



# INDIAN SLEEP DISORDERS ASSOCIATION



presents

**Annual Conference & workshop on Sleep Disorders**

## *SLEEPCON 2016*

**March 25<sup>th</sup> – 26<sup>th</sup> – 27<sup>th</sup> , 2016**

at

**India Habitat Centre**

New Delhi

### **Organizing committee:**

Prof J C Suri, Advisor

Dr M S Kanwar, Chairperson – Organizing Committee

Dr D Bhattacharya, Organizing Secretary

Dr Vikram Sarbhai, Co-Organizing Secretary & Co-ordinator workshops

Dr U C Ojha, Treasurer

Prof M K Sen, Chairperson Scientific Committee

### **Sub specialty coordinators:**

Dr. Garima Shukla

*(Neurology)*

Dr S K Wangnoo

*(Metabolic Disorders)*

Dr Anil Safaya

*(Otorhinolaryngology)*

Dr P Mehra

*(Dental Medicine)*

Dr S Chakrabarti

*(Pulmonary Medicine)*

### **Workshop Course Directors**

Dr J C Suri

*(Advances in diagnosis and management of SDB)*

Dr. Garima Shukla & Dr Ramadevi Gourineni

*(Parasomnias & Insomnia)*

Dr P Mehra & Brig B Jayan

*(Dental Sleep Medicine)*

## **Acknowledgement of Commercial Support**

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M/s Glenmark

**25<sup>th</sup> March 2016**

**WORKSHOP ON DENTAL SLEEP MEDICINE**

**Course Directors**



**Prof P Mehra**



**Brig B Jayan**

<b>Speaker</b>	<b>Topic of Discussion</b>	<b>Time</b>
	<ul style="list-style-type: none"><li>➤ Registration</li><li>➤ Introduction of participants and faculty</li><li>➤ Take Off test</li></ul>	<b>09.00-10.00</b>
<b>Module 1</b> <b>Chairperson: Prof Vinod Sachdeva, Dr Yogesh Virmani</b>		
<b>Dr Vikram Sarbhai</b>	<b>BASICS OF SLEEP MEDICINE FOR DENTAL PROFESSIONALS</b> <ul style="list-style-type: none"><li>• Basics of sleep</li><li>• Anatomy and physiology of upper airway</li><li>• Upper airway sleep disorders (snoring, obstructive sleep apnoea (OSA), Upper airway resistance syndrome, Sleep Bruxism)</li><li>• Polysomnography</li></ul>	<b>10.01- 11.00</b>
<b>TEA</b>		<b>11.01- 11.30</b>
<b>Module 2</b> <b>Chairperson: Prof Harpreet Grewal</b>		
<b>Dr B Jayan</b>	<b>OVERVIEW OF DENTAL SLEEP MEDICINE</b> <ul style="list-style-type: none"><li>• Introduction and overview of dental sleep medicine</li><li>• Clinical evaluation</li><li>• Sleep disordered breathing forms for dentists</li><li>• Craniofacial risk evaluation</li><li>• Cephalometry</li><li>• CT, MRI</li><li>• Acoustic pharyngometry</li></ul>	<b>11.31- 12.30</b>
<b>Module 3</b> <b>Chairperson: Prof Hemanshu Aeran</b>		
<b>Dr Abhijit Kadu</b>	<b>ORAL APPLIANCE THERAPY FOR SNORING AND OSA</b> <ul style="list-style-type: none"><li>• History, Indications, Contraindications, Advantages, Disadvantages, Classification</li><li>• Clinical Steps: Impression, Bite recording</li></ul>	<b>12.31- 13.30</b>

