcome and Introduction

12:45 - 12:50

Fiona C. Baker (United States)

Menopause and sleep: Why it matters, How it happens

12:50 - 13:00

Rossella E. Nappi (Italy)

Measuring sleep in menopause: moving from the lab to the Real World

13:00 - 13:15

Fiona C. Baker (United States)

Dual neurokinin-targeted therapy and beyond: Mechanisms and guidelines

13:15 - 13:30

Claudio N. Soares (Canada)

Panel discussion and Q&A

13:30 - 13:40

Closing remarks and key takeaways	13:40 - 13:45
Fiona C. Baker (United States)	
<i>Industry symposium</i>	
12:45 - 13:45	R309
Eisai: RISE - Regional Insights in Sleep Excellence	
<i>Chair:</i> Roger C.M. Ho (Singapore)	
Evolving National Guidelines: The 2025 Thailand/Thai Framework for Insomnia Management	12:45 - 13:10
Puntarik Srisawart (Thailand)	
Real-World Use of Lemborexant in Japan: Insights from the SELENADE Study	13:10 - 13:45
Yoshikazu Takaesu (Japan)	
<i>Industry symposium</i>	
12:45 - 13:45	R326
ProSomnus: Beyond Mandibular Advancement: Science, Innovation and Outcomes	
Stepwise Add-On and Endotype-informed Targeted Combination Therapy to Treat OSA	12:45 - 12:45
Danny Eckert (Australia)	
Effectiveness of Oral Appliance Therapy as First-Line Treatment Compared with CPAP: The FLOSAT Study	12:45 - 12:45
Olivier Vanderveken (Belgium)	
ProSomnus RPMO2 Oral Device with Embedded Oxygen Sensor	12:45 - 12:45
Edward Sall (United States)	
<i>Industry workshop</i>	
13:45 - 14:30	R302
Sefam: Predictive Markers of Cardiovascular Risk in Patients with OSA	
<i>Chair:</i> Ronald Lee (Singapore)	
Summary	13:45 - 13:45
Predictive Markers of Cardiovascular Risk in Patients with OSA	13:45 - 13:45
Takatoshi Kasai (Japan)	
<i>Special interest group</i>	
13:45 - 16:45	R325
Sleep Science, Technology, and Economy Symposium - Golden Triangle	
Summary	13:45 - 13:45
<i>Industry workshop</i>	
14:00 - 14:45	R311
Philips SleepStudio: Advantages of automatic NIV (AVAPS-AE) in managing OHS	
<i>Chair:</i> Leong-Chai Leow (Singapore)	
Background and methodology of the Pickwick Titration Randomized Clinical Trial	14:00 - 14:00
Babak Mokhlesi (United States)	
Main results of the Pickwick Titration Randomized Clinical Trial	14:00 - 14:00
Juan Fernando Masa Jimenez (Spain)	
AVAPS-AE Customized for Every Patient	14:00 - 14:00

Julie Yarascavitch (United States)

Panel Discussion

14:00 - 14:00

Keynote

14:15 - 15:00

K-03: Tiina Paunio: Sleep and development: Exploring the impact of sleep on mental health in children

Keynote

14:15 - 15:00

K-04: Hiroki R. Ueda: Towards human systems biology of sleep/wake cycles: The role of calcium and phosphorylation in sleep

Introduction

14:15 - 14:17

Shantha Rajaratnam (Australia)

Towards human systems biology of sleep/wake cycles: The role of calcium and phosphorylation in sleep

14:17 - 15:00

Hiroki Ueda (Japan)

Industry workshop

15:00 - 15:45

R311

Philips SleepStudio: Optimizing peak-flow-triggered ASV to control both CSA and OSA in heart failure: tricks of the trade from ADVENT-HF

Chair: Julius Goh Liang Chye (Malaysia)

Optimizing peak-flow-triggered ASV to control both CSA and OSA in heart failure: tricks of the trade from ADVENT-HF

15:00 - 15:00

Douglas Bradley (Canada)

Setting personalized therapy targets with BiPAP autoSV

15:00 - 15:00

Julie Yarascavitch (United States)

Panel Discussion

15:00 - 15:00

Symposium

15:15 - 16:45

S-23: Harnessing sensors and big data to decipher the link between sleep health and cardiovascular risk: Innovations and applications

Chair: Alessandro Silvani (Italy)

Summary

15:15 - 15:15

Introduction

15:15 - 15:17

An Integrated Approach to Sleep-Cardiovascular Physiology: Utilizing Multi-Sensor and Multi-Device Data

15:17 - 15:33

Alessandro Silvani (Italy)

Long-Term Monitoring of Sleep, Activity, and Heart Rate Using Multi-Sensor Wearables: Lessons from Narcolepsy Type One

15:33 - 15:49

Oriella Gnarra (Switzerland)

Digital Phenotyping via Consumer Wearables to Identify Links Between Sleep, Cardiovascular Disease Risk and Biological Aging

15:49 - 16:05

Weng Khong Lim (Singapore)

Leveraging Multi-Sensor Wearable Technology: Mapping Cardiorespiratory Health through PPG and Accelerometry

16:05 - 16:21

Pauli Ohukainen (Finland)

Translating Sleep Sensor and Big Data into Cardiorespiratory Care:

16:21 - 16:37

Clinical Implications and Opportunities

Cathy Goldstein (United States)

Question and answer

16:37 - 16:45

Symposium

15:15 - 16:45

S-24: Novel approaches to address sleep problems in young children: Evidence from 5 randomized controlled trials

Chair: Michal Kahn (Israel)

Summary

15:15 - 15:15

Introduction

15:15 - 15:17

Preventing postpartum insomnia: A three-arm RCT of CBT-I, responsive bassinets, and sleep hygiene

15:17 - 15:33

Meagan Crowther (Australia)

Promoting infant sleep through enhanced co-parenting: Results from a sleep-adapted family foundations intervention

15:33 - 15:49

Douglas Teti (United States)

The “bedtime checking” sleep intervention in infants with insomnia: Preliminary results

15:49 - 16:05

Liat Tikotzky (Israel)

Addressing parental cognitions to improve infant insomnia: Results from a randomized controlled trial

16:05 - 16:21

Sooyeon(Aly) Suh (Korea, Republic of)

Enhancing imagery rehearsal therapy with the DreamChanger: A novel approach for treating nightmares in children

16:21 - 16:37

Michal Kahn (Israel)

Question and answer

16:37 - 16:45

Symposium

15:15 - 16:45

S-25: Open data and open science in sleep medicine and sleep research

Chair: Thomas Penzel (Germany)

Chair: Diane Lim (United States)

Summary

15:15 - 15:15

Introduction

15:15 - 15:17

Open science in sleep research in Europe: Legal limits, new opportunities and recent progress

15:17 - 15:37

Dagmar Krefting (Germany)

Benefits and challenges of open science: A neuro-AI perspective

15:37 - 15:57

Thomas Yeo (Singapore)

The National Sleep Resource enables phenotype research and personalized medicine

15:57 - 16:17

Shaun Purcell (United States)

Interoperability, integration and harmonization of data from multiple sources for sleep medicine

16:17 - 16:37

Christoph Schoebel (Germany)

Cynthia Schmidt (Germany)

Question and answer	16:37 - 16:45
<i>Symposium</i> 15:15 - 16:45	
S-26: Advancing biomarkers in isolated REM sleep behavior disorder: Pathways to clinical implementation	
<i>Chair:</i> Shady Rahayel (Canada)	
Summary	15:15 - 15:15
Introduction	15:15 - 15:17
Leveraging structural MRI and neurocomputational models to predict disease pathways in iRBD	15:17 - 15:33
Shady Rahayel (Canada)	
Brain molecular imaging for predicting phenoconversion and monitoring disease progression in iRBD	15:33 - 15:49
Giulia Carli (United States)	
EEG and sleep structure features as disease progression biomarkers in iRBD	15:49 - 16:05
Andreas Brink-Kjaer (Denmark)	
Structural connectivity alterations and network reorganisation in iRBD	16:05 - 16:21
Christina Tremblay (Canada)	
Quantitative brain iron changes and genetic risk factors in iRBD	16:21 - 16:37
Rahul Gaurav (France)	
Question and answer	16:37 - 16:45
<i>Symposium</i> 15:15 - 16:45	
S-27: Symptom subtypes of obstructive sleep apnea: Past, present, and future	
<i>Chair:</i> Peter Cistulli (Australia)	
<i>Chair:</i> Allan Pack (United States)	
Summary	15:15 - 15:15
Introduction	15:15 - 15:17
The current status of symptom subtypes - An international perspective	15:17 - 15:37
Brendan Keenan (United States)	
Are men and women really the same when it comes to OSA symptoms subtypes?	15:37 - 15:57
Maria Bonsignore (Italy)	
An 'omics approach to predict the excessively sleepy OSA subtype	15:57 - 16:17
Yun Li (China)	
Translating symptoms subtypes to the clinic - What are the next steps?	16:17 - 16:37
Ulysses Magalang (United States)	
Question and answer	16:37 - 16:45

Symposium

15:15 - 16:45

S-28: Global insights and emerging perspectives on sleep (ir)regularity*Chair:* Andrew Phillips (Australia)*Chair:* Amy Reynolds (Australia)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:17

Measuring sleep (ir)regularity : Current metrics and applications

15:17 - 15:37

Dorothee Steven (Germany)

Linking sleep irregularity to cardiometabolic disease and mortality: Epidemiologic evidence

15:37 - 15:57

Tianyi Huang (United States)

Multigenerational sleep regularity and its associations with physical and mental health

15:57 - 16:17

Amy Reynolds (Australia)

The comparative role of sleep regularity and sleep duration for risk of chronic health outcomes

16:17 - 16:37

Daniel Windred (Australia)

Question and answer

16:37 - 16:45

Special interest group

15:15 - 16:45

CAP Taskforce Discussion Session: Implementing the Updated ESRS Scoring Rules and Atlas**Description**

15:15 - 15:15

Taskforce Members and Contributors

15:15 - 16:45

Heiður Grétarsdóttir (Iceland)

Liborio Parrino (Italy)

Robert Thomas (United States)

Ivana Rosenzweig (United Kingdom)

Oliviero Bruni (Italy)

Gulcin Benbir Senel (Turkey)

Erna Sif Arnardóttir (Iceland)

Raffaele Ferri (Italy)

Symposium

15:15 - 16:45

R308

S-29: ISSS symposium: Neurostimulation in the treatment obstructive sleep apnea: Current understanding, challenges and the future*Chair:* Song Tar Toh (Singapore)*Chair:* Maria Suurna (United States)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:17

What is the current landscape in neurostimulation for OSA - who, why, where, when and what is being done?

15:17 - 15:33

Clemens Heiser (Germany)

What is the current evidence to support neurostimulation in OSA?

15:33 - 15:49

Ofer Jacobowitz (United States)

Challenges in implementing neurostimulation in my country? Financial and regulatory considerations

15:49 - 16:05

Shaun Loh (Singapore)

	Future directions in neurostimulation	16:05 - 16:21
David Kent (United States)		
	Debate / Discussion: Will neurostimulation become first line treatment in OSA	16:21 - 16:37
	Question and answer	16:37 - 16:45
<i>Symposium</i>		
15:15 - 16:45		R324
	S-30: New insights and opportunities into sleep and pregnancy health with wearable big data and digital health interventions	
Chair: Massimiliano de Zambotti (United States)		
Chair: Laura Palagini (Italy)		
	Summary	15:15 - 15:15
	Introduction	15:15 - 15:17
	The interaction of circadian rhythms, lifestyles, and behavior on maternal and offspring health	15:17 - 15:37
Ling-Wei Chen (Taiwan)		
	Sleep disorders and mental health in pregnancy and postpartum: An overlooked critical factor in women's health	15:37 - 15:57
Laura Palagini (Italy)		
	Smart wearables to unlock new opportunities in monitoring sleep and pregnancy health	15:57 - 16:17
Massimiliano de Zambotti (United States)		
	Integrating digital tools to improving perinatal sleep	16:17 - 16:37
Bei Bei (Australia)		
	Question and answer	16:37 - 16:45
<i>Oral abstract</i>		
15:15 - 16:45		R328
	O-10: Novel approaches to treating insomnia	
Chair: Bei Bei (Australia)		
	Mindfulness-imbued insomnia therapy enhances antidepressant outcomes for pregnant women with insomnia and depression: A comparative effectiveness randomized controlled trial of CBTI and PUMAS	15:15 - 15:28
Heba Afaneh (United States)		
	Intensive Sleep Retraining and Total Sleep Deprivation for Treating Chronic Insomnia: A Randomised Controlled Trial	15:28 - 15:41
Charles Morin (Canada)		
	Effect of combined treatment with transcranial direct current stimulation and repetitive transcranial magnetic stimulation compared to monotherapy for the treatment of chronic insomnia: a randomised, double-blind, parallel-group, controlled trial	15:41 - 15:54
Qi Zhou (China)		
	Brain Network Study of Transcranial Plasma Therapy for Chronic Insomnia	15:54 - 16:07
Qinying Ma (China)		
	Novel Approach for Biologically-Guided Therapeutics in Insomnia	16:07 - 16:20
Carolina Gutierrez Herrera (Switzerland)		

	Effects of Music Presentation on Sleep Quality and Functional Connectivity in the Brain Estimated using EEG	16:20 - 16:33
Hiroto Irimajiri (Japan)		
<i>Oral abstract</i> 15:15 - 16:45		R329
O-11: Sleep in childhood and adolescence		
<i>Chair:</i> Mary Carskadon (United States)		
	Autism, Sleep, and Medicinal Cannabis: Evaluating 18-Month Efficacy and Safety Outcomes	15:15 - 15:28
Mohsin Maqbool (United States)		
	Integrated metagenomic and metabolomic analysis reveal distinctive gut microbiota-derived metabolites in pediatric obstructive sleep apnea	15:28 - 15:41
Xiaoman Zhang (China)		
	Achieving recommended sleep duration and abdominal fat deposition: a sex-specific relationship in 10-year-old children	15:41 - 15:54
Shirong Cai (Singapore)		
	Can sleep spindle characteristics distinguish children with narcolepsy from those with idiopathic hypersomnia and subjective sleepiness?	15:54 - 16:07
Rosemary Horne (Australia)		
	The temporal associations between sleep and circadian preference, and mental health among Norwegian adolescents	16:07 - 16:20
Ingvild West Saxvig (Norway)		
	Beyond the recommendations: A bioecological analysis of pre-bedtime screen use, moderate-to-vigorous physical activity and food intake in family contexts	16:20 - 16:33
Chao Gu (New Zealand)		
<i>Oral abstract</i> 15:15 - 16:45		
O-12: Basic research: Animal models of sleep and sleep disorder		
<i>Chair:</i> Monica Andersen (Brazil)		
	Acetate improves neurocognition in sleep-deprived male Wistar rats via modulation of xanthine oxidase/uric acid-driven oxidative stress and NFκB-dependent inflammation, and caspase 3-mediated apoptosis	15:15 - 15:28
Roland Akhigbe (Nigeria)		
	Dim light at night exacerbate Parkinson's disease through circadian rhythm related pathways in mice	15:28 - 15:41
Biao Li (China)		
	Neural Adaptations Across Daily Torpor and Sleep: Ultrastructural, Molecular, and Behavioural Changes in Djungarian Hamsters (<i>Phodopus sungorus</i>)	15:41 - 15:54
Xiao Zhou (United Kingdom)		
	Subcortical connectivity patterns during the introduction of NREMS and isoflurane-induced loss of responsiveness are partly different along the sleep/wake promoting pathway in mice	15:54 - 16:07
Thomas Fenzl (Germany)		
	Reducing complement activation during sleep deprivation yields cognitive improvement by dexmedetomidine	16:07 - 16:20
Qian Zhai (China)		

	Exercise improves sleep deprivation-induced cognitive impairment by upregulating brain-derived neurotrophic factor and restoring hippocampal synaptic plasticity	16:20 - 16:33
Yining Wen (China)		
<i>Symposium</i> 17:00 - 18:30		
	S-31: Sleep and digital media myth-busting: What should the recommended guidelines be for children, adolescents and young adults?	
Chair: Emma Louise Gale (United Kingdom)		
Chair: Serena Bauducco (Sweden)		
	Summary	17:00 - 17:00
	Introduction	17:00 - 17:02
	Impact of screens on sleep: An update on mechanisms, moderators and bi-directional links	17:02 - 17:18
Serena Bauducco (Sweden)		
	Using objective measures to determine if screens really do impact teen sleep	17:18 - 17:34
Rachael Taylor (New Zealand)		
	Using passive sensing of screen time to improve assessment of timing and content effects on sleep health	17:34 - 17:50
Lauren Hale (United States)		
	Personalized sleep interventions for young adults: Addressing bedtime postponement through a behavioral framework for media use	17:50 - 18:06
Sooyeon(Aly) Suh (Korea, Republic of)		
	Feasibility of implementing global screen time changes to improve sleep health and physical and mental wellbeing in children and adolescents	18:06 - 18:22
Emma Louise Gale (United Kingdom)		
	Question and answer	18:22 - 18:30
<i>Symposium</i> 17:00 - 18:30		
	S-32: Sleep, sleep disorders and neurodegenerative diseases: Novel insights on mechanisms and interventions	
Chair: Thien Thanh Dang-Vu (Canada)		
Chair: Géraldine Rauchs (France)		
	Summary	17:00 - 17:00
	Introduction	17:00 - 17:02
	Sleep microarchitecture, cognition and neurodegeneration	17:02 - 17:22
Thien Thanh Dang-Vu (Canada)		
	Effects of a Lifestyle Intervention on Sleep and Circadian Rest-Activity Rhythms in Older Adults at Risk of Cognitive Decline	17:22 - 17:42
Katie Stone (United States)		
	Impact of sleep-disordered breathing on brain health and cognition, and its potential modulation by lifestyle	17:42 - 18:02
Géraldine Rauchs (France)		
	Relationship between sleep disturbance and dementia biomarkers in at 'at-risk' sample	18:02 - 18:22

Sharon Naismith (Australia)

Question and answer

18:22 - 18:30

Discussion group

17:00 - 18:30

S-33: Global sleep health in turbulent times: Effects of political instability on funding, advocacy and health services

Chair: Peter Eastwood (Australia)

Chair: Phyllis Zee (United States)

Summary

17:00 - 17:00

Introduction

17:00 - 17:05

Phyllis Zee (United States)

WSS Global Sleep Health Taskforce

17:05 - 17:25

Peter Eastwood (Australia)

Geopolitics of sleep research

17:25 - 17:45

Phyllis Zee (United States)

Geopolitics of sleep health

17:45 - 18:05

Dayna Johnson (United States)

Geopolitics of global health - A Singapore perspective

18:05 - 18:25

Alex Cook (Singapore)

Question and answer

18:25 - 18:30

Discussion group

17:00 - 18:30

S-34: Discussion group: Artificial intelligence in sleep medicine: The good, the bad, the ugly

Chair: Qurratul (Afifa) Shamim-Uzzaman (United States)

Summary

17:00 - 17:00

Introduction

17:00 - 17:02

The Role of AI in the Future of Sleep Medicine

17:02 - 17:18

Jean-Louis Pépin (France)

Perks & Pitfalls of Using AI in Scientific Writing

17:18 - 17:34

Ahmed BaHammam (Saudi Arabia)

Resource Needs and Implementation Challenges of AI

17:34 - 17:50

Arash Maghsoudi (United States)

Big Data and Machine Learning

17:50 - 18:06

Amir Sharafkhaneh (United States)

Legal & Ethical Considerations of AI

18:06 - 18:22

Haitham Jahrami (Bahrain)

Question and answer

18:22 - 18:30

Symposium

17:00 - 18:30

S-35: Sleep-Immune interactions and the role of sleep in Long COVID

Chair: Janet Mullington (United States)

Chair: Estefania Martinez Albert (Germany)

	Summary	17:00 - 17:00
	Introduction	17:00 - 17:16
Janet Mullington (United States)		
	T-cell subsets involved in initiation and maintenance of adaptive immunity are facilitated in their migration to lymph nodes, by sleep	17:16 - 17:32
Estefania Martinez Albert (Germany)		
	Vaccination, sleep and the risk for development of long COVID	17:32 - 17:48
Aric A Prather (United States)		
	Sleep disorders as a risk factor for Long COVID with prominent cognitive sequelae	17:48 - 18:04
Claudia Schilling (Germany)		
	Long COVID and immune factors modulated by sleep and recovery	18:04 - 18:20
Monika Haack (United States)		
	Question and answer	18:20 - 18:30
<i>Discussion group</i>		
17:00 - 18:30		
S-36: Discussion group: Cannabis for the treatment of sleep disorders: What's the POT-ential?		
<i>Chair:</i> Ron Grunstein (Australia)		
<i>Chair:</i> Paul Muchowski (United States)		
	Summary	17:00 - 17:00
	Introduction	17:00 - 17:02
	Medicinal cannabis global landscape	17:02 - 17:22
Camilla Hoyos (Australia)		
	Evidence for cannabinoid use for the treatment of poor sleep and insomnia	17:22 - 17:42
Jen Walsh (Australia)		
	Evidence for cannabinoid use for the treatment of OSA, RBD, RLS & nightmare disorder	17:42 - 18:02
Alan Eckeli (Brazil)		
	Medicinal cannabis prescribing practicalities from a clinician's perspective	18:02 - 18:22
Simon Erridge (United Kingdom)		
	Question and answer	18:22 - 18:30
<i>Symposium</i>		
17:00 - 18:30		R308
S-37: Social and neuropsychological outcomes in central disorders of hypersomnolence		
<i>Chair:</i> Yaroslav Winter (Germany)		
<i>Chair:</i> Anne Marie Morse (United States)		
	Summary	17:00 - 17:00
	Introduction	17:00 - 17:02
	Work productivity in patients with central disorders of hypersomnolence	17:02 - 17:18
Yuichi Inoue (Japan)		
	Brain fog in central disorders of hypersomnolence	17:18 - 17:34

Anne Marie Morse (United States)

The role of social outcomes from patient perspective

17:34 - 17:50

Stephanie Manuli (United States)

Influence of psychiatric co-morbidity on social and neurocognitive outcomes in central disorders of hypersomnolence

17:50 - 18:06

Haykuhi Hovakimyan (Armenia)

Cognitive impairment in central disorders of hypersomnolence and ways to treat it

18:06 - 18:22

Yaroslav Winter (Germany)

Question and answer

18:22 - 18:30

Symposium

17:00 - 18:30

R309

S-38: New circuits underlying REM sleep regulation and homeostasis

Chair: Luis de Lecea (United States)

Chair: Pierre-Herve Luppi (France)

Summary

17:00 - 17:00

Introduction

17:00 - 17:02

Neurobiology of paradoxical sleep

17:02 - 17:18

Pierre-Herve Luppi (France)

REM-off neurons in the sublaterodorsal tegmentum (SLD) predict the onset of REM sleep

17:18 - 17:34

Luis de Lecea (United States)

New markers of REM-on neurons in the sublaterodorsal tegmenjtum (SLD) sufficient to induce REM sleep

17:34 - 17:50

Yu Hayashi (Japan)

Infraslow oscillation gates REM sleep

17:50 - 18:06

Anita Luthi (Switzerland)

Identifying makers of ultradian REM sleep timing in EEG and EMG data

18:06 - 18:22

Franz Weber (United States)

Question and answer

18:22 - 18:30

Special interest group

17:00 - 18:30

R311

WDSS Global Associated Society Leaders Meeting

Summary

17:00 - 17:00

Symposium

17:00 - 18:30

R324

S-39: Sleep well, feel well: Enhancing mental health across the lifespan through sleep interventions

Chair: Cele Richardson (Australia)

Chair: Christin Lang (Switzerland)

Summary

17:00 - 17:00

Introduction

17:00 - 17:02

Expanding Sleep Ninja®: Findings from the adolescent trial and

17:02 - 17:22

new adaptations for schools and younger audiences		
Kate Maston (Australia)		
SLEEPAC: Findings from a transdiagnostic multi-component sleep intervention to improve sleep & psychopathology in adolescent psychiatric outpatients	17:22 - 17:42	
Christin Lang (Switzerland)		
Preliminary findings from a trial evaluating Digital Cognitive Behavioural Therapy for Insomnia on Depression Symptoms and Processes in Young Adults	17:42 - 18:02	
Cele Richardson (Australia)		
Preliminary findings from a pragmatic, randomized controlled trial of group cognitive behavioural therapy for insomnia in psychiatric care	18:02 - 18:22	
Ane Wilhelmsen-Langeland (Norway)		
Question and answer	18:22 - 18:30	
<i>Symposium</i>		
17:00 - 18:30		R325
S-40: Best of SLEEP MEDICINE - Journal Highlights 2025		
<i>Chair: Winfried Randerath (Germany)</i>		
<i>Chair: Oliviero Bruni (Italy)</i>		
Summary	17:00 - 17:00	
Introduction	17:00 - 17:02	
Sleep disordered breathing	17:02 - 17:18	
Robert Thomas (United States)		
Insomnia and parasomnia	17:18 - 17:34	
Eunyeon Joo (Korea, Republic of)		
Movement disorders	17:34 - 17:50	
Garima Shukla (Canada)		
Sleep and neurological disorders	17:50 - 18:06	
Luigi Ferini-Strambi (Italy)		
Pediatric sleep medicine	18:06 - 18:22	
Oliviero Bruni (Italy)		
Question and answer	18:22 - 18:30	
<i>Symposium</i>		
17:00 - 18:30		R326
S-41: To wake up or continue sleep: Arousal dynamics and sleep stability in health and disease		
<i>Chair: Rick Wassing (Australia)</i>		
<i>Chair: Alejandro Osorio-Forero (Colombia)</i>		
Summary	17:00 - 17:00	
Introduction	17:00 - 17:02	
Intrusion of wake-like activity in sleep and relationship with sleep disorders	17:02 - 17:22	
Aurelie Stephan (France)		
Do micro-arousals contribute to the restorative property of sleep?	17:22 - 17:42	
Natalie Hauglund (Denmark)		

	Bridging developmental and clinical perspectives: The Infraslow fluctuation of sigma power in sleep	17:42 - 18:02
Maria Dimitriades (Greece)		
	To wake or continue sleep: Arousal characteristics in adults with insomnia disorder treated with cannabinoids and placebo	18:02 - 18:22
Rick Wassing (Australia)		
	Question and answer	18:22 - 18:30
<i>Oral abstract</i>		
17:00 - 18:30		R327
	O-13: New sensing or signal analysis methods in sleep	
	Contactless Oxygen Desaturation Prediction and ODI Estimation from Nocturnal Breathing Sounds via Deep Learning	17:00 - 17:13
EunSung Cho (Korea, Republic of)		
	Beyond Conventional Sleep: Modelling Diverse Sleep Behaviours Using Personalized Sleep Probability	17:13 - 17:26
Chun Siong Soon (Singapore)		
	The Effect of Different Auditory Stimulation Modalities on Sleep Slow Wave Activity and Cognitive Performance	17:26 - 17:39
Christopher Jones (United States)		
	Silicon Nanowire Field-Effect Transistor Biosensors for the Detection of Melatonin as Sleep Disorder Biomarker	17:39 - 17:52
Tianlang Ou (China)		
	Hemodynamic spectral signatures across vigilance states: a whole-night EEG/fNIRS investigation	17:52 - 18:05
Shahla Bakian Dogaheh (Canada)		
	Adenosine-Mediated Sleep Enhancement via Transcranial Near-Infrared Photobiomodulation: Translational Evidence from Animal and Human Studies	18:05 - 18:18
Tae Kim (Korea, Republic of)		
<i>Oral abstract</i>		
17:00 - 18:30		R328
	O-14: Sleep and circadian regulation of cognition and memory	
Chair: June Lo (Singapore)		
Chair: Josheph De Koninck (Canada)		
	Targeted memory reactivation during slow-wave sleep prompts systems-level changes in the neural basis of episodic memory	17:00 - 17:13
Scott Cairney (United Kingdom)		
	Investigating the effects of REM sleep fragmentation on emotional memory and psychophysiological reactivity	17:13 - 17:26
Aurora D'Atri (Italy)		
	Dementia prediction tool based on accelerometry measures of circadian rhythm in older adults	17:26 - 17:39
Clémence Cavallès (France)		
	Associations between REM OSA, White Matter Microstructure, and Cognition in Community-Dwelling Cognitively Unimpaired Older Adults	17:39 - 17:52
Joshua Gills (United States)		
	Long sleep is associated with poor global cognitive function across diverse populations	17:52 - 18:05

Tamar Sofer (United States)

Reward processing and eveningness in adolescents: A case-control study with EEG investigation

18:05 - 18:18

Fiona Yujing Jin (Hong Kong)

Oral abstract

17:00 - 18:30

R329

O-15: Psychiatric disorders affecting wake / sleep

Chair: Joey Chan (Australia)

Chair: Daniel Buysse (United States)

Impact of insomnia symptoms on the clinical outcomes among patients with major depressive disorder and eveningness - results from a randomized controlled trial

17:00 - 17:13

Joey Chan (Australia)

Sleep and Subsequent Mental Disorders in Young Adults: A National Prospective Diagnostic Study

17:13 - 17:26

Børge Sivertsen (Norway)

A PVT^{D2R}-CeA circuit underlies sleep disturbance and negative effects induced by morphine withdrawal

17:26 - 17:39

Wenjun Chen (China)

Effects of a Dual Orexin-receptor Antagonist on Sleep Architecture and Opioid Withdrawal Severity during a Buprenorphine Taper

17:39 - 17:52

Andrew Huhn (United States)

Sleep Profiles in Schizophrenia Inpatients: A Cross-Sectional Study of Clinical and Genetic Associations

17:52 - 18:05

Kseniia Gasenko (Russian Federation)

Pre-Infusion EEG Vigilance Dynamics as Predictive Indicators of Ketamine Response in Major Depression: A Placebo-Controlled Study

18:05 - 18:18

Martin Brunovsky (Czech Republic)

Sleep and PTSD Symptom Severity in Military Personnel: Insights from Multi-Night Ecological Recordings

18:18 - 18:31

Emeric Saguin (France)

Oral abstract

17:00 - 18:30

O-16: Sleep and aging brains: Patterns, risks, and predictive insights

Chair: Bradley Boeve (United States)

Association between cyclic alternating pattern during sleep and incident dementia

17:00 - 17:13

Ying Zheng (China)

Sleep and longevity: insights from sleep macroarchitecture and nocturnal heart rate variability

17:13 - 17:26

Irina Filchenko (Switzerland)

Obstructive sleep apnea physiological burdens and cognitive performance in older community dwelling American adults

17:26 - 17:39

Purbanka Pahari (United States)

Poor subjective sleep quality independently predicts greater disability and functional decline in older adults at-risk of dementia

17:39 - 17:52

Anastasia Suraev (Australia)

Identifying and Predicting Emotionally Relevant Sleep Disturbance

17:52 - 18:05

Patterns in Dementia Family Caregivers: A Machine Learning Approach to Objective-Subjective Discrepancy		
Tomoko Wakui (Japan)		
	Associations of microarousals-related ventricular repolarization lability during sleep with long-term cardiovascular disease and mortality	18:05 - 18:18
Sizhi Ai (China)		
<i>Special interest group</i>		
17:30 - 18:30		
Africa Sleep Network and Nigerian Sleep Society Meeting		
Chair: Morenikeji Komolafe (Nigeria)		
	Summary	17:30 - 17:30
<i>Poster abstract</i>		
18:30 - 19:30		
Poster abstract group 2		
001	Associations Between Sleep Patterns and Estimated Pulse Wave Velocity From a Wearable Smart Ring in 500,000 Free-Living Adults	18:30 - 18:30
Aleksi Rantanen (Finland)		
002	Lights Out, Waste Out: Dynamic Changes in Slow Wave Sleep Drive Peripheral Clearance of AD Biomarkers in Older Adults	18:30 - 18:30
Charmaine Diep (United Kingdom)		
003	Benzodiazepine Burden and associated Health Risks in geriatric Patients with Hearing impairment: A Population-Based Cohort Study	18:30 - 18:30
Hayun Choi (Korea, Republic of)		
004	Evaluating Sleep Architecture Variability in Older Adults with Cognitive Decline	18:30 - 18:30
Daniel Levendowski (United States)		
005	Nocturnal Hypoxic Burden Is Associated with Brain Structural Alterations in Older Adults with OSA	18:30 - 18:30
Nasreen Akhtar (India)		
006	Latent Profiles of Psychological Distress in Middle-Aged Men and Their Associations with Sleep Patterns and Coping	18:30 - 18:30
Eunha Kim (Korea, Republic of)		
007	Sleep micro-architecture predicts rmagnetic resonance imaging markers of brain aging in the general population	18:30 - 18:30
Hanyi Jiang (Germany)		
008	Evaluation of the effect of sleep apnea syndrome, as well as its therapeutic interventions, on hearing level	18:30 - 18:30
Zacharias Kalentakis (Greece)		
009	Association Between Sleep Duration and Sarcopenia in Korean Older Adults: Evidence from the 2022 KNHANES	18:30 - 18:30
Inhyeok Yim (Korea, Republic of)		
010	Sleep disturbances and change in dementia-related neuroimaging markers among older adults: a multi-cohort study of four Nordic cohorts	18:30 - 18:30
Manasa Shanta Näsholm (Sweden)		
011	Effects of aperiodic neural activity on sleep-based emotional memory consolidation across the lifespan	18:30 - 18:30

Mark Kohler (Australia)

012 **The effect of yoga on sleep quality and menopausal symptoms in menopausal women: a systematic review and meta-analysis** 18:30 - 18:30

Charnsiri Segsarnviriya (Thailand)

013 **Quantitative EEG Analysis Reveals Early and Progressive Sleep Dysfunction in Premanifest and Manifest Huntington's Disease** 18:30 - 18:30

Mehak Malhotra (United Kingdom)

014 **Effect of sex hormones on sleep architecture in older women** 18:30 - 18:30

Madhu Varma (United States)

015 **Elder Abuse, Age Discrimination, and Insomnia Among Frail Older Adults in India** 18:30 - 18:30

Waad Ali (Oman)

016 **Identification of circulating inflammatory proteins as mediators of sleep apnea on aging and validation of inflammation-drug targets using prioritization profiling** 18:30 - 18:30

Jiao Wang (China)

017 **Butyric Acid Suppresses Adipogenesis Triggered by Intermittent Hypoxia and Hypercapnia via sAC/cAMP/PKA Pathway Modulation** 18:30 - 18:30

Xintong Su (China)

018 **Esketamine and Dexmedetomidine Co-Administration: A Novel Approach to Alleviating Depression and Insomnia in chronic restraint stress Mouse Models** 18:30 - 18:30

Muyan Zuo (China)

019 **Roll, Pitch and Yawn: When Rotational Vestibular Stimulation Modulates Sleep Macroarchitecture** 18:30 - 18:30

Abimanyu Subramaniam (Switzerland)

020 **Daflon attenuates sleep deprivation-induced neurocognitive deficit in male Wistar rat by activating AMPK/Nrf2/HO-1 and downregulating Bax/Bcl-2/caspase 3 apoptotic signaling** 18:30 - 18:30

Roland Akhigbe (Nigeria)

021 **Effects of Chronobiologically Effective Lighting on Attention, Mood and Daytime Sleepiness** 18:30 - 18:30

Anja Seiger (Germany)

022 **The relationship between rest-activity rhythms and Mild Cognitive Impairment in elderly community dwellers in a hyper-aged society** 18:30 - 18:30

Ayuto Kodama (Japan)

023 **The Intersection of EEG and Oculometry: Insights from 5-MeO-DMT-Induced Effects on Sleep and Brain States** 18:30 - 18:30

Benjamin J B. Breant (United Kingdom)

024 **Day-time Napping: The Benefits of Well-Being and Productivity** 18:30 - 18:30

Christopher Dawes (United Kingdom)

025 **Can breaking up prolonged sitting with physical activity during simulated dayshifts and nightshifts improve sleep quality? A randomised controlled trial** 18:30 - 18:30

Charlotte Gupta (Australia)

027 **Urethane as an unparalleled anesthetic model for sleep cycling** 18:30 - 18:30

Clayton Dickson (Canada)

028 **The Effects of Latitude on Sleep and Blood Pressure at an Altitude of 4300 m** 18:30 - 18:30

Christopher Jung (United States)

029	Assessment of sleep quality among heavy truck, shift work drivers in Erdenet Mining Company of Mongolia	18:30 - 18:30
	Dashzeveg Shuren (Mongolia)	
030	Pilot Study: Severity of Cyclical Intermittent Hypoxia Varies Lung Adenocarcinoma Progression via Different Mechanisms	18:30 - 18:30
	Diane Lim (United States)	
031	Sleep pressure causes birds to trade asymmetric for symmetric sleep	18:30 - 18:30
	Dolores Martinez-Gonzalez (Germany)	
032	Investigating the impact of night-duty on sleep architecture and mental well-being in the security personnel: A quasi-experimental study	18:30 - 18:30
	Prafull K (India)	
033	Comparison between Ultrasound and CBCT Measurements of Airway Anatomy in Adults with and without Obstructive Sleep Apnea	18:30 - 18:30
	Eugene Kim (United States)	
034	Living with OSA & CPAP: Preliminary Report of a Multicenter Italian Study (Apulia Region)	18:30 - 18:30
	Emanuela Resta (Italy)	
035	mPFC activation drives phasic REM population dynamics in the pons	18:30 - 18:30
	Emily Pickup (United States)	
036	Sleep depth is reflected in the spectral characteristics of the human sleep actigraphy	18:30 - 18:30
	Csenge G.Horváth (Hungary)	
037	Does acute late sleep restriction impact placebo hypoalgesia?	18:30 - 18:30
	Izabela A. Łaska (Poland)	
038	Slow oscillatory responses to long auditory stimuli during sleep: effects of SO phase and stimulus type	18:30 - 18:30
	Jana Koprivova (Czech Republic)	
039	Neural correlates of sleep depth and sleep-wake perception during NREM sleep	18:30 - 18:30
	Kristoffer Fehér (Switzerland)	
040	Night-Time Internet Use and Its Association with Poor Sleep Quality and Autonomic Dysregulation in Medical Students	18:30 - 18:30
	Saranya Kuppusamy (India)	
041	Relationship between circadian sleep parameters and self-perceived quality of life in patients on the liver transplant waiting list	18:30 - 18:30
	Laura Martínez Alarcón (Spain)	
042	The Infralow Fluctuation of Sigma Power During Sleep: Links to Markers of Arousal and Memory Reactivation Across Development	18:30 - 18:30
	Maria Dimitriades (Greece)	
043	Validation of a new patch-based polysomnography by Onera for patients with obstructive sleep apnea syndrome - an equivalence study	18:30 - 18:30
	Katharina Muehlbacher (Austria)	
044	Transient effect of a short recovery sleep after total sleep deprivation on attention network test (ANT) and driving performance	18:30 - 18:30

Mounir Chennaoui (France)		
045	Restoring proteostasis rescues cognitive performance and improves sleep in Alzheimer's disease and Down syndrome mouse models	18:30 - 18:30
Nirinjini Naidoo (United States)		
046	The Impact of Obstructive Sleep Apnea on Patients with Ischemic Stroke	18:30 - 18:30
Neyko Neykov (Bulgaria)		
047	SIMILARITIES AND DIFFERENCES BETWEEN FATIGUE AND DROWSINESS	18:30 - 18:30
Normunds Limba (Latvia)		
048	Bidirectional Relations of Insomnia with Anxiety and Depression symptom networks and Moderating Role of Fatigue	18:30 - 18:30
Pengchong Wang (China)		
049	Feasibility and efficacy of light therapy glasses to counteract fatigue in patients with multiple sclerosis: a randomized, controlled, cross-over field study	18:30 - 18:30
Roland F.J. Popp (Germany)		
050	Nighttime Administration of 0.25-Hz Binaural Beats Reduce Stage 1 Sleep in Individuals with Self-Reported Difficulty Initiating Sleep	18:30 - 18:30
Ayuka Hirayama (Japan)		
051	Bilateral thalamic stimulation via TES-TI Enhances Sleep Spindle Activity during a Daytime Sleep Episode	18:30 - 18:30
Simone Bruno (United States)		
052	Acute sleep deprivation causes rats' soleus muscle neuromuscular junction to undergo synaptic plasticity	18:30 - 18:30
Trina Sengupta (India)		
053	Modelling Amyloid-beta clearance dynamics across sleep-wake cycles in healthy conditions	18:30 - 18:30
Satyam Sangeet (Australia)		
054	Spectral and network investigation reveals distinct power and connectivity patterns between phasic and tonic REM sleep	18:30 - 18:30
Tamir Avigdor (Canada)		
055	Glucose homeostasis during recurrent periods of sleep restriction and recovery in healthy young adults	18:30 - 18:30
Torance Tan (Singapore)		
056	Effects of acute inescapable foot-shock stress on masticatory muscle activity during the sleep-wake cycle	18:30 - 18:30
Yiwen Zhu (Japan)		
057	Massai sleep in high altitude, kenya	18:30 - 18:30
Franz Xavier Wallner (Germany)		
058	Non-noxious cooling stimulation of trunk skin inhibits melatonin secretion from the pineal gland in urethane-anesthetized rats	18:30 - 18:30
Nobuhiro Watanabe (Japan)		
059	Neural Adaptations Across Daily Torpor and Sleep: Ultrastructural, Molecular, and Behavioural Changes in Djungarian Hamsters (<i>Phodopus sungorus</i>)	18:30 - 18:30
Xiao Zhou (United Kingdom)		
060	What Influences Sleep Study Completion Among People with HIV in Care?	18:30 - 18:30
Zainab Al-Tameemi (United States)		

