

ASIAN SOCIETY OF SLEEP MEDICINE INTERIM MEETING

in conjunction with

THE HONG KONG SOCIETY OF SLEEP
MEDICINE ANNUAL SCIENTIFIC MEETING



Hong Kong

2026 SEP
10-13

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Welcome Message

On behalf of the organising committee, it is my great pleasure to welcome you to the Interim Meeting of the Asian Society of Sleep Medicine (ASSM), proudly hosted by the Department of Psychiatry, The Chinese University of Hong Kong and The Hong Kong Society of Sleep Medicine.

We are delighted to gather in the vibrant and dynamic city of Hong Kong this September 2026. This meeting brings together distinguished experts, clinicians, researchers, and allied health professionals from across Asia and around the world, all united by a shared commitment to advancing the science and practice of sleep medicine.

Sleep plays a fundamental role in human health, yet many aspects of its mechanisms and clinical implications continue to evolve. This meeting provides a valuable platform for the exchange of knowledge, the presentation of cutting-edge research, and the discussion of innovative approaches that will shape the future of our field. Through a rich program of scientific sessions, keynote lectures, and interactive discussions, we aim to foster meaningful collaborations and inspire new ideas that will ultimately improve patient care and sleep health.

We are particularly proud to host this event in Hong Kong - a city known for its energy, diversity, and spirit of innovation. We hope you will also take the opportunity to experience its unique culture, cuisine, and hospitality during your stay.

I would like to express my sincere gratitude to all speakers, participants, sponsors, and organising members who have contributed to making this meeting possible. Your support and engagement are essential to the success of this event.

We look forward to your active participation and to a stimulating and memorable meeting, September 2026 in Hong Kong.

Thank you, and welcome.

Prof. Yun Kwok WING

Co-Chairperson, ASSM Interim Meeting & HKSSM
Professor & Chairman, Department of Psychiatry
Choh-Ming Li Professor of Psychiatry
Director of Li Chiu Kong Family Sleep Assessment Unit Faculty of Medicine
The Chinese University of Hong Kong



Welcome Message from the President of Hong Kong Society of Sleep Medicine

It is my great honour and pleasure to welcome you to the Interim Meeting of the Asian Society of Sleep Medicine (ASSM), co-hosted by The Hong Kong Society of Sleep Medicine (HKSSM) and the Department of Psychiatry at The Chinese University of Hong Kong.

We are truly delighted to welcome colleagues and friends from across Asia and around the world to Hong Kong this September 2026. As a vibrant international city that bridges East and West, Hong Kong provides an ideal setting for meaningful exchange for the advancement of knowledge in sleep medicine.

Established in 1993, HKSSM has a long-standing history of close collaboration with local sleep medicine Professionals, including clinicians from different specialties, allied health professionals, Registered Polysomnographic Technologists (RPSGTs), academic researchers, and post-graduate students. Since its inception, the Society has been dedicated to promoting high standards in clinical practice, advancing knowledge, and strengthening education in Sleep Medicine in Hong Kong. Through scientific meetings, workshops, and professional development initiatives, we have worked together to build a strong and cohesive sleep community.

As President of HKSSM, I am particularly proud to see our local community actively contributing to this important regional platform. Sleep medicine continues to evolve rapidly, and international scientific gatherings such as the ASSM Interim Meeting is essential for fostering interdisciplinary dialogue, sharing emerging research, and strengthening professional networks.

This conference also highlights the growing importance of sleep health in our societies. By working together across borders and specialties, we can further enhance awareness, improve patient care, and address the complex challenges related to sleep disorders and overall well-being.

I would like to extend my sincere appreciation to all speakers, participants, industry sponsors and organisers whose dedication and support have made this meeting possible. Your presence and contributions are invaluable.

We warmly welcome you to Hong Kong and wish you a rewarding, inspiring, and enjoyable experience.

Dr. Joey Wing-Yan CHAN

Co-Chairperson, ASSM Interim Meeting & HKSSM



ORGANISING COMMITTEE

Co-Chairs



Prof. Yun Kwok WING



Dr. Joey Wing Yan CHAN

Committee Members



Dr. Kate Ching Ching CHAN



Dr. Rachel Ngan Yin CHAN



Dr. Kah Lin CHOO



Dr. Joseph Chun-Kit CHUNG



Ms. Venny Kwai Ho LAM



Prof. Albert Martin Man Chim LI



Prof. Shirley Xin LI



Dr. Natalie Moon Wah LEUNG

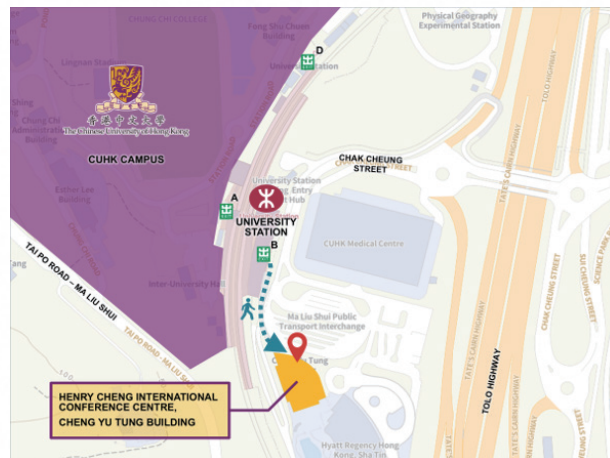


Dr. Macy Mei-Sze LUI



Dr. Joan Chi Ching WAN

CONFERENCE INFORMATION



HENRY CHENG INTERNATIONAL CONFERENCE CENTRE

1-2/F CHENG YU TUNG BUILDING, THE CHINESE UNIVERSITY OF HONG KONG,
SHATIN, NEW TERRITORIES, HONG KONG SAR

LANGUAGE

The official language of the conference is English. There will be no simultaneous interpretation.

COFFEE/TEA

Coffee/tea will be served in the foyer areas on the first and second floors at the designated times.

LUNCH SYMPOSIUM

Industry-sponsored lunch symposia will be held at designated times. Lunch will be distributed on a first-come-first-served basis.

EXHIBITION

An exhibition of medical and pharmaceutical products will be held in conjunction with the conference.

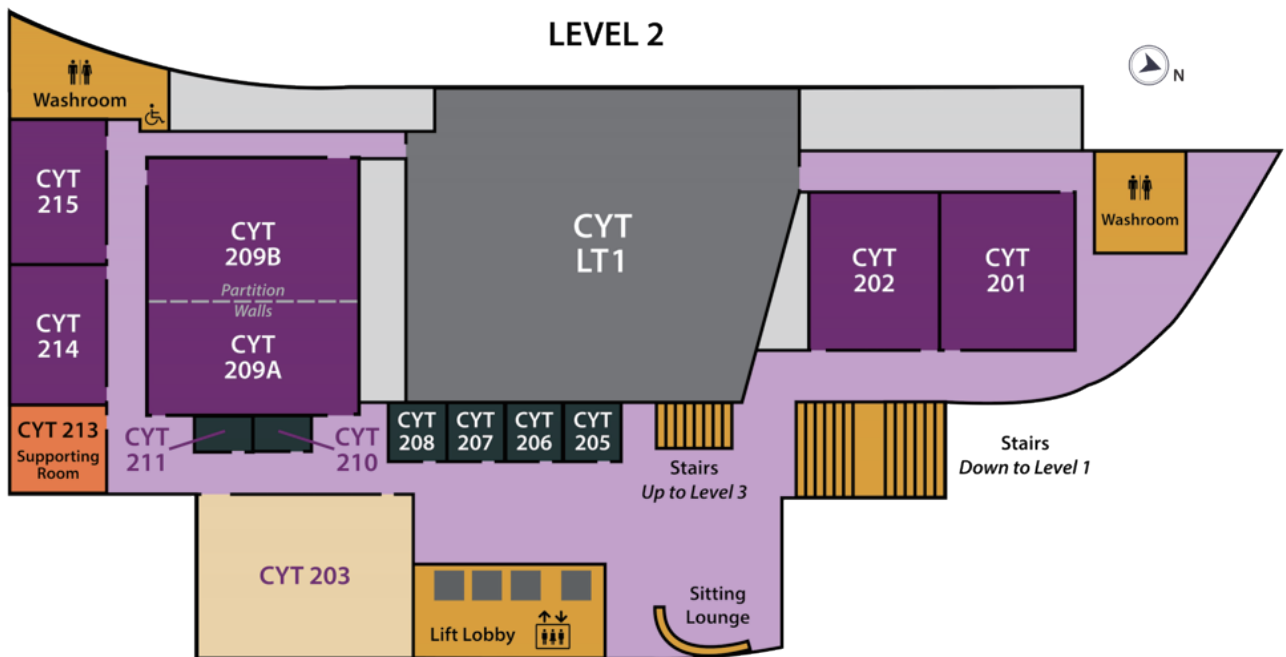
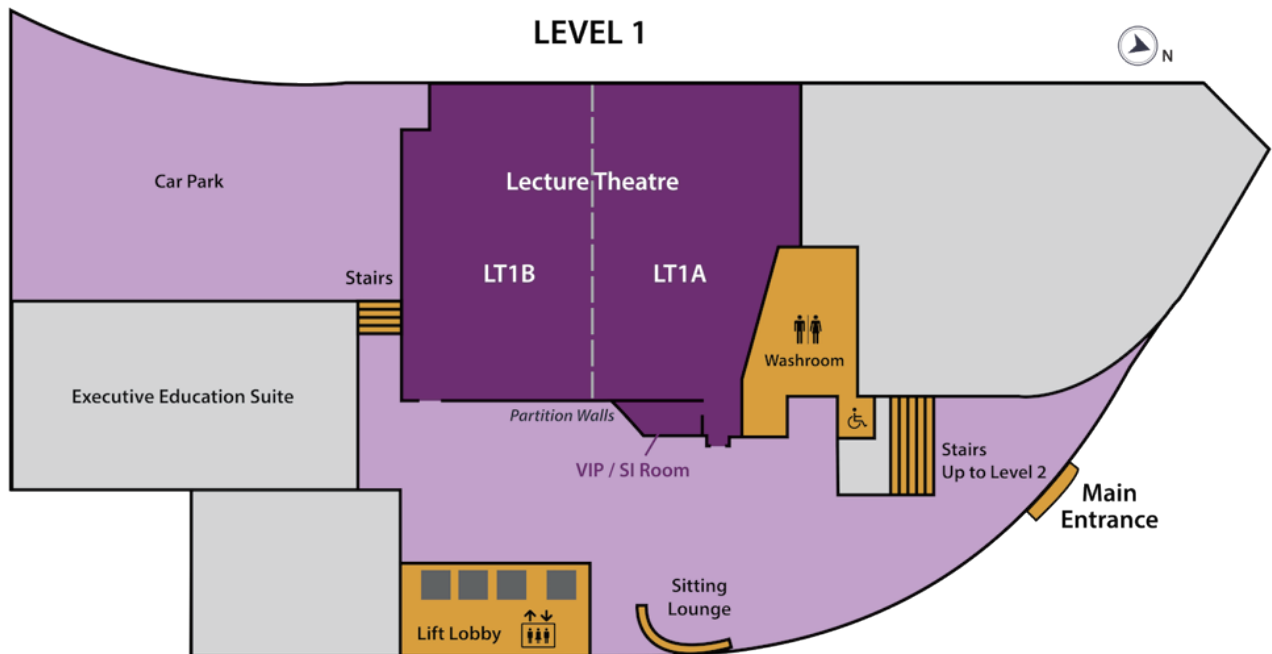
CERTIFICATE OF ATTENDANCE

