SEAASM 2026

SCIENTIFIC PROGRAM

21st to 23rd August 2026

Saturday - Sunday

SOUND SLEEP FOR BETTER HEALTH EQUITY

In collaboration with

Australasian Sleep Association (ASA)

South East Asian Academy of Sleep Medicine

Meeting Endorsed by World Sleep Society worldsleepsociety.org

Australasian Sleep Association

Association of Chest Physicians of Gujarat (Reg. No. F4352)

8th **International** Conference on Sleep Disorders

CLUB BABYLON, Ahmedabad



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22nd August 2026, Saturday

TIMING	TOPICS	SPEAKER
09:00-09:20 AM	Sleep Physiology and Sleep Architecture Every Clinician Should Know	Dr Jayaraman Sami
09:20-09:40 AM	Approach to Snoring, OSA Screening and Risk Stratification	Dr Anuradha Shah
09:40-10:00 AM	Polysomnography, Home Sleep Testing and Practical Interpretation	Dr Mahavir Modi
10:00-10:20 AM	**COFFEE BREAK**	
10:20-10:50 AM	Keynote 1: The Expanding Scope of Sleep Medicine in Multidisciplinary Practice	Dr David Cunnington
10:50-11:10 AM	CPAP Initiation, Mask Selection and Improving Adherence	Dr Arup Halder
11:10-11:30 AM	**PANEL DISCUSSION 1:** Who Should Lead OSA Care Moderator- Dr Sonia Dalal	**PANELISTS:** Dr Bhawana Aggarwal Dr Navin Patel Dr Jay Shah Dr Anand Patel Dr Himija Karia Dr Varun Patel
11:30-11:50 AM	Obesity Hypoventilation Syndrome and COPD–OSA Overlap Syndrome	Dr Ravi Dosi
11:50-12:10 PM	Sleep in Older Adults	Dr Tushar Patel
12:10-12:30 PM	Women's Sleep Health: Hormones, Pregnancy and Menopause	Dr A.R. Gayathri Devi
12:30-12:50 PM	Endotype & Phenotype-Driven Therapy and Personalized OSA Care	Dr Raja Dhar
12:50-01:10 PM	Pediatric Sleep Disorders	Dr Bharat Reddy
01:10-02:00 PM	**LUNCH BREAK**	
02:00-02:20 PM	Central Sleep Apnea and Cheyne–Stokes Respiration	Dr Shirmila Withana
02:20-02:50 PM	**PANEL DISCUSSION 2:** Choosing the Right Therapy Moderator: Dr David Cunnington	**PANELISTS:** Dr Priyam Parikh Dr S A Rafi Dr Jigna Dave Dr Arpan Shah Dr Shaishav Sakhidas Dr Vishakha Kapadia

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02:50-03:10 PM	When CPAP Fails	Dr Keyur Patel
03:10-03:30 PM	Narcolepsy, Hypersomnolence and the Excessively Sleepy Patient	Dr R.S Bhatia
03:30-03:40 PM	**COFFEE BREAK**	
03:40-04:10 PM	**PANEL DISCUSSION 3:** Parasomnias — Still Eluding Us Moderator :Dr Amita Nene	**PANELISTS :** Dr Kranti Garg Dr Dipti Badwe Dr Parul Vadgama Dr Nihar Patel Dr Rushi Patel Dr Vaishal Sheth
04:10-04:30 PM	Sleep Health and Fitness for duty in Shift Workers: An Indian Perspective?	Dr Rajesh Swarnakar
04:30-05:00 PM	Discussion with Key Faculty & Key Takeaways Dr Shirimila Dr Bhavna	Dr Himanshu Garg Dr David Cunnington
05:00-05:40 PM	**RAPID FIRE**	
	1. Surgical Management of OSA: Indications and Outcomes	Dr Manish Goyal
	2. Allergic Rhinitis and Its Impact on Sleep-Disordered Breathing	Dr Zaheer Abbas
	3. Sleep, Intensive Care Unit and Immunisation	Dr Kalpesh Panchal
	4. Sleep and Meditation	Dr Manoj Singh
05:40-06:00 PM	Chronic Insomnia: Diagnosis and Management, Including CBT-I	Dr Suhas Doshi
06:00-06:30 PM	**INAUGURAL CEREMONY**	

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09:00-09:20 AM	Sleep in ILD, Pulmonary Hypertension and Chronic Respiratory Disease	Dr Harjit Dumra
09:20-09:40AM	Management of COMISA	Dr Vivek Nangia
09:40-10:00 AM	Unmasking OSA: Can a Pill Replace the Mask?	Dr Himanshu Garg
10:00-10:20 AM	Restless Legs Syndrome and Sleep-Related Movement Disorders	Dr Kalpesh Talati
10:20-10:40 AM	Beyond AHI — Precision Sleep Medicine and Emerging Metrics	Dr Rajanish Sharma
10:40-11:00 AM	Sleep and Cardiometabolic Health	Dr Kavitha
11:00-11:10 AM	**COFFEE BREAK**	
11:10-11:30 AM	Sleep disorders in Stroke and Neuro degenerative disorders	Dr SudhirShah
11:30-11:50 PM	Wearables, AI and Digital Sleep Diagnostics	Dr BP Singh
11:50-12:10 PM	Telemedicine and Remote Monitoring in Sleep Medicine	Dr Sanjay Manchanda
12:10-12:30 PM	Circadian Rhythm Sleep-Wake Disorders	Dr Neel Thakkar
12:30-12:50 PM	Pre-operative Assessment of SRBD Patients	Dr Dhiren Tanna
12:50-01:10 PM	**BEYOND CPAP:** Defining the Ideal Patient Profile for Intraoral Negative Airway Pressure (iNAP) Moderator: Dr Shivani Swami	**PANELISTS:** Dr Narendra Raval Dr Savita Jindal Dr Jay Mehta Dr Manoj Yadav Dr Rahul Jalan Dr Jitendra Kotadia
01:10-01:40 PM	Valedictory Session, Certificates and Closing Remarks	Organizing Committee
01:40-02:30 PM	**LUNCH BREAK**	