

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter Issue 13

15/11/2021



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Message from President ISSR



Dear Colleagues,

We are bringing out the 13th issue of **SleepWatching India**, the ISSR Newsletter after the fall of the deadliest pandemic of recent times. We have gone through the most difficult time in human history. Many of us have lost our relatives and friends due to COVID-19. We express our sincere condolences to the bereaved family and pray for the safety of all and especially for our pulmonologists friends who are the frontline corona warriors.

During the pandemic, we were mostly confined to home and our sleep-wake cycle has been seriously compromised. We experienced the importance of circadian rhythm in sleep.

Most of our academic activities were suspended during 2020 although we had some on the virtual platform. Our regular activities like National Sleep Medicine and Sleep Technology Course are now scheduled in February 2022 at AIIMS, New Delhi. The World Sleep Society International Sleep Specialists examination will be held on Feb 6, 2022. Please visit our website for details.

Our Young Investigator development programme is becoming very popular and it will be expanded to Sleep School in near future.

I am happy to inform that all the life members will be receiving the digital copy of the journal "Sleep and Vigilance". ISSR has published a book titled "**Sleeping for two**" authored by Dr Deepak Shrivastava and it is available for members at a discounted price of Rs100 including postage.

Our Editor Dr Tripat has come back home after a long stint in South East Asia and let us extend him a warm welcome. He has brilliantly brought out the current issue with added features. A poem on sleep by him is worth reading. The cover photo on sleep silently proclaims that sleep is a biological necessity and cannot be avoided even at the adverse circumstances.

Dr. Hrudananda Mallick



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Newsletter Editor

Dr. Tripat Deep Singh



Hello Everyone,

I am happy to share with you the latest issue of ISSR newsletter. I could not publish the May 2021 issue of the newsletter due to my decision to move back from Singapore to India in April 2021. This move kept me occupied for a while. But I am happy to be back and sharing the ISSR newsletter Nov 2021 issue with you all again.

I changed the cover page of this newsletter in May 2019. I decided to have a photo of sleep related event/activity/things from India on the cover page. Each photo is associated with an interesting story, which you can read in the **“ISSR Newsletter Cover Page Stories”** section.

Read about ISSR guidelines in **“ISSR Guidelines 2020-21 section”**. ISSR published important guidelines for managing sleep labs during COVID times in 2020 and also ISSR responded to field safety notice of Philips.

A lot of developments in the sleep technology and medicine field have happened in 2020-21. Read about these important developments in **“Sleep Technology News”** and **“Sleep Medicine News”** section.

I am happy to share my poem **“Sleep well and on time”** in **“Sleep and Art”** section.

I hope the readers will find the information in this issue useful and interesting and I look forward for your valuable feedback to further improve/enhance the future issues. Put **“Sleepy Calendar 2021”** on your desks. Enjoy reading!!

Sleep Well. Sleep on Time.

Dr. Tripat Deep Singh

From Editor's Desk

ISSR Activities

2019	2020	2021	2022
7-8 Sep 2019 NSMC, Chennai	ISSR published Guidelines for practice of Sleep Medicine during COVID-19 Pandemic	13 March: Certification examination for Sleep technicians	3-5 Feb NSMC AIIMS Delhi
14-19 April 2019, NSTC, AIIMS New Delhi	ISSR conducted webinar on “Safe re-opening of Sleep labs during COVID-19 Pandemic” in Sep 2020	13 March: Certification examination for Sleep specialists	6 Feb ISSR Sleep Technician Certification Exam AIIMS Delhi
14 April 2019, IBSM exam for Sleep Technologist, AIIMS New Delhi	India Sleep, NSMC, NSTC and Certification exams were postponed to year 2021 due to COVID-19 pandemic	23-25 April: Special NSMC for Undergraduate Medical students July-Aug: Webinar series on PSG Scoring	6 Feb WSS Sleep Medicine Certification Exam AIIMS Delhi
11 Aug 2019 World Sleep Society Sleep Specialist Exam	Webinar on “ESSENCE OF SLEEP MEDICINE PRACTICE: EMPOWERING THE PRIMARY CARE PROVIDER” on 10 Oct 2020		3-5 Feb National Sleep Technology Course AIIMS, New Delhi

*For more details on each activity please visit www.issr.in



SLEEPY CALENDAR 2022

January

5: Advanced online PSG and Titration 6 months Course

18: Thailand sleep society annual conference, Bangkok Thailand

February

3-5: Chest Congress, Bologna Italy

3-5: National Sleep Technology Course AIIMS Delhi India

3-5: National Sleep Medicine Course AIIMS Delhi India

6: ISSR Sleep Technologist Certification Exam AIIMS Delhi India

6: WSS Sleep Medicine Exam AIIMS Delhi India

March

11-16: World Sleep Congress, Rome Italy

18: World Sleep Day

April

ISDA Annual Conference

May

13-15: AADSM Annual Meeting, Dallas Texas US

13-18: ATS San Francisco US

June

4-8: Sleep 2022, Charlotte NC

7-10: International Sleep Medicine Course Netherlands

September

4-6: ERS Barcelona Spain

27-30: ESRS Athens Greece

November

17-20: APSR Korea

Guidelines of the Indian Society for Sleep Research (ISSR) for Practice of Sleep Medicine during COVID-19