	<ul style="list-style-type: none"> <li>• Lab steps for fabrication of adjustable mandibular advancement device (MDSA) – Table Clinic, Videos</li> <li>• Post-delivery adjustments and titration</li> <li>• Efficacy evaluation</li> </ul>	
<b>LUNCH</b>		<b>13.31- 14.00</b>
<b>Module 4</b> <b>Chairperson: Prof Manoj Goel</b>		
Brig. (Dr.) S. K. Roy Chowdhury Prof. (Dr.) Pravesh Mehra	<b>OVERVIEW OF SURGICAL MANAGEMENT OF OSA</b> <ul style="list-style-type: none"> <li>• Maxillo-mandibular advancement, including sagittal split osteotomy, advancement genioplasty, Le Forte osteotomy</li> <li>• Distraction Osteogenesis</li> <li>• Surgical assisted Maxillary expansion</li> <li>• Palatopharyngoplasty, Uvuloplasty</li> <li>• Tonsillectomy, Adenoidectomy</li> <li>• Hyoid suspension</li> <li>• Glossectomy</li> </ul>	<b>14.01-15.00</b>
<b>Module 5</b> <b>Chairperson: Prof Rani Somani, Dr Yogesh Virmani</b>		
Dr Reena Ranjith Kumar	<b>PREVENTION OF SLEEP DISORDERED BREATHING IN CHILDREN: DENTISTS ROLE</b> <ul style="list-style-type: none"> <li>• Adenotonsillectomy</li> <li>• RME</li> <li>• Functional appliance therapy</li> </ul>	<b>15.01-15.45</b>
<b>TEA</b>		<b>15.46-16.00</b>
Dr Rajnish Gupta & Dr Saroj Meena Dr B Jayan & Dr Abhijith Kadu Brig. (Dr.) S. K. Roy Chowdhury & Prof. (Dr.) Pravesh Mehra	<b>PRACTICAL ASPECTS OF DENTAL SLEEP MEDICINE</b> <ul style="list-style-type: none"> <li>• Polysomnography, CPAP</li> <li>• Table Clinics on Adjustable Mandibular advancement appliance.</li> <li>• Table clinics on surgical approaches.</li> </ul>	<b>16.01-17.00</b>
Dr Reena Ranjith Kumar And Dr SKR Chowdhury	<b>SUMMING UP</b>	<b>17.31-18.30</b>
	Assessment test Valedictory ceremony	

**25<sup>th</sup> March 2016**

**WORKSHOP ON EVALUATION AND MANAGEMENT OF CHRONIC INSOMNIA & PARASOMNIAS**

**Course Directors**



**Dr Ramadevi Gourineni**



**Prof Garima Shukla**

**INSOMNIA: Chairpersons : Dr Suresh Kumar & Dr Bhavna Kaul**

Speaker	Topic	Time
Dr Ramadevi Gourineni	Evaluation of insomnia	09.00-09.30
Dr Dipak Bhattacharya	Epidemiology and pathophysiology of insomnia	09.30-10.00
Dr Ramadevi Gourineni	Differential Diagnosis - Not all insomnia are the same	10.00-11.00
<b>COFFEE</b>		
Dr Garima Shukla	'Why some children don't "sleep like a child"? ' - clinical and lab based evaluation of Pediatric insomnia	11.30-12.00
Dr Ramadevi Gourineni	Cognitive behavioral therapy of insomnia	12.00-12.30
Dr Manjari Tripathi	Pharmacotherapy of Insomnia	12.30-13.00
<b>LUNCH</b>		

**PARASOMNIA Chairpersons: Gagandeep Singh (Secretary), IAN and Prof Vinod Puri (Prof. Neurology – G P Pant Hosp)**

Speaker	Topic	Time
Dr Carlos Schenck	REM sleep behavior disorder – clinical diagnosis, questionnaires and the importance of knowledge on RBD for public health	14.00-14.30
Dr Garima Shukla	REM sleep behavior disorder – essentials of Video-polysomnographic diagnosis	14.30-15.00
Dr Ravi Yadav	REM sleep behavior disorder in the Parkinsonian spectrum (PD, MSA, DLBD, SCAs)	15.00-15.30
Dr Suresh Kumar	Understanding the phenomenology and clinical importance of confusional arousals, sleep terrors and somnambulism	15.30-16.00
<b>COFFEE</b>		
Dr Chaturbhuj Rathore	Differentiating NREM Parasomnias from seizures and seizure mimics	16.30-17.00
Dr Carlos Schenck	Some less common parasomnias and medico-legal aspects of the parasomnias	17.00-17.30
Dr Paresh Zanzmera, Dr Elavarasi, Dr Carlos Schenck, Dr Anupama Gupta	Video marathon – identifying the parasomnia and diagnosis defense (multiple participants)	17.30-18.00

**25<sup>th</sup> March 2016**

WORKSHOP ON RECENT ADVANCES IN THE DIAGNOSIS & MANAGEMENT OF SLEEP DISORDERED BREATHING (SDB)

