

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter Issue 14

30/06/2022



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Message from ISSR President

Dear Colleagues



Lock down was declared on March 24, 2020 due to COVID 19. Society has to go through an unforeseen circumstances. Offices, markets, travel, school and colleges were closed. Stay at home was the mandate. The public and society suddenly became conscious about sleep and mental health. Zoom became the biggest platform for meeting and academics.

Amidst all these ISSR strived to carry on its routine academic activities. The current Newsletter is testimony to our vivid account of activities during the pandemic and in the coming months. I congratulate Dr Tripat for bringing out the newsletters on time during this difficult period and his relocation. Do not forget to go through the new addition 'Updates on Technology' in the current issue.

I am happy to inform you that ISSR in collaboration with Association of Physicians of India has brought out 'Indian Consensus Statement on the Evaluation and Management of Insomnia Disorders' which will be soon reach to members.

We are beginning to rebuild and restructure a post-COVID world for sleep medicine practice. From the lessons we learnt from the pandemic, it is also time to prioritize our sleep health. Regular and adequate sleep has proven to boost immunity.

Businesses, schools, travel and activities are returning to normalcy. We have started scheduling our physical programme. International Centre Goa invites you to our star academic programme National Medicine and technology Course during October 14-16, 2022.

I congratulate all the candidates who cleared the recently held WSS Sleep Specialist Certification Examination. I hope many more will take the examination through ISSR in future.

Looking forward to seeing at Panaji, Goa.

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. Post COVID Society is opening up for physical meetings. ISSR star programs NSMC and NSTC are back to in person meetings. This year NSMC and NSTC is being organized in Goa from 14-16 Oct 2022. I hope to see you all in person after a gap of 2yrs.

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.

A lot of developments in the sleep technology and medicine field have happened in 2021-22. Read about these important developments in **“Sleep Technology News”** and **“Sleep Medicine News”** section.

I am happy to share my painting **“Morning Glory”** in **“Sleep and Art”** section.

I would like to congratulate all the applicants who passed WSS Sleep Medicine exam conducted by ISSR in 2022. I am very happy to see applicants from different specialties- Neurology, Pulmonology, Pediatrics and Physiology applying for the exam and successfully passing it. I feel ISSR have played a very important role to increase number of certified Sleep physicians in India.

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 2022”** 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	14 Oct National Sleep Technology Course (NSTC) Goa India
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	15-16 Oct National Sleep Medicine Course (NSMC) Goa India NSMC & NSTC Program: NSMC-NSTC-announcement.pdf (issr.in) NSMC & NSTC Registration: Registration-form-ICG-22.docx (live.com)
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	
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		

*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

July

21-23: SLEEPFLIX: Sleep technology and Sleep scoring Update

29: Sleep Physiology Webinar

August

8: Sleep Physiology Webinar

29: Sleep Physiology Webinar

September

4-6: ERS Barcelona Spain

5: Sleep Physiology Webinar

27-30: ESRS Athens Greece

26: Sleep Physiology Webinar

October

3: Sleep Physiology Webinar

14: National Sleep Technology Course (NSTC)

15-16: National Sleep Medicine Course (NSMC)

24: Sleep Physiology Webinar

November

7: Sleep Physiology Webinar

17-20: APSR Korea

28: Sleep Physiology Webinar

December

5: Sleep Physiology Webinar

16-18: IASSACON, Kolkatta

26: Sleep Physiology Webinar



**INDIAN SOCIETY FOR SLEEP RESEARCH
(ISSR)**

**NATIONAL SLEEP MEDICINE COURSE (NSMC)
AND
NATIONAL SLEEP TECHNOLOGY COURSE (NSTC)**

VENUE: INTERNATIONAL CENTRE GOA

DATES: 14-16 OCT 2022



SCAN TO REGISTER

A lot of start ups offering different solutions around good night sleep are mushrooming from India. Below is a summary of some of them and their offerings for our readers taken from their website.

Neend

We are Neend - India's first and only free app that uses stories in regional language along with music to help you fall asleep sooner, and sleep better. From helping millions discover the benefits of Yog Nidra to introducing Indians to launching sleep-aid products like Sleep Gummies that help you relax and sleep better, Neend effortlessly fuses the latest tech with homegrown ancient science.

On digital front, we are reimagining bedtime stories. Carefully crafted and built for adults, our stories feature soothing narration from India's best storytellers. We also offer music-based meditation along with white noise, ASMR, and Yog Nidra. We already have bedtime stories in Hindi, and English. And, are soon dropping soothing stories in regional languages like Marathi, Tamil, and Telugu.

Our sleep aid products use scientifically proven methods to help you rest easily, and sleep peacefully.

<https://neend.app/#/>

Deck Mount

Deck Mount Electronics, founded in the year 2021, is an initiative to bring technology and healthcare

Deck Mount is a young technology-driven MedTech company with the mission to serve the medical needs of the country. Its electronics was conceived to tackle the dire deficiency of respiratory products in India. This vision of Deck Mount's team has helped it in generating a 100+ cr revenue within a very short span of time, beginning from May, 2021.

