International Pediatric Sleep Association presents

7th Congress
| SCI

October 27-29, 2022



Scientific Program





Keynotes











Poster Abstracts





Pediatric prolonged release melatonin

The first and only proven and approved treatment for insomnia in the paediatric ASD population¹

Slenyto® significantly improves sleep: 2,3

- Increases Total Sleep Time
- Shortens Sleep Latency
- Improves Longest Sleep Episode

Slenyto® significantly improves child's externalizing behaviors^{3,5}

Slenyto® significantly improves Parents' Quality of Life^{2,3}



Slenyto® is indicated for the treatment of insomnia in children and adolescents aged 2-18 with Autism Spectrum Disorder (ASD) and/or Smith-Magenis syndrome, where sleep hygiene measures have been insufficient.⁴

Reference: 1.https://www.ema.europa.eu/en/medicines/human/EPAR/slenyto 2.Gringras, P., et al., JAACAP 2017 56 (11): 948-957 3.Maras A. et al., The Journal of Child and Adolescent Psychopharmacology. doi: 10.1089/cap2018.0020 4.Slenyto SmPC: https://www.ema.europa.eu/en/documents/product-information/slenyto-epar-product-information_en.pdf 5. Schroder, C, M et al. Pediatric prolonged-release melatonin for insomnia in children and adolescents with autism spectrum disorders. Expert Opin Pharmacother. 2021; 1-109





Welcome to IPSA Online 2022

On behalf of the organizing committee, thank you for participating in the 7th International Pediatric Sleep Association (IPSA) Congress, being held virtually on October 27-29, 2022.

This biennial congress serves as a premier event on the pediatric sleep medicine international calendar. Clinicians, basic scientists, and clinical investigators, educators, sleep health advocates, and public policy makers from around the globe will come together to present the latest cutting-edge research, explore innovative solutions to current challenges, and provide an unparalleled opportunity for international collaboration in the field of pediatric sleep.

Pre-congress courses will be launched on demand on October 27. Join us live on October 28 and 29 for two full days of scientific content, including three keynote presentations, 13 symposia, over 50 oral and poster abstract presentations, and a lively debate session. All sessions will be available to view on demand until April 1, 2023.

We hope you enjoy the congress and take advantage of the networking opportunities provided by IPSA's virtual meeting platform.

Best regards,

Judith Owens President, IPSA Paul Gringras Co-chair, IPSA Online 2022 Monica Ordway Co-chair, IPSA Online 2022

Monici a. Ordway

2022 Congress Co-chairs

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ABOUT IPSA

The International Pediatric Sleep Association (IPSA) operates exclusively for scientific and educational purposes pertaining to pediatric sleep research.

MISSION

- To promote basic and applied research in all areas of sleep in infants, children, and adolescents
- To promote teaching programs on pediatric sleep and the coordination of these programs among individual members and societies
- To hold scientific meetings
- To provide information to the public about perspectives and applications of pediatric sleep research
- To increase the knowledge of pediatric sleep problems and their consequences
- To provide a forum for the exchange of information pertaining to pediatric sleep research
- To establish and maintain standards of reporting and classifying data in the field of pediatric sleep research

IPSA MEMBERSHIP BENEFITS

- Discounted rates to attend IPSA ONLINE 2022
- Complimentary online and app access to Sleep Medicine journal
- Inclusion in and access to the IPSA online member directory
- Eligibility to participate and vote in IPSA general assembly meetings
- Eligibility to serve on IPSA committees

2022 MEMBERSHIP RATES

New and renewed memberships run for one calendar year. Below are rates for individual members in US Dollars, current until December 31, 2022.

Regular Membership \$25 Student Membership \$15

For more information on membership levels visit **pedsleep.org**



















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General Information

Registration

Register at pedsleep.org/Register-to-Attend

Access to Virtual Meeting Platform

You will receive an email from InEvent, the virtual meeting platform for IPSA Online 2022. The email will contain a unique link that you will use to access the meeting. Please save the email as you will use the same link each time you access the virtual meeting. You may also want to bookmark InEvent to allow you quick access to the platform.

Time Zone

All times listed in the scientific program are in Coordinated Universal Time (UTC). Once you log in to the virtual platform, the session start times will be posted in your local time zone.

The below map can be viewed at timeanddate.com

Virtual Help Desk

A virtual help desk will be available at the following times:

- October 28 from 12:00pm to 2:00pm UTC
- October 29 from 3:00pm to 5:00pm UTC

Virtual Help Desk Zoom Link

https://us02web.zoom.us/j/85786308687?pwd=SXJ VeitLdnZ6MUlxK2h1SWZ3MFhwQT09

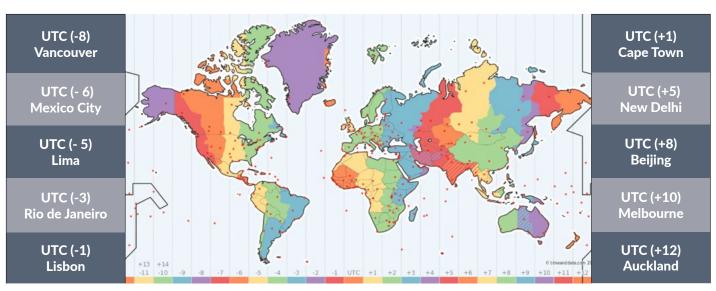
For assistance outside of the above hours, email info@pedsleep.org

Abstract Dissemination

Accepted abstracts will be published on IPSA's website (pedsleep.org) as part of the congress proceedings.

