



SLEEPCON 2026

26-27-28 June 2026



Workshop – 26th JUNE 2026

Conference – 27th, 28th JUNE 2026

Venue

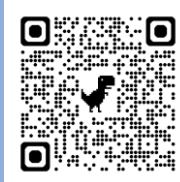
Hotel Ashoka
Chanakyapuri, New Delhi

Organized by

Indian Sleep Disorders Association
&
Department of Pulmonary, Critical Care & Sleep
Medicine, VMMC & Safdarjung Hospital, New
Delhi

[Click here to register](#)

OR



SCAN QR CODE TO REGISTER



PATRON

Prof (Dr) J C Suri
Dr Dipak Bhattacharya

Chairman

Dr N K Gupta
Dr Tanmaya Talukdar

Organizing Chairman

Dr Vikram Sarbhai
Organizing Secretary
Dr Rohit Kumar

Scientific Committee

Dr Vikram Sarbhai
Dr Tejas Suri
Dr Reena Kumar

DSM Committee :

Dr Reena Kumar
Dr B Jayan
Dr Abhijeet Kadu

Organizing Co-Secretary

Dr Pranav Ish
Dr Nitesh Gupta
Dr Rajnish Kaushik

For updates please visit : www.isda.co.in

PG WORKSHOP – Sleep Disordered Breathing

26th June 2026

Ashoka Hotel, Chanakyapuri, New Delhi

WORKSHOP PROGRAMME

Friday, 26th June

Full Day Workshop - Basics of Polysomnography & Sleep Disordered Breathing

| Time | Topic |
|---------------------|--|
| 08:30 AM - 09:00 AM | |
| 09:00 AM - 09:30 AM | Normal Human Sleep & Respiratory Physiology in Sleep |
| 09:30 AM - 10:00 AM | Obstructive Sleep Apnea - Definition, Epidemiology & Pathophysiology |
| 10:00 AM - 10:30 AM | Polysomnography and Home Sleep Apnea Testing: Current Concepts |
| 10:30 AM - 11:00 AM | |
| 11:00 AM - 11:30 AM | Positive Airway Pressure Therapy for Obstructive Sleep Apnea |
| 11:30 AM - 12:00 PM | Overview of Hypoventilation Syndromes in Sleep |
| 12:00 PM - 12:30 PM | Overview of Central Sleep Apnea |
| 12:30 PM - 01:00 PM | Non-PAP Therapies for OSA |
| 01:15 PM - 02:00 PM | |
| 02:00 PM - 02:30 PM | An Introduction to Sleep Scoring |
| 02:30 PM - 03:00 PM | Respiratory event scoring & Manual PAP titration |
| 03:00 PM - 05:00 PM | |
| | Sleep lab demonstration & PSG Hooking-Up |
| | PAP Devices - When to choose which device? |
| | PAP Interfaces - When to choose which device? |
| | PAP downloads & troubleshooting: How to improve PAP adherence |
| 05:00 PM - 05:15 PM | |

For updates please visit : www.isda.co.in

WORKSHOP – Sleep Disordered Breathing

26th June 2026

Ashoka Hotel, Chanakyapuri, New Delhi

DENTAL SLEEP MEDICINE WORKSHOP PROGRAM

Friday, 26th June: Theme: Practical Guidelines to Enhancing Your Practice in Dental Sleep Medicine

ISDA – Dental Sleep Medicine Committee

| | | |
|-----------------|-----------------|-------------------|
| Dr B. Jayan | Dr Reena Kumar | Dr N. K. Sahoo |
| Dr Mahesh Gowda | Dr Abhijit Kadu | Dr Chitra Santosh |

Coordination In Charge: Mr Varun Navalgund

| Time | Session |
|------------------|---|
| 08:30 – 09:00 am | Registration |
| 09:00 – 11:00 am | Basics of Sleep and Sleep Disorders, Understanding Polysomnography and Lead Placement |
| 11:00 – 11:30 am | Tea Break |
| 11:30 – 01:30 am | Prevention, Interception & Management of Sleep Disordered Breathing in Children |
| 01:30 – 02:30 pm | Lunch Break |
| 02:30 – 04:00 pm | Maxillofacial Surgical Procedures in Sleep Disordered Breathing |
| 04:00 – 04:15 pm | Tea Break |
| 04:15 – 06:00 pm | Management of Sleep Disordered Breathing in Adults with Oral Appliances |
| 6:00 – 6:30 pm | Valedictory & Certificate Distribution |