Participants who attend the conference will receive an e-Certificate of Attendance by email after the conference.

DISCLAIMER

Whilst every attempt has been made to ensure that all aspects of the conference announced will take place as scheduled, the Local Organising Committee reserves the right to make changes at any time should the need arise.

VENUE FLOOR PLAN



Wi-Fi Name: CUguest
 Identity : Conference Guests
 User ID : ASSM2026
 Password : ASSM-HK2026

TRANSPORTATION GUIDE

To HCICC

By Mass Transit Railway (MTR)

1. Take an East Rail Line train towards Lo Wu or Lok Ma Chau.
2. Alight at University Station.
3. Take Exit B, turn right, and walk straight ahead for approximately 3 minutes to reach the Cheng Yu Tung Building (next to the Hyatt Regency Shatin Hotel).

East Rail Line



By Taxi

Take a red or green taxi and get off directly at Cheng Yu Tung Building, CUHK



From Hong Kong International Airport To HCICC

By Bus and Mass Transit Railway (MTR)

1. Take Airport Bus A41 to Sha Tin Central Bus Terminus, located at New Town Plaza.
2. Walk to MTR Sha Tin Station.
3. Take an East Rail Line train towards Lo Wu or Lok Ma Chau.
4. Alight at University Station.
5. Take Exit B, turn right, and walk straight ahead for approximately 3 minutes to reach the Cheng Yu Tung Building (next to the Hyatt Regency Shatin Hotel).



By Taxi

Take a red or green taxi and get off directly at Cheng Yu Tung Building, CUHK (next to the Hyatt Regency Shatin Hotel)

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KEYNOTE SPEAKERS



Prof. Ahmed S. BAHAMMAM

President of the Asian Society of Sleep Medicine (ASSM)
University Sleep Disorders Center, King Saud University, Riyadh, Saudi Arabia



Prof. Michael Wei Liang CHEE

Director of Centre for Sleep and Cognition,
National University of Singapore Yong Loo Lin School of Medicine



Prof. Fang HAN

Chief of Division of Sleep Medicine, Peking University People's Hospital



Prof. Liang-wen HANG

Professor of School of Medicine, China Medical University
Chief of Respiratory, Critical Care and Sleep Medicine,
China Medical University Hospital



Prof. Zhi-Li HUANG

Professor, Department of Pharmacology and Neurobiology, Fudan University
Principal Investigator, State Key Laboratory of Medical Neurobiology,
Shanghai Medical College of Fudan University



Prof. Yuichi INOUE

Professor, Department of Somnology, Tokyo Medical University
President, Yoyogi Sleep Disorder Center

KEYNOTE SPEAKERS



Prof. Charles M. MORIN

Full Professor, Department of Psychology, Laval University
Director, Centre d'étude des troubles du sommeil
Canada Research Chair in Sleeping Disorders



Prof. Song Tar TOH

Senior Consultant, Department of Otorhinolaryngology–Head and Neck Surgery,
Singapore General Hospital
Senior Consultant, Singhealth Duke–NUS Sleep Centre



Prof. Lin LU

Academician of the Chinese Academy of Sciences
Peking University Boya Chair Professor
Director/Professor, National Center for Mental Disorders, China
Director/Professor, National Clinical Research Center for Mental Disorders, China
President, Shandong First Medical University
Member of the International Narcotics Control Board



Prof. Albert Martin Man Chim LI

Assistant Dean (Student Affairs)
Professor of Paediatrics and Chairman, Department of Paediatrics,
Faculty of Medicine, The Chinese University of Hong Kong
Deputy Hospital Chief Executive, Hong Kong Children's Hospital
Director of Hong Kong Hub of Paediatric Excellence (HOPE)



Prof. Shirley Xin LI

Belinda Hung Outstanding Young Professor
Associate Professor, Department of Psychology,
The University of Hong Kong

A Month Against the Clock: What Ramadan Teaches Us About Chrononutrition and Sleep



Prof. Ahmed S. BAHAMMAM

President of the Asian Society of Sleep Medicine (ASSM)
University Sleep Disorders Center, King Saud University, Riyadh, Saudi Arabia

Biography

Professor Ahmed S. BaHammam is a globally recognized leader in sleep medicine, currently serving as the Director of the University Sleep Medicine Research Center and the Sleep Medicine Fellowship Program at King Saud University. He is also a Professor of Sleep Medicine at the College of Medicine. His pioneering work has significantly advanced sleep medicine, research, and education both within Saudi Arabia and internationally. In addition, he holds the position of President of the Asian Society of Sleep Medicine.

Abstract

Nutrition science has long asked what we eat and how much. The question of when received far less attention, even though every metabolic tissue carries its own clock. Chrononutrition grew up around that gap. Where does it stand today, and what can a real-world model teach us that controlled laboratory protocols cannot? Ramadan offers one answer. For a full lunar month each year, close to a quarter of humanity, much of it living across Asia, moves all food intake into the hours between sunset and dawn.

In this keynote, I will draw on more than two decades of work from our group and from colleagues across the globe. Sleep architecture shifts. Chronotype drifts later. Cortisol, melatonin, and the appetite-regulating hormones change their diurnal patterns in ways that may, at first glance, look like signatures of the fast itself. However, once we control for sleep schedule, light exposure, and total energy intake, much of the effect appears to reflect the cultural envelope around Ramadan rather than the abstention from food and water.

I will then ask where Ramadan converges with time-restricted eating as currently studied in experimental cohorts, and where the two part company. The talk closes with practical guidance for clinicians who counsel fasting patients each year, and with the open questions I find most worth pursuing in our region.

How Longitudinal Wearable Studies Can Shape Healthier Living



Prof. Michael Wei Liang CHEE

Director of Centre for Sleep and Cognition,
National University of Singapore Yong Loo Lin School of Medicine

Biography

Dr. Michael Chee graduated with an MBBS from the National University of Singapore in 1983. He trained in internal medicine and was awarded the MRCP (UK) in 1987. He subsequently specialized in neurology and completed a fellowship in Epilepsy and Clinical Neurophysiology at The Cleveland Clinic Foundation. In 1996, he transitioned into cognitive neuroscience, becoming one of Singapore's pioneering clinician-scientists.

He currently serves on the editorial boards of Sleep, Imaging Neuroscience, and Current Opinion in behavioural Sciences. A strong advocate for sleep and public health, he has contributed expert commentary across international print, broadcast, and digital media, with citations in Time, The Guardian, The Economist, and other major outlets.