Certificate of Attendance (COA)

To receive an official COA for IPSA Online 2022, email info@pedsleep.org



CME Statement

The AAFP has reviewed IPSA Online 2022 and deemed it acceptable for up to 16.75 Live AAFP Prescribed credits. Term of Approval is from 10/27/2022 to 10/29/2022. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AMA/AAFP Equivalency

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)TM toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

Session Evaluations

Your feedback is important and will be used for planning future programming. Please complete session evaluation forms that will be sent via email following the meeting.

Registration, Scientific Content, Exhibitor & Sponsor Questions

Angie Granum | secretary@pedsleep.org

Contact Us



+1-507-316-0084



info@pedsleep.org



pedsleep.org

Schedule at a Glance

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at **timeanddate.com**. Program Start Time by Time Zone and Color-Coded by Date. Upon logging into the virtual event platform, dates and start times will be posted in your local time zone.

	Friday, O	ctober 28	Saturday, October 29		Sunday, October 30	
SESSION TITLE	UTC (-7) San Francisco	UTC (-4) New York City	UTC	UTC (+1) London	UTC (+8) Hong Kong	UTC (+11) Sydney
Welcome	6:15am	9:15am	1:15pm	2:15pm	9:15pm	12:15am
Keynote Peter Franzen	6:30am	9:30am	1:30pm	2:30pm	9:30pm	12:30am
Symposium S01	7:30am	10:30am	2:30pm	3:30pm	10:30pm	1:30am
Symposium S02	7:30am	10:30am	2:30pm	3:30pm	10:30pm	1:30pm
Industry Symposium	9:15am	12:15pm	4:15pm	5:15pm	12:15am	3:15am
Oral abstract 1	11:00am	2:00pm	6:00pm	7:00pm	2:00am	5:00am
Oral abstract 2	11:00am	2:00pm	6:00pm	7:00pm	2:00am	5:00am
Symposium 503	12:45pm	3:45pm	7:45pm	8:45pm	3:45am	6:45am
Symposium 504	12:45pm	3:45pm	7:45pm	8:45pm	3:45am	6:45am
Pro-Con Debate	2:15pm	5:15pm	9:15pm	10:15pm	5:15am	8:15am
Symposium S05	3:00pm	6:00pm	10:00pm	11:00pm	6:00am	9:00am
Symposium S06	3:00pm	6:00pm	10:00pm	11:00pm	6:00am	9:00am
Poster abstract 1	4:45pm	7:45pm	11:45pm	12:45am	7:45am	10:45am
Poster abstract 2	4:45pm	7:45pm	11:45pm	12:45am	7:45am	10:45am
Poster abstract 3	5:15pm	8:15pm	12:15am	1:15am	8:15am	11:15am
Poster abstract 4	5:15pm	8:15pm	12:15am	1:15am	8:15am	11:15am
Symposium S07	9:00am	12:00pm	4:00pm	5:00pm	12:00am	3:00am
Symposium S08	9:00am	12:00pm	4:00pm	5:00pm	12:00am	3:00am
Symposium \$09	10:15am	1:15pm	5:15pm	6:15pm	1:15am	4:15am
Poster abstract 5	11:45am	2:45pm	6:45pm	7:45pm	2:45am	5:45am
Poster abstract 6	11:45am	2:45pm	6:45pm	7:45pm	2:45am	5:45am
Keynote Lourdes DelRosso	12:30pm	3:30pm	7:30pm	8:30pm	3:30am	6:30am
Oral abstract 3	1:30pm	4:30pm	8:30pm	9:30pm	4:30am	7:30am
Oral abstract 4	1:30pm	4:30pm	8:30pm	9:30pm	4:30am	7:30am
Symposium \$10	3:00pm	6:00pm	10:00pm	11:00pm	6:00am	9:00am
Symposium S11	3:00pm	6:00pm	10:00pm	11:00pm	6:00am	9:00am
Symposium \$12	4:45pm	7:45pm	11:45pm	12:45am	7:45am	10:45am
Symposium \$13	4:45pm	7:45pm	11:45pm	12:45am	7:45am	10:45am
Keynote Fan Jiang	6:00pm	9:00pm	1:00am	2:00am	9:00am	12:00pm
Closing session	7:00pm	10:00pm	2:00am	3:00am	10:00am	1:00pm

Keynote Speakers

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at **timeanddate.com**. Program Start Time by Time Zone and Color-Coded by Date. Upon logging into the virtual event platform, dates and start times will be posted in your local time zone.



