4th Conference of South-East Asian Academy of Sleep Medicine
12th -14th October, 2018 at
Hyatt Regency, Lucknow, U.P. (India)

Organized by

South-East Asian Academy of Sleep Medicine

Endorsed by

WORLD SLEEP SOCIETY
ADVANCING SLEEP HEALTH WORLDWIDE
Founded by WORLD ASSOCIATION OF SLEEP MEDICINE and WORLD SLEEP FEDERATION

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MIDLAND HEALTHCARE™ AND RESEARCH CENTER

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Dr. B.P. Singh
Organizing Secretary

Visit:www.seaasm.org
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Dear Friends,

It gives me immense pleasure to invite you to 4th International conference on sleep disorders, South East Asian Academy of sleep Medicine 2018, to be held at city of Nawabs, Lucknow U.P. (INDIA) on 12 th , 13 th & 14th October 2018.

Medical disorders related to sleep are obviously not new.Yet the discipline of sleep disorders medicine is in its Infancy, in this part of the world especially in our country. Sleep is necessary, but its function, Physiology and Pathophysiology have been unfolding only with explosion of knowledge since this century.

Sleep Research has opened the doors to the field of sleep medicine as we know it today. It has experienced incredible growth in research, clinical practices and sleep medicine education.

The knowledge in this field needs to be mastered from Neurology, Psychiatry, Pulmonology, Behavioural sciences, otolaryngology, oral surgery and dental sleep medicine.

We have invited eminent International and national faculty on this subject to share their experience and knowledge with us. We hope to get the best and most recent on this subject from the luminaries who will take forward the sleep medicine in India and other parts of South east Asia.

We again invite you to join us on this vast subject in this conference to get most benefit out of it.



We are sure that you will take with you a wealth of practical information for immediate clinical application that will help you to improve the overall patient care and enhance your practice.

Looking forward to welcome you all for the outstanding update on 12th, 13th & 14th October 2018.

I hope that your stay in Lucknow will be memorable with scientific and social experience.

Dr B P Singh
Organizing Secretary
SEAASM, 2018

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4 Parallel Workshop 12th October, 2018

Tea Break 10.50 to 11.10

Lunch Break 13.00 - 14.00

Workshop on Polysomnography 12th October, 2018

Timing: 9.00- 15.30

❖ Why should we study Sleep disorders OSA - Implications for Cardiovascular Risk and Safety critical tasks	Dr David Cunnington
❖ Diagnostic tools in OSA	Dr Pratibha Dogra
❖ Upper Airway and Sleep Apnoea	Dr Milind Sovani
❖ EEG scoring, Interpretations of various sleep stages	Dr Alkesh Khurana
❖ Respiratory scoring benefit from CPAP therapy	Dr Pratibha Dogra

SEAASM 2018 Conference, Lucknow (13th to 14th October)

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- CPAP- Troubleshooting Common problems — Dr David Cunnington
- Case Based Scenarios — Dr Milind Sovani
- MCQ based Quiz & Self Evaluation Autoset, Bi-level &Servo ventilation and mask fitting 4 stations- — Dr Alkesh Khurana

  - A- Masks
  - B- PAP machines
  - C- Servo, bileveletc
  - D- Hooking of the patient



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Workshop on Surgical Sleep Medicine 12th October, 2018

Timing: 9.00- 15.30

❖ Instructional course on DISE – How to do it and how not to do it	Dr Srinivas Kishore
❖ Otolaryngologists Role in OSA assessment and management	Dr Vidhya Sagar
❖ The three deceptive devils - Airway obstruction , Asthma and Apnea – how to avoid traps	Dr Rakesh Srivastava
❖ Adenotonsillectomy for Pediatric OSA - the easy ones and tough ones	Dr Shashidhar Tatavarthy
❖ Crossfire – 15 mins – each Surgical treatment for OSA in current scenario (Pulmonologist perspective)	Dr H J Singh
VS	
❖ Conservative treatments for OSA in current scenario (ENT perspective	Dr Shashidhar
❖ Individualizing OSA treatment – Beyond CPAP for all Clinical endpoints in OSA – how to measure success, surgical options algorithm)	Dr Srinivas Kishore
❖ Future of OSA surgical management – what to expect next	Dr Vidhya Sagar

