

# IPSA 2024 Glasgow 2024 April 26-28

The 8th Congress of the International Pediatric Sleep Association



Scientific  
Program

## Slenyto® is the only pharmacotherapy that is approved for the treatment of insomnia in children with ASD and/or SMS

By mimicking the endogenous melatonin secretion pattern<sup>1</sup>, only Slenyto® is clinically proven to improve:

- Daytime behaviour<sup>2,3</sup>
- All main sleep parameters (sleep onset, maintenance and total sleep time)<sup>4,5</sup>
- Parental well-being<sup>5</sup>



### SLENYTO® PROLONGED-RELEASE TABLETS 1mg and 5mg

**PRESCRIBING INFORMATION:** Please refer to Summary of Product Characteristics (SmPC) before prescribing. **ACTIVE INGREDIENT:** Melatonin 1mg or 5mg. **INDICATIONS:** Insomnia in children and adolescents aged 2-18 years with Autism Spectrum Disorder and / or Smith-Magenis syndrome, where sleep hygiene measures have been insufficient. **DOSAGE AND ADMINISTRATION: Dose titration:** Recommended starting dose is 2mg once daily. If an inadequate response is observed, increase the dose to 5mg, with a maximal dose of 10mg. Data are available for up to two years treatment. Monitor at regular intervals (at least every 6 months) to check that Slenyto is still the most appropriate treatment. After at least 3 months, evaluate treatment effect and consider stopping if no clinically relevant treatment effect is observed. If a lower treatment effect is seen after titration to a higher dose, consider a down-titration to a lower dose before deciding on a complete discontinuation of treatment. **Administration:** Once daily 0.5-1 hour before bedtime with or after food. Swallow whole, do not crush, break or chew. To facilitate swallowing, tablets may be put into food such as yoghurt, orange juice or ice-cream and then taken immediately. **CONTRAINDICATIONS:** Hypersensitivity to the active substance or to any of the excipients. **SPECIAL WARNINGS AND PRECAUTIONS:** Use caution in patients with renal insufficiency. Not recommended in patients with hepatic impairment. Children under 2 years: not recommended. Slenyto may cause drowsiness, therefore use with caution if the effects of drowsiness are likely to be associated with a risk to safety. Not recommended in patients with autoimmune disease. Patients with rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption should not take this medicine. **INTERACTIONS:** Concomitant use with fluvoxamine, alcohol, thioridazine, imipramine, benzodiazepines and non-benzodiazepine hypnotics should be avoided. Use caution with 5- or 8-methoxypsoralen, cimetidine, oestrogens, CYP1A2 inhibitors, CYP1A2 inducers, NSAIDs, beta-blockers and with smoking. **FERTILITY, PREGNANCY, LACTATION:** Avoid use of melatonin during pregnancy. Consider discontinuation of breastfeeding or discontinuation of melatonin therapy taking account of the benefit of breastfeeding for the child and the benefit of therapy for the woman. No known effects on fertility. **DRIVING:** Melatonin has a moderate influence on the ability to drive and use machines. **UNDESIRABLE EFFECTS:** **Very common:** None. **Common:** Mood swings, aggression, irritability, somnolence, headache, sudden onset of sleep, sinusitis, fatigue, hangover. Consult SmPC in relation to other adverse reactions. **PHARMACEUTICAL PRECAUTIONS:** Do not store above 30°C. **LEGAL CATEGORY:** POM.

**MARKETING AUTHORISATION HOLDER:** RAD Neurim Pharmaceuticals EEC SARL, 4 rue de Marivaux, 75002 Paris, France. Marketed in the UK by Flynn Pharma Limited, Hertlands House, Primett Road, Stevenage, Herts, SG1 3EE, Tel: 01438 727822, E-mail: medinfo@flynnpharma.com.

Product	NHS List Price	Pack Size	Marketing Authorisation Number
Slenyto 1mg	£ 41.20	60 tablets	PLGB 52348/0003 EU/ 1/ 18/ 1318/001
Slenyto 5mg	£ 103.00	30 tablets	PLGB 52348/0004 EU/ 1/ 18/ 1318/003

Adverse events should be reported. Reporting forms and information can be found at <https://yellowcard.mhra.gov.uk/>. Adverse events should also be reported to RAD Neurim Pharmaceuticals EEC Limited Medical Information e-mail: [regulatory@neurim.com](mailto:regulatory@neurim.com)

**DATE OF REVISION OF PRESCRIBING INFORMATION: June 2021**

#### References:

1. Zisapel N. "New perspectives on the role of melatonin in human sleep, circadian rhythms and their regulation." Br J Pharmacol. 2018;175(16):3190-9.
2. Schroder, C. M. et al. "Pediatric prolonged-release melatonin for insomnia in children and adolescents with autism spectrum disorders." Expert Opin Pharmacother. 2021;22(18):2445-2454.
3. Slenyto SmPC (Accessed February 2024).
4. Gringras, P. et al., "Efficacy and safety of pediatric prolonged-release melatonin for insomnia in children with autism spectrum disorder." J Am Acad Child Adolesc Psychiatry, 2017. 56(11): p. 948-957.e4.
5. Maras A, et al. "Long-term efficacy and safety of pediatric prolonged-release melatonin for insomnia in children with autism spectrum disorder". J Child Adolesc Psychopharmacol. 2018;28(10):699-710.

# Welcome to Glasgow!

Dear Colleagues,

I am delighted to welcome you to Glasgow, Scotland for IPSA 2024, our 8th congress.

Remarkably, this is our first in-person meeting since 2018! Although our 2020 and 2022 online congresses were very successful, there is no substitute for meeting old and new colleagues over tea, coffee or wine!

The program for IPSA 2024 Glasgow will take full advantage of our time together. We have an incredibly high standard of content for you including six courses, two keynotes, 18 symposia, and over 100 abstracts that will fill our scientific program to the brim.

Socially we are thrilled that the city of Glasgow has shown us wonderful hospitality by welcoming us to the Glasgow City Chambers for our Opening Ceremony, and our Saturday-night dinner will take place in another historic building near the congress venue. I hope you can join us on both occasions!

IPSA 2024 Glasgow is possible only through the work of our program committee volunteers, the hospitality of our hosts at the British Pediatric Sleep Society, and foremost the IPSA members and others who decide to share their work at IPSA 2024. On behalf of IPSA and the 2024 program committee, I offer sincere gratitude to all involved and look forward to meeting you all in Glasgow.

Sincerely,



Prof Paul Gringras, MD  
President, International Pediatric Sleep Association

## IPSA 2024 Program Committee



Sheila Javadpour (Ireland) | **Co-chair**  
Children's Health Ireland



Monica Ordway (United States) | **Co-chair**  
Yale School of Nursing



Kate Chan (Hong Kong, China)  
The Chinese University of Hong Kong



Paul Gringras (United Kingdom)  
Kings College London



Cathy Hill (United Kingdom)  
University of Southampton



Rosemary Horne (Australia)  
Monash University



Osman Ipsiroglu (Canada)  
BC Children's Hospital



Ross Langley (United Kingdom)  
University of Glasgow



Karoline Lode-Kolz (Norway)  
Stavanger University Hospital



Magda Lahorgue Nunes (Brazil)  
Pontifical Catholic University of Rio Grande do Sul



Narong Simakajornboon (United States)  
Cincinnati Children's Hospital Medical Center



Karen Spruyt (France)  
Université Paris Cité, INSERM

### About IPSA

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

### Mission

The mission of IPSA is to promote research in all areas of sleep in infants, children, and adolescents; educate health care providers on pediatric sleep; and raise awareness of pediatric sleep among patients and the public.

### IPSA Board

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Barbara G Stražičar (Slovenia)

Guanghai Wang (China)

## GLASGOW CONVENTION BUREAU

### Glasgow City Council

The Glasgow City Council has strongly supported IPSA 2024 Glasgow from

the start. IPSA sincerely thanks the Glasgow City Council for their hospitality and support, and we encourage you to take some time to experience the city while here for IPSA 2024.

### IPSA 2024 Local Organizing Committee

Heather Elphick (United Kingdom)

Hazel Evans (United Kingdom)

Neil Gibson (United Kingdom)

Hui-leng Tan (United Kingdom)

## What's Inside

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# General Information

## Meeting Location

Technology and Innovation Centre,  
University of Strathclyde  
99 George Street  
Glasgow, G1 1RD, UK

## Registration

Badges, final programs, and tickets will be provided at the registration desk.

Base registration includes access to the main scientific program, including keynotes, symposia, oral and poster abstracts, and the debate sessions. The exhibit hall is also open to all registered attendees.

The Course Add-on ticket is required for access to the morning and afternoon courses on Friday, April 26. This one ticket grants access to all Friday courses.

Registration is available at [pedsleep.org](https://pedsleep.org). On-site registration will also be available.

## Registration Desk Hours

Friday, April 26: 8:00am - 6:00pm  
Saturday, April 27: 7:30am - 5:00pm  
Sunday, April 28: 7:30am - 5:00pm

## Exhibition Hours

Saturday, April 27: 9:00am - 5:00pm  
Sunday, April 28: 9:00am - 4:00pm

## Presentation Slides

All speakers must upload their presentation slides through the online form available in the speaker toolkit at [pedsleep.org/speaker-toolkit](https://pedsleep.org/speaker-toolkit).

Slides must be uploaded at least one day before your scheduled presentation. Your uploaded slides will then be available on the appropriate computer for each presentation's session and room.

Please arrive to your session five minutes before the start time, allowing for time to ready your upcoming presentation.

## Certificates of Attendance

Certificates of attendance will be sent to all individuals who check in at the registration desk. You should receive the certificate in .pdf format to the email that you use to register.

## Continuing Medical Education (CME)

The AAFP has reviewed IPSA 2024 Glasgow and deemed it acceptable for up to 16.75 Live AAFP Prescribed credit(s). Term of Approval is from 04/26/2024 to 04/28/2024. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)<sup>™</sup> 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.

Please complete these two steps to claim CME credits:

1. Pay the \$25 CME processing fee.
2. Complete the CME form online.

Both steps can be completed at [pedsleep.org/CME](https://pedsleep.org/CME).

## Policies

### Badge Identification

All congress participants and guests must wear an IPSA 2024 congress badge. Replacement badges can be obtained at the registration desk for a fee.

### No Recording

No audio or video recording of scientific presentations is allowed. Violation may result in removal from the congress.

### Silent Devices

Please ensure cell phones and other devices are turned to "silent" mode while in session rooms.

### Seating

Sessions are filled on a first-come-first-serve basis. Attendees are encouraged to arrive to sessions early for preferred seating.

## Social Events



### Opening Ceremony

7:00pm - 8:30pm | Friday, April 26  
City Chambers  
George Square  
Glasgow

The Opening Ceremony will take place the evening of Friday, April 26 at the City Chambers of Glasgow. Located on George Square and just a few blocks from the congress venue, the City Chambers is the headquarters of Glasgow's City Council and Lord Provost, its civic leadership. The City Chambers is also a Category A listed building, demonstrating its significance within Scottish national history and making it a premier location for the Opening Ceremony.



The Lord Provost of the City of Glasgow will be offering a welcome and a Civic Reception for our delegates. We thank the Lord Provost and the Glasgow City Council for their warm hospitality!



