

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

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

Day-2 SCIENTIFIC PROGRAM-1st March 2026

9:00 - 09:30 am	REGISTRATION		
9:30 - 10:30 am	PLATFORM SESSION		Judges
09:30 - 09:40 am	Effects of Pre-Sleep Screen Exposure on Sleep Architecture, Melatonin Secretion, and Risk of Delayed Sleep-Wake Phase Disorder	Abhay Mani Tripathi	Dr. Sapna Dr. Joy Desai
09:40 - 09:50 am	Sleep Gone Wrong: A Case-Control Reveal of Circadian Disruption in Migraine	Archana	
09:50 - 10:00 am	Pulmonary hypertension and sleep disordered breathing	Laxmi Khanna	
10:00 - 10:10 am	Time-Restricted Feeding Mitigates High-Fat Diet-Induced, Metabolic, and Gut Barrier Dysfunction in <i>Drosophila melanogaster</i>	Srii Vidya	
10:10 - 10:20 am	Oxygen Desaturation and Arousals Show Contrasting	Biswagourav Nahak	
10:20 - 10:30 am	Participants with moderate-to-severe OSA with Obesity from SURMOUNT-OSA	Akanksha Singhal	
10:30 - 11:40 am	Symposia-5 Emerging Therapies in OSA		
Timing	Topic	Speaker	Chairperson
10:30 - 10:50 am	Hypoglossal Stimulation Evaluation & Management	Dr. Vaishal Shah (V)	Dr. Girish Raheja, Dr. Achal K Srivastava, Dr. Kiran Bala
10:50 - 11:10 am	Role of Nasal Surgery in Sleep Apnea	Dr Deepti Sinha	Dr. Vivek Nangia
11:10 - 11:30 am	Advance Pap Therapies in Sleep Apnoea	Dr. Saurabh Mittal	
11:30 - 11:40 am	Q & A		
11:40 am - 12:00 pm	TEA		
12:00 - 1:20 pm	Symposia-6 Movement Disorders		
Timing	Topic	Speaker	Chairperson
12:00 - 12:20 pm	RLS Care-Updated Guidelines	Dr. Preeti Devnani	Dr. Sunil Mittal Dr. CS Agarwal, Dr. Gurbax Singh
12:20 - 12:40 pm	Gut Brain Microbiome Access	Dr. HN Mallick	Dr. Suman Khuswaha, Dr. Sudhir Khetrpal, Dr. Ish Anand
12:40 - 1:00 pm	Sleep & Memory	Dr. Joy Desai	
1:00 - 1:20 pm	Abnormal Movements in Sleep – Pediatric Perspective	Dr. Biswaroop Chakrabarty	
1:20 - 2:10 pm	PLATFORM SESSION		Judges
1:20 - 1:30 pm	Altered HPA Axis In Patients With Chronic Insomnia: A Case-Control Study	U Sneha	Dr. HN Mallick Dr. Avi Sharma
1:30 - 1:40 pm	Peripheral sensitivity to thermal and noxious stimuli in chronic insomnia disorder	Amar Jayasimha	
1:40 - 1:50 pm	Sleep architectural differences between insomnia phenotypes identified by subjective complaints	Ananya Dwivedi	
1:50 - 2:00 pm	A study on association of the tongue and the oral cavity with upper Airway	Shaliendra Singh Rana	
2:00 - 2:10 pm	Characterizing Sleep Disturbances in Progressive Supranuclear Palsy: Insights from Polysomnography and Sleep Questionnaires	Manasi Harish	
2:10 - 2:30 pm	Vote of Thanks and Closing Ceremony Followed Lunch		