8th **International** Conference on Sleep Disorders

SEAASM 2026

21st to 23rd August 2026

POLYSOMNOGRAPHY Workshop Program

21st FRIDAY August

9.00 AM TO 4.00 PM

SGVP HOSPITAL

SGVP Campus, Sarkhej - Gandhinagar Hwy, Ahmedabad, Khodiyar, Gujarat 382481

TIME	TOPIC	SPEAKER
	Beyond Scoring: From Signals to Clinical Decision Making	
09:00-09:45 AM	**Session 1 – Signals: Is This a Good Study?**	**Dr Vikas Punamiya**
	• Recording quality and signal acquisition	
	• Artefacts and troubleshooting	
	• Strengths and limitations of different sleep study types	
	• Understanding hypnograms and PSG reports	
09:45-11:00 AM	**Session 2 – Systematic PSG Interpretation (15 mins each)**	
	• A structured approach to reviewing a PSG	Dr Keyur Patel
	• Sleep architecture	Dr Chintan Shah
	• Respiratory events	Dr Jaimin Patel
	• Arousals and limb movements	Dr Rahul Jalan
	• AASM/ASA principles and reporting	Dr Kalpesh Panchal
11:00-11:15 AM	**COFFEE BREAK**	
11:15AM-12:00PM	**Session 3 – Beyond the AHI: Advanced Pattern Recognition**	**Dr David Cunnington**
	• Looking beyond conventional metrics	
	• Flow limitation and respiratory phenotypes	
	• Loop gain and sleep instability	
	• Practical advanced interpretation	
	• Emerging AI applications	

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TIME	TOPIC	SPEAKER
12:00-12:45 PM	**Session 4 – From PSG to Patient: Clinical Decision Making**	**Dr Himanshu Garg**
	• Integrating PSG findings with clinical symptoms	
	• Writing clinically meaningful reports	
	• Phenotype-based management	
	• Case-based decision making	
12:45-01:30 PM	**LUNCH**	
01:30-03.30 PM	**Session 5 – Interactive Open Discussion - Workstations (4 groups- 30 min each in rotation)**	
	• Raw PSG data	Dr Jitendra Kotadiya, Dr Chintan Shah
	• Scored report	Dr Savita Jindal, Dr Jaimin Patel
	• Group interpretation and discussion	Dr Alpesh Parmar, Dr Shrinesh Agrawal
	• Clinical management	Dr Varun Patel, Dr Keyur Patel
3:30- 4:00PM	Clear your Doubts	All faculty
	Learning pathway: Signals » Systematic Interpretation » Advanced Pattern Recognition » Clinical Decision Making » Interactive Practice	

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