Abstract

Wearables allow us to collect information about sleep habits in select communities in ways that were previously not possible, yielding insights that sometimes confirm our notions about sleep and health. At other times, the data challenges existing thinking. Building a body of trustworthy work began by carefully evaluating the wearable tool(s) used and then ensuring adequate data collection in sufficiently large samples. Finally, relating sleep to relevant outcome markers of interest that differ according to the purpose of the study is important. These principles are illustrated through our work on medical residents, jetlag, university freshmen, staff in a university and three longitudinal samples of persons of different ages. Through this presentation I aim to show that these efforts help shape fresh approaches to healthier living.

Spectrum of Narcolepsy: Rethinking of NT1 and NT2



Prof. Fang HAN

Chief of Division of Sleep Medicine, Peking University People's Hospital

Biography

Professor Han Fang is a preeminent leader in the field of sleep medicine in China and internationally. He serves as Chief of the Division of Sleep Medicine at Peking University People's Hospital in Beijing. Dedicated to collaborative research and advancement of sleep medicine, Professor Han established the Chinese Restless Leg Syndrome Network, which has significantly contributed to understanding the epidemiology and clinical presentation of RLS in China. His innovative work also extends to telemedicine, improving access and management for patients with sleep apnea.

Professor Han is a respected academic leader, currently serving as Secretary of the World Sleep Society (beginning in 2025), and previously as President of the Asian Society of Sleep Medicine and the Chinese Sleep Research Society. He holds editorial appointments as Associate Editor for SLEEP and for Sleep and Breathing. An accomplished scholar, he has authored over 240 articles in peer-reviewed journals and is recognized as a thought leader for his pioneering contributions to genetic, clinical, and translational sleep research.

Abstract

Narcolepsy is a sleep disorder with different spectrum, including type1(NT1) and Type 2(NT2). However, only NT1 has clearcut biomarker for diagnosis, i.e low CSF hypocretin-1/orexin-A. For NT2, only short sleep latency and two or more SOREMs on MSLT was considered as an objective diagnostic tool but varied during different testing. Clinical evidence indicates that some NT2 may transform into NT1. We investigated the trio families of NT1 including child (as proband) and parent(s), and showed spectrum of narcolepsy. Further immunological study supports a model in which NT2, particularly in DQ0602-positive individuals, represents an early stage of autoimmune narcolepsy that may progress to NT1.

Endotyping of OSA



Prof. Liang-wen HANG

Professor of School of Medicine, China Medical University
Chief of Respiratory, Critical Care and Sleep Medicine,
China Medical University Hospital

Biography

Dr. Liang-Wen Hang is a highly respected physician and the Director of the Sleep Medicine Center at his institution, where he also serves in the divisions of Pulmonary & Critical Care Medicine and the Hyperbaric Oxygen Therapy Center. Renowned for his clinical expertise and leadership, Dr. Hang is dedicated to advancing the fields of sleep medicine and respiratory care.

Abstract

The clinical paradigm is transitioning from the Apnea-Hypopnea Index (AHI) toward endotypic modeling to improve outcome prediction. This study (N=1167) resolves debates on the clinical relevance of physiological traits in moderate-to-severe OSA, justifying hypoxic burden as a more predictive severity indicator than AHI. Findings identify four specific endotypic pillars. Upper airway collapsibility (V_{passive}) and loop gain serve as linear predictors of OSA severity. Increased collapsibility and high loop gain consistently drive elevated AHI and hypoxic burden. Strategically, loop gain may emerge as a dynamic consequence of intermittent hypoxia rather than a fixed cause, offering a therapeutic opportunity for resolution with effective OSA treatment. Conversely, non-anatomical traits follow more complex patterns. Arousal threshold demonstrates a paradoxical impact: a linear positive association with hypoxic burden versus an inverse U-shaped relationship with AHI, peaking at 173.5% eupnea. High thresholds reduce event frequency but extend event duration, deepening desaturation. Consequently, sedative-hypnotics carry clinical risk; elevating the threshold may artificially suppress AHI while exacerbating the more dangerous hypoxic burden through prolonged respiratory events. Precision medicine requires evaluating the interplay between arousal threshold and muscle compensation ($V_{\text{active}}-V_{\text{passive}}$). Analysis of Blocks A-D reveals that high-threshold patients require divergent interventions: Block D (extreme collapsibility) mandates anatomical alterations to craniofacial or soft tissues, while Block C (negative compensation) necessitates neurological or muscle function enhancement to address impaired responsiveness. Collective endotypic evaluation is essential to determine appropriate treatment strategies.

Basal Ganglia Mechanisms in Sleep-Wake Regulation: Neuronal Subtypes and Circuits



Prof. Zhi-Li HUANG

Professor, Department of Pharmacology and Neurobiology, Fudan University
Principal Investigator, State Key Laboratory of Medical Neurobiology,
Shanghai Medical College of Fudan University

Biography

Prof. Zhi-Li Huang earned his PhD from Ehime University, Japan, and subsequently conducted postdoctoral research as a recipient of the JSPS Fellowship. He then held the position of Vice Head of the Department of Molecular Behavioral Biology at the Osaka Bioscience Institute, Japan. Currently, he serves as Professor of Pharmacology and Neurobiology and Chair of the Department of Pharmacology at Fudan University, Shanghai, China.

Abstract

Sleep-wake regulation remains incompletely understood, even though humans spend approximately one-third of their lives asleep. The basal ganglia, consisting of the striatum, globus pallidus, subthalamic nucleus, and substantia nigra, are critical for motor control and cognitive processing and are severely affected in Parkinson's disease (PD). Clinically, sleep disturbances often manifest in PD patients as early as a decade before motor symptoms appear, suggesting that the basal ganglia are centrally involved in both physiological sleep regulation and pathological sleep dysfunction. This report highlights recent progress from our laboratory regarding neuronal subtypes and functional circuits within the basal ganglia and associated brain regions that mediate sleep-wake homeostasis. Key nuclei including the dorsal striatum, nucleus accumbens, ventral pallidum, and rostral medial tegmental nucleus (RMTg) are identified as core regulators of wakefulness and non-rapid eye movement (non-REM) sleep. RMTg GABAergic neurons curtail rapid eye movement (REM) sleep and facilitate transitions toward wakefulness and non-REM sleep by inhibiting projections to the laterodorsal tegmentum and lateral hypothalamus. Brainstem dorsal part of the deep mesencephalic nucleus (dDpMe) GABAergic neurons constrain excessive REM sleep and mitigate narcolepsy with cataplexy. Parabrachial calretinin-positive neurons modulate wakefulness and exploratory behaviors via circuitry connecting the ventral tegmental area and parabrachial nucleus. Furthermore, anterior cingulate cortex pyramidal neurons modulate chronic pain-related insomnia through dopamine D1 receptor-expressing medium spiny neurons in the dorsomedial striatum. These findings advance our mechanistic understanding of sleep-wake neural circuits and offer promising new targets for treating sleep disorders.

Psychiatric and Behavioural Symptoms in Restless Legs Syndrome



Prof. Yuichi INOUE

Professor, Department of Somnology, Tokyo Medical University
President, Yoyogi Sleep Disorder Center

Biography

Yuichi Inoue is currently a Professor in the Department of Somnology at Tokyo Medical University. He is also President of Yoyogi Sleep Disorder Center and Director of Japan Somnology Center, Institute of Neuropsychiatry. He graduated from Tottori University with a Doctor of Medicine degree in 1986. He has been a board member of the Japanese Society of Sleep Research since 2004 and served as Vice President from 2019 to 2023. He is also an active member of the Asian Narcolepsy Hypersomnia Society, the International Restless Legs Syndrome Study Group, and the International REM Sleep Study Group, and is engaged in numerous international collaborative research projects.

Abstract

Restless legs syndrome (RLS) is a sensorimotor disorder characterized by an urge to move the legs, usually accompanied by unpleasant sensations that emerge or worsen during rest and in the evening or nighttime. Although sleep disturbance is a central consequence of RLS, accumulating evidence indicates that its clinical burden extends beyond nocturnal insomnia symptoms and includes a broad range of psychiatric and behavioral manifestations. Depression and anxiety are the most consistently reported comorbidities. A recent meta-analysis estimated that approximately 30% of patients with RLS have depression or clinically relevant depressive symptoms, while another meta-analysis confirmed significantly greater levels of both depression and anxiety in individuals with RLS than in controls. Suicidal thoughts and self-harm risk may also be increased, particularly in patients with severe RLS, prominent insomnia, and impaired quality of life. Other reported associations include attention-deficit/hyperactivity disorder symptoms, daytime impulsivity and attentional dysfunction, obsessive-compulsive-like symptoms, and nocturnal eating behaviors. In already treated patients, impulse-control disorders, including compulsive shopping, gambling, eating, and hypersexuality, represent an important potential consequence of dopaminergic therapy.

