

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter Issue 10

31/12/2019



Contents:

From Editor's desk Pg-3

Sleep and Indian Mythology Pg: 8

Books by ISSR P-14

ISSR Activities Pg-4

India Sleep Show. Pg-9

Books by ISSR Mebers P-15

Sleepy Calendar Pg-5

International Sleep Update. Pg-10

NSMC History 2006-2019 P-16

Sleep Events in India Pg-6

Bsc Course Sleep technician P-12

ISSR activities in 2018 Pg-7

ISSR Journal P-13

Message from President ISSR

Dear Friends,



We have just completed another successful year. It was a year of success and failure. Vancouver World Sleep 2019 was a huge success. It is a matter of surprise that Asia has no representation in WSS council. It is clubbed with Australia. Our efforts to bring World Sleep to Central Asia ever since 2019 have become a mirage. World Sleep 2023 has just been awarded to Europe. The mission of the World Sleep Society will become true only when it will go especially to those parts of the world where this knowledge has not advanced sufficiently.

SleepWatching India is always full of colours and contents. Every time a new section is added. Indian mythology has many things to offer for sleep science and sleep medicine. The Great Indian Railways care passengers' sleep since its inception. The SleepWatching cover photo of this issue is a testimony to that.

We are organizing an unique event 'India Sleep Show 2020' during March 13-14, in New Delhi. It is a much needed 360° platform for all sleep solutions in a country like India. When I look in to our National Sleep Medicine Course map, it reminds me to invade many states. We invite you to bid for hosting ISSR events in 2021 and coming years.

Do not forget to have a look into Tripat's star attraction 'The Sleepy Calendar'.

We had discontinued individual distribution of the newsletter because of its size. I request Dr. Tripat to resume the services because of popular demand. I sincerely thank and congratulate the ISSR team for the wonderful show over the years for advancing sleep health on this part of the planet.

Wish you plenty of profits of sleep. Have a wonderful new year!

Sincerely yours,
Hrudananda Mallick
President, ISSR



Executive Committee

President

Dr. H.N. Mallick

Vice President

Dr. Manvir Bhatia

General Secretary

Dr. Kamallesh K Gulia

Treasurer

Dr. Apar Jindal

Executive Members

Dr. Deepak Shrivastava

Dr. Manjari Tripathi

Dr. Bindu M Kuty

Dr. Ravi Gupta

Lt. Col Dr. Karuna Datta

Newsletter Editor

Dr. Tripat Deep Singh



I would take this opportunity to wish our readers a very Happy New Year!!

Cover page photo highlights how Sleep is recognized essential to travellers by travel industry as well with dedicated coaches called “Sleeper Class” in Indian Railways.

From Nov 2018-Dec2019, 14 Sleep activities were organized in different parts of India. This is a good sign for the development of the field of Sleep Medicine and Sleep Technology in India. The events covered various aspects of Sleep Medicine and Sleep Technology.

Dr. Pratibha has contributed to a new section in this issue on “**Sleep and Indian Mythology**”.

“**World Sleep Day**” is on 13 March 2020. Its theme is “Better Sleep, Better Life, Better Planet”.

ISSR have launched a new website in March 2019 with a lot of useful resources. Following sections of this newsletter have been shifted to the website and will no longer be published in this newsletter- Sleep labs in India and ASEAN, Board review questions on Sleep medicine and sleep technology, sleep news in media, and sleep and digital apps. All these sections will be accessible on the website to ISSR members only. Readers who will miss these sections are encouraged to become ISSR members to continue enjoying these sections.

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 2020**” on your desks. Enjoy reading!!

Sleep Well. Sleep on Time.
Dr. Tripat Deep Singh

ISSR Activities

2017	2018	2019	2020
WSF Exam 11 June 2017 AIIMS Delhi, Online Exam	India Sleep 2018 Staging Together: National Sleep Medicine Course (NSMC) National Sleep Technology Course (NSTC) ISSR Annual Conference 21-23 Sep 2018	7-8 Sep 2019 NSMC, Chennai	13-14 March: National Sleep Technology Course (NSTC) Delhi
National Sleep Medicine Course (NSMC) 21 Sep 2017, Goa	Advanced Sleep Technology Workshop 7 April 2018, AIIMS Delhi	14-19 April 2019, NSTC, AIIMS New Delhi	13-14 March: India Sleep Show, Taj Vivanta Hotel, Delhi
6 th National Sleep Technology Course (NSTC) 20 Sep 2017, Goa	IBSM exam for Sleep Technologist 22 Sep 2018	14 April 2019, IBSM exam for Sleep Technologist, AIIMS New Delhi	15 March: Sleep Technologist Certification Exam, Delhi
IBSM exam for Sleep Technologist 11 June 2017 AIIMS Delhi	World Sleep Society Sleep Specialist Exam, 21 st Oct 2018	11 Aug 2019 World Sleep Society Sleep Specialist Exam	15 March: World Sleep Society Sleep Specialist Certification Exam, Delhi
Silver Jubilee Congress of Indian Society for Sleep Research 22-23 Sep 2017, Goa			19-20 Sep: National Sleep Medicine Course (NSMC), Tirupati
Started publication "Sleep Forensics"			