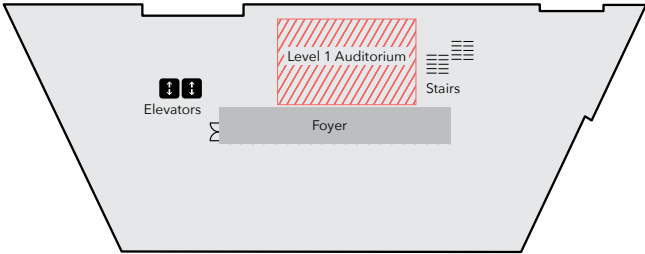
### Gala Dinner

6:30pm - 12:00am | Saturday, April 27  
Citation Glasgow  
40 Wilson Street  
Glasgow

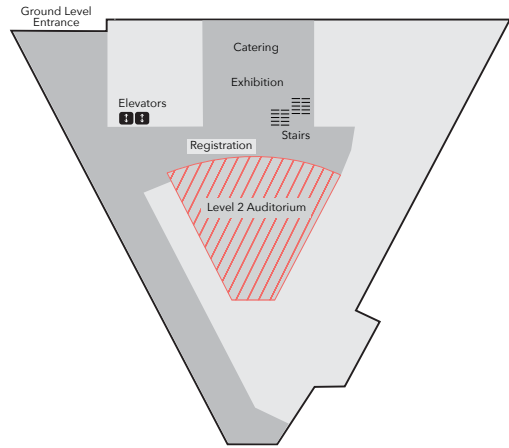
Ticket price: US\$70

The gala dinner will take place at Citation, a social venue notable for its neoclassical charm and history dating back to 1844. A Scottish cèilidh band will entertain with traditional music for dancing. Dinner will be provided with a hot fork buffet. There is no dress code requirement, but kilts are encouraged!

# Floor Plans



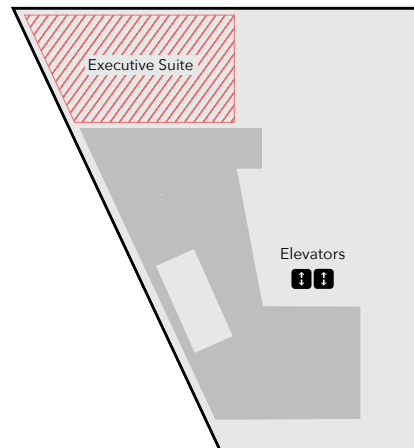
**Level 1**  
Level 1 Auditorium



**Level 2 (Ground level)**  
Level 2 Auditorium | Registration  
Exhibit Hall | Catering



**Level 3**  
Poster Hall | Room 3  
Room 4/5 | Room 6/7



**Level 9**  
Executive Suite

# Getting around Glasgow

Welcome to Glasgow, Scotland! We are thrilled to host IPSA 2024 here and hope that you have the opportunity to experience this beautiful city and its culture.

## Transportation and Hotel Map

Scan the code below to download a PDF map provided by the Glasgow Convention Bureau for local hotels and nearby transportation points like bus, rail, and subway stations. IPSA 2024 is taking place within the "Merchant City" neighborhood.



## Delegate Offers

The Glasgow Convention Bureau makes available a range of special offers to conference delegates in the city. Save on tours, restaurants, taxis, cafés, distilleries, and more! Some offers have coupon codes and others require you to show your congress badge.

Scan the **Delegate offers** code on the next page.



## Taxi Services

### Glasgow Taxis

Phone: 0141 429 7070 | Download mobile app:



### GlasGo Cabs (private hire)

Phone: 0141 332 5050 | Download mobile app:  
or 0141 774 3000

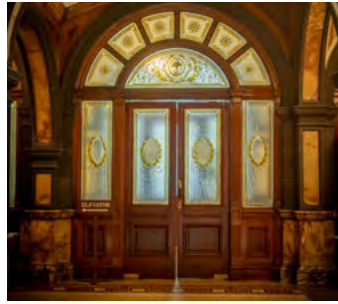


## Saltire Private Hire

Phone: 0141 319 5344 | Download mobile app:







# Experience Glasgow

## City map



Scan me!



## Delegate offers

Scan me!

[peoplemakeglasgow.com](http://peoplemakeglasgow.com)

PEOPLE  
MAKE  
GLASGOW



# Awards



## IPSA New Investigator Award

This award recognizes excellent work by new investigators in pediatric sleep.

New investigators selected for oral presentation will present their research during the special New Investigator Award session taking place at 1:20pm on Saturday in the Level 2 Auditorium.

### **Congratulations to the 2024 recipients of the IPSA New Investigator Award!**

*Oral abstract presenters*

#### **Clinician perceptions around management of sleep problems in children with neurodevelopmental disorders**

Kate O'Donohue (Australia)

#### **Repetitive negative thinking mediates the relationship between sleep disturbance and symptoms of generalized anxiety, social anxiety, depression and eating disorders in adolescence: Findings from a five-year longitudinal study**

Cele Richardson (Australia)

Additional New Investigator Award recipients will be selected during the poster hall sessions. Please join us at the closing ceremony on Sunday to congratulate the recipients.



## Christian Guilleminault Young Investigator Award

Named in honor of Christian Guilleminault (CG), a sleep pioneer, the CG Young Investigator Award recognizes excellence among young investigators in sleep and supports their travel to present at scientific meetings.

Two young investigators at IPSA 2024 were selected to receive the CG Award and present their oral abstracts during the special New Investigator Award session taking place at 1:20pm on Saturday in the Level 2 Auditorium.

### **Congratulations to these 2024 recipients of the Christian Guilleminault Young Investigator Award!**

#### **Effectiveness of an intervention program on physical activity in children with narcolepsy type 1**

Lisa Brunel (France)

#### **The relationships between contextual factors, parenting practices, and sleep in young children: an analysis of pooled data from 32 countries**

Zhiguang Zhang (Australia)



## Friday Schedule at a Glance

Time	Room	Session Title
9:00am - 1:00pm	Level 3 Room 4/5	C01: Optimizing respiratory diagnostic testing in the home
9:00am - 1:00pm	Level 3 Room 6/7	C02: Updates on the use of actigraphy in research
9:00am - 1:00pm	Level 3 Room 3	C03: Assessing restlessness in ADHD, ASD & prenatal alcohol exposure: Learning from the past and preparing for the future
2:00pm - 6:00pm	Level 3 Room 3	C04: Challenging clinical case studies
2:00pm - 6:00pm	Level 3 Room 6/7	C05: Narcolepsy best practice: From diagnosis to management
2:00pm - 6:00pm	Level 3 Room 4/5	C06: Year in review
7:00pm - 8:30pm		Opening Ceremony at Glasgow City Chambers



## Saturday Schedule at a Glance

Time	Room	Session Title
8:00am - 8:15am	Level 2 Auditorium	Welcome
8:15am - 9:00am	Level 2 Auditorium	Keynote Kelton Minor: Global warming and human sleep: A planetary experiment
9:10am - 10:20am	Level 2 Auditorium	S01: Pediatric chronic insomnia: What's new
9:10am - 10:20am	Level 1 Auditorium	S02: Sleep health for underserved children and adolescents
9:10am - 10:20am	Level 3 Room 6/7	S03: Primary scoring and UARS in children: A multi-disciplinary approach in management
10:20am - 10:40am		Tea Break

*Continued next page*



## Saturday Schedule at a Glance

Time	Room	Session Title
10:40am - 11:50am	Level 2 Auditorium	S04: Phenotype and personalized medicine in pediatric OSA
10:40am - 11:50am	Level 1 Auditorium	S05: Challenges of sleep detection in infants and young children
10:40am - 11:50am	Level 3 Room 6/7	S06: Development of sleep, thermoregulation and cardiorespiratory control: Clinical implications
12:10pm - 1:10pm	Level 9 Executive Suite	Advances in treatment of insomnia in children with NDDs <i>Lunch service begins at 11:55am on Level 9. Session is supported by Neurim Pharmaceuticals.</i>
1:20pm - 2:25pm	Level 2 Auditorium	O01: New investigator award
1:20pm - 2:25pm	Level 1 Auditorium	O02: Sleep in early childhood
1:20pm - 2:25pm	Level 3 Room 6/7	O03: Investigations & sleep: What are the findings?
2:35pm - 3:45pm	Level 2 Auditorium	S07: Melatonin use in typically developing (TD) children and children with developmental disabilities: Experiences around the world
2:35pm - 3:45pm	Level 1 Auditorium	S08: Sleep disturbances in adolescents: From subtyping to tailored prevention and intervention strategies
2:35pm - 3:45pm	Level 3 Room 6/7	<b>Discussion symposium</b> S09: Moving forward the agenda for “sleep friendly” hospitals - possible standards relevant for international adoption
3:45pm - 4:45pm	Level 3 Mezzanine	Poster hall session 1 <i>Tea and refreshments available</i>
4:50pm - 5:20pm	Level 2 Auditorium	Pro/Con Debate: The role of DISE in pediatric OSA
	Level 1 Auditorium	Pro/Con Debate: Diagnosing and monitoring pediatric sleep-disordered breathing: The new BTS guidelines
6:30pm - 12:00am	Citation	Gala Dinner



## Sunday Schedule at a Glance

Time	Room	Session Title
8:15am - 9:00am	Level 2 Auditorium	Keynote Stijn Verhulst: The interaction between obesity and obstructive sleep apnea in children: A global and universal health priority
9:10am - 10:40am	Level 2 Auditorium	S10: Parental choices and voices for infant sleep intervention
9:10am - 10:40am	Level 1 Auditorium	S11: A precision medicine approach to ADHD & sleep: From phenotyping to individualizing interventions
9:10am - 10:40am	Level 3 Room 6/7	S12: Recognizing that one size does not fit all: Tailoring sleep practices for children with a neurodiverse development
10:40am - 11:00am		Tea Break
11:00am - 12:10pm	Level 2 Auditorium	S13: Harmonizing pediatric sleep: Navigating the complexities and diversities in managing sleep-related breathing disorders across borders
11:00am - 12:10pm	Level 1 Auditorium	S14: Unlocking the potential of big data in pediatrics: Autovideosomnography as an innovative instrument for investigating pediatric sleep and advancing sleep medicine
11:00am - 12:10pm	Level 3 Room 6/7	S15: The role of polysomnography in technology dependent children
12:30pm - 1:30pm	Level 9 Executive Suite	Narcolepsy management in children through different European countries <i>Lunch service begins at 12:15pm on Level 9. Session is supported by Bioprojet.</i>

Continued next page



## Sunday Schedule at a Glance

Time	Room	Session Title
1:40pm - 2:45pm	Level 2 Auditorium	O04: Investigations and treatments in sleep
1:40pm - 2:45pm	Level 1 Auditorium	O05: Adolescent sleep
1:40pm - 2:45pm	Level 3 Room 6/7	O06: Heathy sleep
2:45pm - 3:45pm	Level 3 Mezzanine	Poster hall session 2 <i>Tea and refreshments available</i>
3:50pm - 5:00pm	Level 2 Auditorium	S16: The narcolepsy revolution
3:50pm - 5:00pm	Level 1 Auditorium	S17: Healthy school start times for adolescents: A global perspective
3:50pm - 5:00pm	Level 3 Room 6/7	S18: New era of disease modifying treatments in childhood neuromuscular disorders: Changing landscapes in sleep diagnostics and management
5:05pm - 5:45pm	Level 2 Auditorium	Closing ceremony and IPSA member meeting

# Keynote Speakers

## Saturday April 27

8:15am – 9:00am | Level 2 Auditorium



**Kelton Minor**, PhD (United States) | Columbia University

### **Global warming and human sleep: A planetary experiment**

Human-induced environmental changes threaten sleep, an essential pillar of health. Notably, nighttime temperatures are climbing faster than daytime temperatures in most populated regions. In his keynote address, Dr. Minor will shed light on recent ecological evidence from the first global study of the effects of nighttime warming on human sleep and the findings from a new systematic review of the literature. This body of evidence indicates a clear link between higher nighttime temperatures and diminished sleep quality and quantity around the world. Dr. Minor will also emphasize the critical gap in research concerning the impact of heat on children's sleep and call for an urgent increase in transdisciplinary work to assess and address this threat.

