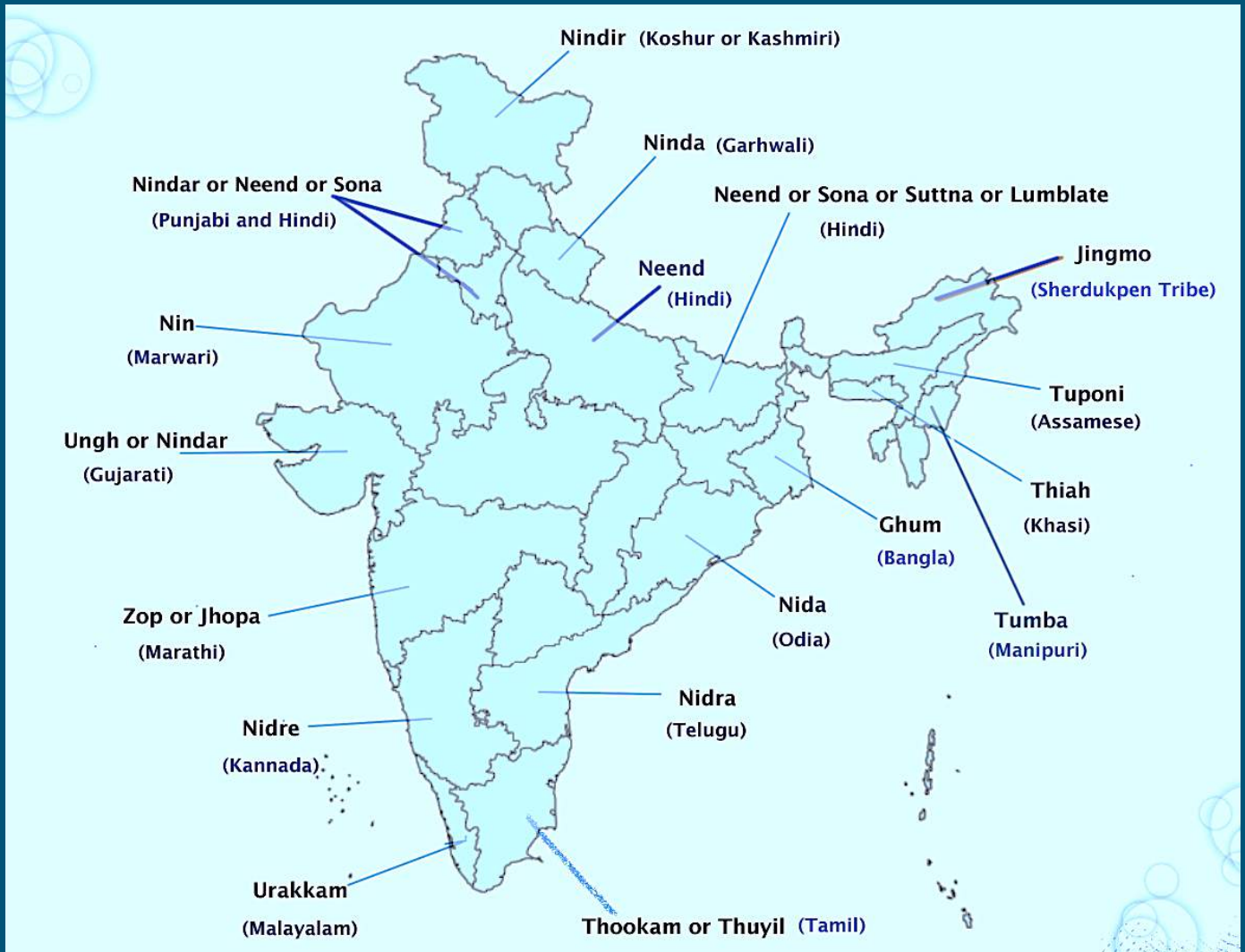


SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter Issue 9

30/5/2019



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Message from President ISSR

Dear Friends,



Issue 9 of ISSR Newsletter 'SleepWatching India' is ready for viewing. I had the compulsion to go through the newsletter as I am asked to write the Presidential address. Frankly speaking if you are not going through the whole issue, you will be really missing something. It is a wonderful piece of compilation by our Editor Dr Tripat.

