



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

Attractive prize for Abstract and PG quiz

[Click here to register](#)

OR



SCAN QR CODE TO REGISTER



Abstract submission open for E-poster presentation till 24 JUNE

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

Organizing Co-Secretary

Dr Pranav Ish

Dr Nitesh Gupta

Dr Rajnish Kaushik

Scientific Committee

Dr Vikram Sarbhai

Dr Tejas Suri

Dr Reena Kumar

DSM Committee :

Dr Reena Kumar

Dr B Jayan

Dr Abhijeet Kadu

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

PG WORKSHOP – Sleep Disordered Breathing

26th June 2026

Ashoka Hotel, Chanakyapuri, New Delhi

Friday, 26th June

Full Day Workshop - Basics of Polysomnography & Sleep Disordered Breathing

WORKSHOP PROGRAMME

Time	Topic	Speaker
08:30 AM - 09:00 AM	REGISTRATION	
09:00 AM - 09:30 AM	Normal Human Sleep & Respiratory Physiology in Sleep	Dr. Rohit Kumar
09:30 AM - 10:00 AM	Obstructive Sleep Apnea - Definition, Epidemiology & Pathophysiology	Dr. Mansi Gupta
10:00 AM - 10:30 AM	Polysomnography and Home Sleep Apnea Testing: Current Concepts	Dr. Manas Mengar
10:30 AM - 11:00 AM	Tea Break	
11:00 AM - 11:30 AM	Positive Airway Pressure Therapy for Obstructive Sleep Apnea	Dr Dipti Gothi
11:30 AM - 12:00 PM	Overview of Hypoventilation Syndromes in Sleep	Dr Tejas Suri
12:00 PM - 12:30 PM	Overview of Central Sleep Apnea	Dr. JC Suri
12:30 PM - 01:00 PM	Non-PAP Therapies for OSA	Dr Shubham Agarwal
01:00 PM - 02:00 PM	Lunch Break	
02:00 PM - 02:30 PM	An Introduction to Sleep Scoring	Dr. Tripat Deep Singh
02:30 PM - 03:00 PM	Respiratory event scoring & Manual PAP titration	Dr. Ayush Gupta
03:00 PM - 05:00 PM	Sleep lab demonstration & PSG Hooking-Up	Dr. Tripat Deep Singh Dr. Nipun Malhotra
	PAP Devices - When to choose which device?	Dr. Shubham Agarwal Dr. Mansi Gupta
	PAP Interfaces - When to choose which device?	Dr. Pranav Ish Dr. Manas Mengar
	PAP downloads & troubleshooting: How to improve PAP adherence	Dr. Vidushi Rathi Dr. Irfan Shekh

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	Speaker
08:30 – 09:00 am	Registration	
09:00 – 11:00 am	Basics of Sleep and Sleep Disorders, Understanding Polysomnography and Lead Placement	Dr Tejas Suri
11:00 – 11:30 am	Tea Break	
11:30 – 01:30 am	Prevention, Interception & Management of Sleep Disordered Breathing in Children	Dr Reena Kumar Dr Roshan
01:30 – 02:30 pm	Lunch Break	
02:30 – 04:00 pm	Maxillofacial Surgical Procedures in Sleep Disordered Breathing	Dr Sudarshan Bhatt Dr V Gopalkrishnan
04:00 – 04:15 pm	Tea Break	
04:15 – 06:00 pm	Management of Sleep Disordered Breathing in Adults with Oral Appliances	Dr Abhijit Kadu Dr Akshay Kannan
6:00 – 6:30 pm	Valedictory & Certificate Distribution	

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27th June 2026
Ashoka Hotel, Chanakyapuri, New Delhi