The relationship between RLS and psychiatric symptoms appears to be bidirectional rather than simply reflecting a psychological reaction to chronic discomfort, and this bidirectional relationship may be particularly relevant in certain psychiatric disorders. Longitudinal population studies have shown that RLS predicts subsequent depressive symptoms, whereas pre-existing depressive symptoms may also increase the likelihood of developing RLS. Several mechanisms may contribute to this reciprocal relationship. RLS-related insomnia and sleep fragmentation can impair emotional regulation and increase vulnerability to depression and anxiety. Conversely, psychological stress, hyperarousal, reduced physical activity, and sleep disruption associated with psychiatric disorders may exacerbate or unmask RLS symptoms. Brain iron deficiency, altered dopaminergic regulation, pain sensitization, and shared genetic or neurobiological susceptibility have also been proposed, although their precise roles remain insufficiently identified. Medication effects further complicate the association: several antidepressants can induce or aggravate RLS in susceptible individuals, whereas dopamine reuptake blockers possibly alleviate RLS symptoms.

Treatment should therefore address both RLS and psychiatric symptoms within an integrated clinical framework. Initial assessment should include RLS severity, sleep quality, iron status, depressive and anxiety symptoms, suicidal ideation, attentional or compulsive symptoms, nocturnal eating, and current psychotropic and dopaminergic medications. Exacerbating factors, including iron deficiency, sleep deprivation, and potentially aggravating drugs, should be corrected where possible. Current treatment strategies increasingly favor alpha-2-delta ligands, such as pregabalin or gabapentin enacarbil, particularly in patients with insomnia, pain, anxiety symptoms, or increased risk of augmentation. These agents may improve sleep and psychological distress, although they should not be regarded as primary antidepressant treatments. Dopamine agonists remain effective in selected patients but should generally be used at the lowest effective dose, with regular monitoring for augmentation and behavioral changes. Patients and family members should be specifically asked about any emerging impulsive or compulsive behaviors, as these may not be spontaneously volunteered.

When antidepressant treatment is required, the choice of agent should consider its potential effect on RLS, and symptom changes should be monitored after initiation or dose escalation. Significant depression, anxiety, or suicidal thoughts should be treated directly instead of assuming they will resolve with the improvement of RLS alone. Conversely, inadequate control of RLS and insomnia may limit the effectiveness of psychiatric treatment. Optimal management, therefore, requires repeated assessment of the interaction among sensory symptoms, sleep disruption, mood, behavior, and medication exposure. Understanding the bidirectional relationship can minimize diagnostic errors and facilitate treatment strategies that improve nocturnal RLS symptoms, daytime functioning, mental health, and overall

Combined CBT and Medication Treatment for Insomnia: When, How, and For Whom?



Prof. Charles M. MORIN

Full Professor, Department of Psychology, Laval University
Director, Centre d'étude des troubles du sommeil
Canada Research Chair in Sleeping Disorders

Biography

Charles Morin is Professor of Psychology and Director of the Sleep Research Center at Université Laval and the Centre de recherche CERVO/Brain Research Center in Quebec City, Canada. He is a world leader in sleep research and has conducted landmark clinical studies of psychological and behavioural therapies for insomnia, which have contributed to improving treatment of patients with sleep disorders. Professor Morin has published extensively on the topic of insomnia, including textbooks for scientists and clinicians, research articles, and books for the lay public. He is the most-cited expert worldwide on insomnia. He has given more than 600 lectures around the world, including training workshops for healthcare providers and numerous public lectures. He is also a dedicated mentor and has supervised many graduate students, postdoctoral fellows and young investigators from around the world. Professor Morin has held leadership positions in national and international organizations including as President of the World Sleep Society and the Canadian Sleep Society. He has received several career awards for his contributions to psychology and sleep medicine, including the Order of Canada. Professor Morin will be co-chairing with Professor Wing the next World Sleep Society meeting in Montreal in 2027.

Abstract

Cognitive-behavioural therapy (CBT) is recognized as the first-line treatment for insomnia disorder, but medication remains the most frequently used therapeutic approach in clinical practice. While each treatment modality produces improvements, no single treatment works for all patients. This lecture will summarize current evidence on combined CBT and medication therapies for insomnia, examine when a combined approach is indicated and for which patients, and how best to integrate these two treatment modalities for optimal management of insomnia in clinical practice.

Neuromodulation for Obstructive Sleep Apnea



Prof. Song Tar TOH

Senior Consultant,
Department of Otorhinolaryngology–Head and Neck Surgery,
Singapore General Hospital
Senior Consultant, Singhealth Duke–NUS Sleep Centre

Biography

Dr. Toh Song Tar is a prominent Senior Consultant in the Department of Otorhinolaryngology–Head & Neck Surgery at the SingHealth Duke–NUS Sleep Centre, Singapore General Hospital. Renowned as a leading authority in sleep surgery, Dr. Toh is also appointed Clinical Associate Professor at both the NUS Yong Loo Lin School of Medicine and Duke–NUS Medical School, and serves as Clinical Physician Faculty for the SingHealth Residency Program in Otolaryngology, General Surgery, and Family Medicine.

A passionate academic, Dr. Toh has published extensively in peer-reviewed journals and contributed to authoritative book chapters. He was the volume editor for the March 2019 issue of Sleep Medicine Clinics, focusing on advanced screening, prevention, and treatment strategies for obstructive sleep apnea beyond positive airway pressure. Dr. Toh is an invited reviewer for prominent journals including Sleep Medicine, The Laryngoscope, Archives of Otolaryngology–Head and Neck Surgery, and the International Journal of Pediatric Otorhinolaryngology. His research is supported by SingHealth Foundation grants, Academic Clinical Program Seed Grants, and industry-sponsored grants to explore innovative sleep surgical techniques.

Abstract

Hypoglossal nerve stimulation implant for obstructive sleep apnea has emerged as a viable alternative treatment to gold standard positive airway pressure device. The last decade has seen tremendous uptake in this treatment therapy and a race to commercialise more hypoglossal nerve stimulation options. In addition, ansa cervicalis nerve as a new nerve target has garnered interest with clinical trials underway. The road ahead for neuromodulation for obstructive sleep apnea is exciting and hopefully will benefit more patients who are unable to tolerate positive airway pressure device.

Microbiota & sleep



Prof. Lin LU

Academician of the Chinese Academy of Sciences
Peking University Boya Chair Professor
Director/Professor, National Center for Mental Disorders, China
Director/Professor, National Clinical Research Center for Mental Disorders, China
President, Shandong First Medical University
Member of the International Narcotics Control Board

Biography

Prof. Lin Lu is a member of the Chinese Academy of Sciences and Peking University Boya Chair Professor. He currently serves as the Director of the National Clinical Research Center for Mental Disorders and the National Center for Mental Disorders, as well as the President of Shandong First Medical University. He has published over 600 peer-reviewed articles (H-index=90), with his research primarily focusing on elucidating neurobiological mechanisms and clinical interventions pertaining to psychiatric disorders and sleep disturbance. These include investigating neural mechanisms underlying pathological memory and associated psychiatric disorders through both basic and clinical research, conducting translational research to advance behavioral therapies and neuromodulation techniques for the treatment of psychiatric disorders and sleep disturbance. He has established a new strategy for treating psychiatric and psychological diseases during sleep.

A Picture Tells a Thousand Words: Let's Forget About Polysomnography for Childhood Sleep-Disordered Breathing



Prof. Albert Martin Li

Assistant Dean (Student Affairs)
Professor of Paediatrics and Chairman, Department of Paediatrics,
Faculty of Medicine, The Chinese University of Hong Kong
Deputy Hospital Chief Executive, Hong Kong Children's Hospital
Director of Hong Kong Hub of Paediatric Excellence (HOPE)

Biography

Professor Albert Martin Man-chim Li is a distinguished clinician-scientist and academic leader, serving as Chairman and Professor in the Department of Paediatrics at The Chinese University of Hong Kong (CUHK). Prof. Li's academic career at CUHK reflects a remarkable trajectory of progressive leadership. He joined the Department of Paediatrics as Assistant Professor in 2001, was promoted to Associate Professor in 2003, Professor in 2005, and subsequently became Chairman. Throughout his tenure, he has made pioneering contributions to paediatric respiratory and sleep medicine.

Abstract

Childhood sleep-disordered breathing encompasses a spectrum of conditions ranging from primary snoring to the more severe form of obstructive sleep apnoea (OSA). OSA is a common condition, affecting approximately 3-5% of primary school-aged children. Importantly, it is associated with a wide range of clinically significant complications, including endothelial dysfunction, hypertension, neurocognitive impairment, and metabolic disturbances. Evidence suggests that timely and appropriate treatment can reverse some of these adverse consequences and substantially improve quality of life, highlighting the importance of early recognition and diagnosis. Despite being the current gold-standard diagnostic test, overnight polysomnography has several important limitations. Access is often restricted by long waiting times, which may extend to 9-12 months in many centres. The procedure is resource-intensive and technically demanding, and it requires children to spend a night in an unfamiliar hospital environment, which may not accurately reflect their usual sleep patterns. These challenges have driven ongoing research into alternative diagnostic approaches that are simpler, less resource-intensive, and feasible for home use. Could a picture really tell a thousand words? In this presentation, the speaker will share his group's latest research exploring innovative image-based technologies and their potential to transform the diagnosis of childhood OSA, bringing us one step closer to a practical and accessible alternative to polysomnography.