Friday, October 28, 2022 | 1:30pm to 2:25pm UTC | Chair: Jodi Mindell (United States)

Peter Franzen, PhD (United States)

Sleep as a risk factor for depression and suicide in youth: A promising target for improving mental health?

Summary: Dr. Franzen's research program focuses on the importance of sleep for affective function and mental health, particularly during adolescence—a key period with rapid changes in sleep/wake regulation and circadian rhythms. Youth with short sleep duration and other sleep problems suffer from increased substance use, risk-taking, car crashes, depression, and suicide, which may in part be due to the adverse effects of poor sleep health on brain functioning and behavior. His studies have employed experimental sleep restriction studies to examine causal impacts of sleep loss on emotional processes, as well as clinical associations in patient populations, including youth at high risk for suicide.



Saturday, October 29, 2022 | 7:30pm to 8:25pm UTC | Chair: Oliviero Bruni (Italy)

Lourdes DelRosso, MD, PhD (United States)

Restless sleep and iron deficiency: Future directions

Summary: This presentation will highlight the current findings in children with restless sleep disorder including objective assessment of large muscle movements, daytime dysfunction, and response to treatment. It will also review the sleep related motor findings in children with iron deficiency and the association of iron with restless sleep. Finally, future directions for research in this area will be discussed.



Sunday, October 30, 2022 | 1:00am to 1:55am UTC | Chair: Guanghai Wang (China)

Fan Jiang, MD, PhD (China)

Sleep, developing brain and early childhood development

Summary: Early childhood marks an important period when normative transition of sleep-wake pattern occurs, characterized by decreasing daytime sleep and nighttime sleep consolidation. Establishing a healthy sleep-wake pattern in early life is critical for child development. In evaluating child sleep-wake patterns, cross-cultural disparities existing in early childhood should be considered. Cutting-edge studies have revealed the critical role of sleep in cognitive socio-emotional, and brain development in early childhood. The keynote will elucidate the relevant evidence and innovative research projects on sleep and developing brain, and prioritize promoting sleep health as a scaling-up strategy to drive optimum early childhood development.

Special Sessions

bioprojet

Welcome

Friday, October 28, 2022 | 1:15pm to 1:30pm UTC

Opening remarks

Judith Owens (United States) | President of IPSA Paul Gringras (United Kingdom) | Congress co-chair

Closing session

Sunday, October 30, 2022 2:00am to 2:15am UTC Monica Ordway (United States) | Congress co-chair

Overview of new IPSA initiatives

- Impact on Pediatric Research Award Grant
- Pediatric Melatonin Task Force
- School Start Times Task Force
- Education Committee
- IPSA courses to be held at World Sleep 2023 Rio

Presentation of Young Investigator Awards

Industry Symposium Bioprojet

Friday, October 28, 2022 4:15pm to 5:45pm UTC

Narcolepsy management in children: State of the art

Chair: Patricia Franco (France)

Narcolepsy in children: Disease

Patricia Franco (France)

Narcolepsy management and pitolisant PK children study

Michel Lecendreux (France)

Pitolisant: A new alternative to manage narcolepsy in children

Gerrit J Lammers (Netherlands)

Pro-Con DebateThe use of home oximetry

Friday, October 28 | 9:15pm to 9:55pm UTC Moderator: Saadoun Bin-Hasan (Kuwait)

loin us for a lively debate of viewpoints from

Join us for a lively debate of viewpoints from two experts in the field.



Pro

Evelyn Constantin, MD, MSc McGill University | Canada



Con

Gillian M. Nixon, MD, MBChB Monash University | Australia

SAVE THE DATES

ATTEND IPSA COURSES AT WORLD SLEEP 2023 IN RIO DE JANERIO

Saturday, October 21, 2023 Courses

- 8:00am to 12:00pm
 Making the transition from pediatric to adult sleep clinics in children with chronic sleep disorders
- 1:00pm to 5:00pm
 Establishing a pediatric sleep laboratory

Sunday, October 22, 2023 Course

8:00am to 5:00pm
 Best practices in pediatric sleep medicine

Topics to include:

- Infant Sleep
- Insomnia
- Sleep-Disordered Breathing
- Parasomnias
- Narcolepsy and Central Hypersomnias
- Circadian Rhythm Disorders
- Movement Disorders



Courses

On Demand Course Overview

All courses available on demand from October 27, 2022 until April 1, 2023

COI	URSE	1
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Summary

Everything you need to know about recent advances in pediatric sleep medicine in just half a day! Covid means this year in review will include key publications from 2021 and 2022. The three topics – hypersomnias, insomnia and restless legs, and sleep-related breathing disorders – will cover the breadth of pediatric sleep medicine, presenting the more recent and exciting publications in a concise and engaging format. Come and join us for your "keeping-up-to-date CPD" for just a few hours!