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



SLEEPY CALENDAR 2020

January

20-23: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course Singapore

February

10-11: Pediatric Sleep Scoring Workshop, Serdang Hospital KL Malaysia

20-23: Sleep Medicine Trends Florida US

22-23: 4TH International Sleep Update Delhi India

27-1 March: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course Jakarta, Indonesia

March

6-7: Myanmar Respiratory Society Conference Yangon, Myanmar

13: World Sleep Day

13-14: National Sleep Technology Course (NSTC) Delhi India

13-14: India Sleep Show Delhi India

13-15: PSSM Annual Conference Philippines

24-27: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course Singapore

27-29: Annual Conference of IASSA Ahmedabad India

April

10-12: SLEEPCON Chennai India

9-12: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course Jakarta Indonesia

May

15-20: ATS Sandiego US

19-22: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course KL Malaysia

July

21-24: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course KL Malaysia

June

11-14: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course Jakarta Indonesia

13-17: APSS Sleep Philadelphia US

20-25: ERS Vienna Austria

25-27: Chest Congress Bologna Italy

August

SDSM Annual Conference Malaysia

Thailand Sleep Society Annual Conference

Singapore Sleep Conference

September

19-20: National Sleep Medicine Course Tirupati India

22-25: ESRS Seville Spain

22-25: SingHealth Duke NUS Sleep Centre-Phiips RPSGT Exam Preparation Course KL Malaysia

