Issue 12
November 2026

Keeping Time

The World Sleep Society Community Update



Did You Know?

Emmanuel Mignot (United States) and Masashi Yanagisawa (Japan) received the prestigious **Albert Lasker Basic Medical Research Award** for discovering orexin and its role in sleep and narcolepsy.

LEARN MORE

Apply for Affiliate Meeting Space!

World Sleep 2027 Affiliate Meeting Space applications are now being accepted. Applications will be reviewed and space assigned monthly beginning December 1, 2026. Meeting space is limited and allocated on a first come first served basis. **Affiliate Societies are encouraged to submit their requests before December 1, 2026.**

SUBMIT APPLICATION

Welcome Our Newest Affiliate Society Member

African Sleep Medicine Network

The World Sleep Society welcomes the African Sleep Medicine Network (ASMN) as the newest member of our global Affiliate Society network. The ASMN held their inaugural annual scientific conference, Waking up to Sleep Health in Africa, over October 8 – 9, 2026.

ASMN brings together all sleep medicine professionals in Africa. Their network includes professionals from diverse fields (e.g., neurology, pulmonology, psychiatry, dentistry, endocrinology) and countries (e.g., Nigeria, Ghana, Kenya, and South Africa). ASMN serves as a platform for regional collaboration and advancement of sleep medicine across the continent.



African Sleep Medicine Network Conference in Abuja, Nigeria, October 2026.

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Society NEWS

New Requirements for Affiliate Society Membership

After careful evaluation and ratification by the Governing Council, the WSS Membership Committee has made the following changes to Affiliate Society membership:

1. The organization must be active for at least three years (previously one year)
2. An organization must have held at least two professional meetings (new)
3. The majority (50%) of content at each meeting is sleep-related (new)
4. The primary and stated purpose of the organization is sleep medicine, sleep health, or sleep science. (Previously, the requirement was that organization membership consists of professionals working in the fields of sleep medicine, sleep health or sleep science)
5. The organization must be either (I) A national society registered (incorporated) with the national government and governed by bylaws or a constitution OR (II) A regional or local society with a governing board and a minimum of 50 members (no change)
6. The organization must have an endorsement from a current World Sleep Society Affiliate Society. (no change)

These changes will ensure World Sleep Society Affiliate Members are committed to and focused on the work of sleep.

Affiliate Society Benefits at World Sleep 2027 in Montreal

Annual benefits as well as congress benefits and how to access them will be communicated in the Affiliate Society renewal form, which will be sent in January.

Make sure to reply to the renewal form to take advantage of congress benefits which include:

- Complimentary meeting space (subject to availability). Apply now for affiliate society meeting space. World Sleep Society has a limited number of meeting spaces available.

  The review of applications begins December 1, 2026. Space will be assigned on a first come first basis.

  SUBMIT APPLICATION

- Display table space.
- A printed sign at the World Sleep Congress.
- One complimentary World Sleep Congress registration.

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GLOBAL COLLABORATIONS

Lighting the Future of Sleep Health

The Growing Strength of the Sleep Medicine and Research Community in Asia

A Successful ASSM Interim Conference

By YK Wing and Joey Chan

- Held in Hong Kong
- September 10 – 13, 2026
- 600 delegates from 20 countries
- Cutting-edge research
- Clinical innovations





Attendees of the Interim Meeting of ASSM in Hong Kong over September 10 – 13, 2026.

The **Interim Meeting of the Asian Society of Sleep Medicine (ASSM) 2026** was hosted jointly by the Department of Psychiatry, The Chinese University of Hong Kong (CUHK) and The Hong Kong Society of Sleep Medicine (HKSSM). Hong Kong serves as an international gateway with excellent connectivity, making it an attractive and convenient venue for delegates across different Asian countries. In addition, we developed an attractive scientific programme featuring renowned speakers, emerging research programmes, and practical clinical updates, which generated strong interest throughout the region and beyond.

The conference offered a vibrant platform for the exchange of cutting-edge research, clinical innovations, and multi-disciplinary collaboration. **The high level of engagement and exchange during scientific sessions, panel discussions, and networking activities reflected the growing strength of the sleep medicine and research community in Asia.**

Organizing an international conference always presents a lot of logistical and operational challenges. This was more acute as we had to organize and publicize the meeting within a very short time frame. Our team dedicated significant effort to ensure that the conference ran smoothly and provided an exceptional personal experience for all participants. From programme development and speaker co-ordination to registration management and on-site operations, we planned and executed carefully with consideration of contingency plans. **We were committed to creating a meeting that balanced scientific excellence with meaningful opportunities for networking and collaboration**.