*Find the complete description of Dr. Minor's keynote address at [pedsleep.org](https://pedsleep.org).*

## Sunday April 28

8:15am – 9:00am | Level 2 Auditorium



**Stijn Verhulst**, MD, PhD (Belgium) | University of Antwerp

### **The interaction between obesity and obstructive sleep apnea in children: A global and universal health priority**

The prevalence of childhood obesity has reached epidemic proportions worldwide. Childhood obesity should be considered as a global health problem because of its impact on the bodies and minds of developing children and adults and because of its high likelihood to persist in adulthood. This is critical as complications might still be reversible. Obstructive sleep apnea (OSA) is an important comorbidity in view of the bidirectional relation between obesity and OSA. Prof. Verhulst has been studying this bidirectional impact in the last 20 years and will present an overview of clinical and translational studies, focusing on how to tackle the interplay between obesity and OSA in children. In a first part, Dr. Verhulst will focus on clinical aspects of OSA in obesity and will zoom in on diagnostic and treatment approaches. In a second part, Dr. Verhulst will overview how OSA is also relevant for childhood obesity from a morbidity point of view. He will highlight several studies on the interplay between OSA and obesity-related complications and zoom in especially on linking mechanisms because these might result in additional treatment options for these difficult-to-treat diseases. In a final part, Dr. Verhulst will also highlight if OSA could also impact weight management strategies. Throughout the entire presentation, Dr. Verhulst will emphasize that it is critical to treat OSA in childhood obesity with a holistic approach and he will identify critical research and clinical knowledge gaps.



**Friday  
April  
26**



**Saturday  
April  
27**



**Sunday  
April  
28**

**Scientific Program**

**Friday, April 26**

- Courses
- Opening Ceremony

**Saturday, April 27**

- Keynote Presentation
- Symposia
- Exhibition
- Industry-Sponsored Symposium
- Oral Abstracts
- Poster Presentations
- Pro/Con Debates
- Gala Dinner

**Sunday, April 28**

- Keynote Presentation
- Symposia
- Exhibition
- Industry-Sponsored Symposium
- Oral Abstracts
- Poster Presentations
- Closing Ceremony and IPSA member meeting



**IPSA  
Glasgow  
April 26-28** **2024**





## Friday Scientific Program

### C01: Optimizing respiratory diagnostic testing in the home

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9:00am - 1:00pm | Level 3 Room 4/5  
*Chairs: Sheila Javadpour (Ireland),  
Hui-leng Tan (United Kingdom)*

9:00am - 9:10am

#### **Welcome**

Sheila Javadpour (Ireland)

9:10am - 9:30am

#### **How to set up a home sleep service**

Sheila Javadpour (Ireland)

9:30am - 9:50am

#### **Patient selection and safety in the home setting**

Hui-leng Tan (United Kingdom)

9:50am - 10:20am

#### **Respiratory sleep studies defined**

Sakina Dastagir (United Kingdom)

10:20am - 10:40am

#### **Coffee break**

10:40am - 11:00am

#### **Practicalities of home sleep set up**

Mairead Ryan (Ireland)

11:00am - 11:45am

#### **Up-to-date CRPSG analysis**

Ruth Kingshott (United Kingdom)

11:45am - 12:50pm

#### **Practical sessions on set up and analysis of CRPSG, oximetry and TCM with case scenarios**

Fiona Phelan (Ireland)

Mairead Ryan (Ireland)

Ruth Kingshot (United Kingdom)

Sakina Dastagir (United Kingdom)

12:50pm - 1:00pm

#### **Conclusion**

### C02: Updates on the use of actigraphy in research

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9:00am - 1:00pm | Level 3 Room 6/7  
*Chair: Monica Ordway (United States)*

9:00am - 9:10am

#### **Welcome and introduction**

Monica Ordway (United States)

9:10am - 10:10am

#### **Capturing Zzz's and Activity levels: The utility of actigraphy in large-scale research studies**

Barabara Galland (New Zealand)

10:10am - 10:30am

#### **Coffee break**

10:30am - 11:30am

#### **Opportunities and obstacles to clustering with pediatric actigraphy data**

Meredith Wallace (United States)

11:30am - 12:30pm

#### **Actigraphy and computational approaches for sleep assessment in pediatric research**

Jonathan Mitchell (United States)

12:30pm - 1:00pm

#### **Discussion**



## Friday Scientific Program

### **C03: Assessing restlessness in ADHD, ASD & prenatal alcohol exposure: Learning from the past and preparing for the future**

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9:00am - 1:00pm | Level 3 Room 3

*Chairs: Osman Ipsiroglu (Canada),  
Karen Spruyt (France)*

9:00am - 9:10am

#### **Welcome and introduction**

9:10am - 9:40am

#### **The role of nutrition in hyper-motor-restlessness & hyper-arousability**

Susan Smith (United States), Osman Ipsiroglu (Canada)

9:40am - 10:10am

#### **Brain iron deficiency or affected neurotransmitter balance? Iron homeostasis and inflammation**

Rosalia Silvestri (Italy)

10:10am - 10:40am

#### **Approaching restlessness I: From experimental studies to clinical observations and diagnosis**

Osman Ipsiroglu (Canada)

10:40am - 11:10am

#### **Approaching restlessness II: From diagnosis to treatment and evaluation**

Thomas Dye (United States)

11:10am - 11:25am

#### **Coffee break**

11:25am - 11:55am

#### **Vigilance: A neutral approach to daytime functioning beyond cultural background**

Gerhard Klösch (Austria)

11:55am - 1:00pm

#### **Complex cases: Roundtable discussion**

### **C04: Challenging clinical case studies**

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2:00pm - 6:00pm | Level 3 Room 3

*Chair: Cathy Hill (United Kingdom)*

2:00pm - 2:10pm

#### **Welcome and introduction**

Cathy Hill (United Kingdom)

2:10pm - 3:00pm

#### **Child with Trisomy 21, autism and severe OSA/obesity hypoventilation**

Craig Campanari (United States)

3:00pm - 3:50pm

#### **Hypersomnolence and cataplexy - a diagnostic challenge**

Desaline Jospeh (United Kingdom)

3:50pm - 4:10pm

#### **Tea break**

4:10pm - 5:05pm

#### **OSA with an unexpected twist in a normally developing child**

Robin Lloyd (United States),

Christine Matarese (United States)

5:05pm - 6:00pm

#### **A child with complex motor disorder and chronic insomnia**

Cathy Hill (United Kingdom)



## Friday Scientific Program

### C05: Narcolepsy best practice: From diagnosis to management

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2:00pm - 6:00pm | Level 3 Room 6/7  
*Chairs: Paul Gringras (United Kingdom),  
Witney Lau (United Kingdom)*

2:00pm - 2:10pm  
**Welcome and introduction**

2:10pm - 2:55pm  
**Setting up a sleep lab to assess hypersomnia and diagnose narcolepsy - what investigations, training staff, maintaining standards and minimum throughput**  
Wioleta Kowalska (United Kingdom)

2:55pm - 3:40pm  
**Weight gain, metabolic syndrome and interventions in paediatric narcolepsy**  
Patricia Franco (France)

3:40pm - 4:00pm  
**Tea break**

4:00pm - 4:45pm  
**Red flags in paediatric narcolepsy diagnosis and a framework for pharmacological management of narcolepsy**  
Giuseppe Plazzi (Italy)

4:45pm - 5:30pm  
**Psychiatric comorbidities in children and young people with narcolepsy**  
Michel Lecendreux (France)

5:30pm - 6:00pm  
**Question and answer**

### C06: Year in review

---

2:00pm - 6:00pm | Level 3 Room 4/5  
*Chairs: Magda Lahorgue Nunes (Brazil),  
Kate Chan (Hong Kong, China),*

2:00pm - 2:45pm  
**Sleep in children and adolescents post-COVID**  
Magda Lahorgue Nunes (Brazil)

2:45pm - 3:30pm  
**Pediatric sleep health inequities and disparities**  
Monica Ordway (United States)

3:30pm - 4:00pm  
**Tea break**

4:00pm - 4:45pm  
**Sleep health and challenges in adolescents**  
Rachel Chan (Hong Kong, China)

4:45pm - 5:30pm  
**Sleep and epilepsy**  
Sameer Zuberi (United Kingdom)

5:30pm - 6:00pm  
**Question and answer**

### Opening Ceremony

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7:00pm - 8:30pm | City Chambers  
*See details on page 6*



## Saturday Scientific Program

### Welcome

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8:00am – 8:15am | Level 2 Auditorium

### Keynote Speaker: Kelton Minor

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8:15am – 9:00am | Level 2 Auditorium

8:15 – 8:17am

#### Introduction

Paul Gringras (United Kingdom)

8:17am – 9:00am

#### Global warming and human sleep:

##### A planetary experiment

Kelton Minor (United States)

### S01: Pediatric chronic insomnia: What's new

---

9:10am – 10:20am | Level 2 Auditorium

Chairs: *Oliviero Bruni (Italy), Judith Owens (United States)*

9:10am – 9:12am

#### Introduction

9:12am – 9:27am

#### Report from the ICSD 3-R Insomnia Task Force

Judith Owens (United States)

9:27am – 9:42am

#### What's new in behavioral treatment of insomnia in young children

Jodi Mindell (United States)

9:42am – 9:57am

#### Are some children genetically predisposed to poor sleep?

Desana Kocevaska (Netherlands)

9:57am – 10:12am

#### Phenotyping of insomnia of childhood and its role for treatment

Oliviero Bruni (Italy)

10:12am – 10:20am

#### Question and answer

### S02: Sleep health for underserved children and adolescents

---

9:10am – 10:20am | Level 1 Auditorium

Chair: *Amy Wolfson (United States)*

9:10am – 9:12am

#### Introduction

9:12am – 9:24am

#### Cultivating non-profit agency: Academia partnerships for sleep

Amy Wolfson (United States)

9:24am – 9:36am

#### Sleep health for children in foster care

Eleanor McGlinchey (United States)

9:36am – 9:48am

#### The 4C model of healthy sleep for childhood interpersonal trauma

Candice Alfano (United States)

9:48am – 10:00am

#### Sleep perceptions: Indigenous and non-Indigenous Australian children

Sarah Blunden (Australia)

10:00am – 10:12am

#### Sleep and circadian health of youth in juvenile detention

Stephanie Crowley (United States)

10:12am – 10:20am

#### Question and answer



## Saturday Scientific Program

### **S03: Primary scoring and UARS in children: A multi-disciplinary approach in management**

---

9:10am - 10:20am | Level 3 Room 6/7  
*Chairs: Umakanth Katwa (United States),  
Christine Hong (United States)*

9:10am - 9:12am  
**Introduction**

9:12am - 9:24am  
**Primary snoring and UARS: Diagnosis & medical management**  
Umakanth Katwa (United States)

9:24am - 9:36am  
**Orthodontic treatment of UARS**  
Christine Hong (United States)