October

9-11: ICSD SEAASM Kolkatta India

15-18: APSR Kyoto Japan

16-19: 3rd Congress of Asian Society of Sleep Medicine Beijing China

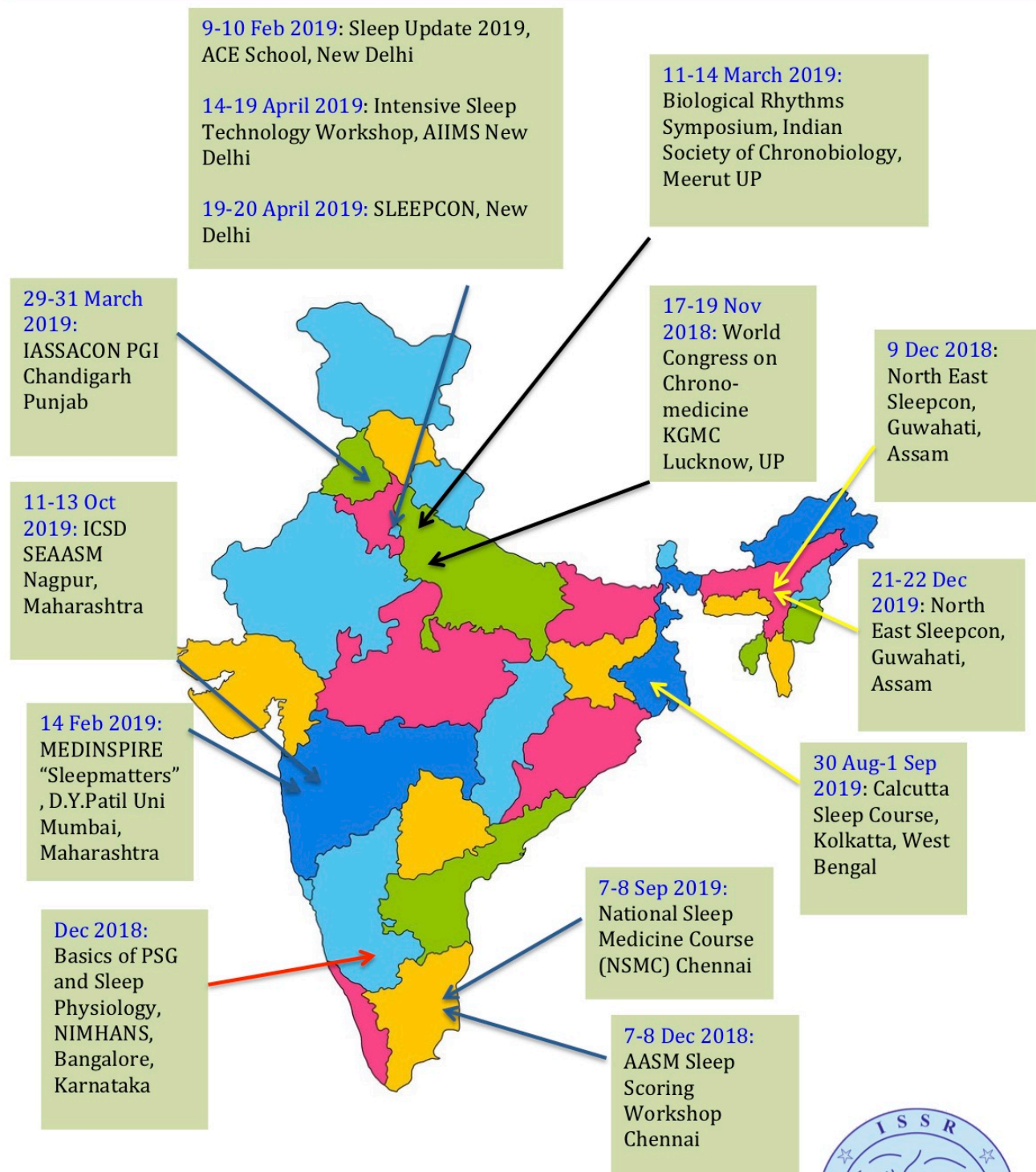
17-21: CHEST Chicago US

18-20: International Surgical Sleep Society meeting Brisbane Australia

21-24: International Pediatric Sleep Association (IPSA) Brisbane Australia

22-24: Sleep Downunder Brisbane Australia

Sleep Events in India Nov 2018- Dec 2019



India Sleep and National Sleep Medicine Course, 7-8 Sep 2019 Chennai



India sleep, National Sleep Medicine Course (NSMC) 2019, national conference on sleep medicine was conducted at Chettinad Academy of Research and Education in association with the Indian Society for Sleep Research and Lung Foundation of India on the 7th and 8th of September 2019. The conference was inaugurated by ISSR President Dr. HN Mallick along with Dr. Deepak Srivastava and Dr. Mohan Kumar and Dr. Apar Jindal.

The conference had a very good response with around 200 delegates attending from all around India. Eminent international specialists on sleep medicine including Dr. Deepak Srivastava, Dr. Saraswati Mupanna, Dr. Tripathi Deep Singh amongst others graced the occasion. Respected faculty from various reputed educational and research institutions took part in this academic colludium. Seminars, poster presentations, debate, quiz competition and oral paper presentations were conducted with over whelming participation and response and prizes were distributed accordingly.

The Young Investigator Workshop was conducted for the I and II year MBBS students. More than 50 students participated and were introduced to basics of sleep medicine and the importance of sleep hygiene. They were also motivated by this workshop for research in the area of sleep medicine.

Overall India Sleep, National Sleep Medicine course 2019 was a grand success and was an academic milestone in the pages of ISSR, Lung Foundation of India and Chettinad Academy of Research and Education.



Dr. Prathibha KM

Assistant Dean (UG Academics - I MBBS)
Associate Professor, Department of Physiology
Saveetha Medical College, Chennai

Myths and stories about all walks of life are an integral part of every Indian household. Despite the validity of the stories being doubtful, they open up an interesting treasure box of human beliefs. The following write-up is a collection of stories, deities and beliefs pertaining to sleep from the Hindu and Indian Mythology.

Lakshmana:

Ever since his birth, Lakshmana was a devoted and loyal brother to Rama and accompanied him everywhere including the punishing exile of 14 years to the forest. He was determined to protect Ram and Sita in the forest and pleaded Nidra, the Goddess of sleep to let him alone without sleep. Nidra, the Hindu Goddess of sleep is considered as the female counterpart to Brahma, the Hindu creation Deva who slept consciously between the creations of worlds (Yoga Nidra). Impressed with the devotion to his sibling, Nidra agreed to let him sleepless on a condition that his sleep would be transferred to someone else. Urmila, wife of Lakshmana slept day and night for 14 years, thereby taking the burden of sleeping off her husband. After the crowning of Rama was when Lakshmana took his gift of sleep back from his wife and went off to sleep.

