



Hosted by  
Indian Society for Sleep Research

# 11<sup>TH</sup> ASIAN SLEEP RESEARCH SOCIETY CONGRESS

## 8<sup>TH</sup> ASIAN FORUM ON CHRONOBIOLOGY 2025

February 8 - 9, 2025 | Hotel Andaz, Aerocity, New Delhi, India

Pre-Conference Workshops: February 7, 2025, AIIMS, New Delhi

Pre-conference  
workshop on

### Sleep and Circadian Clock

Friday, 7<sup>th</sup> February 2025  
2:00 PM - 5:00 PM

In mammals, the sleep-wake cycle is regulated by the circadian clock located in the suprachiasmatic nucleus (SCN) and an independent oscillator(s) that internally desynchronizes from the circadian clock.

At the end of this workshop, the participant will be able to:

- Understand the functional relation between the circadian clock and the sleep-wake cycle.
- Realize the circadian misalignment caused by Jet lag, shift works and some type of sleep disorders.
- Learn the use of various techniques in such studies.
- Know how to measure the circadian rhythms in humans.

#### Organizer



Ken-ichi Honma, M.D., Ph.D.  
*Japan*

#### Speakers



Yujiro Yamanaka, Ph.D.  
*Japan*



Jinhu Guo, Ph.D.  
*China*



Anita Jagota, Ph.D.  
*India*



Tomoko Wakamura, Ph.D.  
*Japan*

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### Technological Advances in Sleep Medicine

Friday, 7<sup>th</sup> February 2025  
2:00 PM - 5:00 PM

**Target Audience:** Clinicians, scientists, researchers, and allied health professionals with an interest in emerging sleep innovations and their application in enhancing patient care and sleep research.

**Learning Objectives:**

1. Obtain an overview of newer consumer technologies in assessment of sleep health.
2. Learn clinical implementation of technical advancements in OSA care path.
3. Highlight non-PAP therapeutic approaches for OSA management.
4. Leverage telemedicine in reshaping sleep medicine practice.

The technological advances in Sleep Medicine are exploding and reshaping sleep care. Remote data monitoring and therapeutic advances in Dentistry and ENT such as Neuromodulation are transforming the landscape of OSA management and treatment. Integrating telemedicine can be pivotal in enhancing accessibility to sleep medicine.

**Topics:**

- Overview of data representation in multimodal nearables and wearables.
- AI Enabled Solutions in Advancing OSA Care Path.
- Advances in Dental sleep medicine.
- Neuro-modulation in OSA.
- Telemedicine enabled innovations in Sleep Medicine.

#### Course Directors



Dr Manvir Bhatia  
India



Dr Preeti Devnani  
USA



Dr Shailendra Singh Rana  
India



Dr Tapan Gandhi  
India

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# Yoga Nidra Practice

Friday, 7<sup>th</sup> February 2025  
2:00 PM - 5:00 PM

**Background:** Yoga nidra practice is established as a therapeutic model and is known to improve sleep, cognition and reduce stress. This workshop will be a half day workshop.

### Objectives:

At the end of the workshop, the participant will be able to-

1. Differentiate between yoga nidra and its practice.
2. Explain the therapeutic model of yoga nidra practice.
3. Enumerate the effects of yoga nidra practice on sleep and cognition in novices including insomnia patients and otherwise healthy volunteers.
4. Undergo a yoga nidra practice session.

### Faculty



Dr Karuna Datta



Dr HN Mallick



Dr Manjari Tripathi

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