Presentations

Sleep-related breathing disorders: Central and obstructive

Tan Hui-Leng (United Kingdom)

Insomnia and circadian rhythm disorders

Magda Nunes (Brazil)

Hypersomnia

Paul Gringras (United Kingdom)

COURSE 2

Jodi Mindell (United States)

Summary

This course will provide an overview and up-to-date information on the most current consensus and recommendations regarding diagnosis and treatment of pediatric insomnia. The course will focus on appropriate behavioral and environmental interventions, as well as pharmacological treatment of chronic insomnia in neurotypical infants, children, and adolescents. Specific talks will be devoted to the approach to insomnia in children with neurodevelopmental and psychiatric disorders. Finally, the impact of insomnia on cognitive functioning will be discussed.

Presentations

Behavioral treatment of insomnia in infants and toddlers Liat Tikotzky (Israel)

Behavioral treatment of insomnia in school children Melisa Moore (United States)

Behavioral treatment of insomnia in adolescents Shirley Li (Hong Kong)

Pharmacological treatment of insomnia Oliviero Bruni (Italy)

Insomnia in neurodevelopmental disordersBeth Malow (United States)

Insomnia in mood and anxiety disordersCandice Alfano (United States)

Insomnia and cognitionReut Gruber (Canada)

Courses

On Demand Course Overview

All courses available on demand from October 27, 2022 until April 1, 2023.

COURSE 3		
Non-invasive ventilation in	n pediatrics	\$50

Chair: Jasneek Chawla (Australia)

Summary

This half-day course will cover topical issues in pediatric non-invasive ventilation. The session aims to provide an overview of the use of non-invasive ventilation in children as well as focusing on challenging aspects of management. The speakers are international experts from all over the world, with extensive experience in caring for children requiring non-invasive respiratory support. The sessions will cover specific considerations when managing children of different ages, high-risk populations such as those with obesity and neurodisability as well as discussing areas for future research and development. This session would be of interest to clinicians, allied health professionals, academics, and students working in the field or who wish to understand more about the specific needs of this complex group of children.

Presentations

The epidemiology of NIV in pediatrics

Albert Li (Hong Kong)

Challenges of NIV in infancy

Ignacio Tapia (United States)

CPAP/NIV in obese children

Stjin Verhulst (Belgium)

Using NIV in children with neurodisability

Evelyn Constantin (Canada)

Monitoring children on NIV - what is optimal?

Moya Vandeleur (Australia)

Tackling poor adherence to NIV

Elain Chan (United Kingdom)

Outcomes of long-term NIV use in children

Joanna MacLean (Canada)

Advancing research in pediatric NIV - where next?

Brigette Faroux (France)

COURSE 4 Sleep and mental health in adolescence.............. \$50

Chair: Sarah Blunden (Australia) and Guanghai Wang (China)

Summary

Sleep and mental health have a bidirectional relationship that is well documented. In adolescence both sleep and mental health problems increase and further, improving sleep can improve mental health. This half-day workshop will outline the key considerations in understanding the impact of poor sleep on the mental health of adolescents either directly, or with other factors as mediators

The focus will be on myriad factors that impact mental health of adolescents.

Presentations

Sleep and affect in adolescents: Day-to-day associations via ecological momentary assessments Bei (Australia)

Secular trends in in short sleep and suicide in adolescents

Guanghai Wang (China)

Qualitative data to understand the emotional and well being drivers of social media use and its effect on sleep in adolescence

Holly Scott (United Kingdom)

The role of genetics on sleep and mental health in adolescents

Katie Lewis (United Kingdom)

Sleep promotion for improving sleep and psychopathology among adolescents

Jessica Levenson (United States)

Courses

Bonus Courses | IPSA Online 2021

Available with the purchase of the bundle registration package

Establishing a pediatric sleep program

Chair: Judith Owens (United States)

This course will outline the key considerations in establishing a new pediatric sleep medicine program or expanding an existing service. The focus will be on practical solutions to clinical, logistical, and administrative challenges, particularly in resource-poor areas and those in which pediatric sleep medicine is not yet well-established. Presenters will include pediatric sleep practitioners with extensive clinical experience in neurology, pulmonary, developmental medicine and behavioral medicine, sleep technology and administration. Real world case examples from a variety of global locations will be presented.

Welcome and overview

Judith Owens (United States)

Setting Up a pediatric sleep lab

Albert Martin Li (Hong Kong); Umakanth Katwa (United States)

Case example

Saadoun Bin-Hasan (Kuwait)

Sleep technologist issues and scoring

Patrick Sorensen (United States)

Establishing a clinical service

Judith Owens (United States)

Case example: Mongolia

Yasunori Oka (Japan)

Case example: Nigeria

Oluwatosin Olorunmoteni (Nigeria)

Administrative and budgetary issues

Margot Davey (Australia)

The role of behavioral sleep medicine

Eric Zhou (United States)

Getting started in clinical research

Lisa Meltzer (United States)

Case example: China

Guanghai Wang (China)

Teaching and training issues

Maida Chen (United States)