Another inadequately substantiated version says that Vishvamisra gave 2 mantras - Bala & AtiBala to Rama & Lakshmana mantras that conquer hunger and sleep.

Note: Future issues will cover stories on Kumbhakarna and King Muchcukunda

SLEEP AND INDIAN MYTHOLOGY

Indian Society for Sleep Research

Presents



Endorsed by



Sleep for all...

13-14 March 2020 Hotel Taj Vivanta, New Delhi

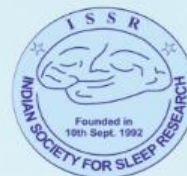
Organisers



For more details please visit www.issr.in



ACE SCHOOL OF SLEEP MEDICINE



4th International Sleep Update 2020

22nd & 23rd February 2020, Hotel Le-Meridien, New Delhi

Keynote Faculty



Dr. Diego García-Borreguero
Madrid, Spain



Dr. Suresh Kotagal
Mayo Clinic, USA

Esteemed National Faculty

- **Dr. Manvir Bhatia**, NSC, New Delhi
- **Dr. HN Mallick**, AIIMS, New Delhi
- **Dr. Ravi Gupta**, AIIMS, Rishikesh
- **Dr. Preeti Devnani**, CCAD, UAE
- **Dr. Manjari Tripathi**, AIIMS, New Delhi
- **Dr. Abdul Muniem**, Medanta, Delhi

Program Day-1

- RLS-Update, Insight into new literature
- Circadian Rhythm (Case based discussions, group learning)
- Workshops on:
 - Movement Disorders-Video Session
 - PAP Algorithm
- Interpreting PSG reports
- CPAP Clinic- Compliance tracking, Mask Interface

Program Day-2

- Pediatric Sleep Disorders-Case based overview & Childhood OSA
- Multidisciplinary Approach to OSA-Dental/ENT
- Insomnia-Approach including Group activity, Insomnia scales, Actigraphy
- Journal Scans
- Narcolepsy-Review & Treatment Guidelines

Conference Organizers



Dr. Manvir Bhatia
MD(Medicine)
DM Neurology(AIIMS)



Dr. Preeti Devnani
MD,ABPN,
D.ABIM,FAASM

Conference Secretariat VATSALA

Address : L-23, Hauz Khas Enclave,
Delhi - 110016

Mobile : 9910662110

E-mail : info.assm@gmail.com

Website : www.assm.in



Materials Request Form

2510 North Frontage Road, Darien, IL 60561

P: 877-787-2247 F: 630-737-9790

E: membership@sleepallies.org

sleepallies.org

Contact Information

Business Name:		Attention:	
Business Address:			
City:	State:	Postal Code:	Country:
Phone:	Fax:	Email:	
Mailing Address (if different from business address):			
City:	State:	Postal Code:	Country:

Material Options:



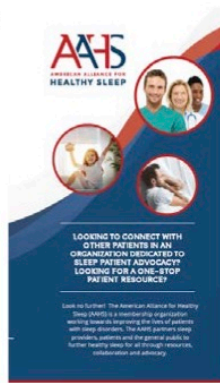
Pediatric Sleep Poster



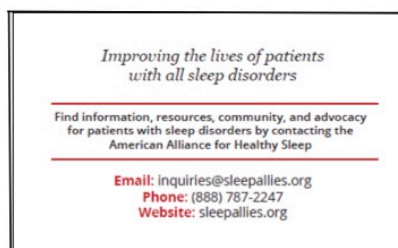
Sleep Care Guide



AAHS Promotional Poster



AAHS Promotional Brochure



AAHS Contact Information Card

Each office will be provided 10 copies of each brochure/card requested and 1 copy of each poster requested. Any additional copies of AAHS promotional materials will be fulfilled free of charge.

Additional requests for the Pediatric poster or Sleep Care Guide will only be fulfilled for AAHS Members.

Please email your completed form or direct any questions to our Membership department at membership@sleepallies.org.