Gupta, R., Kumar, V. M., Tripathi, M., Datta, K., Narayana, M., Ranjan Sarmah, K., Bhatia, M., Devnani, P., Das, S., Shrivastava, D., Gourineni, R. D., Singh, T. D., Jindal, A., & Mallick, H. N. (2020). Guidelines of the Indian Society for Sleep Research (ISSR) for Practice of Sleep Medicine during COVID-19. *Sleep and vigilance*, 1–12. Advance online publication. <https://doi.org/10.1007/s41782-020-00097-2>

Summary

The emphasis of the guidelines is on avoiding doctor to patient contact during the pandemic. Teleconsultation and other modes of audio-visuals can be used as modes for medical practice during the COVID-19 pandemic. However, in addition to the patient, the presence of a family member, or a reliable informant is recommended. Patients of most sleep disorders can be provided tele-aftercare service. ISSR guidelines also give a list of medications allowed to be prescribed during the first and the follow-up teleconsultation. Hospitals and clinics are slowly opening in India and many other countries. As sleep services resume operations, there is a need to find innovative ways to reduce contact with COVID-19 patients, follow personal protection guidelines, as well as social distancing. This article does discuss strategies for the safe conduct of Level 1 sleep studies. Home sleep testing, which had greater acceptance during the last few years, should be given more attention during the COVID-19 period. Once the decision to reopen the sleep laboratory and resume operations is made, the safety of the patients and office staff should become the major priority. The ISSR recommendation is to postpone and reschedule in-laboratory positive pressure therapy, but it mentions the considerations to be followed in emergency situations. At the same time, high clinical risk patients may be diagnosed on the basis of clinical findings, and without performing polysomnography or home sleep testing. However, at some point, there is a need to reinstate the in-lab testing. In addition, daily assessment of the COVID-19 situation in the community, along with a review of the situation with local public health and the state health department is advised.

Full article can be accessed at below link-

[Guidelines of the Indian Society for Sleep Research \(ISSR\) for Practice of Sleep Medicine during COVID-19 \(nih.gov\)](#)

Guideline 2

Field-Safety Notice and Recall of Sleep Care Devices by Philips Respironics

Shrivastava, D., Kumar, V.M., Gupta, R. *et al.* Field-Safety Notice and Recall of Sleep Care Devices by Philips Respironics. *Sleep Vigilance* (2021).

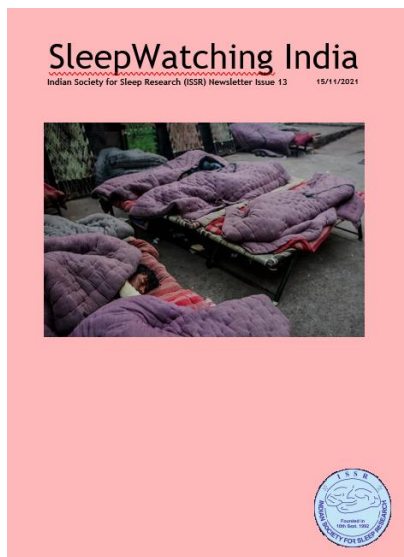
<https://doi.org/10.1007/s41782-021-00154-4>

Summary

On 14th June 2021, Philips Respironics issued a medical device recall notification (US only) and field-safety notice (International Markets) for mechanical ventilator devices including continuous positive airway pressure (CPAP), and bilevel positive airway pressure (bilevel PAP). This was in response to potential health risks related to the sound abatement foam component in these devices. The company had stated that they are working hard towards a resolution, which includes repair and replacement of the affected devices. The statement of Philips clearly declares that this is a recall notification for the US, and only a field-safety notice for the rest of the world. The advisory from Philips puts the ball in the court of the physician or Durable Medical Equipment (DME) provider to determine the most appropriate options for continued treatment of patients using the affected devices. Although the long-term effects of these recalled machines will continue to be a matter of concern for the patients, the patients must be supported by the providers with explanations, reassurances and hope.

Full article can be accessed at-

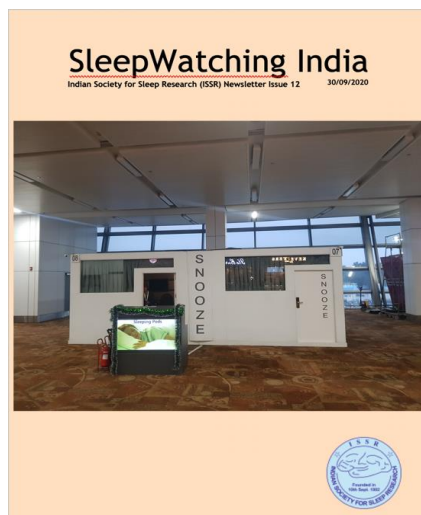
[Field-Safety Notice and Recall of Sleep Care Devices by Philips Respironics \(springer.com\)](#)



The cover page pic of this issue appeared in The New York Times Jan 2016 under the headline “Sleepless in Delhi encounter Sleep Mafia”.

People have to pay a fixed amount per night to get a blanket and mattress to Sleep in harsh winters of North India.