061	No association between sleep and dishonest behavior in healthy school-age children	18:30 - 18:30
	Ahlem Dorgham (Singapore)	
062	Musical harmony is differentially processed during sleep: Evidence from EEG recordings	18:30 - 18:30
	Anna Wick (Switzerland)	
063	Exploring nightmares, associated factors and their relationship with externalising behaviours in complex psychiatric populations: A systematic review and clinical case review	18:30 - 18:30
	Cliona Gaffrey Moran (United Kingdom)	
064	Actigraphy-Estimated Sleep and Circadian Rhythms and the Risk of Delirium Following Traumatic Brain Injury during hospitalization	18:30 - 18:30
	Chia Jou Lin (Taiwan)	
065	Effects of sleep inertia, fatigue and boredom on crew performance in reduced crews - a flight simulator study	18:30 - 18:30
	Dorothee Steven (Germany)	
066	KNOWLEDGE AND ATTITUDES TOWARDS DREAMS AMONG MEDICAL STUDENTS IN ABAKALIKI NIGERIA: A DESCRIPTIVE STUDY	18:30 - 18:30
	Chukwuemeka Eze (Nigeria)	
067	Dream and Its Interpretation- Scientific Perspective	18:30 - 18:30
	Chukwuemeka Eze (Nigeria)	
068	Cardiovascular Risk Biomarkers Moderate the Associations Between Different Sleep Stage Durations and Global Cognition in Older Black Adults	18:30 - 18:30
	Debbie Chung (United States)	
069	The Myth of Male Vulnerability: Exploring Sex Differences in Physiological Risk for Drowsy Driving	18:30 - 18:30
	Jessica Manousakis (Australia)	
070	Examining the Clinical Characteristics Associated with Weekly Nightmares among U.S. Veterans at Risk for Suicide	18:30 - 18:30
	John McGeary (United States)	
071	Who Benefits — and Who Doesn't — from a Nap? Diverging Cognitive Outcomes Predicted by Insomnia Severity, Fatigue, and Sleep Quality	18:30 - 18:30
	Kimberly Cote (Canada)	
072	Magnitude and associated factors of poor sleep hygiene practice among Chinese married persons: A cross-sectional study	18:30 - 18:30
	Rulan Yin (China)	
073	Effects of a new rocking apparatus on sleep and memory in young adults	18:30 - 18:30
	Loic Barbaux (Canada)	
074	Sleep disorders after mild traumatic brain injuries in young female patients	18:30 - 18:30
	Nikolaos Syrmos (Greece)	
075	Comparing home and laboratory morning dream reports	18:30 - 18:30
	Sarah F. Schoch (Netherlands)	
076	The association of unconsciousness, dreaming, and slow wave activity under general anesthesia	18:30 - 18:30
	Toru Ishii (United States)	

077	Updating Social Evaluation During Sleep	18:30 - 18:30
Xiao Lin (China)		
078	The Role of the Circadian System for Teams during Night Shift Work	18:30 - 18:30
Ellyse Greer (Australia)		
079	Toward a Rocking Apparatus at Home: Effects of Continuous Rocking Stimulation Over Consecutive Nights on Sleep	18:30 - 18:30
Emma-Maria Phillips (Canada)		
080	The contribution of theta activity preceding cortical down-states to the slow oscillatory-spindle dynamics of human non-REM sleep	18:30 - 18:30
Federico Salfi (Italy)		
081	The Impact of Sleep Loss on Decision Making - Opening the Cognitive Black Box	18:30 - 18:30
Jeryl, Yin Liang Lim (Australia)		
082	Offline by Design: Cortical Mechanisms of Sensorimotor Disconnection Across Sleep Stages and More	18:30 - 18:30
Rong Mao (United Kingdom)		
083	Validation of the self-rating version of the Scale for Symptom Severity of Circadian Rhythm Sleep-Wake Disorders	18:30 - 18:30
Yuno Okuda (Japan)		
084	Blue light influences loss aversion	18:30 - 18:30
Alicia Lander (Australia)		
085	Shift Work-Induced Changes in Autonomic Nervous System: An Observational Study Using HRV Analysis	18:30 - 18:30
Ankur Kumar Tanwar (India)		
086	Relation between mood scales and melatonin levels of children and adolescents with Bipolar Disorder in a Tropical country: a descriptive analysis	18:30 - 18:30
Beatriz Sardano (Brazil)		
087	Out of Sync: How late chronotypes and napping drive sleep loss in Spanish schoolchildren	18:30 - 18:30
Cátia Reis (Portugal)		
088	Low-intensity artificial light at night disrupts sleep and physiological functions in controlled laboratory conditions	18:30 - 18:30
Claude Gronfier (France)		
089	Chronotherapy in Acute Psychiatry: Light conditions in hospitals can reduce aggression	18:30 - 18:30
Daniel Vetthe (Norway)		
090	Photoreceptor contribution to melatonin suppression, cognition and sleep	18:30 - 18:30
Francesca Borghese (Netherlands)		
091	Impact of everyday light exposure patterns on cardiometabolic and psychological health as well as sleep outcomes in younger and older adults	18:30 - 18:30
Jan-Frieder Harmsen (Germany)		
092	The influence of chronotype on physical activity and sleep in community-dwelling older adults	18:30 - 18:30
Joanna L. Eckhardt (United States)		
093	The role of plasma Melatonin levels in regulating systemic inflammation in patients with Obstructive Sleep Apnea Syndrome	18:30 - 18:30

Ligia Puiu (Romania)		
094	Circadian Rhythm Dysregulation in patients with bipolar disorder: correlations with Inflammatory markers and suicidal risk	18:30 - 18:30
Laura Palagini (Italy)		
095	Diurnal preferences and mental health in dermatological diseases: Population-based evidence from the EPISONO cohort	18:30 - 18:30
Maingredy R. Souza (Brazil)		
096	Darkness Metaphors for Depression: A Case of Impaired Non-Visual Photoreception?	18:30 - 18:30
Malisa Burge (Australia)		
097	SleepSync: Effectiveness of a personalised, implementation-ready tool for sleep and circadian health management in shift workers	18:30 - 18:30
Prerna Varma (Australia)		
098	Shift work sleep disorder - The SHIFT-SLEEP programme of work	18:30 - 18:30
Thavapriya Sugavanam (United Kingdom)		
099	Effect of flight itinerary on jetlag duration: a systematic modelling study	18:30 - 18:30
Shuzheng Huang (Australia)		
100	Circadian Amplification in Diabetic Retinopathy: A Pilot Study	18:30 - 18:30
Sirimon Reutrakul (United States)		
101	Differences in sleep and circadian health in short-sleeping adolescents with and without <i>MTNR1B</i> risk variant rs10830863	18:30 - 18:30
Stacey L. Simon (United States)		
102	AI-enabled discovery of novel circadian-clock markers from overnight PSG	18:30 - 18:30
Yi Fang (United States)		
103	What would you do to reduce jetlag and when? Survey of a convenience sample of undergraduate students and implications for public education	18:30 - 18:30
Yu Sun Bin (Australia)		
104	Examination of the relationship between blood glucose levels during sleep and sleep bruxism	18:30 - 18:30
Tatsuya Taniwaki (Japan)		
105	Clinical Outcomes for the Treatment of Mild-to-Severe Obstructive Sleep Apnea with Non-Permanent Maxillary Expansion and Mandibular Advancement/Expansion Oral Appliances: A Retrospective Analysis of Real World Data	18:30 - 18:30
Clete Kushida (United States)		
106	Clinical Innovation in Dental Sleep: A Serial Device Approach to Mandibular Advancement Device	18:30 - 18:30
Mary Ann Childs (United States)		
107	Mandibular advancement device versus CPAP on cardiovascular health and quality of life in OSA □ a pre-specified 12 months follow up of outcome	18:30 - 18:30
Yi Hui Ou (Singapore)		
108	Structuring Dental Sleep Medicine Education in Brazil: A Pathway Toward Specialty Consolidation and Improved Patient Care	18:30 - 18:30
Eliana Lottenberg Vago (Brazil)		
109	Real-world results of a telemedicine workflow for the treatment of obstructive sleep apnea using Mandibular Advancement Devices. A	18:30 - 18:30

	review of 2,110 cases	
Jordan Stern (United States)		
110	Multiple-night recording of sleep bruxism: Results of a novel portable electromyographic device	18:30 - 18:30
Khalil Masarwe (Israel)		
111	Retrospective Analysis of the Effectiveness of a Morning Occlusal Guide (MOG) in Reducing Unwanted Dental Movements Associated with Oral Appliance Therapy (OAT) in Patients with Obstructive Sleep Apnea (OSA)	18:30 - 18:30
Maryam Arab (United States)		
112	Investigation of the relationship between sleep bruxism and oral dryness in healthy adults	18:30 - 18:30
Mizuki Shinkai (Japan)		
113	Objective adherence to oral appliance therapy in patients with obstructive sleep apnea: A one-year longitudinal analysis	18:30 - 18:30
Yanlong Chen (Canada)		
114	The Infamous Kleine-Levin Syndrome: An Unusual Response to Modafinil in a Teenage Female	18:30 - 18:30
Andrew Valenzuela (United States)		
115	Sexual dysfunction in men with Obstructive Sleep Apnea: The role of self-reported sleepiness in a population-based study	18:30 - 18:30
Elin Helga Thorarinsdottir (Iceland)		
116	Posturographic findings in patients suffering from the Syndrome of Obstructive Sleep Apnea and Snoring	18:30 - 18:30
Mario Milkov (Bulgaria)		
117	Barcelona Sleepiness Index to Assess Subjective Sleepiness: An External Validation Study	18:30 - 18:30
Merve Aktan Süzgün (Turkey)		
118	Towards Human-Centric Industry 5.0: Predicting Operator Sleepiness Using Wearable Sleep Data	18:30 - 18:30
Michele Guagnano (Italy)		
119	Exploring SLEEPINESS through home monitoring with ultra long-term subcutaneous EEG and Ecological Momentary Assessment in sleepy treatment naïve obstructive sleep apnea patients starting CPAP treatment	18:30 - 18:30
Mathias Sarkez-Knudsen (Denmark)		
120	Sleep architecture with low-sodium oxybate treatment in idiopathic hypersomnia: results from the DUET study	18:30 - 18:30
Alyssa Cairns (United States)		
121	Intellectual Quotient in Adults with Idiopathic Hypersomnia and Narcolepsy Type 1	18:30 - 18:30
Elisee Zhuang (France)		
122	Investigating GABA and Glx in Central Hypersomnolence Disorders: A Multicenter Harmonized Spectroscopy Study	18:30 - 18:30
Jari Gool (Netherlands)		
123	Nap-Related Variability of MSLT in Central Disorders of Hypersomnolence, Insufficient Sleep, and Delayed Sleep-Wake Phase Disorder	18:30 - 18:30
Jinu Johnson (United States)		
124	Distinctive Food Consumption Patterns in Narcolepsy and Idiopathic Hypersomnia Patients	18:30 - 18:30

Montserrat Pujol (Spain)

125 **Clinical Characterization of Patients with Abnormal Multiple Sleep Latency Test: A 10-Year Cohort Study** 18:30 - 18:30

NatalieDeana Badillo (United States)

126 **Neurobehavioral features in central hypersomnia disorders: preliminary results of subjective and objective measures** 18:30 - 18:30

Samantha Mombelli (Canada)

127 **Limitations of the MSLT and Predictive Diagnostic Factors in Patients with Hypersomnolence** 18:30 - 18:30

Suhyung Kim (Korea, Republic of)

128 **Efficacy and Safety of Fazamorexant in Adults with Insomnia: A Phase 3 Randomized Controlled Trial of a Rapid-Onset, Short-Acting DORA** 18:30 - 18:30

Wenjun Zhu (China)

129 **Sleep psychoeducation strategies for patients with chronic migraine and sleep quality complaints** 18:30 - 18:30

Alessandra Zanatta (Brazil)

130 **Sleep-Related Symptoms and Fatigue in Children with Long-Covid: Analyses of the RECOVER Longitudinal Cohort Study** 18:30 - 18:30

Alicia Chung (United States)

131 **Real-World Treatment Patterns of Sleep Medications in the United States Veterans Affairs Health System** 18:30 - 18:30

Amir Abbas Tahami Monfared (United States)

132 **Music Intervention for Insomnia: Does Liking the Music Matter?** 18:30 - 18:30

Annika Partmann (Switzerland)

133 **The 2024 Canadian Recommendations Management of Chronic Insomnia: A Practical, Evidence-Based Consensus** 18:30 - 18:30

Atul Khullar (Canada)

134 **Genetic variants associated with TST and LPS in insomnia patients: whole genome sequencing study** 18:30 - 18:30

Haimeng Bai (United States)

135 **Effect of daridorexant on wakefulness throughout the night: Post-hoc analysis of a randomised, double-blind, active reference (zolpidem) study in patients with insomnia disorder** 18:30 - 18:30

Björn Steiniger-Brach (Switzerland)

136 **Insomnia in Dementia Patients** 18:30 - 18:30

Jun Hong Lee (Korea, Republic of)

137 **Sober sleep? Cognitive behavioral therapy for insomnia across the spectrum of alcohol use disorder** 18:30 - 18:30

Cagdas Türkmen (Norway)

138 **Use of Tai - Chi, Yoga and Mindfulness meditation for increase the sleep quality and quantity in elderly people with insomnia: A Systematic literature Review** 18:30 - 18:30

Cesar Luis Espitia (Colombia)

139 **Group delivered sleep restriction therapy for insomnia patients in primary care: Preliminary results from a randomized controlled trial** 18:30 - 18:30

Christina Bini (Sweden)

140 **Sleep-wake state discrepancy is more pronounced in individuals with insomnia than those with obstructive sleep apnoea (OSA)** 18:30 - 18:30

Darah-Bree Bensen-Boakes (Australia)		
141	The impact of insomnia disorder on the night and the day in older and younger adults	18:30 - 18:30
Claudio Liguori (Italy)		
142	Disentangling Co-morbid Insomnia and Obstructive Sleep Apnea (COMISA): Evaluating the additive diagnostic value of extended features in polysomnographic data	18:30 - 18:30
Eline Sophie Schubert (Netherlands)		
143	Ecological momentary assessment as an outcome measure in insomnia clinical trials: Preliminary results	18:30 - 18:30
Emerson Wickwire (United States)		
144	Effects of Cognitive Behavioral Therapy for Insomnia on Cortical Hyperarousal: A Multicenter Polysomnographic and Quantitative EEG Study	18:30 - 18:30
Luigi Ferini-Strambi (Italy)		
145	Is Sedentary Time Resistant to the Efficacy of Behavioral Sleep Interventions? A Secondary Analysis of a Randomized Controlled Trial	18:30 - 18:30
Legin Fang (China)		
146	How Attentional System Shapes Sleep Response to Stress: A Comparative Study of Individuals With and Without Insomnia Symptoms	18:30 - 18:30
Francesca Berra (Italy)		
147	Sleep features and cognitive arousal in relation to insomnia and depression among adolescents - A case-control study	18:30 - 18:30
Hao Fong Sit (Hong Kong)		
148	Nurse-Led, App-Based Sleep Behavioral Treatment for Insomnia Among Survivors of Traumatic Brain Injury: A Randomized Controlled Trial	18:30 - 18:30
Hsiao-Yean Chiu (Taiwan)		
149	Sleep and cardiovascular parameters in women with different insomnia phenotypes: a cross-sectional study from EPISONO	18:30 - 18:30
Isabela Ishikura (Brazil)		
150	A Multidimensional Risk Model for Sleep Disturbances in Psychosomatic Rehabilitation Patients	18:30 - 18:30
Jasmin Faber (Germany)		
151	Restless Minds in Restless Nights: Insomnia and Mental Health in Medical Residents with ADHD	18:30 - 18:30
João Pedro Azenha (Portugal)		
152	A new model of care for men with depression and co-occurring insomnia in primary care: A feasibility and acceptability trial	18:30 - 18:30
Jenny Haycock (Australia)		
153	Insomnia and Cardiometabolic Risk: Uncovering a Silent Driver of Chronic Disease	18:30 - 18:30
James Kim (Canada)		
154	Excessive daytime sleepiness should be systematically assessed in individuals with insomnia: A population-based study employing a virtual agent-based digital tool	18:30 - 18:30
Julien Coelho (France)		
155	The Effects of Lemborexant on Subjective Sleep Parameters in Insomnia Patients Based on Sleep State Misperception	18:30 - 18:30

Kanako Inabe (Japan)

156 **Patient and Clinician Perspectives on Treating Perimenopausal Sleep Problems** 18:30 - 18:30

Katherine Sharkey (United States)

157 **Performance of STOP-BANG With Asian Cut-Offs for Obstructive Sleep Apnea Screening in Patients with Insomnia** 18:30 - 18:30

Leonard Eng (Singapore)

158 **Consistency of Objective Results on Sleep Onset and Sleep Maintenance Parameters From Global Studies of Lemborexant** 18:30 - 18:30

Margaret Moline (United States)

159 **Evaluating behavioral therapy as a stand-alone treatment for insomnia: the SLEEPwindow study** 18:30 - 18:30

Marie Angelillo (Switzerland)

160 **COMISA in Heart Failure: Greater Impact and Worse clinical Outcomes Compared with Isolated Sleep Disorders** 18:30 - 18:30

Miguel Meira e Cruz (Portugal)

161 **Insomnia disorder: Awakening to the opportunities afforded by treating this common presentation** 18:30 - 18:30

Melissa Ree (Australia)

162 **Insomnia as a result of severe traumatic brain injuries in young female patients** 18:30 - 18:30

Nikolaos Syrmos (Greece)

163 **The Impact of Lemborexant on Gut Microbiota Composition in Insomnia Treatment** 18:30 - 18:30

Seiko Miyata (Japan)

164 **Development of the Integrated Home Sleep Detection System Based on the Pathophysiology of Insomnia** 18:30 - 18:30

Tsung-Hua Lu (Taiwan)

165 **Gender Differences in the Impact of Pre-Sleep Hyperarousal on Insomnia and OSA Risk in Individuals with PTSD Symptoms** 18:30 - 18:30

Noora Mumenah (United Kingdom)

166 **Effect of daridorexant on wakefulness throughout the night and morning sleepiness in patients with insomnia disorder** 18:30 - 18:30

Orestis Briasoulis (Switzerland)

167 **Real-world data on the abuse potential of medications for the treatment of insomnia** 18:30 - 18:30

Paul Saskin (United States)

168 **Improved Sleep Quality and Reduction in Sleep Medication Use with Multimodal Non-Invasive Neuromodulation in Chronic Primary Insomnia: A Case Report** 18:30 - 18:30

Pukovisa Prawiroharjo (Indonesia)

169 **Exploring the associations between data-driven insomnia disorder combined with mild anxiety or/and depressive symptoms and the efficacy of Cognitive-Behavioral Therapy for insomnia** 18:30 - 18:30

Dongbin Lyu (China)

170 **Epigenetic Characterization of Insomnia with Short Sleep Duration through Salivary microRNA Profiling: Study Protocol** 18:30 - 18:30

Susana Perdigoto (Spain)

171 **Effect of Lemborexant on Subjective Sleep Parameters in Chinese Participants With Insomnia Disorder: Results From a Phase 3,** 18:30 - 18:30

Randomized Study in China		
Takao Takase (Japan)		
172	Treatment response, remission, and adherence across the delivery methods of cognitive behavioral therapy for insomnia: A systematic review and meta-analysis	18:30 - 18:30
Yuta Takano (Japan)		
173	Association between symptoms of depression and insomnia	18:30 - 18:30
Theresa Toncar (Germany)		
174	Interoception Abnormalities in Frontal Neural Circuits during N1 in Insomnia Disorder	18:30 - 18:30
Yujie Tong (China)		
175	INSOMNIA AND ASSOCIATED FACTORS SIXTH-YEAR MEDICAL STUDENTS AT HO CHI MINH CITY UNIVERSITY OF MEDICINE AND PHARMACY	18:30 - 18:30
Trang Nguyen (Vietnam)		
176	How Does Rumination Impact the Relation Between Insomnia and Depression Symptoms?	18:30 - 18:30
Veronica Floyd (United States)		
177	Ultrasound-Guided Stellate Ganglion Block Combined with Cervicotemporal Myofascial Trigger Point Needling in Insomnia with Anxiety and Depression: A Retrospective Study	18:30 - 18:30
Yaozhu Wang (China)		
178	The Effects of Lemborexant on Objective Sleep Parameters in Insomnia Patients Based on Sleep State Misperception	18:30 - 18:30
Yuki Kogo (Japan)		
179	Long-term real-life experience with daridorexant in patients with chronic insomnia	18:30 - 18:30
Yaroslav Winter (Germany)		
180	Sleep Diary Entry Time can be a Predictive Marker for Digital CBT-I outcome: Post-hoc Analysis from Two Digital CBT-I Trials	18:30 - 18:30
Yujin Lee (Korea, Republic of)		
181	Cost-utility of fully automated digital cognitive behavioral therapy for insomnia: Trial-based economic evaluation with 2 year follow up	18:30 - 18:30
Zareen Khan (Norway)		
182	Aperiodic slope changes track encoding and sleep-based memory consolidation	18:30 - 18:30
Alex Chatburn (Australia)		
183	The Beneficial Effects of Sleep in Reducing Interference	18:30 - 18:30
Kelly Bennion (United States)		
184	Reactivating spatial memories during sleep using multi-sensory cueing and an immersive virtual environment	18:30 - 18:30
Gautam Narayan (United States)		
185	Sleep quality, attitudes, cognition and APOE in older adults in the SleepQuest and Great Minds cohorts	18:30 - 18:30
Tomas Lemke (United Kingdom)		
186	Sleep Disturbances and Quality of Life in Children with Developmental Coordination Disorder	18:30 - 18:30
Gabrielle Rigney (Australia)		
187	REM sleep deprivation promotes the spread of pathological α-synuclein and dopaminergic neuronal degeneration in Parkinson's	18:30 - 18:30

	disease	
Liang Kou (China)		
188	Age-Related Changes in Large Muscle Movements During Sleep and Their Impact on Sleep Architecture	18:30 - 18:30
Maria Paola Mogavero (Italy)		
189	Restless Legs Syndrome during Pregnancy and Puerperium	18:30 - 18:30
Sandra Hackethal (Switzerland)		
190	Combined Cardiovascular Autonomic Failure and Cognitive Impairment as Independent and Additive Predictors of Progression and Phenoconversion in Isolated REM Sleep Behavior Disorder: A Prospective Cohort Study	18:30 - 18:30
Luca Baldelli (Italy)		
191	Dim Light Melatonin Onset Reveals Modest Circadian Phase Delay and Preserved Sleep Coupling in Narcolepsy Type 1	18:30 - 18:30
Shuai Wu (China)		
192	Impact of Stigma Associated with Narcolepsy Type 1: Insights from a Global Qualitative Study	18:30 - 18:30
Aaron Schokman (Australia)		
193	Effect of Narcolepsy and Idiopathic Hypersomnia on Relationships: A Social Media Analysis	18:30 - 18:30
Anne Marie Morse (United States)		
194	The development of the Global Assessment of Narcolepsy Severity (GANS) scale for children and adolescents	18:30 - 18:30
Attila Szakacs (Sweden)		
195	Characterization of the nature, severity, and subjective experience of Cognitive Symptoms Associated with Narcolepsy Type 1	18:30 - 18:30
Brian T. Harel (United States)		
196	Precision medicine approach in Brazilian patients with primary hypersomnias using hypocretin and high-resolution HLA sequencing : insights from a multiethnic population	18:30 - 18:30
Christianne Bahia (Brazil)		
197	Impaired Vigilant Attention in Pediatric Narcolepsy Type 1	18:30 - 18:30
Elizabeth Montesano (United States)		
198	Assessing Usability of Once-Nightly Sodium Oxybate Extended-Release Oral Suspension for Narcolepsy	18:30 - 18:30
Ellen Wermter (United States)		
199	Immunity to influenza B and cross-reactivity to Pandemrix/pH1N1 in narcolepsy	18:30 - 18:30
Guo Luo (United States)		
200	Symptom Severity in Central Disorders of Hypersomnolence is Associated with Cerebrospinal Fluid Hypocretin-1 Concentration	18:30 - 18:30
Jingru Zhou (Netherlands)		
201	Evaluating Progressive Learning Using Meta-Analytic and Claims Data: A Case Study in Narcolepsy	18:30 - 18:30
Jacqueline Brooks (United States)		
202	Demographics and Comorbidities of Patients With Narcolepsy: A Propensity Score-Matched Cohort Study	18:30 - 18:30
Jennifer Gudeman (United States)		
203	Amelioration of Sleep-Related Eating Disorder After Switching From Twice-to Once-Nightly Oxybate	18:30 - 18:30

Lewis Kass (United States)

204 **The diagnostic value of video-EEG-MSLT in narcolepsy type 1** 18:30 - 18:30
Xiaoqiong Luo (China)

205 **Development of a Novel, Oral Orexin Receptor 2 Agonist, ORX750 for Treatment of Patients with Narcolepsy (type 1 and 2) and Idiopathic Hypersomnia** 18:30 - 18:30

Mandy Sterkel (United States)

206 **Identification of patients with narcolepsy type 1 through automatic scoring of multiple sleep latency tests** 18:30 - 18:30

Matteo Cesari (Austria)

207 **Does body mass index differentiate the clinical and sleep characteristics of Chinese children and adults with narcolepsy type 1 differently?** 18:30 - 18:30

Min Zhang (China)

208 **Samelisant (SUVN-G3031) Alleviates Excessive Daytime Sleepiness in Narcolepsy Patients: Results from a Phase-2 Study** 18:30 - 18:30

Ramakrishna Nirogi (India)

209 **Validation of Waveband for Evaluation of Sleep in Hypersomnia Disorders** 18:30 - 18:30

Rebecca Reh (United States)

210 **Narcolepsy as a potential risk factor for Schizophrenia** 18:30 - 18:30

Reyhane Eghtedarian (Finland)

211 **Once-Nightly Sodium Oxybate Improves Narcolepsy Symptoms in People With Narcolepsy: Interim Results From the Real-World REFRESH Study** 18:30 - 18:30

Richard Bogan (United States)

212 **Risk of New-onset Cardiovascular and Cardiometabolic Conditions in Narcolepsy: An Analysis of the *All of Us* Research Program** 18:30 - 18:30

Sarah C. Markt (United States)

213 **Successful Transition From Twice-Nightly Oxybates to Once-Nightly Sodium Oxybate: A Post Hoc Analysis From RESTORE** 18:30 - 18:30

Adrian Santamaria (United States)

215 **Abnormal Connectivity between Visual and Intrinsic Networks as Biomarkers for Differentiating Idiopathic Hypersomnia from Narcolepsy Type 1** 18:30 - 18:30

Fulong Xiao (China)

216 **Impact of Switching From High- to Low-Sodium Oxybate on Ambulatory Blood Pressure in People With Narcolepsy** 18:30 - 18:30

Yves Dauvilliers (France)

217 **Long-term assessment of social jetlag by Fitbit smartwatch in patients with central disorder of hypersomnolence** 18:30 - 18:30

Zhongxing Zhang (Switzerland)

218 **Sleep Research in Children with Autism Spectrum Disorder** 18:30 - 18:30

A.J. Schwichtenberg (United States)

219 **Sleep spindles and slow oscillations predict amyloid beta, tau pathology, and cognition in persons with mild to moderate Alzheimer's Disease.** 18:30 - 18:30

Arsenio Paez (Canada)

220 **Outcomes of poor sleep quality after acquired brain injury in the subacute phase - preliminary data from a longitudinal study** 18:30 - 18:30

Lai Gwen Chan (Singapore)

- 221 **Sleep Disorders in a Neurological Rehabilitation Setting: Prevalence and Clinical Implications** 18:30 - 18:30

Daniel Zutter (Switzerland)

- 222 **Post-stroke sleep disordered breathing and the effect of positive airway pressure treatment. A systematic review and meta-analysis of randomized control trials** 18:30 - 18:30

Dionysios Papalexatos (Greece)

- 223 **Relationship between polysomnography findings and sleep bruxism in patients with multiple system atrophy** 18:30 - 18:30

George Umemoto (Japan)

- 224 **SLEEP CHANGES AFTER ACQUIRED BRAIN INJURY AND ITS IMPACT ON RECOVERY OUTCOMES - A SCOPING REVIEW OF THE LITERATURE** 18:30 - 18:30

Ethan, Yi Heng Leung (Singapore)

- 225 **Narcolepsy-like symptoms in a 31-year-old male with X-linked adrenoleukodystrophy** 18:30 - 18:30

Aneliya Draganova (Bulgaria)

- 226 **Impact of sleep problems and central sensitization in migraine patients** 18:30 - 18:30

Kensho Matsubayashi (Japan)

- 227 **Exploring the Association Between Heart Rate and Sleep Difficulties Across Postural Changes Following Concussion: Preliminary Observations of an Orthostatic Challenge** 18:30 - 18:30

Rebecca Robillard (Canada)

- 228 **Daytime Sleepiness Screening in Demyelinating Diseases: Utility of the Epworth Sleepiness Scale in MS and NMO** 18:30 - 18:30

Esteban Solís Viveros (Mexico)

- 229 **Association of Sleep Fragmentation with Inflammatory Markers in Children Experiencing Febrile Seizures** 18:30 - 18:30

Sunho Lee (Korea, Republic of)

- 230 **Sativex (Nabiximols) on the sleep symptoms of agitated late-stage dementia patients - A study comparing questionnaire-based and wearable-based results** 18:30 - 18:30

Ta-Wei Guu (United Kingdom)

- 231 **Sleep Misperception in Epilepsy Patients with Nocturnal Spiking** 18:30 - 18:30

Darion Toutant (Canada)

- 232 **Association of functional variants in core circadian genes with intensity of neuropathic pain in post-surgical patients with breast cancer** 18:30 - 18:30

Vinko Palada (Finland)

- 233 **Machine Learning-Based Analysis of Zygomatic EEG During Sleep Reveals Hippocampal Interictal Epileptiform Discharges in Epilepsy and Mild Cognitive Impairment** 18:30 - 18:30

Vladislav Zhelezniakov (Israel)

- 234 **The Effects of Daytime High-intensity Swimming Training in Nighttime Parasympathetic Activity for Swimmers with Different Training Status** 18:30 - 18:30

Cheng-Yu Lin (Taiwan)

- 235 **Reduction in depression outcomes following CBT for insomnia: a potential role of general and sleep-related repetitive negative** 18:30 - 18:30

	thinking and behavioural activation	
	Vanika Lall (Australia)	
236	Reliability and validity of the Persian version of the Chalder Fatigue Scale in Iranian populations	18:30 - 18:30
	Ania Rahimi-Golkhandan (Iran)	
237	Association Between Sodium Intake and Systolic and Diastolic Blood Pressure: A Systematic Literature Review and Meta-analysis	18:30 - 18:30
	Caroleen Drachenberg (United States)	
238	Effect of elinzanetant on sleep continuity and sleep architecture in postmenopausal women with sleep disturbances: post hoc analysis of the Phase II pilot study NIRVANA	18:30 - 18:30
	Claudio N. Soares (Canada)	
239	The Sleep and Wearables Operational Reserach for Readiness and Deployment (SWORD) Lab: A Program to Study Sleep and Circadian Science in the U.S. Military	18:30 - 18:30
	Elizabeth Metzger (United States)	
240	A Workforce Planning Model for Sleep Medicine Specialist Training Using Mathematical Optimization	18:30 - 18:30
	Fanwen Meng (Singapore)	
241	Relationship Between Sleep Quality and Symptom Severity in Patients with Schizophrenia: A Cross-Sectional Study	18:30 - 18:30
	Fatima Zahra Kessam (Morocco)	
242	Effect of elinzanetant in reducing polysomnographic wakefulness after sleep onset in postmenopausal women: Results from the Phase II NIRVANA exploratory study	18:30 - 18:30
	Fiona C. Baker (United States)	
243	Leveraging Open Educational Resources to Expand Enrollment and Strengthen the Sleep Technology Workforce	18:30 - 18:30
	Tracy Hall (United States)	
244	Monitoring the effectiveness of pre-flight rest in ULR operations with self-reported data	18:30 - 18:30
	Margo van den Berg (New Zealand)	
245	Natural <i>Plasmodium falciparum</i> infection is associated with enhanced slow-wave sleep in humans	18:30 - 18:30
	Estefania Martinez-Albert (Germany)	
246	Pregnancy Sleep Dynamics: A Large-Scale Wearable Study	18:30 - 18:30
	Massimiliano de Zambotti (United States)	
247	Preliminary evidence about the effectiveness of a digital therapy for insomnia and remote sleep monitoring in obstructive sleep apnea treatment	18:30 - 18:30
	Renata Bonaldi (Brazil)	
248	Association between sleep disturbances and cryptogenic ischemic stroke in young adults	18:30 - 18:30
	Tomi Sarkanen (Finland)	
249	The Influence of Short-Term and Long-Term Sleep on Postural Control and Balance	18:30 - 18:30
	Ugo Faraguna (Italy)	
250	Transgender Identity Moderates the Association Between Nightmare Frequency and Suicidal Ideation	18:30 - 18:30
	Regan G. Virnoche (United States)	

251	Correlation between morning serum melatonin/ferritin levels and sleep problems in Japanese 5-year-old children with ASD	18:30 - 18:30
Ai Terui (Japan)		
252	Thermal Properties of Infant Bedding: An Evaluation of Heat Dissipation Efficiency	18:30 - 18:30
Akiko Tange (Japan)		
253	Prevalence of high-risk obstructive sleep apnea in overweight and obese children and its impact on quality of life	18:30 - 18:30
Archwin Tanphaichitr (Thailand)		
254	"PEDOSA-7: Development, Validation, and Clinical Utility of a Simplified Screening Tool for Pediatric Obstructive Sleep Apnea- A Pilot Study	18:30 - 18:30
Dipankar Datta (India)		
256	Behavioral and Parental Predictors of Sleep Problems in Primary School Children: A Cross-Sectional Study	18:30 - 18:30
Mahmut Caner Us (Turkey)		
257	Spectral Analysis of EEG Activity in Different Sleep Stages Across the Puberty Period by Fast Fourier Transform	18:30 - 18:30
Maria-Cecilia Lopes (Brazil)		
258	Change in AHI and effects of sleep health on weight loss trajectory in adolescents undergoing metabolic and bariatric surgery	18:30 - 18:30
Cristina Giles (United States)		
259	Associations between household passive smoke exposure and sleep health in Chinese primary school students: a pilot study	18:30 - 18:30
Siyu Dai (China)		
260	Sleep problems in infants and children with prenatal alcohol exposure: a systematic review and meta-analysis	18:30 - 18:30
Emma Louise Gale (United Kingdom)		
261	Emotional and Behavioral Difficulties Partially Mediate Sleep Problems in Children With and Without Chronic Illness: A Cross-Sectional Analysis	18:30 - 18:30
Ezgi Baris (Turkey)		
262	Developing A Tailored Behavioural Sleep Program for Children with Neurodisability Through Consumer and Stakeholder consultation.	18:30 - 18:30
Kasey Fullwood (Australia)		
263	WatchPAT tolerance and validity as a sleep assessment tool in children and adolescents	18:30 - 18:30
Lauren C. Nisbet (Australia)		
264	Infant sleep patterns are related to specific temperamental traits	18:30 - 18:30
Maria Breda (Italy)		
265	Characterization of children with specific learning disabilities and sleep complaints	18:30 - 18:30
Patricia Franco (France)		
266	Perceived Parental Sleep Quality Improvement Following a Brief Child Sleep Intervention: Preliminary Evidence	18:30 - 18:30
Rachel Pétrin (Canada)		
267	The Clinical Utility of Repeat Pediatric Polysomnographies	18:30 - 18:30
Joel Reiter (Israel)		
268	Cross-cultural comparison of the association between childcare arrangements and nap duration at age 3.5 in the Quebec (ELDEQ)	18:30 - 18:30

	and French (ELFE) birth cohorts	
	Sabine Plancoulaine (France)	
269	Prevalence of Sleep Disorder Diagnosis in the Pediatric Population at a Children's Hospital in Northeastern México	18:30 - 18:30
	Carlos Sánchez García (Mexico)	
270	Breastfeeding and Neonatal Sleep: The Circadian Rhythms of the Breast Milk Microbiome and Metabolome and Their Impact on Global Infant Health	18:30 - 18:30
	Biyu Shen (China)	
271	A Study on Sleep Status and Its Relationship with Quality of Life in Children with Chronic Diseases	18:30 - 18:30
	Biyu Shen (China)	
272	Perioperative Sleep Quality in Pediatric Cardiac Surgery: A Scoping Review	18:30 - 18:30
	Biyu Shen (China)	
273	Improving Children's Sleep: The Importance of Parental Sleep Beliefs and Practices	18:30 - 18:30
	Chloé Turpin (Canada)	
274	Becoming sleep-drunk during alcohol withdrawal treatment: narcolepsy-like condition displaying sleep attacks and cataplexy, related to baclofen	18:30 - 18:30
	Daniel Neu (Belgium)	
275	Rationale and Study Design for the Evaluation of Samelisant (SUVN-G3031) in a Phase-2 Study for the Treatment of Cataplexy in Patients with Narcolepsy	18:30 - 18:30
	Pradeep Jayarajan (India)	
277	Clinical Association Between Current Depressive Symptoms and Odds Ratio Product in US Sleep Centers	18:30 - 18:30
	Archie Defillo (United States)	
278	Umbrella Review of Pharmacological and Behavioural Sleep Interventions in ADHD Across the Lifespan	18:30 - 18:30
	Ayan Dey (Canada)	
279	Can Wake after nightmare duration (WAN) serve as a Clinical marker of Trauma-related nightmares' impact during sleep?	18:30 - 18:30
	Dorone Feingold (France)	
280	Impact of Alcohol Dependence on Sleep Patterns: A Polysomnographic Analysis of Detoxified Patients	18:30 - 18:30
	Archana Gaur (India)	
281	Exploring Sleep Disturbances and Psychological Distress Among Psychiatric Populations	18:30 - 18:30
	Ellie Davies-Vickers (United Kingdom)	
282	Circadian Motor Asymmetry and Homeostatic Dysregulation in Adults with ADHD: An Actigraphic Study	18:30 - 18:30
	Federica Giudetti (Italy)	
283	Sleep in schizoaffective disorder: a systematic review and meta-analysis	18:30 - 18:30
	Gianluca Ficca (Italy)	
284	Stimulant Medications and Sleepiness in ADHD: Insights from a Sleep Deprivation Study	18:30 - 18:30
	Iris Haimov (Israel)	

285	Sleep and Circadian Predictors of Depression Outcomes: A Systematic Review	18:30 - 18:30
Jasmyn E. A. Cunningham (Canada)		
286	Out of Bed, Out of Reach: Sleep Disruption in a Marginalized Patient with Dual Diagnosis	18:30 - 18:30
João Pedro Azenha (Portugal)		
287	Network Controllability of rTMS Targets Predicts Improvement in Depression and Comorbid Sleep Disturbances	18:30 - 18:30
Jian Liu (China)		
288	Sleep and Pharmacotherapy in Treatment-Resistant Late-life Depression: Findings from the OPTIMUM Clinical Trial	18:30 - 18:30
Michael SB Mak (Canada)		
289	Psychiatric comorbidities associated with obstructive sleep apnea	18:30 - 18:30
Sherif Latif (Egypt)		
290	The Bidirectional Association Between Sleep and Affect: Evidence from the Budapest Sleep, Experiences, and Traits Study	18:30 - 18:30
Róbert Pierson-Bartel (Hungary)		
291	Trauma-related nightmares: how to stop losing sleep over subjective complaints!	18:30 - 18:30
Emeric Saguin (France)		
292	Cognition and motor function predict disease conversion in isolated rapid eye movement sleep behavior disorder	18:30 - 18:30
Xuan Zhang (China)		
293	Sex-Specific Challenges in REM Sleep Behaviour Disorder Identification: Insights from Clinical Data, Screening Questionnaires, and REM Sleep Without Atonia	18:30 - 18:30
Abubaker Ibrahim (Austria)		
294	Cognitive and motor wobbling in isolated RBD: A multicentric study by the International RBD Study Group (IRBD SG)	18:30 - 18:30
Ambra Stefani (Austria)		
295	RBD and other sleep alterations in anti-CASPR2 encephalitis	18:30 - 18:30
Angelica Montini (Spain)		
296	[¹⁸F]FDG-PET as staging biomarker in the prodromal to overt neuronal alpha-synucleinopathy continuum	18:30 - 18:30
Beatrice Orso (Italy)		
297	Harnessing Nocturnal Physiology and AI for REM Sleep Behavior Disorder Detection	18:30 - 18:30
Jennifer Zitser (Israel)		
298	Validation of a tissue deformation signature to predict dementia in isolated REM sleep disorder	18:30 - 18:30
Léa Bastien (Canada)		
299	REM Density as a diagnostic indicator in patients with Dream-Enactment Behaviors: Insights into α-Synucleinopathy	18:30 - 18:30
Mandy Yu (Hong Kong)		
300	Pathological α-synuclein in surplus biopsies and surgical resections of peripheral organs in idiopathic REM sleep behaviour disorder	18:30 - 18:30
Gerard Mayà (Spain)		
301	Quantitative FP-CIT PET Analysis of Dopaminergic Degeneration in idiopathic RBD and Early Parkinson's Disease	18:30 - 18:30
Hea Ree Park (Korea, Republic of)		