We will take you through the picturesque journey of Indian Sleep panorama 'SleepWatching India'. The whole year global sleep calendar is here. The article from Dr Pratibha on Sleep mythology is a welcome feature. AIIMS Rishikesh is starting a BSc Course on Sleep technology under the behest of Dr Ravi, one of our key members. In September we have National Sleep Medicine Course in Chennai followed by World Sleep 2019 in Vancouver. Please contact Dr Apar (apji82@yahoo.com) for details for Chennai Course. We also take this opportunity to invite bid to organize India Sleep 2020, NSMC 2020 and 2021. The WSS sleep specialist certification examination will be held on August 11, 2019 at AIIMS, New Delhi. Last date of application is June 30, 2019.

You will be happy to know that our society is rapidly growing. We welcome the new life members. Kindly submit your photograph so that it will enrich our Newsletter. I request our Editor to start a welcome column for new members.

Sleep Well. Sleep on Time.
Dr. Hrudananda Mallick



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Dr. Tripat Deep Singh



I am happy to share new format for the cover page from this issue onwards. The cover page photo of current issue highlights various words for “Sleep” in different Indian Languages. I am thankful to my friends all over India for making cover page photo possible by providing me the words in their respective local languages.

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

From Nov 2018-May 2019, in six months period 10 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.

ISSR organized 6 days **“Intensive Sleep Technology Course”** covering different aspects of PSG and PAP titration. Also sessions included guidance on pathways to certification in Sleep Medicine and Sleep Technology. This is a good start as this was the first event in India, which covered Sleep Technology topics over one week period.

ISSR conducted **“Sleep Technologist Certification Exam”** as well during the Intensive sleep technology workshop. 4 candidates appeared and 3 passed the exam.

“World Sleep Day” was on 15 March 2019. Theme of this World Sleep day was “Healthy Sleep, Healthy Aging”. 13 groups organized various activities on this day raising awareness about healthy sleep from different parts of India and submitted to World Sleep Society. This is an increase as compared to Last year, when 11 groups submitted their activities to World Sleep Society on the eve of World Sleep Day. Details of these activities can be seen at www.worldsleepday.org

Sleep Technologist **Ms. D Aruna** shares her personal experiences and opinions on Sleep Technology as a profession in the section **“Personal Opinions of SleepWatcher”**.

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 2019”** on your desks. Enjoy reading!!

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

ISSR Activities

2016	2017	2018	2019
WSF Exam 17- July 2016, Online Exam No. Of Applicants= 6	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
National Sleep Medicine Course (NSMC) 2-4 Dec 2016 Dehradun, Uttarakhand India	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
5 th National Sleep Technology Course (NSTC) 29-30 Nov 2016 AIIMS Delhi, India	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
'IBSM exam for Sleep Technologist 31 July 2016 AIIMS Delhi No. Of Applicants= 3	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
WSF Exam 17- July 2016, Online Exam No. Of Applicants= 6	Silver Jubilee Congress of Indian Society for Sleep Research 22-23 Sep 2017, Goa		
National Sleep Medicine Course (NSMC) 2-4 Dec 2016 Dehradun, Uttarakhand India	Started publication "Sleep Forensics"		

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

Sleepy Calendar 2019

February

1-4: Advances in Sleep and Circadian Science, Florida US

9-10: 3rd International Sleep Update 2019, New Delhi, India

14-17: MEDINSPIRE "Sleepmatters" D.Y.Patil University Navi Mumbai, India

15-17: Sleep Medicine Trends 2019, California, US

July

XX: Indonesia Sleep Meeting

18-21: Malaysian Thoracic Society Annual Congress, Kuala Lumpur Malaysia

August

21-25: Singhealth Duke NUS Sleep Centre Singapore Sleep Conference

23-25: Sleep 2019, Kuala Lumpur Malaysia

31 Aug-1Sep- Calcutta Sleep Course, Kolkatta, India

March

8: Pediatric Sleep Medicine Workshop, KK Hospital, Singapore

11-14: Biological Rhythms Symposium, Indian Society of Chronobiology, Meerut, UP India