<https://deckmount.in/about.php>

Goqii

Founded in 2014, GOQii is empowering consumers globally to lead healthier and better lives. GOQii's smart tech-enabled healthcare platform brings together the entire preventive healthcare ecosystem. It's Smart Health Ecosystem integrates tools for real-time personalized coaching, an explosive high-growth Health e-commerce store, scheduling health check-ups, a health locker, a unique 'GOQii Cash' program where healthy behaviour is rewarded with cash discounts and insurance discounts based on health management data and live coaching by experts on GOQii Play, the health OTT platform. Given the state of 'Sickcare' delivery infrastructure in India, the company strongly believes that preventive healthcare is the only viable, long-term, mass-market solution. GOQii counts marquee investors like Mitsui, NEA, Megadelta, DSG Consumer Partners, Galaxy Digital, Denlow Investment Trust, Edelweiss, Cheetah Mobile, GWC, Mr Ratan Tata and Mr. Vijay Shekhar Sharma. The company is headquartered in Menlo Park, CA with offices in Mumbai, India.

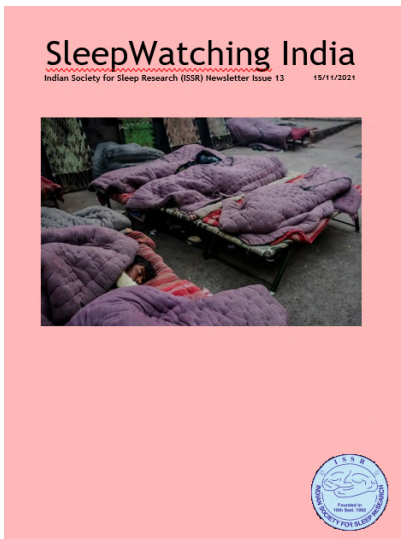
<https://goqii.com/in-en/about>



June 2022 Issue 14

For commuter's better sleep, Indian railways introduced an innovative design for side lower berths. They provided extra folding of a full-sized bed or bench which doesn't have a gap in it. It can be pulled up and placed on top of the uneven seat from under the window, behind the seat.

Indian Railways Introduces New Innovative Idea to Make Side Lower Berths More Comfortable | Watch

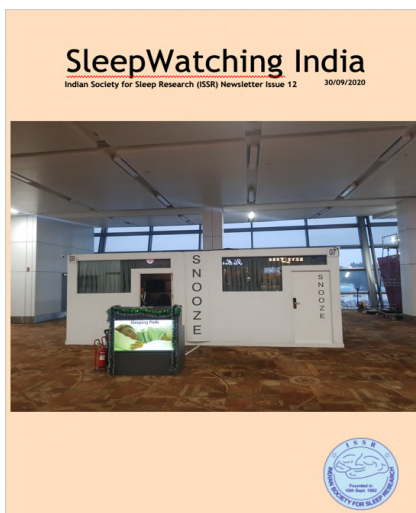


Nov 2021 Issue 13

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.



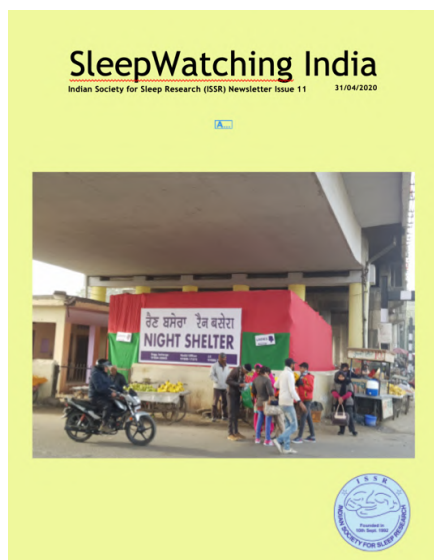
April 2020 Issue 11

“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 home less 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.

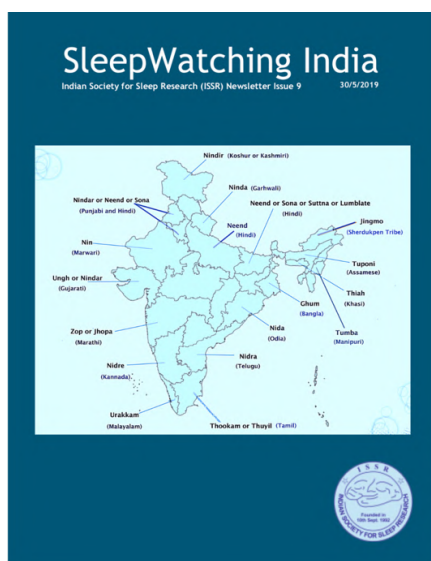


May 2019 Issue 9

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.