The most gratifying outcome was witnessing the sleep medicine community coming together to share knowledge, build relationships, and collectively advance the field. The meeting provided an important platform for research exchange, innovation, and improvements in clinical practice. **We were particularly encouraged by the strong multinational participation, and the enthusiastic engagement of attendees during the conference.** Most importantly, we believe the connections and knowledge generated during the meeting will continue to benefit patients, researchers, and healthcare professionals long after the conference has concluded.

ASSEMBLY OF AFFILIATE SOCIETIES



September 21, 2026 Highlights

The Assembly of Affiliate Societies convened on September 21, 2026, featuring presentations on professional education, sleep center development, and strategies to attract and retain early career researchers.

Timo Leppanen of the Finnish Sleep Research Society (FSRS) presented the society's Spring Training Days, a two-day annual meeting for sleep professionals including researchers, clinicians, nurses, and technologists. The FSRS board selects topics based on emerging issue in sleep and identified workforce training needs. Early career researcher grant recipients are invited to present their work. Spring training days have increased awareness of domestic research, strengthened networks among early career scientists, and provided free, high-quality training for doctors and nurses. The consistency of the training days has led to positive interactions among all those in the field of sleep medicine in Finland, creating a "Finnish Sleep Family." The presentation prompted discussion about how to balance clinical and research content when planning professional meetings.

Yasunori Oka shared his experience establishing sleep centers in Japan, where facilities serve as both clinical and research hubs. Board-certified nurses conduct polysomnography (PSG) and multiple sleep latency tests (MSLT), and centers assess continuous positive airway pressure (CPAP) management. In Japan, insurance coverage for CPAP requires assessment every three months, which keeps sleep centers busy. Japan Society of Sleep Research (JSSR) accredits each facility to ensure standards are met. Sleep centers support research outside a university setting making PSG/MSLT and CPAP data available for scientific and commercial research. Dr. Oka has partnered with commercial industry to develop a sleep apnea pillow and a baby mattress. The presentation led to a broader discussion about regional differences in insurance coverage for CPAP and other sleep treatments.

Discussion about attracting and retaining early career researchers generated several suggestions from Assembly participants:

- **Early career research forums:** Sessions at conferences specifically for early career researchers.
- **Stewardship projects:** Offer modest grants for supervised, approved projects that recipients can present at conferences, supporting collaboration, networking, and professional development.
- **Early career networks:** Establish virtual or in-person networks where researchers can ask questions, share experiences, and discuss challenges.
- **Early career retreats:** Organize one day meetings specifically for young professionals.
- **Early career researcher sub-committees:** Establish sub-committees within larger society committees to coordinate short courses, webinars, mentorship opportunities, and publications.
- **Research grants and awards:** Expand grant opportunities and recognition programs for early career researchers and new investigators.

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Upcoming Society Meetings Endorsed by World Sleep Society

Want to promote your meeting to the World Sleep community? Contact us at info@worldsleepsociety.org. Societies and organizations that are not already members of World Sleep Society should first submit the endorsed meeting application.

November **2026**

Advancing Clinical Practice: Integrating Circadian Medicine into Patient Care and Treatment: 2nd Annual Meeting of the International Association of Circadian Health Clinics
Tokyo, Japan | November 2-3, 2026

34th Annual Meeting of the German Society for Sleep Research and Sleep Medicine
Wiesbaden, Germany | November 5-7, 2026

Sleep DownUnder 2026
Brisbane, Australia | November 11-14, 2026

The Sleep Congress
Lyon, France | November 25-27, 2026

Congress of the Italian Academy of Sleep Medicine
Verona, Italy | November 27-29, 2026

December **2026**

Brazilian Sleep Congress
Sao Paulo, Brazil | December 3-5, 2026

8th Federation of South East Asia Sleep Medicine (FSSM) Congress
Bangkok, Thailand | December 13-15, 2026

February **2027**

Advances in Sleep and Circadian Sciences 2027
Austin, Texas, United States | February 19-22, 2027

April **2027**

2nd African Sleep Network Congress: Sleep Wellness & General Health
Alexandria, Egypt | April 15-16, 2027

10th Clinical Update Sleep: International Conference 2027
London, United Kingdom | April 30, 2027

December **2027**

5th ASSM 2027 Annual Meeting
Riyadh, Saudi Arabia | December 2-4, 2027

Help Promote Your Next Meeting With a WSS Endorsed Meeting Graphic!

Email us at info@worldlseepsociety.org and we will send you the graphics to use to help promote your meeting.

Society Showcase

Guatemalan Sleep Medicine Association (GSMA)

AT A GLANCE AND MISSION

Established: 2001
Membership: 60 active members
Learn more: ***amsgt.org***

The main objectives of the Guatemalan Sleep Medicine Association (GSMA) include promoting effective, accessible, and up-to-date sleep medicine practice; fostering scientific research, education, and outreach; contributing to the prevention of sleep disorders; participating in international initiatives; and generating epidemiological data to better understand the state of sleep medicine in Guatemala.

