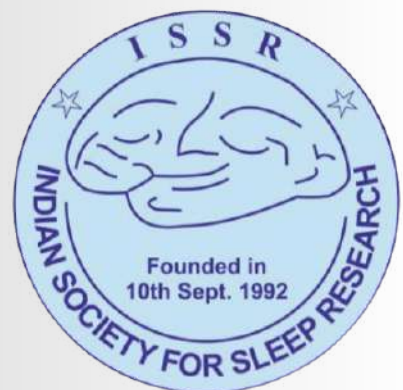


SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter

Issue 17 1 Jan 2025



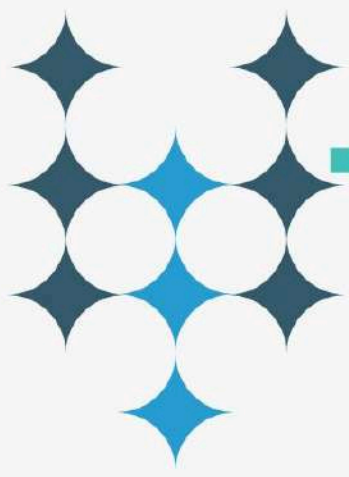


TABLE OF CONTENT

03 Message from ISSR President

05 From Editor's Desk

08 Sleepy Calendar 2025

09 ISSR Activities

11 ISSR Activities 2024

24 Sleep Literature Updates

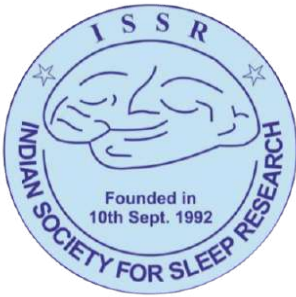
25 ISSR newsletter cover page stories

29 ISSR Books

31 Books by ISSR members

37 ISSR Membership benefits

Message from ISSR President



Executive Committee

President

Dr. H. N. Mallick

Vice President

Dr. Manvir Bhatia

General Secretary

Dr. Kamallesh Gulia

Treasurer

Dr. Nasreen Akhtar

Executive Members

Dr. Deepak Shrivastava

Dr. Ramadevi Gourineni

Dr. Bindu Kutty

Dr. Ravi Gupta

Dr. Tripat Deep Singh

Newsletter Editor

Dr. Tripat Deep Singh



Dear Friends,

Wishing you a Happy and prosperous New Year.

This year the Indian Society for Sleep Research (ISSR) hosting the 11th Congress of the Asian Sleep Research Society and 8th Asian Forum on Chronobiology in the capital city New Delhi, during February 8-9, 2025 in Hotel Andaz, Aerocity.

I urge our members to avail the benefit of the dual Congress. ISSR is providing sufficient number of travel grants to youngster for attending the Congress.

After the Nobel prize award in clock genes in 2017, the importance of circadian health is emerging rapidly. The Joint Congress is bringing the best of sleep and circadian science to India, the most populous country in the world. Earlier ISSR has hosted International Congress on Sleep in 1992 and 2005 in New Delhi, after which there has been exponential growth in the practice of sleep medicine in the country.

Message from ISSR President

ISSR is promoting sleep science and sleep medicine since its inception in 1992. Sleep is as important as nutrition and exercise for our health. However the public perception about sleep health is poor. The 24/7 h modern society, mobile phone in everybody's hand, light at night, the importance of circadian health needs immediate attention.

We sleep about 1/3rd of our life time, sleep at different time and wake up at different time. In the present 24/7 h modern society there is recurrent sleep and circadian disruption which impair our health and well-being. The point of concern is; most of the physicians, health professionals and more importantly general public are not aware of the emerging area of sleep and circadian health. The timely happening of Joint Congress of Sleep and Biological Rhythm in India at background changing constant light environment will entrain the society about the circadian health in our society.

Enjoy the benefits of light during day and darkness at night Do not drive the night away.

Hrudananda Mallick
PRESIDENT, ISSR

From Editor's Desk



Dear Readers

Happy New Year! I am happy to bring out the latest edition of ISSR newsletter.

I am very happy to see Sleep Medicine education growing in India in 2024. First time after COVID all 4 sleep societies in India conducted their annual conference at different times of the year across different regions in India benefitting hundreds of health professionals to learn different aspects of Sleep Medicine and Sleep Technology. It was good to see the participation of International faculty in all these programs bringing the best of the world in Sleep Medicine to Indian health professionals.

The year 2025 has also got a Sleep Medicine academic feast waiting for Indian health professionals as whole year is lined up with different educational events. Read more about these events in the **“Sleepy Calendar 2025”** to plan your Sleep journey in 2025.

Asian Sleep research Society (ASRS) and Asian forum of Chronobiology are conducting their annual conference in New Delhi India. International researchers both in Sleep and Chronobiology will be presenting the best of their research during this event which allows Indian health professionals to learn both about Sleep and Chronobiology from the best in the field in a single event. Please block your dates **8-9 Feb 2025**. I look forward to seeing you all at this event.

In 2024, there were some important guidelines/studies published which enhanced/changed the current Sleep practice. AASM has published new guidelines for RLS treatment in which alpha-2 delta ligands have been recommended as first choice of drugs for treating RLS.

From Editor's Desk

Wearables are becoming popular to diagnose OSA. A recent review article in JCSM have reviewed the current wearable device options for diagnosing OSA and classified them as per SCOPER classification which makes it easy to make sense of these new technologies. European and French Sleep Societies have published consensus guidelines on how to manage residual sleepiness despite using CPAP in OSA patients. European Sleep Surgery experts published 3 part consensus guidelines on surgical management of OSA. Read more about these in **“Literature updates”**.

There were 2 important studies published from India. **“BLESS study”** reported prevalence of moderate to severe OSA as 30.5% in adult Indian population based on level 1 PSG diagnosis. Another cohort study reported that Indian children who gain weight and become obese in childhood have higher risk of developing OSA in middle age. Read more about these in **“Literature updates”**.

I encourage you to become ISSR member if you are not a member so far. Read about the benefits of ISSR membership at end of this newsletter.

I take this opportunity to greet all our readers a happy upcoming holiday season and advance Happy New Year!!

Dr. Tripat Deep Singh.

Sleep well. Sleep and eat on time.