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter

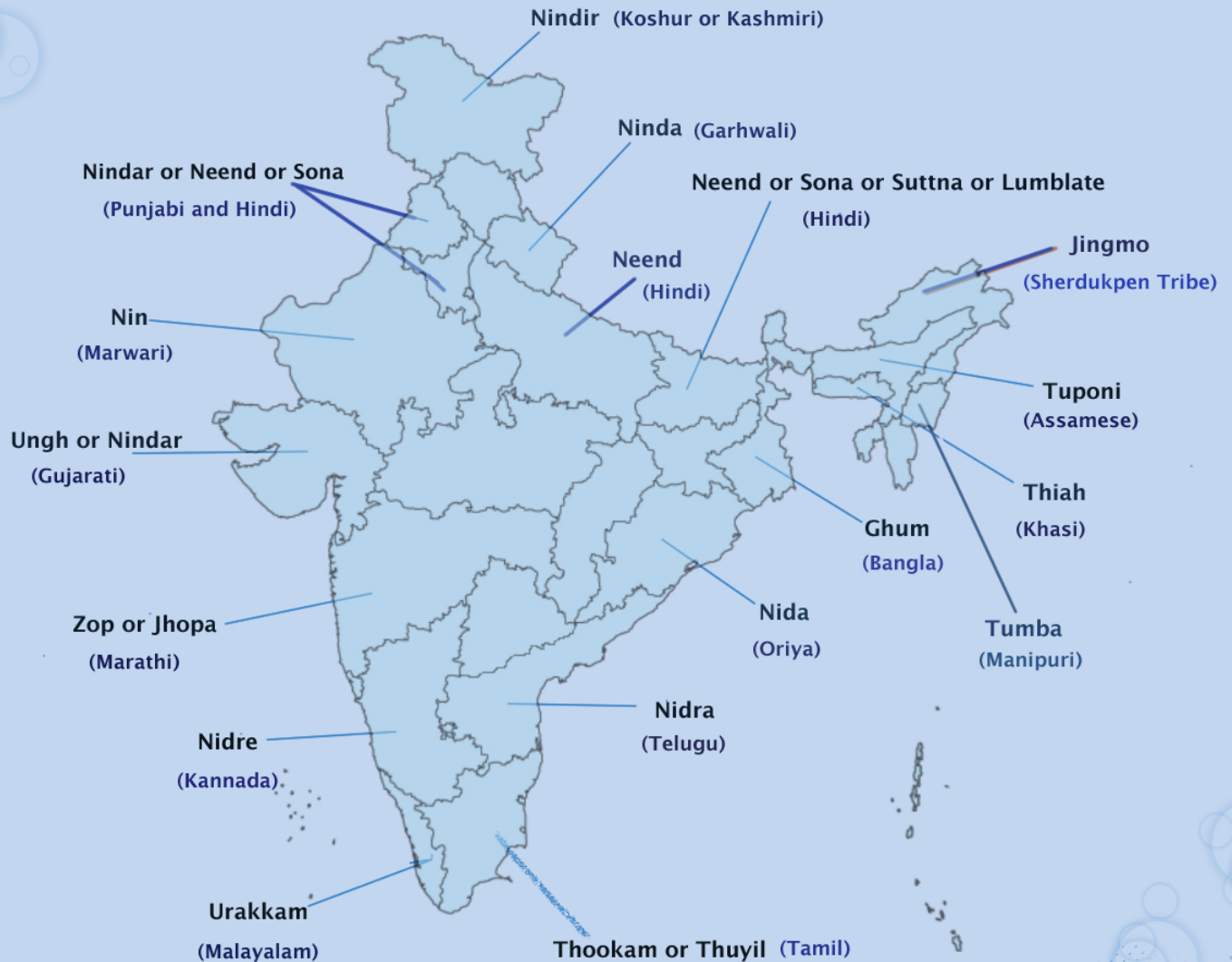
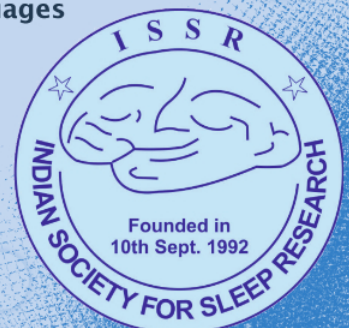


Fig: Different words for Sleep in Different Indian languages



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



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

NATIONAL CENTER FOR
CHRONIC DISEASE PREVENTION AND HEALTH PROMOTION
@CDCChronic | www.cdc.gov/chronicdisease