For updates please visit : www.isda.co.in

27th June 2026
Ashoka Hotel, Chanakypuri, New Delhi

SCIENTIFIC PROGRAMME

Day 2 : 27th June 2026 : 09.00 am – 07.30 pm

| Time | Topic |
|---------------------|--|
| 08:00 AM - 09:00 AM | |
| 09:00 AM - 09:20 AM | Bringing the Patient Voice into OSA Care: Role of Patient-Reported Outcomes |
| 09:20 AM - 09:40 AM | Obstructive Sleep Apnea & Obesity - Can we Kill Two Birds with One Stone? |
| 09:40 AM - 10:00 AM | OSA Endotypes: From Mechanistic Insights to Clinical Application |
| 10:00 AM - 10:10 AM | Audience Questions |
| 10:10 AM - 10:30 AM | |
| 10:30 AM - 10:50 AM | Sleepiness as a Clinical Biomarker: Reappraising Its Significance and Utility |
| 10:50 AM - 11:10 AM | Sleep Health as a Multidimensional Construct: Relevance to Cardiometabolic Disease |
| 11:10 AM - 11:30 AM | Sleep in a Changing Environment: Climate Change, Air Pollution, and Public Health Implications |
| 11:30 AM - 11:40 AM | Audience Questions |
| 11:40 AM - 12:00 PM | Etiopathogenesis of Insomnia: Current Concepts and Emerging Insights |
| 12:00 PM - 12:20 PM | CBT-I in Clinical Practice: Efficacy, Scalability, and Challenges in the Indian Context |
| 12:20 PM - 12:40 PM | Choosing the Right Drug for the Right Patient: Personalizing Insomnia Treatment |
| 12:40 PM - 1:00 PM | Audience Questions |
| 01:10 PM - 02:00 PM | Lunch Break |
| 2:00 PM - 2:20 PM | Multilevel Surgical Approaches in the Era of Personalized OSA Care |
| 02:20 PM - 02:40 PM | The Role of Nasal Surgery in OSA: Evidence, Indications, and Clinical Outcomes |
| 02:40 PM - 03:00 PM | Role of Oral Appliances in Adult OSA |
| 03:00 PM - 03:20 PM | Audience Questions |
| 03:30 PM - 03:50 PM | Enhancing HSAT with PAT Technology: Evidence, Validation, and Clinical Utility |
| 03:50 PM - 04:10 PM | Beyond the Hype: Do Consumer Sleep Trackers Deliver Clinically Meaningful Data? |
| 04:10 PM - 04:30 PM | The Future of Sleep Medicine: AI-Enabled, Patient-Centric, and Digitally Connected Care |
| 04:30 PM - 04:50 PM | Pediatric Sleep Monitoring with Wearables: Accuracy, Limitations, and Future Directions |
| 04:50 PM - 05:00 PM | Audience Questions |
| 05:00 PM - 06:00 PM | |
| 06:00 PM - 06:30 PM | ISDA Oration |
| 06:30 PM - 07:00 PM | Pro-Con Debate #1: Polysomnography should be performed before initiating NIV for COPD with chronic respiratory failure |
| 07:00 PM - 07:30 PM | Pro-Con Debate #2: Drug-Induced Sleep Endoscopy is Essential for Personalized OSA Therapy |

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28th June 2026
Ashoka Hotel, Chanakyapuri, New Delhi