Workshop on Paediatric Sleep Medicine

Timing: 9.00- 15.30

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❖ Introduction and Importance of paediatric sleep disorders	Dr Mahesh Babu
❖ OSA symposium – 4 talks – 20 min each	
a. Clinical features	Dr Mahesh Babu
b. Diagnostics	Dr Srikantha Jingade
c. Surgical Management	Dr Mahesh Babu
d. Non-surgical management	Dr Srikantha Jingade
❖ Pediatric Parasomnias	Ms Lata
❖ Sleep and Epilepsy Seizures	Ms Toni
❖ Three Parallel hands on workshop stations (40 min each – participants rotate all stations.)	
1. Hook up Demo	Ms Toni
2. Intro to sleep scoring – with hands on experience	Ms Lata
3. NIV in Pediatric Sleep	Dr Srikantha Jingade Dr Mahesh Babu



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Workshop On Dental Sleep Medicine, 12th October 2018

Timing: 10.00- 16.00

Inauguration And Welcome Address

❖ Role of Dentists in Obstructive Sleep Apnea	Prof. Surya Kant
❖ Dental Sleep Medicine- Historical Perspective and Current Trends	Prof. Arvind Tripathi
❖ Lecture on Dental Sleep Medicine (Live Video Conference from University of North Carolina Chapel Hill, U.S.A.)	Prof. Gregory Kent Essick
❖ Obstructive Sleep Apnea	Prof. Pooran Chand
❖ Cephalometric Evaluation of Mandibular Advancement Device at Different Horizontal Jaw Positions.	Prof. S Vikram Singh
❖ A Study to Compare Subject Peceived Improvement in OSA Patients Treated Wkith C-PAP and MAD Modalities.	Dr Deeksha Arya
❖ Neurocognitive Deficiency in Elderly OSA Patients	Prof. Sushil Kar
Interactive Session	
Vote of Thanks	



Workshop on NIV 12th October, 2018

Timing :15.30 - 17.00

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15.30-15.40	When to and When not to initiate NIV. Monitoring patient on NIV How to initiate and titrate NIV settings	Dr Ashwini Mandanna
15.40-16.00	Trouble shooting in NIV with case discussion (2 cases)	Dr Ashwini Mandanna
16.00- 16.20	Advances in NIV	Dr Milind Sovani
16.20-17.00	Work shop stations All NIV devices, Mask, Monitoring	Dr Ashwini Mandanna Dr B P Singh Dr Milind Sovani Dr Prabhat Sahai



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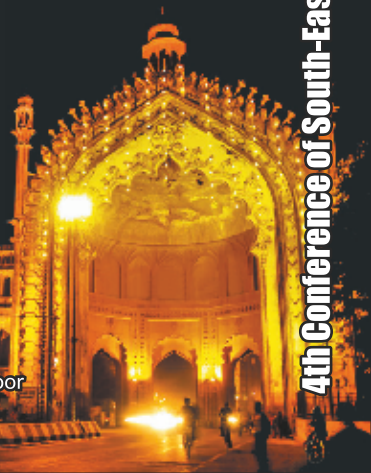
HALL -A

Day 2 (13th October 2018, Saturday)

Time	Topics	Faculty	Chairperson
10:00 – 10:20	Sleep Apnea and Genetics: learning so far a	Dr Gyanendra Agarwal	Dr Rajiv Garg
10:20 – 10:40	Phenotyping Sleep Apnea	Dr Milind Sovani	Dr Anand Kumar Dr O P Verma
10:40 – 11:00	Role of Loop Gain and Arousability in Sleep Apnea	Dr David White	Dr Ashraf Hussain Dr Ashok K Singh
11:00 – 11:20	Role of Upper Airway in Sleep Apnea	Dr Subhranshu	Dr Alok Nath
11.20- 11.40	Surgical Treatment of Sleep Apnea: Indications & techniques	Dr Sashidhar	Dr Rajesh Swarnkar Dr Ajay Srivastava Dr Zakir Hossain