302	Circadian dysregulation in probable isolated REM sleep behaviour disorder: actigraphy insights from the Tasmanian ISLAND Sleep Study	18:30 - 18:30
	Samantha Bramich (Australia)	
303	Neurodegenerative quantification of the putamen in REM sleep behaviour disorder and its impact on brain connectivity architecture	18:30 - 18:30
	Shady Rahayel (Canada)	
304	Investigating Cognitive Performance in Isolated REM sleep Behavior Disorder Patients with Digital-based Cognitive Tests	18:30 - 18:30
	Tsz Ching Lam (Hong Kong)	
305	A Sleep-Stage-Independent Framework for Automatic Detection of REM Sleep Behavior Disorder Using Single-Channel EEG	18:30 - 18:30
	Umberto Mosca (Italy)	
306	PAP Adherence in RLS Patients with OSA	18:30 - 18:30
	Shuying Li (China)	
307	Role of cytokines in RLS: insights into IL6 and iron in the etiology of RLS	18:30 - 18:30
	Sayonara Beatriz Ranciaro Fagundes (Brazil)	
308	Evaluating the Efficacy and Safety of Tonic Motor Activation in Restless Legs Syndrome: A Systematic Review with Meta-Analysis	18:30 - 18:30
	Joao Victor Pereira Gonzalez (Brazil)	
309	Chronic Health Risk in Restless Legs Syndrome and its Association with Exercise	18:30 - 18:30
	Katie L.J. Cederberg (United States)	
310	Inflammatory Biomarkers and Symptom Severity: The Role of Cytokines in Paediatric OSA	18:30 - 18:30
	Ming Yang (China)	
311	The Association between Obstructive Sleep Apnea and Frailty Traits: A Bidirectional Mendelian Randomization Study	18:30 - 18:30
	Jingning Huang (China)	
312	Sleep and hematological diseases	18:30 - 18:30
	Alice De Sanctis (France)	
313	Evaluating Hypoglossal Nerve Stimulation: Who Benefits and Who Struggles?	18:30 - 18:30
	Aditi Desai (United States)	
314	Oximetry-based devices in diagnosis of obstructive sleep apnea: a systematic review and meta-analysis	18:30 - 18:30
	Alan Eckeli (Brazil)	
315	Sofia Scale: a female-specific screening tool for obstructive sleep apnea	18:30 - 18:30
	Alejandra Roncero Lázaro (Spain)	
316	The Effect of Resveratrol on Insulin Resistance in 3T3-L1 Adipocytes Exposed to Intermittent Hypoxia	18:30 - 18:30
	Alex Gileles-Hillel (Israel)	
317	Increased urinary IgM excretion in patients with obstructive sleep apnea	18:30 - 18:30
	Mohammed Al-Houqani (United Arab Emirates)	
318	Change in Peripheral Apnea-Hypopnea Index (pAHI), and Body Weight in Participants with moderate-to-severe OSA with Obesity	18:30 - 18:30

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	Atul Malhotra (United States)	
319	Respiratory-related motor unit activity in human strap muscles	18:30 - 18:30
	Anna Hudson (Australia)	
320	Associations between CPAP use and risk for Major Adverse Cardiac Events in sleep clinic patients? A real-world study	18:30 - 18:30
	Ayesha Reynor (Australia)	
321	Opioids-Related Modulation of Nocturnal Cardiac Autonomic Responses to Apneas and Hypopneas	18:30 - 18:30
	Atousa Assadi (Canada)	
322	Application of Novel Voice Biomarkers to Predict Site of Airway Collapse in Patients with Obstructive Sleep Apnea	18:30 - 18:30
	Azadeh Yadollahi (Canada)	
323	The effect of positive airway pressure therapy on cardiac remodelling and cardiovascular risk factors in patients with the chronic obstructive pulmonary disease and obstructive sleep apnoea overlap syndrome: The REMAPS study	18:30 - 18:30
	Benjamin Nguyen (Australia)	
324	Cardiovascular Autonomic Function in Patients with Co-morbid Insomnia and Sleep Apnoea	18:30 - 18:30
	Benjamin K Tong (Australia)	
325	The Association of Obstructive Sleep Apnea with Serum and Cerebrospinal Fluid Biomarkers of Alzheimer's Dementia - A Systematic Review and Meta-Analysis	18:30 - 18:30
	Brian Sheng Yep Yeo (Singapore)	
326	Inter-Gender Differences in Obstructive Sleep Apnoea Severity Across Age Groups	18:30 - 18:30
	Kah Lin Choo (Hong Kong)	
327	Multi-Tier Evaluation for Obstructive Sleep Apneics undergoing Maxillomandibular Advancement	18:30 - 18:30
	Cheng-Hui Lin (Taiwan)	
328	The correlation between snoring and sleep related breathing disorders using an under-mattress sleep monitoring device	18:30 - 18:30
	Jatuporn Wanchaitanawong (Thailand)	
329	The Impact of Comorbid Depression on Sleep Architecture in OSA - a Sydney Sleep Biobank study	18:30 - 18:30
	Daryl Emery Chee Yeow Chan (Australia)	
330	Effectiveness of drug-induced sleep endoscopy in improving outcomes of barbed pharyngoplasty for obstructive sleep apnea surgery: a prospective randomized trial	18:30 - 18:30
	Tiziano Perrone (Italy)	
331	Home monitoring of patients under continuous positive pressure by a non intrusive under-mattress sleep analyzer	18:30 - 18:30
	Pierre Escourrou (France)	
332	Association between duration of moderate to severe obstructive sleep apnea and cardio-metabolic comorbidities: A cross-sectional observational study	18:30 - 18:30
	Lokesh Kumar Saini (India)	
333	More Than Muscle: Revealing the Cortical Effects of Myofunctional Therapy in OSA	18:30 - 18:30
	Eduardo Castrillon W. (Denmark)	

334	Alcohol Exacerbated Nocturnal Enuresis Associated with Obstructive Sleep Apnea: A Case Report	18:30 - 18:30
Elvin Ay (Turkey)		
335	Management of Sleep Apnoea and Insomnia in Primary Care: effectiveness of pilot feasibility study	18:30 - 18:30
Emelie Ross (Australia)		
336	Prevalence and identification of rapid eye movement-related obstructive sleep apnea in the Han Chinese adults	18:30 - 18:30
Enhui Zhou (China)		
337	Craniofacial Phenotype of Responders to Position-Responding Mandibular Advancement Device in Patients with Obstructive Sleep Apnea: A Prospective Study	18:30 - 18:30
Hyun Kyung Lee (Korea, Republic of)		
338	Precision Oral Appliance Therapy :The Leading Non-surgical Alternative to CPAP in the treatment of OSA	18:30 - 18:30
Edward Sall (United States)		
339	Identification of the prevalence of Obstructive Sleep Apnea in the Cardiology and Neurology Semi-Intensive Units at a private hospital in Brazil	18:30 - 18:30
Evelyn Lucien Brasil (Brazil)		
340	Sleep-disordered breathing is associated with adverse short - and long-term outcomes in acute ischemic stroke and TIA: Findings from the Bern Sleep-Stroke Registry	18:30 - 18:30
Irina Filchenko (Switzerland)		
341	From hypoxia to hyperglycemia: the molecular interface of obstructive sleep apnea and type 2 diabetes via <i>miRNA-181a</i>, <i>SIRT1</i>, and adiponectin	18:30 - 18:30
Filip Karuga (Poland)		
342	Apnea severity is associated with low skin temperature variability	18:30 - 18:30
Gary Garcia Molina (United States)		
343	Surface electromyography of masticatory muscles in adults with obstructive sleep apnea	18:30 - 18:30
Gislaine Aparecida Folha (Brazil)		
344	Relationship between Framingham cardiovascular disease risk profile and pulse-oximetry derived measures of hypoxic burden and vascular reactivity in a sleep clinic cohort	18:30 - 18:30
Glenn M. Stewart (Australia)		
345	Comparative study of the prognostic value of hypoxic burden, nocturnal desaturation and apnea-hypopnea index on incident cardiovascular events. The harpa score	18:30 - 18:30
Grace Oscullo Yopez (Spain)		
346	Sleep fragmentation during REM and NREM sleep and glucose metabolism in patients with obstructive sleep apnea	18:30 - 18:30
Jian Guan (China)		
347	Association Between Positive Airway Pressure Titration Sleep Data and Adherence to Therapy in Obstructive Sleep Apnea	18:30 - 18:30
Ji Ho Choi (Korea, Republic of)		
348	Niacin infusion suppresses free fatty acids in individuals with obstructive sleep apnea and prediabetes: Insights from an ongoing mechanistic study	18:30 - 18:30
Benjamin Haugen (United States)		

349	Study of OSA biomarkers based on proteomics	18:30 - 18:30
Weijun Huang (China)		
350	Obstructive Sleep Apnea and Medical Comorbidities in the Asian Population: Evidence From a Nationwide Healthcare System Data in South Korea	18:30 - 18:30
S.C. Hong (Korea, Republic of)		
351	A report of hypoglossal nerve stimulation cases in Japan	18:30 - 18:30
Itsuo Nakajima (Japan)		
352	Does OSA severity reflect symptom burden? Clinical equivalence in REM- and non-REM-predominant OSA	18:30 - 18:30
Jack Manners (Australia)		
353	The Impact of Laparoscopic Sleeve Gastrectomy on Upper Airway Function and Sleep-disordered Breathing	18:30 - 18:30
Jaidaa Mekky (Egypt)		
354	Time with increased intrathoracic pressure and nocturnal hypoxemia are independent predictors of mortality in patients with suspected obstructive sleep apnea	18:30 - 18:30
Harald Hrubos-Strøm (Norway)		
355	CPAP Treatment Coverage and Adherence for Obstructive Sleep Apnea in French Polynesia: A Geographical and Health System Perspective	18:30 - 18:30
Jean-Arthur Micoulaud-Franchi (France)		
356	Effect of Surgical Therapy of Sleep Apnea Syndrom in Patient Treated by Noninvasive Ventilation	18:30 - 18:30
Jiri Kalhous (Czech Republic)		
357	Sleep quality and sleep symptom manifestation in patients with atrial fibrillation and sleep apnea	18:30 - 18:30
Jamie Kwon (United States)		
358	Three-Year Results of Positive Airway Pressure Adherence in Children with Sleep Apnea Compared to Adults	18:30 - 18:30
Hye-Jin Park (Korea, Republic of)		
359	Pressure Pays Off: Reducing Healthcare Burden in Moderate OSA with PAP Therapy	18:30 - 18:30
Kimberly L. Sterling (United States)		
360	Novel Ultrasound-guided Approaches to Ansa Cervicalis Stimulation for Obstructive Sleep Apnea	18:30 - 18:30
Guillaume Raux (United States)		
361	Medullary Transcriptome and Proteomics Converge on Energy Homeostasis in the Pause-Prone C57BL/6J Mouse	18:30 - 18:30
Kingman Strohl (United States)		
362	Effect of CPAP on Executive functions in post COVID patients with obstructive sleep apnea	18:30 - 18:30
Venkatesh Krishnamurthy (United States)		
363	Sleep Apnea-Specific Hypoxic Burden and Postoperative Outcomes Of Major Non-Cardiothoracic Surgery	18:30 - 18:30
Abdelkebir Sabil (France)		
364	Unmasking Obstructive Sleep Apnea: Estimated Prevalence and Impact in the United States	18:30 - 18:30
Kristina S. Yu (United States)		
365	An Estimate of Waste Produced by CPAP Treatment in the United	18:30 - 18:30

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Laura Donahue (United States)		
366	The Menopause Effects in Obstructive Sleep Apnoea (OSA) and the use of STOP-BANG score in Hong Kong (MENOSAS-HK)	18:30 - 18:30
An Emmanuel Le (Hong Kong)		
367	Effects of CPAP on Sleep Regularity, Attention, and 24-Hour Ambulatory Blood Pressure Variability: A Randomized Controlled Trial	18:30 - 18:30
Pei-Lin Lee (Taiwan)		
368	Potential Markers of Brain Impairment Secondary to Obstructive Sleep Apnea: The Brain Asymmetry	18:30 - 18:30
Jianhong Liao (China)		
369	Genetic Variants of High-density Lipoprotein Cholesterol on Insulin Resistance and Cardiovascular Diseases in Obstructive Sleep Apnea	18:30 - 18:30
Xinyi Li (China)		
370	Identification and validation of a novel autophagy-related biomarker in obstructive sleep apnea syndrome	18:30 - 18:30
Zhiyong Li (China)		
371	The Safety of Oral Appliances for OSA: Ten Years of FDA Adverse Event Reports	18:30 - 18:30
Len Liptak (United States)		
372	Ischemic Preconditioning as a Potential Cardioprotective Mechanism of Obstructive Sleep Apnea in Patients with Acute Coronary Syndrome	18:30 - 18:30
Ondrej Ludka (Czech Republic)		
373	Interceptive Dysfunction During Wakefulness in Obstructive Sleep Apnea: An Analysis of Heartbeat-Evoked Potentials	18:30 - 18:30
Mahsa Alidadi (Iran)		
374	Positional Obstructive Sleep Apnoea: When and Why the Neck-based Vibrotactile Device Fails	18:30 - 18:30
Mauro Manconi (Switzerland)		
375	Mineralocorticoid Receptor Blockade Attenuates Cardiovascular Dysfunction in Obese Mice Subjected to Intermittent Hypoxia	18:30 - 18:30
Mohammad Badran (United States)		
376	A Tiny Bone with a Pivotal Impact: Boosting Hypoglossal Nerve Stimulation to Improve Upper Airway Function	18:30 - 18:30
Marie-Michèle Serghani (Lebanon)		
377	The Efficacy and Safety of Intraoral Negative Air Pressure Device in Obstructive Sleep Apnea Patients: A Systematic Review and Meta-analysis	18:30 - 18:30
Navarat Kasemsuk (Thailand)		
378	CPAP to reduce the risk of cancer in OSA? - a meta-analysis of 3 RCTs	18:30 - 18:30
Nathaniel Marshall (Australia)		
379	Residents, Fellows, and Advanced Practice Providers' Awareness of Clinical Practice Guidelines in Managing Perioperative Obstructive Sleep Apnea: A Multi-Institutional Survey	18:30 - 18:30
Nitin Y. Bhatt (United States)		
380	Phenotypic and Anatomical Predictors of OSA Severity: Insights from DISE procedure	18:30 - 18:30
Nitzan Lichter (Israel)		

381	Auto-PAP Adherence in Obese Pediatric Patients with OSA: A Retrospective Study	18:30 - 18:30
	Olga Lacki (United States)	
382	Effects of acute exercise performed at different times of day on respiratory, blood pressure, and cardiac autonomic modulation outcomes in patients with obstructive sleep apnea: a randomized crossover trial	18:30 - 18:30
	Ozeas Lins-Filho (Brazil)	
383	Comparative Analysis of Three Hypoxic Burden Calculation Methods and Their Association with Incident Congestive Heart Failure	18:30 - 18:30
	Paloma Rocha (Brazil)	
384	"Catathrenia: A Retrospective Case Analysis of a Single Respiratory Sleep Disorders Centre"	18:30 - 18:30
	Eglė Pakštienė (Lithuania)	
385	CASE REPORT: BILEVEL POSITIVE AIRWAY PRESSURE TREATMENT OF SLEEP APNEA SYNDROME IN A PATIENT WITH CROUZON SYNDROME	18:30 - 18:30
	Thanh Thuy Phan (Vietnam)	
386	Association Between Co-Morbid Insomnia and Sleep Apnea (COMISA) and Low Back Pain: Findings from the EPISONO Study	18:30 - 18:30
	Priscila K. Morelhão (Brazil)	
387	Obstructive Sleep Apnea (OSA): Do symptoms correlate with severity?	18:30 - 18:30
	Nagarajan Ramakrishnan (India)	
388	Building a Comprehensive Upper Airway Stimulation Program: Beyond the Implant	18:30 - 18:30
	Robson Capasso (United States)	
389	Measures of OSA by baseline BMI classification in participants from SURMOUNT-OSA trials: post-hoc analyses	18:30 - 18:30
	Ron Grunstein (Australia)	
390	The Prevalence of Obstructive Sleep Apnea among Patients with Secondary Polycythemia in Sultan Qaboos University Hospital	18:30 - 18:30
	Ahmed Al-Siyabi (Oman)	
391	Association between PLMS and LM-related parameters according to AAMS and WASM criteria in patients with OSA	18:30 - 18:30
	Yun Jin Kang (Korea, Republic of)	
393	Dramatic Improvement of Obstructive Sleep Apnea Following Kidney Transplantation in an ESRD Patient: A Case Report	18:30 - 18:30
	Un-chang Heo (Korea, Republic of)	
394	Self-Administered Home Sleep Testing Model in Screening of OSA in Healthcare Workers - SOHEW Study: A National Multi-Centre Study in Vietnam	18:30 - 18:30
	Sy Duong-Quy (Vietnam)	
395	Home Sleep Testing Model In OSA Screening In Patients With Cardiovascular Diseases - Diabetes and Obesity in Vietnam: The First Multi Centre Study	18:30 - 18:30
	Sy Duong-Quy (Vietnam)	
396	Nicotine Use and Sleep Architecture in Postmenopausal Women with Obstructive Sleep Apnea	18:30 - 18:30
	Seung Rim Yoo (United States)	

397	A National Survey on Current Knowledge, Diagnostic Approaches, and Management Practices of Sleep-Related Breathing Disorders Among General Medicine Practitioners in India	18:30 - 18:30
	Sharada Vinod Kutty (India)	
398	Snoring Child with Central Apnea: Uncovering a Hidden Neurological Cause	18:30 - 18:30
	Seung Hoon Lee (Korea, Republic of)	
399	Effects of CPAP on Neuroimaging Biomarkers and Cognition in adult OSA: A Randomized Controlled Trial	18:30 - 18:30
	Shankai Yin (China)	
400	Sleep Quality with EPAP Enhanced Novel Mandibular Advancement Device versus Continuous Positive Airway Pressure in Severe Obstructive Sleep Apnea	18:30 - 18:30
	Sat Sharma (Canada)	
401	Elevated level of pro-Brain Natriuretic peptide (pro-BNP) is associated with Major Adverse Cardiovascular Events (MACE) in subjects with Disturbed Sleep	18:30 - 18:30
	Jag Sunderram (United States)	
402	Fusobacterium nucleatum mediates inflammatory effect in pediatric obstructive sleep apnea with adenoid hypertrophy	18:30 - 18:30
	Huajun Xu (China)	
403	Unmasking OSA: Predisposing Factors in Asian and Non-Caucasian Populations in Australia	18:30 - 18:30
	Sushil Agwan (Australia)	
404	Sleep Apnea-Hypopnea Events Detection Using a Wireless Abdomen-Worn Sensor with SpO₂ Monitoring	18:30 - 18:30
	Thi Hang Dang (Korea, Republic of)	
405	Tongue Function in Young Populations at High Risk for SDB: Age-Stratified Associations and Interaction Analysis	18:30 - 18:30
	Triin Jagomägi (Estonia)	
406	Acceptability and results of home sleep apnoea testing in older adults with mild cognitive impairment and dementia and cognitively unimpaired older adults: Towards a multi-centre study of sleep apnoea prevalence in memory clinics	18:30 - 18:30
	Victoria Gabb (United Kingdom)	
407	Belun Sleep Platform versus In-lab polysomnography for obstructive sleep apnea diagnosis	18:30 - 18:30
	Vipada Tirachaimongkol (Thailand)	
408	Prevalence of High Risk of Obstructive Sleep Apnea in Patients with Vertigo	18:30 - 18:30
	Wish Banhiran (Thailand)	
409	The Hyoid Bone's Role in Mandibular Advancement Therapy for OSA: Do Position and Mobility Affect Upper Airway Patency?	18:30 - 18:30
	Jason Amatoury (Lebanon)	
410	Sleep-Related Tongue-Biting Events Associated with Obstructive Sleep Apnea: A Case Report	18:30 - 18:30
	Jun Wu (China)	
411	Obstructive Sleep Apnoea (OSA) and Continuous Positive Airway Pressure (CPAP): Experience of Chinese Patients in Australia	18:30 - 18:30
	Xueling Zhu (Australia)	
412	Computational fluid dynamics analysis of differences in airflow	18:30 - 18:30

	dynamics in upper airways between maxillo-mandibular advancement and genioglossus advancement	
	Kanako Yamagata (Japan)	
413	Characterizing blood pressure responses to sleep apnea by sleep stage and sleep position	18:30 - 18:30
	Younghoon Kwon (United States)	
414	Mechanism analysis of the site, pattern, and degree of upper airway obstruction during drug-induced sleep endoscopy in patients with obstructive sleep apnea	18:30 - 18:30
	Yingqian Zhou (China)	
415	Chronic Intermittent Hypoxia Impairs Genioglossus Activity and Alters Upper Airway Negative Pressure Reflex in a Rat Model	18:30 - 18:30
	Guoping Yin (China)	
416	Central Sleep Apnea Before and After Atrial Fibrillation Ablation: Association with Cardiac Function Improvement	18:30 - 18:30
	Yasuhiro Tomita (Japan)	
417	Exploring the Intensity of Arousals in Patients with Obstructive Sleep Apnea: Based on Odds Ratio Product	18:30 - 18:30
	Yunhan Shi (China)	
418	Neurobehavioral effects of one night of partial sleep deprivation in school-age children and adolescents: a meta-analysis	18:30 - 18:30
	Alicia K. Yee (Singapore)	
419	SLEEP-HOPE: Evaluating Sleep Quality and Quantity in Menopausal Patients living with Hypothyroidism Using Hormonal, Pharmacological, and Complementary Therapies in Canada	18:30 - 18:30
	Alexandro Zarruk (Canada)	
420	Feasibility, acceptability, and appropriateness of a brief sleep disorder education video for healthcare students presenting with sleep disturbance	18:30 - 18:30
	Amy Reynolds (Australia)	
421	Obstructive sleep apnea syndrome and prothrombotic markers (alpha 2 antiplasmin a2AP and tissular plasminogen inhibitor 1 PAI-1)	18:30 - 18:30
	Anca Diana Maiercan (Romania)	
422	Comprehensive Sleep Phenotyping in the MoTrPAC Pediatric Study: the iSLEEP Health Profile	18:30 - 18:30
	Ariel Neikrug (United States)	
423	Perceived barriers and facilitators to delayed school start times in Dutch and Flemish secondary schools	18:30 - 18:30
	Anneke Vandendriessche (Belgium)	
424	Investigating differential rhythmicity in circadian biomarkers using skin perspiration wearables	18:30 - 18:30
	Annapoorna Ramasubramanya (United States)	
425	Prevalence, Risk Factors, Harm Perception, Attitude and Effect on Sleep Quality Towards Sugar Consumption Among University Students in Lebanon: A Cross-Sectional Study	18:30 - 18:30
	Anthony Nassar (Lebanon)	
426	Floor routine to sleep routine: A qualitative inquiry into the retirement of female ex-gymnasts	18:30 - 18:30
	Ashley Montero (Australia)	
427	Acoustic Properties of Healthy Vs. OSA Patients	18:30 - 18:30

Noa Berick (Israel)

428 **Eyes Wide Open: Understanding the Barriers, Facilitators, and Motivators to Adolescent Sleep through Photovoice** 18:30 - 18:30

Catriona Ewart (United Kingdom)

429 **Sleep timing, sleep duration and serum metabolites in healthy adults** 18:30 - 18:30

Charlotte Sørensen (Sweden)

430 **Poor sleep quality in students with good academic performance in a medical school in Venezuela** 18:30 - 18:30

Claudio Cárdenas (Venezuela)

431 **Are occupational therapists' sleep education and professional development needs being met in Aotearoa New Zealand?: Preliminary survey findings** 18:30 - 18:30

Diane Muller (New Zealand)

432 **Sleep and Scuba Diving: Prevalence of Sleep Disorders and Their Potential Links with Decompression Illness in Recreational Divers** 18:30 - 18:30

Jean Baptiste Maldent (France)

433 **Interwoven threads: hormonal regulation, stress and the sleep-pain dyad in women** 18:30 - 18:30

Sumit Gupta (United Arab Emirates)

434 **Should School Start Times Be Delayed? A Narrative Review** 18:30 - 18:30

Tharmini Danisious (United Kingdom)

435 **Racial Disparities in Perceived Social Support and Sleep Quality Among College Students** 18:30 - 18:30

Evelyn Arana (United States)

436 **Modeling Sleep Health Trends Among U.S. College Students (2021-2024): A Mixed Literature Review and Secondary Analysis of ACHA-NCHA III Data** 18:30 - 18:30

Francheska Lynn Capistrano (United States)

437 **Reducing Evening Screen Time with REST-O: A Randomised Pilot Trial to Address Bedtime Procrastination** 18:30 - 18:30

Grace Vincent (Australia)

438 **Does the Child-Pugh classification influence circadian sleep parameters?** 18:30 - 18:30

Guillermo Ramis Vidal (Spain)

439 **Changes in short-term circadian sleep parameters (30 days) after liver transplantation** 18:30 - 18:30

Guillermo Ramis Vidal (Spain)

440 **Exploring the Association between Sleep Dimensions/Circadian Factors and Emotional Processing and Mental Health in Late Adolescence** 18:30 - 18:30

Hannah Ravenhall (United Kingdom)

441 **Updated Atlas and Scoring Rules for the Cyclic Alternating Pattern (CAP): A Consensus Report by the ESRS Taskforce** 18:30 - 18:30

Heiður Grétarsdóttir (Iceland)

442 **Summertime bedroom temperatures in un-airconditioned UK urban apartments: factors influencing subjective and objective sleep outcomes** 18:30 - 18:30

Iuliana Hartescu (United Kingdom)

443 **Fewer pre-night shift awakenings is associated with positive mood** 18:30 - 18:30

	during the night shift among female rotating shift nurses	
	Christopher Imes (United States)	
444	Bedtime Stories: Sleep Health Education for Pediatric Providers in Community-Based Healthcare Centers	18:30 - 18:30
	Jessica Page (United States)	
446	Experts' Perceptions of the Potential of Exergames to Improve Sleep Quality: An Exploratory Analysis	18:30 - 18:30
	João Paulo Pereira Rosa (Brazil)	
447	Implementing an Ecological Momentary Assessment (EMA) Study on Daily Sleep and Smoking among Lower Socioeconomic Smokers Who Want to Quit Smoking in the U.S.	18:30 - 18:30
	Chaelin Karen Ra (United States)	
448	The impact of shift work and clinical paramedic scenarios on paramedics' sleepiness, fatigue and perceived workload: A novel simulation-based study	18:30 - 18:30
	Laura Hirello (Australia)	
449	The overlooked trio: sleep duration, sampling time and physical exercise alter levels of olink-assessed blood biomarkers of cardiovascular risk	18:30 - 18:30
	Lei Zhang (Sweden)	
450	A comparison of coblation and modified monopolar tonsillectomy in adults	18:30 - 18:30
	Zhengcai Lou (China)	
451	Objective Analysis of Sleep Quality and Academic Performance Trends in Medical Students Using Wearable Technology	18:30 - 18:30
	Mariam Gogichadze (Georgia)	
452	Sleep Quality among University Students in Lebanon during War Conflicts: A Cross-Sectional Study	18:30 - 18:30
	Maria Angela Labaki (Lebanon)	
453	Title: Short-Term Effects of Daily Stress on Sleep and Physiological Markers: Resilience as a Moderator	18:30 - 18:30
	Maki Furutani (Japan)	
454	Integrative analysis of association and causal inference identify interactions between asthma and multiple sleep traits	18:30 - 18:30
	Minhan Yi (China)	
455	Quadratic Effects of Harsh Parenting on Changes in Children's Sleep During the Transition to Early-Adolescence	18:30 - 18:30
	Morgan Thompson (United States)	
456	Association between Sleep Problems and Social Frailty Among U.S. Older Adults	18:30 - 18:30
	Muhammad Thalil (United States)	
457	Effectiveness Of Sleep Intervention on Self-Reported Sleep Indices in Elite Male Cricketers: A Pilot Study from India.	18:30 - 18:30
	Monika Sharma (India)	
458	Linkages between sleep quality, sleep duration, and physical frailty among Older Adults in India	18:30 - 18:30
	Monirujjaman Biswas (India)	
459	Sleep Irregularity, Anxiety and Depressive Symptoms in Young Adults with Delayed Sleep Wake Phase Disorder and Insomnia	18:30 - 18:30
	Katrina Nguyen (Australia)	

460	Using the learnings from general practice nurse-delivered models of care for chronic conditions to inform the design of models of care for chronic insomnia and obstructive sleep apnea: a mixed-methods systematic review	18:30 - 18:30
Nicole Grivell (Australia)		
461	Factors influencing the implementation of a general practice nurse-delivered model of care for the assessment and management of chronic insomnia and obstructive sleep apnea: a qualitative study of patient and clinician perspectives	18:30 - 18:30
Nicole Grivell (Australia)		
462	LE SAS EN MILIEU CARDIOLOGIQUE : EXPERIENCE INAUGURALE DE LABORATOIRE DU SOMMEIL EN AFRIQUE SUB-SAHARIENNE	18:30 - 18:30
Ousmane Dieye (Senegal)		
463	Associations between obesity, a composite risk score for long COVID, and sleep problems in SARS-CoV-2 vaccinated individuals	18:30 - 18:30
Pei Xue (Sweden)		
464	Anesthesia-Induced REM Sleep Therapy: A Novel Approach for Resolving Adenosine Sleep Pressure	18:30 - 18:30
Nyree Penn (United States)		
465	Gentle Movements, Restful Nights: Qigong for Caregivers	18:30 - 18:30
Pinky Shani (United States)		
466	Physical activity, weekend catch-up sleep, and depressive symptoms: Mediating effects of high-sensitivity C-reactive protein	18:30 - 18:30
Sun-Young Kim (Korea, Republic of)		
467	Sensationalising sleep: A research agenda for understanding and interpreting sleep-related discourses in the media	18:30 - 18:30
Rosie Gibson (New Zealand)		
468	Evaluating the Sleep Cancer Rest (SleepCaRe) Trial for Improving Health-Related Quality of Life (HRQoL) in Women Undergoing Chemotherapy for Breast Cancer - A Randomised Controlled Trial	18:30 - 18:30
Rebecca Wallace (Australia)		
469	Sex differences in bidirectional associations between dimensions of Fitbit-derived sleep and emotional health across one year in American Life in Realtime, a nationally representative sample of U.S. adults	18:30 - 18:30
Ritika Chaturvedi (United States)		
470	Diagnostic accuracy of the Stopbang questionnaire against polysomnography for the screening of Obstructive Sleep Apnea in a tertiary hospital in Africa	18:30 - 18:30
Sairabanu Sokwalla (Kenya)		
471	Role of Deglycation molecules,ammino acid,phytonutrients,vitamin and mineral in Good quality sleep management	18:30 - 18:30
Sarittha Somsup (France)		
472	Sleep Health in Vulnerable Women Across Diverse Global Communities: A Multicenter Community-Based Study in Low- and High-Income Countries	18:30 - 18:30
Sandra Giménez (Spain)		
473	Targeting Sleep to Improve Risky Driving: Results from a Randomized Controlled Trial in Young Drivers	18:30 - 18:30
Simon S. Smith (Australia)		
474	The impact of comorbid insomnia and sleep apnea (COMISA) on work ability: Results from population-based panel data in Korea	18:30 - 18:30

Heejoo Ko (Korea, Republic of)		
475	Associations of sleep characteristics with all-cause, cardiovascular, and non-cardiovascular mortality among rural Chinese older adults: A cohort study	18:30 - 18:30
Shi Tang (China)		
476	Association between Sleep Disturbances and Stages of Parkinson's Disease: A Cross-Sectional Study	18:30 - 18:30
Tarun Amalnerkar (Malaysia)		
477	Exploring the Impact of Sleep Hygiene Knowledge and Practices on Sleep Health: A Cross-Sectional Survey of Hong Kong Adults, 2024	18:30 - 18:30
Veeleah.Y.C Lok (Hong Kong)		
478	Time-Frequency Representation Learning Based on PPG Signals for Sleep Staging	18:30 - 18:30
Yamei Li (China)		
479	Validation of the reliability and validity of the 3-Dimensional Sleep Scale (3DSS), Japanese version, a measure of sleep phase, quality, and quantity	18:30 - 18:30
Yuuki Matsumoto (Japan)		
480	Exacerbated sleep disorders, delayed sleep pattern, and effectiveness of online interventions during COVID-19 pandemic	18:30 - 18:30
Meng He (China)		
481	Metabolic characterization of sleep phenotypes from a multidimensional metabolomics perspective and sleep-metabolic networks	18:30 - 18:30
Yuan Zhang (China)		
482	The association of sleep quality with post-surgery functional status and quality of life in patients with spinal degenerative diseases: A prospective study	18:30 - 18:30
Bingqian Zhu (China)		
483	The Influence of Sleep Position and Pillow Height on Sleep Quality in Patients	18:30 - 18:30
Pei Te Huang (Taiwan)		
484	Prevalence, profile and perioperative outcomes of patients with Obstructive Sleep Apnea in a Low-resource center	18:30 - 18:30
Abayomi Ojo (Nigeria)		
485	Sleep and Nap habits within professional rugby club:. SoSleep® Program. From prevention and coaching to performance optimization	18:30 - 18:30
Alexandre Aranda (France)		
486	Why do people miss their optimal sleep window? Adherence to a personalized sleep-wake recommendation delivered with a mobile application	18:30 - 18:30
Sooyeon Suh (Korea, Republic of)		
487	Sleep latency and sleep duration association with depression symptoms among US adolescents and young adults: A NHANES 2005 - 2018 analysis	18:30 - 18:30
Daniel Bancovsky (Israel)		
488	Effects of thermal and olfactory control of bedroom air on sleep restfulness during summer: A randomized crossover trial	18:30 - 18:30
Chiaki Yasumoto (Japan)		
489	Vision Tranformer-based Per-Second Resolution Detection of	18:30 - 18:30

Obstructive Sleep Apnea with Explainability

Joopyo Hong (Korea, Republic of)		
490	Green space exposure and sleep among pregnant women in the GEMS study	18:30 - 18:30
Diana Grigsby-Toussaint (United States)		
491	Sleep-Wake Classification Using Heart Rate and HRV Derived From Short PPG Signals	18:30 - 18:30
Hyeonjeong Lee (Korea, Republic of)		
492	BP fluctuations during REM sleep as indicator to cardiovascular risk	18:30 - 18:30
Ehud Baron (Israel)		
493	Individual Variations in Stress-Related Sleep Patterns	18:30 - 18:30
Elizabeth Ngan (Sweden)		
494	Persistent Hypoxia in an Apparently Healthy Woman	18:30 - 18:30
Fateme Mohammadi Aniloo (Iran)		
495	Sleep Disturbance and Stressor-Specific Cortisol Dysregulation in Temporomandibular Disorder	18:30 - 18:30
Heather Altier (United States)		
496	Anaerobic Airborne Bacteria Dominate Bedroom Environments of Individuals with High Sleep Apnea Risk	18:30 - 18:30
Hulda Thorarinsdottir (Iceland)		
497	The impact of ambient temperature on sleep duration: findings from GRAPHS cohort	18:30 - 18:30
Horacio Romero Castillo (United States)		
498	Associations between multidimensional sleep health domains and brain structure, cognition, emotion and body composition in middle-aged adults	18:30 - 18:30
Joanna Su Xian Chong (Singapore)		
499	Traumatic childhood experiences and objective sleep health in adults with insomnia symptoms	18:30 - 18:30
Karyn Ka Yan Ng (Hong Kong)		
500	Does gaming disorder symptom status predict poorer sleep quality?	18:30 - 18:30
Lauren Hale (United States)		
501	Sleep, shift work disorder and risk for depression in South African ambulance emergency care personnel	18:30 - 18:30
Lerato M. Motaung (South Africa)		
502	Characteristics and influencing factors of sleep quality in newly employed nurses: a latent profile analysis study	18:30 - 18:30
Liyun Shang (China)		
503	Sleep complaints and mental activity in surgeons working daily duties	18:30 - 18:30
Natalia Bobko (Ukraine)		
504	Effect of a Combined Lifestyle-Based Intervention on Sleep among Postgraduate Nursing Students: A Pilot Study of the SEED Program	18:30 - 18:30
Yanhong Dong (Singapore)		
505	Subjective Sleep Parameters Associated with Anxiety and Depression in Mexican Young Adults: A Cross-Sectional Study	18:30 - 18:30
Carlos Olivera-López (Mexico)		
506	Barriers to Sleep Apnea Diagnosis and Treatment in Shelter	18:30 - 18:30

	Settings: A Qualitative Study of Experiences and Compassionate Care Pathways	
	Parker McLaurin (Canada)	
507	Association of Longitudinal Changes in Rapid Eye Movement Sleep with Mortality in Older Men	18:30 - 18:30
	Qianwen Wang (China)	
508	Effect of elinzanetant on wakefulness after sleep onset across subjective and objective measures: post hoc analysis of the NIRVANA phase 2 pilot study in postmenopausal women with sleep disturbances	18:30 - 18:30
	Rossella E. Nappi (Italy)	
509	Planned Study Protocol: Sleep Health Among Older Adults - A Register-Based Cross-Sectional Study within NEAR-Aging	18:30 - 18:30
	Sandra Öberg (Sweden)	
510	Occupational Exposure to Physical and Chemical Hazards and Sleep disturbance: The Mediating Role of Pre-Sleep Arousal	18:30 - 18:30
	Seong-Sik Cho (Korea, Republic of)	
511	Effect of differences in human ipRGCs stimulation under lighting during sleep	18:30 - 18:30
	Shiyori Takamine (Japan)	
512	Discrepancies Between Self-Set Sleep Plans and Sleep Regularity: Insights from Large-Scale Consumer Wearable Data	18:30 - 18:30
	YunGyeong Lee (Korea, Republic of)	
513	Bioinformatics Identification of Immune Cell Infiltration Characteristics in OSAHS Patients After CPAP Treatment	18:30 - 18:30
	Kainan Wu (China)	
514	Our initial experience with hypoglossal nerve stimulation (HNS) for obstructive sleep apnoea: A case series from the United Kingdom	18:30 - 18:30
	Adam Haymes (United Kingdom)	
515	Monitoring the motor fingerprint of sleep and its cardiovascular correlates with a wearable multi-sensor array	18:30 - 18:30
	Alessandro Silvani (Italy)	
516	Evaluating Domain Adaptation and Artifact Management in Automated Sleep Staging Using Wearable EEG	18:30 - 18:30
	Ali Saberi (Netherlands)	
517	Reliability of YASA for automated longitudinal sleep scoring in stroke and Parkinson's Disease	18:30 - 18:30
	Anna Movchan (Switzerland)	
518	Effect of CPAP on cardiac function: Echocardiographic analysis using Speckle Tracking	18:30 - 18:30
	Bouchra Lamia (France)	
519	Real-Time Ventilation and Air Purification Improve Sleep Quality in Healthy Adults	18:30 - 18:30
	Sungjin Heo (Korea, Republic of)	
520	Z4IP - Comprehensive Sleep and Activity Phenotyping Through Multifactor Mobile Data Integration	18:30 - 18:30
	Chun Siong Soon (Singapore)	
521	Chaos Theory Mathematically Characterizes EEG Brain Wave Patterns of Emotions	18:30 - 18:30
	Cheng-Bang Chen (United States)	

522	Validation of an Under-Mattress Monitoring Device Against Polysomnography for Heart Rate (HR) and Heart Rate Variability (HRV) Accuracy Assessment	18:30 - 18:30
Elahe Adibi (United States)		
523	Development of search strategies for meta-research related to sleep	18:30 - 18:30
Gabriel Natan Pires (Brazil)		
524	Contactless objective sleep monitoring of inpatients at a psychiatric hospital	18:30 - 18:30
Hanne Siri Amdahl Heglum (Norway)		
525	Sleep Stage Classification Using RGB-Fused Multimodal Images from Physiological Signals	18:30 - 18:30
Hwi-Gang Kim (Korea, Republic of)		
526	Wearable EEG Acquisition during IVF demonstrates High Feasibility and Acceptability	18:30 - 18:30
Jennifer Goldschmied (United States)		
527	Telemedicine/Telemonitoring in Sleep Laboratories - a Game Changer for Resource Efficiency Without Compromising Patient Care?	18:30 - 18:30
Katharina Mühlbacher (Austria)		
528	Improving Sleep Stage Classification from Consumer Wearables Using a Two-Level Machine Learning Framework with Selective Correction	18:30 - 18:30
Zilu Liang (Japan)		
529	SLEEPYLAND: Trust begins with fair evaluation of automatic sleep staging models	18:30 - 18:30
Luigi Fiorillo (Switzerland)		
530	In-lab experience with an AASM-certified AI for sleep scoring using polysomnography data	18:30 - 18:30
Tinta Visser (Germany)		
531	Evaluation of a Contactless Sleep Monitoring Device for Sleep Stage Detection against Home Polysomnography in a Healthy Population	18:30 - 18:30
Marie-Ange Stefanos (France)		
532	Benchmarking Reveals Shared Biases in Sleep-Staging Algorithms and Points to Age-Aware Solutions	18:30 - 18:30
Michal Bechny (Switzerland)		
533	A Web3-Based System for Decentralized Sleep and Circadian Health Data Sharing	18:30 - 18:30
Naoya Maeda-Nishino (United States)		
534	Automatic Nap Detection During MSLT and MWT Using Wearable Sensors in Patients with Sleep Disorders	18:30 - 18:30
Oriella Gnarra (Switzerland)		
535	Deep Learning-based Detection of Atrial Fibrillation in Patients with Suspected Obstructive Sleep Apnea Undergoing Portable Sleep Monitoring	18:30 - 18:30
Pedro Henrique Gianjoppe dos Santos (Brazil)		
536	Can Large language models be used to perform clinical evaluation for patients reporting sleep disorders ? A proof of concept comparing human versus LMM performed medical diagnosis	18:30 - 18:30
Pierre Philip (France)		
537	Towards Digital Twins with Wearables: A Fully Data-driven Causal	18:30 - 18:30