15: World Sleep Day

22-23: Philippine Sleep Society Conference, Baguio, Philippines

29-31: IASSACON, PGI Chandigarh, India

October

11-13: ICSD, SEAASM, Nagpur India

17-19: Sleep Downunder, Sydney, Australia

19-23: Chest Annual Meeting, New Orleans, US

April

10-12: Chest Congress, Bangkok, Thailand

11-13: Sleep and Breathing, Marseille, France

14-19: National Sleep Technology Course (NSTC), AIIMS, Delhi, India

19-21: SLEEPCON, Delhi

25-26: 1st SARC Sleep Workshop, Singapore

September

7-8: National Sleep Medicine Course (NSMC), Chennai, India

9-13: 24th International Symposium on Shift Work and Working Time, Idaho US

20-25: World Sleep, Vancouver, Canada

28 Sep-2nd Oct: ERS International Congress, Madrid, Spain

May

10-11: 10th International Surgical Sleep Society Meeting New York, US

17-22: ATS Sandiego, Dallas, Texas, US

June

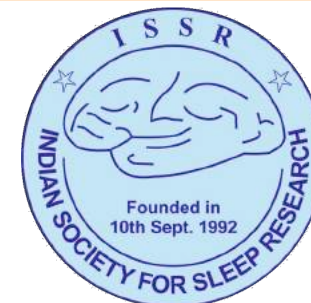
8-12: APSS Sleep Baltimore, San Antonio US