9:36am - 9:48am  
**Role of myofunctional therapy in management of snoring and UARS**  
Hedwig van der Meer (Netherlands)

9:48am - 10:00am  
**Pediatric sleep bruxism: New insights for the collaboration between pediatric sleep doctors and dentists**  
Tony Romero (Spain)

10:00am - 10:12am  
**Involvement of TMJ disorder in UARS**  
Rana Kiziltekin Cimen (Turkey)

10:12am - 10:20am  
**Question and answer**

### **S04: Phenotype and personalized medicine in pediatric OSA**

---

10:40am - 11:50am | Level 2 Auditorium  
*Chair: Narong Simakajornboon (United States)*

10:40am - 10:42am  
**Introduction**

10:42am - 10:54am  
**DISE and management of persistent OSA after T&A**  
An Boudewyns (Belgium)

10:54am - 11:06am  
**Obesity phenotype of OSA**  
Stijn Verhulst (Belgium)

11:06am - 11:18am  
**The role of non-anatomical traits and personalized medicine in infants and children**  
Narong Simakajornboon (United States)

11:18am - 11:30am  
**Pediatric OSA in complex medical conditions**  
Hui-leng Tan (United Kingdom)

11:30am - 11:42am  
**Craniofacial contribution of OSA in children**  
Wei-Chung Hsu (Taiwan)

11:42am - 11:50am  
**Question and answer**



## Saturday Scientific Program

### **S05: Challenges of sleep detection in infants and young children**

---

10:40am - 11:50am | Level 1 Auditorium  
*Chairs: Mirja Quante (Germany),  
Ravi Poorun (United Kingdom)*

10:40am - 10:42am  
**Introduction**

10:42am - 10:57am  
**Methodological pitfalls when using actigraphy in infants**  
Mirja Quante (Germany)

10:57am - 11:12am  
**How to create an optimal observation sleep stage classification system for preterm infants**  
Eline de Groot (Netherlands),  
Christy Gliniak (Netherlands)

11:12am - 11:27am  
**A novel prototype for contactless respiratory monitoring in sleep via 3-D respiratory motion measurements**  
Sebastian Kerzel (Germany)

11:27am - 11:42am  
**Challenges of evaluating sleep-disordered breathing in neonates**  
Robin Lloyd (United States)

11:42am - 11:50am  
**Question and answer**

### **S06: Development of sleep, thermoregulation and cardiorespiratory control: Clinical implications**

---

10:40am - 11:50am | Level 3 Room 6/7  
*Chair: Rosemary Horne (Australia)*

10:40am - 10:42am  
**Introduction**

10:42am - 10:57am  
**Circadian rhythmicity in the development of sleep in normal and growth restricted fetuses**  
Laura Bennet (New Zealand)

10:57am - 11:12:am  
**Maturation of cardiac autonomic control in preterm infants and how the neonatologist could evaluate it in practice before discharge**  
Hugues Patural (France)

11:12am - 11:27am  
**Maturation of temperature regulation during sleep in infants**  
Veronique Bach (France)

11:27am - 11:42am  
**Sleep in children born preterm and growth restricted: Clinical implications**  
Rosemary Horne (Australia)

11:42am - 11:50am  
**Question and answer**



## Saturday Scientific Program

### Advances in treatment of insomnia in children with NDDs

12:10pm - 1:10pm | Level 9 Executive Suite  
Chair: *Oliviero Bruni (Italy)*

*Lunch service begins at 11:55am on Level 9.  
Session is supported by Neurim Pharmaceuticals.*

#### Welcome and introduction

Oliviero Bruni (Italy)

#### Sleep contrasts: Unveiling the varied sleep patterns in ASD and ADHD

Suresh Kotagal (United States)

#### Exploring cutting-edge insomnia treatments in children with ASD

Oliviero Bruni (Italy)

#### Summary and closing remarks

Oliviero Bruni (Italy), Suresh Kotagal (United States)

### O01: New investigator award

1:20pm - 2:25pm | Level 2 Auditorium  
Chairs: *Rosemary Horne (Australia);  
Samantha Hornsey (United Kingdom)*

1:20pm - 1:33pm  
**Repetitive negative thinking mediates the relationship between sleep disturbance and symptoms of generalized anxiety, social anxiety, depression and eating disorders in adolescence: Findings from a five-year longitudinal study**  
Cele Richardson (Australia)

1:33pm - 1:46pm  
**Clinician perceptions around management of sleep problems in children with neurodevelopmental disorders**  
Kate O'Donohue (Australia)

1:46pm - 1:59pm  
**Effectiveness of an intervention program on physical activity in children with narcolepsy type 1**  
Lisa Brunel (France)

1:59pm - 2:12pm

**The relationships between contextual factors, parenting practices, and sleep in young children: An analysis of pooled data from 32 countries**  
Zhiguang Zhang (Australia)

2:12pm - 2:25pm

**Award presentations**

### O02: Sleep in early childhood

1:20pm - 2:25pm | Level 1 Auditorium  
Chairs: *Magda Lahorgue Nunes (Brazil),  
Barbara Galland (New Zealand)*

1:20pm - 1:33pm

**Interrelation between day and nighttime sleep in preschool-aged children**  
Eve Reynaud (France)

1:33pm - 1:46pm

**Effects of behavioural sleep intervention on infant attachment quality and parental wellbeing**  
Gokce Yilmaz Akdogan (Turkish Republic of Northern Cyprus)

1:46pm - 1:59pm

**Association between salivary melatonin levels with rest-activity rhythms and night wakings in infants**  
Jianfei Lin (China)

1:59pm - 2:12pm

**Comparing home Type 2 polysomnography that includes transcutaneous monitoring of CO<sub>2</sub> and Type 1 polysomnography in children with neuromuscular disorders**  
Adelaide Withers (Australia)

2:12pm - 2:25pm

**Longitudinal effects of early exposure to intermittent hypoxia on autonomic cardiovascular control in very preterm infants**  
Rosemary Horne (Australia)





## Saturday Scientific Program

### **O03: Investigations & sleep: What are the findings?**

---

1:20pm - 2:25pm | Level 3 Room 6/7  
*Chairs: Ross Langley (United Kingdom),  
Elise Buchan (United Kingdom)*

1:20pm - 1:33pm  
**Efficacy and safety of pitolisant in children above 6 years with narcolepsy with and without cataplexy**  
Christian Causse (France)

1:33pm - 1:46pm  
**Preliminary fMRI evidence of ADHD traits and differential susceptibility to experimental sleep restriction in youth**  
Jared Saletin (United States)

1:46pm - 1:59pm  
**Environmental impact of paediatric sleep investigations**  
Elise Buchan (United Kingdom)

1:59pm - 2:12pm  
**The iron deficiency conundrum - limitations of existing clinical practice guidelines and next steps**  
Scout McWilliams (Canada)

2:12pm - 2:25pm  
**Ko Te honoka te whariki o whanau ora: Connection as the foundation for family well-being using sleep. The Moemoeā MOST trial**  
Rachael Taylor (New Zealand)

### **S07: Melatonin use in typically developing (TD) children and children with developmental disabilities: Experiences around the world**

---

2:35pm - 3:45pm | Level 2 Auditorium  
*Chair: Narong Simakajornboon (United States)*

2:35pm - 2:37pm  
**Introduction**

2:37pm - 2:49pm  
**Melatonin in children with neurodevelopmental problems: Outcome of clinical trials and UK prescribing audit**  
Paul Gringras (United Kingdom)

2:49pm - 3:01pm  
**Melatonin use among community and clinical samples Australian children**  
Sarah Blunden (Australia)

3:01pm - 3:13pm  
**Pattern of Melatonin use among physicians in Italy**  
Oliviero Bruni (Italy)

3:13pm - 3:25pm  
**Melatonin use in the United States and educational material developed by IPSA**  
Judith Owens (United States)

3:25pm - 3:37pm  
**Adverse effect of melatonin and a final report from Melatonin Task Force of IPSA**  
Suresh Kotagal (United States)

3:37pm - 3:45pm  
**Question and answer**





## Saturday Scientific Program

### **S08: Sleep disturbances in adolescents: From subtyping to tailored prevention and intervention strategies**

---

2:35pm - 3:45pm | Level 1 Auditorium  
*Chairs: Kate Chan (Hong Kong, China),  
Shirley Xin Li (Hong Kong)*

2:35pm - 2:37pm  
**Introduction**

2:37pm - 2:52pm  
**Adolescent insomnia and mental health problem:  
New subtypes and association**  
Guanghai Wang (China)

2:52pm - 3:07pm  
**A brief sleep intervention to improve sleep, mood,  
and performance in Esports athletes**  
Sooyeon Aly Suh (South Korea)

3:07pm - 3:22pm  
**Cognitive behavioural therapy for insomnia: Is it  
effective in adolescents with ADHD?**  
Shirley Xin Li (Hong Kong)

3:22pm - 3:37pm  
**Preventing insomnia in at-risk adolescents:  
Unveiling the evidence and implications**  
Rachel Ngan Yin Chan (Hong Kong)

3:37pm - 3:45pm  
**Question and answer**

### **S09: Moving forward the agenda for "sleep friendly" hospitals - possible standards relevant for international adoption**

---

#### **Discussion symposium**

2:35pm - 3:45pm | Level 3 Room 6/7  
*Chairs: Megan Thomas (Canada),  
Cathy Hill (United Kingdom)*

#### *Panelists:*

Andrea Fidler (United States)  
Kirstie Anderson (United Kingdom)  
Murtala Affini (United States)  
Moya Vandeleur (Australia)  
Robyn Stremler (Canada)

#### *Discussion questions will include:*

- Is your hospital doing anything to support healthy sleep in hospital?
- Why do you think providing patients and families information about strategies to improve sleep while hospitalized and after discharge should be possible standards?
- Can you explain why noise and light levels, including optimising daylight levels, are relevant standards?
- Why do you think optimizing EHR (electronic health record) order sets to reduce vital checks and administering medications throughout the day should be possible standards?
- Why is it important to engage with key stakeholders to improve sleep health in hospitals?
- Can you explain why all staff should receive information on the importance of sleep as part of their onboarding process, and a written sleep friendly policy that is routinely communicated to all healthcare staff should be possible standards?
- Do you think it is important to consider parent's sleep as well as children's sleep in hospital?



## Saturday Scientific Program

### Poster hall session 1

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3:45pm - 4:45pm | Level 3 Mezzanine

### Pro/Con Debate: The role of DISE in pediatric OSA

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4:50pm - 5:20pm | Level 2 Auditorium  
Moderator: *Narong Simakajornboon (United States)*

Speakers:  
Pro: An Boudewyns (Belgium)  
Con: Christine Heubi (United States)

### Pro/Con Debate: Diagnosing and monitoring pediatric sleep-disordered breathing: The new BTS guidelines

---

4:50pm - 5:20pm | Level 1 Auditorium  
Moderator: *Sheila Javadpour (Ireland)*

Speakers:  
Pro: Neil Gibson (United Kingdom),  
Con: Jasneek Chawla (Australia)

### Gala dinner

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6:30pm - 12:00am | Citation



### Gala Dinner

6:30pm - 12:00am | Saturday, April 27  
Citation Glasgow  
40 Wilson Street  
Glasgow

Ticket price: US\$70

The gala dinner will take place at Citation, a social venue notable for its neoclassical charm and history dating back to 1844. A Scottish cèilidh band will entertain with traditional music for dancing. Dinner will be provided with a hot fork buffet. There is no dress code requirement, but kilts are encouraged!