Analysis of Lifestyle Effects on Sleep		
Radoslava Švihrová (Switzerland)		
538	Development of an Eyelid Opening Degree Based Method for Estimating Psychomotor Vigilance Test Response Speed Using Machine Learning	18:30 - 18:30
Takahiro Noguchi (Japan)		
539	Towards in-cabin contactless drowsiness prediction	18:30 - 18:30
Michele Guagnano (Italy)		
540	Pediatric AHI Estimation Using a Sound-Based AI Model: Toward Non-Contact Sleep Apnea Screening at Home	18:30 - 18:30
Seunghun Kim (Korea, Republic of)		
541	Submental Ultrasonography versus Drug-Induced Sleep Endoscopy for Upper Airway Assessment in Obstructive Sleep Apnea Patients	18:30 - 18:30
Waranthorn Tungsatitchai (Thailand)		
542	Transdiagnostic comparison of sleep measures across chronic physical and mental health disorders using FitBit data in the All of Us dataset	18:30 - 18:30
Xueyan Huang (Australia)		
543	Actigraphy from sensor-level acceleration measurement	18:30 - 18:30
Jia Ying Chua (United Kingdom)		
544	Sleep Stage is Visible: Non-contact Sleep Staging using Infrared Video	18:30 - 18:30
You Rim Choi (Korea, Republic of)		
545	Nocturnal Sleep Duration, Afternoon Siesta, and Sleep Disturbances in pregnant Omani women and maternal and fetal outcomes	18:30 - 18:30
Jalila Almazroui (Oman)		

Tuesday, 09. September 2025*Administration*

07:00 - 08:00

World Sleep Society Membership Meeting*Keynote*

08:00 - 08:45

K-05: Lauren Hale: Social determinants and sleep health equity**Introduction**

08:00 - 08:02

Y.K. Wing (Hong Kong)

Social determinants and sleep health equity

08:02 - 08:45

Lauren Hale (United States)

Keynote

08:00 - 08:45

K06: Bei Bei: Behavioral sleep interventions in women across the lifespan**Introduction**

08:00 - 08:00

Charles Morin (Canada)

Behavioral sleep interventions in women across the lifespan

08:00 - 08:00

Bei Bei (Australia)

Exhibition

08:30 - 15:30

Exhibit Hall*Symposium*

09:00 - 10:30

S-42: Revolutionizing personalized medicine in OSA: Exploring new treatment modalities*Chair:* Ding Zou (Sweden)*Chair:* Harald Hrubos-Strom (Norway)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Overview: From CPAP treatment to the first medicine for OSA patients with obesity

09:02 - 09:18

Ding Zou (Sweden)

Kairos positive airway pressure (KPAP) for OSA treatment

09:18 - 09:34

William Noah (United States)

Intra-Oral sensor systems for monitoring mandibular advancement device therapy

09:34 - 09:50

Peter Cistulli (Australia)

Targeting upper airway muscle dysfunction in OSA: A new frontier in treatment

09:50 - 10:06

Ana Sanchez-Azofra (United States)

Effect of orofacial myofunctional therapy with autofeedback in patients with newly diagnosed OSA: The OMTAOSA RCT

10:06 - 10:22

Diana Dobran Hansen (Norway)

Question and answer	10:22 - 10:30
<i>Symposium</i> 09:00 - 10:30	
S-43: Insomnia Sub-typing: Pathophysiology, phenotypes and differential treatment response	
<i>Chair:</i> Rachel Chan (Hong Kong)	
<i>Chair:</i> Jihui Zhang (China)	
Summary	09:00 - 09:00
Introduction	09:00 - 09:02
Insomnia subtypes: Exploring links to demographic factors, mood problems, alcohol use and hypnotic medications	09:02 - 09:22
Bjørn Bjorvatn (Norway)	
Insomnia with objective short sleep duration: Pathophysiology, consequences and response to CBT-I	09:22 - 09:42
Julio Fernandez-Mendoza (United States)	
Digital multi-modal approaches for sub-typing insomnia disorder	09:42 - 10:02
Jihui Zhang (China)	
Sub-typing insomnia for predicting response towards cognitive behavioral therapy for insomnia	10:02 - 10:22
Rachel Chan (Hong Kong)	
Question and answer	10:22 - 10:30
<i>Symposium</i> 09:00 - 10:30	
S-44: Sleep and cardiometabolic health: Pathophysiology, and novel preventive and therapeutic strategies	
<i>Chair:</i> Dalva Poyares (Brazil)	
<i>Chair:</i> Helga Margrét Skúladóttir (Iceland)	
Summary	09:00 - 09:00
Introduction	09:00 - 09:02
Breathless nights, lifelong impact: Sleep-disordered breathing and cardiometabolic risk in pregnancy	09:02 - 09:18
Sushmita Pamidi (Canada)	
Insufficient sleep and vascular damage: Mechanisms and implications	09:18 - 09:34
Naima Covassin (United States)	
Narcolepsy and cardiometabolic health	09:34 - 09:50
Virend Somers (United States)	
Light, sleep and cardiometabolic disease - A Scandinavian perspective	09:50 - 10:06
Fjola D.H. Sigurdardottir (Norway)	
Healthy sleep: A game changer for weight loss	10:06 - 10:22
Esra Tasali (United States)	
Question and answer	10:22 - 10:30

Symposium

09:00 - 10:30

S-45: The role of autovideosomnography in research: How AI and big data are transforming pediatric sleep and development research*Chair:* Oliviero Bruni (Italy)**Summary** 09:00 - 09:00**Introduction** 09:00 - 09:02**A cross-sectional study on the relationship between infant sleep, temperament, and bedtime practices** 09:02 - 09:18

Maria Breda (Italy)

Debunking the teething-sleep disruption myth: Insights from a longitudinal auto-videosomnography study 09:18 - 09:34

Michal Kahn (Israel)

The impact of the transition to kindergarten on child sleep using autovideosomnography analysis 09:34 - 09:50

Ekjot Saini (United States)

How does infant sleep relate to parental insomnia, depression, and emotional regulation? A network analysis using Autovideosomnography data. 09:50 - 10:06

Zepeng Gou (Australia)

The kids are asleep! Parental bedtime procrastination and its impact on sleep health 10:06 - 10:22

Sungkyoung Shin (Korea, Republic of)

Question and answer 10:22 - 10:30*Symposium*

09:00 - 10:30

S-46: How sleep shapes memory dynamics from the lens of reactivation: New insights and future directions*Chair:* Xiaoqing Hu (Hong Kong)*Chair:* Eitan Schechtman (United States)**Summary** 09:00 - 09:00**Introduction** 09:00 - 09:02**Can we use reactivation to improve sleep quality?** 09:02 - 09:22

Bjorn Rasch (Switzerland)

Interpreting sleep activity through neural contrastive learning 09:22 - 09:42

Yunzhe Liu (China)

Memory consolidation for interconnected memories during sleep 09:42 - 10:02

Eitan Schechtman (United States)

Spindle refractory period shapes emotional memory reactivation 10:02 - 10:22

Tao Xia (Hong Kong)

Question and answer 10:22 - 10:30*Symposium*

09:00 - 10:30

S-47: Beyond the lab: Measuring sleep and circadian rhythms in naturalistic settings*Chair:* Leila Tarokh (Switzerland)*Chair:* Mary Carskadon (United States)

Summary	09:00 - 09:00
Introduction	09:00 - 09:02
Circadian timing in American adolescents: Home-based assessments of dim light melatonin onset in major depressive disorder	09:02 - 09:22
Mary Carskadon (United States)	
Home-based insights into sleep neurophysiology and mental health in youth with and without major depressive disorder	09:22 - 09:42
Leila Tarokh (Switzerland)	
Rhythms of rest: Exploring sleep health and environmental influences on circadian rhythms in African youth	09:42 - 10:02
Karine Scheuermaier (South Africa)	
Beyond constant laboratory conditions: The role of environmental stimuli in the dynamic modulation of sleep expression	10:02 - 10:22
Markus Schmidt (Switzerland)	
Question and answer	10:22 - 10:30
<i>Discussion group</i> 09:00 - 10:30	R308
S-48: Discussion group: Optimizing opioid therapy for restless legs syndrome /Willis-Ekbom disease: Insights from basic science to clinical practice	
Chair: Yuichi Inoue (Japan)	
Chair: John Winkelman (United States)	
Summary	09:00 - 09:00
Discussants	09:00 - 09:00
Arthur Walters (United States)	
John Winkelman (United States)	
Yuichi Inoue (Japan)	
Ravi Gupta (India)	
Ambra Stefani (Austria)	
<i>Symposium</i> 09:00 - 10:30	R309
S-49: New insights into the waking, sleeping and dreaming brain	
Chair: Elda Arrigoni (United States)	
Chair: Patrick Fuller (United States)	
Summary	09:00 - 09:00
Introduction	09:00 - 09:02
Role of dopamine signaling in the amygdala in the regulation of REM sleep	09:02 - 09:22
Emi Hasegawa (Japan)	
The teleological mystery of sleep — Glioneuronal mechanisms integrating sleep homeostasis and motivation	09:22 - 09:42
Michael Lazarus (Japan)	
Long-range and local networks that regulate sleep-promoting ventrolateral preoptic neurons	09:42 - 10:02
Elda Arrigoni (United States)	
The intersection of sleep and stress circuitry: How the brain drives hyperarousal in insomnia	10:02 - 10:22

Patrick Fuller (United States)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R324

S-50: Bridging sleep research and practice: Leveraging implementation science to improve sleep equity around the globe

Chair: Suzanne Bertisch (United States)

Summary

09:00 - 09:00

Introduction

09:00 - 09:02

Preventing the voltage drop: Why implementation science matters

09:02 - 09:18

Suzanne Bertisch (United States)

Implementation strategies (particularly technology and optimization) to improve adoption, implementation, and sustainment of best practices in health.

09:18 - 09:34

Roman Xu (China)

Addressing sleep apnea post-stroke: A hybrid type I cluster-randomized trial--results and lessons learned from the US veterans health administration

09:34 - 09:50

Jason Sico (United States)

Sleep health challenges and opportunities: Focus on modifiable factors in African adults

09:50 - 10:06

Jesujoba Olanrewaju (Nigeria)

Implementing the implementable - progress in dispensing good sleep health in Australian community pharmacies

10:06 - 10:22

Bandana Saini (Australia)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R325

S-51: The latest advances in understanding maternal sleep as a modifiable contributor to safer outcomes for mother and baby

Chair: Ghada Bourjeily (United States)

Chair: Danielle Wilson (Australia)

Summary

09:00 - 09:00

Introduction

09:00 - 09:02

Sleep as an opportunity to improve maternal and fetal health outcomes

09:02 - 09:22

Ghada Bourjeily (United States)

Can sleeping position during pregnancy impact fetal growth and wellbeing?

09:22 - 09:42

Danielle Wilson (Australia)

Non-pharmacological interventions for sleep in pregnancy

09:42 - 10:02

Meagan Crowther (Australia)

Treatment of sleep disordered breathing in pregnancy

10:02 - 10:22

Visasiri Tantrakul (Thailand)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R326

S-52: Sleep Challenge 2025 Exhibition: Predicting all-cause mortality using physiological signals from the PSG

Chair: Diane Lim (United States)

Chair: Toshihiro Imamura (United States)

Summary

09:00 - 09:00

Introduction

09:00 - 09:02

Sleep challenges: A catalyst for big data innovation and transformation

09:02 - 09:18

Diane Lim (United States)

Chaos theory-driven approach to analyzing biosignals

09:18 - 09:34

Yu-Hsin Chen (Taiwan)

Deep learning models to detect sleep patterns.

09:34 - 09:50

Poul Jørgen Jennum (Denmark)

Physiological networks applied to sleep apnea patients

09:50 - 10:06

Ronny Bartsch (Israel)

A clinically guided weighted hypoxemia approach for mortality prediction

10:06 - 10:22

Cheng-Bang Chen (United States)

Question and answer

10:22 - 10:30

Oral abstract

09:00 - 10:30

R327

O-17: Biomarkers, phenotyping, and cognitive aspects in narcolepsy and hypersomnolence

Chair: MaoHuan Peng (China)

Multimodal Detection of Narcolepsy Type 1 Using Genetic and Nocturnal Polysomnography Data

09:00 - 09:13

Dmitri Volfson (United States)

Clinical and Polysomnographic Differences Among Child-, Adolescent-, and Adult-Onset Type 1 Narcolepsy: A Chinese Cohort Study

09:13 - 09:26

MaoHuan Peng (China)

iSPHYNCS: An Update on the Internationalization and New Approaches of the Swiss Primary HYpersomnolence and Narcolepsy Cohort Study

09:26 - 09:39

Markus Schmidt (Switzerland)

Single-cell RNA and TCR sequencing of cerebrospinal fluid cells from patients with recent-onset type 1 narcolepsy

09:39 - 09:52

Shuang Yue (China)

Narcolepsy's Sustained Attention Deficits: Unveiled by Dysfunctional Brain Dynamics

09:52 - 10:05

Xiao Han (China)

Precision medicine approach in Brazilian patients with primary hypersomnias using hypocretin and high-resolution HLA sequencing : insights from a multiethnic population

10:05 - 10:18

Christianne Bahia (Brazil)

Oral abstract

09:00 - 10:30

R328

O-18: Tracking sleep: Tools, trends, and tailored interventions*Chair:* Clete Kushida (United States)**Tired and Wired: Sleep Deprivation Prevents Affective Renormalisation During Exposure to Ambiguous Threat**

09:00 - 09:00

Emma Sullivan (United Kingdom)

Uncovering Sleep-Linked Glucose Dynamics in Healthy Individuals Using Wearable Data

09:00 - 09:13

Zilu Liang (Japan)

How the Visual Urban Landscape Influences Sleep Health via Subjective Neighborhood Evaluation

09:13 - 09:26

Xiaorui Wang (Japan)

Timing Matters: Differential Associations of Pre-Bedtime vs. In-Bed Objective Phone Use with Sleep among University Students

09:26 - 09:39

Zhenghao Pu (Singapore)

Effects of a behavioral sleep extension intervention on actigraphically measured sleep and patient reported outcomes

09:39 - 09:52

Kelly Baron (United States)

Identifying sleep associations in women across five countries: a global smartwatch-based study

09:52 - 09:52

Claudio N. Soares (Canada)

Oral abstract

09:00 - 10:30

R329

O-19: New Investigator Award*Chair:* Charles Morin (Canada)*Chair:* Thomas Penzel (Germany)**Investigating differential rhythmicity in circadian biomarkers using skin perspiration wearables**

09:00 - 09:13

Annapoorna Ramasubramanya (United States)

Association of Outdoor Artificial Light at Night with Sleep Duration and Social Jetlag Among Preschool-aged Children

09:13 - 09:26

Qiu-Ye Lan (China)

Mandibular advancement device versus CPAP on cardiovascular health and quality of life in OSA □ a pre-specified 12 months follow up of outcome

09:26 - 09:39

Yi Hui Ou (Singapore)

Distinct gut microbial, brain gene expression and clinical progression profiles in REM sleep behavior disorder biotypes

09:39 - 09:52

Shi Tang (Hong Kong)

REM-sleep saw-tooth waves: cortical topography and associations with cognition

09:52 - 10:05

Irina Filchenko (Switzerland)

A Pilot Study of Personalized Obstructive Sleep Apnea Therapy in Patients with Acute Coronary Syndrome

10:05 - 10:18

Benjamin K Tong (Australia)

Oral abstract

09:00 - 10:30

O-20: Sleep and sleep deprivation neurophysiology

	Sleep Macro- and Microarchitecture in Major Depressive Disorder with Sleep State Misperception	09:00 - 09:13
Jiong Chen (China)		
	Sleep's Protective Effect on Fear Overgeneralization: The Role of REM Sleep and Theta Oscillations	09:13 - 09:26
Tianqi Di (China)		
	Sleep Restriction Affects Sequential Updating Through Increasing Reward Sensitivity	09:26 - 09:39
Jeryl, Yin Liang Lim (Australia)		
	An experimental study on the effects of railway vibration on sleep and the blood metabolome	09:39 - 09:52
Michael Smith (Sweden)		
	The contribution of theta activity preceding cortical down-states to the slow oscillatory-spindle dynamics of human non-REM sleep	09:52 - 10:05
Federico Salfi (Italy)		
	The Role of Adenosine Receptors and Their Antagonist Caffeine in the Mouse Hippocampal CA2 Region Associated with Sleep Deprivation	10:05 - 10:18
Lik Wei Wong (Singapore)		
<i>Industry workshop</i>		
10:00 - 10:45		R302
	Narcolepsy Workshop	
<i>Symposium</i>		
10:45 - 12:15		
	S-53: Illuminating the minds: Impact of light exposure on circadian rhythms and health	
Chair: Joey Chan (Australia)		
Chair: Jacob Crouse (Australia)		
	Summary	10:45 - 10:45
	Introduction	10:45 - 10:47
	Light exposure and neuropathology in schizophrenia	10:47 - 11:07
Yuichi Esaki (Japan)		
	Mental health and sleep correlates of self-reported outdoor daylight exposure in 13,000+ adults with depression	11:07 - 11:27
Jacob Crouse (Australia)		
	Alterations of Melanopsin-mediated Pupillary Response in Patients with REM Sleep Behavior Disorder and Parkinson's Disease	11:27 - 11:47
Joey Chan (Australia)		
	Light, circadian rhythm, and neuropsychiatric diseases	11:47 - 12:07
Jihui Zhang (China)		
	Question and answer	12:07 - 12:15
<i>Symposium</i>		
10:45 - 12:15		
	S-54: Advancing the definition and management of childhood obstructive sleep apnea (OSA)	
Chair: Indra Narang (Canada)		
Chair: Albert Li (China)		
	Summary	10:45 - 10:45

	Introduction	10:45 - 10:47
	Improving sleep in children with Down syndrome	10:47 - 11:07
Rosemary Horne (Australia)		
	EEG characteristics and cognitive dysfunction in children with OSA	11:07 - 11:27
Zhifei Xu (China)		
	Can adenotonsillectomy in childhood enhance long-term cardiovascular health for individuals with OSA?	11:27 - 11:47
Jun Chun Ting Au (Canada)		
	Optimizing treatment for pediatric OSA: Insights from HFNC and CPAP therapies	11:47 - 12:07
Kate Chan (Hong Kong)		
	Question and answer	12:07 - 12:15
<i>Symposium</i> 10:45 - 12:15		
	S-55: Advancing ambulatory sleep monitoring and diagnostics through innovative sensor technologies	
<i>Chair:</i> Ralf Seepold (Germany)		
<i>Chair:</i> Natividad Martínez Madrid (Germany)		
	Summary	10:45 - 10:45
	Introduction	10:45 - 10:47
	Development and verification of a neck-wearable Piezoelectric sensor for detecting snoring and sleep apnea from snoring and carotid pulse signals	10:47 - 11:03
Li-Ang Lee (Taiwan)		
	Innovative sleepiness monitoring system using speech and wearable electrodermal activity signals	11:03 - 11:19
Ralf Seepold (Germany)		
	Analysis of sleep and speech patterns for the diagnosis of impulse control disorders in adolescents	11:19 - 11:35
Natividad Martínez Madrid (Germany)		
	All-night EEG-fNIRS as a novel tool for investigating sleep physiology	11:35 - 11:51
Christophe Grova (Canada)		
	Quantification of REM sleep without atonia in natural sleep environment	11:51 - 12:07
Shani Oz (Israel)		
	Question and answer	12:07 - 12:15
<i>Symposium</i> 10:45 - 12:15		
	S-56: Obesity and the effects of GLP-1 agonists on OSA	
<i>Chair:</i> Richard Schwab (United States)		
<i>Chair:</i> Ron Grunstein (Australia)		
	Summary	10:45 - 10:45
	Introduction	10:45 - 10:47
	Relationship of upper airway anatomy and obesity in patients with OSA: The Icelandic Sleep Cohort	10:47 - 11:03

Liyue (Adell) Xu (China)

Effect of weight loss on pharyngeal soft tissues including reductions in tongue fat from MRI studies

11:03 - 11:19

Richard Schwab (United States)

Effect of Liraglutide on OSA in patients with type 2 DM - the ROMANCE trial

11:19 - 11:35

Dan Cuthbertson (United Kingdom)

Highlights from the Surmount OSA trial and what are the next treatments on the horizon

11:35 - 11:51

Ron Grunstein (Australia)

How do GLP-1 agonists fit into OSA management pathways and will they a game change?

11:51 - 12:07

Vaishnavi Kundel (United States)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

S-57: Narcolepsy meets immunology: Recent global discoveries in its pathophysiology

Chair: Emmanuel Mignot (United States)

Chair: Rolf Fronczek (Netherlands)

Summary

10:45 - 10:45

Introduction

10:45 - 10:47

Mechanistic insights into the autoimmune hypothesis of narcolepsy: Novel cellular and animal findings

10:47 - 11:07

Christelle Peyron (France)

A European perspective on the role of immunological triggers on the development of central disorders of hypersomnolence

11:07 - 11:27

Jari Gool (Netherlands)

The role of different influenza strains on the onset of narcolepsy in the United States

11:27 - 11:47

Emmanuel Mignot (United States)

The role of upper airway infection as trigger for children narcolepsy type 1 in China

11:47 - 12:07

Fang Han (China)

Question and answer

12:07 - 12:15

Discussion group

10:45 - 12:15

S-58: Discussion group: Religious and spiritual determinants of sleep health

Chair: Chandra Jackson (United States)

Summary

10:45 - 10:45

Discussants

10:45 - 12:15

Chandra Jackson (United States)

Rupsha Singh (Nepal)

Hamza Dhafar (Saudi Arabia)

Symposium

10:45 - 12:15

R308

S-59: Understanding the therapeutic opportunities of iron treatment in RLS*Chair:* Diego Garcia-Borreguero (Spain)*Chair:* Claudia Trenkwalder (Germany)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

The therapeutic efficacy of iron supplementation in adults

10:47 - 11:07

Claudia Trenkwalder (Germany)

Measuring serum vs brain iron status. The use of SN Ultrasound in RLS

11:07 - 11:27

Diego Garcia-Borreguero (Spain)

Iron deficiency and augmentation

11:27 - 11:47

Chung-Yao Hsu (Taiwan)

The therapeutic efficacy of iron supplementation in the pediatric population

11:47 - 12:07

Lourdes DelRosso (United States)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

R309

S-60: Collaborative strategies for optimizing pediatric sleep health*Chair:* Leopoldo Pedro Correa (Mexico)*Chair:* Christine Hong (United States)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

Precision Growth modification targeting craniofacial skeletal phenotype of pediatric OSA

10:47 - 11:07

Su-Jung Kim (Korea, Republic of)

Biology of maxillary expansion and its effect on upper airway

11:07 - 11:27

Christine Hong (United States)

Orofacial myofunctional therapy as adjunct in treating obstructive sleep apnea

11:27 - 11:47

Rochelle McPherson (Australia)

Pathophysiological and anatomical factors in pediatric OSA: Path towards precision medicine

11:47 - 12:07

Umakanth Katwa (United States)

Question and answer

12:07 - 12:15

Symposium

10:45 - 12:15

R324

S-61: Sleep and the microbiome*Chair:* Y.K. Wing (Hong Kong)*Chair:* Dalva Poyares (Brazil)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:47

Lin Lu (China)	Brain-gut-microbiota interactions in sleep disorders	10:47 - 11:07
	Obstructive sleep apnea, hypoxia, and the microbiota	11:07 - 11:27
Jean-Louis Pépin (France)	Sleep bruxism and putative role(s) of the oral microbiota: Caution in extrapolation	11:27 - 11:47
	Is there a role for probiotics in the treatment of insomnia disorder and psychological symptoms?	11:47 - 12:07
Gilles J Lavigne (Canada)	Question and answer	12:07 - 12:15
<i>Symposium</i>		
10:45 - 12:15		R325
S-62: Rethinking mask selection for CPAP and non-invasive ventilation: Facts and perspectives		
<i>Chair:</i> Pedro Genta (Brazil)		
<i>Chair:</i> Patrick Strollo (United States)		
	Summary	10:45 - 10:45
	Introduction	10:45 - 10:47
	Mask side-effects: Distinguishing between mouth and mask leak	10:47 - 11:03
Pedro Genta (Brazil)	Performance of nasal and oronasal masks for CPAP treatment: Current evidence	11:03 - 11:19
Patrick Strollo (United States)	The importance of mask selection for home non-invasive ventilation	11:19 - 11:35
Amanda Piper (Australia)	Digital facial imaging for artificial intelligence-guided mask fitting applications	11:35 - 11:51
Timothy Morgenthaler (United States)	Common biases leading to incorrect mask selection	11:51 - 12:07
Ana C. Krieger (United States)	Question and answer	12:07 - 12:15
<i>Symposium</i>		
10:45 - 12:15		R326
S-63: Global efforts to combat drowsy driving: Opportunities and challenges to save more lives		
<i>Chair:</i> Andrew Vakulin (Australia)		
<i>Chair:</i> Arezu Najafi (Iran)		
	Summary	10:45 - 10:45
	Introduction	10:45 - 10:47
	Drowsy driving: Summary of the scientific evidence on the causes, prevalence, consequences and costs	10:47 - 11:03
Clare Anderson (United Kingdom)	Overview of international regulations on sleep disorders and	11:03 - 11:19

drowsy driving across the world		
Walter McNicholas (Ireland)		
	Overview of international public health and road design approaches to reducing drowsy driving	11:19 - 11:35
Arezu Najafi (Iran)		
	Summary of research evidence on detecting driver state and trait drowsiness from laboratory and on-road driving studies and commercial vehicle systems	11:35 - 11:51
Mark Howard (Australia)		
	Gaps in regulations and public health initiatives to reduce drowsy driving crashes in private drivers and related solutions	11:51 - 12:07
Andrew Vakulin (Australia)		
	Question and answer	12:07 - 12:15
<i>Oral abstract</i>		
10:45 - 12:15		R327
O-21: Phenotyping and variability in obstructive sleep apnea: Implications for cardiovascular risk and personalized management		
<i>Chair: Danny Eckert (Australia)</i>		
<i>Chair: Mary Carskadon (United States)</i>		
	Multi-night monitoring of variability in OSA severity and associated impacts on daytime impairment and quality of life	10:45 - 10:58
Simon Proctor (Australia)		
	Data-Driven Identification of OSA Subtypes through Endotypic Clustering in Multi-Cohort Population Studies	10:58 - 11:11
Sue Jung Lee (Korea, Republic of)		
	The combined effect of acetazolamide and oxygen (ACZO₂) on OSA severity and endotypes	11:11 - 11:24
Shane Landry (Australia)		
	Respiratory self-similarity is a sleep apnea endotype that predicts cardiovascular disease related mortality in community-dwelling subjects	11:24 - 11:37
Yuenan Ni (China)		
	Sleep-stage dynamics predicts current sleep-disordered-breathing and future cardiovascular risk	11:37 - 11:50
Michal Bechny (Switzerland)		
	High night-to-night variability in OSA severity is associated with prevalent major adverse cardiovascular and cerebrovascular events	11:50 - 12:03
Bastien Lechat (Australia)		
<i>Oral abstract</i>		
10:45 - 12:15		R328
O-22: The science of sleep health: Biomarkers, behavior, and big data		
<i>Chair: Matteo Cesari (Austria)</i>		
	Digital cognitive-behavioral therapy-based treatment for insomnia, nightmares and post-traumatic stress disorder symptoms in wildfire survivors: A randomized feasibility pilot trial	10:45 - 10:58
Fadia Isaac (Australia)		
	Relationships between sleep and daily step count examined using large-scale, home-based, health monitoring data	10:58 - 11:11
Josh Fitton (Australia)		

	Association Between Daily Step Count and Sleep Health: Findings from a National Survey in China	11:11 - 11:24
Xinyu Fu (China)		
	Associations Between Sleep Health and Gut Microbiota: A Metagenomic Analysis in a Community-Based Sample in Hong Kong	11:24 - 11:37
Suyi Xie (Hong Kong)		
	Cerebral Metabolic Abnormalities and Disrupted Gut Microbiota in Adolescents with Major Depressive Disorder and Comorbid Insomnia Symptoms: A Proton Magnetic Resonance Spectroscopy Study	11:37 - 11:50
Shuming Zhong (China)		
	Where You Live Shapes How You Sleep: Geographic and Cultural Influences on Sleep Duration in Global Data Measured by the Galaxy Watch	11:50 - 12:03
Pamela Song (Korea, Republic of)		
<i>Oral abstract</i>		
10:45 - 12:15		R329
O-23: Neurophysiological signatures and technological innovations in sleep apnea detection and impact assessment		
<i>Chair: Virend Somers (United States)</i>		
<i>Chair: Ingo Fietze (Germany)</i>		
	Sleep spindle characteristics in children with OSA and their associations with declarative memory function	10:45 - 10:58
Mingqi Dong (China)		
	Electroencephalographic response to respiratory events is associated with all-cause mortality in obstructive sleep apnea	10:58 - 11:11
Mohammadreza Hajipour (Canada)		
	A Multi-Task Deep Learning Model for Sleep Staging and Apnea Detection Using Single-Channel EEG	11:11 - 11:24
Hyun Kyung Lee (Korea, Republic of)		
	Dynamic Changes in Pulse Propagation Time Following Respiratory Events are Associated with Cortical Arousals in Obstructive Sleep Apnea	11:24 - 11:37
Christian Strassberger (Sweden)		
	AI-rway A Scalable Smartphone based Airway Screening tool for OSA and SDB for use @ Scale in pediatric and adult populations	11:37 - 11:50
Paramesh Gopi (United States)		
	Supplemental Low-Dose CO₂ Delivered by a Novel Device Abolishes Central Sleep Apnea at High Altitude	11:50 - 12:03
Yuanming Luo (United States)		
<i>Oral abstract</i>		
10:45 - 12:15		
O-24: Treatment and risk factor modifications in circadian rhythm disorders		
<i>Chair: Kathryn Reid (United States)</i>		
	Aripiprazole (Abilify) as a new treatment for circadian rhythm sleep-wake disorders (CRSWDs) and its mechanism of action	10:45 - 10:55
Takashi Kanbayashi (Japan)		
	Clinical Trial of Solriamfetol in Early Morning Shift Workers	10:55 - 11:05
Kirsi-Marja Zitting (United States)		

	Late Isocaloric Eating Delays Circadian Rhythm of Glucose Tolerance in Adults with Overweight and Obesity	11:05 - 11:15
Han-Chow Koh (United States)		
	Work ability and health-related productivity loss by chronotype: Results from population-based panel study	11:15 - 11:25
Mo-Yeol Kang (Korea, Republic of)		
	Evaluation of the Molecular Crosstalk Between Endoplasmic Reticulum Stress and Sleep-Wake Homeostasis	11:25 - 11:35
Guohao Ni (United Kingdom)		
	Chronotype and infradian rhythms: the influence of solar and lunar cycles on sleep duration and phase	11:35 - 11:45
Simone Bruno (United States)		
<i>Industry workshop</i>		
11:15 - 12:00		R302
	BMC Medical: Detecting all Central Events using CPAP - What's the point?	
	Summary	11:15 - 11:15
	Detecting all Central Events using CPAP - What's the point?	11:15 - 11:15
Xiaolei Zhang (China)		
Renata Riha (United Kingdom)		
<i>Special interest group</i>		
12:20 - 13:15		R302
	New directions in multi-disciplinary education	
<i>Chair:</i> Jatuporn Wanchaitanawong (Thailand)		
<i>Chair:</i> Huiji Yi (China)		
	Summary	12:20 - 12:20
<i>Industry symposium</i>		
12:45 - 13:45		
	Medscape Education Global: Global Perspectives in Narcolepsy: Learning From Each Other	
<i>Chair:</i> Yuichi Inoue (Japan)		
	Overview	12:45 - 12:45
	Welcome and Introduction	12:45 - 12:55
Yuichi Inoue (Japan)		
	Narcolepsy Type 1: Journeys to a Tricky Diagnosis	12:55 - 13:05
Anne Marie Morse (United States)		
	Awake but Not Alert: Cognitive Performance in Narcolepsy	13:05 - 13:20
Lucie Barateau (France)		
	Mechanisms of Impaired Cognition in Narcolepsy	13:20 - 13:30
Thomas Scammell (United States)		
	Panel Discussion and Audience Q&A	13:30 - 13:43
	Summary and Close	13:43 - 13:45
Yuichi Inoue (Japan)		

Industry symposium

12:45 - 13:45

Philips Sleeposium: Frontiers of Sleep Sciences in 2025*Chair:* Song Tar Toh (Singapore)**Collaboratively shaping the future of sleep medicine: Emerging trends that will affect us all**

12:45 - 12:45

Teofilo Lee-Chiong (United States)

AI in Sleep Medicine: Navigating Innovation and Implementation Challenges

12:45 - 12:45

Ahmed BaHammam (Saudi Arabia)

Personalization and customization of sleep therapy

12:45 - 12:45

Naricha Chirakalwasan (Thailand)

Panel Discussion

12:45 - 12:45

Industry symposium

12:45 - 14:15

Idorsia: Managing insomnia disorder in patients with neurological and psychiatric comorbidities*Chair:* David Neubauer (United States)**The impact of insomnia disorder for patients**

12:45 - 13:05

David Neubauer (United States)

New clinical data on daridorexant for managing insomnia disorder

13:05 - 13:25

Atul Khullar (Canada)

Clinical experience managing insomnia disorder in patients with psychiatric comorbidities

13:25 - 13:45

Laura Palagini (Italy)

Clinical experience managing insomnia disorder in patients with neurological comorbidities

13:45 - 14:05

Claudio Liguori (Italy)

Panel discussion and Q&A

14:05 - 14:15

Industry symposium

12:45 - 13:45

Transforming Sleep Science with Wearable and Next Generation Technology: Samsung Opportunities and Case Studies*Chair:* Jennifer Kanady (United States)**Overview**

12:45 - 12:45

Welcome and Samsung Health Introduction

12:45 - 12:50

Jongmin Choi (Korea, Republic of)

Beyond the Lab: How Wearables and Next-Gen Tech are Advancing Sleep Health and Research

12:50 - 13:00

Jennifer Kanady (United States)

Samsung Health SDK Suite: Inspiring the Future through Research and Innovation

13:00 - 13:10

Moonbae Song (Korea, Republic of)

Case Study One: Bayer Consumer wearables and women's health: Real-world insights into sleep disturbances associated with menopausal transition

13:10 - 13:25

Cecilia Caetano (Switzerland)

Case Study Two: KAIST

13:25 - 13:40

AI + Math Meets Physiology: Scalable Personalized Sleep Scheduling via Samsung Health

Jaekyoung Kim (Korea, Republic of)

Q&A

13:40 - 13:45

Jennifer Kanady (United States)

Introduction to next Samsung Symposium and Booth Exhibition

13:45 - 13:45

Jennifer Kanady (United States)

Industry symposium

12:45 - 13:45

R309

Nox Medical: Precision Breathing: Advancing Sleep Apnea Phenotyping Through Accurate Flow Measurement

Chair: Fang Han (China)

Chair: Liang-wen Hang (Taiwan)

Summary

12:45 - 12:45

Flow matters: Unlocking the diagnostic power of Nox Flow

12:45 - 12:45

Jon Agustsson (Iceland)

Mapping mechanisms: Phenotyping the pathophysiology of obstructive sleep apnea

12:45 - 12:45

Scott Sands (United States)

Beyond AHI: How phenotyping is redefining sleep apnea treatment at the bedside

12:45 - 12:45

Wan-Ju Cheng (Taiwan)

Special interest group

14:00 - 16:00

R302

WSA Research Showcase

Keynote

14:15 - 15:00

K-07: Mary Ip: Cardiometabolic consequences of obstructive sleep apnea: Are we making progress?

Introduction

14:15 - 14:15

Sutapa Mukherjee (Australia)

Cardiometabolic consequences of obstructive sleep apnea: Are we making progress?

14:15 - 14:15

Mary Ip (Hong Kong)

Keynote

14:15 - 15:00

K-08: Célyne Bastien: Sleep misperception: A waking perspective

Introduction

14:15 - 14:15

Dalva Poyares (Brazil)

Sleep misperception: A waking perspective

14:15 - 14:58

Célyne Bastien (Canada)

Symposium

15:15 - 16:45

S-64: Discussion Group: Managing patients with obstructive sleep apnea and obesity with GLP-1 receptor agonists*Chair:* Clete Kushida (United States)*Chair:* Patrick Strollo (United States)**Summary**

15:15 - 15:15

Discussants

15:15 - 16:45

Clete Kushida (United States)

Patrick Strollo (United States)

Christine Won (United States)

Danny Eckert (Australia)

Ingo Fietze (Germany)

Najib Ayas (Canada)

Symposium

15:15 - 16:45

S-65: Night shift work and health risks: Internal desynchrony and underlying mechanisms*Chair:* Hans Van Dongen (United States)*Chair:* Gabriela Hurtado-Alvarado (Mexico)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:17

Multi-omics of simulated night shift work: Evidence of widespread metabolic desynchrony

15:17 - 15:37

Hans Van Dongen (United States)

Real-world rotating shift schedules and internal circadian disruption of metabolism

15:37 - 15:57

Diane Boivin (Canada)

Eating at night and its circadian impacts on metabolism

15:57 - 16:17

Siobhan Banks (Australia)

Meal timing and the regulation of glucose metabolism and immunity

16:17 - 16:37

Leonie Heilbronn (Australia)

Question and answer

16:37 - 16:45

Symposium

15:15 - 16:45

S-66: Phenotypic spectrum of restless legs syndrome: Clinical insights and research perspectives*Chair:* Diego Garcia-Borreguero (Spain)*Chair:* Lourdes DelRosso (United States)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:17

Introduction: The phenotypic clinical diversity of RLS

15:17 - 15:37

Diego Garcia-Borreguero (Spain)

Pediatric RLS phenotypes: Early onset and unique challenges

15:37 - 15:57

Lourdes DelRosso (United States)

Adult RLS phenotypes: Clinical variability in adulthood

15:57 - 16:17

Claudia Trenkwalder (Germany)

Genetic insights into RLS: Shared variants and comorbidities

16:17 - 16:37

Arthur Walters (United States)

Question and answer

16:37 - 16:45

Symposium

15:15 - 16:45

S-67: Toward understanding dream interpretation: Mechanisms and functions of REM sleep

Chair: Yu Hayashi (Japan)

Chair: Shoi Shi (Japan)

Summary

15:15 - 15:15

Introduction

15:15 - 15:17

Mapping the neurophysiological correlates of dreams in sleep

15:17 - 15:37

Francesca Siclari (Netherlands)

Neural network models of hippocampal computations during sleep

15:37 - 15:57

Louis Kang (Japan)

Sodium leak channel uncovers the molecular mechanism regulating REM sleep and the function of REM sleep

15:57 - 16:17

Hiromasa Funato (Japan)

Brain-body interactions underlying REM sleep regulation and threat responses

16:17 - 16:37

Liping Wang (China)

Question and answer

16:37 - 16:45

Symposium

15:15 - 16:45

S-68: Adolescent sleep and mental health: From challenges to solutions

Chair: Shirley Xin Li (Hong Kong)

Chair: Michael Gradisar (Sweden)

Summary

15:15 - 15:15

Introduction

15:15 - 15:17

Caught between books and beds: The impact of sleep deprivation and sleep disturbance on Taiwanese adolescents' mental health

15:17 - 15:33

Ya-wen Jan (Taiwan)

Adolescent sleep and implications for school performance and mental health - Results from a Norwegian cohort of older adolescents

15:33 - 15:49

Ingvild West Saxvig (Norway)

New subtypes of insomnia and their association with mental health in children and adolescents

15:49 - 16:05

Guanghai Wang (China)

Late owl phenomenon and sleep deprivation in adolescents: Is advancing bedtime effective?

16:05 - 16:21

Sijing Chen (Hong Kong)

Comorbid insomnia and anxiety in youth - Shall we tackle sleep or anxiety problem in treatment?