**Course Director**



**Prof J C Suri**

<b>Speaker</b>	<b>Topic of Discussion</b>	<b>Time</b>
Dr J C Suri	Diagnosis of SDB - Technical issues & scoring of respiratory events- What is new?	09.00-09.30
Dr N Ramakrishnan	The current role of portable sleep studies (out of centre sleep testing) in the diagnosis of OSA	09.30-10.00
Dr Robert Thomas	New perspectives in the pathogenesis of OSA including various phenotypes	10.00-10.30
Dr. Dipti Gothi	History, physical examination and identification of pattern of obstruction	10.30-11.00
<b>COFFEE</b>		
Dr Rakesh Chawla	Actigraphy—Clinical & Research Applications	11.20-11.50
Dr D Srivastava	General overview of management of OSA - decision to treat & non CPAP therapy	11.50-12.20
Dr J C Suri	Nuts & bolts of CPAP including CPAP titration & tracking	12.20-12.50
<b>LUNCH</b>		
Dr M K Sen	CPAP adherence	14.00-14.30
Dr Robert Thomas	Management of Central Sleep Disorders	14.30-15.00
<b>COFFEE</b>		
15.20-17.20 Workshop ( Hands on training)		
Dr Robert Thomas	PAP devices	Group I
Dr J C Suri/ Dr M K Sen	Interphases	Group II
Dr Dipti Gothi	Portable devices	Group III
Dr D Srivastava	Setting up of CPAP & other devices , Monitoring, troubleshooting, leaks, humidification, complications & compliance	Group IV

## SCIENTIFIC PROGRAM

26.03.2016

<b>08.00-09.00 Registration</b>		
	Session I Chairpersons: Brig. D Bhattacharya, Dr U C Ojha, Dr Anant Gupta	
09.00-09.20	Neurobiology of Sleep and Wakefulness	Prof. H N Mallick
09.20-09.40	Wearable Devices/consumer sleep devices for diagnosis of sleep disorders	Dr R Thomas
09.40-10.00	Telemedicine based approach for OSA	Dr N Ramakrishnan
	Session II Chairpersons: Prof Raj Kumar, Dr Karan Madan, Dr Rakesh Chawla	
10.00-10.20	New Technology for screening of SDB	Prof M K Sen
10.20-10.40	Apnoea- hypopnea Index and other markers of SDB	Dr V Nangia
10.40-11.00	When to treat elderly OSA patients	Prof R Guleria
<b>11.00-11.20 TEA</b>		
	Session III Chairpersons: Prof S K Chhabra, Dr Rajnish Gupta, Dr Vijay Hadda	
11.20-11.40	Snoring & its outcome on treatment	Dr M Goel
11.40-12.00	Is CPAP still the Gold standard for the treatment of OSA	Prof J C Suri
12.00-12.20	Lessons from landmark Sleep medicine clinical trials	Dr D Shrivastava
12.20-13.00 Session IV <b>ISDA ORATION</b> Chairpersons: President ISDA (Dr M S Kanwar), Hon Secretary ISDA (Dr D Bhattacharya) BIMODALITY- a new theory of NREM sleep regulation <span style="float: right;">Dr R Thomas</span>		
<b>13.00-14.00 LUNCH</b>		
Session V Chairpersons: Prof Kameshwar Prasad , General C S Narayanan, Prof Vinay Goyal		
Hypersomnias		
14.00-14.20	Differentiating excessive daytime somnolence of various causes – clinico-PSG approach	Dr Awadh Kishore Pandit
14.20-14.40	Hypersomnolence as the presenting manifestation of neurological conditions: case based approach	Dr Soham Desai
14.40-15.00	Parasomnias associated with Narcolepsy	Dr Carlos Schenck
Session VI Chairpersons: Dr N K Gupta (SJH), Dr Sandeep Nayar, Dr Gopal Raval		
15.00--15.20	Nocturia- clinical implications	Dr S Ramanatan Iyer
15.20-15.40	"What I found while validating the last 800 cases of PSG- -interesting messages	Dr M S Kanwar
15.40-16.00	Insomnia and sleep disordered breathing	Dr Lavanya Gali
<b>16.00-16.20 TEA</b>		
Session VII Chairpersons: Prof Madhuri Behari , Prof Rohit Bhatia, Dr.Mamta Bhushan Singh		
How Sleep wake rhythms go haphazard – the Circadian Rhythm Sleep Disorders		
16.20-16.40	CRSD – Delayed sleep phase type – acquired or genetic or both? - how we recognize and treat	Dr Robert Thomas
16.40-17.00	Disorders of circadian sleep rhythms in central nervous system disorders – mechanisms and manifestations	Dr Garima Shukla & Dr Bhawna Kaul

