

Student Sleep Health Week | Telemarathon Agenda

Country/Region	ET Time	UTC Time	Program	Speaker	Session Title/Topic
	9:00 AM	13:00 UTC	Opening	Pei-Lin Lee, MD, PhD, FAASM	
Australia	9:05 AM-9:20 AM	13:05-13:20 UTC	Segment Chair and International Ambassador	Ajay Kevat, MBBS (Hons), MPH, Mmed	
	9:05 AM-9:20 AM	13:05-13:20 UTC		Jasneek Chawla, MD	Transition of OSA Care from Childhood to Adulthood
	9:20 AM-9:45 AM	13:20-13:45 UTC	Segment Chair and International Ambassador	Pei-Lin Lee, MD, PhD, FAASM	
Japan	9:20 AM-9:33 AM	13:20-13:33 UTC		Isa Okajima, PhD	Email-Delivered Cognitive Behavioral Therapy for Insomnia (CBT-I) for Japanese university students
Taiwan	9:33 AM-9:45 AM	13:33-13:45 UTC		YW Jan, PhD	Long Study Hours and the Sleep Crisis Among Adolescents
	9:45 AM-10:10 AM	13:45-14:10 UTC	Segment Chair and International Ambassador	Yuenan Ni, PhD	
China	9:45 AM-9:58 AM	13:45-13:58 UTC		Prof. Xiandong Tang	Hallmark sleep research in China in recent years
	9:58 AM-10:10 AM	13:58-14:10 UTC		Prof. Chenyu Li	Acupuncture and insomnia
	10:10 AM-10:35 AM	14:10-14:35 UTC	Segment Chair and International Ambassador	Athiwat Tripipitsiriwat, MD/RPSGT	
Vietnam	10:10 AM-10:23 AM	14:10-14:23 UTC		Sy Duong-Quy, MD, PhD, FCCP	Sleep Disorders in Medical College Students
Singapore	10:23 AM-10:35 AM	14:23-14:35 UTC		Michael WL CHEE, MBBS, FRCP	Advice on better sleep for young students
	10:35 AM-10:50 AM	14:35-14:50 UTC	Segment Chair and International Ambassador	Nasreen Akhtar, MD, PhD	
India	10:35 AM-10:50 AM	14:35-14:50 UTC		V. Mohan Kumar, MBBS, MS, DNB	Are Indian Commercial Pilots Sleep-Deprived?
	10:50 AM-11:00 AM	14:50-15:00 UTC	Live Q&A Discussion		
	11:00 AM-12:20 PM	15:00-16:20 UTC	Segment Chair and International Ambassador	Sameh E. Farag, MBChB - MD	
United Arab Emeritus	11:00 AM-12:20 PM	15:00-16:20 UTC		Sofia Konstantinopoulou, MD	Sleep Trends in Gen Z
Kuwait	11:20 AM-11:32 AM	15:20-15:32 UTC		Saadoun Bin-Hasan, MB BCh BAO, FRCPC, FAASM	School Start Time: When the School Bell Rings Too Early
Turkey	11:32 AM-11:44 AM	15:32-15:44 UTC		Perran Boran, MD, PhD	Adolescent Insomnia: From Circadian Science to Practical Action
Qatar	11:44 AM-11:56 AM	15:44-15:56 UTC		Amal Rashad Al-Naimi, MBBS	Diagnostic Role of PSG in Children and Teens with Neuromuscular Disease
Iran	11:56 AM-12:08 PM	15:56-16:08 UTC		Leila Emami, MD, RPSGT	Sleep Medicine in Young Adults in Iran

Saudi Arabia	12:08 PM-12:20 PM	16:08-16:20 UTC		TBD	Impact of Ambient Heat Exposure on Sleep in Young Adults
	12:20 AM-1:15 PM	04:20-17:15 UTC	Segment Chair and International Ambassador	Morenikeji Komolafe, MBBS, MD, FWACP	
Egypt	12:20 AM-12:36 AM	04:20-04:36 UTC		Jaidaa Farouk Abbas Mekky, MD, PhD	Sleepless on the Nile: Egypt’s Unique Sleep Challenges, Historical Heritage & Scientific Solutions
South Africa	12:36 PM-12:49 PM	16:36-16:49 UTC		Dr. Alison Bentley	Identifying and Managing Delayed Sleep Phase Syndrome in Students
Morocco	12:49 PM-1:02 PM	16:49-17:02 UTC		Dr. Leila Maliki	Sleep Apnea Syndrome: Current State and Future Prospects
Tunisia	1:02 PM-1:15 PM	17:02-17:15 UTC		TBD	CPAP follow-up treatment in young adults
	1:15 PM-1:30 PM	17:15-17:30 UTC	Live Q&A Discussion		
	1:30 PM-2:25 PM	17:30-18:25 UTC	Segment Chair and International Ambassador	Sanjay Adlakha, MD, FRCP	
Italy	1:30 PM-1:43 PM	17:30-17:43 UTC		Maria Paola Mogavero, MD, PhD	Focus on RLS and PLMS in Young Adults
Spain	1:43 PM-1:56 PM	17:43-17:56 UTC		Manuel Sánchez-de-la-Torre, PhD, FERS, ATSF	OSA and Cardiovascular Risk
Germany	1:56 PM-2:09 PM	17:56-18:09 UTC		Winfried Randerath, MD, FAASM	Pharmacological Management of Sleep-Disordered Breathing
Belgium	2:09 PM-2:22 PM	18:09-18:22 UTC		Prof. Dr. Johan Verbraecken	Non-CPAP treatments for OSA
	2:25 PM-3:20 PM	18:25-19:20 UTC	Segment Chair and International Ambassador	Aliscia Vieira, MD	
Argentina	2:25 PM-3:20 PM	18:25-19:20 UTC		Thomas Bornhardt, DDS, MSc	Sleep bruxism in young adults: diagnosis and treatment
Venezuela	2:30 PM-2:43 PM	18:30-18:43 UTC		Claudio César Cárdenas, MD, FAASM	Poor Sleep Quality in Students with Good Academic Performance in a Medical School in Venezuela
Colombia	2:43 PM-2:56 PM	18:43-18:56 UTC		Alain Riveros, MD, MSc, PhD	Is Napping a Learning Tool or a Sleep Trap?
Brazil	2:56 PM-3:09 PM	18:56-19:09 UTC		Monica Levy Andersen, PhD	The Power of Sleep: Supporting Learning, Mental Health, and Academic Success
	3:20 PM-3:45 PM	19:20-19:45 UTC	Segment Chair and International Ambassador	Maya Ramagopal, MD	
United States	3:20 PM-3:33 PM	19:20-19:33 UTC		Cathy Goldstein, MD	Emerging Technologies in the Diagnosis and Management of Obstructive Sleep Apnea
	3:33 PM-3:45 PM	19:33-19:45 UTC		Jay Pea	Ditch DST, Save Standard Time
	3:45 PM-3:59 PM	19:45-19:59 UTC	Live Q&A Discussion		
	3:59 PM-4:00 PM	19:59-20:00 UTC	Closing		

**Times and Speakers Subject to Change*