27-28: Japanese Society of Sleep Research Meeting

November

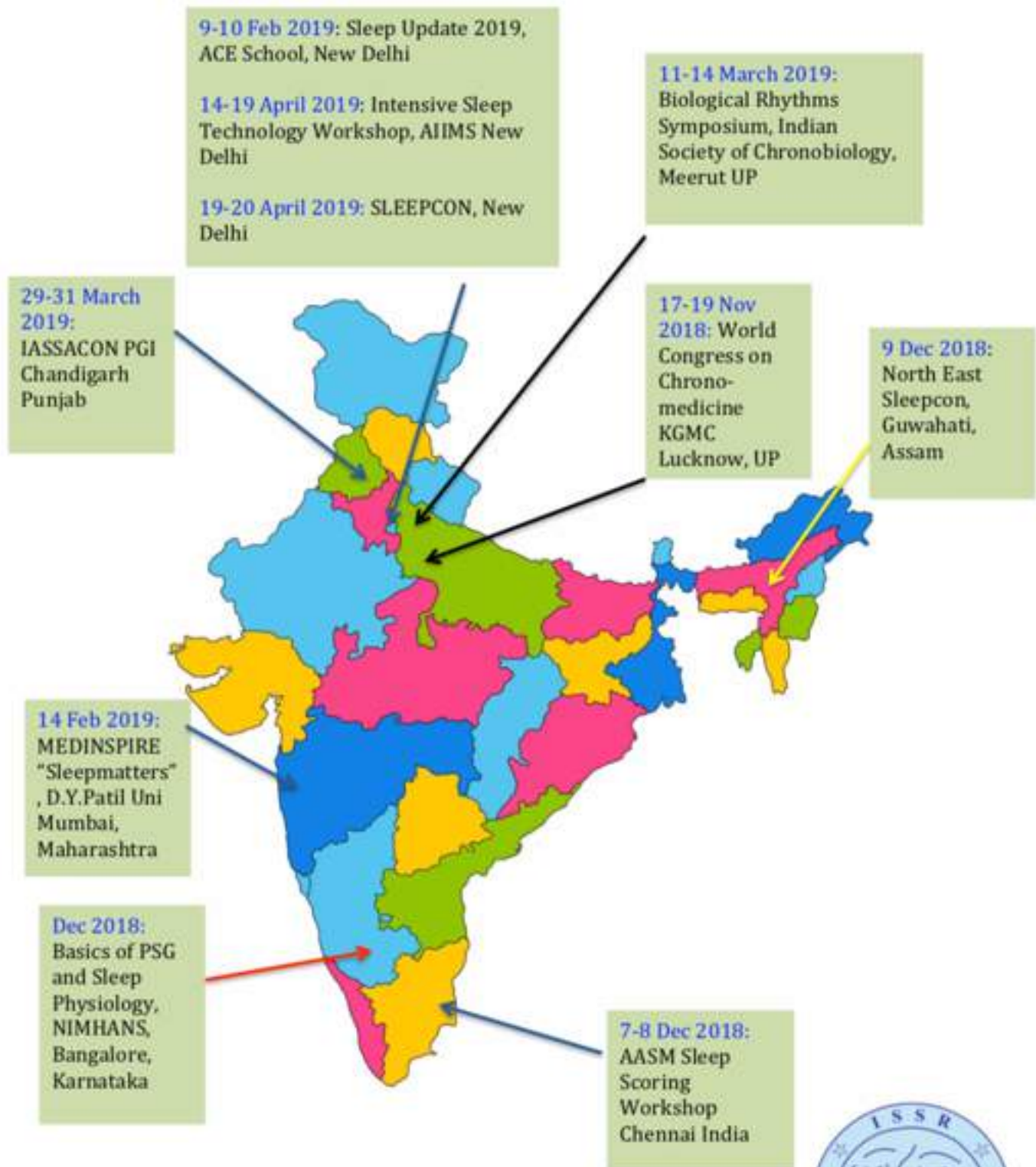
11-13: ASEAN Sleep Congress, Vietnam

14-17: APSR, Hanoi, Vietnam



Sleep Events in India

Nov 2018-May2019



Intensive Sleep Technology Workshop, AIIMS Delhi



The workshop was organized by Dr. H. N. Mallick, Professor at the Department of Physiology, AIIMS, New Delhi in collaboration with Indian Society of Sleep Research. The workshop included technical lectures, sleep recording sessions, and hands-on training by experts and clinicians in Sleep medicine.

The objective of this workshop was to engage the participants in understanding the core of Sleep technology (Polysomnography), training them to develop skills in diagnosing sleep disorders through polysomnography. Majority of the participants registered were faculties in different medical institutes and various branches of medicine. Therefore, keeping that in mind, the program was organized to address sleep technicians as well as participants well verse with Polysomnography.



Dr. H.N. Mallick introduced the participants to the workshop with a warm welcome on the first day of the workshop. The program started with a keynote lecture on normal sleep by Dr. V. Mohan Kumar, earlier Professor and head at Department of Physiology, AIIMS, New Delhi. An exam was conducted in between for sleep technician certification, which was planned to be declared on the last day of the workshop.



Following this session, (Lt. Col.) Dr. KarunaDutta, AFMC, Pune who enlightened the audience by her interactive lecture on Classification of Sleep disorders. Another expert in Sleep technology, Dr. Ravi Gupta from AIIMS, Rishikesh delivered a detailed lecture on the diagnostic equipment in sleep studies. After the lectures, the participants proceeded to the Sleep laboratory where they were provided with hands-on training on the hookup procedure by the experts.

On the second day of the workshop, the first session included a talk on subjective assessment of sleep quality by Dr. NasreenAkhtar, Sleep staging and architecture which was explained by Dr. V. Mohan Kumar, Diagnostic approach and management on Insomnia was discussed by Dr. Ravi Gupta.

The second session was delivered by Dr. Manvir Bhatia, an experienced Clinician in the field of sleep medicine. She shared some of her proficiencies about interviewing sleep patients, viewing and reporting the polysomnograph of the patient in the clinic.



After the interactive session on patient recordings, the participants were shown some polysomnography collection recordings on normal subjects to recognize artifacts and identify their sources and causes. An overnight polysomnography was scheduled on a sleep-deprived volunteer from our department, to summarize the whole procedure explained in detail and to demonstrate the hookup strategy.

The third day was led by (Lt. Col.) Dr. Karuna Dutta correlating the physiological aspects of sleep on cardiovascular health and cardiac arrhythmias through ECG.

The participants were keen on learning about sleep disorders including narcolepsy and other hypersomnias, so the diagnostic approach and its management were taken up by Dr. Manvir Bhatia,. She also highlighted some other measures of sleep studies including Multiple sleep latency test, Maintenance of wakefulness test, Restless bed syndrome and Seizures.

A post-lunch session on Periodic limb movement disorder was taken up by Dr. Manjari Tripathi from Department of Neurology, AIIMS. She explicitly explained about the polysomnography analysis, interpretation, and abnormal events.

Marking a transition on sleep-related topics in the midst of the entire workshop, more than half of the objectives were achieved. The workshop continued on the 4th day with a brief note on the fundamentals of sleep-related respiratory physiology by Dr. Nasreen Akhtar.

Followed by this lecture, a guest faculty from the University of California, Dr. Deepak Shrivastava was invited to give a keynote lecture on Obstructive Sleep Apnea. He also talked about Sleep-disordered breathing. He also helped the participants in scoring the recorded events and generating the report.