# Become a Member

The International Pediatric Sleep Association is a membership organization devoted to the promotion of pediatric sleep medicine worldwide.



## What do IPSA members accomplish together?

IPSA members organize a range of programs and projects to advance the health of children and young people worldwide.

- Organize the biennial IPSA congress
- Organize courses and gatherings for pediatrics at other conferences
- Write guidelines, recommendations, and other publications
- Distribute awards to promote pediatric sleep among new researchers
- Promote pediatric sleep health among the public

## Want to be involved? Become an IPSA member!

A one-year membership is 25 USD (15 USD for students) and includes the following benefits:

- Discounted rates to attend the IPSA congress
- Access to *Sleep Medicine*, official journal of IPSA
- Eligibility to serve on IPSA committees, task forces, and projects
- Eligibility to participate and vote in IPSA general assembly meetings



To join scan the code or visit  
[pedsleep.org/Membership](https://pedsleep.org/Membership)



## Sunday Scientific Program

### Keynote Speaker: Stijn Verhulst

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8:15am – 9:00am | Level 2 Auditorium

8:15 – 8:17am

#### Introduction

Narong Simakajornboon (United States)

8:17am – 9:00am

#### The interaction between obesity and obstructive sleep apnea in children: A global and universal health priority

Stijn Verhulst (Belgium)

### S10: Parental choices and voices for infant sleep interventions

---

9:10am – 10:40am | Level 2 Auditorium

*Chairs: Sarah Blunden (Australia),  
Helen Ball (United Kingdom)*

9:10am – 9:12am

#### Introduction

9:12am – 9:25am

#### What we know and don't know: A review of infant behavioural sleep intervention research

Sarah Honaker (United States)

9:25am – 9:38am

#### Reviewing the effects of maternal expectations across cultures on night waking, infant sleep, and perceived infant sleep problems

Elaine Barry (United States)

9:38am – 9:51am

#### Differences between maternal and paternal perspectives of infants' sleep and the role of breastfeeding

Ezgi Barış (Turkey)

9:51am – 10:04am

#### "Please don't think I'm a bad parent for co-sleeping. I am not": Perceived benefits and limitations of co-sleeping: Cultural and sub cultural perspectives

Levita D'Souza (Australia)

10:04am – 10:17am

#### Offering parents intervention options for baby's sleep (OPTIONS): Preliminary findings from the cross-cultural survey data of the OPTIONS study

Perran Boran (Turkey)

10:17am – 10:40am

#### Question and answer

### S11: A precision medicine approach to ADHD & sleep: From phenotyping to individualizing interventions

---

9:10am – 10:40am | Level 1 Auditorium

*Chairs: Osman Ipsiroglu (Canada),  
Mark Stein (United States)*

9:10am – 9:12am

#### Introduction

9:12am – 9:17am

#### Prevalence of RLS and ADHD: An overview

Julian Mollin (Germany)

9:17am – 9:22am

#### ADHD & sleep phenotypes based on neurophysiology

Silvia Miano (Switzerland)

9:22am – 9:27am

#### Applying ADHD & sleep phenotypes in clinical care and the link to hypermotor restlessness and hyperarousability

Osman Ipsiroglu (Canada)

9:27am – 9:32am

#### New perspectives, new horizons: iron per os or i.v.

Thomas Dye (United States)

9:32am – 9:37am

#### Impact of ADHD medications, dose, and dosing strategies on subjective and objective measures

Mark Stein (United States)



## Sunday Scientific Program

9:37am – 9:42am

### **Cognitive behavioural therapy in ADHD and the role of sleep disorders: How to develop a mutually shared language?**

Angelika Schlarb (Germany)

9:42am – 9:47am

### **New perspectives, new horizons: Frontier drugs**

Michel Lecendreux (France)

9:47am – 9:52am

### **Perceptions regarding first line measures: Iron or melatonin. The role of the media**

Alexander Dück (Germany)

9:52am – 10:02am

### **Round table**

Lino Nobili (Italy)

## **S12: Recognizing that one size does not fit all: Tailoring sleep practices for children with a neurodiverse development**

9:10am – 10:40am | Level 3 Room 6/7

*Chairs: Karen Spruyt (France), Cathy Hill (United Kingdom)*

9:10am – 9:55am

### **Discussion panel**

*Moderators: Leticia Soster (Brazil), Karen Spruyt (France)*

*Panelists:*

Alexander Dück (Germany), Marco Carotenuto (Italy)  
Clarissa Bueno (Brazil), Leticia Soster (Brazil),  
Karen Spruyt (France)

*Discussion topics will include:*

- Sleep in Rett Syndrome
- The relation between the genetic pattern and the polysomnographic findings in Prader Willi Syndrome
- Developmental sleep trajectory in Fragile X Syndrome
- Sleep structure and Type 1 Neurofibromatosis
- Adenylate cyclase 5 deficiency: A model of sleep homeostasis disorder?

9:55am – 9:57am

### **Introduction**

Cathy Hill (United Kingdom)

9:57am – 10:07am

### **What can we learn from others: Learning about sleep from parents of children with neurodevelopmental disorders and non-sleep specialists who encounter sleep**

Moya Vandeleur (Australia)

10:07am – 10:17am

### **Co-design of a sleep education intervention for children with neurodevelopmental disorders**

Sarah MacEachern (Canada)

10:17am – 10:27am

### **What do parents think about standard behavioural sleep strategies for chronic insomnia in children with ADHD?**

Samantha Hornsey (United Kingdom)

10:27am – 10:40am

### **Discussion**

*Moderator: Jasneek Chawla (Australia)*



## Sunday Scientific Program

### **S13: Harmonizing pediatric sleep: Navigating the complexities and diversities in managing sleep-related breathing disorders across borders**

---

11:00am - 12:10pm | Level 2 Auditorium

*Chairs: Karen Spruyt (France),  
Umakanth Katwa (United States)*

11:00am - 11:02am

#### **Introduction**

11:02am - 11:14am

#### **The South America perspective**

Gustavo Moreira (Brazil)

11:14am - 11:26am

#### **The African perspective**

Eniola Eziyi (Nigeria), Karen Spruyt (France)

11:26am - 11:38am

#### **The Asian perspective**

Kate Chan (Hong Kong, China)

11:38am - 11:50am

#### **The European perspective**

Plamen Bokov (France)

11:50am - 12:02pm

#### **The USA perspective**

Umakanth Katwa (United States)

12:02pm - 12:10pm

#### **Question and answer**

### **S14: Unlocking the potential of big data in pediatrics: Autovideosomnography as an innovative instrument for investigating pediatric sleep and advancing sleep medicine**

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11:00am - 12:10pm | Level 1 Auditorium

*Chair: Oliviero Bruni (Italy)*

11:00am - 11:02am

#### **Introduction**

11:02am - 11:14am

#### **Utilizing auto-videosomnography to monitor a cognitive intervention for parents with children who have pediatric sleep difficulties**

Sooyeon Aly Suh (South Korea)

11:14am - 11:26am

#### **Using auto-videosomnography to understand the relation between sleep quality and motor development over the first year of life**

Sarah Berger (United States)

11:26am - 11:38am

#### **Do infant and parent sleep predict next-day parent-infant bonding? Auto-videosomnography insights across Daylight Saving transitions**

Michal Kahn (Israel)

11:38am - 11:50am

#### **The utility of Nanit-user survey data in examining a variety of sleep practices that potentially impact sleep health, including the use of sleep aids such as melatonin in very young children**

Judith Owens (United States)

11:50am - 12:02pm

#### **How auto-videosomnography data can help understand different sleep profiles in the first year of life and their relationship with child temperament**

Maria Breda (Italy)

12:02pm - 12:10pm

#### **Question and answer**



## Sunday Scientific Program

### **S15: The role of polysomnography in technology dependent children**

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11:00am - 12:10pm | Level 3 Room 6/7  
*Chairs: Neepa Gurbani (United States),  
Narong Simakajornboon (United States)*

11:00am - 11:02am  
**Introduction**

11:02am - 11:14am  
**Role of polysomnography prior to tracheostomy decannulation. (pulmonary perspective)**  
Neepa Gurbani (United States)

11:14am - 11:26am  
**Role of upper airway evaluation in prior to tracheostomy decannulation (ENT perspective)**  
An Boudewyns (Belgium)

11:26am - 11:38am  
**Role of polysomnography for weaning and titration of chronic invasive mechanical ventilation**  
John E. Pascoe (United States)

11:38am - 11:50am  
**Role of polygraphy for titration of noninvasive ventilation**  
Hui-leng Tan (United Kingdom)

11:50am - 12:02pm  
**Non-invasive ventilation: Experience from a country with emerging pediatric sleep medicine field**  
Mihaela Oros (Romania)

12:02pm - 12:10pm  
**Question and answer**

### **Narcolepsy management in children through different European countries**

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12:30pm - 1:30pm | Level 9 Executive Suite  
*Chair: Patricia Franco (France)*

*Lunch service begins at 12:15pm on Level 9.  
Session is supported by Bioprojet.*

**Drugs, studies, EUNN guidelines 2023 in narcolepsy children**  
Yves Dauvilliers (France)

**Patient pathway and management in Italy, a clinical case**  
Giuseppe Plazzi (Italy)

**Patient pathway and management in France, a clinical case**  
Patricia Franco (France)



## Sunday Scientific Program

### **O04: Investigations and treatments in sleep**

1:40pm - 2:45pm | Level 2 Auditorium  
*Chairs: Kate Chan (Hong Kong, China),  
Hui-leng Tan (United Kingdom)*

1:40pm - 1:53pm  
**Comparison of human expert and automated  
McGill scoring for paediatric obstructive  
sleep apnoea**  
Ajay Kevat (Australia)

1:53pm - 2:06pm  
**Decreased morning first voided urinary  
6-sulfatoxymelatonin among children with  
obstructive sleep apnoea**  
Ming Yang (China)

2:06pm - 2:19pm  
**Sleep it off? Exploring sleep duration and bedtime  
regularity as potential protective moderators of  
early adversity's impact on mental health in infancy,  
childhood, and adolescence**  
Sarah Kamhout (United States)

2:19pm - 2:32pm  
**Implementation of the Pediatric Craniofacial  
Screening Tool for Sleep Disordered Breathing (PCSS)**  
Judith Owens (United States)

2:32pm - 2:45pm  
**The relationship among allergic rhinitis, sleep, and  
cognitive behavior in primary school children: a  
large-scale cross-sectional survey**  
Yupu Liu (China)

### **O05: Adolescent sleep**

1:40pm - 2:45pm | Level 1 Auditorium  
*Chairs: Monica Ordway (United States),  
Craig Canapari (United States)*

1:40pm - 1:53pm  
**Sleep and insomnia symptoms in adolescence**  
Gita Hedin (Sweden)

1:53pm - 2:06pm  
**Timing may not matter: Exploring the impact of  
circadian misalignment on adolescent dietary patterns**  
Kara Duraccio (United States)

2:06pm - 2:19pm  
**Sleep-dependent memory consolidation and Sleep  
stage transitions in children narcolepsy-cataplexy**  
Stéphanie Mazza (France)

2:19pm - 2:32pm  
**Do screens really impair sleep in adolescents?  
Using wearable cameras to accurately quantify  
screen use in relation to sleep**  
Rachael Taylor (New Zealand)

2:32pm - 2:45pm  
**It's past your bedtime, but does it matter anymore?  
How changes in bedtime rules can impact  
adolescent sleep**  
Serena Bauducco (Sweden)