Tea: 11:20 – 11:40

11:40 – 12:00	Advances in PAP therapy for Sleep Apnea	Dr Raja Dhar	Dr S N Gupta
12:00 – 12:20	Non PAP devices to treat Sleep Apnea	Dr Manoj Goel	Dr R A S Kushwaha Dr Alok Srivastava
12:20 – 12:40	CPAP: Monitoring & optimizing compliance	Dr G C Khilnani	Dr J K Mishra
12:40 – 13:00	Personalized management approach of OSA	Dr Amita Nene	Prof S P Agarwal Dr Anirudh K Singh
13:00 – 13:20	'Neuromuscular injuries and pharyngeal swallowing dysfunction in snorers and sleep apnea patients'	Dr Farhan Shah	Dr Rakesh Srivastava Dr Paritosh Pandey Dr Kazi Saifuddin Bennoor



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LUNCH:13:20 – 14:00

14:00-14:30 Conference Inauguration

14:30 – 14:50	Central Sleep Apnea: Diagnosis & treatment options	Dr Rama Krishnan	Dr Rajeev Kacker Dr Anand Srivastava
14:50 – 15:10	Obesity hypoventilation syndrome: Diagnosis & Treatment	Dr Pratibha Dogra	Dr Akshay Pradhan
15:10 – 15:3	Pharmologic ways to activate the upper airway muscles and treat OSA	Dr David White	Prof. Shri Kant Srivastava Dr Piyush Srivastava
15:30 – 15:50	Impact of Altitude on sleep	Dr Milesh Sajapati	Dr Anantsheel Chaudhary

Tea Break 15:20 – 15:40

15:50 – 16:10	RLS: Assessment & Treatment	Dr S S K Heranganahally	Prof Atul Agarwal Dr Ved Prakash Dr Sanjay Tandon
16:10 – 16:30	Efficacy and value of improving poor sleep health during Pregnancy	Dr Sujit Rajan	Dr Rekha Gaur Prof Urmila Singh Dr Anju Agarwal
16:30 – 16:50	Parasomnia: Overview & indications of treatment	Dr Manjari Tripathi	Dr Alok Nath
16:50 – 17:10	PLMS: update in scoring rules and implications	Dr Tripat Deep Singh	Dr Shiv Sagar Gupta D Prasoonkant
17:10 – 17:30	Narcolepsy: Diagnosis & management	Dr Sanjay Manchanda	Dr Shashank Ojha Dr Madhurmay Shastri Dr G N Srivastava

HALL-B

Day 2 (13th October 2018, Saturday)

9.30-10.00	How the science of sleep is changing the athletics performance	Dr Meeta Singh	Dr Amit Nagar Dr Hemant Dr Sandeep Rana
10:00 – 10:20 10:20 – 10:40	Understanding Insomnia Shift worker: Solutions based on Circadian rhythm principles	Dr Saurabh Melhotra Dr David Cunnington	Dr Sandeep Agarwal Dr Nikhil Gupta Dr Shashwat Saxena
10:40 – 11:00	Sleep and Memory	Dr Rajnish Sharma	Dr Y N Chaubey Dr Abhishek Srivastava Dr R K Thukral
11:00 – 11:20	Sleep disorders and Driving: Missing the obvious opportunity to impact mortality	Dr Vikas Mittal	Dr K B Gupta Dr K S Mishra Dr Tariq Mahmood

Tea: 11:20 – 11:40

11:40 – 12:00	Is Sleep Testing Needed When Straightforward OSA is Suspected?	Dr Dharmesh Patel	Dr J K Samaria Dr Anil K Singh
12:00 – 12:20	Dealing with substance abuse: role of Sleep Medicine	Dr Aleem Siddique	Dr Sandeep Katiyar
12:20 – 12:40	Sleep in ICU	Dr Deepak Talwar	Dr Anupam Jaiswal Dr Javed Ahmad Dr Muhammad Murtaza
12:40 – 13:00	Sleep Changes with Aging and Their Impact on Mortality	Dr Ramesh Chokhani	Dr Abhishek Srivastava Dr Ajay Verma Dr Rizwanul Haq