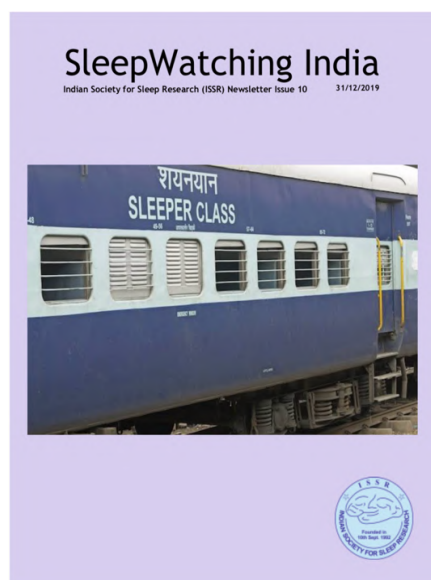
Please feel free to submit the word for “Sleep” in any language that you see is missing in this pic.



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.



World Sleep Society Sleep Medicine Exam 2022 pass outs



Dr. Mohan V. Sumedha Maturu
MD (KMC, Manipal), DM (SCTIMST), MRCP (SCE) Neurology
Sleep disorders (WSS), Epilepsy (IES certification)
Consultant Neurologist and Sleep specialist
Medicover Hospitals, Visakhapatnam
Visakhapatnam



Dr Nasreen Akhtar, MD, PhD
Additional Professor
Baldev Singh Sleep Electrophysiology Laboratory
Associate Editor, Sleep and Vigilance



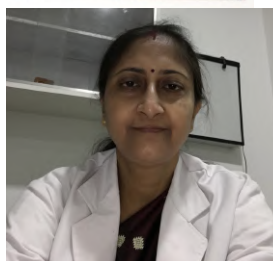
Dr. Anish Lawrence
MBBS, MD General Medicine, DM Neurology (NIMHANS),
DNB Neurology, Fellow of European Board of Neurology



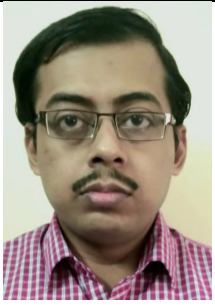
Dr. Pavan Kumar Rudrabhatla MBBS, MD, DM, PDF
MBBS, MD General Medicine (JIPMER)
DM Neurology (SCTIMST)
Fellowship in Epilepsy (SCTIMST)



Dr. Soumya Chandrashekharan Nair



Dr. Mosumi Chakrabarty
MD Physiology
Post Graduate Diploma in Sleep Medicine
Consultant
Dept. of Neurophysiology
GNRC Hospitals
Guwahati, Assam



Dr. Anubrata Das
MD Physiology
International Sleep Disorder Specialist (World Sleep Society)



Dr Indu Khosla
Pediatrician Mumbai



Dr. Shubana Ashraf
MBBS, MD
Consultant Neurologist
Govt. Medical College Srinagar



Dr Jayakumar Rajagopal
MD(Pulmonary Medicine) DNB(Respiratory Diseases) MRCP(UK)
Consultant Pulmonologist and Sleep Physician
PSG Institute of Medical Sciences and Research (PSGIMSR)
Coimbatore 641004
Tamilnadu

ISSR Sleep Technician Exam 2022 pass out



Ms. Prachi Shah
Sleep Technician
ANOM Lifecare Solutions at Bhaktivedanta Hospital and
Research Institute, Mumbai

Update 1

Four Consumer Sleep Technologies as good as actigraphy in detecting Sleep vs wake

Four Sleep trackers Fatigue Science Readiband (version 5; Fatigue Science; Vancouver, BC, Canada), Fitbit Inspire HR (Fitbit, Inc.; San Francisco, CA, USA), Oura ring (2nd generation; ŌURA Health Oy; Oulu, Finland), and Polar Vantage V Titan (Polar Electro Oy; Kempele, Finland) were compared against actigraphy and DREEM headband 2.

Epoch-by-epoch sensitivity (for sleep) and specificity (for wake), respectively, were as follows: Actiwatch (0.95, 0.35), Fatigue Science (0.94, 0.40), Fitbit (0.93, 0.45), Oura (0.94, 0.41), and Polar (0.96, 0.35). Sleep stage-tracking performance was mixed, with high variability.

All devices were better at detecting sleep than wake, and most devices compared favorably to actigraphy in wake detection. Most commercial wearables exhibited promising performance for tracking sleep-wake in real-world conditions, further supporting their consideration as an alternative to actigraphy.

<https://www.dovepress.com/performance-of-four-commercial-wearable-sleep-tracking-devices-tested--peer-reviewed-fulltext-article-NSS>

Update 2

New consumer sleep technologies need more work to be accurate on sleep parameters when compared to polysomnography

EMFIT QS, under the mattress sleep tracker had poor consensus with polysomnography on most sleep parameters except sleep onset latency and average heart rate.

<https://jcsn.aasm.org/doi/10.5664/jcsn.9754>

Update 3

Use recommended definition of Hypopnea to diagnose OSA in adults

Use of the recommended hypopnea definition in adults results in a greater likelihood of diagnosing OSA in symptomatic younger individuals (< 65 years) and women who may benefit from treatment but would be excluded using the alternate hypopnea definition.