ALL INDIA INSTITUTE OF MEDICAL SCIENCES

RISHIKESH

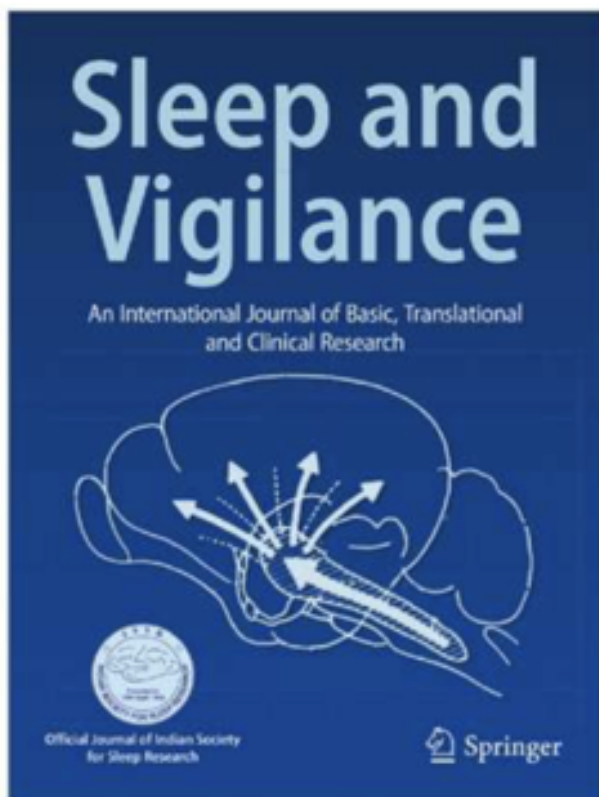
Starts Fellowship Program in Sleep Medicine.
Eligibility: MD (Medicine, ENT, Psychiatry,
Physiology, Pulmonology)
Duration: 1yr



Starts BSc Sleep Lab Technician Course
Duration: 3.5yrs

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

Electronic access-

link.springer.com

Subscription information-

springer.com/librarians

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

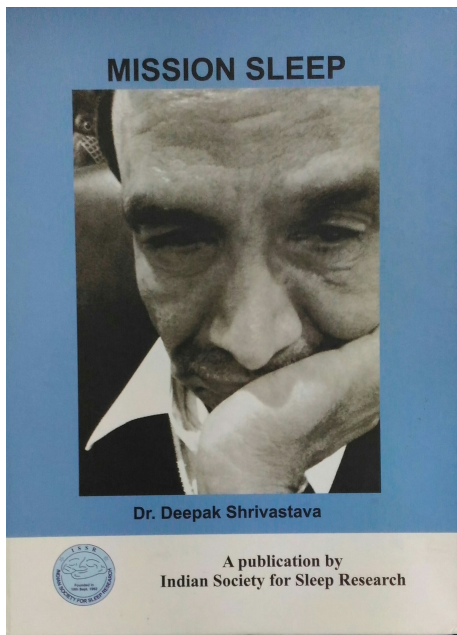
Published in collaboration and with editorial support from the Indian Society for Sleep Research (ISSR)

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.

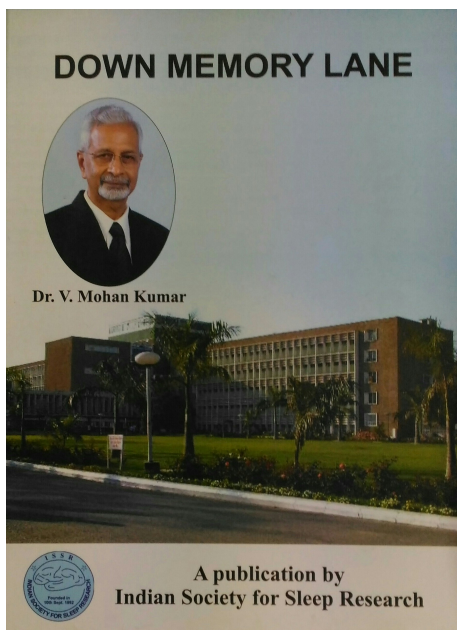
On the homepage of Sleep and Vigilance at springer.com you can

- Sign up for our Table of Contents Alerts
- Get to know the complete Editorial Board
- Find submission information