16:21 - 16:37

Xiao Li (Hong Kong)

Question and answer

16:37 - 16:45

Discussion group

15:15 - 16:45

S-69: Discussion group: Global perspectives on sleep health advocacy: Insights and experiences across five continents*Chair:* Rebecca Robillard (Canada)*Chair:* Arezu Najafi (Iran)**Summary**

15:15 - 15:15

Discussants

15:15 - 15:15

Arezu Najafi (Iran)

Jason Ellis (United Kingdom)

Morenikeji Komolafe (Nigeria)

Julie Flygare (United States)

Andrew Vakulin (Australia)

Rebecca Robillard (Canada)

Symposium

15:15 - 16:45

R308

S-70: Ecology of sleep strategies: Placing sleep function in a broader context*Chair:* Markus Schmidt (Switzerland)*Chair:* Gianina Ungurean (Germany)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:17

Introduction - A mammalian and Bird's Eye perspective of sleep diversity

15:17 - 15:33

Gianina Ungurean (Germany)

Ecological flexibility in seep duration

15:33 - 15:49

Niels Rattenborg (Germany)

Long-term monitoring of sleep-wake behaviors and the role of ambient ecological conditions

15:49 - 16:05

Isabella Capellini (United Kingdom)

Comparative studies of seasonal impacts on sleep expression in birds and mammals

16:05 - 16:21

Peter Meerlo (Netherlands)

Strategies of resource optimization through sleep-wake alternation

16:21 - 16:37

Markus Schmidt (Switzerland)

Question and answer

16:37 - 16:45

Symposium

15:15 - 16:45

R309

S-71: Cracking the code: Deep signal analysis in sleep-disordered breathing*Chair:* Ding Zou (Sweden)*Chair:* Liang-wen Hang (Taiwan)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:17

Morphological flow analysis for high loop gain in adults and kids

15:17 - 15:33

Robert Thomas (United States)

Centralness of respiratory events: A novel tool to guide non-PAP interventions in sleep disordered breathing

15:33 - 15:49

Scott Sands (United States)

	Beyond Desaturations: Leveraging Pulse Oximetry for Comprehensive Diagnosis	15:49 - 16:05
Henri Korkalainen (Finland)		
	Endotypic traits characterizing obesity and sleep-related hypoventilation in patients with obstructive sleep apnea	16:05 - 16:21
Wan-Ju Cheng (Taiwan)		
	Cluster analysis in OSA: Opening the black box of AI with explainable modelling	16:21 - 16:37
Daniil Lisik (Sweden)		
	Question and answer	16:37 - 16:45
<i>Symposium</i>		
15:15 - 16:45		R324
	S-72: Advances in proteomics, glycomics, and transcriptomics of sleep disorders	
Chair: Raffaele Ferri (Italy)		
Chair: Maria Paola Mogavero (Italy)		
	Summary	15:15 - 15:15
	Introduction	15:15 - 15:17
	Proteomic and metabolomic perspectives in the study of PLMS/RLS	15:17 - 15:37
Katie L.J. Cederberg (United States)		
	Integrative proteomics and glycomics in narcolepsy: Biomarkers and mechanistic insights	15:37 - 15:57
Yehia Mechref (United States)		
	New insights into Kleine-Levin syndrome: Orexin and omics biomarkers	15:57 - 16:17
Fang Han (China)		
	Decoding the proteomic and transcriptomic landscape of restless legs syndrome	16:17 - 16:37
Maria Paola Mogavero (Italy)		
	Question and answer	16:37 - 16:45
<i>Discussion group</i>		
15:15 - 16:45		R325
	S-73: Discussion group: "Simple" snoring: Not simple, not hopeless	
Chair: Ofer Jacobowitz (United States)		
Chair: Edilson Zancanella (Brazil)		
	Summary	15:15 - 15:15
	Introduction	15:15 - 15:17
	Devices and Aids for Snoring : Does Anything Work?	15:17 - 15:33
Ofer Jacobowitz (United States)		
	The approach to the snoring patient	15:33 - 15:49
Edilson Zancanella (Brazil)		
	First in Line, the Nose	15:49 - 16:05
Jessica Schwarts (United Arab Emirates)		
	Palatal Vibrations, How to Treat	16:05 - 16:21
Dipankar Datta (India)		

Case Presentations & Panel Discussion	16:21 - 16:37
Stuart MacKay (Australia)	
Question and answer	16:37 - 16:45
<i>Symposium</i>	
15:15 - 16:45	R326
S-74: Harmonizing pediatric sleep: Navigating the complexities and diversities in managing sleep-related breathing disorders across borders	
Chair: Karen Spruyt (France)	
Chair: Umakanth Katwa (United States)	
Summary	15:15 - 15:15
Introduction	15:15 - 15:17
The South American perspective	15:17 - 15:33
Gustavo Moreira (Brazil)	
The Asian perspective	15:33 - 15:49
Kate Chan (Hong Kong)	
The USA perspective	15:49 - 16:05
Umakanth Katwa (United States)	
The African perspective	16:05 - 16:21
Eniola Eziyi (Nigeria)	
The European perspective	16:21 - 16:37
Palma Benedek (Hungary)	
Question and answer	16:37 - 16:45
<i>Oral abstract</i>	
15:15 - 16:45	R327
O-25: Biomarkers and neuroimaging in prodromal RBD and synucleinopathies	
Chair: Federica Provini (Italy)	
Chair: Shady Rahayel (Canada)	
Glymphatic defect in isolated REM sleep behavior disorder is associated with phenoconversion to Parkinson's disease	15:15 - 15:28
Léa Bastien (Canada)	
[¹⁸F]FDG-PET as staging biomarker in the prodromal to overt neuronal alpha-synucleinopathy continuum	15:28 - 15:41
Beatrice Orso (Italy)	
Free water imaging predicts phenoconversion in isolated REM sleep behavior disorder: a longitudinal, multicentre, prospective cohort study	15:41 - 15:54
Celine Haddad (Canada)	
Free water is increased within the basal forebrain and suprachiasmatic pathways of isolated REM sleep behavior disorder	15:54 - 16:07
Shady Rahayel (Canada)	
Brain Connectivity Alterations in Idiopathic REM Sleep Behavior Disorder: A Multi-Cohort Study	16:07 - 16:20
Christina Tremblay (Canada)	
Progression of prodromal markers of alpha-synucleinopathy neurodegeneration in the first-degree relatives of patients with REM sleep behavior disorder: a 7-year prospective study	16:20 - 16:33

Ningning Li (Hong Kong)

Oral abstract

15:15 - 16:45

R328

O-26: Infant and preschool sleep: Patterns and problems

Chair: Rosemary Horne (Australia)

Chair: Judith Owens (United States)

Feasibility and clinical utility of daytime polysomnography performed in NICU to diagnose sleep disordered breathing in infants

15:15 - 15:28

Dimple Goel (Australia)

Comparison of Treatment Efficacy Between Rapid Maxillary Expansion and Adenotonsillectomy in Children With Obstructive Sleep Apnea: An RCT

15:28 - 15:41

Supakit Peanchitlertkajorn (Thailand)

Toddler Sleep Patterns: Exploring Associations Between Bedtime Consistency and Routines, Parental Involvement and Sleep Outcomes

15:41 - 15:54

Monica Ordway (United States)

A Quest for a Histaminergic or Orexinergic Biomarker for Sudden Infant Death Syndrome

15:54 - 16:07

Patricia Franco (France)

Slower maturation of the circadian rest-activity rhythm is associated with weight gain across infancy

16:07 - 16:20

Megan Petrov (United States)

Diagnostic Accuracy of a Contactless Sleep Mat; "The Sonomat®" compared to Level 1 Polysomnography in Children with Neurodisability - Findings from an Australian Multi-Centre Trial

16:20 - 16:33

Jasneek Chawla (Australia)

Oral abstract

15:15 - 16:45

R329

O-27: Rethinking daytime sleepiness: Multimodal approaches to identification and management

Chair: Thomas Scammell (United States)

Chair: Lucie Barateau (France)

Bordeaux Sleepiness Scale (BOSS): A new scale to predict sleep-related traffic accident in regular French highway drivers

15:15 - 15:28

Pierre Philip (France)

Association of Hypnotics with Dementia and Cognitive Function in Insomnia Patients: An Observational and Two-sample Mendelian Randomization study

15:28 - 15:41

Sizhi Ai (China)

Altered sleep spindle morphology in idiopathic hypersomnia

15:41 - 15:54

Samantha Mombelli (Canada)

Optimizing timing and dose of melatonin administration: a randomized, double-blind controlled trial in healthy adults

15:54 - 16:07

Simone Bruno (United States)

Detection of Phoneme Sequences in Spontaneous Speech for the Characterization of Excessive Daytime Sleepiness : a new method to be compared to MSLT

16:07 - 16:20

Colleen Beaumard (France)

Metabolomic Profiling of Kleine-Levin Syndrome In and Out of

16:20 - 16:33

Episode using Liquid Chromatography-Mass Spectrometry

Liyue (Adell) Xu (China)

Machine Learning Classification of Idiopathic Hypersomnia and Narcolepsy: Novel Clinical Predictors from a Decade-Long Urban Academic Sleep Center

16:33 - 16:46

NatalieDeana Badillo (United States)

Oral abstract

15:15 - 16:45

O-28: Chronobiology and neurophysiology in early neurodegeneration**Electroencephalographic slowing during REM sleep is a marker of cholinergic dysfunction in Lewy body disorders**

15:15 - 15:25

Jack Anderson (Australia)

Sleep Stage-Specific Aperiodic EEG Spectral Slope Alterations in isolated REM Sleep Behavior Disorder and Neurodegenerative Disorders

15:25 - 15:35

Jianzhang Ni (Hong Kong)

Smartphone-based digital phenotyping of motor and non-motor biomarkers across early stages of α -synucleinopathies

15:35 - 15:45

Zhixuan He (Hong Kong)

Circadian Clock Gene *Per1/Per2* Knockout Leads to Motor Dysfunction in Mice

15:45 - 15:55

Yimei Fan (China)

A diagnostic model for Parkinson's disease based on circadian rhythm-related genes

15:55 - 16:05

Lufeng Wang (China)

Effects of Light Therapy on Parkinson's Disease-Related Brain Dysconnectivity and Sleep Disorders

16:05 - 16:15

Yun Shen (China)

Industry workshop

16:00 - 16:45

R302

SOMNOmedics: Next Era: Home Based Sleep Architecture and AI-Based PSG Scoring: Bridging Ambulatory and Laboratory Diagnostics**Artificial intelligence in sleep medicine - toward foundation models for polysomnography**

16:00 - 16:00

Emmanuel Mignot (United States)

Presenting the DOMINO-AI from SOMNOmedics, certified by the AASM, and first clinical experience

16:00 - 16:00

Gert Kuchler (Germany)

Longitudinal sleep assessment at home: a comparison of wearable and contactless approaches

16:00 - 16:00

Derk-Jan Dijk (United Kingdom)

HomeSleepTest - A Cost-Efficient and Innovative Tool for objective Sleep Stage Evaluation in the patients' home

16:00 - 16:00

Hatem Khalil (Egypt)

Special interest group

16:45 - 18:15

Singapore Sleep Society Annual General Meeting 2025**Launch of the AMS Chapter of Sleep Medicine Physicians Obstructive Sleep Apnoea (OSA) Consensus Statements****Summary**

16:45 - 16:45

Special interest group

16:45 - 18:15

R308

Personalized management of OSA: Anatomical-Pathological correlation, DISE integration, surgical modifications, and addressing CPAP and surgical failures*Chair:* Srinivas Kishore (India)*Chair:* Vikas Agrawal (India)**Summary**

16:45 - 16:45

Introduction

16:45 - 16:50

Vijaya Krishnan (India)

Bridging anatomy & pathophysiology: A unified perspective in OSA evaluation

16:50 - 17:10

Vikas Agrawal (India)

Strategic use of DISE to enhance success rates in OSA surgery

17:10 - 17:30

Sandeep Bansal (India)

Customized palatoplasty in sleep apnea: Matching surgical technique to airway phenotype

17:30 - 17:50

Vijaya Krishnan (India)

When first-line treatments fail: Revisiting CPAP and surgical setbacks in OSA

17:50 - 18:10

Dipankar Datta (India)

Question and answer

18:10 - 18:15

Vijaya Krishnan (India)

Poster abstract

16:45 - 17:45

Poster abstract group 3

001

Sleep-related Cerebrospinal Fluid Dynamics in Young and Mature Adults

16:45 - 16:45

A.J. Schwichtenberg (United States)

002

Sleep and care burden of informal caregivers of people with dementia: an interim exploratory analysis of the ICare.IT-AvereCura study

16:45 - 16:45

Alessandro Silvani (Italy)

003

Tunable Lighting to Improve Sleep and Cognition Performance in Elderly Population in Nursing Homes

16:45 - 16:45

Mohamed Boubekri (United States)

004

The Relationship Between Napping and Memory Varies as a Function of Genetic Risk for Alzheimer's Disease

16:45 - 16:45

Caroline Faucher (Australia)

005

Multi-organ sleep age derived from polysomnography and risk of dementia and mortality

16:45 - 16:45

Clémence Cavallès (France)

006

Age related changes in sleep quantitative EEG brain activity and

16:45 - 16:45

longitudinal relationship to cognitive function		
Emma Stumbles (Australia)		
007	Orexin receptor antagonism rescues sleep and improves anxiety in tau-transgenic mice, but only improves cognition sex-dependently	16:45 - 16:45
Jarrah Kron (Australia)		
008	The Sleep Detectives: a co-designed protocol for longitudinal tracking of sleep health, sleep neurophysiology and cognition in children and young people at risk of neurodevelopmental disorders	16:45 - 16:45
Matt Jones (United Kingdom)		
009	Daytime Sleepiness is Associated with Poorer Driving Outcomes in Older Adults with SCD or MCI	16:45 - 16:45
Tiffany Lo (Australia)		
011	Aperiodic EEG activity in rodents as a potential marker for human hyperarousal	16:45 - 16:45
Alejandro Osorio-Forero (Colombia)		
012	The Impact of Sleep Perception on Cognitive Functions in Adults with Objectively Sufficient Sleep Duration	16:45 - 16:45
Hui Yan Chu (Hong Kong)		
013	Assessment of sleep quality and its association with mental status and physical activity among medical undergraduates	16:45 - 16:45
Basanta Manjari Naik (India)		
014	Differential histamine responses measured with biosensor in wild-type and orexin/ataxin-3 mice: genotype-specific pharmacological sensitivity	16:45 - 16:45
Camille Gylling Hviid (Denmark)		
015	A Digital, Real-Time, History-Based Sleep-Management Tool to Enhance Alertness	16:45 - 16:45
Yun Min Song (Korea, Republic of)		
016	The influence of Obstructive Sleep Apnea on the peripheral blood supply of wound Healing: Microscopic and Macroscopic findings. Insights from a Murine Model. Preliminary results	16:45 - 16:45
Mahmud Darawshe (Israel)		
017	Sleep fragmentation and mental health: understanding anxiety and depression upon experimental sleep modulation	16:45 - 16:45
Dragan Hrnčić (Serbia)		
018	Correlation between T3, T4, TSH and Qualitative and Quantitative Polysomnography Sleep Variables	16:45 - 16:45
Nitin John (India)		
019	Noninvasive Sleep Metrics Provide Early Diagnosis of Traumatic Brain Injury in Mice	16:45 - 16:45
Grant S. Mannino (United States)		
020	Chronic Intermittent hypoxia exacerbates the progress of periodontal disease via promoting inflammatory and microbial dysbiosis	16:45 - 16:45
Xi Wang (China)		
021	Enhancing Pilot Performance and Alertness: A Survey of Fatigue Risk in Short-Haul Flight Operations	16:45 - 16:45
Isabella Marando (Australia)		
022	Sleep in South African ambulance emergency care personnel	16:45 - 16:45
Joshua Davimes (South Africa)		

023	Temporal profile of distal skin temperature change at sleep onset across multiple nights in teenagers and older adults	16:45 - 16:45
Aurore Jouvencel (Singapore)		
024	The Association among the Sleep Spindle and Category-Induced False Recognition	16:45 - 16:45
Kedarmal Verma (India)		
025	Hippocampal Activity Associated with Central Sleep Apnea Episodes	16:45 - 16:45
Alexandra Limanskaya (Russian Federation)		
026	A common thalamic hub for general and defensive arousal control	16:45 - 16:45
Meijie Li (China)		
027	The Infraslow Fluctuation of Sigma Power During Sleep in Young Individuals with Schizophrenia	16:45 - 16:45
Maria Dimitriades (Greece)		
028	Impact of Acute Sleep Restriction on the Resting Ventilatory Response to Normobaric Hypoxia and Its Relationship with Blood Cytokine Levels in Healthy Men	16:45 - 16:45
Mounir Chennaoui (France)		
029	The Effect of L-alanine on Sleep in <i>Drosophila melanogaster</i>	16:45 - 16:45
Rabia Garibagaoglu (Japan)		
030	The neural network involved in torpor maintenance and arousal in mice	16:45 - 16:45
Roberto Amici (Italy)		
031	Exploration of Physiological Markers Responsive to Sleep Restriction during the Maintenance of Wakefulness Test	16:45 - 16:45
Yu Hua Dzeng (Japan)		
032	Aperiodic neural activity reflects subjective sleep depth	16:45 - 16:45
Bence Schneider (Hungary)		
033	The first night effect on sleep in school-age children	16:45 - 16:45
Toby Jia Xu Seah (Singapore)		
034	A Bistable Stochastic Model Quantifies Performance Degradation And Individual Vulnerability To Sleep Deprivation	16:45 - 16:45
Sebastian Raison (Australia)		
035	The immune mechanisms study of dihydroartemisinin in alleviating airway inflammation of chronic intermittent hypoxic obese asthmatic mice model by inhibiting TLR4	16:45 - 16:45
Miao Shang Su (China)		
036	The effects of environmental factor-related alterations on post-arousal hypersynchrony	16:45 - 16:45
Yoko Suzuki (Japan)		
037	The Role of the Orexin System in Modulating Human Energy Metabolism	16:45 - 16:45
Insung Park (Japan)		
038	Effects of acute inescapable foot-shock stress on masticatory muscle activity during the sleep-wake cycle	16:45 - 16:45
Yiwen Zhu (Japan)		
039	Assessing sleep quality and sleepiness among nursing undergraduates: A cross-sectional survey	16:45 - 16:45
Wai Yee Mak (Hong Kong)		
040	The Impact of Sleep Quality on Suicidal Ideation One Year Later:	16:45 - 16:45

	The Mediating Role of Emotional Distress and the Moderating Effect of Social Support in Korean Adults	
	Sangha Lee (Korea, Republic of)	
041	EXPERT SYSTEM FOR SLEEPINESS MONITORING	16:45 - 16:45
	Zigurds Markovics (Latvia)	
042	Time-Varying Effects of Deep Learning-Based Physical Activity Patterns on All-Cause Mortality: the NHANES 2003-2006 study	16:45 - 16:45
	Shuqiong Zheng (China)	
043	The effects of intense theatrical training on sleep structure of the following night	16:45 - 16:45
	Alessio Lustro (Italy)	
044	Preferences and Expectations of Mothers When Choosing Digital Medicine to Improve Their Babies' Sleep: An Analysis of 653 Global Surveys	16:45 - 16:45
	Ana María Silva (Argentina)	
045	Objective markers of in-dream speech and audition in narcoleptic lucid dreamers	16:45 - 16:45
	Benjamin J B. Breant (United Kingdom)	
046	Induction of local sleep in a visual processing brain network in humans	16:45 - 16:45
	Guillaume Legendre (Italy)	
047	The effects of poor sleep on empathy: A systematic review and meta-analysis	16:45 - 16:45
	Hadar Naftalovich (Israel)	
048	Associations Between Dream and Nightmare Frequency, Respiratory Parameters, and Psychiatric Symptoms in Obstructive Sleep Apnea Syndrome	16:45 - 16:45
	Kyoung Jin Hwang (Korea, Republic of)	
049	Scientific and Operational Strategies to Optimize Performance through "High-Quality and Adequate-Quantity Sleep" in Elite Sport: The Italian Football Experience	16:45 - 16:45
	Loris Bonamassa (Switzerland)	
050	Correlation between Cognitive Dysfunction and the Integrity of the Dopaminergic System in Neurodegeneration: A Narrative/Comprehensive Review	16:45 - 16:45
	Monica Puligheddu (Italy)	
051	Effect of Daydreaming on clinical symptom and cognitive function in patients with obsessive compulsive disorder	16:45 - 16:45
	Pengchong Wang (China)	
052	Awakenings as Mnemonic Gateways for Dream Memory: Traits or States	16:45 - 16:45
	Somayeh Ataei (Netherlands)	
053	Balancing the specificity and generalisability of learning: roles of sleep and wakefulness	16:45 - 16:45
	Zhishan Liu (United Kingdom)	
054	Auditory Suppression Cue Exposure During Sleep Promotes Targeted Memory Forgetting	16:45 - 16:45
	Xiao Lin (China)	
055	REM sleep promotes overnight emotional memory in a picture recognition task	16:45 - 16:45
	Anna Mullins (United States)	

056	The Effects of Acute Evening Moderate-Intensity Exercise on Long-Term Declarative Memory in Sleep Restriction	16:45 - 16:45
	Emmanuel Frimpong (Canada)	
057	Whose Dream Experiences Are More Intense? An Exploratory Study on the Relationship between Nightmares/Sexual Dreams and Personality Traits	16:45 - 16:45
	Hongying Fan (China)	
058	REM-sleep saw-tooth waves: cortical topography and associations with cognition	16:45 - 16:45
	Irina Filchenko (Switzerland)	
059	Sleep Restriction Increases Propensity to Seek Instrumental Information during Decision Making	16:45 - 16:45
	Jeryl, Yin Liang Lim (Australia)	
060	Trait-level mindfulness, objective and subjective sleep, and risk for hypertensive disorders of pregnancy	16:45 - 16:45
	Margaret Bublitz (United States)	
061	A 365 nights: a yearlong electroencephalography investigation into human sleep in natural conditions	16:45 - 16:45
	Tamir Avigdor (Canada)	
062	How do individual differences in circadian physiology contribute to predicted circadian timing in real-world conditions?	16:45 - 16:45
	Andrew Phillips (Australia)	
063	Impact of Patient-Centered ICU Design including Dynamic Light Therapy on Sleep in Mechanically Ventilated Patients	16:45 - 16:45
	Alawi Luetz (Germany)	
064	The Impact of Oral Contraceptive Intake Timing on Women's Sleep Patterns	16:45 - 16:45
	Andreia Gomes Bezerra (Brazil)	
065	Validation of the Bergen Shift Work Sleep Questionnaire in workers under split shift or early morning shift	16:45 - 16:45
	Annie Vallières (Canada)	
066	An iPhone App to Guide the Collection of the Dim Light Melatonin Onset at Home	16:45 - 16:45
	Helen Burgess (United States)	
067	A genome-wide analysis of pleiotropy between morning circadian preference and BMI reveals the tissue-specific rhythmicity of ADCY3 in adipose tissue	16:45 - 16:45
	Cynthia Tchio (United States)	
068	Differential Light-Induced Phase Shifts in the Circadian Rhythms of Cardiovascular Autonomic Function in Hypertensive and Normotensive Rats	16:45 - 16:45
	Chieh-Wen Chen (Taiwan)	
069	Chronotype Stability in Childhood and its Link to Sleep Problems	16:45 - 16:45
	Derric Eng (Singapore)	
070	Developing a Pragmatic Online Behavioural Intervention for Shift Work Disorder in NHS Staff	16:45 - 16:45
	Forrest Tin Wai Cheung (United Kingdom)	
071	Chronotype, Sleep and Stress: A Comparative Study of International Students in Georgia and Spain	16:45 - 16:45
	Irine Sakhelashvili (Georgia)	

072	A direct comparison of sleep loss and circadian effects in sustained attention	16:45 - 16:45
Leon Lack (Australia)		
073	Wearable Ring-Based Algorithm for Chronotype Estimation from Passive Physiological Data	16:45 - 16:45
Massimiliano de Zambotti (United States)		
074	Impact of Delayed Meal Timing on Circadian Rhythms and Hormone Profiles in Healthy Adults: A Randomized Crossover Study	16:45 - 16:45
Marie-Pierre St-Onge (United States)		
075	Night Eating Syndrome, Sleep Disturbances, and Nocturnal Eating in a Community Sample	16:45 - 16:45
Orna Tzischinsky (Israel)		
076	The impact of working nights or rotating shifts on sleep - A cross-sectional survey	16:45 - 16:45
Thavapriya Sugavanam (United Kingdom)		
077	A study of sleep EEG spectral analysis of delayed sleep-wake phase disorder	16:45 - 16:45
Marina Hirose (Japan)		
079	A randomized controlled trial on the effect of a self-help book for shift work disorder	16:45 - 16:45
Siri Waage (Norway)		
080	Project Sunrise Research Flights: Lessons for sleep and alertness management in commercial aviation.	16:45 - 16:45
Tracey L. Sletten (Australia)		
081	Effect of Acupuncture on Shift Work Disorder—A Randomized Clinical Trial	16:45 - 16:45
Fengxiao Wang (China)		
082	The association between timings of food intake and the risk of obstructive sleep apnoea: findings from the 2017-2020 NHANES Study	16:45 - 16:45
Yi Ning Yong (Australia)		
083	The role of light in predicting circadian phase shifts in shift workers	16:45 - 16:45
Yijun Ji (Australia)		
084	Genesis of RMMA, a biomarker of Sleep Bruxism, is mostly central since it is present in older edentate individuals	16:45 - 16:45
Cibele Dal Fabbro (Canada)		
085	Changes Of The Protocols And The Extensions In The General Dentistry After Dental Sleep Medicine Emerging As An Individual Branch	16:45 - 16:45
Gouri Shankara Krishna Gattupalli (India)		
086	Interrupted CPAP therapy and dental health outcomes in obstructive sleep apnoe patients: .A craniomaxillofacial surgical view	16:45 - 16:45
Katharina Obermeier (Germany)		
087	Minimal titration approach for mandibular advancement device treatment in patients with obstructive sleep apnea: a retrospective multicenter observational cohort study	16:45 - 16:45
Marc Braem (Belgium)		
088	Efficacy and Predictive Factors of Mandibular Advancement Device for Obstructive Sleep Apnea Treatment: A Preliminary	16:45 - 16:45

Retrospective Study in Southern Thailand

Premthip Chalidapongse (Thailand)

089 **Cross-sectional observational study of the impact of postoperative oral pain on sleep quality.** 16:45 - 16:45

Susana Falardo (Portugal)

090 **Primary Efficacy and Safety Results of a Phase 2, Double-Blind, Placebo-Controlled, Proof-of-Concept, Signal Detection Study of Pitolisant in Myotonic Dystrophy** 16:45 - 16:45

David Seiden (United States)

091 **Decoding Excessive Daytime Sleepiness: Building a Better Questionnaire** 16:45 - 16:45

Federico Giordani (Italy)

092 **Reduction in Sleep Inertia and Components of Daytime Sleepiness in Idiopathic Hypersomnia With Low-Sodium Oxybate Treatment in the Phase 4 DUET Study** 16:45 - 16:45

Hans Van Dongen (United States)

093 **Connections between allergic rhinitis, floppy eyelid syndrome and the syndrome of obstructive sleep apnea and snoring** 16:45 - 16:45

Mario Milkov (Bulgaria)

094 **Pitolisant for Excessive Daytime Sleepiness in Prader-Willi Syndrome: Phase 2 Study Results and Phase 3 Clinical Trial Design** 16:45 - 16:45

Rakesh Bhattacharjee (United States)

095 **Tonic immobility evaluation in patients with primary hypersomnias with motor paralysis triggered by emotions** 16:45 - 16:45

Christianne Martins Correa da Silva Bahia (Brazil)

096 **Analysis of Case Reports about Patients with Hypersomnia Using LLMs for Data Extraction** 16:45 - 16:45

Fabio Dennstädt (Switzerland)

097 **Sleep Actigraphy in Participants With Narcolepsy or Idiopathic Hypersomnia Taking Low-Sodium Oxybate: Results From the DUET Study** 16:45 - 16:45

Nancy Foldvary-Schaefer (United States)

098 **Long sleep duration and autonomic function: A systematic review** 16:45 - 16:45

Sunbok Park (United States)

099 **A rare genetic variant in the cleavage site of *prepro-orexin* confers susceptibility to idiopathic hypersomnia** 16:45 - 16:45

Taku Miyagawa (Japan)

100 **Discrepancy between subjective and objective sleepiness in adolescents is associated with neurodevelopmental disorders** 16:45 - 16:45

Yasunori Oka (Japan)

101 **Altered sleep spindle morphology in idiopathic hypersomnia** 16:45 - 16:45

Samantha Mombelli (Canada)

102 **Melatonin Prolonged-Release may improve insomnia and depression in epilepsy patients** 16:45 - 16:45

Dong Won Kwack (Korea, Republic of)

103 **Esketamine rapid antidepressant combined with dexmedetomidine sleep modulation for patients with depression and insomnia** 16:45 - 16:45

Muyan Zuo (China)

104 **The Contributions of Biological Sex to Sleep Microarchitecture: A Systematic Review and Meta-Analysis of Biological Sex Differences** 16:45 - 16:45

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	Emma-Maria Phillips (Canada)	
105	The Effect of CBT-I on Phasic/Tonic REM Microstructure in Patients with Insomnia: Preliminary Findings	16:45 - 16:45
	Ales Hruby (Czech Republic)	
106	Efficacy and safety of daridorexant in patients with chronic insomnia disorder and comorbid nocturia	16:45 - 16:45
	Antonio Olivieri (Switzerland)	
107	Evaluation of the Cutoff Score Determination for the Quality of Life Scale for Insomnia	16:45 - 16:45
	Naoko Ayabe (Japan)	
108	The mediating role of impulsivity on the association of insomnia with suicidal ideation: A national study of Chinese population	16:45 - 16:45
	Binbin Lei (China)	
109	The impact of sleep duration, sleep debt and insomnia on infection risk: A longitudinal cohort study with one-year follow-up	16:45 - 16:45
	Bjørn Bjorvatn (Norway)	
110	Student Sleep Across the Pandemic: Longitudinal Trends in Sleep Behavior and Sleep Problems Before, During, and After COVID-19 (2010-2023)	16:45 - 16:45
	Børge Sivertsen (Norway)	
111	App-delivered sleep therapy for older individuals with insomnia (The ASTEROID Study): A randomised controlled trial	16:45 - 16:45
	Christopher Gordon (Australia)	
112	Multimodal assessment of sleep-wake perception in insomnia disorder	16:45 - 16:45
	Carlotta L. Schneider (Switzerland)	
113	The Moderating Effect of Chronotype on the Relationship Between Insomnia Severity and Working Memory Performance in Youths	16:45 - 16:45
	Xin Xi Chen (Hong Kong)	
114	The effect of home-based auditory stimulation of sleep on insomnia: first preliminary findings	16:45 - 16:45
	Daniela Dudysova (Czech Republic)	
115	Insomnia in the Modern World: Challenges and Interventions	16:45 - 16:45
	Dheeraj Nayak (India)	
116	The impact of insomnia disorder on the night and the day in males and females	16:45 - 16:45
	Claudio Liguori (Italy)	
117	Iron metabolism status in three types of sleep disorders (OSA, chronic insomnia, RLS without insomnia)	16:45 - 16:45
	Alexandr Kalinkin (Russian Federation)	
118	Cognitive-Emotional Traits and Sleep Mental Content Features in Insomnia: Associations With Mental Content Recall and Subjective Sleep Quality	16:45 - 16:45
	Elettra Cini (Italy)	
119	Clinical Features and Cortical and Cognitive Arousal in Adolescents with Insomnia and Objective Short Sleep Duration	16:45 - 16:45
	Yee Lok Wong (Hong Kong)	
120	Cortical and Autonomic Activity Characteristics During Sleep in	16:45 - 16:45

	Patients with Sleep State Misperception Insomnia: A Retrospective Polysomnographic Study	
	Yu Jin Lee (Korea, Republic of)	
121	Estimating the Prevalence of Insomnia Disorder in the Asia-Pacific Region Using Published Data	16:45 - 16:45
	Fatima Sert Kuniyoshi (United States)	
122	Relation Between Individual and Neighborhood-Level Lifetime Stressor Exposure and Insomnia Symptoms	16:45 - 16:45
	Harrison Dickens (United States)	
123	Impaired alertness in those physicians with depressive condition and insomnia	16:45 - 16:45
	Hiroo Wada (Japan)	
124	Audio neuromodulation to treat insomnia in adults: an observational study	16:45 - 16:45
	Jonathan Sackier (United Kingdom)	
125	Interpreting Adverse Events of Somnolence With Lemborexant in Clinical Trials	16:45 - 16:45
	Kate Pinner (United Kingdom)	
126	An investigation of lighting interventions to modify sleep quality in University students	16:45 - 16:45
	Kathy Sexton-Radek (United States)	
127	Can a Hug Improve Sleep? A Randomized Controlled Trial of Partner Embrace in Individuals with Insomnia Symptoms	16:45 - 16:45
	Jia Jia Liu (China)	
128	Locus Coeruleus-Cingulate Cortex Hyperconnectivity during N2 Sleep: A Functional Pathway to Depression in Insomnia Disorder	16:45 - 16:45
	Panpan Lu (China)	
129	Co-Designing a Sleep Hygiene eBook for Young People with and without Learning Disabilities: A Qualitative Focus Group Study	16:45 - 16:45
	Monisha Ravikumar (United Kingdom)	
130	Features of sleep disorders in patients with chronic cerebral ischemia after symptomatic COVID-19	16:45 - 16:45
	Maryna Mykhailichenko (Ukraine)	
131	Does Medical Grade Home Sleep Monitoring have a place in Insomnia treatment?: A Pilot Study	16:45 - 16:45
	Melissa Ree (Australia)	
132	Identifying Major Life Stressors that Precipitate Incident Insomnia Disorder	16:45 - 16:45
	Matthew B. Jennings (United States)	
133	Effect of Lemborexant in Patients With Insomnia Comorbid With Depressive Episodes (SELENAD Study)	16:45 - 16:45
	Michinori Koebis (Japan)	
134	Yoga Improves Sleep Quality among Adults Diagnosed with Insomnia	16:45 - 16:45
	Ningombam Ganga Singh (India)	
135	Efficacy and safety of daridorexant in women with insomnia disorder during menopausal transition: a subgroup analysis	16:45 - 16:45
	Orestis Briasoulis (Switzerland)	
136	Effects of cognitive behavior therapy for insomnia and bright light therapy on sleep variability in youths with insomnia and	16:45 - 16:45

	eveningness: a secondary analysis of a randomized controlled trial	
	Yue Pan (Hong Kong)	
137	Resolving subjective emotional distress overnight: sleep diary data from a randomized controlled trial on Cognitive Behavioral Therapy for insomnia	16:45 - 16:45
	Roxanne Bongers (Netherlands)	
138	Efficacy of a stepped care approach to deliver cognitive behavioural therapy for insomnia in the community: A pragmatic stepped-wedge cluster randomized controlled trial	16:45 - 16:45
	Rachel Chan (Hong Kong)	
139	Applying Tinnitus Retraining Principles to COMISA Desensitisation/Habituation Programs	16:45 - 16:45
	Rosemary Clancy (Australia)	
140	A prospective study of the impact of the natural course of insomnia symptoms on work productivity	16:45 - 16:45
	Yuta Takano (Japan)	
141	Impact of a stepwise pharmacologic intervention on moderate-to-severe chronic insomnia: a German observational study	16:45 - 16:45
	Theresa Toncar (Germany)	
142	Insomnia Severity Patterns Predict Overdose and Return to Drug Use in Individuals with Stimulant Use Disorder	16:45 - 16:45
	Tanya Pareek (United States)	
143	Co-occurrence of Dysfunctional Cognitions about Sleep and Excessive Daytime Sleepiness as a Psycho-behavioral Characteristic of Comorbid Insomnia and Sleep Apnea	16:45 - 16:45
	Tomohiro Utsumi (Japan)	
144	"It's just normal" experiences of insomnia symptoms among Chinese pregnant women: a qualitative study	16:45 - 16:45
	Xingchen Shang (Hong Kong)	
145	Pathophysiological subtypes of paediatric insomnia based on familial and clinical features	16:45 - 16:45
	Valeria Mammarella (Italy)	
146	Association between insomnia disorder and healthcare resource utilization in the United States military health system	16:45 - 16:45
	Vincent Capaldi (United States)	
147	Correlates between sleep architecture and sleep reactivity to stress in the context of cumulative adversities: Is REM sleep continuity a potential protective factor for sleep reactivity?	16:45 - 16:45
	Chris Xie Chen (Hong Kong)	
149	Efficacy and Safety of Lemborexant in South Korean Participants With Insomnia Disorder: Results From a Randomized Phase 2 Bridging Study	16:45 - 16:45
	YoungJi Pyo (Korea, Republic of)	
150	One-month follow-up results of Patient-Reported Outcomes for LEMborexant treatment in Chinese patients with insomnia (PROEM): a multicenter, prospective, real-world observational study	16:45 - 16:45
	Bin Zhang* (China)	
151	Effects of Monophasic and Polyphasic Sleep on Prospective Memory	16:45 - 16:45
	Audrey Florensia Kusnadi (Singapore)	
152	Coupled cortical and hippocampal sleep oscillations in relation to	16:45 - 16:45

memory in humans		
Bryan Baxter (United States)		
153	Impact of Post-Stroke Insomnia on Cognitive Decline: Evidence from the TriNetX Global Database	16:45 - 16:45
Faizul Hasan (Thailand)		
154	Does intentional integration influence the fate of reactivated memories during sleep?	16:45 - 16:45
James Antony (United States)		
155	Effects of Intraindividual Variability in Sleep on Long-Term Memory Encoding	16:45 - 16:45
Dian Lin (Singapore)		
156	Napping and Prospective Memory: Investigating Cue Type and the Selective Benefits on Memory Retrieval	16:45 - 16:45
Pallavi Ojha (India)		
157	Impact of Melatonin on Progression of Cognitive Impairment	16:45 - 16:45
Emily Rom, D.O. (United States)		
158	The Double-Edged Pill: Pediatric Augmentation of RLS with Gabapentin	16:45 - 16:45
Andrew Valenzuela (United States)		
159	Exploring Sleep Bruxism through Sleep Physiology and Posture: Implications for Risk Prediction	16:45 - 16:45
Cheng-Han Wu (Taiwan)		
160	Altered Circadian Patterns of Diurnal Blood Pressure in Clinical Phenotypes of Bruxism: A Signal of Autonomic Imbalance?	16:45 - 16:45
Miguel Meira e Cruz (Portugal)		
161	Restless arms syndrom - an uncommon presentation of restless-leg syndrom	16:45 - 16:45
Michael Roßkopf (Germany)		
162	Sex-Related Differences in Dopamine Agonist Response in Restless Legs Syndrome: A PSG-Based Study	16:45 - 16:45
Maria Paola Mogavero (Italy)		
163	Efficacy and tolerability of extended-duration tonic motor activation for treating middle of the night awakenings associated with restless legs syndrome	16:45 - 16:45
Jonathan Charlesworth (United States)		
164	Real-world evidence of tonic motor activation (TOMAC) for refractory restless legs syndrome (RLS): Interim 180-day results from the THRIVE study	16:45 - 16:45
Joseph Ojile (United States)		
165	Impact of Large Muscle Group Movements on Sleep Neurophysiology in Restless Legs Syndrome	16:45 - 16:45
Maria Paola Mogavero (Italy)		
166	Narcolepsy Revolution: Interpretable machine learning for automated sleep stage classification in narcolepsy and hypersomnia	16:45 - 16:45
Ankitha Rajaram (United Kingdom)		
167	The prevalence and treatment of narcolepsy in New Zealand	16:45 - 16:45
Alister Neill (New Zealand)		
168	Safety and Tolerability of Once-Nightly Sodium Oxybate: A Post Hoc Analysis From the Long-Term RESTORE Study	16:45 - 16:45
Bruce C. Corser (United States)		

169	A Phase 2, Randomized, Placebo-Controlled, Parallel-Group Study Evaluating the Safety and Efficacy of ALKS 2680 in Patients With Idiopathic Hypersomnia: Study Design and Methods for Vibrance-3	16:45 - 16:45
Marcus Yountz (United States)		
170	Clinically Meaningful Improvement in Daytime Sleepiness With ON-SXB in People With Narcolepsy and Severe Sleepiness	16:45 - 16:45
Clete Kushida (United States)		
171	Psychiatric and Sleep Disturbances in Narcolepsy Patients and Their Families: An Epidemiological Study	16:45 - 16:45
Tae Won Kim (Korea, Republic of)		
172	Rising Pressure to Understand the Risks of Hypertension in Children with Narcolepsy Type 1	16:45 - 16:45
Elizabeth Montesano (United States)		
173	Patient Experience of Oveporexton (TAK-861) for Narcolepsy Type 1 in a Phase 2 Clinical Trial	16:45 - 16:45
Heather Romero (United States)		
174	Improvement of Individual Excessive Daytime Sleepiness Symptoms With Once-Nightly Sodium Oxybate for Narcolepsy	16:45 - 16:45
Heidy Merius (United States)		
175	When Those Supposed to Save You from Suicide Kill You: Sleep-Disrupting Psychiatric Containment of Undiagnosed Type 1 Narcolepsy Turned Insomnia	16:45 - 16:45
Heqiao Wang (Sweden)		
176	Excessive adrenergic stimulation triggers narcolepsy and Food Protein Induced Enterocolitis (FPIES) along with increased Respiratory Effort during sleep (RE), tissue hypoxia, and oxidative stress through transformed foods and emerging allergens. Which allele should be explored in narcolepsy cases negative for HLA DQB1*06:02?	16:45 - 16:45
Kalomoira Kefala (France)		
177	Estimating the Clinical and Economic Effects of High- and Low-Sodium Oxybate Agents among the US Population with Narcolepsy: Microsimulation Cost Analysis	16:45 - 16:45
Lionel Pinto (United States)		
178	Understanding Path to Diagnosis, HCP Relationships, and Treatment Regimens Among People Living With Narcolepsy	16:45 - 16:45
Luis E. Ortiz (United States)		
179	Hypnagogic/Hypnopompic Hallucination Types Among Participants With Narcolepsy Type 1 From the Phase 3 REST-ON Trial	16:45 - 16:45
Michael J. Thorpy (United States)		
180	Gender differences in Chinese with narcolepsy type 1: comparison of clinical manifestations and sleep characteristics	16:45 - 16:45
Min Zhang (China)		
181	Oxybate Awareness, Usage, and Experience Among People With Narcolepsy: A MyNarcolepsyTeam Survey Analysis	16:45 - 16:45
Maggie Lavender (United States)		
182	BP1.15205, a novel orexin-2 receptor agonist, demonstrates wake-promoting effects in monkeys and successfully completed the preclinical regulatory program	16:45 - 16:45
Olivier Finance (France)		
183	Real-World Experience of Once-Nightly Sodium Oxybate Treatment in People With Narcolepsy: Interim Results From REFRESH	16:45 - 16:45

