



# INDIA SLEEP 2023



## Indian Society for Sleep Research (ISSR) Conference & Sleep Medicine Course

Organized by

All India Institute of Medical Sciences, Kalyani

### Conference Program Schedule

30<sup>th</sup> September 2023

<b>09:00 AM-10: 00 AM</b>		<b>Young Scientist Colloquium</b>	
<b>10:00 AM-11: 00 AM</b>		<b>Plenary Lecture</b> <b>We are just beginning to understand sleep</b> Dr Deepak Shrivastava, MD Professor of Medicine, Sleep, Pulmonary and Critical Care UC Davis school of Medicine, USA	
<b>11:00 AM – 11:30 AM</b>		<b>Tea Break</b>	
<b>11:30 AM – 01:00 PM</b>		<b>Parallel Symposia</b>	
<b>New Insights into Sleep Physiology</b>		<b>Management of Sleep Disorders-Surgical aspects: Protocols and Decision making</b>	
The effects of sleep deprivation on the neuromuscular junction of the soleus muscle in rats	Dr Ritesh Netam, Associate Professor Department of Physiology AIIMS, New Delhi	Surgery for OSA: Soft tissue or Skeletal	Dr Dipankar Datta Bellevue Clinic, Kolkata AMRI Hospitals, Kolkata West Bengal
Sequential changes in electroencephalographic and electromyographic events during spontaneous and final arousal from sleep in young adult male	Prof Hruda Nanda Mallick Professor, Faculty of Medicine and Health Sciences Department of Physiology SGT University, Haryana	Protocol for preoperative investigations to know site of obstruction in Sleep Related Breathing Disorders	Dr Bikram Chowdhury Additional Professor Department of ENT AIIMS Jodhpur Rajasthan
Effect of sleep deprivation on the cortical and muscle temperature in rats	Dr Trina Sengupta, DST-Woman Scientist Department of Biological Sciences Bose Institute, Kolkata West Bengal	Surgical Decision making in Sleep Related Breathing Disorder	Dr Sudipta Chandra Bellevue Clinic, Kolkata West Bengal
<b>01:00 PM – 02:00 PM</b>		<b>Lunch</b>	
<b>01:00 PM – 02:00 PM</b>		<b>Lunch Symposium</b> "Neurobit Research Hub" and its role in transforming sleep biomarker research through AI and Machine Learning – Mr Kishan, Co Founder , Director (Neurobit Inc)	
<b>02:00 PM – 03:30 PM</b>		<b>Parallel symposia</b>	
<b>Sleeping Through the Years: Aging and Sleep</b>		<b>Excessive day time sleepiness</b>	
Techniques to improve sleep as we age	Prof. Manjari Tripathi Professor Department of Neurology AIIMS, New Delhi	Excessive Daytime Sleepiness: An Overview	Prof Dr Jayanti Mishra Professor, Department of Physiology AIIMS, Bhubaneswar Odisha
Sleep Spindles and Hippocampal Volume: Exploring Aging Connections	Dr Nasreen Akhtar Additional Professor Department of Physiology AIIMS, New Delhi	Effect Of Excessive Day Time Sleepiness on Cardiovascular Health	Prof Dr Manisha Kar Department of Physiology, AIIMS, Bhubaneswar Odisha



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Effect of meditation on age associated changes of sleep	Dr Ravindra Nagendra Associate Professor Centre for Consciousness Studies Department of Neurophysiology NIMHANS, Bengaluru	Obstructive Sleep Apnoea Syndrome, Diagnosis and Interesting Case Presentation	Dr Barsha Baishali Parida Assistant Professor Kalinga Institute of Medical Sciences, KIIT University Bhubaneswar, Odisha
<b>02:00 PM – 04:30 PM Young Investigator Development Programme for Medical students</b>			
Chair and Introduction	<b>Col Dr Karuna Dutta</b> Prof and Head, Department of Sports Medicine, AFMC, Pune		
Eugene Aserinsky: The man who changed our understanding of sleep	<b>Dr V. Mohan Kumar</b> Former Prof and Head, Department of Physiology, AIIMS, New Delhi		
Michel Jouvet: The castle of dreams	<b>Prof. Hruda Nanda Mallick</b> Professor, Faculty of Medicine and Health Sciences Department of Physiology, SGT University, Haryana		
William Dement, the Giant, Legend and my Beloved Mentor	<b>Dr Deepak Shrivastava</b> Professor of Medicine, Sleep, Pulmonary and Critical Care UC Davis school of Medicine, USA		
25 years of Orexin: Cracking the mystery of this wonder neuropeptide	<b>Dr Kamalesh K Gulia</b> Scientist G, (Professor), Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Trivandrum, Kerala		
Concluding remarks	<b>Prof Ramji Singh</b> Executive Director, AIIMS Kalyani, West Bengal		
<b>03:30 PM – 04:00 PM</b>		<b>Tea Break</b>	
<b>04:00 PM – 05:30 PM</b>		<b>04:00 PM – 06:30 PM</b>	
<b>Symposium: Sleep and Health</b>		<b>Sleep Technology</b>	
Lack of Sleep quality and Sleep hygiene: Health consequences	Dr Punam Verma Additional Professor Physiology AIIMS Bilaspur, Himachal Pradesh	How to hook up a patient for level 1 sleep study	Dr Ritu Daga
Sleep: Role of melatonin	Dr Rupali Parlewar Professor & Head Physiology AIIMS Bilaspur Himachal Pradesh	AASM scoring for scoring sleep and arousals in adults	Mr. Sajeesh
Sleep and Cognition	Dr Kamlesh Jha Additional Professor Physiology AIIMS Patna Bihar	AASM rules for scoring respiratory rules in adults	Dr Saumy Johnson
		AASM rules for scoring PLMS in Adults	Mr Pankaj Arora
<b>5.30 PM – 6.30 PM</b>	<b>Free paper presentation</b>	Manual titration of CPAP and Oxygen in the sleep lab for adult OSA patients	Dr Lata Casturi
<b>6:30 PM -7.30 PM</b>	<b>Inauguration Program</b>		
<b>7:30 pm onwards</b>	<b>Conference Dinner</b>		