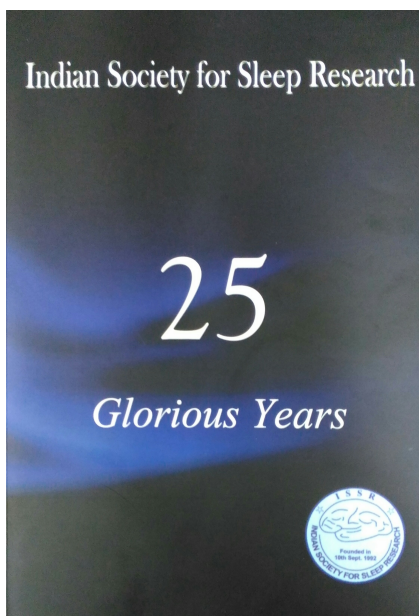
Books by ISSR



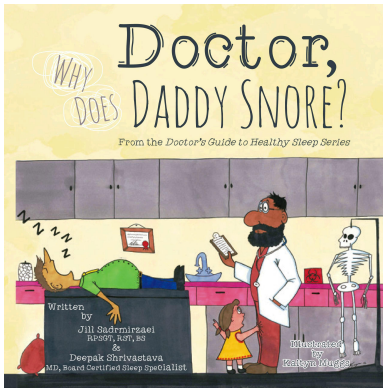
The book is ISSR tribute to Dr. Deepak Shrivastava's contributions to the field of Sleep Medicine and his active role in the development of Sleep Medicine in India. The book was released during the ISSR 25yr celebration Conference in Goa in SEP 2017.



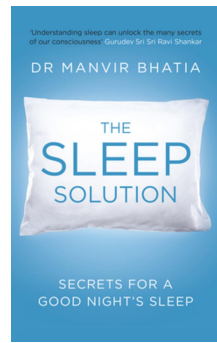
The book is ISSR tribute to DR. V. Mohan Kumar for his contributions to the field of Sleep Science and its development in India. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.



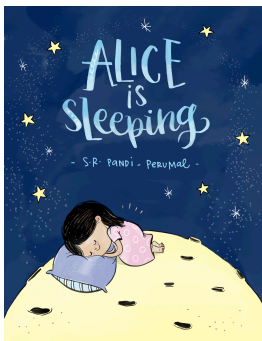
This book is a compilation of the ISSR achievements in 25yrs since its inception. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.



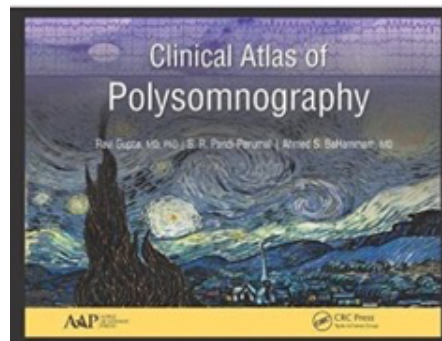
Author: Dr. Deepak Shrivastava



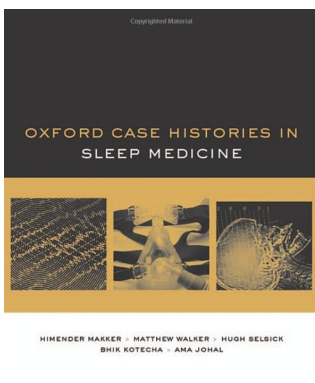
Author: Dr. Manvir Bhatia



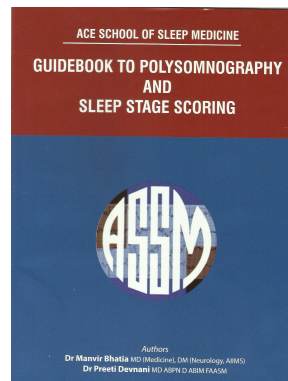
Author: S. R. Pandi-Perumal



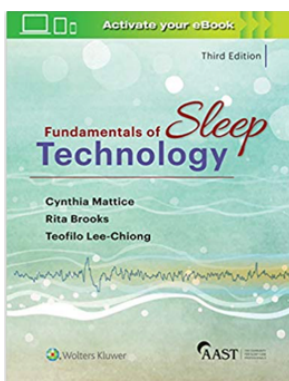
Authors: Dr. Ravi Gupta, S. R. Pandi-Perumal, Ahmed S Bahammam



Author: Dr. Himender Makker



Dr. Manvir Bhatia and Dr. Preeti Devnani



Associate Editor: Dr. Tripat Deep Singh

Books by ISSR Members

National Sleep Medicine Course (NSMC) History (2006-2019)



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



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



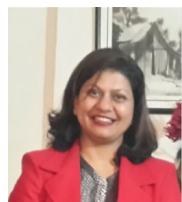
2015- Dr. Kripesh Sarmah, Guwahati, Assam



