

9TH INTERNATIONAL SLEEP UPDATE 2026

Theme: Sleep Medicine Trends

28th February 2026 (Saturday) & 1st March 2026 (Sunday)

Venue: Pride Plaza Hotel, Aerocity, New Delhi

Day-1 SCIENTIFIC PROGRAM-28th February 2026

9:30am-10:00am	REGISTRATION	
10:00am-10:15am	Welcome Address & Intro	Dr.Manvir Bhatia
10:15am-12:20pm	Symposia-1 Polysomnography Scoring & Reporting	
Timing	Topic	Speaker
10:15am-10:30am	Levels of PSG- Indications	Dr. Manvir Bhatia
10:30am-10:45am	EEG scoring	Dr. Preeti Devnani
10:45am-11:00am	Cardio Respiratory Event Scoring	Rafeek Kandy, RPSGT (V)
11:00am-11:15am	Arousals Scoring	Dr. Nasreen Akhtar
11:15am-11:30am	PLM & Movements	Dr. Jinu Johnson
11:30am-11:50am	Tea	
11:50am-12:05am	Diagnostic criteria for REM sleep behavior disorder	Dr. Preeti Devnani
12:05am-12:20am	PSG Reporting	Dr. Vinny Kantroo
12:20pm-1:30pm	Symposia-2 Sleep-Wake Disorders	
Timing	Topic	Speaker
12:20pm -12:40pm	Breaking the barrier of Excessive daytime sleepiness	Prof. YK Wing (V)
12:40pm-1.00pm	COMISA - Case Presentation & Overview	Dr. Manjari Tripathi
1:00pm-1:20pm	Novel breakthroughs in Insomnia Management	Dr. Preeti Devnani
1:20pm-1:30pm	Ceremonial Inauguration - Lamp Lighting	
1:30pm-2:30pm	Lunch	
2:30pm-4:00pm	Symposia 3- Hypersomnia Unplugged: Advances in Diagnosis & Management	
Timing	Topic	Speaker
2:30pm-2:50pm	REM Behavior Disorder: Insights and Pathogenesis	Prof. YK Wing (V)
2:50pm-3:10pm	REM Behavior Disorder: Advance - Clinical Features and Therapeutics	Dr. Roopa Rajan
3:10pm-3:30pm	Cognitive Behavior Therapy in Hypersomnia	Dr. Alicia Roth (V)
3:30pm-3:50pm	Innovations in Diagnosis Technologies	Dr. Deepak Shrivastava (V)
3:50pm-4:00 pm	Q&A	
4:00pm-4:20pm	TEA	
4:20pm-6:00pm	Symposia 4- OSA in 2025	
Timing	Topic	Speaker
4:20pm-4:40pm	Understanding of OSA Phenotype	Dr. Sapna Erat Sreedharan
4:40pm-5:00pm	Connected Care	Dr. Sibashish Dey
5:00pm-5:20pm	GLP-based drugs: Roles in Obesity, Type 2 diabetes and OSA	Dr. Anoop Misra
5:20pm-5:50pm	Legal Issues in Medical practice: Clinical Perspective	
5:50pm- 6:00pm	Day 1 Recap	Dr. Manvir Bhatia

Day-2 SCIENTIFIC PROGRAM-1st March 2026		
9:00am-09:30am	REGISTRATION	
9:30am-10:30am	PLATFORM SESSION	
09:30am-09:40am	Effects of Pre-Sleep Screen Exposure on Sleep Architecture, Melatonin Secretion, and Risk of Delayed Sleep-Wake Phase Disorder	Abhay Mani Tripathi
09:40am-09:50am	Sleep Gone Wrong: A Case-Control Reveal of Circadian Disruption in Migraine	Archana
09:50am-10:00am	Pulmonary hypertension and sleep disordered breathing	Laxmi Khanna
10:00am-10:10am	Time-Restricted Feeding Mitigates High-Fat Diet-Induced, Metabolic, and Gut Barrier Dysfunction in Drosophila melanogaster	Srii Vidya
10:10am-10:20am	Oxygen Desaturation and Arousals Show Contrasting	Biswagourav Nahak
10:20am-10:30am	Participants with moderate-to-severe OSA with Obesity from SURMOUNT-OSA	Akanks Singhal
10:30am-11:40pm	Symposia-5 Emerging Therapies in OSA	
Timing	Topic	Speaker
10:30am-10:50am	Hypoglossal Stimulation Evaluation & Management	Dr. Vaishal Shah (V)
10:50am-11:10am	Upper Airway Surgery A Targeted Approach	Dr. Srinivas Kishore
11:10am-11:30am	Advance Pap Therapies in Sleep Apnoea	Dr. Saurabh Mittal
11:30am-11:40am	Q & A	
11:40am-12:00am	TEA	
12:00pm-1:20pm	Symposia-6 Movement Disorders	
Timing	Topic	Speaker
12:00pm-12:20pm	RLS Care-Updated Guidelines	Dr. Ravi Gupta
12:20pm-12:40pm	Gut Brain Microbiome Access	Dr. HN Mallick
12:40pm-1:00pm	Sleep & Memory	Dr. Joy Desai
1:00pm-1:20pm	Abnormal Movements in Sleep – Pediatric Perspective	Dr. Biswaroop Chakrabarty
1:20pm-2:10pm	PLATFORM SESSION	
1:20pm-1:30pm	Altered Hpa Axis In Patients With Chronic Insomnia: A Case-Control Study	U Sneha
1:30pm-1:40pm	Peripheral sensitivity to thermal and noxious stimuli in chronic insomnia disorder	Amar Jayasimha
1:40pm-1:50pm	Sleep architectural differences between insomnia phenotypes identified by subjective complaints	Ananya Dwivedi
1:50pm-2:00pm	A study on association of the tongue and the oral cavity with upper Airway	Shaliendra Singh Rana
2:00pm-2:10pm	Characterizing Sleep Disturbances in Progressive Supranuclear Palsy: Insights from Polysomnography and Sleep Questionnaires	Manasi Harish
2:10pm-2:30pm	Vote of Thanks and Closing Ceremony Followed Lunch	