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HALL-B

Day 2 (13th October 2018, Saturday)

Lunch: 13:20 – 14:00

13:00 – 13:20	Diagnosing Sleep Apnea: what is optimum	Dr David Cunnington	Prof Kauser Usman Dr Virendra Singh Dr Ashutosh Gupta Dr H J Singh

14:00-14:30 Conference Inauguration

14:30 – 14:50	Brief overview of scoring rules	Dr Tripat Deep Singh	Dr A D Shukla Dr Rajiv Kumar Dr Mukulesh Gupta
14:50 – 15:10	Titration of Sleep studies: principles & tips	Dr Anoma Sirirbaddana	Dr Santosh Kumar Dr Darshan Bajaj Dr Zakir Hossain
15:10 – 15:30	Pediatric Sleep Apnea: Challenges in diagnosing & treating	Dr Mahesh Babu	Dr A C Chawla Dr S Niranjan Dr Ashish Mathur
15:30 -15:50	Shift work: Impact on Sleep quality and health	Dr Vivek Nangia	Dr Sanjay Sarin Dr Gaurav Agarwal
15:50 -16:10	Sleep Health & Cardio-Metabolic Risk	Dr Sanchit Wadhwa	Dr Azmal
16:10- 16:30	OSA and Cancer: If it is risk for malignancy	Dr Rakesh Chawla	Dr Beerbal
16:30-16:50	Sleep and Immune system	Dr Viral Shah	Dr Ashwini Mishra Dr Ajay Verma
16:50 - 17:10	Allergic Rhinitis and Sleep	Dr R C Sahu	Dr Veerottam Tomer



HALL- A

3rd Day (14th October 2018)

10:00 – 10:20	Sleep Physiology	Dr Shradha Singh	Dr S K Agarwal
10:20 – 10:40	Identifying Novel Sleep/Wake Targets: Hypocretin/Orexin, Cortical nNOS Neurons, and TAAR1	Dr Randeep Guleria	Dr Ashok Chandra Dr Zakir Hossain Dr Rakesh Bhargava
10:40 – 11:00	Sleep Need: What is it and Can it be Quantified?	Dr R Vijay Kumar	Dr Manshi Gupta Dr Sanjay Singh Dr Darshan Bajaj
11:00 – 11:20	Asthma and COPD-How is sleep affected?	Dr Sanjeev Mehta	Dr J S Chauhan Dr O P Rai Dr Vimal Palliwal

TEA 11:20-11:40

11:40 – 12:00	Non apneic Sleep Apnoea: What is new?	Dr Surya Kant	Dr K Gurnani
12:00 – 12:20	Stroke and Sleep Apnea - New Guideline Recommendations	Dr Atul Agarwal	Dr S K Laath Dr Bharat Mehrotra
12:20 – 12:40	Pre-Operative Screening for Sleep Apnea and CPAP Treatment: Is This Evidence-Based?	Dr Alkesh Khurana	Dr Amit Jauhari Dr Ratindher Mishra Dr Sujit Singh
12:40 – 13:00	Pharmacotherapy of Insomnia	Dr. Srikant Srivastava	Dr Rajat Agarwal
13:00 – 13:20	Sleep Registry: Aims and Purpose	Dr Himanhsu Garg	Dr Mukesh Agrawal Dr G K Saxena

14:00-14:30FREE PAPER/POSTER PRESENTATION

Dr Nitin Gupta
Dr Anand Srivastava
Dr Srikantha Jingade
Dr Seema Singh
Dr Kazi Saifuddin Bennoor