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



2011- Dr. Preeti Devnani, Mumbai, Maharashtra

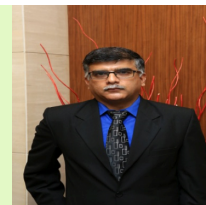


2017 & 2018: Lt. Col Dr. Karuna Datta, Goa

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



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



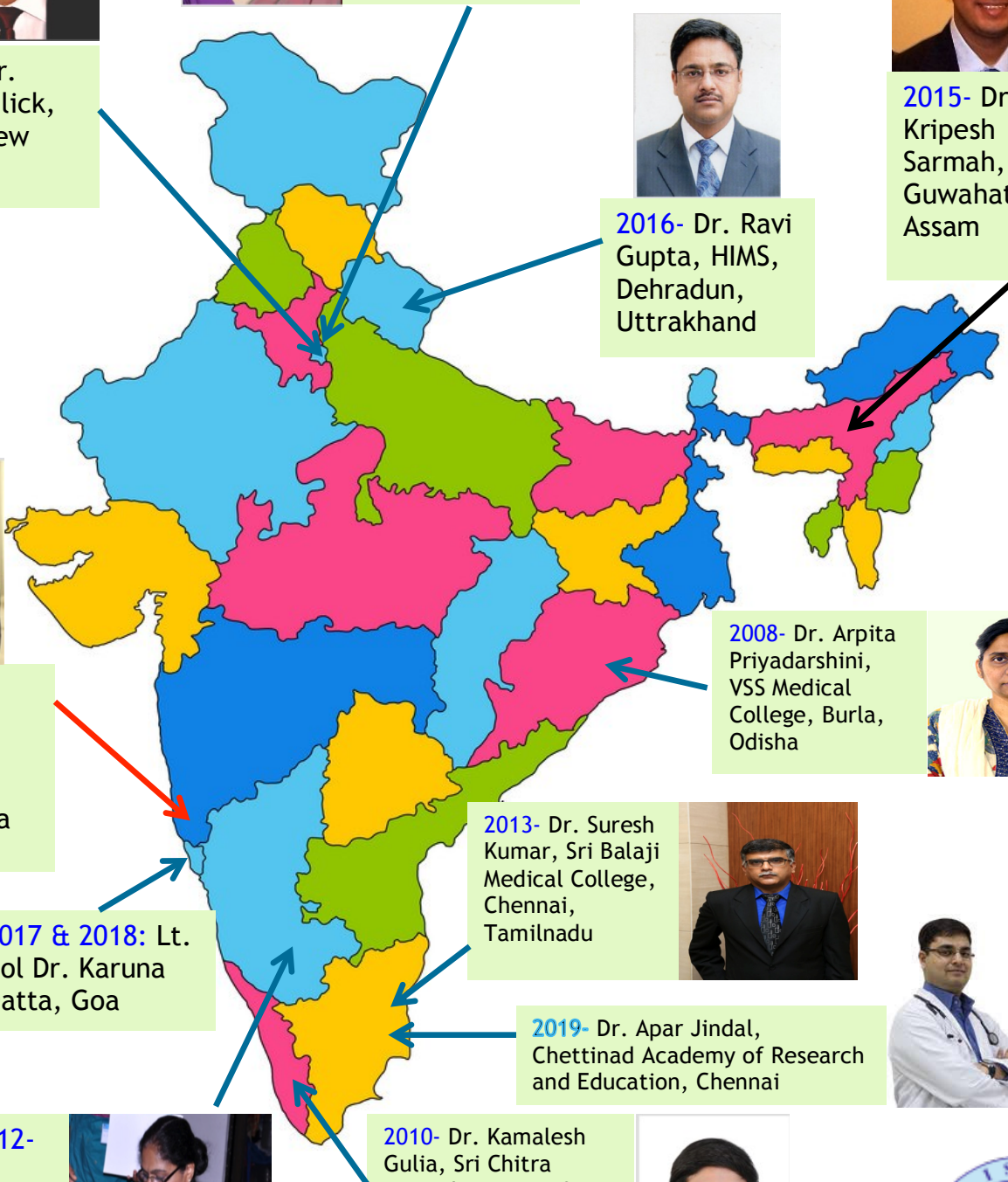
2019- Dr. Apar Jindal, Chettinad Academy of Research and Education, Chennai



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



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



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:
Dr. Tripat Deep Singh
MBBS, MD (Physiology), RPSGT, RST
International Sleep Specialist
(World Sleep Federation Program)

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.

Email us on sleepwatching@yahoo.com.sg