## Sunday Scientific Program

### O06: Heathy sleep

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1:40pm – 2:45pm | Level 3 Room 6/7  
*Chairs: Don Urquhart (United Kingdom),  
Jasneek Chawla (Australia)*

1:40pm – 1:53pm  
**Associations of objectively measured physical activity and sleep in preschoolers aged 3 to 6 years**  
Mya Dockrill (Canada)

1:53pm – 2:06pm  
**A researcher's two-decade journey of developing, evaluating, extending, and trying to sustain the Better Nights, Better Days (BNBD) eHealth program**  
Penny Corkum (Canada)

2:06pm – 2:19pm  
**Longitudinal bidirectional associations between screen time and bedtime and sleep duration in children aged 2 to 10.5 years: Insights from the national French ELFE birth cohort**  
Sabine Plancoulaïne (France)

2:19pm – 2:32pm  
**Evening chronotype is associated with daytime impairment and differential response to a sleep extension manipulation in short-sleeping adolescents**  
Stacey L. Simon (United States)

2:32pm – 2:45pm  
**A mixed-methods usability study of the promoting healthy sleep eLearning professional development program: Perspectives of healthcare providers and parents/caregivers**  
Alzena Ilie (Canada)

### Poster hall session 2

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2:45pm – 3:45pm | Level 3 Mezzanine

### S16: The narcolepsy revolution

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3:50pm – 5:00pm | Level 2 Auditorium  
*Chair: Heather Elphick (United Kingdom)*

3:50pm – 3:52pm  
**Introduction**

3:52pm – 4:04pm  
**Pharmacological Management of Narcolepsy in Childhood**  
Giuseppe Plazzi (Italy)

4:04pm – 4:16pm  
**Evaluation of home-based naturalistic narcolepsy diagnosis, using an ambulatory dry EEG wearable device powered by automated machine learning derived diagnosis**  
Paul Gringras (United Kingdom)

4:16pm – 4:28pm  
**Diagnostic delays in hypersomnia and relationship to age and phenotype for Idiopathic Hypersomnia, Narcolepsy Type 1 and Narcolepsy Type 2**  
Lucie Barateau (France)

4:28pm – 4:40pm  
**Chicken or egg? Autonomic dysfunction in central hypersomnia disorders**  
Suresh Kotagal (United States)

4:40pm – 4:52pm  
**Microglial density in the hypothalamus and thalamus in NT1 patients and their relationship to duration, severity, and orexin levels**  
Yves Dauvilliers (France)

4:52pm – 5:00pm  
**Question and answer**



## Sunday Scientific Program

### **S17: Healthy school start times for adolescents: A global perspective**

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3:50pm – 5:00pm | Level 1 Auditorium  
*Chairs: Judith Owens (United States), Sarah Blunden (Australia)*

3:50pm – 3:52pm  
**Introduction**

3:52pm – 4:04pm  
**Scoping review of the literature on SSTs in high school and middle school students**  
Jessica Page (United States)

4:04pm – 4:16pm  
**IPSA school start times member survey results**  
Michal Kahn (Israel)

4:16pm – 4:28pm  
**Findings on European Union school start times**  
Karen Spruyt (France)

4:28pm – 4:40pm  
**School start time change; impact on parents, teachers, primary school students and other key stakeholders**  
Scott Coussens (Australia),  
Judith Owens (United States)

4:40pm – 4:52pm  
**Next steps: Towards a global statement on school start times**  
Saadoun Bin Hasan (Kuwait)

4:52pm – 5:00pm  
**Question and answer**

### **S18: New era of disease modifying treatments in childhood neuromuscular disorders: Changing landscapes in sleep diagnostics and management**

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3:50pm – 5:00pm | Level 3 Room 6/7  
*Chairs: Federica Trucco (Italy), Elaine Chan (United Kingdom)*

3:50pm – 3:52pm  
**Introduction**

3:52pm – 4:04pm  
**Overview on disease-modifying treatments in NMD: Implications for management of respiratory and sleep issues**  
Valeria Sansone (Italy), Federica Trucco (Italy)

4:04pm – 4:16pm  
**Sleep disorders (respiratory and non-respiratory) in SMA and role for treatments**  
Archana Chacko (Australia)

4:16pm – 4:28pm  
**Diaphragmatic sleep disordered breathing in neuromuscular disorders, with particular focus on Duchenne Muscular Dystrophy**  
Federica Trucco (Italy)

4:28pm – 4:40pm  
**Sleep in Myotonic Dystrophy: Patho-mechanisms and multi-layer complexity**  
Lino Nobili (Italy)

4:40pm – 4:52pm  
**Involvement of sleep specialists in the future neuromuscular phenotypes**  
Anita Simonds (United Kingdom)

4:52pm – 5:00pm  
**Question and answer**

### **Closing ceremony and IPSA member meeting**

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5:05pm – 5:45pm | Level 2 Auditorium

..... Save the date .....

**September 5-10, 2025**

**Singapore**



**2025**  
**WORLD**  
**SLEEP**  
**Singapore**

Posters in the Saturday session are organized by poster board number below.

**P01: Oxygen Desaturation Index validity in predicting the severity of obstructive sleep apnea among children**

Ahmed Abushahin (Qatar)

**P02: Performance of automated oximetry scoring algorithms in comparison to clinician McGill scoring for the detection of polysomnography-diagnosed paediatric OSA**

Ajay Kevat (Australia)

**P03: Development of a pediatric sleep routine questionnaire for Black families: A human-centered design approach**

Alicia Chung (United States)

**P04: Sleep for health in hospital: Addressing excessive light exposure during nursing care**

Joanne Mccubbin (United Kingdom)

**P05: The patient and public involvement (PPI) voice: Reporting on parent/carer experiences of using two sleep diaries for children with ADHD**

Kate Greenwell (United Kingdom)

**P06: Sleep-wake rhythms and impulsivity in adolescents**

Amandine Eve Rey (France)

**P07: The bedtime checking sleep intervention in infants with insomnia: Preliminary results**

Liat Tikotzkywill (Israel)

**P08: Multi-method analysis of parental sleep on a paediatric inpatient ward**

Amy Maitland (United Kingdom)

**P09: The effect of supraglottoplasty on OSA severity in children with sleep-dependent laryngomalacia**

An Boudewyns (Belgium)

**P10: Sleep help seeking behavior of parents with children suffering from insomnia - what counts?**

Angelika Schlarb (Germany)

**P11: Presentation of the international Delphi consensus on sleep problems in pediatric palliative care. Let the curtain rise!**

Anna Mercante (Italy)

**P12: The gamification of sleep education**

Ansel Godinho (United Kingdom)

**P13: Validation of a wireless, self-applied device for sleep recording in the pediatric population**

Antonella Iadarola (Italy)

**P14: Applying AI techniques for the culturally and family-tailored intervention app Nenne Navi for improving sleep habits of young Japanese children: A preliminary usability evaluation**

Arika Yoshizaki (Japan)

**P15: Utility of polysomnography in children with ambulatory non-invasive ventilation**

Athiwaat Tripipitsiriwat (United States)

**P16: 9:45 a.m. and beyond. Exploring teens' first-hand experiences of later school start times in Aotearoa, New Zealand**

Barbara Galland (New Zealand)

**P17: Polysomnographic, clinical and respiratory findings in a pediatric population with neuromuscular disorders**

Beatriz Sardano (Brazil)

**P18: A new holistic medical approach on an obstructive sleep apnea pediatric clinical case**

Benito Francesco Pio Pennacchio (Italy)

**P19: Psychiatric comorbidity in pediatric narcolepsy type 1 - a cross sectional study from Norway**

Berit Hjelde Hansen (Norway)

**P20: Quantifying sleep-related rhythmic movement disorder - the role of videosomnography.**

Boateng Twum (United Kingdom)

Posters in the Saturday session are organized by poster board number below.

**P21: Sleep and neurocognitive functioning in nocturnal enuresis**

Britt Borg (Denmark)

**P22: The association of nocturnal enuresis and school performance - a nationwide register-based cohort study**

Britt Borg (Denmark)

**P23: The use of the PneumoWave DC mobile respiratory monitor to identify paediatric sleep apnoea: In vitro validation**

Burcu Kolukisa Birgec (United Kingdom)

**P24: Do weighted blankets improve sleep among children with a history of maltreatment? A randomized controlled crossover trial**

Candice Alfano (United States)

**P25: When, how, and what are the outcomes of exogenous melatonin indicated in a pediatric sleep clinic**

Caroline Pereira Borginho (Brazil)

**P26: Hypoventilation in patients with Prader-Willi syndrome across the pediatric age**

Laurianne Coutier (France)

**P27: Eyes wide open: A protocol for exploring stakeholder perspectives of adolescent sleep through photovoice**

Catriona Ewart (United Kingdom)

**P28: Polysomnographic phenotypes of children with Down syndrome across the age**

Chalisa Thamkittikun (Thailand)

**P29: Improving pre-schoolers' sleep with the use of bedtime bibliotherapy (bedtime story): A pilot study**

Chi Ching Tsang (Hong Kong)

**P30: Sleep behaviors, perceptions, and practices among home and family childcare providers in western Massachusetts**

Christine St. Laurent (United States)

**P31: Ventilator data: An adjunct to cardiorespiratory sleep study (CRSS) in monitoring children on long term non-invasive ventilation (LT-NIV)**

Chu-Hai Wong (United Kingdom)

**P32: Application of bidirectional telemedicine in continuous positive airway pressure for children with upper airway obstruction**

Dabo Liu (China)

**P33: Associations between objectively and subjectively measured sleep outcomes and screen time among elementary school children in Rhode Island**

Diane Story (United States)

**P34: Sleeping soundly after discharge from a neonatal ward: Evidence-based, expert- and parent-endorsed sleep strategies**

Eline de Groot (Netherlands)

**P35: Parent-reported sleep characteristics of Canadian infants at 3 and 12 months**

Elizabeth Keys (Canada)

**P36: Healthy patient and parent sleep: Our experience**

Elizabeth McLellan (United Kingdom)

**P37: Understanding toddler sleep in typical development: A videosomnography study**

Emily Abel (United States)

**P38: Understanding parental levels of engagement in an eHealth intervention for pediatric insomnia and neurodevelopmental disorders**

Emily Wildeboer (Canada)

**P39: Comparison of transcutaneous carbon dioxide measurements and capillary pCO<sub>2</sub> measurements on paediatric sleep study patients**

Emma Carruthers (United Kingdom)

Posters in the Saturday session are organized by poster board number below.