Scaling Sleep Care for Young People: Towards Accessible and Personalised Intervention



Prof. Shirley Xin Li

Belinda Hung Outstanding Young Professor
Associate Professor, Department of Psychology,
The University of Hong Kong

Biography

Dr. Li Shirley Xin is an accomplished psychologist and sleep researcher, currently serving as Associate Professor in the Department of Psychology at The University of Hong Kong (HKU). She obtained her BSc (Hons) from the University of Toronto, Canada, followed by an MA and PhD from The Chinese University of Hong Kong (CUHK), and a Doctorate in Clinical Psychology (DClinPsy) from University College London (UCL), UK. Dr. Li's research centers on sleep and sleep disorders, with a particular focus on the intricate interplay between sleep disturbances and psychopathology in both adults and children. Her multidisciplinary training across clinical psychology, psychiatry, and sleep medicine enables her to bridge research and clinical practice.

Abstract

Sleep problems are common among children and adolescents and can significantly impact their developmental, psychological, and academic outcomes. This keynote will explore evidence-based, sleep-focused treatment strategies and ways to expand access to effective sleep interventions tailored to this vulnerable population. Highlighting the latest research, the presentation will discuss the efficacy of cognitive-behavioural therapy for insomnia (CBT-I) in adolescents, including those with co-occurring psychiatric conditions. Furthermore, the talk will address sleep interventions for young people with neurodevelopmental disorders such as Autism Spectrum Disorder (ASD) and Attention-Deficit/Hyperactivity Disorder (ADHD). By integrating current research and clinical advances, this keynote aims to envision a future where personalized, scalable sleep care becomes an integral component of paediatric healthcare, ultimately improving outcomes for children and adolescents across diverse settings.

PROGRAMME 10 Sept 2026

Workshop - W01

Venue: Science Park Conference Hall 04-06

Sleep Technology – AI and Wearable

14:00 - 14:10	Welcome speech (Moderator: Dr. Man Ho Tim LI)	
14:10 - 14:40	Wearable and Multimodal AI for Sleep and Mood Detection	<i>Dr. Man Ho Tim LI</i>
14:40 - 15:10	Wearable and Smartphone Digital Biomarkers for REM Sleep Behavior Disorder	<i>Dr. Bei Joanne HUANG</i>
15:10 - 15:40	Multimodal AI Applications for behavioural Phenotyping in Neuropsychiatric Disorders	<i>Dr. Lizhou Leo FAN</i>
15:40 - 16:00	Discussion (Moderator: Dr. Bei Joanne HUANG)	
16:00 - 16:15	Coffee Break	
16:15 - 17:00	Transforming Sleep Health: Innovations in Commercial Wearables	<i>Dr. Stijn Agus Adrianus MASSAR</i>
17:00 - 17:45	AI Wearables for Personalized Sleep Health and Sleep Disorder Screening	<i>Dr. Jae Kyoung KIM</i>
17:45 - 18:00	Discussion (Moderator: Dr. Lizhou Leo FAN)	

PROGRAMME 11 Sept 2026

Workshop - W02

Venue: CYT203

Polysomnography (PSG) + Positive Airway Pressure (PAP) Therapies

09:00 - 09:10	Welcome speech	Dr. Kate CHAN
09:10 - 09:50	Introduction to Sleep Studies: Polysomnography (PSG), Multiple Sleep Latency Test (MSLT), Maintenance of Wakefulness Tests (MWT), Home Sleep Test (HST)	Mr. Yun Sang Alex SUM
09:50 - 10:30	PSG: Signal recognition, Adult Sleep Staging & EEG Arousal Scoring	Mr. Kwok Wah Crover HO
10:30 - 10:45	Coffee Break	
10:45 - 11:15	Scoring of Respiratory events	Mr. Kwok Wah Crover HO
11:15 - 11:45	Scoring of Motor events	Ms. Kwai Ho Venny LAM
11:45 - 12:10	RBD updates and RSWA scoring	Dr. Yaping LIU
12:10 - 12:30	Advanced video-PSG for Parasomnia & Sleep-related hypermotor Epilepsy	Ms. Kwai Ho Venny LAM
12:30 - 13:10	Infant & Pediatric PSG: Practical Issues & Scoring	Ms. Mei Ying CHEUNG
13:10 - 14:10	Lunch	
14:10 - 14:15	Introduction	Mr. Kwok Wah Crover HO
14:15 - 14:40	Demonstration session: PSG scoring stations	All staff
14:40 - 15:10	Case discussion - Practical technical aspects of PSG & report interpretation	Ms. Kwai Ho Venny LAM
15:10 - 15:40	Sleep Microstructures analysis	Dr. Xie Chris CHEN
15:40 - 15:55	Coffee Break	
15:55 - 16:15	PAP acclimation and desensitization with PAP interface demonstration	Ms. Ka Yan CHAN Ms. Kwai Ho Venny LAM
16:15 - 16:55	PAP titration: from Guidelines to Practice	Mr. Chi Fong Terry CHIU
16:55 - 17:25	PAP report interpretation & compliance	Mr. Wai Tong TANG
17:25 - 17:55	Beyond PAP intervention for management of OSA	Dr. Kah Lin CHOO
17:55 - 18:00	Wrap-up and evaluation	Ms. Kwai Ho Venny LAM

PROGRAMME 11 Sept 2026

Workshop - W03

Venue: CYT209, HCICC

Cognitive Behavioural Therapy for Insomnia (CBT-I)

09:30 - 10:10	Basics of sleep & neurobiology of insomnia	<i>Dr. Yaping LIU</i>
10:10 - 10:40	Pharmacological treatments of insomnia	<i>Dr. Joey Wing-Yan CHAN</i>
10:40 - 11:10	CBT-I: 1) From theory to evidence-based practice 2) Assessment	<i>Prof. Shirley X. LI</i>
11:10 - 11:25	Coffee Break	
11:25 - 12:55	CBT-I: 1) Behavioural strategies 2) Single-session approach	<i>Prof. Shirley X. LI</i>
12:55 - 14:00	Lunch	
14:00 - 14:50	CBT-I: Cognitive strategies	<i>Prof. Sooyeon Aly SUH</i>
14:50 - 15:40	CBT-I in special populations I	<i>Prof. Shirley X. LI</i>
15:40 - 15:55	Coffee Break	
15:55 - 16:40	Mindfulness-based intervention for insomnia	<i>Prof. Sooyeon Aly SUH</i>
16:40 - 17:10	Acceptance commitment therapy (ACT) for insomnia	<i>Miss Julia SUN</i>
17:10 - 17:55	How to strengthen motivations and address ambivalence for sleep behavioural changes: Introduction to Motivational Interviewing	<i>Dr. Rachel CHAN</i>
17:55 - 18:25	Latest development of CBT-I (alternative modalities & step-care model)	<i>Dr. Rachel CHAN</i>
18:25 - 18:30	Wrap-up and evaluation	<i>Dr. Rachel CHAN</i>

CONFERENCE SCHEDULE

12 Sept 2026

08:00 - 08:15

Opening Ceremony

08:15 - 09:00

Keynote Sessions

CYT LT1 Prof. Ahmed S. BAHAMMAM

K1 - A month against the clock: What Ramadan teaches us about chrononutrition and sleep

CYT 209 Prof. Zhi-Li HUANG

K2 - Basal Ganglia Mechanisms in Sleep-Wake Regulation: Neuronal Sybyptes and Circuits

09:00 - 10:15

Symposium

CYT LT1 C1 - Gender Specific Perspectives in Sleep-Disordered Breathing: Bridging Pathophysiology to Clinical Practice

CYT 209 C2 - Circadian Interventions for Brain Health: Sleep, Eating, Pain, and Exercise

CYT 203 C3 - East, West, time to rest: Cross-Cultural Sleep from Infants to Adolescents

CYT 202 C4 - The Developmental Blueprint: Early Intervention and Multidisciplinary Management of Pediatric Sleep Disordered Breathing

10:15 - 10:45

Poster Session **CYT 214** **CYT 215** | Coffee Break

10:45 - 12:00

Symposium

CYT LT1 C5 - Paediatric Obstructive Sleep Apnoea: Emerging Biomarkers and Innovations in Assessment Metrics

CYT 209 C6 - Light and circadian rhythms - novel evidence in the pathophysiology and treatment for neuropsychiatric disorders

CYT 203 C7 - Sleep Across Development: Socioemotional and Neurobehavioural Outcomes from Early Childhood to Youth

CYT 202 C8 - Beyond the Sleep-Mood Link: Its Impact on Cognitive and Cardiometabolic Risk

12:00 - 12:30

Lunch Break

12:30 - 13:30

Lunch Symposium sponsored by Eisai (Hong Kong)

13:30 - 14:15

Keynotes Sessions

CYT LT1 Prof. Song Tar TOH

K3 - Neuromodulation for obstructive Sleep apnea

CYT 209 Prof. Michael Wei Liang CHEE

K4 - How longitudinal wearable studies can shape healthier living

CYT 203 Prof. Fang HAN

K5 - Spectrum of Narcolepsy: rethinking of NT1 and NT2

14:15 - 15:30

Symposium

CYT LT1 C9 - The Paradigm Shift of Sleep Surgery: Integrating Airway Alignment and Augmentation

CYT 209 C10 - New Imaging Technology, New Insights into Sleep, Mental and Brain Health

CYT 203 C11 - The Changing Landscape of Narcolepsy: Big Data Insights, Comorbidities, REM Sleep Behavior Disorder, and Orexin Restoration

CYT 202 C12 - Data-Driven Innovation in Sleep and Circadian Medicine

15:30 - 16:00

Poster Session **CYT 214** **CYT 215** | Coffee Break

16:00 - 17:15

Symposium

CYT LT1 C13 - Congenital Central Hypoventilation Syndrome 2026: ASIAN Contributions & Time for ASIAN Registration?