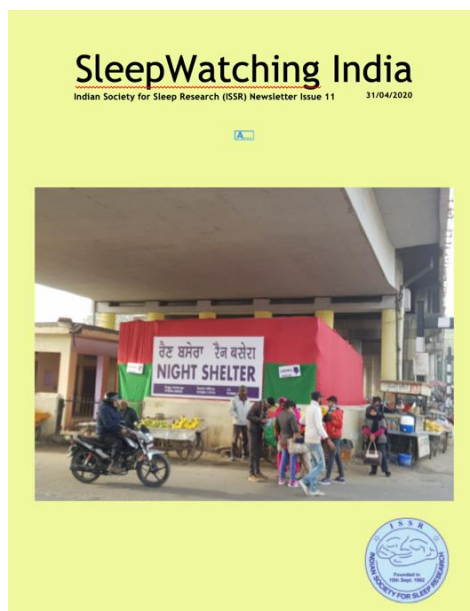
Desperate for Slumber in Delhi, Homeless Encounter a ‘Sleep Mafia’ - The New York Times (nytimes.com)



Sep 2020 Issue 12

Sleep Pods have been made available at International Airport Terminal-3 (T3) New Delhi for transit passengers or any departure from T3. You can choose from single or double occupancy, Single occupancy costs Rs.7299 and Double occupancy costs Rs.8299 for 6-8hrs stay. Food and refreshments are also included in the package along with wifi and other facilities.

The picture on the cover page was taken at T3 New Delhi in Dec 2019.



April 2020 Issue 11

“Night Shelters” is a good initiative by Govt. to care for “Sleep” of homeless people.

In 2019, “Night Shelters” were started in Punjab and Haryana. Delhi started the same in 2015. These are night shelters for homeless people for them to Sleep during winter nights. You need to show an ID to get entry into these “Night Shelters” which has been an issue of debate.

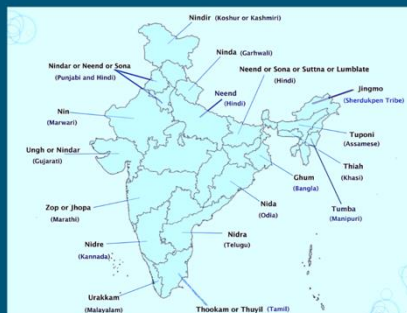
In Delhi, now-a-days some of them are taking refuge in these “Night Shelters” during COVID-19 lockdown.

The picture on the cover page was taken in Patiala, Punjab in Dec 2019.



SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter Issue 9 30/5/2019



May 2019 Issue 9

According to census of India 2001, there are 122 major languages and 1599 other languages in India.

I tried to find the word for Sleep in some of the major Indian languages, which resulted in the cover page pic for Issue 9.

Please feel free to submit the word for “Sleep” in any language that you see is missing in this pic.

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter Issue 10 31/12/2019



Dec 2019 Issue 10

Sleep Medicine and Sleep gained attention of Clinical community after 1981 but Indian Railways have been taking care of travellers Sleep since 1951.

The Sleeper class (SL) is the most common coach on Indian Railways, with ten or more SL coaches attached to train rake, each coach with 9 bays. They are sleeping coaches with 6 (3+3) berths across the width 2 (1+1) lengthwise in every bay without air conditioning. They carry 72 passengers per coach. These coaches have been part of trains since 1951 when fans and lights were made mandatory for every coach.

News 1

Philips Recall Sleep and Respiratory Care Devices globally manufactured before 26 April 2021

Read more about it at below links-

1. [Medical Device Recall Notification, Sleep and Respiratory Care devices | Philips](#)
2. [Philips India to recall faulty breathing devices, mechanical ventilators over safety - BusinessToday](#)
3. [Philips PAP device recall: Guidance for patients | AASM \(sleepeducation.org\)](#)
4. [Philips PAP device recall: FAQs for patients - Sleep Education](#)

News 2

DeVilbiss to discontinue all CPAP devices.

[Drive DeVilbiss to Discontinue All CPAPs - Sleep Review \(sleepreviewmag.com\)](#)

News 3

Withings get FDA approval for medical smartwatch to detect heart rhythm problems

[Withings gets FDA nod for medical smartwatch ScanWatch | VentureBeat](#)

News 4

Google acquires Fitbit

[Google completes Fitbit acquisition \(blog.google\)](#)

News 5

AASM joins hands with google to launch Nesthub to help people Sleep better

[AASM partners with Google to help people understand, improve their sleep](#)

News 6

Excite OSA: FDA authorizes daytime therapy for snoring and mild OSA

[FDA Authorizes Marketing of Novel Device to Reduce Snoring and Mild](#)

News 7

Timeshifter launches 2 apps- Jet lag app and shift workers app

[Timeshifter® Apps for Jet Lag & Shift Work](#)

News 8

Provent therapy for OSA has been discontinued from June 2020

[Provent Therapy - About Provent](#)

News 9

NTX100 gets FDA approval for RLS treatment

[Wearable Restless Legs Syndrome Therapy Granted FDA Breakthrough Device Designation - Sleep Review \(sleepreviewmag.com\)](#)

News 10

Oura ring yielded comparable sleep measurement as research grade actigraphy in adolescents without sleep disorders.