11th Asian Sleep Research Society Congress

8th Asian Forum on Chronobiology 2025

February 8 – 9, 2025

Hotel Andaz, Aerocity, New Delhi, India

Pre-Conference Workshops

February 7, 2025

AIIMS, New Delhi



Hosted by Indian Society for Sleep Research

www.asrs2025.com

SLEEPY CALENDAR 2025

Upcoming Sleep events in 2025

January

4-5: PSG Workshop Nizam Medical College Hyderabad
4: Advanced PSG and Titration Online Course
7: CSH Exam Preparation Course
28: Sleep Medicine Review Course

February

7: ISSR Sleep Technician Certification Exam, Delhi
8-9: ASRS & Chronobiology Conference Delhi
21: Advanced PSG and Titration Online Course

March

15: Advanced PSG and Titration Online Course
ProSleep Chennai India
14: World Sleep Day

April

10-12: Sleep and Breathing, Belgium
20: WSS Sleep Medicine Exam, India
23-24: Multidisciplinary Sleep Conference, KL Malaysia

May

15: Advanced PSG and Titration Online Course

June

7-11: Sleep Meeting, Seattle
20-23: SLEEPCON, Chennai

August

1-3: IASSACON, Amritsar
15: Advanced PSG and Titration Online Course

Sept

5-10: WSS Conference Singapore
13: NSTC, Goa
14-15: NSMC, Goa
12-14: SEASSM, Chennai
15: Advanced PSG and Titration Online Course
27 Sep-1 Oct: ERS Amsterdam

Oct

9-11: Sleep Downunder Australia

Nov



ISSR ACTIVITIES

ISSR ACTIVITIES

2023	2024	2025
16 April : Certification examination for Sleep technicians	14 April : Certification examination for Sleep technicians	8-9 Feb: ASRS and Chronobiology conference, Delhi
16 April: WSS Certification examination for Sleep specialists	14 April: WSS Certification examination for Sleep specialists	7 Feb : Certification examination for Sleep technicians
14-15 April: Understanding Sleep disorders- A case based approach	6-7 Nov: National Sleep Medicine Course (NSMC), Goa	20 April: WSS Certification examination for Sleep specialists
24 June: Blinks: An integrated spectrum of Sleep medicine and diagnostics, Lucknow	5 Nov: National Sleep Technology Course (NSTC) Goa	14-15 Sept: National Sleep Medicine Course (NSMC), Goa
29 Sep: National Sleep Medicine Course (NSMC), AIIMS Kalyani Kolkata		13 Sept: National Sleep Technology Course (NSTC) Goa
30 Sep-1 Oct: ISSR Sleep Conference, AIIMS Kalyani Kolkata		

Visit us at www.issr.in for more details about each activity

2025

ISSR Upcoming Events

7-9 FEB

ONLINE EXAM

ASRS and Chronobiology Conference Delhi
ISSR Sleep Technologist Certification Exam

20 APRIL

ONLINE EXAM

WSS Sleep Medicine Exam

13 SEP

IN PERSON MEETING

National Sleep Technology Course
(NSTC) Goa

14-15
SEP

IN PERSON MEETING

National Sleep Medicine
course (NSMC) Goa

Indian Society for Sleep Research

ISSR Activities 2024

World Sleep Society (WSS) Sleep Medicine Exam pass-outs in 2024



Dr Avinash Kulkarni
Consultant Neurologist
BGS Gleneagles Hospital Bangalore
International Sleep Disorders Specialist (WSS 2024)



Dr. Lakshmi Priya. L
Assistant Professor of Neurology,
MS Ramaiah Medical College,
International Sleep Disorders specialist(WSS)
Bangalore



Dr. Nupur Jhunjunwala
BDS, RPSGT, CCSH
International Sleep Disorders specialist(WSS)
Mumbai



Dr. Manisha
Assistant Professor Dept of Neurology
International Sleep Disorders specialist(WSS)
SCTIMST, Trivandrum

ISSR Activities 2024

World Sleep Society (WSS) Sleep Medicine Exam pass-outs in 2024



Dr. Rajesh Benin
Consultant, Pulmonology,
Interventional Pulmonology & Critical Care,
Apollo Specialty Hospital Jayanagar, Bengaluru
International Sleep Disorders specialist(WSS)



Elliot Rosenberg, MD MPH
International Sleep Disorders Specialist, WSS
General Preventive Medicine and Public Health
Specialist (ABPM, IMA)

Sleep Institute, Tel-Aviv Surasky Medical Center
Tel-Aviv, Israel



Dr. Dattatreya Nadgir
Consultant Neurologist, RPSSGT, CCSH
International Sleep Disorders Specialist, WSS
Karnataka



Dr. Karan mahesh Desai
Consultant Neurologist, RPSSGT, CCSH
International Sleep Disorders Specialist, WSS
Surat Gujarat

ISSR Activities 2024

World Sleep Society (WSS) Sleep Medicine Exam pass-outs in 2024



Dr. Yen Shen Wong
Consultant Pulmonologist, RPSGT
International Sleep Disorders Specialist, WSS
Malaysia



Dr. Vishal Gupta
Consultant Pulmonologist, RPSGT
International Sleep Disorders Specialist, WSS
Mumbai India

Other WSS Exam pass outs in 2024

Dr Ajith Cherian

Dr Divya KP

Dr Jithu Jose

Dr Shiva Kumar R

Dr Omkar Malandkar

Dr Sayooja Sachithanandan

Dr Krishanveni Renganathan

ISSR Activities 2024

ISSR Sleep Technician Certification Exam pass-outs in 2024



Sahana R. EEGT, CST
Senior neurophysiology technologist
Aster CMI Hospital
Bengaluru India



Shibila Athimannil BSc, DNT
Neurotechnician, CST
Neuroscience Research Laboratory
Institute of Mental Health and
Neurosciences (IMHANS)
Kozhikode, Kerala, India



Himanshu Singh
Certified Sleep technician
Delhi



SAKTHIVEL B
B.sc Neuro Electro physiology
KMCH Institute of Allied Health Science
COIMBATORE

ISSR Activities 2024

ISSR Sleep Technician Certification Exam pass-outs in 2024



Vishnu A
Registrered Nurse, RPSGT
Bangalore



Anil kumar Sah
Certified Sleep Technician
Bangalore



SABARI HARIHARAN C,
NEURO/IONM TECHNOLOGIST,
KOVAI MEDICAL CENTER AND HOSPITALS,
COIMBATORE-641014



Sugan R.
Bsc Neuroelectrophysiology
Kmch institute of allied health sciences,
Coimbatore

ISSR Activities 2024

ISSR Sleep Technician Certification Exam pass-outs in 2024

Other ISSR Sleep Technician Exam pass outs in 2024
Krishan Sudama
SUHAS H KEDLIYA
VYSHNA KV
AKSHYAKUMAR
CHAMAN MOHAN

ISSR ACTIVITIES 2024



Indian Society for Sleep Research (ISSR)

Invites you all to

National Sleep Medicine Course (NSMC)

&

National Sleep Technology Course (NSTC)

NSTC Date: 5 Nov 2024

NSMC Dates: 6-7 Nov 2024

Venue: The International Centre Goa



Dr. Deepak Shrivastava
Course Director



Dr. Hrudananda Mallick
Course Director



Dr. Tripat Deep Singh
Organizing Secretary

Contact Us

Ph no- +91-9944816086

Email: tripatdeepsingh@gmail.com

Website: <https://nsmc2024.com/index.php>

ISSR ACTIVITIES 2024

NSTC & NSMC Goa

ISSR conducted National Sleep Medicine Course (NSMC) and National Sleep Technology Course (NSTC) in International Centre Goa from 5-7 Nov 2024.