SCIENTIFIC PROGRAMME

Attractive prize for Abstract and PG quiz

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

Time	Topic	Speaker
08:00 AM - 09:00 AM	REGISTRATION	
09:00 AM - 10:00 AM	SYMPOSIUM ON PERSONALIZED MEDICINE IN OSA Chairperson: Dr. Neeraj Gupta, Dr. Shiba Kalyan Biswal, Dr. Sobha Subramaniam	
09:00 AM - 09:20 AM	Bringing the Patient Voice into OSA Care: Role of Patient-Reported Outcomes	Dr. Arup Halder
09:20 AM - 09:40 AM	Obstructive Sleep Apnea & Obesity - Can we Kill Two Birds with One Stone?	Dr. Uma Maheshwari
09:40 AM - 10:00 AM	OSA Endotypes: From Mechanistic Insights to Clinical Application	Dr. Kavitha V
10:00 AM – 10:20 AM	The Role of Nasal Surgery in OSA: Evidence, Indications, and Clinical Outcomes	Dr Hitesh Verma
10:20 AM – 10:30 AM	Audience Question	
10:30 AM - 10:50 AM	Tea Break	
10:50 AM – 12:00 PM	SYMPOSIUM ON SLEEP HEALTH Chairperson: Dr Rakesh N Desai, Dr Deependra Kr Rai	
10:50 AM – 11:10 AM	Sleepiness as a Clinical Biomarker: Reappraising Its Significance and Utility	Dr. Rohit Kumar
11:10 AM - 11:30 AM	Sleep in a Changing Environment: Climate Change, Air Pollution, and Public Health Implications	Dr. GC Khilnani
11:30 AM - 11:50 AM	Sleep Health as a Multidimensional Construct: Relevance to Cardiometabolic Disease	Dr. Tejas Suri
11:50 AM –12:00 PM	Audience Question	
12:00 PM - 01:20 PM	SYMPOSIUM ON INSOMNIA Chairperson: Dr. PC Kaushik, Dr. S Ramanathan Iyer, Dr Sanchit Mohan	
12:00 PM- 12:20 PM	Etiopathogenesis of Insomnia: Current Concepts and Emerging Insights	Dr. JC Suri
12:20 PM - 12:40 PM	CBT-I in Clinical Practice: Efficacy, Scalability, and Challenges in the Indian Context	Dr. Nalini Nagalla
12:40 PM – 01.00 PM	Insomnia Medications: Friend, Foe, or Necessary Partner?	Dr Sapna Erat Sreedharan
01.00 PM – 01:20 PM	Audience Questions	
01:20 PM - 02:20 PM	Lunch Break	

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27th June 2026
Ashoka Hotel, Chanakyapuri, New Delhi

SCIENTIFIC PROGRAMME

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

Time	Topic	Speaker
02:20 PM - 03:20 PM	SYMPOSIUM ON MULTIDISCIPLINARY CARE OF SLEEP-DISORDERED BREATHING Chairperson: Dr. Jas Simran Singh Bhatia, Dr. Reena Kumar	
02:00 PM – 02:40 PM	Multilevel Surgical Approaches in the Era of Personalized OSA Care	Dr. Vijaya Krishnan
02:40 PM - 03:00 PM	Role of Oral Appliances in Adult OSA	Surg Cdr. Akshay Kannan
03:00 PM - 03:20 PM	Where Does DISE Fit in Modern Sleep Medicine Practice?	Dr Sandeep Bansal
03:20 PM - 03:30 PM	Audience question	
03:30 PM – 05:00 PM	SYMPOSIUM ON ADVANCES IN SLEEP TECHNOLOGY Chairperson: Dr. Rajnish Gupta, Dr. Abhishek Chauhan, Dr. Manu Madan, Dr. Dilbag Singh Randhawa	
03:30 PM - 03:50 PM	Enhancing HSAT with PAT Technology: Evidence, Validation, and Clinical Utility	Dr. Saurabh Mittal
03:50 PM - 04:10 PM	Beyond the Hype: Do Consumer Sleep Trackers Deliver Clinically Meaningful Data?	Dr. Vikram Sarbhai
04:10 PM - 04:30 PM	The Future of Sleep Medicine: AI-Enabled, Patient-Centric, and Digitally Connected Care	Dr. N. Ramakrishnan
04:30 PM - 04:50 PM	Pediatric Sleep Monitoring with Wearables: Accuracy, Limitations, and Future Directions	Dr. Bharath Reddy
04:50 PM – 05:00 PM	Audience question	
05:00 PM – 06:00 PM	E-POSTER ORAL PRESENTATION ISDA GENERAL BODY MEETING DINNER SYMPOSIUM	
06:00 PM - 07:30 PM	Chairperson: Dr. Dipak Bhattacharya, Dr. Vikram Sarbhai, Dr UC Ojha, Dr Anant Mohan, Dr. Shibdas Chakrabarti,	
06:00 PM - 06:30 PM	ISDA Oration - OSA Care Beyond CPAP: Options for the Future	Dr M K Sen
06:30 PM - 07:00 PM	Pro-Con Debate: Polysomnography should be performed before initiating NIV for COPD with chronic respiratory failure	Dr. Abhishek Goyal (PRO) Dr Pawan Tiwari (CON)
07:00 PM - 07:30 PM	PG QUIZ FOLLOWED BY DINNER	