**P40: Late-night food consumption as a shared determinant of poor sleep onset, increased adiposity and obesity in 11-14-year-olds**

Emma Louise Gale (United Kingdom)

**P41: The role of oxycapnography vs cardiorespiratory polygraphy in the follow up of children on long term NIV**

F. Martin Smith (United Kingdom)

**P42: The risk of postoperative respiratory complications following adenotonsillar surgery in children with or without obstructive sleep apnea**

Fanni Keseru (Hungary)

**P43: What are the parent-perceived barriers and facilitators to consistent use of sleep-related routines with toddlers?**

Fiona Tierney (United Kingdom)

**P44: Caregiver-reported sleep characteristics of children with epilepsy and their caregivers in independently sleeping, regular co-sleeping and irregularly co-sleeping families**

Fiona Tierney (United Kingdom)

**P45: Parental cognitions about the sleep of children with epilepsy and the impact of a behavioural sleep intervention on these thoughts, feelings, beliefs and attitudes**

Georgia Cook (United Kingdom)

**P46: Improvement in quality of life with continuous positive airway pressure outweighs the treatment burden in children with obstructive sleep apnea**

Gillian Nixon (Australia)

**P47: Contributory factors for teen insomnia symptoms: A prospective cohort study in Sweden**

Gita Hedin (Sweden)

**P48: Adjusting apnea hypopnea index (AHI) in children with low REM% by polysomnography and its potential impact on OSA diagnosis and severity**

Haneen Toma (Qatar)

**P49: Narcolepsy - diagnosis challenges in pediatric age**

Inês Cascais (Portugal)

**P50: Can brief behavioral and sleep hygiene education with mindfulness intervention improve sleep patterns in adolescents? A pilot study**

Ingibjörg Magnúsdóttir (Iceland)

**P51: Testing the preliminary efficacy on child sleep outcomes in a psychoeducation-based brief behavioral intervention in school-aged children**

Gracie Crandall (United States)

**P52: Paediatric obstructive sleep apnoea in an ethnically diverse population: Data from a single centre**

Iveneet Heer (United Kingdom)

**P53: Widening the access of sleep studies to patients with disability**

Jane Orgill (United Kingdom)

**P54: Caregiver preferences for narcolepsy treatment: A discrete choice experiment**

Maggie G. Lavender (United States)

**P55: Bedtime stories sleep health education program for caregivers in a community sample**

Jessica Page (United States)

**P56: Parent perceptions of sleep routines in newborns and young infants**

Jodi A. Mindell (United States)

**P57: Actigraphic and self-reported sleep outcomes and relationships to anxiety and depression symptoms in adolescents and young adults with cystic fibrosis: A mixed methods study**

Jordana McMurray (Canada)

Posters in the Saturday session are organized by poster board number below.

**P58: Burden of paediatric narcolepsy on patients and caregivers**

Judith A. Owens (United States)

**P59: Analysis of mandibular movements to improve ventilatory management of children with obstructive sleep apnea syndrome treated with continuous positive airway pressure or non-invasive ventilation**

Julie Cassibba (France)

**P60: Specialist sleep practitioner therapeutic support in a tertiary paediatric sleep service - a new model of working**

Karen Curtain (United Kingdom)

**P61: Gas exchange parameters for the prediction of obstructive sleep apnea in infants**

Laurianne Coutier (France)

**P62: Sleep architecture of children with specific learning disorder (SLD disorder), associated or not with ADHD**

Lioret Julien (France)

**P63: A preliminary common threads analysis of the views of clinicians working with families of children with ADHD and sleep difficulties**

Lucy Smith (United Kingdom)

**P64: Adolescents' suggestions on how to support their sleep**

Malin Jakobsson (Sweden)

**P65: Theory of mind impairment in childhood narcolepsy type 1: A case-control study**

Marco Veneruso (Italy)

**P66: Diagnosis of pediatric obstructive sleep apnea syndrome using smartphone home sleep video recording: SMARTSAS Study (NCT03743558)**

Mohamed Akkari (France)

**P67: Diagnosis of pediatric obstructive sleep apnea hypopnea syndrome using a risk score based on polysomnography sleep video recordings: A pilot study**

Mohamed Akkari (France)

**P68: Respiratory events after adeno-tonsillectomy in children: What does really happen on the first night?**

Mohamed Akkari (France)

**P69: Narcolepsy in children - a challenging diagnosis**

Núria Madureira (Portugal)

**P70: Teaching paediatric sleep medicine - sleep diaries as a tool for collecting relevant behavioural information in children and adolescents with neurodevelopmental disorders**

Osman Ipsiroglu (Canada)

**P71: Iron deficiency and restlessness in sleep/wake behaviours in developmental pediatrics and in child and adolescent psychiatry**

Parveer Pandher (Canada)

**P72: Sleep habits in Swedish children and adolescents - a longitudinal study**

Pernilla Garmy (Sweden)

**P73: Learning to crawl impacts spatial aspects of movement during sleep**

Sarah Berger (United States)

**P74: Sleep quality: Potential target to better understand obesity and cardiovascular risk in children?**

Solveig Magnusdottir (United States)

**P75: The impact of sleep on sensory processing and integration in autism**

Valeria Mammarella (Italy)

**P76: Mind and skin: Exploring the links between sleep disturbance, neurocognitive function and inflammation in patients with atopic dermatitis**

Shona Cameron (United Kingdom)

Posters in the Sunday session are organized by poster board number below.

**P01: Parent engagement with digital sleep health interventions for young children: A global scoping review**

Alicia Chung (United States)

**P02: Pilot study for modification of children's sleep-related fears by reading picture books**

Angelika Schlarb (Germany)

**P03: Obstructive sleep apnea paediatric dentistry screening: Scoping review**

Benito Francesco Pio Pennacchio (Italy)

**P04: Characteristics of children in foster care given melatonin for sleep**

Candice Alfano (United States)

**P05: Do school start times in British Columbia, Canada follow recommendations for start times? A population-based scan of publicly available school start times.**

Elizabeth Keys (Canada)

**P06: Sleeping tight, feeling right: Unveiling the impact of circadian misalignment on adolescent mental health**

Alyssa Larson (United States)

**P07: The Xploro Project: The creation and rollout of a digital therapeutic app in Evelina London Sleep Study Service: A quality improvement project**

Jane Orgill (United Kingdom)

**P08: Maternal perceptions about implementing safe sleep guidelines and optimizing infant sleep**

Jodi A. Mindell (United States)

**P09: Assessment of nocturnal alveolar hypoventilation and obstructive sleep apnoea in otherwise healthy children**

Julie Cassibba (France)

**P10: Accuracy of clinical diagnosis versus polysomnography in the assessment of non-complex paediatric obstructive sleep apnoea**

Katrina Burrows (United Kingdom)

**P11: A 3 year analysis of UK cerebrospinal fluid hypocretin-1 data, comparison of results from paediatric and adult patients and the phenotype of those with intermediate levels. What does it mean when the result is neither up or down?**

Kirstie Anderson (United Kingdom)

**P12: Enabling non-contact sensor devices with ensembled ai for sleep apnea detection**

Kyu Young Chae (South Korea)

**P13: Comparison of clinical decision-making by oxycapnography or cardiorespiratory polygraphy in children on long-term ventilation**

Laura Hill (United Kingdom)

**P14: Breast milk and infant sleep**

Lauren Booker (Australia)

**P15: Persistent and symptomatic periodic breathing beyond the neonatal period in full-term infants: A case series**

Laurianne Coutier (France)

**P16: Father perceptions of sleep quality with intentional and unintentional co-sleeping**

Levita D'Souza (Australia)

**P17: Effect of caregivers' perception on short-term adherence of children with OSAHS treated with CPAP**

Liqiang Yang (China)

**P19: The CASTLE online sleep intervention (COSI) for children with epilepsy: Parents' use of COSI in a clinical trial**

Luci Wiggs (United Kingdom)

**P20: Item overlap analysis of parent reported ADHD and sleep difficulties**

Lucy Smith (United Kingdom)



Posters in the Sunday session are organized by poster board number below.

**P21: Canada's first "Week for Better Sleep" - An initiative to promote healthy sleep for Canadians**

MacKayla Williams (Canada)

**P22: Sleep respiratory disorders in children with the congenital Zika virus syndrome- a polysomnography and magnetic resonance analysis**

Magda Lahorgue Nunes (Brazil)

**P23: School nurses' experiences of sleep-promoting work**

Malin Jakobsson (Sweden)

**P24: Visual and automatic analysis of REM sleep atonia in patients with Rett syndrome**

Marco Veneruso (Italy)

**P25: Analysis of melatonin RCTs in children with neurodevelopmental disorders: Do we need to harmonize sleep research?**

Mark Parinas (Canada)

**P26: Sleep quality and daytime activity in children with obesity**

Megan Emma Hodge (United Kingdom)

**P27: Perceptions of 24-hour movement behaviours in adolescents with type 1 diabetes: A qualitative study**

Mhairi Patience (United Kingdom)

**P28: Treatment outcomes and cost effectiveness of using multi-channel studies to assess children with sleep disordered breathing**

Michael Yanney (United Kingdom)

**P29: Impact of a sleep literacy program on sleep patterns and sleep behaviors of preschool aged children: Preliminary results**

Miguel Meira e Cruz (Portugal)

**P30: Risk assessment of attention deficit hyperactivity disorder in children with sleep-disordered breathing**

Min Zhi (China)

**P31: Caregiver experiences of accessing and implementing tailored behavioural sleep interventions for children with neurodevelopmental conditions.**

Miriam Shabetai (United Kingdom)

**P32: Oxygen saturation indices in healthy neonates born after 32 weeks gestation: Longitudinal change and differences between term and pre-term infants**

Molly Renton (United Kingdom)

**P33: Exploring the impact of bedtime routine consistency and bedtime electronic use on infant sleep**

Monica Ordway (United States)

**P34: Nonlinear effects of harsh parenting on changes in children's sleep duration and sleep quality**

Morgan Thompson (United States)

**P35: Sleep disorders in children with Prader-Willi syndrome referred for polysomnography: Case series in a sleep center in Thailand**

Na-bhadhra Wongwathanavikrom (Thailand)

**P36: The relationship between timing and variability of bedtime in infants and parent perception of infant sleep**

Natalie Barnett (United States)

**P38: Sleep-disordered breathing in infants with achondroplasia**

Núria Madureira (Portugal)

**P39: 24h urinary melatonin excretion patterns in autistic children: Link with sleep, circadian rhythms, behavioral patterns, parent's sleep and quality of life**

Oriane Kolb (France)

Posters in the Sunday session are organized by poster board number below.

**P40: Pediatric sleep training in medical curricula: The perspective of the ChildRight2Sleep initiative**  
Osman Ipsiroglu (Canada)

**P41: Polysomnography features of nocturnal short sleepers at two years of age**  
Outi Saarenpää-Heikkilä (Finland)

**P42: Applicability of the vigilance concept in real life: Teaching lay-people the recognition of sleepiness**  
Parveer Pandher (Canada)

**P43: Impact of vosoritide on polysomnography parameters among children aged 3-59 months**  
Paul Gringras (United Kingdom)

**P44: Latent patterns of caffeine use among adolescents and its association with insomnia.**  
Pernilla Garmy (Sweden)

**P45: Sleep problems and sleep disorders in children with dysautonomia referred to sleep clinics**  
Pornchada Srisinghasongkram (Thailand)

**P46: Polysomnographic features of children with obesity: Can body mass index predict severe obstructive sleep apnea?**  
Prakarn Tovichien (Thailand)

**P47: Two hours to Zzz: Preliminary Analyses on the short- and long-term effects of a child sleep intervention**  
Rachel Pétrin (Canada)

**P48: Effects of discontinuation of Levothyroxine in patient with Trisomy 21 and its impact on sleep study results**  
Rachna Tiwari (United States)

**P49: The effect of melatonin in the treatment of insomnia in Iranian children with neuromuscular diseases**  
Radmehr Nozari (China)

**P50: Assessment of CFTR modulators impact on sleep in adolescents with cystic fibrosis**  
Raquel Lopes de Bragança (Portugal)

**P51: Polysomnographic characterization of pinealectomized patients**  
Renata Gobetti (Brazil)

**P52: Paediatric home sleep apnoea testing: Service audit**  
Ricky Damm (United Kingdom)

**P53: Challenges, outcomes and lessons learnt following the Philips field safety notice - Children's Health Ireland experience**  
Roisin O'Neill (Ireland)

**P54: Exploring an objective measure of overactivity in children with rare genetic syndromes**  
Rory O'Sullivan (United Kingdom)

**P55: Effect of sleep disordered breathing severity in children with Down syndrome on parental wellbeing and social support**  
Rosemary Horne (Australia)

**P56: Umbrella review: The efficacy and tolerability of non-pharmacological interventions for sleep problems in children and adolescents**  
Samantha Hornsey (United Kingdom)

**P57: Impact of the onset of pre-linguistic and linguistic milestones on infants' sleep**  
Sarah Berger (United States)

**P58: Rock-a-bye Baby: Interruptions to infants' night sleep relate to decreased postural control during problem solving the next-day**  
Sarah Berger (United States)

Posters in the Sunday session are organized by poster board number below.