[Multi-Night Validation of a Sleep Tracking Ring in Adolescents Compared with a Research Actigraph and Polysomnography - PubMed \(nih.gov\)](#)

News 1

AASM has published guidelines for longitudinal management of OSA using PSG or HST

Use of polysomnography and home sleep apnea tests for the longitudinal management of obstructive sleep apnea in adults: an American Academy of Sleep Medicine clinical guidance statement | Journal of Clinical Sleep Medicine (aasm.org)

News 2

AASM has published guidelines for surgical referral of OSA patients

Referral of adults with obstructive sleep apnea for surgical consultation: an American Academy of Sleep Medicine clinical practice guideline | Journal of Clinical Sleep Medicine (aasm.org)

News 3

AASM published revised guidelines for treatment of Central disorders of Hypersomnolence

Treatment of central disorders of hypersomnolence: an American Academy of Sleep Medicine clinical practice guideline | Journal of Clinical Sleep Medicine (aasm.org)

News 4

AASM has revised the protocols for MSLT and MWT

Recommended protocols for the Multiple Sleep Latency Test and Maintenance of Wakefulness Test in adults: guidance from the American Academy of Sleep Medicine | Journal of Clinical Sleep Medicine (aasm.org)

News 5

Australian sleep society have published a commentary on AASM scoring manual highlighting the shortcomings and giving suggestions to overcome them

An Australasian Commentary on the AASM Manual for the Scoring of Sleep and Associated Events | SpringerLink



Dr Suresh Kumar
MD (Med), DM (Neuro), AIIMS
 S/O Late Dr (Col) SSK Ayyar
 (21.6.1969-26.7.2021)

Professor Suresh Kumar an unchallenged leader in epilepsy, stroke and sleep medicine passed away at Chennai on July 26th, 2021 at the age of 52. The Indian sleep and neurology community lost a renowned neurologist and sleep medicine expert. He was married to Dr Sheetal and survived with two sons. Indian Society for Sleep Research expresses deep condolences on the untimely demise of Dr Suresh Kumar. It was a great shock and unbearable loss to friends and colleagues. I was fortunate to be associated with such charismatic and cool colleague for last 15 years in promoting sleep medicine education in the country.

After completing his DM in neurology at AIIMS, New Delhi, he went on to pursue a Fellowship in Epilepsy under the guidance of Prof Jerome Engel (University of California, Los Angeles) and trained under Prof Friska Yango (University of California, Los Angeles) in Sleep Disorders. His seminal work on Parkinson's Disease and sleep disorders published in the International Journal of Movement Disorders during his residency is highly cited.

He was working as the Head of the Dept of Neurology & Sleep Medicine, Sree Balaji Medical College, Chrompet, Chennai and as a Senior Consultant Neurologist and Sleep Specialist at Vijaya Health Centre and Fortis Malar Hospital, Chennai. He was the director of Chennai Epilepsy and Sleep Disorders centre, which is the first, state of art epilepsy and sleep disorders centre in Chennai established in 2001.

He organized the Indo US Sleep Symposium "SLEEPMED 2006" He also organized and hosted the NSMC 2013 as well SLEEPCON 2014 (ISDA) at Chennai. Dr Suresh Kumar had been an active researcher and has participated in many international multicentric trials. He had a number of national and international publications to his credit. He was a part of the National team for the Insomnia guidelines and the OSA guidelines. He also contributed chapters on History of Insomnia, (Insomnia Eds Elsevier Dr S Chokroverty). He was an executive committee member of the Indian Sleep Disorders Association and a member of the governing council of the WASM. He was a regular faculty of the National Sleep Medicine Course organized by Indian Society for Sleep Research. He was a member of Indian Academy of Neurology, American Academy of Neurology, Indian Epilepsy Society, Indian Sleep Disorders Association, World Association of Sleep Medicine, American Academy of Sleep Medicine.

The Neurology and Sleep community in India will remember Dr Suresh for ever.

Hrudananda Mallick

DO YOU GET ENOUGH SLEEP?



1 IN 3

Adults don't get enough sleep.

Adults need 7+ hours of sleep per night.

7
OR MORE



Lack of sleep is linked to several chronic diseases and conditions, including:



DIABETES



HEART DISEASE



OBESITY



DEPRESSION

Tips for Good Sleep



Go to bed and get up at the same time each day, including weekends.



Keep bedrooms quiet, dark, and a comfortable temperature.



Remove electronic devices from the bedroom.



Avoid large meals, caffeine, and alcohol before bedtime.



Being active during the day can help you fall asleep at night.