16 faculty from different disciplines of Physiology, Psychiatry, ENT, Dentistry, Neurology, Pulmonology shared their knowledge with the participants. There were 54 registrations for both the courses with participants coming from all parts of India.

3 workshops were conducted covering different aspects of PSG, PAP devices and PAP compliance reports. SEFAM helped to conduct the PSG workshop and Resmed helped to conduct the PAP therapy workshop.

The next NSMC and NSTC is in International Centre Goa from 13-15 Sept 2025. I invite you all to this academic bonanza to kick start your career in Sleep Medicine.

Respectfully

Tripat Deep Singh

ISSR ACTIVITIES 2024

NSTC & NSMC Goa



ISSR ACTIVITIES 2024

NSTC & NSMC Goa, Vote of Thanks

Dear NSMC Faculty

Curtain has drawn on NSMC 2024 at the conclusion of a high yield meeting. Indeed, this year it turned out to be an upscale educational endeavor.

The shift in attendee mix, organizational logistics, and faculty's teaching acumen was above par. The impact factor has clearly improved. Along with Dr HN Mallick and Dr Mohan Kumar, I take this opportunity to express our kind gratitude for your continued commitment to promote Sleep Medicine in India. NSMC stands out in delivering high quality content following a translational approach. While NSMC builds strong basic science foundation, it provides interpretative and clinical application education.

We are grateful to Dr Tripat Deep Singh for conducting 18th NSMC efficiently. He worked tirelessly to accomplish this formidable task in the shortest preparation time. Thanks are due to Sehajpreet Singh for diligently providing background support single handedly. He has become the backbone of NSMC on-site operations.

All speakers must be complimented for minimizing any overlap of content. High yield lectures were delivered with precision and matched audience needs.

Time has come to continue developing critical mass of teaching faculty across the Indian subcontinent. Obviously, ISSR maintains its leadership role in meeting evolving needs for promoting the cause of Sleep Medicine in India.

We look forward to your ongoing support, leadership and investment in the future of our beloved country!

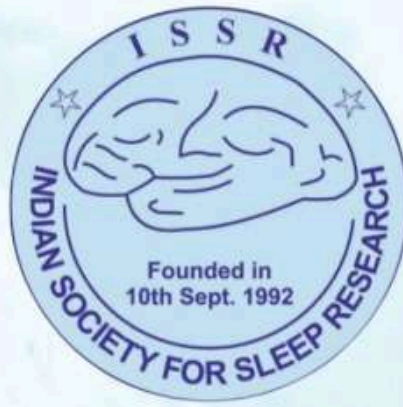
Respectfully,

Deepak Shrivastava

ISSR ACTIVITIES 2024

NSTC & NSMC Goa





17th NSMC & NSTC 2025

National Sleep Medicine Course (NSMC)

&

National Sleep Technology Course (NSTC)

Dates: 13-15 Sept 2025

Venue: International Centre Goa (ICG), India



Dr. Deepak Shrivastava
Course Director



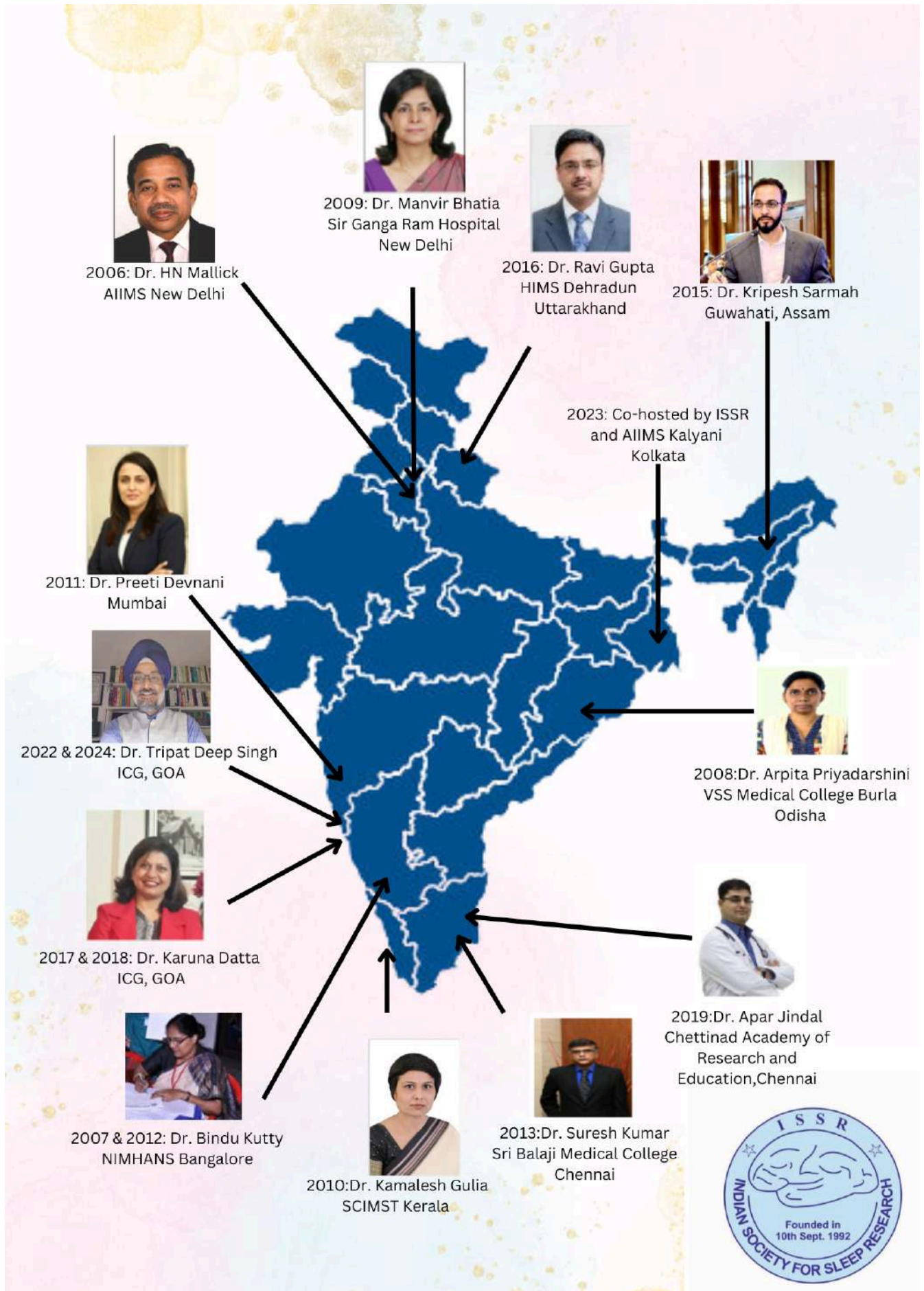
Dr. H N Mallick
Course Director



Dr. Tripat Deep Singh
Organizing Secretary

Indian Society for Sleep Reserach (ISSR)