Next morning, an Inaugural ceremony was conducted in presence of Dr. Randeep Guleria, Director at AIIMS as the honorable chief guest. After the ceremony, an informative lecture was scheduled on Principles of positive airway pressure therapy, AASM practice parameters for a sleep study by Dr. Deepak Srivastava. The participants also enjoyed the interactive session on various PAP devices by another expert in sleep technology, Dr. Tripat Deep Singh, an International sleep specialist who also taught how to perform a CPAP titration.

Next day the program went on with an open session on life in a sleep Laboratory, which invited the participants to voluntarily share their experiences and struggle faced while conducting recordings in their own laboratory. This encouraged other participants to share their views and come up with new ideas for sleep research.

(Lt. Col.) Dr. KarunaDutta shared some of her own experiences and also gave a brief idea of Actigraphy in sleep medicine. Dr. Tripat Deep Singh, certified in National sleep medicine course (NSMC) introduced the participants with the procedure to apply for the courses, their eligibility, and credits of courses under NSMC.



Followed by this, their queries were addressed by a panel involving the Organizing committee Dr. H. N. Mallick, (Lt. Col.) Dr. KarunaDutta, Dr. Tripat Deep Singh. After an extensive discussion, the mock test was conducted for evaluation of participants by an evaluation committee including (Lt. Col.) Dr. KarunaDutta, Dr. Nasreen Akhtar, and Dr. Ritesh K. Netam.

The session was wrapped up with certificate distribution and result announcement for the mock test and sleep technician certificate course. The feedback was received through an online form that was sent to the participants through e-mail. The response was overwhelming since most of the participants were satisfied with the training and information shared during the workshop. Majority of them mentioned that they would recommend it to others who are interested in pursuing a career in sleep research.

FOLLOW UP ACTION PLAN TO CONTRIBUTE TO FUTURE PROJECTS

The workshop aimed to provide maximum information on sleep technology to participants from all walks of sleep research. The workshop was scheduled for six days to ensure a balanced schedule including lectures, interactive sessions, and the hands-on training experience was delivered to the delegates.



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.

Arjuna

The number of stories that line up to describe Arjuna, as the conqueror of sleep is astounding and here are a few versions. Arjuna is also known as **Gudakesha** meaning the one who has conquered sleep and who is not affected by sleep. It is said that he was named so by Bheeshma, indicating the seriousness of the warrior to the clan at the time of war. Another version goes that Krishna named him so, while delivering the Bhagavad Gita, meaning one who has conquered sleep, indirectly signifying darkness, ignorance, laziness, slackness or inattentiveness. Another version says that Arjuna was so desperate of being a great archer as his guru Dronacharya blessed him so. He started practicing archery in the night without caring about sleep and tiredness and was therefore called **Nidrajeet** or **Gudakesha**.

Note: Future issues will cover stories on Kumbhakarna, Lakshmana and King Muchukunda



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

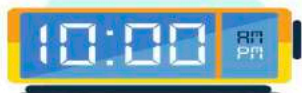


OBESITY



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

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Ms. D Aruna

Certified Sleep Technologist by IBSM

Why did you decide to become Sleep Technologist?

I completed Bio Medical Engg in PSG College of Technology. My career started in my college. PSG Institute of medical science provided an opportunity to do Design and development of Sleep Monitoring System. After that I worked in manual sleep scoring outsourcing projects using different softwares. Then I got an opportunity to work as sleep technologist from Nithra Institute of sleep sciences Chennai under Dr.N.Ramakrisnan. Here I learned about different aspects of polysomnography like Hookup, Handling PAP devices and Manual scoring and reporting.

What is the most challenging aspect of your profession?

Sleep technologist should educate about sleep related disorders mainly OSA. They also need to educate the importance of treating OSA with CPAP. Sleep techs are responsible to provide standard sleep study reports to doctors as per AASM guidelines.

What are the career opportunities for sleep technologists in India?

Sleep Medicine is a new in India which is growing with every passing year. Career opportunity is good for sleep techs in India. Nowadays many doctors need the certified sleep technician to handle patients and devices. My advice is that all sleep techs complete the exam provided by IBSM, which will be useful in taking your career to the next step.

What is required to improve the quality of sleep technologists in India?

The main things to improve the quality of sleep techs are Sleep related workshops, hands on training for polysomnography, certification exams like given by IBSM and workshop on Scoring sleep studies as per the AASM guidelines.

Do you think starting a 1yr diploma program in sleep technology in an institute of national importance will benefit the sleep technologists in India?

Yes, it will help the sleep techs who are new to the field. I am sure it will open new career opportunities for sleep techs in India.