Learn more about good sleep habits at www.cdc.gov/sleep

Tips for Healthy Sleep

Poem: Sleep well and on time

*Sleeping well and on time, keeps me awake
during daytime.*

*Sleeping well and on time,
keep infections away,
& drivers drive away.*

*Sleeping well and on time,
brings smile on my face,
keep mistakes away,
my mind clears away,
keeps memory sharp and,
gets my heart to laugh.*

*Sleeping well and on time,
My emotions are fine,
Embracing the life
I grow through the life.*

*Sleeping well and on time,
I enjoy my time,
waiting for dusk,
To Sleeping well and on time.*

By: Dr. Tripat Deep Singh

Sleep and Art



ALL INDIA INSTITUTE OF MEDICAL SCIENCES

RISHIKESH

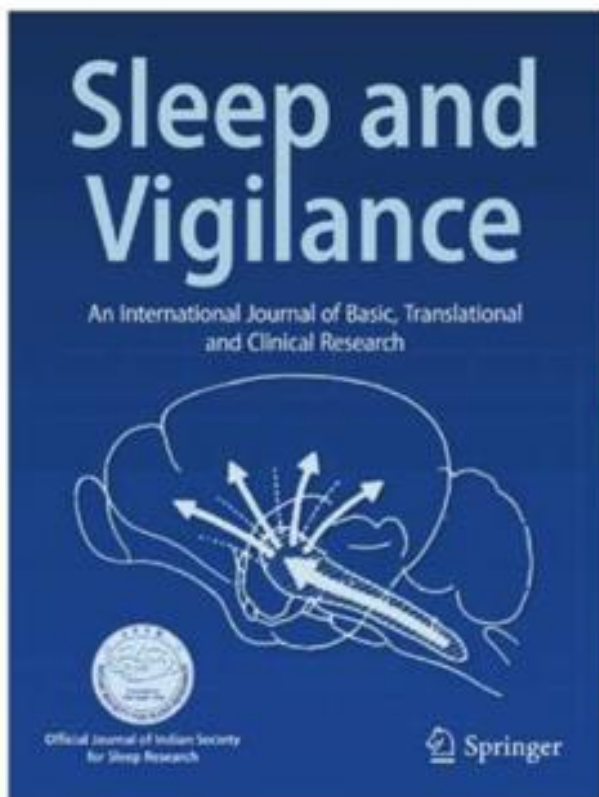
Starts Fellowship Program in Sleep Medicine.
Eligibility: MD (Medicine, Psychiatry, Physiology,
Pulmonology)
Duration: 2 yr



Starts BSc Sleep Lab Technician Course
Duration: 3 yrs

How to Apply
Apply online through our website:
<http://www.aiimsrishikesh.edu.in>
or call us directly with your questions.
Phone No.: 0135-2462932

Application Fees
SC/ST Rs. 1200/- + Transaction Charges as applicable
UR/OBC: 1500/- + Transaction Charges as applicable
PWD: Exempted from any fee



An International Journal of
Basic, Translational and
Clinical Research

Editors-in-Chief: R. Gupta;
S.R. Pandi-Perumal

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ISSR Journal

A global podium for biomedical and clinical researchers to present and discuss their work

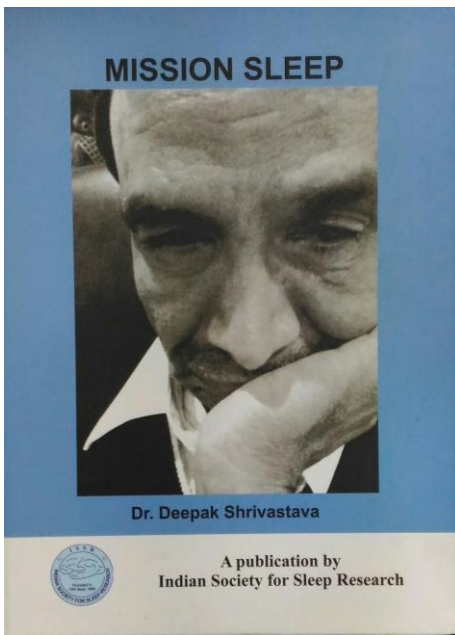
Covers research on the nature and definitions of sleep, as well as sleep medicine and disorders and more

Published in collaboration and with editorial support from the Indian Society for Sleep Research (ISSR)

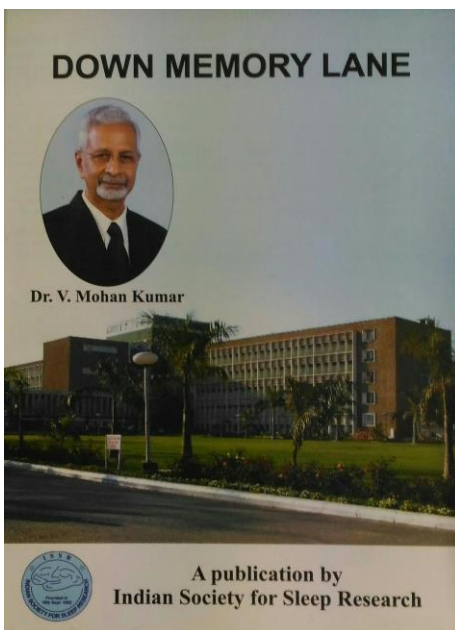
This journal is a forum for biomedical and clinical researchers to present research articles, case reports, clinical investigations, review articles and short communications. Covers sleep at the molecular and genetic level, imaging, medical topics and more.