SCIENTIFIC PROGRAMME

Day 3 : 28th June 2026 : 09.00 am -04.00 pm

| Time | Topic |
|---------------------|--|
| 08:00 AM - 09:00 AM | Oral Paper Session |
| 09:00 AM - 09:20 AM | Comorbid Insomnia and Sleep Apnea (COMISA) - Tackling Intricacies |
| 09:20 AM - 09:40 AM | Chronic Hypercapnic COPD: Evidence-Based Approaches from Inhaled Therapy to NIV |
| 09:40 AM - 10:00 AM | Integrating Sleep Assessment in Severe Asthma Care: Relevance in the Age of Biologic Therapies |
| 10:00 AM - 10:20 AM | Newer Horizon in Sleep Medicine- Obstructive sleep apnea and Ophthalmic disorders |
| 10:20 AM - 10:30 AM | Audience Questions |
| 10:30 AM - 10:50 AM | |
| 10:50 AM - 11:10 AM | Why OSA Is Different in Women: Practical Implications for Clinicians |
| 11:10 AM - 11:30 AM | Revisiting Pediatric OSA: Toward Personalized Diagnostic and Treatment Strategies |
| 11:30 AM - 11:50 AM | Role of oral appliances in growing children |
| 11:50 AM - 12:00 PM | Audience Questions |
| 12:00 PM - 12:20 PM | Contemporary Management of Restless Legs Syndrome: Global Guidelines and Indian Perspectives |
| 12:20 PM - 12:40 PM | Improving Narcolepsy Care in India: Diagnostic Pathways, Therapeutic Strategies, and Unmet Needs |
| 12:40 PM - 01:00 PM | Sleep and Alzheimer's Disease: From Mechanisms to Prevention and Intervention |
| 01:00 PM - 01:10 PM | Panel Discussion/Audience Questions |
| 01:10 PM - 02:00 PM | |
| 02:00 PM - 02:20 PM | Central Sleep Apnea: Pathophysiology-Driven Management and Recent Updates |
| 02:20 PM - 02:40 PM | OSA in Hospitalized Patients: Evidence-Based Management and Unmet Needs |
| 02:40 PM - 03:00 PM | Pharmacological Approaches to OSA: From Pathophysiology to Clinical Trials |
| 03:00 PM - 03:20 PM | Towards personalized OSA assessment: Moving beyond the apnea hypopnea index |
| 03:20 PM - 04:00 PM | Valedictory Program |

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SLEEPCON 2026

26-27-28 June 2026

REGISTRATION DETAILS

SLEEPCON 2026 CHARGES

| Category | Workshop | On the Spot Workshop | Conference | On the spot conference |
|----------------------|----------|----------------------|------------|------------------------|
| PG | INR 2500 | INR 3500* | INR 3500 | INR 4500 |
| Members ISDA | INR 3000 | INR 4500* | INR 4500 | INR 6000 |
| Non Member | INR 3500 | INR 5000* | INR 6000 | INR 7000 |
| Nurses & Technicians | INR 2000 | INR 2500 | INR 3000 | INR 3500 |

DENTAL SLEEP MEDICINE WORKSHOP CHARGES

| | |
|--|------|
| DSM Workshop (PG Students) | 2500 |
| DSM Workshop (Faculty & Practioners) | 3500 |
| DSM Workshop + Conference | 5000 |

❖ *FSM- ISDA exam will be held on 26th June 2026.
Only Members ISDA Can apply*

❖ *Registration at the Conference is mandatory for
Abstract submission for oral or poster presentation and
for appearing in the FSM Exam.*

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SLEEPCON 2026

26-27-28 June 2026

ABSTRACT SUBMISSION GUIDELINES

DEADLINE: 1st JUNE 2026

Guidelines for Abstract Submission for oral and poster presentation

The Organizing Committee welcomes the submission of abstracts & Clinical case vignettes for oral or poster sessions. An abstract should be submitted in accordance with the instructions below

Important Dates:

Deadline of Abstract Submission: 1st June 2026

Rules for Submission

Please note that the type of presentation (oral vs. poster) will ultimately be decided at the discretion of the Organizing Committee.

Abstracts without registration for the conference will NOT be accepted

Submission to be sent online on www.isda.co.in

Applicants must follow these Guidelines:

- Name, initial, highest degree, and institution of each author must be indicated in the abstract.
- Please frame your abstracts with the following headings – Background, Methods, Results, and Conclusion
- Word limit of your abstract is 300 Words
- File Format: MS Word for Windows.
- Language: English
- Paper Size: A4 (210mm X 297mm) within one page
- Fonts Format:

Title: Calibri font 12 and use bold-faced and capitalized font type for the title. The Title should be brief and clearly indicate the nature of the presentation. Please limit the length of your title to 15 words.

Author: Calibri font 10 and use bold-faced, full name of all authors should be listed without degrees and titles, and the presenting author should be underlined. Presenter's affiliation should be mentioned.

Body: Calibri font 12 and single space. The body of the abstract is limited to 300 words, excluding the title, author name, and affiliation.

- Allowed File Size: 1Mb
- The presenting author will be required to register before submitting. (If the presenting author is unable to attend, they can nominate one of the other authors as the presenter via email to isda1995@gmail.com, provided the alternate presenter is also registered for the conference.)

You will be informed of the presentation type/format (oral vs. poster) and the guidelines for preparing the presentation approximately two weeks before the conference via email.

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