CYT 209 C14 - Multimodal Biomarkers in Sleep Disorders linked to Neurodegeneration

CYT 203 C15 - Integrated Perspectives on Narcolepsy: Diagnostic Delays, Psychiatric Comorbidities, and Novel Therapeutics (rTMS)

CYT 202 C16 - One Curriculum, Many Contexts: The ASSM Blueprint for Sleep Medicine Education and Research in Asia

CONFERENCE SCHEDULE

13 Sept 2026

08:15 - 09:00

Keynote Sessions

CYT LT1 Prof. Albert Martin LI

K6 - A picture tells a thousand words - Let's forget about polysomnography for childhood sleep-disordered breathing

CYT 209 Prof. Yuichi INOUE

K7 - Psychiatric and behavioural Symptoms in Restless Legs Syndrome

CYT 203 Prof. Shirley X. LI

K8 - Scaling Sleep Care for Young People: Towards Accessible and Personalised Intervention

09:00 - 10:15

Symposium

CYT LT1 C17 From Phenotypic Heterogeneity to Refractory Disease: A Precision Medicine Approach to Restless Legs Syndrome

CYT 209 C18 - Toward Personalised and Integrated Care for Insomnia

CYT 203 C19 - Sleep, circadian rhythm and mental health: Bridging the spectrum from pathological conditions to positive health

10:15 - 10:45

Poster Session **CYT 214** **CYT 215** **CYT 201**
Coffee Break

10:45 - 12:00

Symposium

CYT LT1 C20 - Advancing Sleep Interventions Across Child and Adolescent Development

CYT 209 C21 - Asian RBD Cohort Studies: Current Status and Potential Collaborations

CYT 203 C22 - Health impacts and interventions of sleep disturbances

CYT 202 C23 - The impacts of sleep health on mental and neurocognitive health across the lifespan

12:00 - 12:30

Lunch Break

12:30 - 13:30

Lunch Symposium sponsored by Yangtze River Pharmaceutical Group

13:30 - 14:15

Keynote Sessions

CYT LT1 Prof. Liang-wen HANG

K9 - Endotyping of OSA

CYT 209 Prof. Charles M. MORIN

K10 - Combined CBT and Medication Treatment for Insomnia: When, How, and For Whom?

CYT 203 Prof. Lin LU

K11 - Microbiota & sleep

14:15 - 15:30

Symposium

CYT LT1 C24 - Expanding the Landscape of Neurostimulation in Obstructive Sleep Apnea: From Mechanisms to Clinical Translation

CYT 209 C25 - Advancing insomnia research through multimodal digital phenotyping

CYT 203 C26 - Genomic Risk, Gut Microbiome, and Systemic Biomarkers: A Multi-Omic View of RBD and Neurodegeneration

CYT 202 Oral Presentation

15:30 - 16:00

Coffee Break

16:00 - 17:15

Symposium

CYT LT1 C27 - Dental Sleep Medicine in Practice: Multimodal Therapies for Obstructive Sleep Apnea

CYT 209 C28 - Insomnia subtypes: From Digital Phenotypes to Clinical Outcomes and Treatment Response

CYT 203 C29 - Neuroimaging and Electrophysiological Biomarkers in REM Sleep Behavior Disorder: Assessing Disease Progression and Biological Heterogeneity

CYT 202 Oral Presentation

17:15 - 17:45

Closing Ceremony & Prize Presentation

SYMPOSIUM OVERVIEW

12 Sept 2026

C1 Gender Specific Perspectives in Sleep-Disordered Breathing: Bridging Pathophysiology to Clinical Practice

Chair: Ahmed S. BAHAMMAM & Tayard DESUDCHIT

Speaker 1: Ning-Hung CHEN

Topic: Gender Differences in Female OSA: From Pathophysiology to Clinical Characteristics

Speaker 2: Kah Lin CHOO

Topic: The Impact of Gender on Treatment Decisions and Outcomes in Obstructive Sleep Apnea

Speaker 3: Naricha CHIRAKALWASAN

Topic: Pregnancy and Sleep Disordered Breathing: Diagnosis and Therapeutic Implication

Speaker 4: Ahmed S. BAHAMMAM

Topic: Obesity Hypoventilation Syndrome in Women: From Awareness to Tailored Care

C2 Circadian Interventions for Brain Health: Sleep, Eating, Pain, and Exercise

Chair: Jee Hyun KIM & Daniel Jin BLUM

Speaker 1: Hee-Jin IM

Topic: Circadian Rhythm in Headache and Pain Disorders: Mechanisms and Therapeutic Opportunities

Speaker 2: Hyoeun BAE

Topic: Circadian Phase (DLMO) and Sleep Regularity Across Chronotypes

Speaker 3: Jee Hyun KIM

Topic: Meal Timing as a Circadian Intervention Strategy in Sleep Disorders

Speaker 4: Daniel Jin BLUM

Topic: Exercise as a Countermeasure for Circadian Misalignment

SYMPOSIUM OVERVIEW

12 Sept 2026

C3 East, West, time to rest: Cross-Cultural Sleep from Infants to Adolescents

Chair: Rachel Ngan Yin CHAN & Stijn Agus Adrianus MASSAR

Speaker 1: Sungkyoung SHIN

Topic: Differences in infant and parental sleep and sleeping location in a multi-national study

Speaker 2: Yiding GUI

Topic: Similarity and difference in association between brain development and sleep: comparison in US and China infant cohorts

Speaker 3: June Chi-Yan LO

Topic: Factors of sleep pattern in school-aged children: a cross-cultural investigation

Speaker 4: Stijn Agus Adrianus MASSAR

Topic: Cross-cultural differences in sleep patterns and problems in Asian school-aged adolescents - the ACROSS study

C4 The Developmental Blueprint: Early Intervention and Multidisciplinary Management of Pediatric Sleep Disordered Breathing

Chair: Albert Martin Man Chim LI & Moon Wah Natalie LEUNG

Speaker 1: Jeevanan JAHENDRAN

Topic: The Gestational Link: Maternal Inflammation and Pediatric Sleep Disordered Breathing

Speaker 2: Irene Wing Yan LAU

Topic: Functional Constraints: Tongue-Tie and Early Orofacial Development

Speaker 3: May Nak LAU

Topic: Skeletal Shaping: Orthodontic Strategies for Airway Optimization

Speaker 4: Lai In Jeni HO

Topic: The Syndromic Airway Challenge: The Multidisciplinary Team Imperative

SYMPOSIUM OVERVIEW

12 Sept 2026

C5 Paediatric Obstructive Sleep Apnoea: Emerging Biomarkers and Innovations in Assessment Metrics

Chair: Albert Martin Man Chim LI & Kate Ching Ching CHAN

Speaker 1: Albert Martin Man Chim LI

Topic: Challenges of polysomnography and emerging assessment tools in children with OSA

Speaker 2: Nobel Tsz Kin YUEN

Topic: Emerging hypoxia metrics in paediatric OSA: Their potential utility and limitations

Speaker 3: Tingting CHEN

Topic: Rest-activity rhythms in the link between paediatric OSA and behavioural outcomes

Speaker 4: Ming YANG

Topic: Inflammatory profiles in paediatric OSA: Mechanisms and phenotyping

C6 Light and circadian rhythms – novel evidence in the pathophysiology and treatment for neuropsychiatric disorders

Chair: Joey Wing-Yan CHAN & Yuichi ESAKI

Speaker 1: Joey Wing-Yan CHAN

Topic: Randomized placebo- and active-controlled trial for assessing the efficacy of bright light therapy for sleep and mood symptoms in patients with Parkinson's disease

Speaker 2: Yuichi ESAKI

Topic: Association between daily light exposure and rest-activity rhythms in schizophrenia: A cross-sectional analysis of the LENS study

Speaker 3: Emiliana TONINI

Topic: Regularity of light exposure, sleep timing and mood outcomes in young people with emerging mood disorders

