



INDIA SLEEP 2023



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

Organized by

All India Institute of Medical Sciences, Kalyani

National Sleep Medicine Course

Program Schedule

29th September 2023

8.30 AM – 9.00 AM	Registration	
Sleep Neurophysiology		
9:00 AM – 09:30 AM	Normal sleep architecture from childhood to old age	Dr V Mohan Kumar Former Prof and Head, Dept of Physiology AIIMS, New Delhi
09:30 AM– 10:00 AM	Physiological changes during sleep	Dr Deepak Shrivastava Professor of Medicine, Sleep, Pulmonary and Critical Care UC Davis school of Medicine, USA
10:00 AM– 10:30 AM	Neurophysiology of Sleep and Wakefulness	Dr Hruda Nanda Mallick Professor, Faculty of Medicine and Health Sciences Department of Physiology, SGT University, Haryana
10:30 AM – 11:00 AM	Circadian Physiology in health and disease	Dr Kamalesh Gulia Scientist G, (Professor), Sree Chitra Tirunal Institute for Medical Sciences and Technology (SCTIMST), Trivandrum
11:00 AM– 11:30 AM	Tea Break	
Sleep Disorders		
11:30 AM– 12: 00 Noon	International Classification of Sleep Disorders 3 rd Edition Overview	Dr Madhavan C Associate Professor, Department of Physiology AIIMS Kalyani, West Bengal
12:00 Noon– 12:30 PM	Insomnia and its Management	Dr Manjari Tripathi Professor, Department of Neurology AIIMS, New Delhi
Sleep Disordered Breathing		
12:30 PM – 01: 00 PM	OSA – Screening and Diagnosis in Adults	Dr Kripesh Ranjan Sarmah Consultant pulmonary, critical care & sleep specialist Apollo Hospitals Guwahati, Assam
01:00 PM – 02:00 PM	Lunch	
02:00 PM – 02:30 PM	Diagnostic Criteria for different types of CSA and treatment overview	Dr Tripat Deep Singh Founder Academy of Sleep Wake Science International Sleep Specialist (WSF, USA)
02:30 PM – 03 : 00 PM	OSA Management in Adults – PAP therapy and oral appliances	Dr Deepak Shrivastava Professor of Medicine, Sleep, Pulmonary and Critical Care UC Davis school of Medicine, USA



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03:00 PM – 03:30 PM	Obesity Hypoventilation Syndrome	Dr Mahesh Ravikumar Jansari Associate Professor Department of Pulmonary Medicine AIIMS Kalyani, West Bengal
03:30 PM – 04:00 PM	Tea Break	
Hypersomnia of Central Origin		
04:00 PM – 04:30 PM	Narcolepsy and its management	Dr Ramadevi Gourineni Adjunct Associate Professor of Neurology Northwestern University, USA Managing Director, AMARA Hospital, Tirupati
Parasomnias		
04:30 PM – 05:00 PM	NREM and REM Parasomnias	Dr Sourav Das Certified Sleep Physician Consultant, Somnos Sleep Clinic, Kolkata, West Bengal
Circadian Rhythm Disorders		
05:00 PM – 05:30 PM	Circadian Rhythm Disorders	Dr Nasreen Akhthar Additional Professor Department of Physiology AIIMS, New Delhi
Movement Disorders		
05:30 PM – 06:00 PM	Restless leg Syndrome	Dr Ravi Gupta Professor, Department of Psychiatry AIIMS, Rishikesh
Concluding Remarks		
06:00 PM – 06:30 PM	ISSR Vision and Mission	Dr Hrudha Nanda Mallick Professor, Faculty of Medicine and Health Sciences Department of Physiology SGT University, Haryana

Polysomnography Workshop – 8.30 PM – 12.05 AM