National Sleep Medicine Course (NSMC) History 2006-24



Sleep Literature Updates

AASM Guidelines for RLS management

<https://doi.org/10.5664/jcsm.11390>

Wearable technologies for OSA diagnosis

<https://doi.org/10.5664/jcsm.11290>

Guidelines for managing persistent EDS despite using CPAP in OSA

<https://doi.org/10.1016/j.resmer.2024.101105>

Consensus Statements among European Sleep Surgery Experts on Snoring and Obstructive Sleep Apnea: Part 1 Definitions and Diagnosis

<https://doi.org/10.3390/jcm13020502>

Consensus Statements among European Sleep Surgery Experts on Snoring and Obstructive Sleep Apnea: Part 2 Decision-Making in Surgical Management and Peri-Operative Considerations

<https://doi.org/10.3390/jcm13072083>

Consensus Statements among European Sleep Surgery Experts on Snoring and Obstructive Sleep Apnea: Part 3 Palatal Surgery, Outcomes and Follow-Up, Complications, and Post-Operative Management

<https://doi.org/10.3390/jcm13185438>

Prevalence of OSA in India: BLESS study

<https://doi.org/10.1016/j.sleep.2024.11.029>

Postnatal growth trajectories and risk of OSA in middle age

<https://doi.org/10.1002/ppul.27396>

ISSR Newsletter Cover Page Stories

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter
Issue 17 25 Dec 2024.



Dec 2024 Issue 17

The cover page photo for this issue is the group photo of the participants who attended NSMC and NSTC 2024 in Goa from 5-7 Nov 2024.

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter
Issue 16 1 Dec 2022



Dec 2023 Issue 16

The cover page photo for this issue is a collage of the photos of "India Sleep 2023" event organized by ISSR and AIIMS Kalyani in Kolkata from 29 Sep-1 Oct 2023.

SleepWatching India

Indian Society for Sleep Research (ISSR) Newsletter
Issue 15 1 Dec 2022

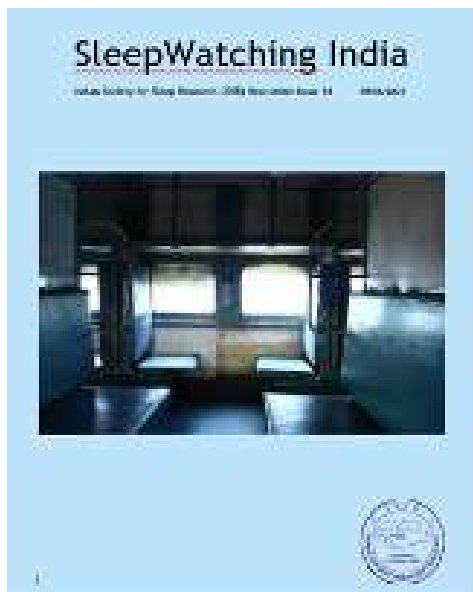


Dec 2022 Issue 15

Sleep India Sleep is a movement started by Wakefit mattress company to promote healthy sleep among Indians. They announced a prize of Rs. 10,00,000 for person who sleeps well among all the competitors.

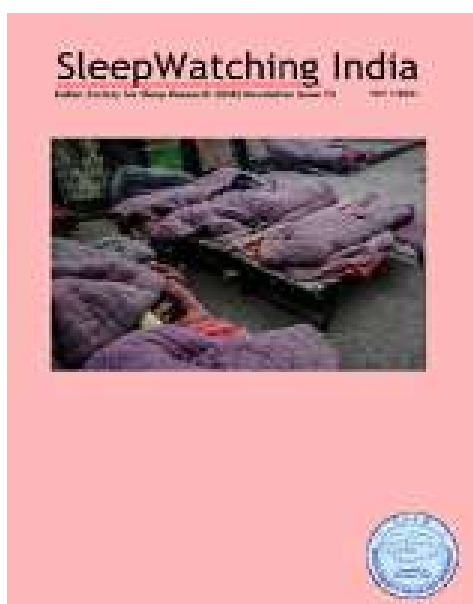
Triparna Chakraborty from Kolkatta won 5lakh prize for sleeping 9hrs every night for 100 consecutive nights.

ISSR Newsletter Cover Page Stories



June 2022 Issue 14

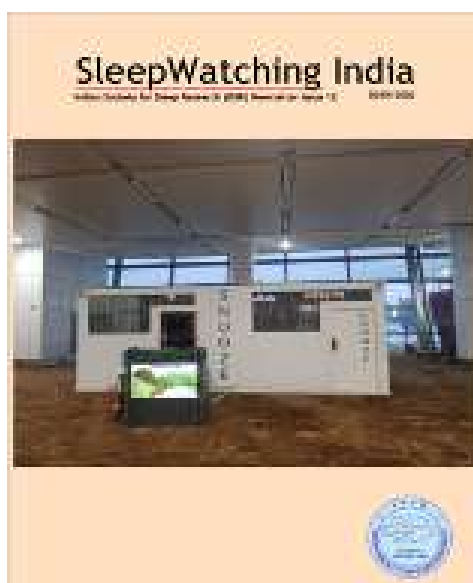
For commuter's better sleep, Indian railways introduced an innovative design for side lower berths. They provided extra folding of a full-sized bed or bench which doesn't have a gap in it. It can be pulled up and placed on top of the uneven seat from under the window, behind the seat.



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.



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

ISSR Newsletter Cover Page Stories



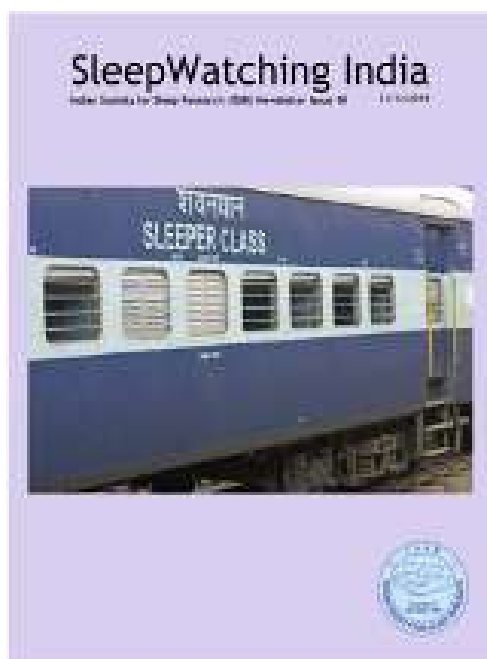
April 2020 Issue 11

“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.