Speaker 4: Ji Won YEOM

Topic: Double-blind, sham-controlled randomized clinical trial for circadian rhythm stabilization app to improve illness course in patients with mood disorders

SYMPOSIUM OVERVIEW

12 Sept 2026

c7 Sleep Across Development: Socioemotional and Neurobehavioural Outcomes from Early Childhood to Youth

Chair: Shirley Xin LI & June Chi-Yan LO

Speaker 1: Ya-Chuan HUANG

Topic: Sleep Patterns and Socioemotional Functioning Among Preschool-Attending and Non-Attending Children

Speaker 2: Yujiao DENG

Topic: The Dynamic Dimensions of Early Childhood Sleep: Trajectories and Psychosocial Outcomes

Speaker 3: June Chi-Yan LO

Topic: From One Night to Many: Neuro behavioural Consequences of Sleep Loss in Children and Adolescents

Speaker 4: Joyce Shijie YU

Topic: Insomnia and Impulsivity in Youth: Meta-Analytic and Neurophysiological Evidence

c8 Beyond the Sleep-Mood Link: Its Impact on Cognitive and Cardiometabolic Risk

Chair: Rachel Ngan Yin CHAN & Chengmei YUAN

Speaker 1: Yannis Yan LIANG

Topic: Stress-Related Emotions and Sleep Disturbances: Their Bidirectional Interplay, Comorbidity, and Contribution to cardiometabolic Risk

Speaker 2: Yoko KOMADA

Topic: Clinical Characteristics of Insufficient Sleep Syndrome and Cognition under Social Time Pressure

Speaker 3: Chengmei YUAN

Topic: Effects of Anxiety Symptoms on Executive Function in Patients with Chronic Insomnia Disorder

Speaker 4: Xinchun YE

Topic: Examining the Roles of Insomnia Symptoms and Objectively Measured Sleep Duration in Cognitive Function

SYMPOSIUM OVERVIEW

12 Sept 2026

c9 The Paradigm Shift of Sleep Surgery: Integrating Airway Alignment and Augmentation

Chair: Ting CAI & Michael Tsz Kwan CHAO

Speaker 1: Rama Krsna RAJANDRAM

Topic: Beyond the Numbers: Refining Skeletal Surgery in Sleep Disordered Breathing through Patient Centered Metrics

Speaker 2: Sasikarn POOMKONSARN

Topic: The Nasal-Maxillary Gateway: Optimizing the Foundation for Sleep Surgery Success

Speaker 3: Jeni Lai In HO

Topic: The Test of Time: Long-Term Outcomes Following Airway Reconstruction

Speaker 4: Natalie Moon Wah LEUNG

Topic: Definitive or Salvage Therapy? The Role of Hypoglossal Nerve Stimulation in Chinese Patients

c10 New Imaging Technology, New Insights into Sleep, Mental and Brain Health

Chair: Guanghai WANG & Petrina Yau Pok LAU

Speaker 1: Jie LUO

Topic: From Sleep Stages to Neurometabolic States: Simultaneous PSG and Whole-Brain MRSI

Speaker 2: Guanghai WANG

Topic: Excitation/Inhibition Balance Linking Insomnia to Social Deficits in Children with Autism Spectrum Disorder

Speaker 3: Qing MA

Topic: Neural correlates of device-based sleep characteristics in adolescents

Speaker 4: Petrina Yau Pok LAU

Topic: From Synapse to Circuit: Functional Characterisation of Sleep and Neurodevelopmental Disorders across Mouse Mutant Models

SYMPOSIUM OVERVIEW

12 Sept 2026

C11 The Changing Landscape of Narcolepsy: Big Data Insights, Comorbidities, REM Sleep Behavior Disorder, and Orexin Restoration

Chair: Gulcin Benbir SENEL & Amir SHARAFKHANEH

Speaker 1: Javad RAZJOUYAN

Topic: Epidemiology of narcolepsy: insight from big data

Speaker 2: Ahmed S. BAHAMMAM

Topic: Cardiometabolic Risk and Mortality in Narcolepsy

Speaker 3: Amir SHARAFKHANEH

Topic: REM Sleep Behavior Disorder in Narcolepsy: A Distinct Phenotype

Speaker 4: Gulcin Benbir SENEL

Topic: Orexin-Targeted Therapeutics: A New Era for Narcolepsy

C12 Data-Driven Innovation in Sleep and Circadian Medicine

Chair: Eun Yeon JOO & Pamela SONG

Speaker 1: Yu-Shu HUANG

Topic: The Prevalence and Socioeconomic Impacts of Central Hypersomnolence Using Population-Based Data

Speaker 2: Jae Kyoung KIM

Topic: Beyond Questionnaires: AI and Mathematical Modeling for Estimating Intrinsic Circadian Phase

Speaker 3: Jaehoon SEOL

Topic: Real-World Digital Sleep Phenotyping and Its Impact on Workplace Productivity

Speaker 4: Tim Man-ho LI

Topic: Digital Therapeutics and Personalized Management as Next-Generation Interventions for Sleep

SYMPOSIUM OVERVIEW

12 Sept 2026

C13 Congenital Central Hypoventilation Syndrome 2026: ASIAN Contributions & Time for ASIAN Registration?

Chair: Tayard DESUDCHIT & Albert Martin Man Chim LI

Speaker 1: Albert Martin Man Chim LI

Topic: Update on Pathophysiology of CCHS

Speaker 2: Zhifei XU

Topic: Case Reports and Review of CCHS in Chinese Experiences

Speaker 3: Tayard DESUDCHIT

Topic: Historical & Evolution of CCHS Diagnosis & Treatment and the Current Status of CCHS in Thailand & Asia

Speaker 4: Thien Huong HO

Topic: When Clinical Phenotype Prevails Over Negative Genetic Testing

C14 Multimodal Biomarkers in Sleep Disorders linked to Neurodegeneration

Chair: Eun Yeon JOO & Pamela SONG

Speaker 1: Heewon BAE

Topic: Bioimpedance Predictors of RBD Phenoconversion

Speaker 2: Joanne Bei HUANG

Topic: From gut to brain: microbial signals in early alpha-synucleinopathy progression

Speaker 3: Hea Ree PARK

Topic: Deep Learning Analysis of Brain Aging in Chronic insomnia disorder

Speaker 4: Toshiaki TAOCA

Topic: MRI Evidence Linking OSA to Tissue Microstructure

SYMPOSIUM OVERVIEW

12 Sept 2026

C15 Integrated Perspectives on Narcolepsy: Diagnostic Delays, Psychiatric Comorbidities, and Novel Therapeutics (rTMS)

Chair: Seung Chul HONG & Yuichi INOUE

Speaker 1: Seung Chul HONG

Topic: Delayed diagnosis of narcolepsy; predictive factors and family vulnerability

Speaker 2: Eun Hye LEE

Topic: Depressive and attentional symptoms in narcolepsy: shared familial vulnerability

Speaker 3: Tae Won KIM

Topic: Case reports of Klein Levin Syndrome with narcolepsy

Speaker 4: Yuichi INOUE

Topic: Clinical challenges in narcolepsy: From delayed diagnosis to daytime function impairments during treatment

Speaker 5: Yu-Shu HUANG

Topic: The effects of rTMS in type 2 narcolepsy

C16 One Curriculum, Many Contexts: The ASSM Blueprint for Sleep Medicine Education and Research in Asia

Chair: Ahmed S. BAHAMMAM & Mohammed A. AL-ABRI

Speaker 1: Eiman Al-ANBAY & Ahmed S. BAHAMMAM

Topic: From Curriculum to Country: The ASSM Sleep Medicine Training Framework and Its First Adoption in Kuwait

Speaker 2: Mohammed A. AL-ABRI

Topic: Promoting Sleep Research Across Asia: A Strategic Framework

Speaker 3: Sungeun HWANG

Topic: Building Collaborative Sleep Research in Asia: Lessons from the Asian RLS Study

Speaker 4: Hamza DHAFAR

Topic: Sleep Medicine in Asian Medical Schools: Findings from an Asia-Wide Survey and the Way Forward

SYMPOSIUM OVERVIEW

13 Sept 2026

C17 From Phenotypic Heterogeneity to Refractory Disease: A Precision Medicine Approach to Restless Legs Syndrome

Chair: Yuichi INOUE & Ki-Young JUNG

Speaker 1: Sungeun Hwang

Topic: Data-Driven Phenotypic Clustering of Idiopathic RLS

Speaker 2: Yuki Yoshi SUMI

Topic: Dopaminergic Augmentation in RLS: Pathophysiology and Management

Speaker 3: Ki-Young Jung

Topic: Trajectory to Refractory RLS: Predictors, Clinical Course, and Lessons from an Asian Longitudinal Cohort

Speaker 4: Gulcin Benbir Senel

Topic: Treating Medication-Refractory RLS: From Neurostimulation to Emerging Pharmacotherapies — Current Evidence and Future Directions

C18 Toward Personalised and Integrated Care for Insomnia

Chair: Shirley X. LI & Rachel CHAN

Speaker 1: Seockhoon CHUNG

Topic: MOTIF: A Navigation Framework for Optimizing Hypnotic Prescription in Insomnia