<https://jcsn.aasm.org/doi/pdf/10.5664/jcsn.9952>

Update 4

Withings Sleep Analyzers accurately detect moderate-severe sleep apnea syndrome in patients suspected of sleep apnea syndrome

<https://pubmed.ncbi.nlm.nih.gov/33590821/>

Update 5

Media use before bedtime may not be as detrimental to Sleep as was previously thought

Media use duration was positively associated with (later) bedtime and negatively associated with total sleep time. Sleep quality, operationalised as the percent of total sleep time spent in N3 and REM sleep, was unaffected by media use before bed. Bedtime media use might not be as detrimental for sleep as some previous research has shown. Important contextual variables moderate the relationship, such as location, multitasking, and session length.

<https://onlinelibrary.wiley.com/doi/10.1111/jsr.13551>

Update 6

A wireless patch “Wesper” gets FDA approval for home sleep apnea diagnosis

https://wesper.co/article/fda-clears-wesper-lab-for-at-home-sleep-apnea-diagnosis/?utm_source=MarketingCloud&utm_medium=email&utm_campaign=2-5+Sleep+Medicine+Weekly+Insider&utm_content=FDA+clears+wireless+patch+to+detect+OSA&utm_term=003410000140yVLAAY

Update 7

~20% of people diagnosed with OSA using a single night study may be misclassified. OSA diagnostic confidence is high and stable after 14 nights of monitoring.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8906484/>

Update 8

Apple stops selling Beddit sleep tracker.

https://9to5mac.com/2022/01/10/apple-watch-sleep-tracking-upgrades-beddit/?utm_source=MarketingCloud&utm_medium=email&utm_campaign=1-15+Sleep+Medicine+Weekly+Insider&utm_content=Apple+puts+Beddit+Sleep+Monitor+to+rest&utm_term=003410000140yVLAAY

Beddit sleep tracker was able to distinguish Sleep onset latency with some accuracy. However, it underestimated WASO and thus overestimated TST and SE. Also, it failed to discriminate between non-rapid eye movement sleep stages and did not detect the rapid eye movement sleep stage.

<https://pubmed.ncbi.nlm.nih.gov/30853052/>

Update 9

At-home wireless monitoring of acute hemodynamic disturbances to detect sleep apnea and sleep stages via a soft sternal patch is possible. This device provides crucial insights into how the cardiovascular system responds to apneas with second-by-second resolution. This device is not yet available commercially.

<https://www.science.org/doi/10.1126/sciadv.abl4146>

Update 10

Somryst Users Achieve Significant Reductions in Insomnia Severity through Six Months. Somryst was earlier known as Shuti and has FDA clearance to deliver cognitive behavioral therapy for Insomnia patients.

https://sleepreviewmag.com/sleep-treatments/behavioral-sleep-medicine/cognitive-behavioral-therapy/somryst-users-achieve-significant-reductions-insomnia-severity-6-months/?utm_term=SR%20Alert%20Apr%202022&utm_campaign_type=newsletter&utm_hsid=627552851&utm_medium=email&_hsmi=208912185&_hsenc=p2ANqtz-_pZfQvz2JDwYQcXtbNPYf4oa3hu9_I6ZzhAk8ZM9OgE5dZnbQj-bPRrtoc2UEsbOMZINJJ7M7pEV04V-eL97rqd5i_GQj-8LQGNroig9elda3eH4A&utm_source=newsletter

Update 11

AcuPebble SA100, a small wearable device that enables automated, remote home testing to detect obstructive sleep apnea (OSA) in adults, has obtained FDA 510(k) clearance.

https://sleepreviewmag.com/sleep-diagnostics/home-testing/home-apnea-testing/fda-oks-new-home-sleep-apnea-testing-device/?utm_term=SR%20Top10%20Mar%202022&utm_campaign_type=newsletter&utm_hsid=627552851&utm_medium=email&_hsmi=207278142&_hsenc=p2ANqtz-903CbeuwJoDHYKzjT5Rzz0PsOa_Jo40zLYigjvrHeYKctvNUC5YbdG9SOYJhfsgFlbM02ffgWZ18Ac93RrqKLPaEvsUpVZK1s6kFGCSh8z41KnQ98&utm_source=newsletter

AcuPebble SA100 has been previously validated against type-3 diagnostic device.

https://sleepreviewmag.com/sleep-diagnostics/home-testing/home-apnea-testing/fda-oks-new-home-sleep-apnea-testing-device/?utm_term=SR%20Top10%20Mar%202022&utm_campaign_type=newsletter&utm_hsid=627552851&utm_medium=email&_hsmi=207278142&_hsenc=p2ANqtz-903CbeuwJoDHYKzjT5Rzz0PsOa_Jo40zLYigjvrHeYKctvNUC5YbdG9SOYJhfsgFlbM02ffgWZ18Ac93RrqKLPaEvsUpVZK1s6kFGCSh8z41KnQ98&utm_source=newsletter

ISSR welcomes its new members and request other to become ISSR members so that ISSR keeps bringing the best in Sleep Medicine and Sleep technology to you.