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1<sup>st</sup> October 2023

<b>09:00 AM -10: 00 AM</b>				<b>Discussion of posters of free paper presentation and competition</b>			
<b>10:00 AM -11: 00 AM</b>				<b>Evolution of sleep medicine &amp; research in India</b>			
History of sleep science and sleep medicine in India before 1992				<b>Dr V. Mohan Kumar</b> Former Prof and Head, Department of Physiology, AIIMS, New Delhi			
Sleep Medicine in India after 1992				<b>Prof. Hruda Nanda Mallick</b> Professor, Faculty of Medicine and Health Sciences, Department of Physiology SGT University, Haryana			
Sleep Medicine in Newer AIIMS				<b>Prof Ramji Singh</b> Executive Director, AIIMS Kalyani, West Bengal			
Need for Sleep Research				<b>Dr Rupesh Agarwal</b> Assistant Professor, College of Informatics, Northern Kentucky University Highland Heights, USA			
<b>11:00 AM – 11:30 AM</b>				<b>Tea Break</b>			
<b>11:30 AM – 01:00 PM</b>				<b>Parallel symposia</b>			
<b>Recent advances in understanding Sleep and Pharmacological therapeutic interventions to attain Sleep Health</b>			<b>The Intersection of Obstructive lung diseases &amp; OSA</b>				
Sleep changes across lifespan and vulnerability to health conditions		Dr Kamalesh K Gulia Scientist G (Professor), Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Trivandrum, Kerala		Asthma & OSA: clinical perspectives in endophenotypes		Dr Khusboo Saxena Apollo-SAGE Hospitals Bhopal	
Neurophysiology of dreams across sleep states		Dr Bindu M Kutty Senior Professor, National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore		COPD & OSA: the clinical conundrum		Dr Avishek Kar, Institute of Pulmocare and Research Kolkata, West Bengal	
Narcolepsy- sleep stress and orexin: towards development of new therapies		Dr Mahesh K Kaushik Assistant Professor International Institute for Integrative Sleep Medicine (WPI-IIIS) University of Tsukuba, Ibaraki, Japan		Obesity Hypoventilation Syndrome: Up-titration from bedside basics		Dr T.V.Rajagopal SKS Hospital & Postgraduate medical Institute Salem, Tamil Nadu	
<b>01:00 PM – 02:00 PM</b>				<b>Lunch</b>			
<b>02:00 PM – 03:30 PM</b>				<b>Parallel symposia</b>			
<b>Sleep and the Golden years</b>			<b>Sleep and Women</b>				
Sleepless Nights in the elderly		Dr Ramadevi Gourineni Adjunct Associate Professor of Neurology Northwestern University		Prevalence of Sleep disorders in women		Dr Swapnatai. A. Meshram Director Professor & HOD Department of Physiology ESIC Medical College & Hospital Chennai, Tamilnadu	
Sleep and Depression in the elderly population		Dr Ravi Gupta Professor Department of Psychiatry AIIMS, Rishikesh		Sleep Disturbances in Pregnancy		Dr.Basanta Manjari Naik Additional Professor Department of Physiology JIPMER, Puducherry	
Sleep and Ageing		Dr Nitika Dang Consultant Geriatric and Sleep Medicine Naõ Health, New Delhi		Sleep in Postmenopausal Women		Dr. Jyotsna Gumashta, Additional Professor, Department of Physiology, AIIMS, Nagpur, Maharashtra	



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<b>03:30 PM – 4.00 PM</b>		<b>Tea Break</b>	
<b>04:00 PM – 05:30 PM</b>		<b>Parallel symposia</b>	
<b>REM sleep behaviour Disorder: The known and the unknown</b>		<b>Insomnia in medical students across India: an association with Internet Addiction</b>	
REM sleep behaviour disorder (RBD): Neurophysiology	Dr Ayesha Juhi Associate Professor Physiology, AIIMS Deoghar Jharkhand	Assessment of the level and incidence of Insomnia and internet addiction	Dr Meena Mirdha Associate Professor Department of Physiology AIIMS Bhatinda, Punjab
RBD: Diagnosis and management.	Dr Sourav Das Certified Sleep Physician Consultant Somnos Sleep Clinic Kolkata, West Bengal	Insomnia and internet addiction in Indian medical students: data from a multicentric study	Dr Arani Das Assistant Professor Dept of Physiology AIIMS Gorakhpur, Uttar Pradesh
RBD and neurodegeneration: where is the link?	Dr Santanu Nath, Assistant Professor, Psychiatry AIIMS Deoghar, Jharkhand	Impact of internet addiction on sleep and mental health	Dr Sanjay Kumar Patel Associate Professor Dept of Physiology AIIMS Kalyani West Bengal
<b>05:30 PM</b>		<b>Valedictory function and award ceremony</b>	