SPOTLIGHT ON STRENGTHS

Advancing Sleep Medicine in Guatemala

In addition to a commitment to scientific independence, multidisciplinary participation, and institutional continuity and sustainability, the Guatemalan Sleep Medicine Association (GSMA) is committed to strong ethics, strong institutional governance, transparency, and sound financial management. GSMA fosters a culture of continuous improvement and enjoy a strong professional reputation while being committed to strengthening and promoting sleep medicine in Guatemala and creating an impact that extends beyond membership to the wider community.

Generating large scale epidemiological data to better understand the burden of sleep disorders in Guatemala and the region has been a challenge. Furthermore, there is much work to be done to standardize protocols for sleep disorder diagnosis and management.

GSMA has been active in communicating the importance of sleep! Members of GSMA have received four Distinguished Activity Awards from World Sleep Day, published scientific articles in high-impact sleep medicine journals and books, and developed basic and advanced educational programs. **In collaboration with the Neurology and Psychiatry graduate programs at the University of San Carlos of Guatemala, a longitudinal training program is being developed for general practitioners and healthcare professionals from various specialties.** The in-person program covers fundamental topics in sleep physiology and sleep medicine, as well as the assessment and treatment of the most common sleep disorders.

Communication is key. Social media, radio, and television have helped bring information about healthy sleep and sleep medicine to different sectors of the population. GSMA promotes scientific outreach, with a particular emphasis on the prevention of sleep disorders and seek to generate epidemiological data that will help document and better define the state of sleep medicine in Guatemala.

Society Showcase

Integrated Sleep Medicine Society Japan (ISMSJ)

AT A GLANCE AND MISSION

Established: 2008
Membership: Approximately 270 members
Learn more: ***ismsj.org/english***

The mission of ISMSJ includes human resource development to nurture future leaders in sleep medicine practice with an emphasis on multidisciplinary approach, while sharing Japan's original research results with the world.

SPOTLIGHT ON STRENGTHS

Education and Collaboration

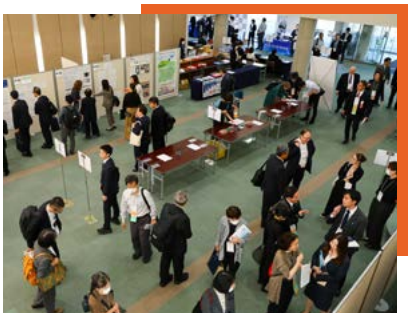
ISMSJ has held academic meetings consecutively for the past 16 years. Since our first meeting, ISMSJ has brought diverse professionals together into the field of sleep medicine. We regularly invite international leaders from overseas, creating opportunities for the next generation to exchange ideas directly with them.

As a small society, we can offer face-to-face discussions among speakers and participants. Thanks to invited international leaders in sleep medicine, the number of attendees at our annual meetings have grown from less than 100 to 230 participants in 2025.

We recommend similar sized societies organize meetings where participants can freely express their ideas and opinions.



It is important to create learning opportunities and build connections for newcomers to sleep medicine.



Opportunities for structured education on sleep medicine remain limited in Japan. Sleep medicine practice spans various clinical disciplines which make it difficult to build a sleep community based on mutual understanding. Through our meetings and educational activities, ISMSJ has provided a platform for communication and collaboration for sleep professionals.

Maintaining an avenue for cross-disciplinary approach by prioritizing face-to-face, limited-track programs at our annual meetings has been our most successful initiative.

It allows participants from diverse specialties to learn together.

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Society Showcase
Turkish Sleep Medicine Society

AT A GLANCE AND MISSION

Established: 1992
Membership: 300
Learn more: ***tutd.org.tr***

The Turkish Sleep Medicine Society (TUTD) advances sleep medicine in Türkiye through education, scientific research, professional development, quality standards, and public awareness. The society aims to improve physicians' and researchers' knowledge about sleep and sleep disorders, promote scientific studies, increase public awareness of sleep disorders, improve access to appropriate treatment, establish national standards for sleep medicine, and organize educational activities including congresses, courses, seminars and conferences.

SPOTLIGHT ON STRENGTHS

Accreditation of Sleep Centers

TUTD's accreditation program provides a structured framework for evaluating staffing, infrastructure, clinical procedures, sleep study quality, reporting practices, quality assurance, and patient safety. It also promotes greater consistency among sleep centers nationally and supports alignment with international standards (ESRS and AASM).

Accreditation developed as part of TUTD's broader effort to establish national standards for sleep medicine services and education. The society also provides certification programs for both physicians and sleep technologists and technicians. TUTD recognizes that high-quality sleep medicine requires not only appropriately trained physicians but also well-trained technical personnel. The program is now administered through the Turkish Sleep Medicine Competency Board and its Accreditation Commission.