Dr. Amrita Lumbani

Dr. Trina Sengupta

Dr. Meera K Bhojani

Dr. Ankur Tanwar

Dr. Hanjabam Barun Sharma

Dr. Sonia Kochhar

Dr. Gagan Banodhe

Dr. Atif Rasool Kawoosa

Dr. Sheikh Hilal Ahmad

Dr. Nupur Agrawal Jhunjunwala

New ISSR Members

Update 1

AASM has published position statement on Age and weight considerations for the use of continuous positive airway pressure therapy in pediatric populations

[Age and weight considerations for the use of continuous positive airway pressure therapy in pediatric populations: an American Academy of Sleep Medicine position statement \(aasm.org\)](#)

Update 2

A 500,000-person study using UK Biobank, brain imaging and genetic data, published in Nature Aging, suggests that the optimal sleep amount for adults aged 38 to 73 years is 7 hours, not 8.

[The brain structure and genetic mechanisms underlying the nonlinear association between sleep duration, cognition and mental health | Nature Aging](#)

Update 3

People who spend more time per day using wireless mobile devices are more likely to have a higher BMI, lower-quality sleep and other adverse health outcomes

<https://www.healio.com/news/endocrinology/20220612/excessive-mobile-device-use-linked-to-higher-bmi-other-adverse-health-outcomes>

Update 4

Harvard Medical School researchers are conducting a study to understand the impact of the Philips CPAP device recall on patients and providers

[Qualtrics Survey | Qualtrics Experience Management](#)

Update 5

Dream-enactment behaviours are common among the general population during the COVID-19 pandemic and further increase among patients with COVID-19

[Dream-enactment behaviours during the COVID-19 pandemic: an international COVID-19 sleep study - Liu - - Journal of Sleep Research - Wiley Online Library](#)

Morning Glory
Acrylic paint on 16x24 inch canvas



“We wake up in morning glory, to live a lovely story”

Artist: Dr. Tripat Deep Singh

Sleep and Art



ALL INDIA INSTITUTE OF MEDICAL SCIENCES

RISHIKESH

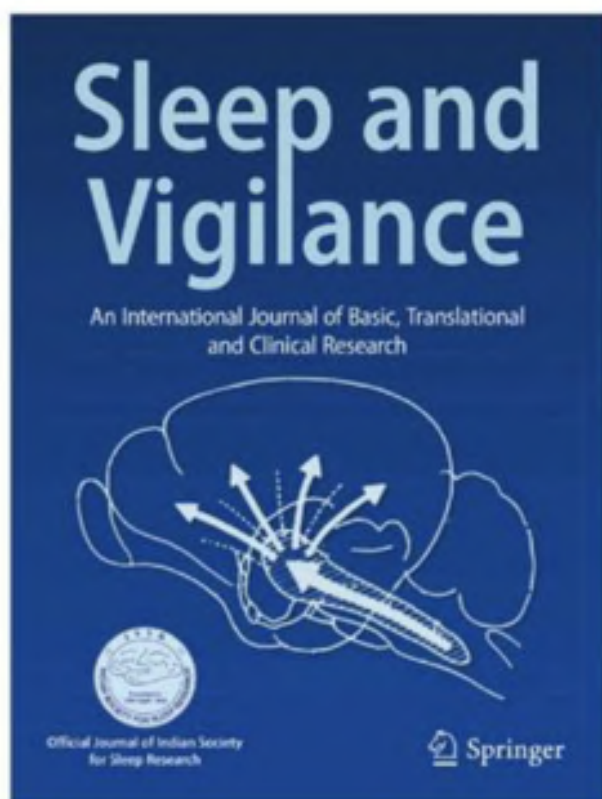
Starts Fellowship Program in Sleep Medicine.
Eligibility: MD (Medicine, Psychiatry, Physiology,
Pulmonology)
Duration: 2 yr



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

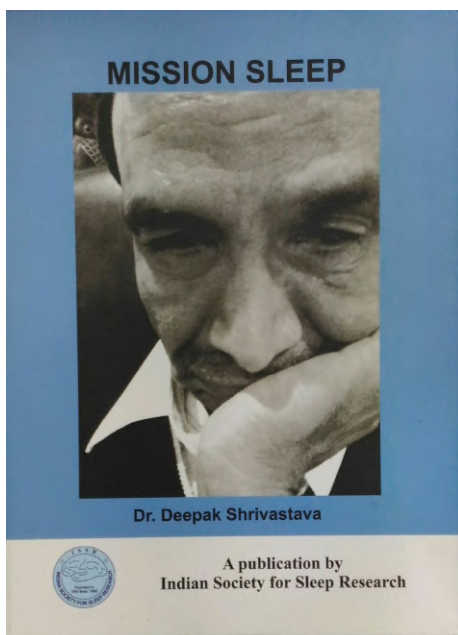
Covers research on the nature and definitions of sleep, as well as sleep medicine and disorders and more