Diversity and health disparities

Lourdes Del Rosso (United States)

Working with Special populations and collaboration with other subspecialties

Beth Malow (United States)

Movement disorders and parasomnias/epilepsy

Chair: Oliviero Bruni (Italy)

This course will provide a comprehensive review of key features of pediatric sleep medicine related to the diagnosis and differential diagnosis of the most frequent movement disorders during sleep, namely NREM sleep parasomnia (sleepwalking, nocturnal terrors, confusional arousal), restless legs syndrome, periodic leg movements in sleep, restless sleep disorder, hyper-motor insomnia and sleep hyper-motor epilepsy. The course will also illustrate the complexity in differential diagnosis from benign sleep disorders (parasomnias, restless legs syndrome) and epilepsy. The course will be enriched by case presentations and video presentations to illustrate the clinical and polysomnographic features of these sleep disorders and their mimics.

Disorders of arousal

Honey Huessler (Australia)

Nocturnal seizures: Sleep hypermotor epilepsy

Daniela Pennaroli (France)

Parasomnias and epilepsy: The hidden link

Magda Lahorgue Nunes (Brazil)

RLS: Diagnosis, clinical aspects and therapy

Rosalia Silvestri (Italy)

Restless sleep disorder

Lourdes Del Rosso (United States)

Insomnia with hypermotor behavior

Oliviero Bruni (Italy)

Rhythmic movement disorder

Cathy Hill (United Kingdom)



Friday, October 28, 2022

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S01: Creating sleep solutions: Translating parents' concerns about sleep and their child's seizures into digital therapeutics

2:30pm - 4:00pm UTC

Chair: Paul Gringras (United Kingdom)

Parents' fears and concerns

Bernie Carter (United Kingdom)

Sleep and epliepsy: A parents' perspective

Steve Carr (United Kingdom)

Developing a core outcome set for childhood epilepsy

Holly Crudgington (United Kingdom)

Predicting cognitive deficits in sleep activated epilepsy

Catherine Chu (United States)

An online sleep intervention for children with epilepsy

Georgia Cook (United Kingdom), Luci Wiggs (United Kingdom)

Sleep and epliepsy: A parents' perspective

Tim Ingram (United Kingdom)

Systematic review of sleep interventions in children

with epilepsy

Kristina Dietz (United Kingdom)

S02: COVID-19 lifestyle changes across continents, its impact on childhood sleep

2:30pm - 4:00pm UTC

Co-Chairs: Karen Spruyt (France) and Oliviero Bruni (Italy)

Sleep of Chinese preschoolers in a rapidly evolving COVID-19 pandemic

Zhijun Liu (China) and Hui Tang (China)

Sleep and mood-state of children and adolescents with attention deficit hyperactivity disorder (ADHD) during Italian COVID-19 lockdown

Maria Grazia Melegari (Italy)

Adolescent sleep during the pandemic: Bad news or good news

Judith Owens (United States)

COVID-19 lockdown, altered family sleep in South America

Magda Lahorque Nunes (Brazil)

S03: The perils and promise of digital tools for pediatric sleep assessment and management

7:45pm – 9:15pm UTC

Chair: Luci Wiggs (United Kingdom)

Sleep with Kip: Harnessing digital approaches to deliver tailored, evidence-based interventions for common behavioral sleep problems

Harriet Hiscock (Australia)

Taking a user-centered design from development to sustainability: Evidence-based transdiagnostic digital interventions for insomnia in children and adolescents Penny Corkum (Canada)

Co-production with parents of children with epilepsy for the CASTLE Online Sleep Intervention (COSI)

Georgia Cook (United Kingdom), Luci Wiggs (United Kingdom)

Development and evaluation of the Sleep Ninja app Aliza Werner-Seidler (Australia)

SleepSuite: A gamified iPad measure of sleep-related daytime functioning

Paul Gringras (United Kingdom)



Friday, October 28, 2022

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S04: The disruptive individual with ADHD in sleep & wake-medicine in a transcultural Context

7:45pm - 9:15pm UTC

Chair: Osman Ipsiroglu (Canada)

Struwwelpeter & Zappelphilipp: The disobedient child in the mirror of European cultural history

Beate Zekorn-von Bebenburg (Germany)

Sleep as an outcome measure in pediatric and adult **ADHD RCTs**

Scout McWilliams (Canada)

The iron conundrum in sleep & wake medicine: A transdiagnostic approach

Osman Ipsiroglu (Canada)

Similarities and differences in sleep health perceptions across cultures: The ecological perspectives

Sarah Blunden (Australia)

Take home messages: How to reduce the 17-year gap in knowledge dissemination

Judith Owens (United States)

\$05: Sleep-disordered breathing and cognition function in children

10:00pm - 11:30pm UTC Chair: Zhifei Xu (China)

OSA in children and cognitive function: What do we know and what have we missed so far?