The accreditation process includes review of an application, assessment of the center, and an on-site evaluation by designated experts, followed by a decision regarding the accreditation level. The principal benefits are related to quality assurance, standardization and professional development. For the society, accreditation also creates an opportunity to continuously update standards and support centers in identifying and correcting deficiencies. The accreditation process is therefore intended to be developmental as well as evaluative. Reaccreditation is required every five years.

One of TUTD's major strengths is that we approach sleep medicine as a complete healthcare discipline, combining patient care, education, professional competency, research and quality assurance. Its Competency Board and accreditation system establish standards for sleep centers and for the education and competency of sleep physicians and technical personnel. The system includes theoretical and practical education, competency examinations, and periodic assessments of accredited centers.

TUTD also publishes the *Journal of Turkish Sleep Medicine ((JTSM)* and demonstrates a strong commitment to continuing education. Its weekly "Question of the Week" invites members to ask and answer questions supporting ongoing learning and professional interaction. In addition TUTD has established working groups for various sleep disorders. These groups bring researchers and clinician together with each group aiming to conduct at least one national multicenter research project. This allows us to **generate data that are relevant to the Turkish population** while strengthening collaboration among sleep centers across the country.

Meet Our Affiliate Society Members



Welcome Our Newest Member! African Sleep Medicine Network

Global

- International Pediatric Sleep Association
- International RLS Study Group
- International Surgical Sleep Society
- World Dentofacial Sleep Society

Region of the Americas

- American Academy of Sleep Medicine
- Brazilian Sleep Academy
- Canadian Sleep Society
- Guatemalan Association of Sleep Medicine
- Latin American Sleep Association
- Peruvian Association of Sleep Medicine
- Quebec Sleep Research Network
- Sleep Research Society
- Society of Behavioral Sleep Medicine
- Venezuelan Academy of Sleep Medicine

South-East Asian Region

- Asian Society of Sleep Medicine
- Indian Association of Surgeons for Sleep Apnoea
- Indian Society for Sleep Research
- Indonesian Society of Sleep Medicine
- Sleep Society of Thailand
- South East Asian Academy of Sleep Medicine

Eastern Mediterranean Region

- Iranian Sleep Medicine Society
- Moroccan Society of Sleep and Vigilance
- Saudi Sleep Society
- Sleep Medicine Society of Kuwait

African Region

- African Sleep Medicine Network
- Egyptian Sleep Society
- Nigerian Sleep Society
- South African Society for Sleep and Health

Western Pacific Region

- Asian Sleep Research Society
- Australasian Sleep Association
- Australia and New Zealand Sleep Science Association
- Chinese Sleep Research Society
- Hong Kong Society of Sleep Medicine
- Integrated Sleep Medicine Society Japan
- Japanese Society of Sleep Research
- Philippine Society of Sleep Medicine
- Singapore Sleep Society
- Taiwan Society of Sleep Medicine
- Vietnam Society of Sleep Medicine

European Region

- Austrian Sleep Research Association
- British Sleep Society
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Bulgarian Society of Somnology
- Czech Sleep Research and Sleep Medicine Society
- European RLS Study Group
- European Sleep Foundation
- European Sleep Research Society
- Finnish Sleep Research Society
- French Society for Sleep Research and Sleep Medicine
- Georgian Sleep Research and Sleep Medicine Society
- German Sleep Society
- Hungarian Sleep Association
- Israel Sleep Research Society
- Italian Academy of Sleep Medicine
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Serbian Sleep Society
- Turkish Sleep Medicine Society

Revised November 2026

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Mission
Convening the World of Sleep Medicine Science, Practice, and Advocacy

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North America
Najib Ayas (Canada)

Central or South America
Edilson Zancanella (Brazil)

Affiliate Society Representatives

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Alexandre Abreu (United States)

Asian Society of Sleep Medicine
Ahmed BaHammam (Saudi Arabia)

Australasian Sleep Association
Roo Killick (Australia)

European Sleep Research Society
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Sleep Research Society
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Affiliate Society Membership Benefits

Affiliate Society membership comes with its benefits! Some are for your organization as a whole and others apply directly to your individual members.

Benefits for your organization

- Connections and networking opportunities with other sleep societies around the globe
- Complimentary meeting room space at the World Sleep Congress
- Complimentary space for exhibition at the World Sleep Congress to promote your society
- One complimentary World Sleep Congress registration
- One complimentary World Sleep Society individual membership for a society representative
- Co-promotion for your programming and meetings
- Use of the World Sleep Society logo (with pre-approval)
- Voting rights for the election of the Society House of Delegates, who are voting members of the Governing Council

Benefits for your members

- $10 discount on individual membership dues for World Sleep Society membership
- Online access to *Sleep Medicine*