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

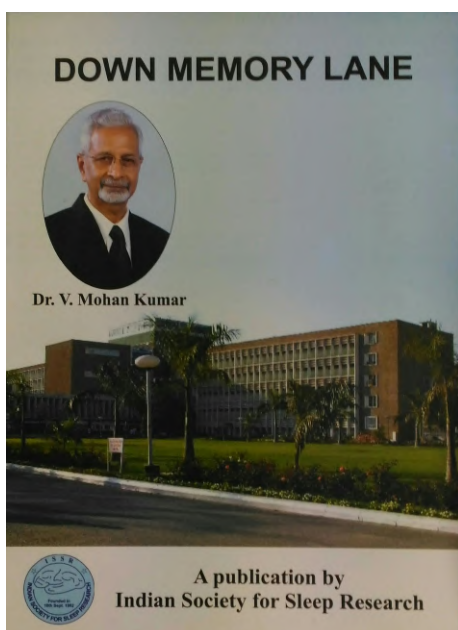
This journal is a forum for biomedical and clinical researchers to present research articles, case reports, clinical investigations, review articles and short communications. Covers sleep at the molecular and genetic level, imaging, medical topics and more.

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

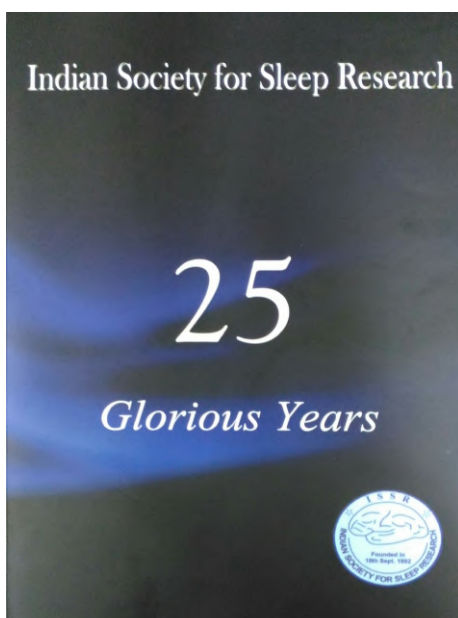
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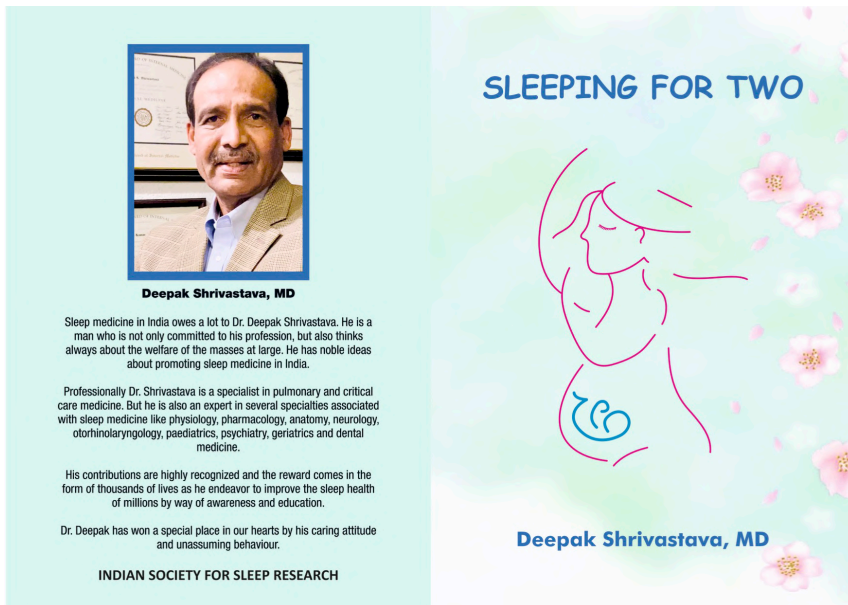
The book is ISSR tribute to Dr. Deepak Shrivastava's contributions to the field of Sleep Medicine and his active role in the development of Sleep Medicine in India. The book was released during the ISSR 25yr celebration Conference in Goa in SEP 2017.



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.