17.00-17.20	Dealing with the shifts – the challenge of Shift work sleep disorder in today's 24 hour world	Dr. Ramadevi Gourineni
17.20-18.10	<b>EXECUTIVE COMMITTEE MEETING</b>	
<b>PRO-CON SESSION</b>		
Session VIII Chairpersons: Prof Anand Mohan, Brig Ashok Rajput, Prof Ashok Shah , Dr S Chakrabarti		
19.00-19.30	Manual vs. computational sleep scoring	Dr Dipti Gothi(Con) Dr.V.Sarbhaj Pro)
19.30-20.00	Are oral appliances better than CPAP in treatment of mild to moderate obstructive sleep apnoea	Brig B Jayan(Pro) Prof G C Khilnani(Con)
20.00-20.30	Non invasive ventilation for hypercapnic COPD	Dr Robert Thomas (Pro) Dr D Shrivastava (Con)
21.30	<b>DINNER</b>	

27.03.2016

08.00-09.00	<b>Free paper session</b>	
Session IX Chairpersons: Dr Rahul Sharma, Dr U C Ojha, Brig D Bhattacharya		
09.00-09.20	Metabolic Women's Sleep: From the Cradle to the Hot Flash	Dr S K Wangnoo
09.20-09.40	Sleep and Adverse Pregnancy Outcomes	Dr Jyotsna Suri
09.40-10.00	SDB and stroke	Prof Manjari Tripathi
Session X Chairpersons: Dr. Avdhesh Bansal, Dr Arjun Khanna, Dr Saroj Meena		
10.00-10.20	OSA & Cardiovascular disease – An Update	Dr D J Roy
10.20-10.40	OHS what is new?	Dr D Talwar
10.40-11.00	Pulmonary disorders and co-morbid sleep disordered breathing	Dr R M P L Ramanathan
11.00-11.20	<b>TEA</b>	
Session XI Chairpersons: Prof. Debashish Chowdhury, Dr. Sumit Singh, Prof MV Padma Srivastava		
Restless legs syndrome / Willis Ekbom disease and other Sleep related movement disorders		
11.20-11.35	RLS/WED – successes and challenges with pharmacological treatment	Dr Ravi Yadav
11.35-11.55	The strong association of RLS with Sleep related eating disorder	Dr Carlos Schenck
11.55-12.10	RLS in patients with Parkinsonian disorders – diagnosis and treatment challenges	Dr Suresh Kumar
12.10-12.25	RLS / WED – importance in cardio-cerebro-vascular disorders	Dr Anupama Gupta
Session XII Chairpersons: Dr P K Mangla, Dr Harish Kumar, Dr Animesh Arya		
12.25-12.45	Update on Sleep Medicine- Year in Review 2015	Dr Suresh Kumar
12.45-13.05	Outcome measures in OSA	Dr R Vijai Kumar
13.05-13.25	The future of sleep medicine	Dr D Shrivastava



<b>13.25-14.20</b>			<b>LUNCH</b>		
Session XIII		Chairpersons: <b>Dr N K Gupta (SjH), Dr P S Mann , Dr Chandramani Panjabi</b>			
<b>14.20-14.40</b>	<b>Perioperative complications of sleep apnoea patients: current practice, latest evidences and road ahead</b>	<b>Prof A G Ghoshal</b>			
<b>14.40-15.00</b>	<b>Novel options of treating Snoring and OSA</b>	<b>Dr D Bhattacharya</b>			
<b>15.00-15.20</b>	<b>Obesity &amp; OSA including role of bariatric surgery</b>	<b>Dr Rajnish Gupta</b>			
Session XIV		Chairpersons : <b>Prof Reena Ranjit Kumar, Maj Rajesh Bhardwaj,</b>			
<b>15.20-15.40</b>	<b>Oral appliances and their clinical application</b>	<b>Brig B Jayan</b>			
<b>15.40-16.00</b>	<b>Maxillofacial surgery for OSA in adults and children</b>	<b>Prof. P Mehra</b>			
<b>16.00-16.20</b>	<b>Role of computational modelling and virtual surgery in selection of appropriate surgical procedures for SDB</b>	<b>Dr Anil Safaya</b>			
<b>16.20-17.00</b>			<b>VALEDICTORY SESSION</b>		
			<b>Followed by</b>		<b>TEA</b>