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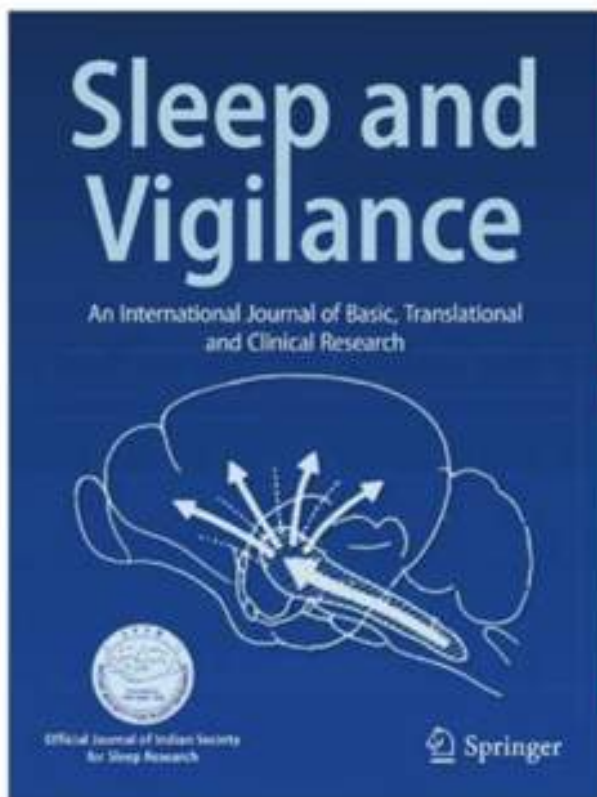
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UR/OBC: 1500/- + Transaction Charges as applicable

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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

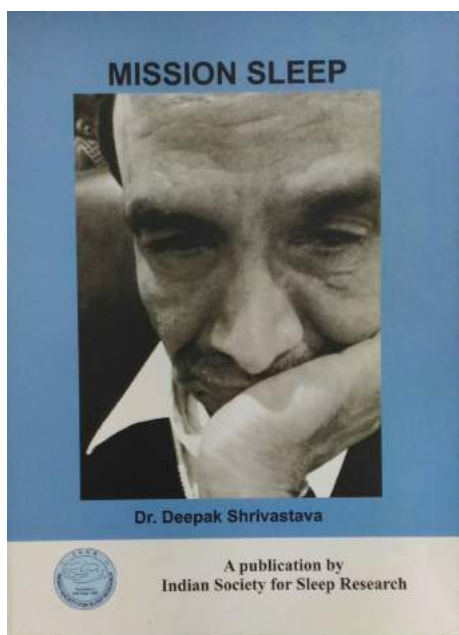
Published in collaboration and with editorial support from the Indian Society for Sleep Research (ISSR)

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.

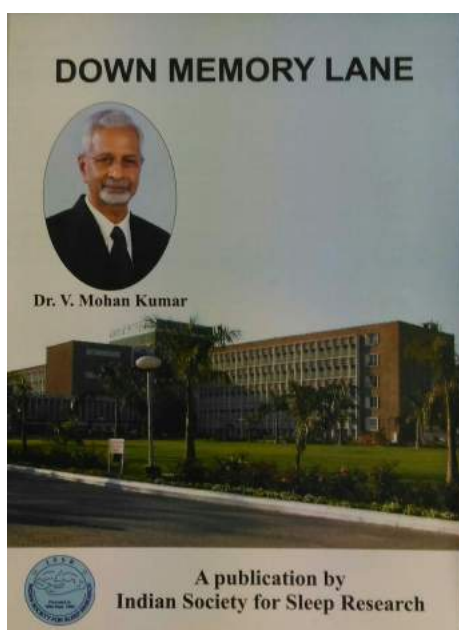
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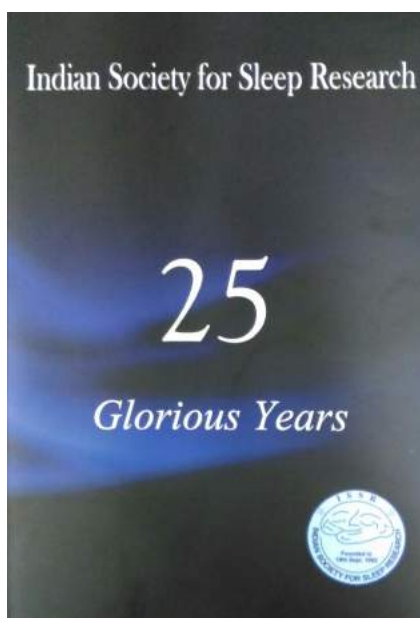
Books by ISSR