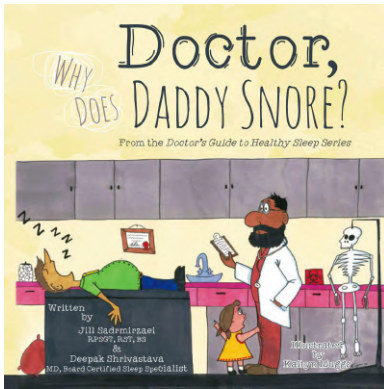


Author: Dr. Deepak Shrivastava

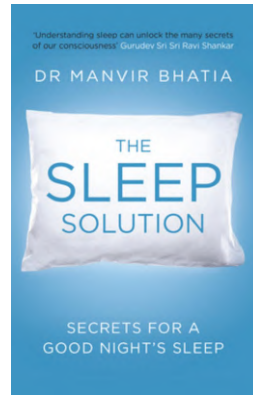


Author: Dr. Kamalesh Gulia

Books by ISSR



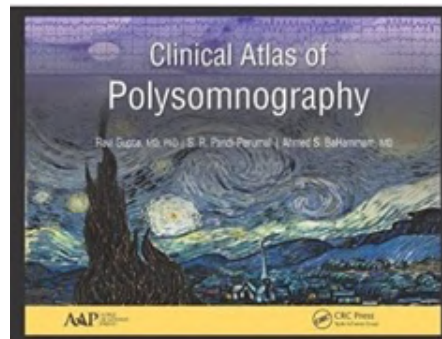
Author: Dr. Deepak Shrivastava



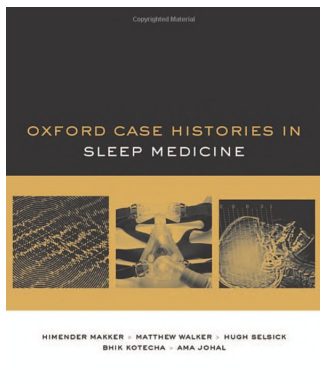
Author: Dr. Manvir Bhatia



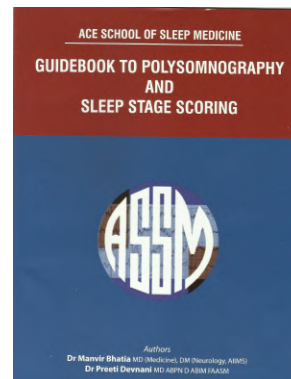
Author: S. R. Pandi-Perumal



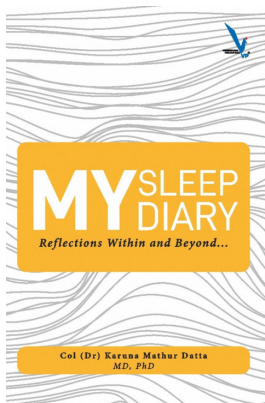
Authors: Dr. Ravi Gupta, S. R. Pandi-Perumal, Ahmed S Bahammam



Author: Dr. Himender Makker



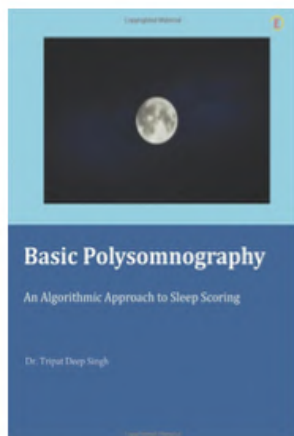
Authors: Dr. Manvir Bhatia and Dr. Preeti Devnani



Author: Lt. Col. Karuna Datta

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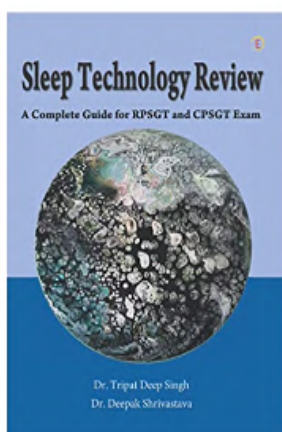
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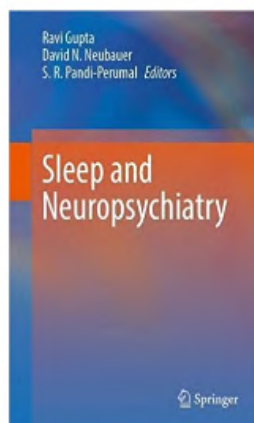
Author: Dr. Tripat Deep Singh



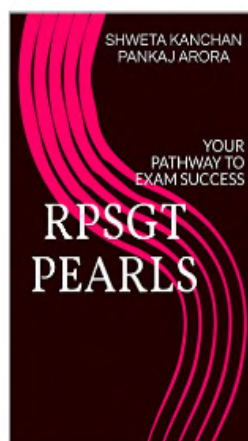
Associate Editor: Dr. Tripat Deep Singh



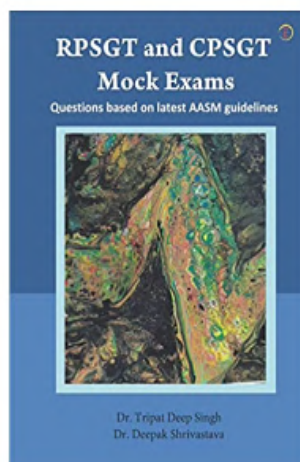
Authors: Dr. Tripat Deep Singh and Dr. Deepak Shrivastava



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



Authors: Dr. Shweta Kanchan and Mr. Pankaj Arora



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

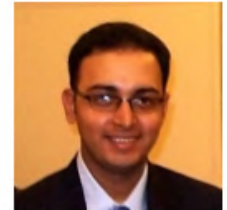
National Sleep Medicine Course (NSMC) History (2006-2021)