Speaker 2: Isa OKAJIMA

Topic: Differentiating the Roles of Face-to-Face CBT-I and Digital CBT-I

Speaker 3: Sijing CHEN

Topic: Exploring subgroup difference in response to CBT-I among youth

Speaker 4: Ya-Chuan HUANG

Topic: Effects of Cognitive behavioural Therapy for Insomnia on Subjective-Objective Sleep Discrepancy

SYMPOSIUM OVERVIEW

13 Sept 2026

C19 Sleep, circadian rhythm and mental health: Bridging the spectrum from pathological conditions to positive health

Chair: Chris Xie CHEN & Jucheng Danny YU

Speaker 1: Rachel Ran WANG

Topic: Unraveling the Cognitive Paradox in Insomnia: The Role of Circadian Rhythms and Hyperarousal

Speaker 2: Danny Jucheng YU

Topic: Wearable-Derived Rest-Activity Rhythm as a Digital Biomarker for Mortality Risk: Insights from a 200,000-Participant Meta-Analysis

Speaker 3: Jianyu QUE

Topic: The Application of Insomnia Treatment in Suicide Prevention and Early Intervention

Speaker 4: Chris Xie CHEN

Topic: Exploring multifaceted mental resilience from the perspectives of sleep and circadian rhythm

C20 Advancing Sleep Interventions Across Child and Adolescent Development

Chair: Shirley X. LI & Ching Ching Kate CHAN

Speaker 1: Sooyeon "Aly" SUH

Topic: Addressing parental cognitions to improve infant sleep: Results from a randomized controlled trial

Speaker 2: Shawn Xiao LIANG

Topic: Physical Activity Intervention for Sleep and Executive Function in Children with ADHD

Speaker 3: Hao Fong SIT

Topic: Beyond efficacy: what influences treatment outcomes in CBT-I for adolescents?

Speaker 4: Guanghai Wang

Topic: Transitional Care for Insomnia from Adolescence to Young Adulthood

SYMPOSIUM OVERVIEW

13 Sept 2026

C21 Asian RBD Cohort Studies: Current Status and Potential Collaborations

Chair: Yaping LIU & Junying ZHOU

Speaker 1: Junying ZHOU

Topic: Building the West China RBD Cohort: Infrastructure, Recruitment, and Clinical Phenotypes

Speaker 2: Huan YU

Topic: Advancing the East China RBD Cohort: Longitudinal Follow-up and Biomarker Integration

Speaker 3: Taeko SAKUMA

Topic: Epidemiological study of RBD in Japan

Speaker 4: Bei Joanne HUANG

Topic: What Can We Learn from Multimodal Clinical Evaluation of Patients with RBD?

C22 Health impacts and interventions of sleep disturbances

Chair: Xiaoqing HU & Hongliang FENG

Speaker 1: Sizhi AI

Topic: Multidimensional Sleep Health: Definitions and Implications for Cardiovascular Diseases

Speaker 2: Ziqing YAO

Topic: Sleeping on the positive self: NREM reactivation reveals neural-evaluative alignment linked to depressive symptoms

Speaker 3: Jucheng Danny YU

Topic: Beyond cognitive behavioural therapy: Can tai chi help treat insomnia?

Speaker 4: Chris Xie CHEN

Topic: The role of NREM and REM sleep architecture in the relationship between childhood trauma and insomnia in adulthood

SYMPOSIUM OVERVIEW

13 Sept 2026

C23 The impacts of sleep health on mental and neurocognitive health across the lifespan

Chair: Le SHI & Sijing CHEN

Speaker 1: Sijing CHEN

Topic: Multidimensional sleep health and its interaction with physical and mental health outcomes

Speaker 2: Le SHI

Topic: Sleep disturbance and cognitive disorder

Speaker 3: Jianyu QUE

Topic: The associations between sleep disturbances and mental health problems in youth

Speaker 4: Rong REN

Topic: Research Progress in Targeted Memory Reactivation

C24 Expanding the Landscape of Neurostimulation in Obstructive Sleep Apnea: From Mechanisms to Clinical Translation

Chair: Yike LI & Sara Op de BEECK

Speaker 1: Yike LI

Topic: Ansa Cervicalis Stimulation: A Novel Neuromodulation Strategy for Obstructive Sleep Apnea

Speaker 2: Sara Op de BEECK

Topic: Determinants of HGNS Treatment Outcome: Clinical and Novel Parameters

Speaker 3: Hongliang YI

Topic: Clinical Application and Future Directions of Hypoglossal Nerve Stimulation in China

Speaker 4: Xiong CHEN

Topic: Translational Innovation in Hypoglossal Nerve Stimulation: Device Development and Early Experience from China

SYMPOSIUM OVERVIEW

13 Sept 2026

C25 Advancing insomnia research through multimodal digital phenotyping

Chair: Man-ho Tim LI & Chul-Hyun CHO

Speaker 1: Chul-Hyun CHO

Topic: Deep Phenotyping of Insomnia: Bridging the Gap Between Subjective Perception and Objective Digital Biomarkers

Speaker 2: Man-ho Tim LI

Topic: Detecting multimodal digital markers of insomnia using ecological momentary assessment

Speaker 3: Binbin Betty LEI

Topic: Digital multi-modal approaches to subtyping insomnia disorder (DIMOSI): Application in healthcare management in China

Speaker 4: Xiuyang Maston MENG

Topic: Explainable Multimodal AI for Predicting Insomnia After Digital CBT-I

C26 Genomic Risk, Gut Microbiome, and Systemic Biomarkers: A Multi-Omic View of RBD and Neurodegeneration

Chair: Bei Joanne HUANG & Jirada SRINGEAN

Speaker 1: Yaping SHAO

Topic: Multi-Omics Study of the RBD-Associated Parkinson's Disease

Speaker 2: Jirada SRINGEAN

Topic: Genotype-Phenotype Correlation in REM sleep behavior disorder (RBD) and Parkinson's disease (PD) with RBD in Thailand cohort

Speaker 3: Jing WANG

Topic: Gut Feelings and Brain Health: Tracking the Microbiome in REM sleep behavior

Speaker 4: Yuhua YANG

Topic: Plasma proteomic and fecal microbiome integration reveals phenotypic divergence and molecular heterogeneity in isolated REM sleep behavior disorder

SYMPOSIUM OVERVIEW

13 Sept 2026

C27 Dental Sleep Medicine in Practice: Multimodal Therapies for Obstructive Sleep Apnea

Chair: May Nak LAU & Lai In HO

Speaker 1: Ye Hong CHEN

Topic: Introduction to Dental Sleep Medicine & Oral Appliance Therapy

Speaker 2: Nattakarn HOSIRILUCK

Topic: Managing the Challenges of Oral Appliance Therapy in Obstructive Sleep Apnea: From Side Effects to Solutions

Speaker 3: Wing Kei Vicky TSUI

Topic: From structure to function: Orthodontic intervention supported by Myofunctional Therapy for Sleep-Disordered Breathing

Speaker 4: Chi Ching Joan WAN

Topic: Surgical Synergy in Airway Management: Integrating Maxillomandibular Advancement in Multidisciplinary OSA Care

C28 Insomnia subtypes: From Digital Phenotypes to Clinical Outcomes and Treatment Response

Chair: Jihui ZHANG & Rachel CHAN

Speaker 1: Jihui ZHANG

Topic: Digital subtype of insomnia disorder: findings from a large-scale cohort study

Speaker 2: Shilu KANG

Topic: Neurometabolic Subtyping of Insomnia: Pre- to Post-Sleep MRSI Signatures of Sleep-Dependent Excitation/Inhibition Regulation

Speaker 3: Rachel CHAN

Topic: Insomnia and Excessive Daytime Sleepiness in Adolescents: Mood Consequences and Differential Treatment Response

Speaker 4: Yun LI

Topic: Insomnia and Obstructive Sleep Apnea: Cardiometabolic Risk and Clinical Implication

SYMPOSIUM OVERVIEW

13 Sept 2026

C29 Neuroimaging and Electrophysiological Biomarkers in REM Sleep Behavior Disorder: Assessing Disease Progression and Biological Heterogeneity

Chair: Ki-Young JUNG & Shi TANG

Speaker 1: Jung-Ick BYUN

Topic: Neuroimaging in RBD: Assessing the risk of neurodegeneration and disease progression

Speaker 2: Siyi GONG

Topic: Neuroimaging and behavioural correlates: PET in Isolated dream-enactment behavior and impulsivity tasks in REM sleep behavior disorder

Speaker 3: Jung-Won SHIN

Topic: Longitudinal resting-state EEG-based modeling predicts phenoconversion and delineates heterogeneity in isolated REM sleep behavior disorder

Speaker 4: Shi TANG

Topic: Brain-clinical biotypes of idiopathic REM sleep behavior disorder: Uncovering clinical and biological heterogeneity

Biological

1



2

Psychological



Social

3



MDD, Major Depressive Disorder



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The QR code links to the latest prescribing information
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Notes

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