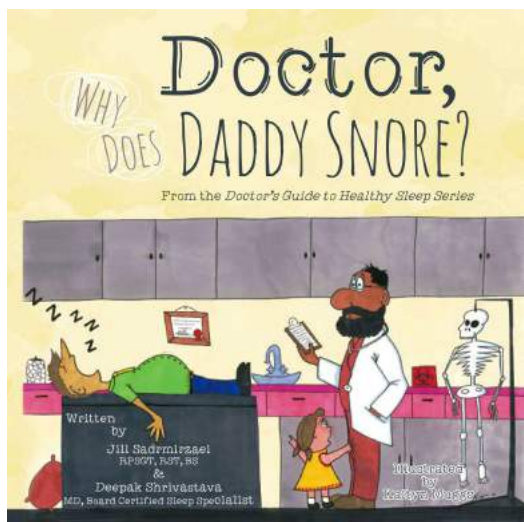
The book is ISSR tribute to Dr. Deepak Shrivastava's contributions to the field of Sleep Medicine and his active role in the development of Sleep Medicine in India. The book was released during the ISSR 25yr celebration Conference in Goa in SEP 2017.



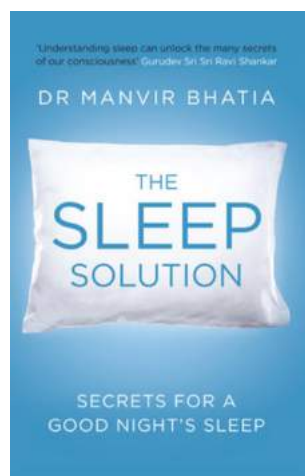
The book is ISSR tribute to DR. V. Mohan Kumar for his contributions to the field of Sleep Science and its development in India. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.



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.



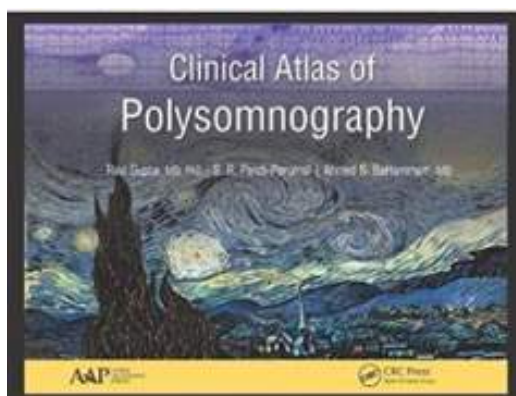
Author: Dr. Deepak Shrivastava



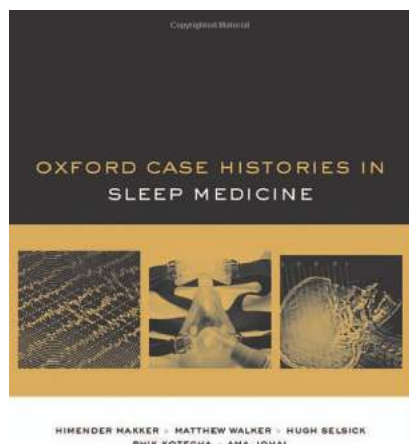
Author: Dr. Manvir Bhatia



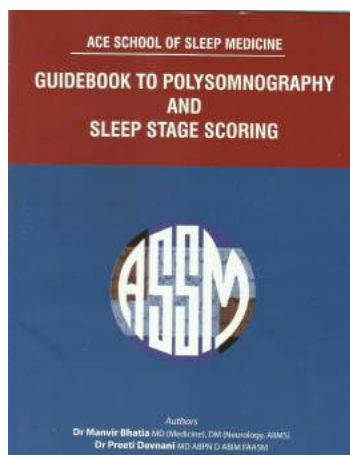
Author: S. R. Pandi-Perumal



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



Author: Dr. Himender Makker



Dr. Manvir Bhatia and Dr. Preeti Devnani

Books by ISSR Members

National Sleep Medicine Course (NSMC) History (2006-2018)



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



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)

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www.brpt.org

www.worldsleepsociety.org
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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