On the homepage of Sleep and Vigilance at springer.com you can

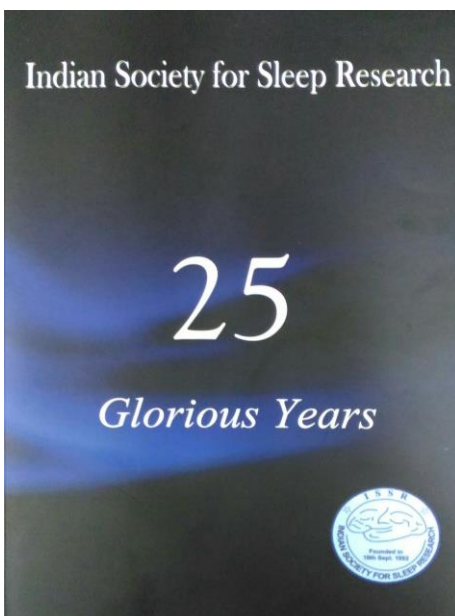
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The book is ISSR tribute to Dr. Deepak Shrivastava's contributions to the field of Sleep Medicine and his active role in the development of Sleep Medicine in India. The book was released during the ISSR 25yr celebration Conference in Goa in SEP 2017.

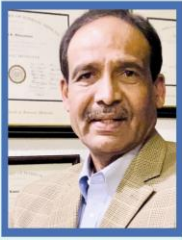


The book is ISSR tribute to DR. V. Mohan Kumar for his contributions to the field of Sleep Science and its development in India. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.



This book is a compilation of the ISSR achievements in 25yrs since its inception. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.

Books by ISSR



Deepak Shrivastava, MD

Sleep medicine in India owes a lot to Dr. Deepak Shrivastava. He is a man who is not only committed to his profession, but also thinks always about the welfare of the masses at large. He has noble ideas about promoting sleep medicine in India.

Professionally Dr. Shrivastava is a specialist in pulmonary and critical care medicine. But he is also an expert in several specialties associated with sleep medicine like physiology, pharmacology, anatomy, neurology, otorhinolaryngology, paediatrics, psychiatry, geriatrics and dental medicine.

His contributions are highly recognized and the reward comes in the form of thousands of lives as he endeavor to improve the sleep health of millions by way of awareness and education.

Dr. Deepak has won a special place in our hearts by his caring attitude and unassuming behaviour.

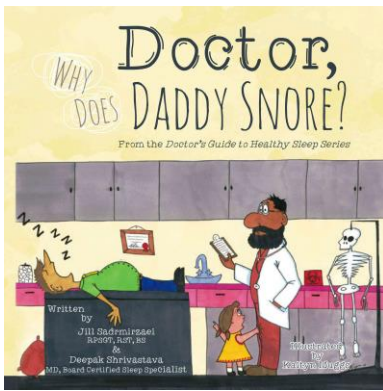
INDIAN SOCIETY FOR SLEEP RESEARCH

SLEEPING FOR TWO

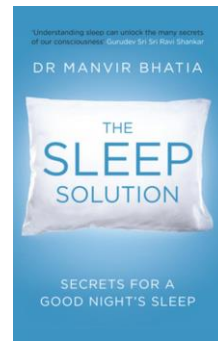


Deepak Shrivastava, MD

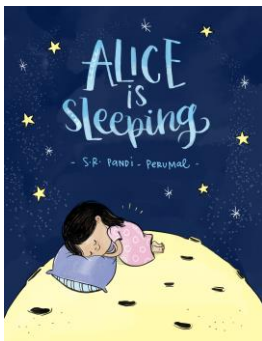
Books by ISSR



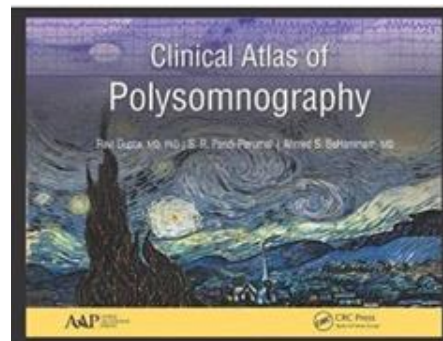
Author: Dr. Deepak Shrivastava



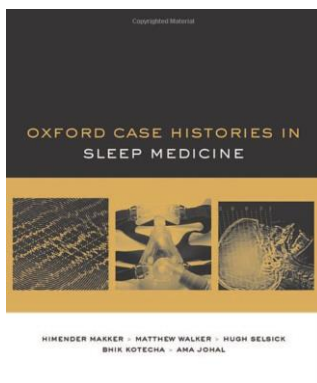
Author: Dr. Manvir Bhatia



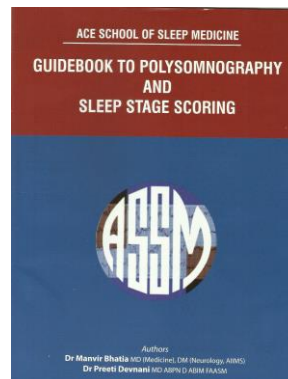
Author: S. R. Pandi-Perumal



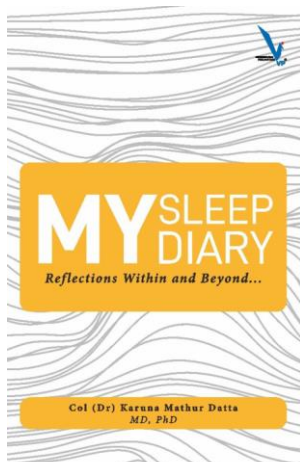
Authors: Dr. Ravi Gupta, S. R. Pandi-Perumal, Ahmed S Bahammam