David Gozal (United States)

The relationship between sleep quality and neurocognition in children with sleep-disordered breathing

Rosemary Horne (Australia)

Hypoxia stress and cognition at high altitude

Yan Wang (China)

Association between nocturnal EEG and cognition in children with OSA

Zhifei Xu (China)

S06: Impact of the exposome on sleep in infants, children, and adolescents

10:00pm - 11:30pm UTC

Chair: Madeleine Grigg-Damberger (United States)

Impact of neighborhood environments on sleep in children and adolescents

Stephanie L. Mayne (United States)

Impact of bedding, bedroom, body temperature, and position on sleep quality in infants and children

Susan McCabe (Australia)

Impact of indoor light and digital devices on sleep: Toddlers to teens

Shelly Weiss (Canada)

Environmental exposures and sleep outcomes in children: Evidence, impact, mechanisms, and preventative strategies

Madeleine Grigg-Damberger (United States)



Saturday, October 29, 2022

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at **timeanddate.com**. Program Start Time by Time Zone and Color-Coded by Date. Upon logging into the virtual event platform, dates and start times will be posted in your local time zone.

S07: Practice of pediatric sleep medicine in developing countries: Primary steps and challenges

4:00pm - 5:00pm UTC

Chair: Shabnam Jalilolghadr (Iran)

An overview of pediatric sleep medicine in developing countries: Primary steps and challenges

Shabnam Jililolghadr (Iran)

Adult and pediatric sleep medicine in Armenia

Samson Khachatryan (Armenia)

Adult and pediatric sleep medicine in Turkey

Murat Aksu (Turkay)

Adult and pediatric sleep medicine fellowship training programs in Iran

Zahra Parsapour (Iran)

Practicing sleep medicine in Iran

Vida Imani (Iran)

Establishing sleep labs in Iran: Steps and challenges

Leila Emami (Iran)

S08: PROMS or PMOs: A protocol by clinicians, patients, and engineers to study sleep after concussion in children

4:00pm - 5:00pm UTC

Chair: Osman Ipsiroglu (Canada)

Clinical observations

Osman Ipsiroglu (Canada)

Evaluating sensor technologies used to monitor sleep after a concussion

Ryan Takagi (Canada)

Patient interviews capturing the lived experiences of post-injury

Olivia Hill (Canada)

Engineering wearable systems for monitoring sleep health in children

Calvin Kuo (Canada)

S09: Safety considerations in a pediatric sleep lab

5:15pm – 6:45pm UTC

Chair: Judith Owens (United States)

Sleep safety principles from the Medical Director's perspective

Umakanth Katwa (United States)

The role of nursing in the pediatric sleep lab

Maile Moore (United States)

Sleep technologist competencies for conducting pediatric studies

Michael Gunniscio (United States)

Safe sleep recommendations in the pediatric inpatient setting

Jennifer Gingrasfield (United States)

Management of safety issues in the sleep lab

Kiran Maski (United States)

\$10: Can we improve sleep in children with Down syndrome?

10:00pm – 11:30pm UTC

Chair: Rosemary Horne (Australia)

The effects of treatment of sleep-disordered breathing on sleep quality in children with Down syndrome

Rosemary Horne (Australia)

Sleep-related rhythmic disorder in young children with Down syndrome: Prevalence and clinical features

Catherine Hill (United Kingdom)

My sibling with Down syndrome struggles with sleep: What does that mean for me?

Jasneek Chawla (Australia)

Executive functioning as a mediatory between sleep and both everyday memory and ADHD symptoms in children with Down syndrome

Anna Esbensen (United States)

Saturday, October 29, 2022

\$11: Outcomes of adenotonsillectomy in childhood obstructive sleep apnea

10:00pm - 11:30pm UTC

Chair: Kate Ching Ching Chan (Hong Kong, China)

Treatment outcome of children with moderate-tosevere OSA and predictors of persistent OSA after adenotonsillectomy

Zhifei Xu (Hong Kong, China)

Blood pressure after adenotonsillectomy in children with OSA

Wei-Chung Hsu (Taiwan)

Can adonotonsillectomy improve cardiovascular outcomes in children with sleep-disordered breathing? Jun Au (Hong Kong, China)

The outcomes from the Preschool OSA Tonsillectomy Adenoidectomy (POSTA) study

Karen Waters (Australia)

Can adenotonsillectomy improve neurobehavioral outcomes in school-aged children with mild OSA? Kate Chan (Hong Kong, China)

\$12: Neural circuits underlying sleep/wakefulness regulations

11:45pm to 12:45am UTC Chair: Xiaohong Cai (China)

Why are we sleepy when we are bored? The gating of sleep homeostasis by motivation

Michael Lazarus (Japan)

Hypothalamic arousal circuit regulates memory retrieval Yadong Li (United States)

Dysfunctions of the paraventricular hypothalamic nucleus induce hypersomnia in mice and human Changrui Chen (China)

Rapid eye movement sleep is initiated by dopamine signaling in the basolateral amygdala in mice Emi Hasegawa (Japan)

\$13: Sleep problems in youth: What do we know and what can we do?

