

“Beyond CPAP: A Multidisciplinary Approach to Modern Sleep Medicine”

Event Agenda - Day 1

Foundations, Diagnostics & Neurobehavioral Dimensions of Sleep Medicine

Time	Agenda
8:45 AM – 9:00 AM	Welcome Address & Opening Remarks
9:00 AM – 10:00 AM	Beyond the AHI: Polysomnography Interpretation & Integrated Sleep Diagnostics <ul style="list-style-type: none">• Sleep architecture interpretation• Clinical correlation in sleep medicine• Interactive poll + clinical pearls
10:00 AM – 11:00 AM	Beyond OSA: Neurological Dimensions of Sleep Medicine <ul style="list-style-type: none">• Parasomnias & hypersomnolence• Neurocognitive impact of untreated OSA• Clinical scenario discussion
11:00 AM – 11:15 AM	Tea Break
11:15 AM – 12:15 PM	Dental Sleep Medicine in Integrated OSA Care <ul style="list-style-type: none">• Airway screening• Oral appliance therapy• Referral pathways
12:15 PM – 1:15 PM	Lunch Break
1:15 PM – 2:15 PM	Insomnia, Anxiety & the Hyperaroused Brain <ul style="list-style-type: none">• Sleep and mental health• Behavioral sleep medicine• CPAP non-compliance & psychological barriers
2:15 PM – 2:30 PM	Tea Break
2:30 PM – 4:00 PM	Panel Discussion: “Who Diagnoses the Sleep Patient?” Panelists from Pulmonology, Neurology, Dentistry & Psychiatry <ul style="list-style-type: none">• Live polling• Rapid-fire debate rounds

Integrated Sleep Medicine Online Symposium

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Event Agenda - Day 2

Systemic Impact, Airway Surgery & Integrated Management

Time	Agenda
9:00 AM – 10:00 AM	Sleep, Obesity & Metabolic Syndrome: The Hidden Cardiometabolic Crisis
10:00 AM – 11:00 AM	Silent Cardiovascular Injury in OSA <ul style="list-style-type: none">• Arrhythmias & sudden cardiac death• Cardiovascular screening pathways
11:00 AM – 11:15 AM	Tea Break
11:15 AM – 12:15 PM	Skeletal Surgical Management of Sleep-Disordered Breathing
1:15 PM – 2:15 PM	Debate Panel: Soft Tissue vs Skeletal Reconstruction in Sleep Medicine <ul style="list-style-type: none">• OMFS vs ENT perspectives• Audience voting & interaction
1:15 PM – 2:15 PM	Lunch Break
2:15 PM – 3:15 PM	Soft Tissue Airway Surgery in OSA: Modern ENT Approaches Beyond CPAP
3:15 PM – 4:15 PM	OSA & the Anaesthesiologist: Perioperative Airway Risk and Integrated Patient Safety
4:15 PM – 4:30 PM	Tea Break
4:30 PM – 5:30 PM	The Ultimate Integrated Sleep Management Panel <ul style="list-style-type: none">• “One Patient, Six Specialists” Case-Based Discussion• Integrated referral algorithms• Long-term patient management• Audience interaction & live Q&A;
5:30 PM – 6:00 PM	Closing Remarks & Vote of Thanks