Author: Dr. Himender Makker

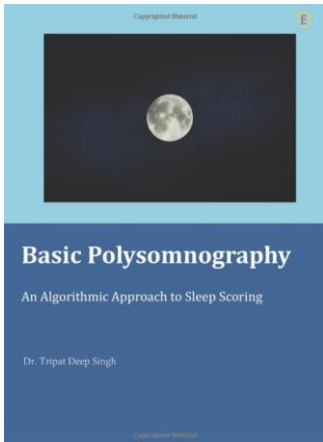


Authors: Dr. Manvir Bhatia and Dr. Preeti Devnani

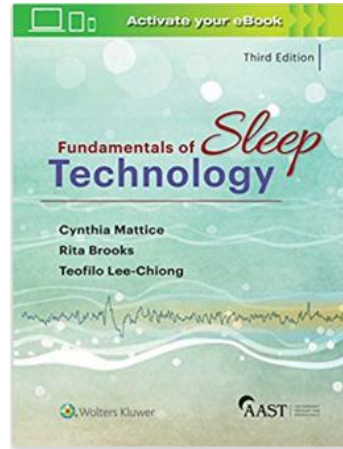


Author: Lt. Col. Karuna Datta

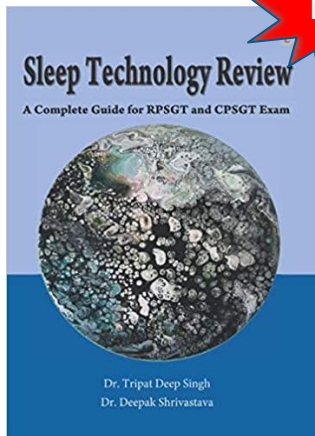
Books by ISSR Members



Author: Dr. Tripat Deep Singh

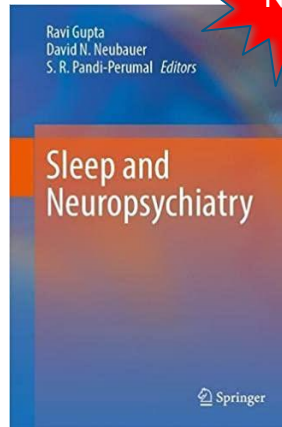


Associate Editor: Dr. Tripat Deep Singh



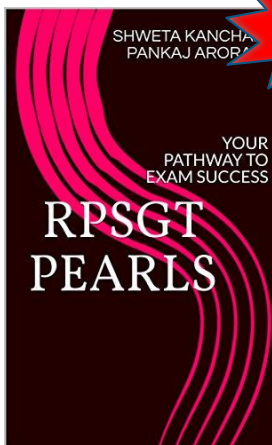
New

Authors: Dr. Tripat Deep Singh and Dr. Deepak Shrivastava



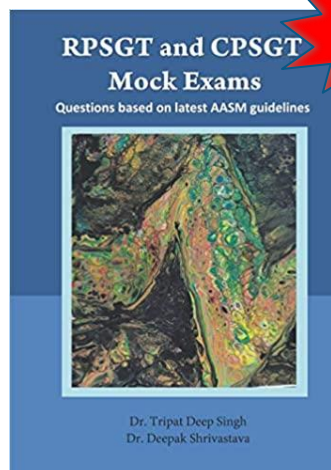
New

Editors: Dr. Ravi Gupta and Dr. S.R.Pandi Perumal



New

Authors: Dr. Shweta Kanchan and Mr. Pankaj Arora



New

Authors: Dr. Tripat Deep Singh and Dr. Deepak Shrivastava

Books by ISSR Members

National Sleep Medicine Course (NSMC) History (2006-2021)