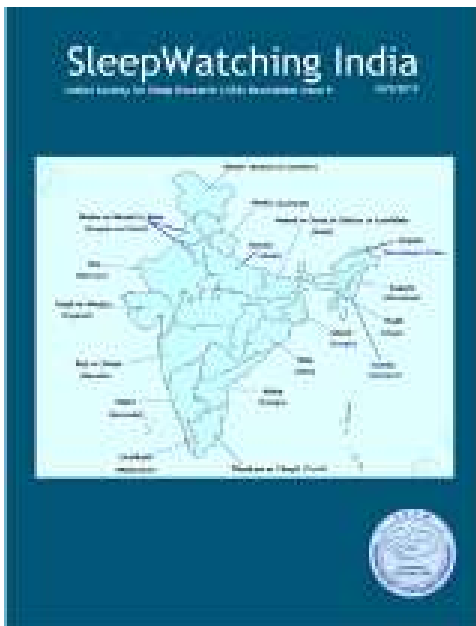
The picture on the cover page was taken in Patiala, Punjab in Dec 2019.



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.

ISSR Newsletter Cover Page Stories



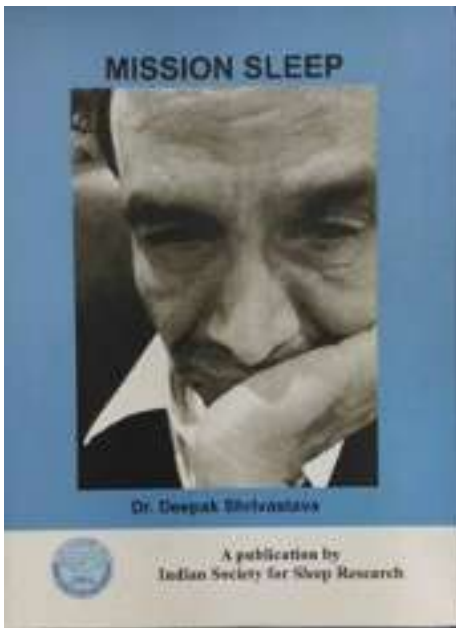
May 2019 Issue 9

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

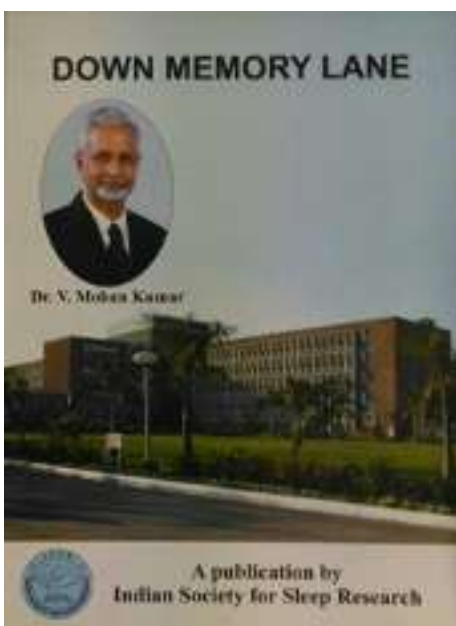
I tried to find the word for Sleep in some of the major Indian languages, which resulted in the cover page pic for Issue 9.

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

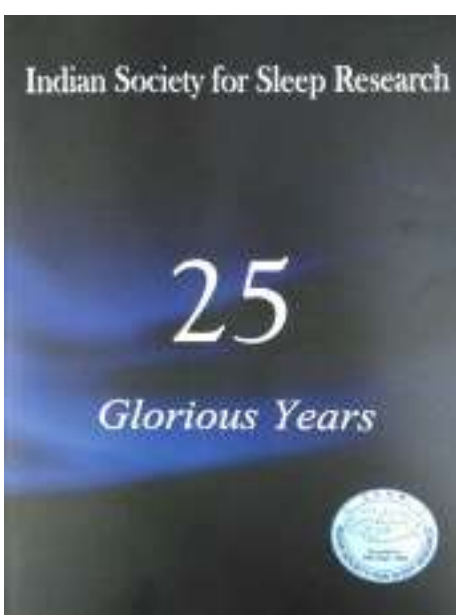
ISSR BOOKS



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.

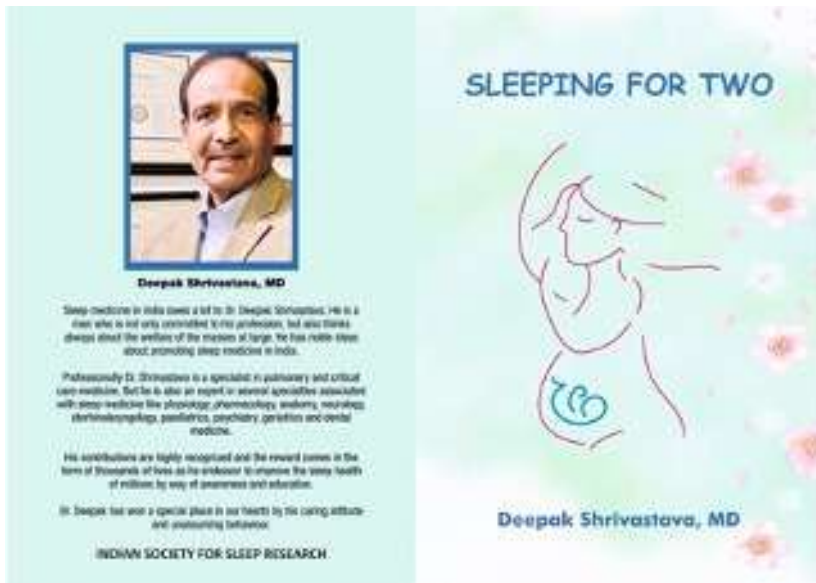


The book is ISSR tribute to DR. V. Mohan Kumar for his contributions to the field of Sleep Science and its development in India. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.

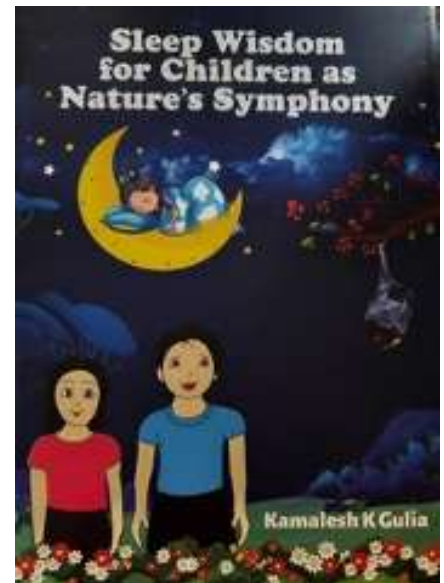


This book is a compilation of the ISSR achievements in 25yrs since its inception. The book was released during the ISSR 25yr celebration Conference in Goa in Sep 2017.