Richard Bogan (United States)

184 **Sleep Architecture With Low-Sodium Oxybate Treatment in Narcolepsy: Results From the DUET Study** 16:45 - 16:45

Chad M. Ruoff (United States)

185 **Long-Term Safety and Tolerability of Once-Nightly Sodium Oxybate: A Post Hoc Analysis From RESTORE** 16:45 - 16:45

Sally Ibrahim (United States)

186 **Real-World Risk of Sodium-Associated Negative Clinical Outcomes Among Individuals With Narcolepsy in the United States** 16:45 - 16:45

Sarah C. Markt (United States)

187 **Medical Education Significantly Improves Knowledge of the Role of Orexin in Narcolepsy Type 1 and the Neurocognitive Impact** 16:45 - 16:45

S Christy Rohani-Montez (United Kingdom)

188 **Correlation Between Maintenance of Wakefulness Test and Epworth Sleepiness Scale Scores in REST-ON** 16:45 - 16:45

Thomas Roth (United States)

189 **Samelisant, a potent and selective histamine H3 receptor inverse agonist: safety, tolerability and pharmacokinetics following single and multiple ascending doses in healthy subjects** 16:45 - 16:45

Vijay Benade (India)

190 **Phenotypic clusters of narcolepsy type 1: Insights from age of onset, weight gain, sleep patterns, and impulsivity** 16:45 - 16:45

Mengmeng Wang (China)

191 **Abnormal brain functional network dynamics in narcolepsy type 1 patients** 16:45 - 16:45

Fulong Xiao (China)

192 **Risk of Developing Tolerance During Treatment for Excessive Daytime Sleepiness in Patients with Narcolepsy** 16:45 - 16:45

Yaroslav Winter (Germany)

193 **Consistent Efficacy of Once-Nightly Sodium Oxybate on Disrupted Nighttime Sleep in People With Narcolepsy** 16:45 - 16:45

Yves Dauvilliers (France)

194 **Association of the "Weekend Warrior" and Other Leisure-Time Physical Activity Patterns with epilepsy, migraines, and sleep disorders** 16:45 - 16:45

Jinze Wu (China)

195 **Bridging Cognitive Assessment and Sleep Research: A Validated CDR-SB-MoCA Crosswalk for Alzheimer's Disease and Related Dementia** 16:45 - 16:45

Amir Abbas Tahami Monfared (United States)

196 **Rare Pediatric Genes: A Case of Obstructive Sleep Apnea in a Patient with Cornelia de Lange** 16:45 - 16:45

Andrew Valenzuela (United States)

197 **Impaired Central Respiratory Regulation in Hyperacute Lateral Medullary Infarction: Insights from Polysomnographic Analysis in a Case-Matched Study** 16:45 - 16:45

Heejin Im (Korea, Republic of)

198 **Sleep AD: exploring the feasibility of a new approach to sleep research using at-home EEG remotely with people with prodromal and mild Alzheimer's** 16:45 - 16:45

David Woodstoke (United Kingdom)

199	Association of Polysomnographic Sleep Alterations and Cognition in Lewy Body Diseases	16:45 - 16:45
	Harriet Thompson (Australia)	
200	Impaired Recovery Sleep in Aging, Alzheimer's Disease and Lewy Body Disease	16:45 - 16:45
	Jonathan Blackman (United Kingdom)	
201	Differential Effects of Suvorexant on p-Tau and Aβ Levels in Human CSF and Plasma	16:45 - 16:45
	Brendan Lucey (United States)	
202	At-home wearable EEG monitoring reveals reduced rapid eye movement sleep in mild cognitive impairment	16:45 - 16:45
	Mason Taylor (United Kingdom)	
203	A longitudinal exploration of posture changes and effects on sleep in motor neurone disease	16:45 - 16:45
	Nicole Grivell (Australia)	
204	International recommendations for sleep and circadian research in aging and Alzheimer's disease: a Delphi consensus study	16:45 - 16:45
	Sharon Naismith (Australia)	
205	Subjective-objective sleep discrepancy in older adults with Alzheimer's disease and Lewy body disease	16:45 - 16:45
	Victoria Gabb (United Kingdom)	
206	Differential Effects of Pregabalin and Morphine on the Sleep-Wake Cycle and Circadian Rhythms in Mice with Neuropathic Pain	16:45 - 16:45
	Vinko Palada (Finland)	
207	Rationale and Study Design of Phase-3 Clinical Development Program for Samelisant (SUVN-G3031) in the Treatment of Excessive Daytime Sleepiness in Patients with Narcolepsy	16:45 - 16:45
	Vinod Kumar Goyal (India)	
208	Locus coeruleus inhibition in tau transgenic mice to treat neuropsychiatric and sleep disturbances in Alzheimer's disease	16:45 - 16:45
	Yasmin Potts (Australia)	
209	Sleep Disturbances and Cognitive Functions in Dementia with Lewy Bodies and Alzheimer's Disease	16:45 - 16:45
	Yeilim Cho (United States)	
210	Outcomes of Split-Night CPAP titration: Insights into Predictors and Challenges in Obstructive Sleep Apnea	16:45 - 16:45
	Yun Leung Lam (China)	
211	Association Between Sodium Intake and Risk of Hypertension, Heart Failure, Stroke, and Myocardial Infarction: A Systematic Literature Review and Meta-analysis	16:45 - 16:45
	Caroleen Drachenberg (United States)	
213	A pilot study of infant sleep measurements in Japan	16:45 - 16:45
	Esther Yuet Ying Lau (Hong Kong)	
214	Perceptions of the causes and consequences of workplace fatigue among health leaders in Aotearoa New Zealand	16:45 - 16:45
	Karyn O'Keeffe (New Zealand)	
215	From Sleep to Safety: Assessing Adverse Events in Sleep Laboratory	16:45 - 16:45
	Venny Kwai Ho Lam (Hong Kong)	
216	Effects of the Midnight Sun and daily step during data collection in polar Environments on Sleep Parameters: A Pilot Study	16:45 - 16:45

Alexandra Marcotte (Canada)		
217	Prevalence of Dry eye and its association with sleep quality among students of Hyderabad Central University	16:45 - 16:45
Soumya Munugala (India)		
218	Auditory sleep modulation to treat depression	16:45 - 16:45
Pauline Henckaerts (Switzerland)		
219	Sleeping while Queer: Impacts of sexual and gender identity-related concerns on sleep health in the LGBTQ+ community before and after the 2025 US presidential inauguration	16:45 - 16:45
Stephanie Manuli (United States)		
220	Managing Sleep, Fatigue, and Crew Strategies in Offshore Sailing: The Role of Chronotype, Effort, and Team Coordination	16:45 - 16:45
Ugo Faraguna (Italy)		
221	Enhanced Phase-Amplitude Coupling Prior to Dream-Enactment Behaviors in isolated REM Sleep Behavior Disorder: A Video-Polysomnography Study	16:45 - 16:45
Shumpei Date (Japan)		
222	Sexomnia in a Young Adult Male. A complex case of Non-REM Parasomnia with Diagnostic and Therapeutic Challenges	16:45 - 16:45
Mana Alshahrani (Saudi Arabia)		
223	Mental Experiences in Disorders of Arousal: Findings from a Two-Week Prospective Diary Study	16:45 - 16:45
Francesca Berra (Italy)		
224	Parasomnias and Associated Factors Among University Students: A Cross-Sectional Study in Saudi Arabia	16:45 - 16:45
Sultan Alshahrani (Saudi Arabia)		
225	Application of the Das-Naglieri Cognitive Assessment System in Children with Sleep-Disordered Breathing	16:45 - 16:45
Liqiang Yang (China)		
226	A novel machine learning algorithm for predicting sleep apnoea in children using oximetry	16:45 - 16:45
Ajay Kevat (Australia)		
227	Altered Sleep Oscillation Dynamics: Enhanced Slow Oscillation-Spindle Coupling in Children with Dyslexia	16:45 - 16:45
Angelica Quercia (Italy)		
228	Sleep and emotion regulation in elementary school children	16:45 - 16:45
Angelica Schlarb (Germany)		
229	Persistent Sleep Disturbances in Pediatric COVID-19 Survivors: A Longitudinal Follow-Up and Association with Neuropsychiatric Symptoms	16:45 - 16:45
Cheng-Hsien Huang (Taiwan)		
230	Study of Sleep Habits and Nutritional Status in Children in a Tertiary Care Hospital: Cross-Sectional Study	16:45 - 16:45
Doreswamy Chandranaik (India)		
231	Socioeconomic Risk, Parenting, and Sleep: Impacts on Kindergarten Academic and Socioemotional Outcomes	16:45 - 16:45
Ekjot Saini (United States)		
232	Associations Between Nocturnal Autonomic Activity in Infancy and Later Neurocognitive Development: The AuBE Cohort Study	16:45 - 16:45
Patricia Franco (France)		

233	Effect of caregivers' perception on short-term adherence of children with OSAHS treated with CPAP	16:45 - 16:45
	Dabo Liu (China)	
234	Enhancing Parental Knowledge of Sleep through Bibliotherapy: A path to improve pre-schoolers sleep	16:45 - 16:45
	Chi Ching Tsang (Hong Kong)	
235	Clinician Perceptions Around Management of Sleep Problems in Children with Neurodisability	16:45 - 16:45
	Kasey Fullwood (Australia)	
236	Impact of Adolescent Sleep Restriction on Self-Report Hunger and Macronutrient Intake at the First Meal of the Day	16:45 - 16:45
	Lindsay Stager (United States)	
237	Sleep Health, Mental Health, and School Engagement in Australian Adolescents	16:45 - 16:45
	Mark Kohler (Australia)	
238	Differences in parent-reported sleep patterns in toddlers sleeping in cribs versus beds	16:45 - 16:45
	Natalie Barnett (United States)	
239	Correlation of Transcutaneous Carbon Dioxide with Sleep-Disordered Breathing Severity in Indian Children: A Preliminary Observational Study	16:45 - 16:45
	Neha Mohan Rao (India)	
240	"You cannot sleep good sleep if you are in Nigeria": Perspectives on adolescent sleep in Nigeria	16:45 - 16:45
	Oluwatosin Olorunmoteni (Nigeria)	
241	Association with severity obstructive apnea (OSA) with elevated blood pressure amongst the pediatrics population	16:45 - 16:45
	Powen Hsueh (United States)	
242	Maternal Prenatal Depression and Child Sleep: A Systematic Review	16:45 - 16:45
	Rebecca Burdayron (Canada)	
243	The connection between sleep, substance use, and mental well-being in rural Canadian Youth - Preliminary observations from a community-based youth collaboration	16:45 - 16:45
	Rebecca Robillard (Canada)	
244	Non-application of infant sleeping recommendations at 2 months in French overseas territories: Frequency and determinants using data from the ENP-DROM 2021 survey	16:45 - 16:45
	Sabine Plancoulaine (France)	
246	Estimated prevalence of sleep problems in 3-year-old children and the relationship between sleep problems and development - Report from a population-based study of 3-year-old health check-ups	16:45 - 16:45
	Manabu Saito (Japan)	
247	CBT-I Teen: An Adapted CBT-I Protocol Developed for and with Adolescents and Other Stakeholders	16:45 - 16:45
	Sarah Honaker (United States)	
248	The Role of Simple Hematological Indicators in the Assessment of Obstructive Sleep Apnea Syndrome in School-Age Children	16:45 - 16:45
	Yuqing Wang (China)	
249	Association Between Behavioral Problems and Vigilant Attention in Japanese High-School Students	16:45 - 16:45

Yuito Ueda (Japan)		
250	Dual-Edged Dosing: Dexamphetamine and Lisdexamfetamine Suppress Binge-like Eating but Disrupt Sleep in Female Rats	16:45 - 16:45
Joel S Raymond (United States)		
251	Impact of Benzodiazepine Dose Reduction on Subjective Sleep and Anxiety in Insomnia Patients	16:45 - 16:45
Yuki Shigetsura (Japan)		
252	Self-reported sleep changes among cannabis users in British Columbia	16:45 - 16:45
Wayne Lai (Canada)		
253	Associations Between Psychological Distress and Objective and Subjective Sleep Parameters in Untreated Obstructive Sleep Apnea	16:45 - 16:45
Anja Seiger (Germany)		
254	Narcolepsy, Depression, and REM Suppressing Antidepressants: Comorbidity & Confound Impacts on Sleep Architecture and Diagnostic Sensitivity	16:45 - 16:45
Chris Fernandez (United States)		
255	Sleep Complaints in Children and Adolescents with Major Depressive Disorder: Early Markers of i llness Severity	16:45 - 16:45
Maria-Cecilia Lopes (Brazil)		
256	Comorbid with Depressive Disorders Increased the Risk of Major Adverse Cardiovascular Events in Patients with Obstructive Sleep Apnea	16:45 - 16:45
Tran V. Hoc (Taiwan)		
257	Physiological dynamics surrounding trauma-related nightmares: Differentiating REP, PREP, and NREP awakenings in patients with PTSD	16:45 - 16:45
Dorone Feingold (France)		
258	Sleep and Suicide: The Influence of Sleep Quality on Suicide Risk in Adults	16:45 - 16:45
Alan Luiz Eckeli (Brazil)		
259	Neural activation reveals affective processing during sleep and correlates with depression symptoms in humans	16:45 - 16:45
Eitan Schechtman (United States)		
260	Associations Between REM Sleep and Depressive Symptoms in Pediatric Narcolepsy Type 1	16:45 - 16:45
Grace Wang (United States)		
261	Efficacy of non-pharmacological approaches to improve sleep in patients with post-traumatic stress disorder: systematic review and meta-analysis	16:45 - 16:45
Hugo Canas-Simião (Portugal)		
262	Sleep Profiles in Schizophrenia Inpatients: A Cross-Sectional Study of Clinical and Genetic Associations	16:45 - 16:45
Kseniia Gasenko (Russian Federation)		
263	Effects of DORA daridorexant in the long- term treatment of insomnia disorder: findings from a naturalistic two years follow up	16:45 - 16:45
Laura Palagini (Italy)		
264	Accurately predicting mood episodes in mood disorder patients using wearable sleep and circadian rhythm features	16:45 - 16:45
Dongju Lim (Korea, Republic of)		

265	Exploratory Study of Sleep-wake Patterns in People with Schizophrenia Residing in the Community	16:45 - 16:45
	Hiroyuki Nozaki (Japan)	
266	How are insomnia and sleepiness complaints influenced by use of tobacco, alcohol, cannabis and screens ?	16:45 - 16:45
	Pierre Philip (France)	
267	Therapeutic Education Targeting Sleep in Military PTSD: Design and Progress of the EDUSOMMEPT Study	16:45 - 16:45
	Emeric Saguin (France)	
268	Sleep and PTSD Symptom Severity in Military Personnel: Insights from Multi-Night Ecological Recordings	16:45 - 16:45
	Emeric Saguin (France)	
269	An AI-Driven Model for Depression Detection Using Sleep Heartbeat and Breathing Signals	16:45 - 16:45
	Dongbin Lyu (China)	
270	An AI Prediction Model for Depression and Anxiety Using Polysomnographic Electroencephalography Signals	16:45 - 16:45
	Dongbin Lyu (China)	
271	NeuroACT: Skills training for adolescents with neurodevelopmental disorders and symptoms of insomnia	16:45 - 16:45
	Siri Jakobsson Støre (Sweden)	
272	Systematic Review and Meta-analysis of Nonpharmacologic Interventions for Sleep Disorders in Individuals with Attention-Deficit Hyperactivity Disorder (ADHD)	16:45 - 16:45
	Wendy Troxel (United States)	
273	Artificial Intelligence in REM Sleep Behavior Disorder: A Systematic Review of Machine and Deep Learning Methods	16:45 - 16:45
	Andreas Brink-Kjaer (Denmark)	
274	Severe dream-enactment behaviors in isolated REM sleep behavior disorder: temporal clustering with sleep continuity and increased forearm EMG activity	16:45 - 16:45
	Yukiyoshi Sumi (Japan)	
275	Evaluation of cardiac autonomic modulation via deceleration capacity during polysomnography in isolated REM sleep behavior disorder and Parkinsonian syndromes	16:45 - 16:45
	Elisabeth Ruppert (France)	
276	Clinical, Physiological, and Behavioral Characteristics of iRBD Patients With Ambulatory Dream Enactment Behaviors	16:45 - 16:45
	Ki-Young Jung (Korea, Republic of)	
277	Neuroimaging of white matter damage in isolated REM sleep behavior disorder	16:45 - 16:45
	Elijah Mak (United States)	
278	Prevalence of idiopathic REM sleep behaviour disorder in the Spanish community	16:45 - 16:45
	Gerard Mayà Casalprim (Spain)	
279	Long-term Follow-up of Olfactory Function in isolated REM-Sleep Behaviour Disorder	16:45 - 16:45
	Merve Aktan Süzgün (Turkey)	
280	Diagnosing idiopathic REM sleep behavior disorder, Parkinson's Disease with or without RBD using single-lead electrocardiogram of polysomnography	16:45 - 16:45

Wonwoo Lee (Korea, Republic of)		
281	Remote unsupervised tests of isolated REM sleep behaviour disorder in the community: results from the Tasmanian ISLAND Sleep Study	16:45 - 16:45
Samantha Bramich (Australia)		
282	Distinct gut microbial, brain gene expression and clinical progression profiles in REM sleep behavior disorder biotypes	16:45 - 16:45
Shi Tang (Hong Kong)		
283	Striatal Dopamine Transmission in Recurrent Dream Enactment Behaviors with Subthreshold Level of REM Sleep without Atonia: A Case-control PET Study	16:45 - 16:45
S.Y. Gong (Hong Kong)		
284	Toward Scalable Detection of REM Sleep Behavior Disorder: A Lightweight Machine Learning Approach Using Overnight Heart Rate Variability	16:45 - 16:45
Umberto Mosca (Italy)		
285	Data-Driven Subtyping of REM Sleep Behavior Disorder Using Sleep-Stage-Independent EEG and Unsupervised Learning	16:45 - 16:45
Irene Rechichi (Italy)		
286	Genetic Architecture of Restless Legs Syndrome in the Chinese Population and Its Transethnic Correlation with Europeans	16:45 - 16:45
Wenjun Zhu (China)		
287	Efficacy and safety of tonic motor activation (TOMAC) for restless legs syndrome as adjunctive treatment and monotherapy: preliminary results of an individual participant data systematic review and meta-analysis	16:45 - 16:45
Elias Karroum (United States)		
288	Complete Resolution of Restless Legs Syndrome Symptoms After CPAP Treatment in a Patient with Moderate Obstructive Sleep Apnea: A Case Report	16:45 - 16:45
Guilherme Marques (Brazil)		
289	Actigraphy-Derived Sleep Patterns Distinguish Restless Legs Syndrome from Insomnia and Sleep Apnea	16:45 - 16:45
John Winkelman (United States)		
290	Association between clinical severity and secondary restless legs syndrome in rheumatoid arthritis - a pilot study	16:45 - 16:45
Kiril Terziyski (Bulgaria)		
291	Calcitonin gene-related peptide monoclonal antibodies improve symptoms of restless legs syndrome in patients with migraine	16:45 - 16:45
Masashi Kashiwagi (Japan)		
292	Identification and Prediction of Phenotypic Subtypes of Restless Legs Syndrome	16:45 - 16:45
Sungeun Hwang (Korea, Republic of)		
293	Influence of cerebral ischemic stroke on characteristics and laterality of periodic limb movements during sleep (PLMS)	16:45 - 16:45
Sandra Hackethal (Switzerland)		
294	Association between Sarcopenia-Related Genetic Variants and Sleep-Breathing Index in Patients with Obstructive Sleep Apnea: A Cross-Sectional Study	16:45 - 16:45
Jingning Huang (China)		
295	A novel method to quantify the role of arousal threshold in	16:45 - 16:45

obstructive sleep apnea pathogenesis		
Jingyuan You (China)		
296	Imaging features of upper airway in obstructive sleep apnea patients with epiglottic collapse	16:45 - 16:45
Ying Zhang (China)		
297	Obstructive sleep apnea prevalence and underlying mechanisms in young individuals with post-traumatic stress disorder symptoms	16:45 - 16:45
Amy Jordan (Australia)		
298	Effect of Neck-Bending on Upper Airway Caliber and Surrounding Soft Tissues in Controls and Apneics	16:45 - 16:45
Allison Schwab (United States)		
299	Airflow Dynamics Effects of Velum Collapse Patterns in Obstructive Sleep Apnea: A Computational Fluid Dynamics Study	16:45 - 16:45
Yufeng Chen (Taiwan)		
300	Effects of adaptive servo-ventilation on sleep architecture in patients with central sleep apnoea and treatment-emergent periodic limb movements in sleep	16:45 - 16:45
Anett Lindner (Germany)		
301	Acceptance, Compliance and Efficacy of Mandibular Advancement Splint Therapy in Atrial Fibrillation Patients	16:45 - 16:45
Anna Mohammadi (Australia)		
302	Changes in interhemispheric brain connectivity in hypertensive patients with obstructive sleep apnea	16:45 - 16:45
Anna Orlova (Russian Federation)		
303	PAP titration in patients with OSAS and depression: more difficult, more variable and more complex	16:45 - 16:45
Andrea Rodenbeck (Germany)		
304	REI4% Compared to REI3% Leads to Missed OSA Diagnoses and/or Restricts Access to Care in >50% of Pregnancies In a Real-World Symptomatic Clinical Cohort Characterized by Advanced Maternal Age, Morbid Obesity and Chronic Hypertension	16:45 - 16:45
Mihaela Bazalakova (United States)		
305	A Pilot Study of Personalized Obstructive Sleep Apnea Therapy in Patients with Acute Coronary Syndrome	16:45 - 16:45
Benjamin K Tong (Australia)		
306	Is CPAP enough? Real-life burden of residual events in treated OSA patients	16:45 - 16:45
Iván Benítez (Spain)		
307	Comparative efficacy, safety and benefit/risk of alerting agents for excessive daytime sleepiness in patients with obstructive sleep apnoea: A network meta-analysis	16:45 - 16:45
Christian Caussé (France)		
308	The Impact of Exercise Training on the Obstructive Sleep Apnea Endotypes	16:45 - 16:45
Caroline Beatty (Australia)		
309	Effect of Continuous Positive Airway Pressure on Intraocular Pressure in Patients with Obstructive Sleep Apnea - A Systematic Review and Meta-Analysis	16:45 - 16:45
Jun He Chan (Singapore)		
310	Apnea-hypopnea duration changes after Sulthiame - a new biomarker for treatment efficacy?	16:45 - 16:45

Christian Strassberger (Sweden)

- 311 **Evaluating Patient-Reported Outcomes and PAP Adherence in Obstructive Sleep Apnea Treatment Using an Interactive Care Plan** 16:45 - 16:45

Brendon Colaco (United States)

- 312 **Enhancement of slow wave sleep after bariatric surgery: OSA remission may not be the sole benefit after weight loss** 16:45 - 16:45

Daniel Neu (Belgium)

- 313 **Measures related to obstructive sleep apnea after tirzepatide treatment by baseline OSA severity: post-hoc analyses of SURMOUNT-OSA** 16:45 - 16:45

David M. Rapoport (United States)

- 314 **Clinical Application of Pediatric Sleep Endoscopy: An International Survey** 16:45 - 16:45

Tiziano Perrone (Italy)

- 315 **The efficacy and safety of acupuncture for allergic rhinitis: a systematic review of randomised controlled trials** 16:45 - 16:45

Louis Chan (Australia)

- 316 **Sleep Surgery Symposium Proposal - "50 years of Sleep Surgery - Does it Work?"** 16:45 - 16:45

Kenny Pang (Singapore)

- 317 **Multidisciplinary Speciality Sleep Clinic: a novel approach to sleep medicine in India** 16:45 - 16:45

Srishti Tody (India)

- 318 **Machine learning-based prediction of sleep apnea and insomnia using objective sleep data from a contactless smartphone application** 16:45 - 16:45

Elie Gottlieb (United States)

- 319 **Dyslipidemia and obstructive sleep apnea in men with androgenetic alopecia: an analysis from the EPISONO study** 16:45 - 16:45

Ellen M. S. Xerfan (Brazil)

- 320 **Accuracy of a buccal mucosal reflectance oximeter in measuring and reporting oxygen desaturation index in individuals with obstructive sleep apnea: A pilot study** 16:45 - 16:45

Erin Mosca (United States)

- 321 **Independent and dose-dependent effect of sleep apnea-specific hypoxic burden on hypertension in obstructive sleep apnea: results from Shanghai Sleep Health Study cohort** 16:45 - 16:45

Enhui Zhou (China)

- 322 **Beyond AHI: Hypoxic Burden As A Superior marker in the Management of Opioid-Associated Central Sleep Apnea with Acetazolamide** 16:45 - 16:45

Fatemeh Mohammadi Inloo (Iran)

- 323 **Insulin Resistance is Associated with Impaired Neuromuscular Response in Obstructive Sleep Apnea** 16:45 - 16:45

Zhaoyan Feng (China)

- 324 **'S score' - A novel computational algorithm for OSA severity assessment** 16:45 - 16:45

Giridhar Belur Hosmane (India)

- 325 **Comparing apnea and hypopnea is akin to comparing apples and oranges** 16:45 - 16:45

Rashmi Soori (India)

326	Influence of Respiratory Event Characteristics on Event-Specific Hypoxic Burden	16:45 - 16:45
	Hyekyu Min (Korea, Republic of)	
327	Evaluating Compensatory Upper Airway Muscle Activity in OSA via Non-invasive Submental EMG	16:45 - 16:45
	Haeun Lee (Korea, Republic of)	
328	A buccal mucosal reflectance oximeter accurately measures arterial oxyhemoglobin saturation and pulse rate	16:45 - 16:45
	Gregory Vogel (United States)	
329	Differential effects of drugs for Insomnia and Sleep apnea : A Focus on sleep macrostructure and microstructure in rat	16:45 - 16:45
	Haruka Hiyama (Japan)	
330	Association Between Tonsillectomy and Risk of Type 1 Diabetes Mellitus: A Multi-center Cohort Study	16:45 - 16:45
	Weijun Huang (China)	
331	Analysis of risk factors for white matter hyperintensities in OSA patients	16:45 - 16:45
	Huichang Huang (China)	
332	Obstructive Sleep Apnea and α-Synucleinopathies: Nationwide Analysis from South Korea's Healthcare Database	16:45 - 16:45
	S.C. Hong (Korea, Republic of)	
333	Association between baseline characteristics and subsequent CPAP adherence in OSA patients	16:45 - 16:45
	Shinichi Wada (Japan)	
334	Sleep apnea phenotypes based on multi-night assessment of sleep perception	16:45 - 16:45
	Jasmin Kuhn (Netherlands)	
335	Sleep-disordered breathing increases all-cause and cardiovascular mortality in patients with diabetes mellitus - SHHS study	16:45 - 16:45
	Jan Polak (Czech Republic)	
336	Impaired Cardiovascular Autonomic Regulation in Patients with Obstructive Sleep Apnea: A Heart Rate Variability-Based Analysis	16:45 - 16:45
	Ji-Ye Jeon (Korea, Republic of)	
337	Preclinical Evaluation of a Dual Target Neurostimulator Implant System for Obstructive Sleep Apnea at 6 Months	16:45 - 16:45
	Joel McCabe (United States)	
338	Impact of an early follow-up visit on adherence and adherence trajectories after initiation of continuous positive airway pressure therapy for obstructive sleep apnea	16:45 - 16:45
	Jean-Louis Pépin (France)	
339	Prevalence and Characteristics of Positional Obstructive Sleep Apnea in a Racially Diverse Pediatric Population: Preliminary Results from a Community-Based Study	16:45 - 16:45
	Chun Ting Au (Canada)	
340	Quantitative Analysis of Sleep Electroencephalogram in Patients with Interstitial Lung Disease and Obstructive Sleep Apnea	16:45 - 16:45
	Kavitha Venkatnarayan (India)	
341	Ultrasound Tongue Tracking for Intraoperative Assessment of Neurostimulation Implant Placement for Obstructive Sleep Apnea	16:45 - 16:45
	Kevin Meng (United States)	

342	Association between restorative sleep and sleep fragmentation in obstructive sleep apnea	16:45 - 16:45
	Kentaro Nagao (Japan)	
343	"INNOVATING SLEEP APNEA SCREENING: DEVELOPMENT OF THE TELE-OSA QUESTIONNAIRE- A NOVEL TELEPHONIC SCREENING TOOL FOR MODERATE TO SEVERE OBSTRUCTIVE SLEEP APNEA"	16:45 - 16:45
	Krishnapriya S. Kumar (India)	
344	Obstructive Sleep Apnea Syndrome and Recurrent Vasovagal Syncope: Insights from a Multicentric Observational Study	16:45 - 16:45
	Abdelkebir Sabil (France)	
345	Effectiveness of Inflatable Positional Therapy Device in Patients with Position-Dependent Obstructive Sleep Apnea	16:45 - 16:45
	Aneliya Draganova (Bulgaria)	
346	The SHINE Survey: Uncovering Gender Differences in Psychosocial Burden of Obstructive Sleep Apnea	16:45 - 16:45
	Kristina S. Yu (United States)	
347	Distribution and characteristics of habitual snoring from a global population	16:45 - 16:45
	Felipe Cepeda (Brazil)	
348	Validation of Ambulatory Polysomnography for Measuring Sleep and Detecting Obstructive Sleep Apnea in Patients with Rapid Eye Movement Sleep Behaviour Disorder	16:45 - 16:45
	King Wai Chan (Hong Kong)	
349	Multifactorial Relationships among the Waist-to-hip Ratio, Insulin Resistance, and Obstructive Sleep Apnea: A Large-scale Cohort Study	16:45 - 16:45
	Xinyi Li (China)	
350	Higher Ambient Temperatures may Increase Sleep Apnea-Specific Pulse-Rate Response in obstructive sleep apnea	16:45 - 16:45
	Yanru Li (China)	
351	Multi-night phenotypes of sleep-disordered breathing are associated with increased arterial stiffness	16:45 - 16:45
	Lucia Pinilla (Australia)	
352	Central Sleep Apnea caused by low dosage of Baclofen—a case report	16:45 - 16:45
	Xiaoqiong Luo (China)	
353	Jaw Corrective Surgery in patients with jaw deformities having Obstructive Sleep Apnea	16:45 - 16:45
	Mohammed Al-Abri (Oman)	
354	Assessing the correlation between physician seniority and the risk of Obstructive Sleep Apnea (OSA): a cross-sectional study	16:45 - 16:45
	Matti Mizrachi (Israel)	
355	Real World Comparison of Patient Compliance and Efficacy Using CPAP vs. Hypoglossal Nerve Stimulation	16:45 - 16:45
	Michael Hutz (United States)	
356	Sleep-stage dynamics predicts current sleep-disordered-breathing and future cardiovascular risk	16:45 - 16:45
	Michal Bechny (Switzerland)	
357	Electroencephalographic response to respiratory events is associated with all-cause mortality in obstructive sleep apnea	16:45 - 16:45

Mohammadreza Hajipour (Canada)

- 358 **Real-world Incremental Economic Burden of Fatigue among Patients with Obstructive Sleep Apnea in the Medicare Fee-for-Service Population** 16:45 - 16:45

Nathaniel F. Watson (United States)

- 359 **Adherence-Driven Outcomes of Orofacial Myofunctional Therapy Combined with CPAP in Severe Obstructive Sleep Apnea: A Retrospective Cohort Study** 16:45 - 16:45

Somnath Maity (India)

- 360 **Demographic profile and burden of comorbidities in patients with Obstructive Sleep Apnea (OSA)** 16:45 - 16:45

Nileena Namboodiripad Kakkattu Mana (India)

- 361 **Trends and Associated Factors for Signs and Symptoms of Sleep-disordered Breathing in Children with Down Syndrome** 16:45 - 16:45

Hiroyuki Sawatari (Japan)

- 362 **Does enlarging the pharyngeal lumen or bony enclosure translate to better airflow in obstructive sleep apnea? A State-of-the-Art Review** 16:45 - 16:45

Yoichi Nishimura (Japan)

- 363 **Combined anterior palatoplasty with barbed suspension pharyngoplasty in the treatment of obstructive sleep apnea** 16:45 - 16:45

Patheemon Thanachaikun (Thailand)

- 364 **Characteristics of Obstructive Sleep Apnea Syndrome in Patients with Chronic Obstructive Pulmonary Disease** 16:45 - 16:45

Thanh Thuy Phan (Vietnam)

- 365 **Continuous Positive Airway Pressure Air Leak Phenotypes In A Cohort Of Obstructive Sleep Apnea Patients** 16:45 - 16:45

Pedro Rodrigues Genta (Brazil)

- 366 **A retrospective service evaluation into non-compliance in patients with mild obstructive sleep apnoea being treated on continuous positive airway pressure (CPAP)** 16:45 - 16:45

Punam Korat (United Kingdom)

- 367 **Obstructive sleep apnea, parasomnia or epilepsy after lung transplantation in a young woman** 16:45 - 16:45

Maria Alexandra Mineiro (Portugal)

- 369 **The application of hypoxic burden in evaluating systemic damage caused by obstructive sleep apnea** 16:45 - 16:45

Zhang Hengyang (China)

- 370 **Combined Ventilatory Control and Upper Airway Mechanical Therapy for Obstructive Sleep Apnea: A Randomized-Controlled Mechanistic Trial** 16:45 - 16:45

Scott Sands (United States)

- 371 **A comparative study of a finger-worn One Sleep Test (NightOwl)[™] with in-lab polysomnography for the diagnosis of obstructive sleep apnea** 16:45 - 16:45

Saurabh Mittal (India)

- 372 **Distraction Osteogenesis Maxillary Expansion (DOME) in Isolated and Personalized Multilevel Surgery for Obstructive Sleep Apnea: The First Clinical Case Series in Thailand** 16:45 - 16:45

Sasikarn Poomkonsarn (Thailand)

- 373 **From Resistance to Collapse: Prevalence and 8-Year Progression of** 16:45 - 16:45

UARS to OSA in a Population-Based Cohort		
Sergio Brasil Tufik (Brazil)		
374	Effects of Transvenous Phrenic Nerve Stimulation in patients diagnosed with Central Sleep Apnea and Atrial Fibrillation	16:45 - 16:45
Shahrokh Javaheri (United States)		
375	Effect of Sleep Disordered Breathing on Pregnancy Outcomes in Women Undergoing In Vitro Fertilization: A Systematic Review and Meta-Analysis	16:45 - 16:45
Sharada Vinod Kutty (India)		
376	Improving Treatment Outcomes in Obstructive Sleep Apnea By Personalized Optimization of Mandibular Advancement Devices: Clinical Outcomes from a Prospective Cohort Study	16:45 - 16:45
Shouresh Charkhandeh (Belgium)		
377	Small vessel disease in obstructive sleep apnea: a peak width of skeletonized mean diffusivity-based study	16:45 - 16:45
Kang Min Park (Korea, Republic of)		
378	Comparison of SONNO® home sleep test with in-laboratory polysomnography in the diagnosis of obstructive sleep apnea syndrome	16:45 - 16:45
Sat Sharma (Canada)		
379	Demographic and Baseline Disease Characteristics of SynAIRgy: A Phase 3 Trial of Aroxylbutynin and Atomoxetine (AD109) in Obstructive Sleep Apnea	16:45 - 16:45
Patrick J. Strollo Jr. (United States)		
380	Asthma, Arytenoid Edema, and Conversion Disorder	16:45 - 16:45
Chung Man Sung (Korea, Republic of)		
381	Can oxygen desaturation during gastrointestinal endoscopy under conscious sedation predict obstructive sleep apnea?	16:45 - 16:45
Hosung Choi (Korea, Republic of)		
382	Obstructive sleep apnea in the general population - A very common, serious, but treatable chronic condition	16:45 - 16:45
Thorarinn Gislason (Iceland)		
383	Exploring the Synergistic Impact of Obstructive Sleep Apnea and Mental Health Conditions on Cardiometabolic Risk: Insights from the Canadian Longitudinal Study on Aging	16:45 - 16:45
Tetyana Kendzerska (Canada)		
384	A Novel Intuitive Model of Endotyping in OSA; A Graphical Visualisation of Ventilation Curve and Arousal Surrounding Respiratory Events	16:45 - 16:45
Venkata Koka (France)		
385	Efficacy of Line Official Account on Adherence of PAP therapy in Obstructive Sleep Apnea Patients	16:45 - 16:45
Veerawat Lertritdech (Thailand)		
386	Prevalence of High Risk of Obstructive Sleep Apnea in Patients with Vertigo	16:45 - 16:45
Wish Banhira (Thailand)		
387	Differences in physiological endotypes between REM related and NREM related obstructive sleep apnea: Results from Shanghai Sleep Health Study cohort	16:45 - 16:45
Xiaoting Wang (China)		
388	Flow Reduction Indicator: A Novel Metric for Predicting	16:45 - 16:45

Cardiovascular Mortality in Sleep Apnea Patients		
Younghoon Na (Korea, Republic of)		
389	Mechanism Analysis of the REM-Related Oxygen Desaturation in Patients with Moderate to Severe OSA	16:45 - 16:45
Yingqian Zhou (China)		
390	Adenotonsillectomy/Adenoidectomy Can Reduces Central Apnea Events in Children with Sleep-Disordered Breathing: A Single-Center 7 Years Prospective Cohort Study Analysis	16:45 - 16:45
Guoping Yin (China)		
391	Toward Understanding How R-Oxybutynin Influences Upper Airway Muscle Tone in sleep apnea: Focus on the Genioglossus in Anesthetized Rats	16:45 - 16:45
Yuji Takahara (Japan)		
392	Causal relationships between circulating micronutrients and obstructive sleep apnea	16:45 - 16:45
Si Wang (China)		
393	Nonlinear Associations Between AHI, Hypoxemia, and Cardiometabolic Risk: The Xiangya SDB Cohort study from mainland China	16:45 - 16:45
Yuan Zhang (China)		
394	Cumulative brain desaturation: time to consider brain derived parameter to measure daytime sleepiness in obstructive sleep apnea	16:45 - 16:45
Zhongxing Zhang (Switzerland)		
395	Snoring index, not apnea-hypopnea index, associated with daytime dysfunction in elementary school children	16:45 - 16:45
Qinye Zhu (Japan)		
396	Associations of microarousals-related ventricular repolarization lability during sleep with long-term cardiovascular disease and mortality	16:45 - 16:45
Sizhi Ai (China)		
397	Role of preoptic area thermo transient receptor potential vanilloid type II (TRPV2) channel in sleep and thermoregulation	16:45 - 16:45
Rajesh Yadav (India)		
398	Sleep and arousal in adult survivors of chronic childhood trauma	16:45 - 16:45
Albe Sin Ying Ng (Hong Kong)		
399	“You need to be better than this” : Using an intersectional lens to examine sleep and healthcare access in marginalised communities in Australia	16:45 - 16:45
Alvita Sam (Australia)		
400	Relationship of sleep duration and sleep quality with Cardio metabolic Health, Inflammation, Oxidative stress and Antioxidants in night shift workers	16:45 - 16:45
Amar Preet Kaur (India)		
401	Delaying Sleep Time: A Multidimensional Investigation of Personality Traits and Neural Correlates of Bedtime Procrastination	16:45 - 16:45
Andrea Bazzani (Italy)		
402	Process evaluation of the implementation of a participatory developed school-based healthy sleep intervention in adolescents	16:45 - 16:45
Anneke Vandendriessche (Belgium)		