2006- Dr. H.N. Mallick, AIIMS New Delhi



2009- Dr. Manvir Bhatia, Sir Ganga Ram Hospital, New Delhi



2015- Dr. Kripesh Sarmah, Guwahati, Assam



2016- Dr. Ravi Gupta, HIMS, Dehradun, Uttarakhand



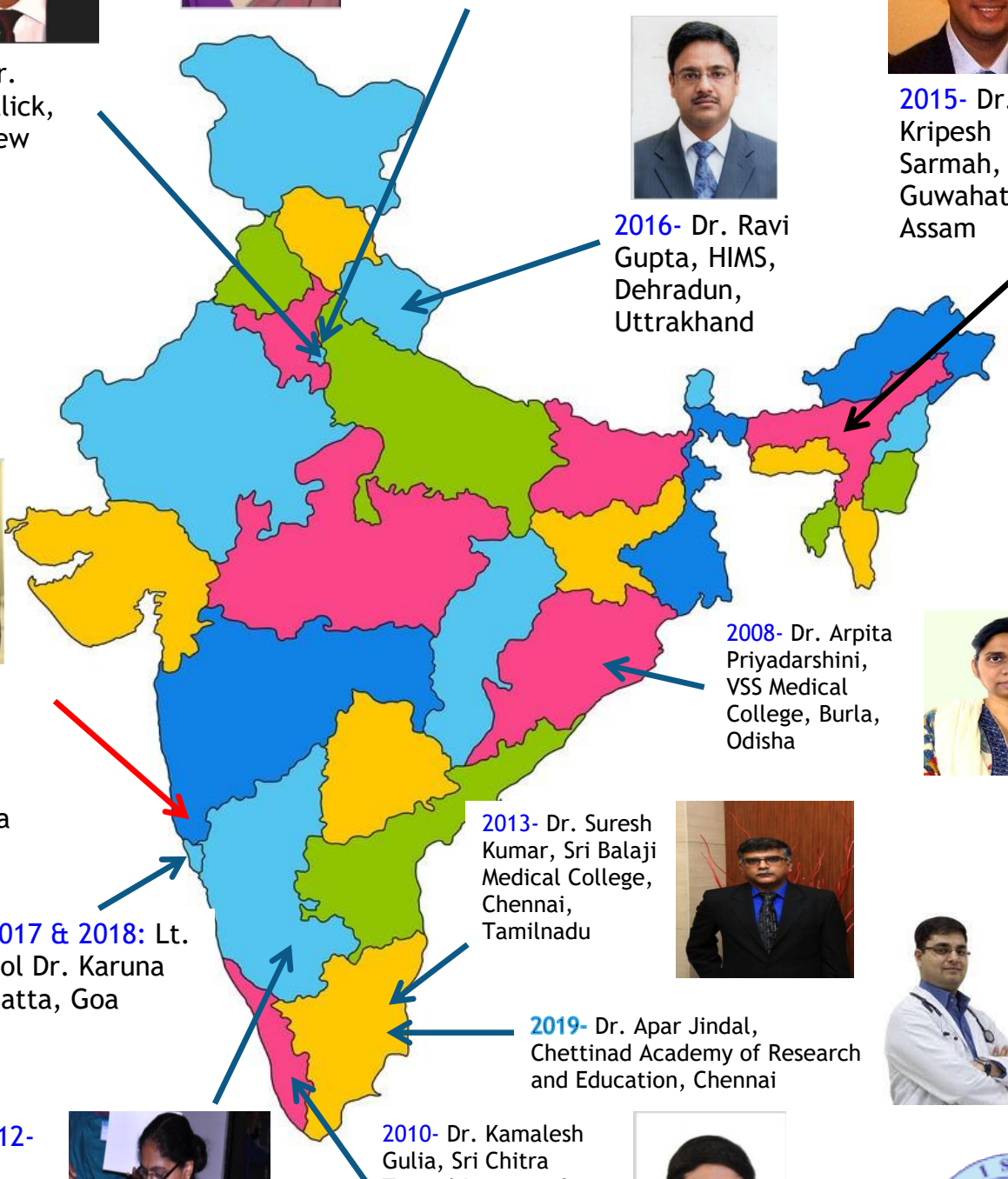
2011- Dr. Preeti Devnani, Mumbai, Maharashtra



2017 & 2018: Lt. Col Dr. Karuna Datta, Goa



2007 & 2012- Dr. Bindu Kutty, NIMHANS Bangalore, Karnataka



2008- Dr. Arpita Priyadarshini, VSS Medical College, Burla, Odisha



2013- Dr. Suresh Kumar, Sri Balaji Medical College, Chennai, Tamil Nadu



2019- Dr. Apar Jindal, Chettinad Academy of Research and Education, Chennai



2010- Dr. Kamallesh Gulia, Sri Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram, Kerala



ISSR Membership

The Indian Society of Sleep Research (ISSR) works to protect sleep health and promote high quality patient care. These goals are dependent on the support of the professionals working in the field. Membership with the ISSR funds the activities executed for the benefit of all who practice sleep medicine or conduct sleep research.

The ISSR works to improve sleep health through advocacy, education, and strategic research and practice standards.

The Society will have Life members, Regular members and Corresponding members. In addition to membership the Life time members will receive subscription to-

1. Journal of Sleep and Biological Rhythm
2. "Sleep and Vigilance" Journal
3. Sleep Medicine Journal
4. ISSR News letter
5. ISSR Literature Updates

We encourage you to become member of ISSR and members to renew their membership so that we have your support in continuation of the field of Sleep Medicine.

For more details on membership please visit www.issr.in

Professional Sleep Societies and Web links

American Academy of Sleep Medicine (AASM)
American Association of Sleep Technologist (AAST)
American Board of Sleep Medicine (ABSM)
European Sleep Research Society (ESRS)
Australasian Sleep Association
Asian Sleep Research Society (ASRS)
Indian Sleep Disorder Association (ISDA)
Indian Society for Sleep Research (ISSR)
Indian Association of Surgeons for Sleep Apnea (IASSA)
South East Asian Academy of Sleep Medicine (SEAASM)
Board of Registered Polysomnography Technologists (BRPT)
World Sleep Society
American Association of Physicians of Indian Origin-Sleep (AAPIOS)

www.aasmnet.org
www.aastweb.org
www.absm.org
www.esrs.eu
www.sleep.org.au
www.asronline.org
www.isda.co.in
www.issr.in
www.iassa.in
www.seaasm.org
www.brpt.org

www.worldsleepsociety.org
www.weartweb.com/aapios/



Letter to the Editor:

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Our readers are invited to write to the editor regarding their views on the published material and also to contribute interesting content or updates in the field.

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