11:45pm to 12:45am UTC Chair: Jihui Zhang (China)

Sleep and social-emotional health in adolescents Guanghai Wang (China)

Sleep characteristics and intervention for esports athletes Sooyeon Aly Suh (South Korea)

Late-owl city and sleep deprivation in adolescents: Is it effective to advance bedtime?

Rachel Ngan Yin Chan (Hong Kong, China)

Can cognitive behavioral therapy and bright light therapy improve insomnia in adolescents with evening chronotype?

Shirley Xin I (Hong Kong, China)

Can a motivational classroom session plus parent support help adolescents to adhere to a 1-week phone restriction to improve adolescent sleep?

Meg Pillion (Australia)



Oral Abstracts

Friday, October 28, 2022 | 6:00pm to 7:30pm UTC

ORAL ABSTRACT SESSION 1 Behavioral sleep

Chairs: Paul Gringras (United Kingdom); Fauziya Hassan (United States)

Altered sleep patterns in children in response to changing schedules: An ecologically valid study Vidhya Chellamuthu (United States)

Age and sex differences in overnight sleep parameters in children and adolescents Gary Garcia-Molina (United States)

Associations between sleep and behavior and cognition in preschoolers: A longitudinal study in five European birth-cohorts
Sabine Plancoulaine (France)

Impact of parental shiftwork on children's sleep behavior

Mirja Quante (Germany)

Sleep and suicidal thoughts & behaviors in adolescents attending psychiatric clinics: A pilot study Justine Richard-Lesage (Canada)

Sleep and temperament in preschool-aged children: Associations with parenting behavior and parental psychopathology

Alyssa Rodriguez (United States)

How do parents in the UK think their routine practices benefit their young children's sleep? Fiona Tierney (United Kingdom)

ORAL ABSTRACT SESSION 2 Sleep and health

Chairs: Timothy Hoban (United States); Monica Ordway (United States)

Influence of caffeine therapy in preterm infants on sleep and neurodevelopmental outcomes during the first year of life: A single center experience Yaprak Ece Yola Atalah (Turkey)

Intranasal mometasone furoate for sleep disordered breathing in children: A randomized double-blind placebo-controlled trial

Alice Baker (Australia)

Efficacy and safety of pitolisant in children above 6 years with narcolepsy with and without cataplexy Yves Dauvilliers (France)

Positional obstructive sleep apnea: Reality of a pediatric sleep laboratory Rosário Ferreira (Portugal)

Periodic breathing in preterm infants before and after hospital discharge

Alicia Yee (Australia)



Oral Abstracts

Saturday, October 29, 2022 | 8:30pm to 10:00pm UTC

ORAL ABSTRACT SESSION 3 Early childhood sleep

Chairs: Rosemary Horne (Australia); Karoline Lode-Kolz (Norway)

A machine learning study on risk factors of sleep insufficiency in 3-month-old infants

Shirong Cai (Singapore)

Sleep problems affect emotional symptoms in preschool children with asthma, allergic rhinitis, and atopic dermatitis

Yung-Sen Chang (Taiwan)

The association between chronotype and infant bedtimes

Derric Z.H. Eng (Singapore)

Defining sleep consolidation: Towards an integrated model of sleep development in early childhood Anna Loeffler (Australia)

The effect of maternal sleep during pregnancy on infant adiposity indicators from birth to 24 months: A prospective cohort study

Min Meng (China)

Clinical research on cognitive impairment and its pathogenesis of children with insomnia Guangjiao Wang (China)

Associations of sleep characteristics with cognitive and gross motor development in toddlers Zhiguang Zhang (China)

ORAL ABSTRACT SESSION 4 Sleep and health

Chair: Narong Simakajornboon (United States)

Healthy sleep for healthy schools: Quantitative and qualitative data from a novel e-learning teacher led sleep education resource to improve adolescent sleep Sarah Blunden (Australia)

Subtyping at-risk adolescents for predicting response to an insomnia prevention program

Si-Jing Chen (Hong Kong, China)

Secular trend of sleep and circadian problems in Hong Kong adolescents: From 2011-2012 to 2017-2019 Xie Chen (Hong Kong, China)

Prevalance of poor sleep in first nations peoples across the globe: A systematic review

Dure Sameen Jabran (Australia)

The protective of Nrf2 on cognitive impairment in chronic intermittent hypoxia and sleep fragmentation mice

Lingling Li (China)

Improvement in OSA severity prevents further dampening of autonomic function in children with Down syndrome

Lisa Walter (Australia)

Impaired declarative memory consolidation in children with REM-related obstructive sleep apnea

Tang Yufen (China)



Poster Abstracts

Friday, October 28, 2022 | 11:45pm to 12:15am UTC

POSTER ABSTRACT SESSION 1

Chairs: Sarah Blunden (Australia); Sharon Keenan (United States)

The association of poor sleep and mental health issues among indigenous children and adolescents

Dan Richard Fernandez

Active involvement of children in ADHD randomized control trials assessing sleep

Olivia Hill (Canada)