403	Longitudinal variation in sleep and circadian rhythms across season and photoperiod: Results from the Ecology of Human Sleep (EcoSleep) Cohort Study	16:45 - 16:45
	Anna Magdalena Biller (Germany)	
404	Associations between waking activities and sleep, morning/evening preference and perceived barriers to sleep in first-year undergraduate students	16:45 - 16:45
	Adrian Willoughby (Singapore)	
405	The Association between Sleep Duration, Insomnia, Daytime Sleepiness, Health, Quality of Life, and Sociodemographic Factors in General Populations Across Africa, Asia, Europe, and the Caribbean: Findings from the Burden of Obstructive Lung Disease (BOLD) Study	16:45 - 16:45
	Bryndís Benediktsdóttir (Iceland)	
406	A peer-influence approach to reduce night-time use of interactive devices and social media among adolescents: CLOCK OFF intervention development and feasibility study	16:45 - 16:45
	Catriona Ewart (United Kingdom)	
407	Can extending the time between last meal of the day and bedtime improve sleep regularity? A pilot study in Australian adults	16:45 - 16:45
	Charlotte Gupta (Australia)	
408	Obstructive Sleep Apnea Syndrome, Excessive Daytime Sleepiness and Essential Hypertension - Clinical-Pathogenetic correlations	16:45 - 16:45
	Catalin Magda (Romania)	
409	The Cost of Compromised Sleep: Links Between Sleep Health Dimensions and Daytime Sleepiness and Fatigue in healthy adults	16:45 - 16:45
	Cátia Reis (Portugal)	
410	Does Healthy Sleep Duration Vary by Culture?	16:45 - 16:45
	Christine Ou (Canada)	
411	High Resolution Measurement of Sleep Position During Pregnancy and the Impact on Infant Birthweight	16:45 - 16:45
	Danielle Wilson (Australia)	
412	Educational and Community Health Outcomes Following a Pediatric Sleep Medicine Education Program for Physicians in South Asia	16:45 - 16:45
	K.R. Bharath Reddy (India)	
413	SLEEP HEALTH AMONG PATIENTS ATTENDING ADULT NEUROLOGY CLINIC IN ABAKALIKI NIGERIA	16:45 - 16:45
	Chukwuemeka Eze (Nigeria)	
	A national study and public mandate for sleep health policy reform	16:45 - 16:45
	Emma Louise Gale (United Kingdom)	
415	Head-to-head comparison of a contactless home sleep monitor with polysomnography in women with sleep disturbances associated with menopause	16:45 - 16:45
	Frank Kramer (Germany)	
416	Vascular Age Estimation Using a Consumer Wearable Sleep Tracker	16:45 - 16:45
	Gizem Yilmaz (Singapore)	
417	Changes in long-term circadian sleep parameters (365 days) after liver transplantation	16:45 - 16:45
	Guillermo Ramis Vidal (Spain)	
418	Differences in circadian sleep parameters depending on gender in	16:45 - 16:45

patients on the waiting list for liver transplantation		
Guillermo Ramis Vidal (Spain)		
419	Social Jetlag and Anxiety in Adolescence: A Systematic Review and Meta-Analysis	16:45 - 16:45
Hannah Ravenhall (United Kingdom)		
420	An 8-week mindfulness programme for sleep and well-being among informal caregivers of children with neurodevelopmental disorders: a mixed-methods feasibility case series	16:45 - 16:45
Hao Fong Sit (Hong Kong)		
421	Associations between napping behaviours with mood and insomnia symptoms in young adults of Hong Kong	16:45 - 16:45
Hinako Kojima (Hong Kong)		
422	Dreaming of death: an exploration of the relationship between death anxiety and nightmare severity	16:45 - 16:45
Ian Dunican (Australia)		
423	Factors associated with poor sleep complaints among airline pilots operating from Belgium	16:45 - 16:45
Ignace Hakizimana (Belgium)		
424	A Proposal on a Formula for Calculating Optimal Sleep Duration Based on Self-Reported Survey Data	16:45 - 16:45
Jun Kohyama (Japan)		
425	Towards Standardized Diagnostic Tools in Sleep Medicine: A Comprehensive Analysis of Reliability, Symptom Overlap, and Screening Questionnaires	16:45 - 16:45
Jean-Arthur Micoulaud-Franchi (France)		
426	Proposing a definition for sleep disorders	16:45 - 16:45
Jean-Arthur Micoulaud-Franchi (France)		
427	Restless Nights, Troubled Bodies: The Impact of Sleep Quality and Insomnia on Somatic Complaints in Psychosomatic Rehabilitation Patients	16:45 - 16:45
Jasmin Faber (Germany)		
428	The lived experience of sleep disorders: patient perspectives and priorities	16:45 - 16:45
Jenny Haycock (Australia)		
429	My Sleep Recipe: A Bedtime Book to Support Sleep Health in School-Age Children	16:45 - 16:45
Jessica Page (United States)		
430	Exploring the Bidirectional Causal Associations between Sleep Traits and Metabolomic Profile in Humans	16:45 - 16:45
Jiahe Wei (China)		
431	Sharper Minds Better Sleep: Effectiveness of a sleep focussed educational and skills building program for improving sleep and mental health in university students	16:45 - 16:45
Kalina R. Rossa (Australia)		
432	Upper Airway Sleep Health and its Physiology	16:45 - 16:45
Kingman Strohl (United States)		
433	Sleep, PTSD, and Eating Disorders: A Longitudinal Study on Sleep and Mental Health in a Community Sample Following Collective Trauma	16:45 - 16:45
Yael Latzer (Israel)		

434	Association of Accelerometer-measured Daily Steps and Sleep Disorders: A Prospective Cohort Study	16:45 - 16:45
Yannis Yan Liang (China)		
436	Prenatal Parental and Partner Sleep Predict Coparenting Quality Across the First Year Postpartum	16:45 - 16:45
Douglas Teti (United States)		
437	The effect of sleep hygiene education combined with Schroth exercises on sleep quality among adolescents with idiopathic scoliosis: A randomized controlled trial	16:45 - 16:45
Mayis Aldughmi (Jordan)		
438	Development of a Trust-Building Research Framework to Address Sleep Health Disparities Among People Experiencing Homelessness (PEH)	16:45 - 16:45
Marisol Campos-Navarrete (Canada)		
439	Exploring the Sleep of Young Children in Aotearoa New Zealand: Associations with Ethnicity and Maternal Depression in and Beyond the Perinatal Period	16:45 - 16:45
Mikaela L. Carter (New Zealand)		
440	Postpartum maternal sleep disruption is associated with perception of infant temperament: Findings from a 6-month longitudinal study	16:45 - 16:45
Michele Okun (United States)		
441	Sleep Myths and Student Health: Exploring the Link Between Misbeliefs, Sleep Hygiene, and Sleep Quality in Indian Youth	16:45 - 16:45
Monika Sharma (India)		
442	Examining the Associations of Sleep Duration and Disturbances With Hypertension in Metropolitan Cities in India	16:45 - 16:45
Monirujjaman Biswas (India)		
443	Eyes as windows to sleep health	16:45 - 16:45
Omer Iqbal (United States)		
444	Leveraging Electronic Health Records to Understand Sleep Issues in Young Adults with Genetic Syndromes Across Rural-Urban Continuums	16:45 - 16:45
Olivia Veatch (United States)		
445	Structured Breathing Exercises as a Treatment for Insomnia, Anxiety, and Depression in Young Individuals: A Randomized Controlled Trial	16:45 - 16:45
Peter Hjorth (Denmark)		
446	Shotgun metagenomics reveals alteration of gut microbiota and metabolic pathways in adults with poor sleep quality	16:45 - 16:45
Sun-Young Kim (Korea, Republic of)		
447	Association of Sleep Quality and Mental Health Among Students : A College Based Study From Bilaspur District of Himachal Pradesh (North India)	16:45 - 16:45
Punam Verma (India)		
448	Adult Attachment, Sleep Hygiene and Sleep Quality, a Cross-Sectional Mediation Analysis	16:45 - 16:45
Jolana Samii (United Kingdom)		
449	Balancing sleep, work, and care: A comparative study of factors associated with wellbeing of caregivers in Japan and New Zealand	16:45 - 16:45
Rosemary Gibson (New Zealand)		
450	Associations Between Weather Variables and Sleep Architecture: A	16:45 - 16:45

Large-Scale Analysis Using Consumer Sleep Data

MinJi Lee (Korea, Republic of)

- 451 **Influence of Sociodemographic, Personal and Lifestyle Factors on Sleep Quality and Stress-Coping Strategies Among Trainees in a Tertiary Hospital** 16:45 - 16:45

Ryan Aliñab (Philippines)

- 452 **Psychosocial determinants of sleep health among university students: evaluation of a structural equations model** 16:45 - 16:45

Sarah Fakroune (Canada)

- 453 **Hyperbaric Oxygen Therapy And Its Physiological Mechanisms Affecting Sleep Disturbances: A Narrative Review** 16:45 - 16:45

Sy Duong-Quy (Vietnam)

- 454 **The Cross-cultural Application of the Peds B-SATED Model for Assessing Pediatric Sleep Health** 16:45 - 16:45

Biyu Shen (China)

- 455 **A Scoping Review of Sleep Patterns and Circadian Rhythm Disturbances in Critically Ill Pediatric Patients** 16:45 - 16:45

Biyu Shen (China)

- 456 **Pediatric Sleep Assessment Tools: Classification, Comparison, and Applications of Artificial Intelligence** 16:45 - 16:45

Biyu Shen (China)

- 457 **A Python-Based Analysis of Sleep-Related Projects Funded by the U.S. National Science Foundation** 16:45 - 16:45

Biyu Shen (China)

- 458 **Global Sleep Patterns: A Large-Scale Multivariate Analysis of Sleep Determinants and Health Interactions** 16:45 - 16:45

Shimin Ooi (United States)

- 459 **The function and mechanism study of lncRNA *LOC105369165* and its gene polymorphism on sleep fragmentation in OSA patients** 16:45 - 16:45

Jinhong Shen (China)

- 460 **Sleep Health in Type 2 Diabetes: The Role of Sleep Variability in Glycemic Control** 16:45 - 16:45

Sirimon Reutrakul (United States)

- 461 **Intervening in sleep early to support maternal mental health: short sleep and symptoms of sleep disordered breathing prior to pregnancy are associated with depressive symptoms in late pregnancy** 16:45 - 16:45

T Leigh Signal (New Zealand)

- 462 **Effects of Physical Activity on Sleep and Cardiovascular Health Across the Adult Lifespan in Singapore** 16:45 - 16:45

Tara Martin (Singapore)

- 463 **Meta-analysis of the studies about smartphone usage time relation to sleep quality among medical students** 16:45 - 16:45

Tawin Desudchit (Thailand)

- 464 **The Impact of Problematic Smartphone Use on Sleep Duration and Quality** 16:45 - 16:45

Ting Wang (Germany)

- 465 **Sleep, physical activity and mental health among French business leaders: a cross-sectional study** 16:45 - 16:45

Valentin Bourlois (France)

466	Exploring Social Determinants and Gender Variations in Sleep Health Disparities: Initial Findings from a Descriptive Study in Hong Kong 2024	16:45 - 16:45
	Veeleah.Y.C Lok (Hong Kong)	
467	Association between snoring and in vitro fertilization outcomes among infertile women	16:45 - 16:45
	Huanhuan Wang (China)	
468	The effectiveness of acupressure on sleep quality in cancer patients: A systematic review and meta-analysis of randomized controlled trials	16:45 - 16:45
469	Sleep and circadian knowledge in Australian undergraduate university students	16:45 - 16:45
	Yu Sun Bin (Australia)	
470	The impact of urban transportation noise and bedroom temperatures on sleep quality during summertime	16:45 - 16:45
	Zoe Zambelli (United Kingdom)	
471	Parental Sleep Loss: Effects of Parental Bedtime Procrastination on Parental Sleep	16:45 - 16:45
	Minseo Kim (Korea, Republic of)	
472	Predictive and prognostic markers in the complex screening and diagnosis of Obstructive Sleep Apnea Syndrome	16:45 - 16:45
	Anca Diana Maiercan (Romania)	
473	Socio-economic disparities in sleep duration and latency among U.S adolescents: 14 years pooled cross-sectional analysis of NHANES data	16:45 - 16:45
	Daniel Bancovsky (Israel)	
474	The Role of Sleep Health in Glycemic Regulation Among Non-Diabetic Pregnant Women	16:45 - 16:45
	Bilgay Izci Balserak (United States)	
475	Self-Injury-Related Psychosocial Characteristics and Sleep Health in Adults	16:45 - 16:45
	Sangji Kim (Korea, Republic of)	
476	Cross-sectional and Longitudinal Relationships Between Multi-Dimensional Sleep Phenotypes and Cognition in the Multi-Ethnic Study of Atherosclerosis (MESA)	16:45 - 16:45
	Caitlin Paquet (United States)	
477	The role of physical activity in modulating weekday and weekend sleep duration among patients with newly diagnosed type 2 diabetes	16:45 - 16:45
	Siyu Dai (China)	
478	University students with classes before 8:30 AM exhibit short sleep and low attendance	16:45 - 16:45
	Jordan Ma (Singapore)	
479	Multidimensional sleep health associates with depression symptoms in university students	16:45 - 16:45
	Yichen Zhu (Singapore)	
480	ESTeeM: Burden of Menopause-Related Sleep Disturbances, Quality of Life, and Work Productivity in a Real-World Setting	16:45 - 16:45
	Fiona C. Baker (United States)	
481	Co-Designing Sleep Education for Primary Schools: Insights from Australian and Canadian Teachers	16:45 - 16:45

Gabrielle Rigney (Australia)

482 **DistillSleep: Real-Time, On-Device, Interpretable Sleep Staging from Single-Channel EEG** 16:45 - 16:45

Keondo Park (Korea, Republic of)

483 **Do perceived and measured sleep relate to health and well-being in the same way?** 16:45 - 16:45

Hannah Ahrensberg (Denmark)

484 **Virtual Reality-Assisted Sleep Bundle Intervention for Enhancing Sleep Outcomes in Critically Ill Patients** 16:45 - 16:45

Hsiao-Yean Chiu (Taiwan)

485 **Postural Pressure Gradient Deviation in a Soft Palate Stress Test as a Surrogate Marker for Nocturnal Airway Collapsibility in Snoring and Mild OSA** 16:45 - 16:45

Sung-Lien Lin (Taiwan)

486 **Environmental Sleep Disruptors: The Role of Thermal Comfort and CO₂ Levels** 16:45 - 16:45

Joana Belo (Portugal)

487 **Social bedtime procrastination is associated with need to belong and results in shorter sleep and poorer next-day mood** 16:45 - 16:45

Joshua Gooley (Singapore)

488 **Association Between Ophthalmic Diseases and Sleep Duration: A Nationwide Cross-Sectional Study** 16:45 - 16:45

Young-Chan Kim (Korea, Republic of)

489 **Sleep in Context: How Activities During Waking Hours Shape Sleep in First-Year University Students** 16:45 - 16:45

Kyra Chong (Singapore)

490 **Emotional labor moderating the impact of work rumination on sleep quality among newly graduated nurses in China** 16:45 - 16:45

Rulan Yin (China)

491 **Relationship between stress, depression, anxiety, coping strategies, and sleep hygiene practice among Chinese employed adults: A cross-sectional study** 16:45 - 16:45

Rulan Yin (China)

492 **The Effect of Continuous Positive Airway Pressure (CPAP) on Lower Urinary Tract Symptoms (LUTS) in Obstructive Sleep Apnea (OSA) patients with depression** 16:45 - 16:45

An Emmanuel Le (Hong Kong)

493 **Sleep disorders after mild traumatic brain injuries in young male patients** 16:45 - 16:45

Nikolaos Syrmos (Greece)

494 **Subjective sleep quality in psoriatic patients and its association with symptoms severity** 16:45 - 16:45

Oreste De Rosa (Italy)

495 **Beyond Manual Scoring: What an EEG-based Sleep Staging Model Learns Compared to AASM Guidelines** 16:45 - 16:45

Paul Gräve (Germany)

496 **Daily Associations of Sleep and Rest-activity Patterns with Pain Intensity in Adults with Chronic Pain** 16:45 - 16:45

Peter To (United Kingdom)

497 **Evaluating the Effectiveness of Awareness of Environmental** 16:45 - 16:45

	Stressors on Improving Sleep Quality in a Hot Climate Region: A Longitudinal Randomised Controlled Trial	
	Reem Al Sayed (Germany)	
498	Mapping the Evidence: A Scoping Review of Sleep Health in Community-Dwelling Older Adults	16:45 - 16:45
	Sandra Öberg (Sweden)	
499	Reduced sleep quality and decreased executive performance in patients with psoriasis	16:45 - 16:45
	Serena Malloggi (Italy)	
500	Usage and effectiveness of sleep education apps among parents of infants in Japan	16:45 - 16:45
	Sanae Tanaka (Japan)	
501	Machine learning methods for adult OSAHS risk prediction	16:45 - 16:45
	Kainan Wu (China)	
502	Investigating the Effects of Pre-Sleep Virtual Reality Relaxation Experiences on Subjective and Objective Sleep Outcomes (Pilot RCT)	16:45 - 16:45
	Yang Yap (Australia)	
503	The Relationship between Digital Emotion Regulation and Bedtime Procrastination	16:45 - 16:45
	Yeji Lee (Korea, Republic of)	
504	Temporal Dynamics of Sleep, Depression, and Fatigue During Pregnancy: A Multilevel Vector Autoregression Analysis	16:45 - 16:45
	Bingqian Zhu (China)	
505	When deep learning models align: matching human consensus in sleep staging	16:45 - 16:45
	Alvise Dei Rossi (Switzerland)	
506	A novel ECG-Based Machine Learning Pipeline for Screening Major Depressive Episodes in Sleep Disorder Patients	16:45 - 16:45
	Archie Defillo (United States)	
507	A Screening Alternative for Depressive Episodes in COMISA: A Comparative Evaluation of a Novel Software Compared to Neuropsychometric Assessments	16:45 - 16:45
	Archie Defillo (United States)	
508	Non-Contact Supine Position Estimation Using a Sound-Based AI Model	16:45 - 16:45
	Hayun Choi (Korea, Republic of)	
509	Effects of a Real-Time, Sleep Stage Responsive Environmental Control System on Objective and Subjective Sleep Quality in Healthy Adults	16:45 - 16:45
	Sungjin Heo (Korea, Republic of)	
510	Transformer-Based Reconstruction of Thoracic Movement from Infrared Sleep Video for Non-contact Respiratory Monitoring	16:45 - 16:45
	Yoongeol Lee (Korea, Republic of)	
511	Are different Transcutaneous Carbon Dioxide (TcCO₂) monitor brands in positive correlation and agreement?	16:45 - 16:45
	David Slater (Australia)	
512	Pilot Study Objectively Identifies Veterans with PTSD and Nightmares from Polysomnograms Using a Chaos Theory Approach	16:45 - 16:45
	Diane Lim (United States)	

513	Optimizing PPG Sequence Length for Deep Learning-based Sleep Stage Classification	16:45 - 16:45
	Hyeonjeong Lee (Korea, Republic of)	
514	Improving Sleep and Well-being Through VR Mindfulness: Evidence from a 5-Session Program	16:45 - 16:45
	Eunha Kim (Korea, Republic of)	
515	Unobtrusive skin temperature estimation during sleep on a smart bed	16:45 - 16:45
	Gary Garcia Molina (United States)	
516	Development of a battery-free, wirelessly-controlled system for optogenetic stimulation of hypoglossal nucleus in mouse models of obstructive sleep apnea	16:45 - 16:45
	Giovanna Zoccoli (Italy)	
517	An Integrated EEG-Respiratory Home Sleep Monitoring System for Sleep Staging and Arousal Detection in Obstructive Sleep Apnea Screening	16:45 - 16:45
	Kuan-Yu Chen (Taiwan)	
518	COMPARISON AMONG GUIDELINES AND FRAMEWORKS FOR THE VALIDATION OF NEW SLEEP TECHNOLOGIES	16:45 - 16:45
	Gabriel Natan Pires (Brazil)	
519	Sleep Phenomics and Annotator: A Website Tool for Individual-Level Sleep Phenotype Quantification for Clinicians and Researchers	16:45 - 16:45
	Haoqi Sun (United States)	
520	Using Machine Learning to Identify Patient-Ventilator Asynchrony During Non-Invasive Ventilation in Patients with Motor Neurone Disease	16:45 - 16:45
	Joel Yang (Australia)	
521	Participation in at-home obstructive sleep apnoea monitoring: Findings from six months of daily mobile-based check-ins	16:45 - 16:45
	Josh Fitton (Australia)	
522	Success of the Newly Instigated Certification in Sleep Science Credential: An Initiative of the Australia New Zealand Sleep Science Association	16:45 - 16:45
	Kerri Melehan (Australia)	
523	Delivering Sleep Hygiene Interventions through Smartwatch-based Serious Sleep Games	16:45 - 16:45
	Nhung Huyen Hoang (Japan)	
524	Visualizing Temporal Patterns in Sleep Tracker Accuracy: A Novel Approach to Validating Consumer Sleep Technologies	16:45 - 16:45
	Zilu Liang (Japan)	
525	DeepSpecFusion: Early Fusion Transformer for sleep staging using PSG	16:45 - 16:45
	Jong-Min Lee (Korea, Republic of)	
526	Comparison of conventional and extended middle meatal antrostomy for the treatment of antrochoanal polyps with snore	16:45 - 16:45
	Zhengcai Lou (China)	
527	Apnea Detector Across Multiple Cohorts Reaches Expert Level Performance	16:45 - 16:45
	Magnus Ruud Kjaer (Denmark)	
528	User-friendly and inter-operable software for automatic	16:45 - 16:45

quantification of muscle activity during sleep

Matteo Cesari (Austria)

529 **Toolbox to manage and process DREEM head band data locally** 16:45 - 16:45

Kian Wong (Singapore)

530 **Self-supervised learning of breathing-related patterns improves sleep staging from wrist accelerometry** 16:45 - 16:45

Niels Rasmus Lorenzen (Denmark)

531 **Automated distinctive apnea type analysis from pulseoximetry signal only** 16:45 - 16:45

Nikolaus Netzer (Italy)

532 **Feasibility and Application of a Novel Home-Based EEG Eye Mask for Personalized Sleep Pattern Modeling in an Elite Athlete: A Case Study** 16:45 - 16:45

Pin-Hsiang Huang (Taiwan)

533 **Comparison of cardiovascular disease mortality outcomes using oximetry event desaturation transient area-based methods** 16:45 - 16:45

Philip de Chazal (Australia)

534 **Improving Inter-Scorer Reliability in Polysomnography Interpretation: A Multi-Year, Case-Driven, Cloud-Based Training Program** 16:45 - 16:45

Yu-Tung Sun (Taiwan)

535 **Sleep Health Quantification with Wearables: A Causal Inference Approach** 16:45 - 16:45

Radoslava Švihrová (Switzerland)

536 **A technical and clinical validation of ElvySense Medical for sleep apnea diagnostics** 16:45 - 16:45

Samu Kainulainen (Finland)

537 **Detection of Arousal Epochs During Sleep Using a Sound-Based AI Model** 16:45 - 16:45

Seunghun Kim (Korea, Republic of)

538 **Protocol for creating a multimodal, free-living sleep and physical activity validation dataset for the human activity recognition and epidemiological communities** 16:45 - 16:45

Tatiana Plekhanova (United Kingdom)

539 **SleepRes auto-adjusting positive airway pressure, with and without KPAP™, is equivalent to Philips-Respironics's for the treatment of obstructive sleep apnea** 16:45 - 16:45

William Noah (United States)

540 **Management of adult laryngeal hemangioma with snore using low-temperature plasma radiofrequency coblation** 16:45 - 16:45

Zihan Lou (China)

541 **Impact of lifestyles and daily experiences on nocturnal heart rate variability and heart rate among 100,000 adults** 16:45 - 16:45

Yue Leng (China)

Industry workshop

17:00 - 18:00

R302

Transforming Sleep Science with Wearable and Next Generation Technology: Samsung Opportunities and Case Studies*Chair:* Eunyeon Joo (Korea, Republic of)**Overview**

17:00 - 17:00

Case Study Three: Reykjavik University Objective and Subjective Sleep Experience: Comparing Smartwatch Tracking with Polysomnography and Digital Sleep Diaries	17:00 - 17:15
Luka Biedebach (Iceland)	
Case Study Four: Sungshin Women's University Sleep re-imagined: Insights from 60 million wearable users challenging what we know	17:15 - 17:30
Sooyeon Suh (Korea, Republic of)	
Case Study Five: Ilsan Paik Hospital Mapping Sleep: Patterns Across Borders - Insights from Samsung Galaxy Global Data	17:30 - 17:45
Pamela Song (Korea, Republic of)	
Closing	17:45 - 17:45
Eunyeon Joo (Korea, Republic of)	
<i>Special interest group</i> 17:00 - 18:30	
DREAMER Study Group Session: Advancements and Next Steps	
Summary	17:00 - 17:00
Co-Investigators	17:00 - 18:30
Raffaele Ferri (Italy) Monica Puligheddu (Italy) Giuseppe Plazzi (Italy) Luigi Ferini-Strambi (Italy) Fabio Pizza (Italy) Maria Paola Mogavero (Italy) Giuseppe Lanza (Italy) Michela Figorilli (Italy)	
<i>Social event</i> 19:00 - 23:00	
Gala Dinner at Gardens by the Bay	

Wednesday, 10. September 2025*Keynote*

08:00 - 08:45

K-09: Takafumi Kato: Advances in dental sleep medicine: Understanding and managing sleep bruxism**Introduction**

08:00 - 08:02

Gilles J Lavigne (Canada)

Advances in dental sleep medicine: Understanding and managing sleep bruxism

08:02 - 08:45

Takafumi Kato (Japan)

Keynote

08:00 - 08:45

K-10: Ronald Postuma: REM sleep behavior disorder: Gateway to early diagnosis and therapy in synucleinopathies**Introduction**

08:00 - 08:02

Raffaele Ferri (Italy)

REM sleep behavior disorder: Gateway to early diagnosis and therapy in synucleinopathies

08:02 - 08:02

Ron Postuma (Canada)

Industry workshop

08:30 - 09:30

R302

Philips SleepStudio: Digital management of OSA patients - use of patient engagement tools and telemonitoring to drive long-term adherence & outcomes*Chair:* Jimmy Chang (Philippines)**Digital management of OSA patients - use of patient engagement tools and telemonitoring to drive long-term adherence & outcomes**

08:30 - 08:30

Adam Benjafield (Australia)

Panel Discussion

08:30 - 08:30

Exhibition

08:30 - 15:30

Exhibit Hall*Symposium*

09:00 - 10:30

S-75: Can OSA in adults be prevented by interventions in children?*Chair:* Rafael Pelayo (United States)*Chair:* Audrey Yoon (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Why are we not working to prevent OSA?

09:02 - 09:22

Dimple Goel (Australia)

The role of dentistry and cranial facial modification in OSA prevention

09:22 - 09:42

Audrey Yoon (United States)

Modifiable risk factors associated with obstructive sleep apnea (OSA) focused on prevention of the disease

09:42 - 10:02

David Gozal (United States)

**Can OSA in adults be prevented by early childhood interventions:
Where do we go from here?** 10:02 - 10:22

Rafael Pelayo (United States)

Question and answer 10:22 - 10:30

Symposium

09:00 - 10:30

S-76: Practical telemonitoring implementation to improve outcomes in home mechanical ventilation globally, across diverse clinical settings and regions

Chair: Alejandra Lastra (United States)

Summary 09:00 - 09:00

Introduction 09:00 - 09:02

The role of professional societies in supporting home ventilation implementation and scalability for complex sleep-disordered breathing management 09:02 - 09:22

Claudio Cárdenas (Venezuela)

Practical implementation of home ventilation and remote data monitoring: Opportunities and limitations from OHS to EPOC 09:22 - 09:42

Alejandra Lastra (United States)

When CO2 is not available: Telemonitoring for treatment adjustment and guidance of home mechanical ventilation worldwide using oximetry 09:42 - 10:02

Naricha Chirakalwasan (Thailand)

Pediatric applications of CO2 monitoring and large scale implementation 10:02 - 10:22

Jasneek Chawla (Australia)

Question and answer 10:22 - 10:30

Symposium

09:00 - 10:30

S-77: Restless legs syndrome and cardio-cerebro-vascular disease: Clinical associations and implications

Chair: Garima Shukla (Canada)

Summary 09:00 - 09:00

Introduction 09:00 - 09:02

Restless legs syndrome and stroke - association and role in risk stratification 09:02 - 09:22

Garima Shukla (Canada)

Role of periodic limb movements as a risk factor for cerebrovascular disease 09:22 - 09:42

Raffaele Ferri (Italy)

Restless legs syndrome and coronary artery disease 09:42 - 10:02

Anupama Gupta (India)

Stroke related Restless legs syndrome - phenotypes and course 10:02 - 10:22

Elisabeth Ruppert (France)

Question and answer 10:22 - 10:30

Symposium

09:00 - 10:30

S-78: The role of glia in sleep regulation and sleep homeostasis: Implications for cognitive function and mental health*Chair:* Peter Meerlo (Netherlands)*Chair:* Carolina Gutierrez Herrera (Switzerland)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

The role of microglia in sleep regulation

09:02 - 09:22

Yang Dan (United States)

Adenosine dynamics: Mechanisms and consequences for sleep-wake cycles

09:22 - 09:42

Min Xu (China)

Of sleep and stars: Defining a role for astrocytes in sleep expression and homeostasis

09:42 - 10:02

Ashley Ingiosi (United States)

Beyond neurons: Astrocytes shaping sleep in the cortical landscape

10:02 - 10:22

Carolina Gutierrez Herrera (Switzerland)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-79: Sleep as a window to health: Artificial intelligence-enabled digital sleep biomarkers for disease prediction*Chair:* Yue Leng (China)*Chair:* Haoqi Sun (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Health-oriented sleep staging (HOSS) with AI: Making sleep stages reflect health outcomes

09:02 - 09:18

Haoqi Sun (United States)

Continuous sleep depth index annotation with deep learning yields novel digital biomarkers for sleep health

09:18 - 09:34

Shenda Hong (China)

Deep learning and generative AI for automatic sleep monitoring and disease prediction

09:34 - 09:50

Wei Chen (Australia)

Accurately predicting mood episodes in mood disorder patients: Insights from wearable sleep and circadian rhythm data using machine learning

09:50 - 10:06

Jae Kyoung Kim (Korea, Republic of)

Bridging sleep in clinic and at home: An AI-powered sleep foundation model for precision brain health

10:06 - 10:22

Yue Leng (China)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

S-80: Cognitive symptoms in narcolepsy and idiopathic hypersomnia: Neurobiology, functional impact, and clinical research*Chair:* Kiran Maski (United States)*Chair:* Lucie Barateau (France)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Neurobiological mechanisms of orexin on cognitive targets

09:02 - 09:22

Rolf Fronczek (Netherlands)

Navigating brain fog: Patient experience of cognitive challenges in the real world

09:22 - 09:42

Julie Flygare (United States)

Nocturnal sleep disruption, daytime sleepiness and cognitive impact

09:42 - 10:02

Kiran Maski (United States)

Cognitive treatment effects in CNS disorders hypersomnolence

10:02 - 10:22

Lucie Barateau (France)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R308

S-81: Guiding light for metabolic health: Lessons from bench to field studies for therapeutic insights*Chair:* Minjee Kim (United States)*Chair:* Kathryn Reid (United States)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:02

Light exposure patterns and cardiometabolic health: Insights from epidemiological studies

09:02 - 09:22

Daniel Windred (Australia)

Shining light on glucose metabolism across the metabolic health spectrum

09:22 - 09:42

Jan-Frieder Harmsen (Germany)

Molecular mechanisms of circadian entrainment

09:42 - 10:02

Aarti Jagannath (United Kingdom)

Day and night: Impact of light exposure on health

10:02 - 10:22

Kathryn Reid (United States)

Question and answer

10:22 - 10:30

Symposium

09:00 - 10:30

R309

S-82: Tales from the edge: What can we learn about sleep from non-WEIRD (Western, Educated, Industrialized, Rich, and Democratic) sleep research?*Chair:* Adrian Willoughby (Singapore)**Summary**

09:00 - 09:00

Introduction

09:00 - 09:06

Understanding sleep in Hong Kong: Exploring the key facilitators,

09:06 - 09:25

barriers, and cultural influences		
Danny Yu (Hong Kong)		
Conceptualisation and understanding of sleep health in Australian First Nations communities		09:25 - 09:44
Fatima Yaqoot (Australia)		
Elevated oxidative stress biomarkers in adults with segmented sleep patterns in Oman		09:44 - 10:03
Ibtisam Al Lawati (Oman)		
Are humans facing a sleep epidemic or enlightenment?		10:03 - 10:22
David Samson (Canada)		
Question and answer		10:22 - 10:30
 <i>Symposium</i> 09:00 - 10:30		
		R324
S-83: RBD 1985-2025: Novel perspectives		
<i>Chair:</i> Carlos Schenck (United States)		
<i>Chair:</i> Birgit Högl (Austria)		
Summary		09:00 - 09:00
Introduction		09:00 - 09:05
Expanding knowledge on the global epidemiology of RBD; and update on the Tasmania ISLAND Study on isolated RBD		09:05 - 09:25
Jane Alty (Australia)		
Neurodegeneration risk in isolated RBD and insights from brain imaging studies		09:25 - 09:45
Dario Arnaldi (Italy)		
Depression, RBD, neurodegeneration, and familial risk		09:45 - 10:05
Y.K. Wing (Hong Kong)		
Machine learning-based prediction of neurodegeneration and prognostic counseling in iRBD		10:05 - 10:25
Ki-Young Jung (Korea, Republic of)		
Question and answer		10:25 - 10:30
 <i>Symposium</i> 09:00 - 10:30		
		R325
S-84: Napping and its associations with health and cognition across the life span		
<i>Chair:</i> Gianluca Ficca (Italy)		
<i>Chair:</i> Vincenzo Muto (Belgium)		
Summary		09:00 - 09:00
Introduction		09:00 - 09:05
The relation between memory consolidation and nap transitions in early childhood		09:05 - 09:25
Rebecca Spencer (United States)		
Napping in teens and young adults: Benefits on mood and cognition		09:25 - 09:45
Ruth Leong (Singapore)		
To nap or not to nap? Impact of napping on cognition in the ageing brain		09:45 - 10:05
Vincenzo Muto (Belgium)		

	Associations of intentional and unintentional naps with health and psychological wellbeing at different ages	10:05 - 10:25
Francesca Conte (Italy)		
	Question and answer	10:25 - 10:30
<i>Oral abstract</i>		
09:00 - 10:30		R327
	O-29: Pediatric sleep-disordered breathing: Diagnostic innovation, biological mechanisms, and therapeutic strategies in complex and vulnerable populations	
Chair: Flavia Consens (United States)		
	Sleep and Survival: A Low-Cost Home Ventilation Strategy for Children with Neuromuscular disease in Resource-Limited Settings	09:00 - 09:13
Supriya Suresh Shinde (India)		
	Sleep-disordered breathing in children with Prader-Willi syndrome and the effect of growth hormone therapy	09:13 - 09:26
Prakarn Tovichien (Thailand)		
	Evaluating the diagnostic accuracy of smartphone video clips against polysomnography for Paediatric Obstructive Sleep Apnoea	09:26 - 09:39
Cal McLean (United Kingdom)		
	Distinct Salivary Microbial Signatures Associated with Anatomical Sites of Upper Airway Obstruction Caused by Lymphoid Hypertrophy in Children	09:39 - 09:52
Ying Xu (China)		
	Inflammatory Biomarkers and Symptom Severity: The Role of Cytokines in Paediatric OSA	09:52 - 10:05
Ming Yang (China)		
	Simultaneous Polysomnography and Cardiotocography Reveal Temporal Correlation Between Maternal Obstructive Sleep Apnea and Fetal Hypoxia	10:05 - 10:18
Jingyu Wang (China)		
<i>Oral abstract</i>		
09:00 - 10:30		R328
	O-30: Sleep and public health: Stress, climate, and community	
Chair: Chandra Jackson (United States)		
	Differential effects of sleep quality and sleep duration on stress reactivity: implications for mental health and wellbeing of young adults	09:00 - 09:13
Sylistah Gadam (Australia)		
	Impact of Nocturnal Air Pollution on Sleep Quality and Emergency Health Service Utilization for Respiratory and Cardiovascular Conditions in Portugal: An Ecological Analysis Using Open Data	09:13 - 09:26
Miguel Meira e Cruz (Portugal)		
	A national study and public mandate for sleep health policy reform	09:26 - 09:39
Emma Louise Gale (United Kingdom)		
	Large-Scale Investigation into Sleep Health: Patterns and Challenges in Chinese Population	09:39 - 09:52
Xinyu Fu (China)		
	Longitudinal associations between couple relationship quality and insomnia symptoms among Chinese couples: A cross-lagged panel design	09:52 - 10:05
Jia Jia Liu (China)		

Summertime bedroom overheating in un-airconditioned UK urban apartments during Heat Alert periods: thermal comfort and sleep outcomes	10:05 - 10:18
Iuliana Hartescu (United Kingdom)	
<i>Oral abstract</i> 09:00 - 10:30	R329
O-31: Management of insomnia with digital CBT-I:	
<i>Chair:</i> Rachel Chan (Hong Kong) <i>Chair:</i> Alexander Sweetman (Australia)	
Impact of a 4-Week Virtual Cognitive Behavioral Therapy for Insomnia Intervention on Sleep and Mood in Persons Living with Dementia and Their Caregivers	09:00 - 09:13
Glenna Brewster (United States)	
The effect of a tailored digital cognitive behavioural therapy for insomnia in people with co-morbid insomnia and sleep apnoea (COMISA): A pilot randomised controlled trial	09:13 - 09:26
Alexander Sweetman (Australia)	
Digital CBTi improves insomnia and reduces sleeping pill use in Australian primary care patients: Preliminary analysis of a randomised controlled implementation trial	09:26 - 09:39
Chelsea Reynolds (Australia)	
Guided internet-based cognitive behavioral therapy for insomnia in people suffering from insomnia and psychological distress: results of a randomized controlled trial	09:39 - 09:52
Joyce Reesen (Netherlands)	
Efficacy of a stepped care approach to deliver cognitive behavioural therapy for insomnia in the community: A pragmatic stepped-wedge cluster randomized controlled trial	09:52 - 10:05
Rachel Chan (Hong Kong)	
What is the optimal treatment for co-occurring insomnia and anxiety? An RCT comparing internet CBT for insomnia to internet CBT for anxiety	10:05 - 10:18
Elizabeth Mason (Australia)	
<i>Industry workshop</i> 10:00 - 10:45	R302
Fisher & Paykel Healthcare: Rethinking the Apnea-Hypopnea Index: Looking Toward a Patient-Centered Approach in Sleep Medicine	
Summary	10:00 - 10:00
Rethinking the Apnea-Hypopnea Index: Looking Toward a Patient-Centered Approach in Sleep Medicine	10:00 - 10:00
David M. Rapoport (United States)	
<i>Symposium</i> 10:45 - 12:15	
S-85: Consumer sleep technology: Usefulness and reliability for patients and practitioners	
<i>Chair:</i> Walter McNicholas (Ireland)	
Summary	10:45 - 10:45
Introduction	10:45 - 10:50
Overviewing the current use of consumer sleep technologies by both the patients and healthcare professionals	10:50 - 11:06

Walter McNicholas (Ireland)

How patients perceive and use consumer sleep technology

11:06 - 11:22

Michael Grandner (United States)

Innovations on consumer sleep technology for sleep tracking and scoring

11:22 - 11:38

Erna Sif Arnardóttir (Iceland)

Innovations on consumer sleep technology for the sleep-disordered breathing

11:38 - 11:54

Timo Leppänen (Finland)

Sponsorship bias and lack of validation - Exploring the negative effects of commercial aspects on the validation of consumer sleep technologies

11:54 - 12:10

Gabriel Natan Pires (Brazil)

Question and answer

12:10 - 12:15

Symposium

10:45 - 12:15

S-86: AI approaches in pediatric sleep: Unraveling developmental sleep issues

Chair: Karen Spruyt (France)

Summary

10:45 - 10:45

Introduction

10:45 - 10:50

Characterizing the complexity of REM sleep across pediatric development: A chaos-driven approach

10:50 - 11:10

Toshihiro Imamura (United States)

Time-of-day rhythms of memory function in Chinese university students

11:10 - 11:30

Fan Li (China)

Extracting polysomnographic insights before and after adenotonsillectomy for pediatric OSA through advanced recurrence analysis

11:30 - 11:50

Cheng-Bang Chen (United States)

Digital approaches to delivering parent-based sleep interventions for insomnia in children with ASD/ADHD

11:50 - 12:10

Shirley Xin Li (Hong Kong)

Question and answer

12:10 - 12:15

Symposium

10:45 - 12:15

S-87: Innovative approaches to sleep Disorders and craniofacial health: Bridging research and clinical practice

Chair: Juliana Tereza Colpani (Singapore)

Chair: Raymond Chung Wen Wong (Singapore)

Summary

10:45 - 10:45

Introduction

10:45 - 10:50

Sleep bruxism and orofacial pain: Putative mechanisms towards clinical implications

10:50 - 11:06

Gilles J Lavigne (Canada)

Advancing facial deformity correction: Integrating technology in

11:06 - 11:22

sleep disorder treatment

Raymond Chung Wen Wong (Singapore)

Classification of craniofacial pain with a focus on sleep disorders and neuroplasticity

11:22 - 11:38

Peter Svensson (Singapore)

Novel approaches to sleep-disordered breathing: Mechanisms and treatments

11:38 - 11:54

Peter Cistulli (Australia)

Cardiovascular implications of obstructive sleep apnea: Emerging insights

11:54 - 12:10

Anna Mohammadi (Australia)

Question and answer

12:10 - 12:15

Symposium

10:45 - 12:15

S-88: Gender disparities in obesity hypoventilation syndrome: From diagnosis and treatment to outcomes*Chair:* Babak Mokhlesi (United States)*Chair:* Juan Fernando Masa Jimenez (Spain)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:50

Gender differences in presentation and diagnosis of OHS

10:50 - 11:08

Ahmed BaHammam (Saudi Arabia)

Sex disparities impacts patient outcomes in ambulatory and hospitalized patients with OHS

11:08 - 11:26

Maria Angeles Sanchez Quiroga (Spain)

Implementing guideline-based care in patients with OHS to minimize gender disparities in care

11:26 - 11:44

Amanda Piper (Australia)

Putting it all together: Is gender bias in OHS real and if so, how to avoid it.