ISSR BOOKS

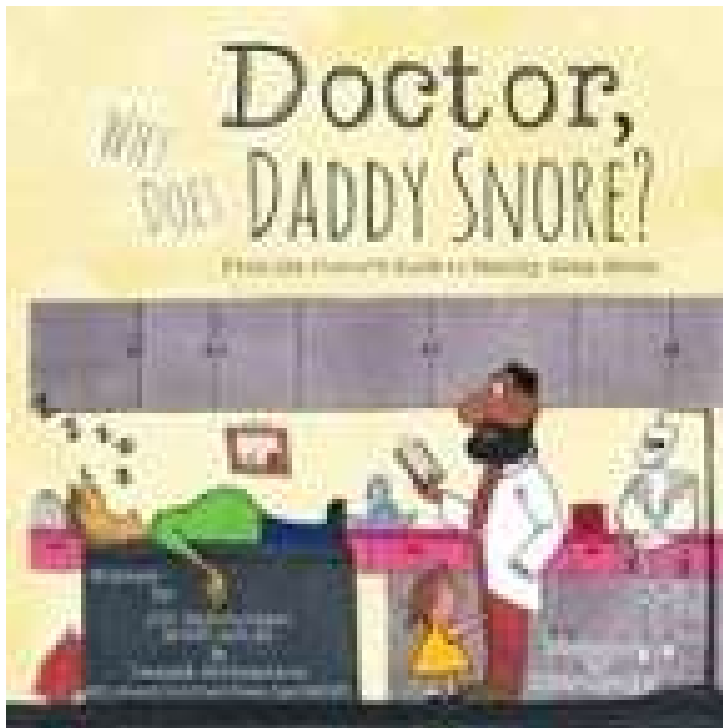


Author: Dr. Deepak Shrivastava

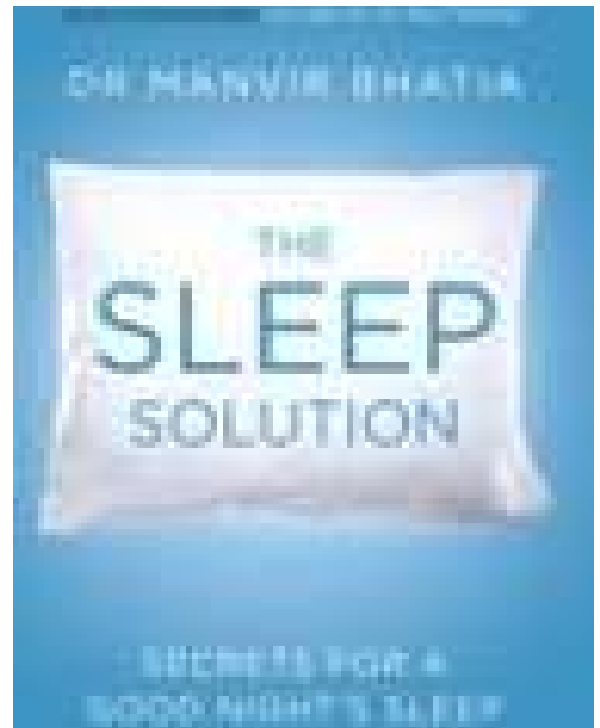


Author: Dr. Kamallesh Gulia

Books by ISSR members



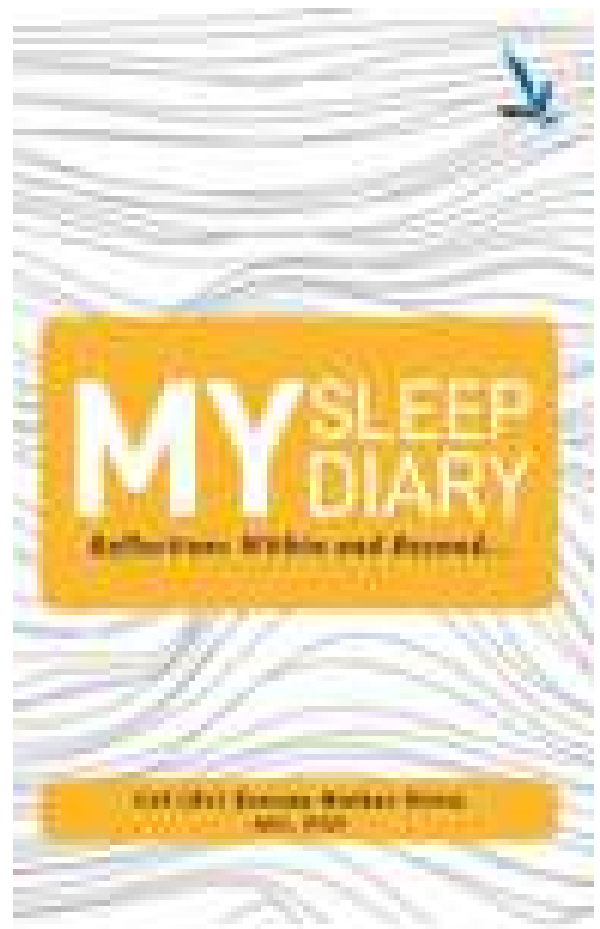
Author: Dr. Deepak Shrivastava



Author: Dr. Manvir Bhatia

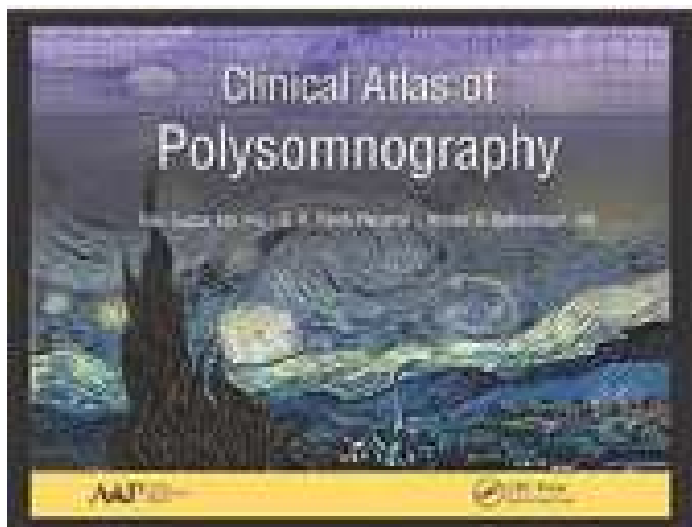


Author: S. R. Pandi-Perumal

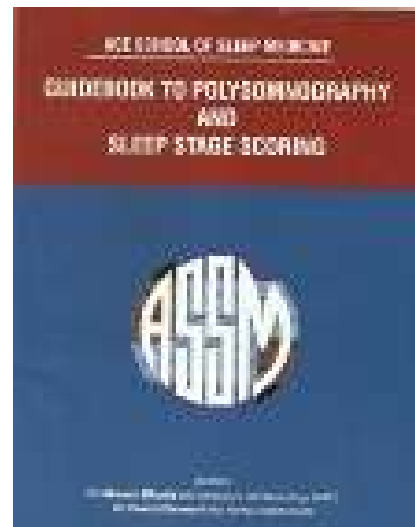


Author: Lt. Col. Karuna Datta

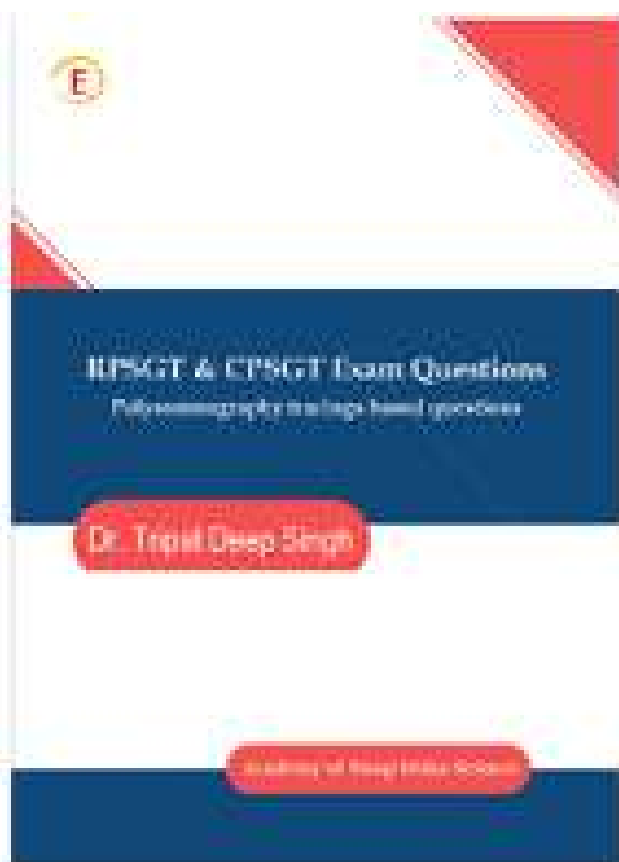
Books by ISSR members



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