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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	Speaker
08:00 AM - 09:00 AM	ORAL PAPER SESSION	
09:00 AM - 10:30 AM	SYMPOSIUM ON SLEEP DISORDERED BREATHING WITH COMORBIDITIES Chairperson: Dr Rahul Sharma, Dr. Arunachalam, Dr. Kanishk Sinha, Dr. K Kovan	
09:00 AM - 09:20 AM	Comorbid Insomnia and Sleep Apnea (COMISA) - Tackling Intricacies	Dr Mir Elias
09:20 AM - 09:40 AM	Chronic Hypercapnic COPD: Evidence-Based Approaches from Inhaled Therapy to NIV	Dr. Kashmira Jhala
09:40 AM - 10:00 AM	Integrating Sleep Assessment in Severe Asthma Care: Relevance in the Age of Biologic Therapies	Dr. Uma Devaraj
10:00 AM - 10:20 AM	Newer Horizon in Sleep Medicine- Obstructive sleep apnea and Ophthalmic disorders	Dr. S Ramanathan Iyer
10.20 AM – 10.30 AM	Audience Questions	
10:30 AM - 10:50 AM	Tea Break	
10:50 AM - 11:50 AM	SYMPOSIUM ON SLEEP-DISORDERED BREATHING IN SPECIAL POPULATIONS Chairperson: Dr. Reena Kumar, Dr Mir Elias, Dr Sushant Meshram	
10:50 AM - 11:10 AM	Why OSA Is Different in Women: Practical Implications for Clinicians	Dr Mahismita Patro
11:10 AM - 11:30 AM	Revisiting Pediatric OSA: Toward Personalized Diagnostic and Treatment Strategies	Dr. Ankit Parakh
11:30 AM - 11:50 AM	Role of oral appliances in growing children	Dr Roshan Rayen
11:50 AM - 12:00 PM	Audience Questions	

28th June 2026
Ashoka Hotel, Chanakyapuri, New Delhi

SCIENTIFIC PROGRAMME

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

Time	Topic	Speaker
SYMPOSIUM ON SLEEP AND NEUROLOGICAL DISORDERS		
12:00 PM - 01:10 PM	Chairperson: Dr. Arpita Priyadarshini, Dr Amit Murar, Dr. Laxmi Khanna	
12:00 PM - 12:20 PM	Contemporary Management of Restless Legs Syndrome: Global Guidelines and Indian Perspectives	Dr. Ravi Gupta
12:20 PM - 12:40 PM	Improving Narcolepsy Care in India: Diagnostic Pathways, Therapeutic Strategies, and Unmet Needs	Dr. Manjari Tripathi
12:40 PM - 01:00 PM	Sleep and Alzheimer’s Disease: From Mechanisms to Prevention and Intervention	Dr. Ravi Yadav
01.00 PM – 01.10 PM	Panel Discussion/ Audience Questions	
01:00 PM - 02:00 PM	Lunch Break	
SYMPOSIUM ON LATEST ADVANCES IN SLEEP MEDICINE		
02:00 PM - 03.40 PM	Chairperson: Dr. Rajnish Kaushik, Dr. Siddharth Raj Yadav	
02:00 PM - 02:20 PM	Central Sleep Apnea: Pathophysiology-Driven Management and Recent Updates	Dr. Animesh Ray
02:20 PM - 02:40 PM	OSA in Hospitalized Patients: Evidence-Based Management and Unmet Needs	Dr. Nitesh Gupta
02:40 PM - 03:00 PM	Pharmacological Approaches to OSA: From Pathophysiology to Clinical Trials	Dr. Sharada
03:00 PM - 03:20 PM	Towards personalized OSA assessment: Moving beyond the apnea hypopnea index	Dr. Debasis Behera
03.20 PM – 03.40 PM	The 3 Cs of OSA care - communication, counselling and compliance	Dr Rajesh Bhardwaj
ANNOUNCEMENT OF ABSTRACT WINNER		
03.40 PM	DISTRIBUTION OF FSM-ISDA EXAM CERTIFICATES TO THE PASS CANDIDATES FOLLOWED BY VALEDICTORY PROGRAM	

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

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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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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: Abstract submission open for E-poster presentation till 24 JUNE

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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