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14:30 – 14:40	Assessment of Excessive Daytime Sleepiness	Dr Gopal Raval	Dr Rajesh Agarwal
14:40 – 15:00	Role of Fast Neurotransmitters in Sleep-Wake Regulation	Dr. Zia Hashim	Dr A K Mittal Dr Saurabh Karmakar Dr Vishal Arya
15:20 – 15:40	Epidemiology of Sleep: what we know?	Dr H Mallick	Dr S K Verma Dr Muhammad Murtaza Dr Rahul Srivastava

HALL- B

3rd Day (14th October 2018, Sunday)

10:00 – 10:20	Sleep Study in Lab or Ambulatory	Dr Ashok K Singh	Dr Anirudh K Singh Dr Sandeep Bhattacharya Dr Deepak Shah
10:20 – 10:40	Role of Sleep tracking devices	Dr Mayank Saxena	
10:40 – 11:00	Mandibular Advancement in OSA	Dr Arvind Tripathi	Dr Rohit Khanna
11:00 – 11:20	Effect of CPAP on cardiovascular disease is real: differing perspective	Dr Ashish Tandon	Dr D P Mishra Dr Shilpi Sahai

TEA 11:20-11:40

11:40 – 12:00	Depression and Sleep Disturbances	Dr Anil Nishchal	Dr Rajiv Awasthi
12:00 – 12:20	REM behavior disorder: Diagnosing and understanding implications	Dr Apar Jindal	Dr Lalit Singh Dr Sanjay Singh
12:20 – 12:40	Changing landscape of sleep technology & Sleep telemedicine	Dr Himanshu Garg	Dr V P Singh Dr Manoj Agarwal
12:40 – 13:00	Role of sleep technician/respiratory technician and clinical sleep educator	Dr Tripat Deep Singh	Dr Ravi Bhaskar
13:00 – 13:20	OSA Indian Scenario	Dr Rajendra Prasad	Dr R S Gera
13:20 – 13:40	Future of Sleep in India - Way Forward	Dr Anand Kumar	Dr Raj Tilak Dr N S Verma Dr V N Agarwal

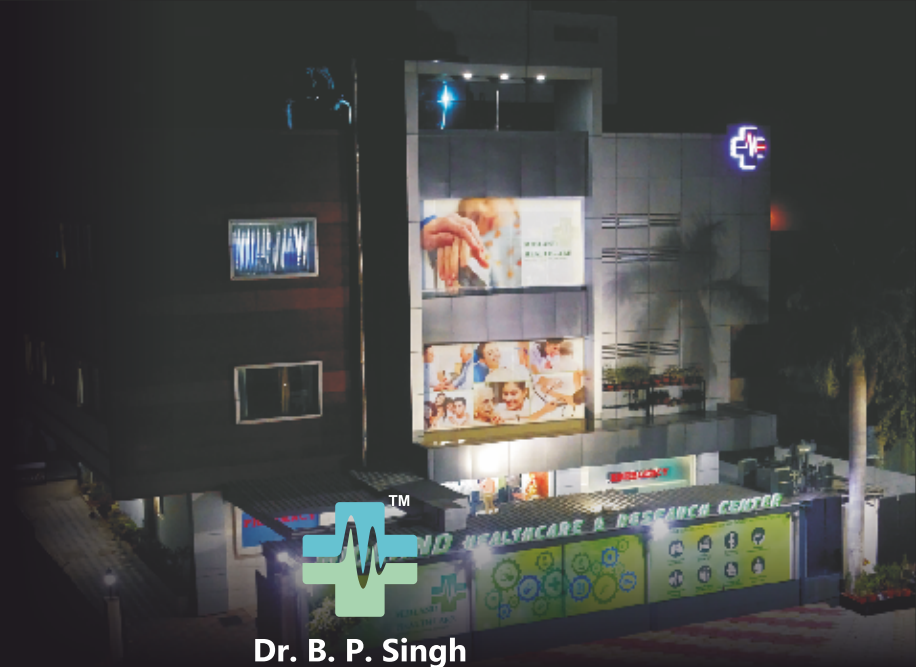



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SEAASM, 2018

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