Authors: Dr. Manvir Bhatia and Dr. Preeti Devnani

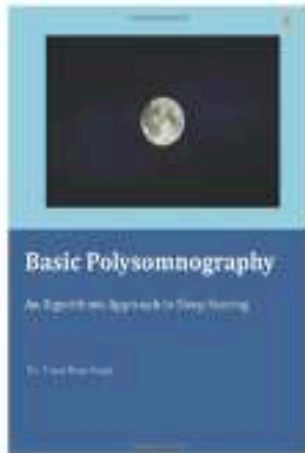


Author: Dr. Tripat Deep Singh

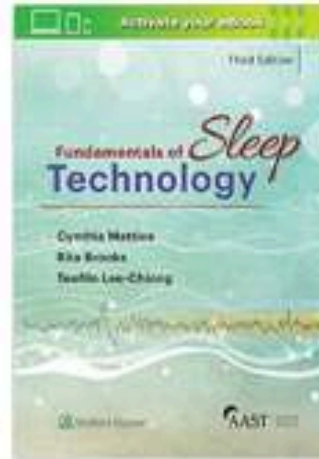


Editors: Dr. Karuna Datta and Dr. Deepak Shrivastava

Books by ISSR members



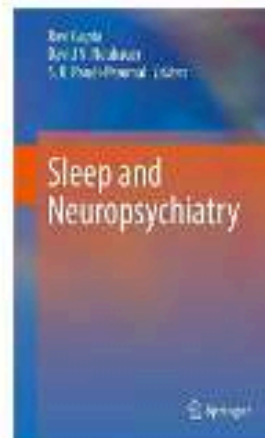
Author: Dr. Tripat Deep Singh



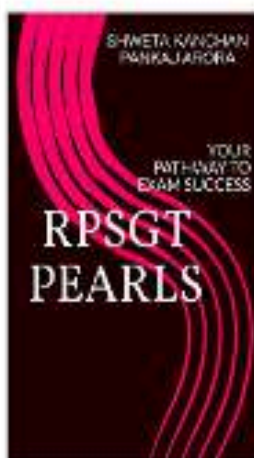
Associate Editor: Dr. Tripat Deep Singh



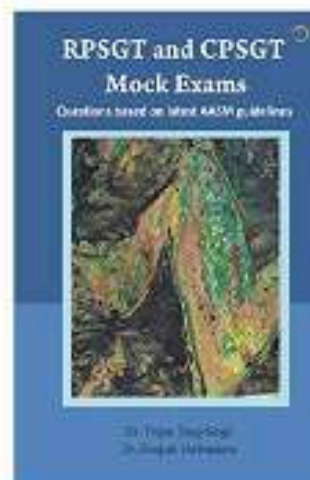
Authors: Dr. Tripat Deep Singh and Dr. Deepak Shrivastava