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

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



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



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



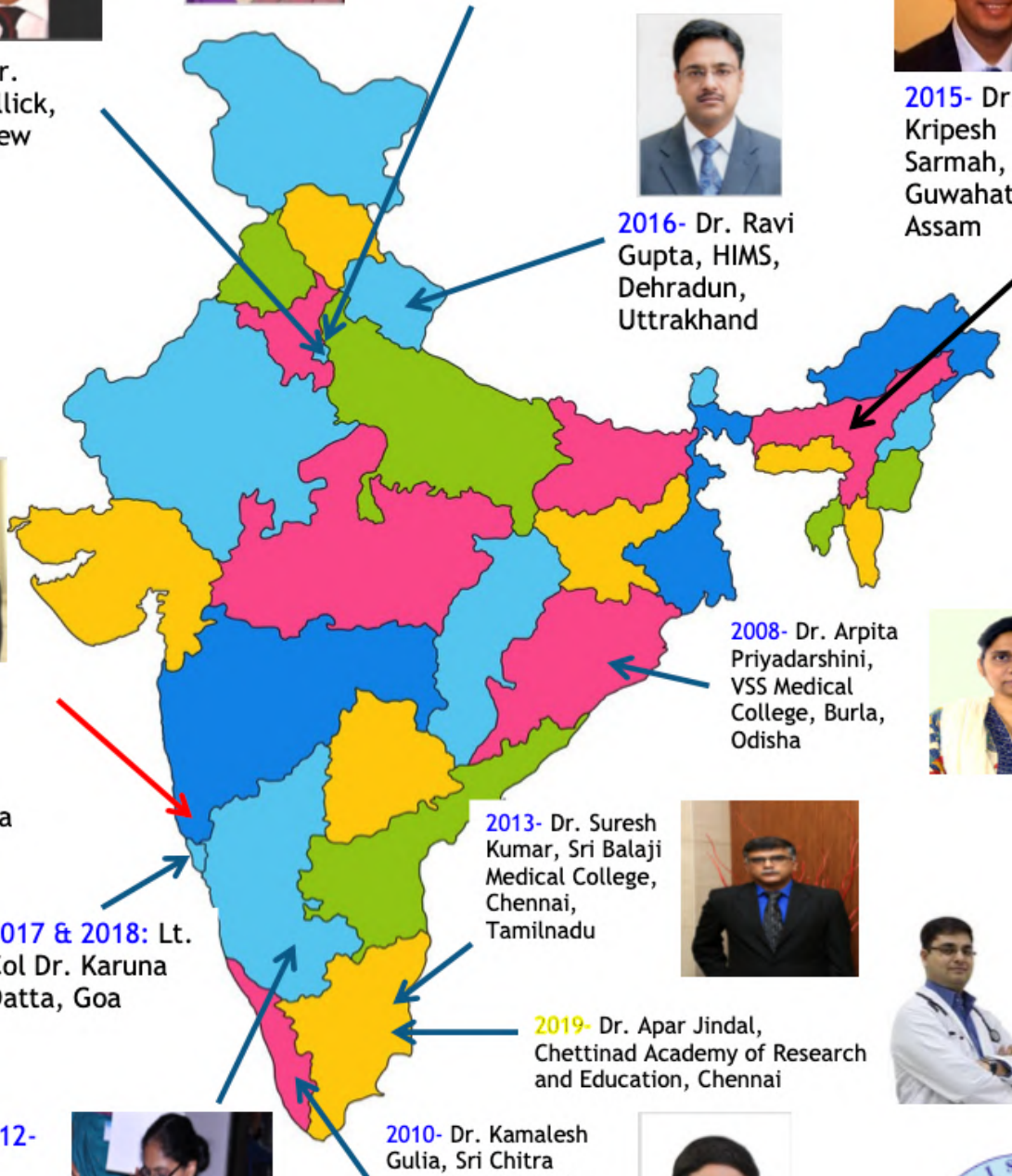
2019- Dr. Apar Jindal, Chettinad Academy of Research and Education, Chennai



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



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



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American Association of Sleep Technologist (AAST)	www.aastweb.org
American Board of Sleep Medicine (ABSM)	www.absm.org
European Sleep Research Society (ESRS)	www.esrs.eu
Australasian Sleep Association	www.sleep.org.au
Asian Sleep Research Society (ASRS)	www.asrsonline.org
Indian Sleep Disorder Association (ISDA)	www.isda.co.in
Indian Society for Sleep Research (ISSR)	www.issr.in
Indian Association of Surgeons for Sleep Apnea (IASSA)	www.iassa.in
South East Asian Academy of Sleep Medicine (SEAASM)	www.seaasm.org
Board of Registered Polysomnography Technologists (BRPT)	www.brpt.org
World Sleep Society	www.worldsleepsociety.org
American Association of Physicians of Indian Origin-Sleep (AAPIOS)	www.weartweb.com/aapios/



Letter to the Editor:

Dr. Tripat Deep Singh

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International Sleep Specialist
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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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