11:44 - 12:02

Babak Mokhlesi (United States)

Question and answer

12:02 - 12:15

Symposium

10:45 - 12:15

S-89: Novel developments in psychotherapy for insomnia*Chair:* Elisabeth Hertenstein (Switzerland)*Chair:* Kai Spiegelhalder (Germany)**Summary**

10:45 - 10:45

Introduction

10:45 - 10:50

NEW SLEEP: Using accurate and daily sleep feedback in home environments in order to improve sleep

10:50 - 11:10

Manuel Schabus (Austria)

Acceptance and commitment therapy versus cognitive behavioral therapy for insomnia: Outcomes from a RCT and predictors of treatment response

11:10 - 11:30

Renatha El-Rafihi Ferreira (Brazil)

Addressing non-response and improving implementation as primary challenges for the future of psychotherapy for insomnia		11:30 - 11:50
Elisabeth Hertenstein (Switzerland)		
Implementing CBT-I in routine clinical care using a stepped care model: A randomized controlled trial		11:50 - 12:10
Kai Spiegelhalder (Germany)		
Question and answer		12:10 - 12:15
<i>Symposium</i>		
10:45 - 12:15		
S-90: Restless legs syndrome: Exploring genetic diversity, racial differences, and phenotypes		
<i>Chair:</i> Yuichi Inoue (Japan)		
<i>Chair:</i> Ambra Stefani (Austria)		
Summary		10:45 - 10:45
Introduction		10:45 - 10:50
Prevalence, presentation and correlates of RLS among stroke survivors in India		10:50 - 11:05
Ravi Gupta (India)		
Genetics of RLS, update and new developments		11:05 - 11:20
Juliane Winkelmann (Germany)		
African descent and RLS: Phenotypic differences and racial insights		11:20 - 11:35
Michael Fawale (Nigeria)		
Seasonal exacerbation and its associated factors in restless legs syndrome		11:35 - 11:50
Yukiyoshi Sumi (Japan)		
Exploring the clinical spectrum of idiopathic RLS: Data-driven classification and therapeutic implications		11:50 - 12:05
Ki-Young Jung (Korea, Republic of)		
Question and answer		12:05 - 12:15
<i>Symposium</i>		
10:45 - 12:15		
R308		
S-91: The impact of sleep on frailty, sarcopenia, and falls: Investigating novel risk factors in aging populations		
<i>Chair:</i> Dalva Poyares (Brazil)		
<i>Chair:</i> Andrew Vakulin (Australia)		
Summary		10:45 - 10:45
Introduction		10:45 - 10:50
The role of healthy sleep in healthy ageing: The interconnections between poor sleep and frailty		10:50 - 11:10
Katie Stone (United States)		
The crosstalk between sleep and muscle health: Exploring relationships between sleep disorders and sarcopenia		11:10 - 11:30
Ronaldo Piovezan (Australia)		
Poor sleep and clinical sleep disorders as potentially preventable risk factors for falls		11:30 - 11:50
Kelly Sansom (Australia)		

Can treatment of sleep disorders reduce the risk of frailty, sarcopenia, and falls in older populations?	11:50 - 12:10
Atul Malhotra (United States)	
Question and answer	12:10 - 12:15
<i>Symposium</i> 10:45 - 12:15	R309
S-92: The impact of war on sleep: Uncovering the mechanisms that link trauma exposure and sleep quality across different cohorts and age groups	
Chair: Tamar Shochat (Israel)	
Chair: Iris Haimov (Israel)	
Summary	10:45 - 10:45
Introduction	10:45 - 10:50
Associations of sleep quality with war-related anxiety, childhood stressors, and war-related stressors during the Israel-Hamas war	10:50 - 11:06
Iris Haimov (Israel)	
Tired of war: Changes in the sleep of the Israeli civilian population in the wake of the Israel-Hamas war.	11:06 - 11:22
Alex Gileles-Hillel (Israel)	
The impact of REM and non-REM sleep on fear extinction recall in trauma-exposed populations	11:22 - 11:38
Kim Felmingham (Australia)	
Circadian instability predicts PTSD symptom severity following mass trauma	11:38 - 11:54
Roe Admon (Israel)	
Safe sleep for children in unsafe conditions	11:54 - 12:10
Angelica Schlarb (Germany)	
Question and answer	12:10 - 12:15
<i>Symposium</i> 10:45 - 12:15	R324
S-93: Unveiling and addressing sleep health disparities in indigenous peoples around the world	
Chair: Wendy Troxel (United States)	
Chair: Sarah-Jane Paine (New Zealand)	
Summary	10:45 - 10:45
Introduction	10:45 - 10:50
Sleep challenges and health implications for urban American Indian and Alaska Native adolescents	10:50 - 11:06
Wendy Troxel (United States)	
Sleep health of First Nations Australian adolescents: Co-designed solutions for sleep health equity	11:06 - 11:22
Fatima Yaqoot (Australia)	
Engaging the community to co-design sleep health interventions	11:22 - 11:38
Roslyn Von Senden (Australia)	
Sleep health in First Nations Australians: Impacts on cardiovascular disease risk	11:38 - 11:54
Stephanie Yiallourou (Australia)	

Indigenous epidemiology and Indigenous sleep health inequities: Two-decades of evidence from Aotearoa New Zealand		11:54 - 12:10
Sarah-Jane Paine (New Zealand)		
Question and answer		12:10 - 12:15
<i>Symposium</i>		
10:45 - 12:15		R325
S-94: The link between heart rate variability, autonomic alterations, and sleep disorders across lifespan and pathologies		
<i>Chair:</i> Raffaele Ferri (Italy)		
<i>Chair:</i> Monica Puligheddu (Italy)		
Summary		10:45 - 10:45
Introduction		10:45 - 10:50
Autonomic dysregulation and neurodegeneration: HRV measurements in REM sleep, RSWA and RBD		10:50 - 11:10
Monica Puligheddu (Italy)		
Cross-sectional presentation of sleep microstructure in sleep disorders with major implications to pathophysiology and autonomic interplay		11:10 - 11:30
Ivana Rosenzweig (United Kingdom)		
Cardiac autonomic modulation in adolescents: Impact of sleep irregularity, continuity, and depth		11:30 - 11:50
Julio Fernandez-Mendoza (United States)		
Autonomic dysfunction in restless legs syndrome: Insights Into underlying mechanisms		11:50 - 12:10
Chenini Sofiène (France)		
Question and answer		12:10 - 12:15
<i>Oral abstract</i>		
10:45 - 12:15		R327
O-32: Pathophysiological and diagnostic advances in RBD and NREM parasomnias		
<i>Chair:</i> Carlos Schenck (United States)		
Enhanced Phase-Amplitude Coupling Prior to Dream-Enactment Behaviors in isolated REM Sleep Behavior Disorder: A Video-Polysomnography Study		10:45 - 10:58
Shumpei Date (Japan)		
High-Frequency Oscillations Across Wakefulness and Sleep in NREM Parasomnia and Sleep-Related Hypermotor Epilepsy		10:58 - 11:11
Gulcin Benbir Senel (Turkey)		
Reliability and diagnostic accuracy of home video recording in differentiating Sleep-related Hypermotor Epilepsy from Disorders of Arousal		11:11 - 11:24
Greta Mainieri (Italy)		
Updated Data on the Prodromal Synucleinopathy Rating Scale Among Patients with REM Sleep Behavior Disorder in the North American Prodromal Synucleinopathy (NAPS) Consortium		11:24 - 11:37
Bradley Boeve (United States)		
Altered Interhemispheric Excitability in Patients with REM Sleep Behavior Disorder: An Exploratory TMS Study		11:37 - 11:50
Giuseppe Lanza (Italy)		

Oral abstract

10:45 - 12:15

R328

O-33: Multisystem pathophysiology and biomarker discovery in sleep apnea*Chair:* Allan Pack (United States)**Endothelial-dependent vasodilation is associated with sleep apnea-specific blood pressure variations in patients with severe OSA**

10:45 - 10:58

Ning Ding (China)

Nrf2 Pathway Activation: A Neuroprotective Strategy Against ER Stress-Mediated Apoptosis in Obstructive Sleep Apnea

10:58 - 11:11

Peipei Zhong (China)

Risk of mild cognitive impairment in relation to sleep apnea parameters: an 8-year longitudinal study in a community-based cohort

11:11 - 11:24

Jisun Choi (Korea, Republic of)

Identification and validation of a novel autophagy-related biomarker in obstructive sleep apnea syndrome

11:24 - 11:37

Zhiyong Li (China)

Opioid-related Central Sleep Apnea Not Detrimental to Key Respiratory and Sleep Parameters: Results from the OpSafe Multicentre Trial

11:37 - 11:50

David Wang (Australia)

The Role of TREM-1 in Mediating Atherosclerosis Induced by Obstructive Sleep Apnea Syndrome: Insights into Mechanisms and Therapeutic Implications

11:50 - 12:03

Xiaoling Gao (China)

Oral abstract

10:45 - 12:15

R329

O-34: Mechanisms and modulation of sleep-related cognitive dysfunction*Chair:* Thien Thanh Dang-Vu (Canada)**The interplay between orexin, neurodegeneration, cognition and sleep microarchitecture in mild to moderate Alzheimer's Disease**

10:45 - 10:58

Arsenio Paez (Canada)

Characterizing older patients with Obstructive Sleep Apnea at heightened risk of prospective cognitive decline and/or Alzheimer's Disease stage transition

10:58 - 11:11

Omonigbo Bubu (United States)

Slow-wave-heart rhythm coupling during sleep in older adults with and without mild cognitive impairment: effects of phase-locked acoustic stimulation

11:11 - 11:24

Irina Filchenko (Switzerland)

Induced sleep fragmentation enhances epileptic activity in focal epilepsy: a combined intracranial EEG and polysomnography study

11:24 - 11:37

Sana Hannan (United Kingdom)

Locus coeruleus inhibition in tau transgenic mice to treat neuropsychiatric and sleep disturbances in Alzheimer's disease

11:37 - 11:50

Yasmin Potts (Australia)

Multicenter study on the effect of CPAP on cognitive function in patients with mild cognitive impairment and Alzheimer's disease with OSA (DemCPAP): presentation of the protocol and preliminary data

11:50 - 12:03

Biancamaria Guarnieri (Italy)

Special interest group

11:00 - 12:00

R302

New directions in AI-driven sleep diagnostics*Chair:* Christianne Bahia (Brazil)*Chair:* Sharada Vinod (India)**Summary**

11:00 - 11:00

Symposium

12:30 - 14:00

S-95: No strings attached: Harnessing novel contactless technology for sleep health and beyond*Chair:* Yue Leng (China)*Chair:* Derk-Jan Dijk (United Kingdom)**Summary**

12:30 - 12:30

Introduction

12:30 - 12:35

Sleep and sleep apnea testing in the home - Contactless solutions and validation

12:35 - 12:51

Indu Ayappa (United States)

Under-mattress devices for assessment of sleep stages and sleep-disordered breathing

12:51 - 13:07

Clete Kushida (United States)

Multi-night assessment of OSA: Implications for diagnosis and cardiovascular outcomes

13:07 - 13:23

Danny Eckert (Australia)

Contactless and longitudinal monitoring of sleep and circadian rhythms in ageing and dementia

13:23 - 13:39

Derk-Jan Dijk (United Kingdom)

From pillow to pulse: Developing digital biomarkers from contactless sleep technologies

13:39 - 13:55

Yue Leng (China)

Question and answer

13:55 - 14:00

Symposium

12:30 - 14:00

S-96: Circadian rhythm sleep-wake disorders: Relevance to behavior and comorbidity*Chair:* Corrado Garbaza (Switzerland)*Chair:* Tsuyoshi Kitajima (Japan)**Summary**

12:30 - 12:30

Introduction

12:30 - 12:35

The pathophysiology of DSWPD and its subtyping

12:35 - 12:51

Sabra Abbott (United States)

The consensus on DLMO measurement, and its applications to a longitudinal cohort of adolescents

12:51 - 13:07

Shantha Rajaratnam (Australia)

Comprehensive features of circadian disorders and their relevance to psychiatric disorders

13:07 - 13:23

Nicholas Meyer (United Kingdom)

Possible internal desynchronization in DSWPD and N24SWD and its relevance to comorbidity and behavior

13:23 - 13:39

Tsuyoshi Kitajima (Japan)

Circadian measurements and interventions for CRSWDs with a focus on N24SWD and its comorbidity	13:39 - 13:55
Corrado Garbazza (Switzerland)	
Question and answer	13:55 - 14:00
<i>Symposium</i> 12:30 - 14:00	
S-97: Obstructive sleep, apnea: Studies by early-stage investigators	
<i>Chair:</i> Allan Pack (United States)	
<i>Chair:</i> Nigel McArdle (Australia)	
Summary	12:30 - 12:30
Introduction	12:30 - 12:35
Comparison of tongue fat In Asians with obstructive sleep apnea and controls	12:35 - 12:55
Liyue (Adell) Xu (China)	
Differences in sleep-disordered breathing between Asians and Caucasians	12:55 - 13:15
Matthew Salanitra (Germany)	
Harnessing observational data to advance insights into CPAP therapy and cardiovascular health in OSA	13:15 - 13:35
Kelly Sansom (Australia)	
Measuring arousal sources for use in cross diagnosis of sleep apnea and insomnia	13:35 - 13:55
Matt Gratton (United States)	
Question and answer	13:55 - 14:00
<i>Symposium</i> 12:30 - 14:00	
S-98: Beyond the classical pentad: Narcolepsy from a multimodal perspective	
<i>Chair:</i> Emmanuel Mignot (United States)	
<i>Chair:</i> Birgit Högl (Austria)	
Summary	12:30 - 12:30
Introduction	12:30 - 12:35
A vicious circle: Psychiatric and cognitive comorbidities in narcolepsy and their impact on patient-reported outcome measures	12:35 - 12:55
Merve Aktan Süzgün (Turkey)	
Unmasking the overlap: Exploring the link between narcolepsy, obstructive sleep apnea, and their impact on cardiovascular and metabolic health	12:55 - 13:15
Jatuporn Wanchaitanawong (Thailand)	
What precision medicine brings to narcolepsy practical clinic: The importance of genetics, biomarkers and phenotype in stratifying the subtypes	13:15 - 13:35
Christianne Bahia (Brazil)	
The present and future of research, diagnosis, and treatment of central disorders of hypersomnolence	13:35 - 13:55
Emmanuel Mignot (United States)	
Question and answer	13:55 - 14:00

Symposium

12:30 - 14:00

S-99: Promoting infant sleep in different cultures: Lessons from developing, adapting and evaluating innovative sleep interventions for infants in various cultures*Chair:* Ree M. Meertens (Netherlands)*Chair:* Justin A. Lavner (United States)**Summary**

12:30 - 12:30

Introduction

12:30 - 12:35

Symposium introduction and an overview of different cultural approaches to child sleep health promotion interventions

12:35 - 12:51

Ree M. Meertens (Netherlands)

Sleep health of Australian First Nations children: Community-led initiatives to improve sleep health of young people

12:51 - 13:07

Roslyn Von Senden (Australia)

Promoting infant and maternal sleep among Black American families in the early postpartum period: A randomized clinical trial

13:07 - 13:23

Justin A. Lavner (United States)

Culturally and family tailored sleep intervention for Japanese young children: A community-based approach using an interactive smartphone application

13:23 - 13:39

Arika Yoshizaki (Japan)

Sleep on number 1! Development, co-creation and evaluation of an infant sleep intervention tailored to Dutch pediatric primary care

13:39 - 13:55

Marijn P. W. van de Sande (Netherlands)

Question and answer

13:55 - 14:00

Symposium

12:30 - 14:00

S-100: The rhythm of rest: Exploring the cognitive and psychological benefits and drawbacks associated with intraindividual variability in sleep*Chair:* June Lo (Singapore)*Chair:* Shirley Xin Li (Hong Kong)**Summary**

12:30 - 12:30

Introduction

12:30 - 12:35

Objective and subjective measures of sleep intraindividual variability

12:35 - 12:55

Michael Scullin (United States)

Neurobehavioural outcomes of intraindividual variability in sleep from childhood to adulthood

12:55 - 13:15

June Lo (Singapore)

Exploring the impact of sleep variability on adolescent mental health and cognitive function: Insights from year-long actigraphy recordings

13:15 - 13:35

Leila Tarokh (Switzerland)

The implications of sleep variability on health in young people: From experimental to clinical research

13:35 - 13:55

Yue Pan (Hong Kong)

Question and answer

13:55 - 14:00

Symposium

12:30 - 14:00

R308

S-101: ISSS symposium: The role of anatomic surgery in adult sleep apnea patients failing conventional treatments: Latest evidence and guidelines

Chair: Lyndon Chan (Australia)

Chair: Thomas Kaffenberger (United States)

Summary

12:30 - 12:30

Introduction

12:30 - 12:35

What is sleep apnea surgery and what are the current guidelines?

12:35 - 12:51

Khai Beng Chong (Singapore)

Evidence for surgery as an adjunct for sleep apnea devices

12:51 - 13:07

Srinivas Kishore (India)

Evidence for sleep apnea surgery

13:07 - 13:23

Julia Crawford (Australia)

What is mean disease alleviation and how does it apply to the treatment of sleep apnea

13:23 - 13:39

Madeline Ravesloot (Netherlands)

Debate & discussion: Where does anatomic surgery sit in modern treatment paradigms?

13:39 - 13:55

Question and answer

13:55 - 14:00

Symposium

12:30 - 14:00

R309

S-102: Digital advancements in oral appliance therapy for obstructive sleep apnea

Chair: Subha Giri (United States)

Summary

12:30 - 12:30

Introduction

12:30 - 12:35

Artificial Intelligence enabled predictive metrics in personalizing OSA treatments

12:35 - 12:55

Timothy Morgenthaler (United States)

Facial features of patients with obstructive sleep apnea - "Is the picture worth a thousand words?"

12:55 - 13:15

Fernanda Almeida (Canada)

Innovations in digital technology for predicting outcomes with oral appliance therapy

13:15 - 13:35

Olivier Vanderveken (Belgium)

Current and future trends in end-to-end digital workflow in oral appliance therapy: Challenges and opportunities in middle-income countries

13:35 - 13:55

Premthip Chalidapongse (Thailand)

Question and answer

13:55 - 14:00

Symposium

12:30 - 14:00

R324

S-103: Cardiovascular implications of sleep disruption in women: Emerging evidence and clinical implications

Chair: Snigdha Pusalavidyasagar (United States)

Chair: Virend Somers (United States)

	Summary	12:30 - 12:30
	Introduction	12:30 - 12:35
	The social and environmental determinants of women's sleep health	12:35 - 12:55
Dayna Johnson (United States)		
	Cardiovascular consequences of sleep disruption: Worse for women?	12:55 - 13:15
Naima Covassin (United States)		
	Pregnancy-related cardiovascular disease and obstructive sleep apnea	13:15 - 13:35
Snigdha Pusalavidyasagar (United States)		
	Sleep disruption and autonomic imbalance in women: Pathophysiology, clinical implications and therapeutic strategies	13:35 - 13:55
Helga Margrét Skúladóttir (Iceland)		
	Question and answer	13:55 - 14:00
<i>Symposium</i>		
12:30 - 14:00		R325
	S-104: Shaping the future of sleep medicine: Evidence, innovations, and insights from Sleep Revolution	
Chair: Timo Leppänen (Finland)		
Chair: Erna Sif Arnardóttir (Iceland)		
	Summary	12:30 - 12:30
	Introduction	12:30 - 12:35
	Harnessing big data and artificial intelligence in sleep medicine: opportunities and challenges	12:35 - 12:51
Henri Korkalainen (Finland)		
	Subjective vs. objective sleep parameters - What do they tell us?	12:51 - 13:07
Erna Sif Arnardóttir (Iceland)		
	Probabilistic approach to analyze sleep structure - From scoring sleep to modelling sleep	13:07 - 13:23
Samu Kainulainen (Finland)		
	The future of sleep laboratories: Translating sleep revolution findings into clinical practice	13:23 - 13:39
Ludger Grote (Sweden)		
	Personalized treatment modalities - The role of physical activity and exercise in the management of SDB	13:39 - 13:55
Katrin Ýr Friðgeirsdóttir (Iceland)		
	Question and answer	13:55 - 14:00
<i>Symposium</i>		
12:30 - 14:00		R326
	S-105: Waking up the workforce: Exploring the impact of sleep on workplace performance, decision-making, and outcomes	
Chair: Christopher Barnes (Singapore)		
Chair: Stijn Massar (Singapore)		
	Summary	12:30 - 12:30
	Introduction	12:30 - 12:35

	The impact of sleep deprivation on physicians' empathy and pain management decisions	12:35 - 12:53
Alex Gileles-Hillel (Israel)		
	The science behind sleep and workplace performance: Bridging research and real-world applications	12:53 - 13:11
Els van der Helm (Switzerland)		
	Using wearable and mobile technology to measure sleep at scale in working populations	13:11 - 13:29
Stijn Massar (Singapore)		
	Preventing Karoshi: Fatigue risk in employees exceeding 80 hours of overtime monthly	13:29 - 13:47
Tomohide Kubo (Japan)		
	Question and answer	13:47 - 14:00
<i>Oral abstract</i> 12:30 - 14:00		R327
	O-35: Novel sleep technology approaches with clinical applications	
	Sound-Based AI Sleep Staging in Pediatric Patients	12:30 - 12:43
EunSung Cho (Korea, Republic of)		
	A novel, wearable, in-ear EEG technology to assess sleep and daytime sleepiness	12:43 - 12:56
Prabhjyot Saini (United States)		
	Prospective real-world validation of a smartwatch-based OSA detection algorithm: A comparative study with polysomnography	12:56 - 13:09
Donghyeok Kim (Korea, Republic of)		
	Costs and benefits of a Meta and tiktok public campaign to promote the usage of a sleep hygiene phone app	13:09 - 13:22
Pierre Philip (France)		
	Weighted Hypoxia Index, a Translational Quantitative Metric, Predicts All-Cause Mortality	13:22 - 13:35
Diane Lim (United States)		
	A randomized controlled trial to evaluate digital cognitive behavioral therapy for insomnia (CBT-I) with artificial intelligence chatbot for youth with insomnia: Preliminary results	13:35 - 13:48
Tim Man Ho Li (Hong Kong)		
<i>Keynote</i> 14:15 - 15:00		
	K-11: Björn Rasch: Sleep and memory: Current state of research and future needs	
	Introduction	14:15 - 14:17
Sean Drummond (Australia)		
	Sleep and memory: Current state of research and future needs	14:17 - 15:00
Bjorn Rasch (Switzerland)		
<i>Keynote</i> 14:15 - 15:00		
	K12: Joshua J. Gooley: The hard facts supporting later learning start times	

Symposium

15:15 - 16:45

S-106: World clock: Turning back time on diagnostic delays in NT1*Chair:* Phyllis Zee (United States)*Chair:* Raffaele Ferri (Italy)**Introduction**

15:15 - 15:15

Bringing narcolepsy to light: Public and clinician education

15:15 - 15:31

Anne Marie Morse (United States)

Recognizing pediatric NT1: A key to earlier diagnosis

15:31 - 15:47

Giuseppe Plazzi (Italy)

Why narcolepsy goes unseen: Causes of diagnostic delay and solutions through medical education

15:47 - 16:03

Nana Tachibana (Japan)

Narcolepsy in the Middle East: Barriers and opportunities in early diagnosis

16:03 - 16:19

Ahmed BaHammam (Saudi Arabia)

A patient's perspective and mission to reduce delays

16:19 - 16:35

Julie Flygare (United States)

Question and answer

16:35 - 16:43

Symposium

15:15 - 16:45

S-107: Beyond scoring: Transforming sleep medicine with AI*Chair:* Matteo Cesari (Austria)*Chair:* Manuel Schabus (Austria)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:20

Beyond the hypnogram: Alternative representations of sleep structure

15:20 - 15:36

Merel van Gilst (Netherlands)

Unlocking sleep's secrets: AI-driven insights into brain health

15:36 - 15:52

Wolfgang Ganglberger (United States)

New sleep: Accurate sleep analysis in natural settings with the aim to improve sleep using wearables

15:52 - 16:08

Manuel Schabus (Austria)

AI-based tools for improving diagnosis and treatment of obstructive sleep apnea

16:08 - 16:24

Gabriel Natan Pires (Brazil)

From code to care: Implementing AI in sleep medicine devices and practices

16:24 - 16:40

Jon Agustsson (Iceland)

Question and answer

16:40 - 16:45

Symposium

15:15 - 16:45

S-108: Sleep, sleep apnea, and heart rhythm: All you can learn*Chair:* Younghoon Kwon (United States)*Chair:* Chih-Chieh Yu (Taiwan)

Summary	15:15 - 15:15
Introduction	15:15 - 15:20
Interplay between obstructive sleep apnea and AF	15:20 - 15:36
Ronald Lee (Singapore)	
OSA and impaired sleep as risk factors of AF and other heart rhythm disorders	15:36 - 15:52
Chih-Chieh Yu (Taiwan)	
Device-detected sleep apnea events and its link to cardiac arrhythmia and cardiovascular outcomes	15:52 - 16:08
Seung-Jung Park (Korea, Republic of)	
Sleep apnea and sudden cardiac death: Quo Vadis?	16:08 - 16:24
Virend Somers (United States)	
Wearable sleep and cardiac rhythm monitoring to address sleep heart health	16:24 - 16:40
Younghoon Kwon (United States)	
Question and answer	16:40 - 16:45

Symposium

15:15 - 16:45

S-109: Examining sleep contributions to pathways from stress to affective psychopathology in children and youth*Chair:* Erika Forbes (United States)

Summary	15:15 - 15:15
Introduction	15:15 - 15:20
Adolescent sleep development and mental health	15:20 - 15:40
Rachel Ran Wang (Hong Kong)	
Sleep patterns and internalizing psychopathology in children adopted from foster care	15:40 - 16:00
Candice Alfano (United States)	
Sleep quality interacts with reactivity to daily social threat events to predict suicidal Ideation in sexual and gender minority young adults	16:00 - 16:20
Stanley Seah (United States)	
Savoring approaches to better sleep in a war zone: Co-design of a brief digital intervention for Ukrainian youth	16:20 - 16:40
Dana McMakin (United States)	
Question and answer	16:40 - 16:45

Symposium

15:15 - 16:45

S-110: Chrononutrition to optimize health*Chair:* Frank A.J.L. Scheer (United States)

Summary	15:15 - 15:15
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	Introduction	15:15 - 15:20
	Meal o'clock; Circadian food timing to improve metabolic and cardiovascular health	15:20 - 15:40
Frank A.J.L. Scheer (United States)		
	Optimizing health through time-restricted eating	15:40 - 16:00
Emily Manoogian (United States)		
	Meal timing in shift work and beyond: Enhancing metabolic health and cognitive performance	16:00 - 16:20
Siobhan Banks (Australia)		
	An interactive web: Meal timing, genetics, and metabolic health	16:20 - 16:40
Marta Garaulet (Spain)		
	Question and answer	16:40 - 16:45
<i>Symposium</i>		
15:15 - 16:45		
S-111: Translation of endo-phenotyping of adult obstructive sleep apnea to the clinic		
<i>Chair:</i> Danny Eckert (Australia)		
<i>Chair:</i> Thomas M Tolbert (United States)		
	Summary	15:15 - 15:15
	Introduction	15:15 - 15:20
	The latest knowledge on OSA pathophysiology and opportunities to advance personalized care	15:20 - 15:36
Danny Eckert (Australia)		
	Development of simplified OSA endotype metrics and their role in guiding targeted therapies including pharmacotherapies and beyond	15:36 - 15:52
Amal Osman (Australia)		
	Cohorts, data standardization, technical & measurement perspectives and the need for data sharing/collaboration to advance OSA endo-phenotyping	15:52 - 16:08
Scott Sands (United States)		
	Use of digital health and novel technology to advance clinical translation of OSA endo-phenotyping for personalized care	16:08 - 16:24
Jean-Louis Pépin (France)		
	Summary of the ATS research statement recommendations and findings	16:24 - 16:40
Thomas M Tolbert (United States)		
	Question and answer	16:40 - 16:45
<i>Symposium</i>		
15:15 - 16:45		
S-112: Targeting sleep disturbances in mental disorders: Does it make the difference?		R308
<i>Chair:</i> Pierre Alexis Geoffroy (France)		
<i>Chair:</i> Dieter Riemann (Germany)		
	Summary	15:15 - 15:15
	Introduction	15:15 - 15:20
	Sleep and circadian rhythm disturbance in psychosis, does	15:20 - 15:40

targeting sleep and circadian function improve outcomes?

Nicholas Meyer (United Kingdom)

A “wake up call” for nightmares in adults: Management and implications for mental health

15:40 - 16:00

Pierre Alexis Geoffroy (France)

Treating insomnia comorbid with mood and anxiety disorders: Data on CBT-I and pharmacological treatments

16:00 - 16:20

Laura Palagini (Italy)

Reducing suicidality through insomnia treatment is it possible?

16:20 - 16:40

Vaughn McCall (United States)

Question and answer

16:40 - 16:45

Symposium

15:15 - 16:45

R309

S-113: The mind throughout the sleep-wake cycle: The importance of cognitive phenomenology in sleep clinics*Chair:* Andrea Galbiati (Italy)*Chair:* Francesca Siclari (Netherlands)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:20

The spectrum of conscious experiences and sensory disconnection in patients with Non-REM parasomnias

15:20 - 15:36

Francesca Siclari (Netherlands)

Nocturnal mentation in insomnia and its consequences for regulation of emotional distress

15:36 - 15:52

Rick Wassing (Australia)

The cathartic dream: Using a large language model to study a new type of functional dream in healthy and clinical populations

15:52 - 16:08

Lampros Perogamvros (Switzerland)

Dreaming in action: Bridging neurobiology and phenomenology in REM behavior disorder

16:08 - 16:24

Andrea Galbiati (Italy)

When epilepsy enters dreams: Mental content during sleep as a window on neurological disorders

16:24 - 16:40

Laure Peter-Derex (France)

Question and answer

16:40 - 16:45

Symposium

15:15 - 16:45

R324

S-114: New insights on the control of breathing during sleep and innovative genetic approaches for obstructive sleep apneas*Chair:* Stefano Bastianini (Italy)*Chair:* Elda Arrigoni (United States)**Summary**

15:15 - 15:15

Introduction

15:15 - 15:20

Neural circuitry mediating arousal during sleep apnea and airways motor control during REM sleep

15:20 - 15:40

Elda Arrigoni (United States)

	The recruitment of abdominal muscles to stabilize the respiratory pattern during REM sleep in newborns and adult rats	15:40 - 16:00
Silvia Pagliardini (Canada)		
	Genetic mouse models of obstructive sleep apnea and chemogenetic modulation of tongue contraction during sleep	16:00 - 16:20
Stefano Bastianini (Italy)		
	Mechanisms of hypoglossal motor control reveal therapeutic targets for obstructive sleep apnea	16:20 - 16:40
Richard Horner (Canada)		
	Question and answer	16:40 - 16:45
<i>Symposium</i>		
15:15 - 16:45		R325
	S-115: Sleep in athletes and the application to occupational settings	
Chair: Ian Dunican (Australia)		
Chair: Ashley Montero (Australia)		
	Summary	15:15 - 15:15
	Introduction	15:15 - 15:17
	Sleep, nutrition & athlete recovery	15:17 - 15:37
Rónán Doherty (Ireland)		
	Travel fatigue, jet lag, and performance: Insights from athletes with applicability for all	15:37 - 15:57
Tim Smithies (Australia)		
	Sleep deprivation, motivation, and effort investment	15:57 - 16:17
Stijn Massar (Singapore)		
	Mental health and sleep in athletes: Translation and application to industrial settings and shiftwork	16:17 - 16:37
Michael Grandner (United States)		
	Question and answer	16:37 - 16:45
<i>Oral abstract</i>		
15:15 - 16:45		R327
	O-36: Neurophysiology of sleep and cognitive aging	
Chair: Eunyeon Joo (Korea, Republic of)		
Chair: Ronaldo Piovezan (Australia)		
	Trait-Like Slow-Wave Activities Link to Cognition: Multi-Night At-Home Wireless EEG Study in Older Adults	15:15 - 15:25
Shuo Qin (Singapore)		
	Association of sleep stages, duration, and efficiency with physical performance in a diverse sample of older adults	15:25 - 15:35
Dilys Xiaodi Liu (United States)		
	The Relationship Between Napping and Memory Varies as a Function of Genetic Risk for Alzheimer's Disease	15:35 - 15:45
Caroline Faucher (Australia)		
	Polygenic scores for sleep traits and dementia incidence: Findings from the Swedish Twin Registry	15:45 - 15:55
Manasa Shanta Näsholm (Sweden)		
	Amplitude fluctuations of cerebrovascular oscillations and CSF movement desynchronize during NREM3 sleep	15:55 - 16:05

A.J. Schwichtenberg (United States)

Sleep spindles and slow oscillations predict neurofilament-light, neurogranin 36, Chitinase-3- like protein-1 and cognition in mild to moderate Alzheimer's Disease

16:05 - 16:15

Arsenio Paez (Canada)

Symposium

17:00 - 18:30

S-116: The role of sleep and circadian factors for motivation and behavior

Chair: John Axelsson (Sweden)

Chair: Leonie Balter (Netherlands)

Summary

17:00 - 17:00

Introduction

17:00 - 17:05

Chronotype differences in motivation and dopamine binding capacity across the day

17:05 - 17:25

Leonie Balter (Netherlands)

The impact of insufficient sleep on dietary choices and physical activity behaviours

17:25 - 17:45

Sean Drummond (Australia)

The role of sleep and sleepiness for social behaviour

17:45 - 18:05

Tina Sundelin (Sweden)

Sleepiness as motivation: A mechanism for how insufficient sleep and other stressors drive behavior to safeguard recovery

18:05 - 18:25

John Axelsson (Sweden)

Question and answer

18:25 - 18:30

Symposium

17:00 - 18:30

S-117: Artificial intelligence approaches to physiologic signals in sleep medicine

Chair: Najib Ayas (Canada)

Summary

17:00 - 17:00

Introduction

17:00 - 17:05

When sleep apnea speaks: Voice as a biomarker of sleep apnea

17:05 - 17:25

Azadeh Yadollahi (Canada)

AI analysis of EEG patterns in polysomnography- An insight into the brain

17:25 - 17:45

Haoqi Sun (United States)

AI-based endo-phenotyping of sleep apnea

17:45 - 18:05

Lucia Pinilla (Australia)

Concluding remarks and Questions

18:05 - 18:25

Najib Ayas (Canada)

Question and answer

18:25 - 18:30

Symposium

17:00 - 18:30

S-118: The molecular link between sleep and neurodevelopment*Chair:* Gustavo Moreira (Brazil)*Chair:* Magda LaHorgue Nunes (Brazil)**Summary**

17:00 - 17:00

Introduction

17:00 - 17:05

Genetic convergence between sleep and neurodevelopment

17:05 - 17:25

Mariana Moyses-Oliveira (Brazil)

Iron deficiency underlying sleep and neurodevelopmental disorders

17:25 - 17:45

Romy Hoque (United States)

Circadian and sleep alterations in neurogenetic disorders

17:45 - 18:05

Karen Spruyt (France)

Broad impact of sleep disturbances in genetic syndromes: Who takes care of the caregiver?

18:05 - 18:25

Gustavo Moreira (Brazil)

Question and answer

18:25 - 18:30

Symposium

17:00 - 18:30

S-119: Empowering women's sleep health through artificial intelligence*Chair:* Leila Emami (Iran)*Chair:* Shirin Shafazand (United States)**Summary**

17:00 - 17:00

Introduction

17:00 - 17:02

AI tools in sleep health diagnosis and research

17:02 - 17:22

Javad Razjouyan (United States)

OSA in women, more than just snoring: A population health perspective

17:22 - 17:42

Shirin Shafazand (United States)

Hypersomnia and its impact on women's health

17:42 - 18:02

Brendon Yee (Australia)

Understanding sleep disorders in Iranian women: A public health perspective

18:02 - 18:22

Leila Emami (Iran)

Question and answer

18:22 - 18:30

Symposium

17:00 - 18:30

S-120: Sleep and long COVID: From epidemiology to future prevention on behalf of Second International COVID-19 Sleep Study (ICOSS-II) group*Chair:* Markku Partinen (Finland)*Chair:* Bjørn Bjorvatn (Norway)**Summary**

17:00 - 17:00

Introduction

17:00 - 17:05

Sleep as core symptoms of long COVID

17:05 - 17:21

Iiona Merikanto (Finland)

Sleep debt, chronotype, and irregular sleep patterns in long COVID 17:21 - 17:37

Catia Reis (Portugal)

Long COVID, loss of smell and sleep disturbances 17:37 - 17:53

Harald Hrubos-Strom (Norway)

Long COVID, dream enactment behavior and future neurodegeneration 17:53 - 18:09

S.Y. Gong (Hong Kong)

Prevention of infection related morbidities from sleep and circadian perspectives 18:09 - 18:25

Tomi Sarkanen (Finland)

Question and answer 18:25 - 18:30

Symposium

17:00 - 18:30

R309

S-121: Novel sleep intervention trials for enhancing brain health across the lifespan

Chair: Katie Stone (United States)

Chair: Yue Leng (China)

Summary 17:00 - 17:00

Introduction 17:00 - 17:05

Gut-based intervention strategies for neuroprotection in sleep disorders 17:05 - 17:25

Yuhua Yang (Hong Kong)

Effects of CPAP on neuroimaging biomarkers and cognition: A multi-center randomized controlled trial in a middle-aged Chinese population 17:25 - 17:45

Shankai Yin (China)

Sleep apnea intervention to reduce risk of Alzheimer's Disease and related dementias 17:45 - 18:05

Andrew Varga (United States)

Treating insomnia in mild cognitive impairment in the community: Insights from an online CBI-I feasibility trial 18:05 - 18:25

Sharon Naismith (Australia)

Question and answer 18:25 - 18:30

Symposium

17:00 - 18:30

R324

S-122: Children's sleep in context: The role of social, economic, and educational policy and practice in early sleep development

Chair: Karen Thorpe (Australia)

Summary 17:00 - 17:00

Introduction 17:00 - 17:05

The interactive association of family- and neighbourhood- level factors on children and youth sleep outcomes 17:05 - 17:25

Katarina McKenzie (Canada)

The relationship between children's napping patterns and teacher-child interactions in preschool classrooms in China 17:25 - 17:45

Hui Li (China)

Variability in childcare sleep environments and naptime-related provider attitudes and practices in Rhode Island, USA

17:45 - 18:05

Tayla von Ash (United States)

Social and environmental drivers of longitudinal sleep patterns in early childhood

18:05 - 18:25

Sally Staton (Australia)

Question and answer

18:25 - 18:30

Symposium

17:00 - 18:30

R325

S-123: The waking nightmare: Unraveling the evidence behind the intertwined pathways between sleep and cancer*Chair:* Sergio Tufik (Brazil)*Chair:* David Gozal (United States)**Summary**

17:00 - 17:00

Introduction

17:00 - 17:05

Prostate cancer, prostate-specific antigen, and obstructive sleep apnea: What do we know so far?

17:05 - 17:25

Allan Porcacchia (Brazil)

Sleep disorders and circadian disruption: Clinical insights into Cancer risk and progression

17:25 - 17:45

Maria Paola Mogavero (Italy)

Mechanisms from translational and basic studies about sleep disorders, circadian disruption and cancer

17:45 - 18:05

Isaac Almendros (Spain)

Sleep disruption in patients with Cancer

18:05 - 18:25

Saadia Faiz (United States)

Question and answer

18:25 - 18:30

Oral abstract

17:00 - 18:30

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O-37: Symptomatology, phenotypes, and pathophysiology of insomnia*Chair:* Rebecca Robillard (Canada)*Chair:* Hannah Scott (Australia)**Pathophysiological subtypes of paediatric insomnia based on familial and clinical features**

17:00 - 17:13

Valeria Mammarella (Italy)

Correlates between sleep architecture and sleep reactivity to stress in the context of cumulative adversities: Is REM sleep continuity a potential protective factor for sleep reactivity?

17:13 - 17:26

Chris Xie Chen (Hong Kong)

Long-Term Risk of Dementia in middle-age and older adults with Sleep Disorders: Evidence from 20 Years of Nationwide Taiwanese Data

17:26 - 17:39

chih-chuan Hsieh (Taiwan)

Circadian rhythm timing and associations with sleep symptoms in insomnia disorder

17:39 - 17:52

Hannah Scott (Australia)

	Data-driven subtypes of youth insomnia: A mixed-feature clustering analysis	17:52 - 18:05
Zihan Chen (Hong Kong)		
	Preliminary observations on insomnia phenotypes based on daily electroencephalography sleep monitoring in the natural sleeping environment	18:05 - 18:18
Rebecca Robillard (Canada)		
	Co-morbid Insomnia and Obstructive Sleep Apnea Augments Cardiac Autonomic Burden to Increase All-cause Mortality	18:18 - 18:31
Hua Qin (China)		
<i>Social event</i>		
18:25 - 19:10		
Closing ceremony		