Characteristics of attention deficit, hyperactivity impulse, and opposition disobedience in children with sleep-disordered breathing

Dandi Ma (China)

Sleep-wake habits, chronotypes, and academic performance of Filipino adolescent high school students in a special science curriculum program Alfredo A. Yap (Phillippines)

Sleep-related treatment-emergent adverse events (TEAES) in ADHD randomized controlled trials (RCTS) investigating amphetamine-based stimulants: A scoping review

Ted Zhou (Canada)

POSTER ABSTRACT SESSION 2

Chairs: Dawn Dore-Stites (United States); Ronald Chervin (United States)

Maternal outcomes related to maternal sleep quality and infant sleep patterns

Mikayla R. Carson (United States)

Screening for obstructive sleep apnea in the pediatric population

Elizabeth Crowder (United States)

Breastfeeding and sleep patterns of infants during the first 2 years of life: A prospective cohort study Jianfei Lin (China)

Napping and maternal perceptions in young children Jodi Mindell (United States)

Predictors of unsuccessful CPAP initiation in children Gillian Nixon (Australia)



Poster Abstracts

Saturday, October 29, 2022 | 12:15am to 12:45am UTC

POSTER ABSTRACT SESSION 3

Chairs: Sarah Blunden (United States); Sharon Keenan (United States)

Hypersomnolence in children: What do the current diagnostic criteria for multiple sleep latency tests miss? Aveena Anantharajah (Australia)

Decreased RET and PHOX2B expression in iPSCderived neurons in a child with sleep-related hypoventilation

Dandi Ma (China)

Staff survey of sleep experiences on an in-patient pediatric medical unit

Mitchell Mathieson (Canada)

Protective effect and mechanism of Nrf2 on PC12 cell apoptosis induced by chronic intermittent hypoxia Jiayun Wei (China)

Abnormal resting-state functional connectivity of hippocampal subregions in children with primary nocturnal enuresis

Shaogen Zhong (China)

POSTER ABSTRACT SESSION 4

Chairs: Guanghai Wang (China); Ronald Chervin (United States)

Sleep ecology and outcomes in children living in poverty and without a bed

Mikayla Carson (United States)

Relationship between bedtime routines and socialemotional development in toddlers

Joey Lam (United States)

Socioeconomic disparities in infant sleep in a Hispanic population

Yael Rayport (United States)



Poster Abstracts

Saturday, October 29, 2022 | 6:45pm to 7:15pm UTC

POSTER ABSTRACT SESSION 5

Chairs: Monica Ordway (United States); Jun Au (Hong Kong)

Assessment of factors affecting sleep-wake patterns in preterm infants by actigraphy, amplitude integrated electroencephalography (AEEG), and direct observation Perran Boran (Turkey)

Sleep in primary school-aged children with attention deficit hyperactivity disorder

Roberta Carcangiu (France)

Custom-made masks for non-invasive ventilation (NIV) for children

Heather Elphick (United Kingdom)

Delta 12 index as an indicator for sleep apnea in ENT patients

Wioleta Anna Kowalska (United Kingdom)

Sleep difficulties in Nigerian children with cerebral palsy and their caregivers: Perspectives of mothers Oluwatosin Eunice Olorunmoteni (Nigeria)

The change of oral health conditions in school age children during sleep

Han-Yi Tsai (Taiwan)

POSTER ABSTRACT SESSION 6

Chairs: Marta Moraleda-Cibrián (Spain); Saadoun Bin-Hasan (Kuwait)

The challenges of distinguishing NREM parasomnias from frontal lobe epilepsy: A pediatric case study Amarita Banga (United Kingdom)

Young children's sleep patterns and problems in pediatric primary health care settings: A multicenter cross-sectional study

Perran Boran (Turkey)

Multi-trajectory modelling of new parents' sleep between 3 and 36 months postpartum in the French sepages birth cohort

Mihyeon Kim (France)

Sleep characteristics' multi-trajectory modelling between the age of 1 and 5.5 years among children from the French Elfe birth-cohort

Mihyeon Kim (France)

Obstructive sleep apnea in teenagers

Marcovici Tamara (Romania)

Allergic diseases in children with behavioral insomnia of childhood

Tufan Torun (Turkey)



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The International Pediatric Sleep Association (IPSA) operates exclusively for scientific and educational purposes pertaining to pediatric sleep research.

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- To promote basic and applied research in all areas of sleep in infants, children and adolescents
- To promote teaching programs on pediatric sleep, and the coordination of these programs among individual members and societies
- · To hold scientific meetings
- To provide information to the public about perspectives and applications of pediatric sleep research
- To increase the knowledge of pediatric sleep problems and their consequences
- To provide a forum for the exchange of information pertaining to pediatric sleep research
- To establish and maintain standards of reporting and classifying data in the field of pediatric sleep research

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- Inclusion in and access to the IPSA online member directory
- Eligibility to participate and vote in IPSA general assembly meetings
- Eligibility to serve on IPSA committees

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