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

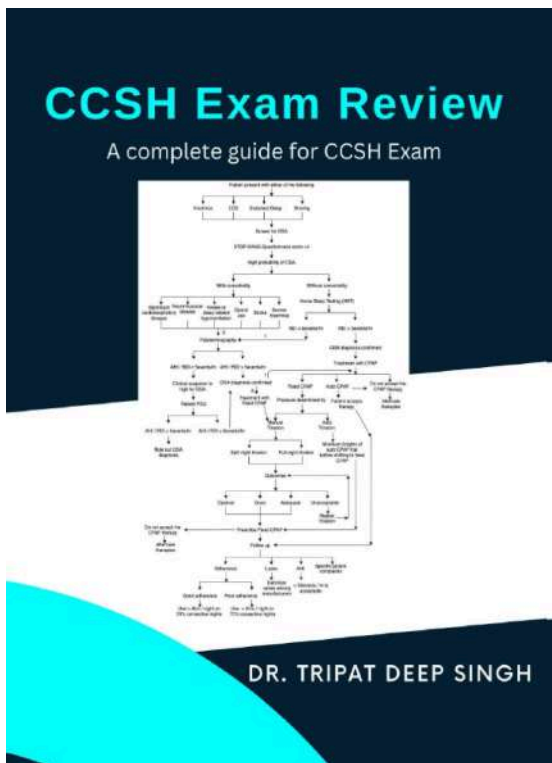


Authors: Dr. Shweta Kanchan and Mr. Pankaj Arora

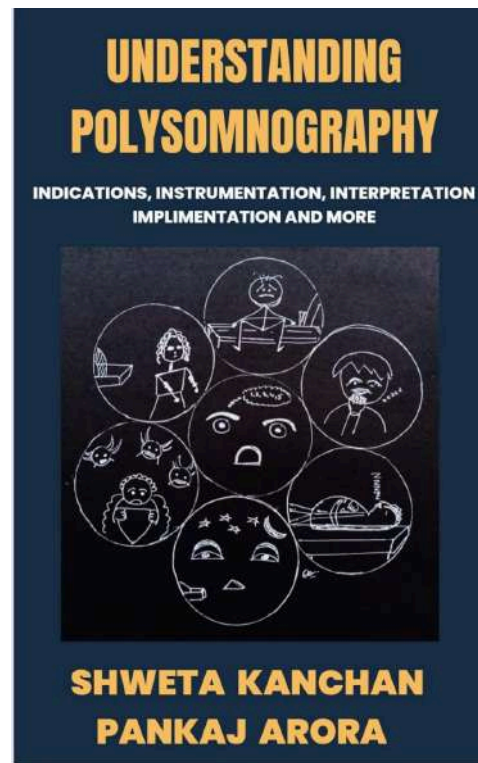


Authors: Dr. Tripat Deep Singh and Dr. Deepak Shrivastava

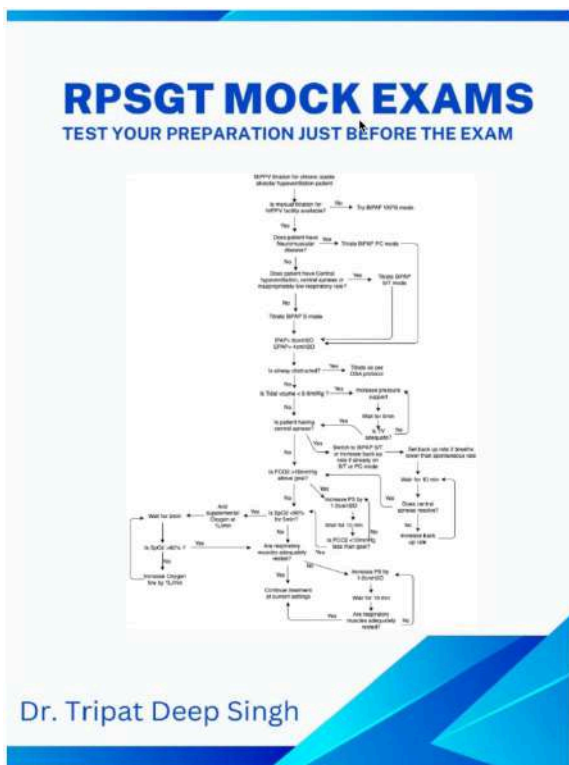
Books by ISSR members



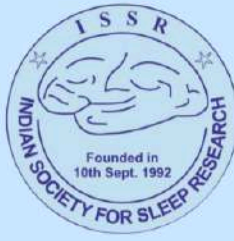
Author: Dr. Tripat Deep Singh



Author: Dr. Shweta Kanchan and Pankaj Arora



Author: Dr. Tripat Deep Singh



ISSR ACTIVITIES

NATIONAL SLEEP MEDICINE COURSE (NSMC)

NATIONAL SLEEP TECHNOLOGY COURSE (NSTC)

**SLEEP INTRODUCTORY COURSE FOR MBBS
UNDERGRADUATES**

SLEEP LAB ACCREDITATION

NEWSLETTER "SLEEPWATCHING INDIA"

SLEEP & VIGILANCE JOURNAL

WORLD SLEEP SOCIETY SLEEP MEDICINE EXAM

SLEEP TECHNICIAN CERTIFICATION EXAM

WWW.ISSR.IN


ISSR.SECRETARIAT@GMAIL.COM

Sleep and Vigilance

An International Journal of Basic, Translational
and Clinical Research



Official Journal of Indian Society
for Sleep Research

 Springer

ISSR Membership



Indian Society for Sleep Research

MEMBERSHIP BENEFITS

Fee:
Rs.2000

BIENNIAL

BENEFITS

10% discount on ISSR conferences/events

Access for 2yrs-
Voting Rights
Sleep and vigilance
Journal
ISSR Newsletter

Fee: Rs.
5000

LIFETIME MEMBERSHIP

BENEFITS

10% discount on ISSR Conferences/events

Access to-
Voting Rights
Sleep and vigilance Journal
Sleep medicine journal
Sleep science update
Sleep secrets
PSG Secrets
Practice questions
Sleep and digital apps
ISSR Newsletter
Sleep Videos
NSMC and NSTC PPT

Fee: Free

CORRESPONDING

BENEFITS

Access to-
ISSR Newsletter

issr.secretariat@gmail.com

www.issr.in

Sleep societies across the globe

AMERICAN ACADEMY OF SLEEP MEDICINE (AASM)	WWW.AASMNET.ORG
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/



11th Asian Sleep Research Society Congress
8th Asian Forum on Chronobiology 2025

February 8 – 9, 2025

Hotel Andaz, Aerocity, New Delhi, India

Pre-Conference Workshops

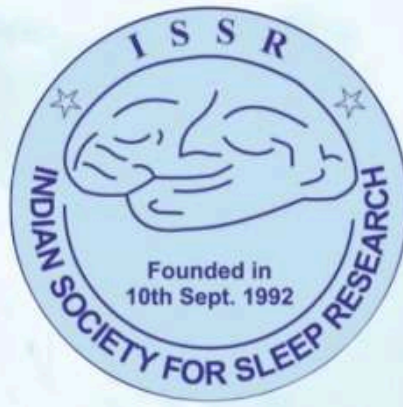
February 7, 2025

AIIMS, New Delhi



Hosted by Indian Society for Sleep Research

www.asrs2025.com



17th NSMC & NSTC 2025

National Sleep Medicine Course (NSMC)

&

National Sleep Technology Course (NSTC)

Dates: 13-15 Sept 2025

Venue: International Centre Goa (ICG), India



Dr. Deepak Shrivastava
Course Director

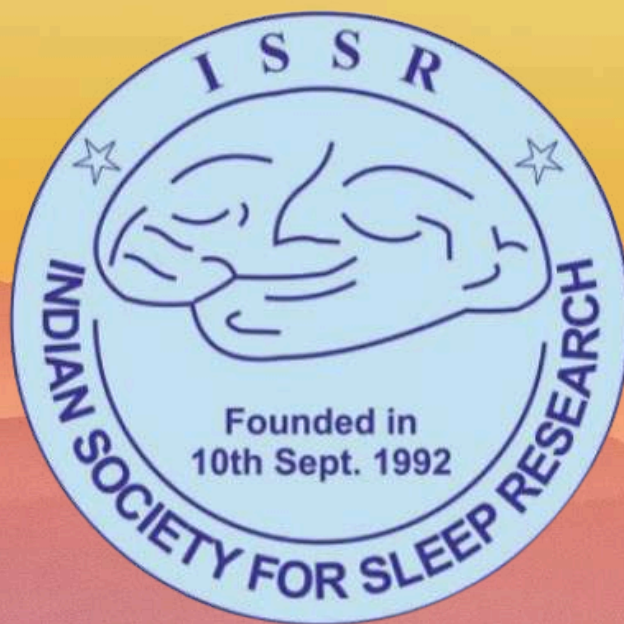


Dr. H N Mallick
Course Director



Dr. Tripat Deep Singh
Organizing Secretary

Indian Society for Sleep Reserach (ISSR)



Founded in
10th Sept. 1992