**P59: Comparison of 2 pulse oximetry measuring devices during sleep investigations in paediatric populations**

Scott Tart (United Kingdom)

**P60: Sleep trajectories and frequency of non-suicidal self-injury in adolescents: A person-oriented perspective over two years**

Serena Bauducco (Sweden)

**P61: Evaluation of sleep spindles activity and its relationship with daytime functioning in Iranian children with neuromuscular disorders.**

Shabnam Jalilolghadr (Iran)

**P63: Diagnosis and treatment of later onset congenital central hypoventilation syndrome in children**

Shuyao Qiu (China)

**P64: Sleep disturbances in children and adolescents with juvenile idiopathic arthritis - a cross-sectional and analytical study**

Sofia Ferreira (Portugal)

**P65: A prospective study evaluating night-to-night variability in sleep apnea severity in young children**

Solveig Magnusdottir (United States)

**P66: Volume-assured ventilation in children with congenital central hypoventilation syndrome**

Stephanie Kuek (United Kingdom)

**P67: Adapting an insomnia intervention for adolescents with co-morbid mental health problems: A Delphi study**

Stephanie McCrory (United Kingdom)

**P68: Later (evening) circadian preference is associated with poorer executive, academic, and attentional functioning in adolescents with and without ADHD**

Stephen Becker (United States)

**P69: An exploratory study of sleep and behavior problems based on sleep arrangement in a country with high co-sleeping rates**

Sungkyoung Shin (South Korea)

**P71: Exploring sleep disordered breathing in patients with SME and DMD: A cohort retrospective study**

Tina Luīze Čupāne (Latvia)

**P72: Ventilator reported apnoea hypopnoea index in predicting titration of CPAP pressure**

Vasileios Patelis (United Kingdom)

**P73: DRIFT-OFF, diabetes-related insomnia in families and teenagers - Optimising control and facing fears**

Victoria Foxall (Canada)

**P74: Novel subtypes of infantile Prader-Willi syndrome using brain connectivity on overnight polysomnography**

Woojoong Kim (South Korea)

**P75: Sleep habits of patients with congenital cardiac problems: Preconception care interview**

Yasunori Oka (Japan)

**P76: Differentiating primary snoring from mild obstructive sleep apnea: How useful is overnight oximetry?**

Yu Qian Koh (Singapore)

# Sponsors and Exhibitors

Thank you to the sponsors and exhibitors of IPSA 2024 Glasgow!

Meet with our sponsors and exhibitors in the exhibition area next to registration and outside the Level 2 Auditorium. Exhibition hours are 9:00am to 5:00pm on Saturday, April 27 and 9:00am to 4:00pm on Sunday, April 28.

*Sponsors and exhibitors listed in alphabetical order.*



AGB-Pharma is an independent, Swedish, family-owned, pharmaceutical company dedicated to sleep health and specialises in the treatment of sleep disorders.

The business was founded by a Swedish Pharmacist who served his local community in the Swedish city of Lund, then scaled the organisation into the company it is today. AGB-Pharma focusses on delivering high quality, high value medicines to support patients with sleep problems.

Good sleep health involves more than just medication, therefore AGB-Pharma seeks to work in close partnership with healthcare providers. Through international expansion of its treatments for sleep disorders, AGB-Pharma hopes to increase awareness of sleep disorders and the effect they have on people who suffer from them.

Since AGB-Pharma was first established in 2020, the business has continued to manufacture and market its own products, at its production facilities in Scandinavia, whilst growing rapidly in European countries and now has an established presence in the UK.

UK-AGB-NPR-0004 February 2024

## Bronze Sponsor



BIOPROJET is a European pharmaceutical laboratory that focuses its activity on clinical and pharmaceutical development, as well as the use and distribution of innovative pharmaceutical

products that are first-in-class, opening new therapeutic horizons for patients.



At Flynn Pharma, we provide essential medicines for patients with specific needs, often by re-discovering and working with established speciality drugs and branded pharmaceutical products. We are proud to make a positive difference to patients through introducing new products, improving existing formulations or adding new indications.



A global sleep and ventilation company for over 35 years, Löwenstein Medical offers precise, German made medical devices and products. Throughout Germany into Europe and globally, Löwenstein Medical has been a provider of Sleep Diagnostic equipment, accessories and consumables. From the diagnosis, provision of sleep therapy devices, masks, associated accessories and consumables by Löwenstein Medical, enables reliable, high precision sleep medicine and treatment that can improve and assist patients' health.  
[loewensteinmedical.com](http://loewensteinmedical.com)



Medtronic is a global medical device manufacturer with a mission to contribute to human welfare by the application of biomedical engineering to alleviate pain, restore health, and extend life. Medtronic's Acute Care and Monitoring division produces a range of monitoring devices including Nellcor™ pulse oximetry, INVOS™ regional oximetry, BIS™ anesthesia monitoring and Microstream™ capnography monitoring.



# Sponsors and Exhibitors

## Bronze Sponsor



Neurim Pharmaceuticals Ltd. is a neuroscience pharma company, focusing on discovering and developing innovative drugs for CNS diseases.

In response to the unmet medical need in the field of pediatric insomnia among children with ASD, Neurim developed Slenyto® - an innovative age-appropriate formulation, indicated for the treatment of insomnia in children and adolescents aged 2-18 with ASD or Smith-Magenis syndrome (SMS). [neurim.com](http://neurim.com)



**Glasgow Children's Hospital Charity**

Royal Hospital for Children, Glasgow (RHC Glasgow) is the largest children's hospital in Scotland and serves the West Coast of Scotland and beyond.

The hospital has excellent clinical and research facilities, including the largest purpose-built paediatric sleep laboratory in Scotland that undertakes a full range of inpatient clinical testing.

The sleep team provide remote monitoring and diagnostic services for rural communities. There is a highly active research portfolio, focussing on sleep innovation and diagnostics.

The Glasgow Children's Hospital charity support young people and their families during hospital visits and provide multiple activities during inpatient stays. They also fund research in and around the hospital. The pillowcase project was adopted by GCHC and many children have contributed artwork to the project.



*Research Directions: Sleep Psychology* is the premier journal for psychologists and sleep researchers whose work aims to answer critical theoretical, methodological, and application-level questions related to the psychology of sleep, dreams,

and biological rhythms. Published by Cambridge University Press.



**Edinburgh Children's Hospital Charity**  
More than Medicine

Royal Hospital for Children and Young People, Edinburgh (RHCYP Edinburgh) is a children's hospital serving South-East Scotland.

This is a new hospital (opened 2021), continuing on from the years of care that were provided at the previous Royal Hospital for Sick Children site on the Meadows.

The hospital has world-class clinical and research facilities, including a purpose-built sleep laboratory that undertakes a full range of clinical testing as well as supporting an active research portfolio.

Young people who are patients at the hospital benefit from support from the Edinburgh Children's Hospital Charity and their team who provide youth workers to engage children in art and other activities. The pillowcase project was adopted by ECHC and more than 20 children from Edinburgh have contributed their artwork to the project.



SleepImage (MyCardio, LLC) is a medical device manufacturer, based in

the United States, that develops the SleepImage® System. It is a HIPAA-compliant Software as a Medical Device that assesses sleep quality using ECG or PLETH data. With the addition of SpO2 data it calculates sAHI to aid in the evaluation of Sleep Disordered Breathing. The SleepImage® System is FDA-cleared for healthcare providers to manage sleep health in children (2+), adolescents, and adults. [Sleepimage.com](http://Sleepimage.com)

*Continued next page*



# Sponsors and Exhibitors



The perfect match for pediatric sleep studies:  
For more than 20 years

SOMNOmedics has specialized in small, lightweight, wireless sleep diagnostic devices that can be worn by the patient or placed next to the bed. Our AASM compliant, German-made sleep diagnostic devices are modular and upgradeable. They can be used in-lab and/or at home, for adults and/or for pediatric patients and for a wide variety of sleep related conditions depending on the accessories and video options selected.



The Sleep Charity provides evidence-based information and support to empower youngsters to sleep well. We are leading

providers of accredited training for professionals through our Sleep Well Academy. We also campaign to raise awareness about the importance of sleep and are involved in several international research projects.

[thesleepcharity.org.uk](http://thesleepcharity.org.uk)



Xploro® is a clinically validated patient education platform

that uses augmented reality, gameplay and a conversational agent to deliver health information to young patients, reducing the anxiety associated with hospitalisation, improving health literacy and fostering better engagement with health services.

In conjunction with Evelina Children’s Hospital we’ve developed a unique new module to help children understand what will happen when they visit hospital for a Sleep Study.

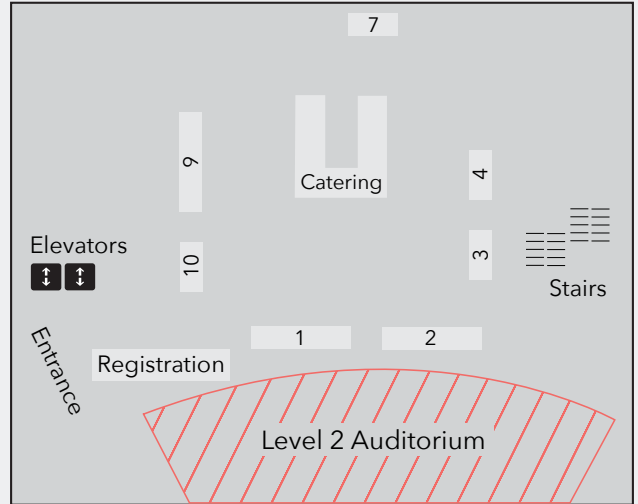
We’ll be at IPSA on Sunday 28th. Come and find us in the Exhibition area for a demo.

[xploro.health](http://xploro.health)

# Exhibit Hall

## Exhibition Hours

Saturday, April 27: 9:00am - 5:00pm  
Sunday, April 28: 9:00am - 4:00pm



## Table Number | Exhibitor Name

1	.....	Flynn Pharma
2	.....	SOMNOmedics
3	.....	Loewenstein Medical UK Ltd
4	.....	AGB-Pharma
7	.....	Xploro®
9	.....	Medtronic
10	.....	SleepImage





SOMNOmedics is a global leader in pediatric sleep diagnostics with some of the smallest devices, a wide range of pediatric sensors, and a synchronized, at home video option

**Sleep apnea screening or a full PSG with video - in the comfort of their own bed**



- Small and lightweight devices – can be used from the 1<sup>st</sup> month of life
- Intelligent Connect – automatic sensor and electrode recognition
- Flexible application options: outpatient or inpatient use
- Many built in sensors – less cables – higher comfort for the child & care giver
- Integration of IR-video optional – even at the patients' home with our Home Sleep Camera: allows sleep laboratory standard at home
- Telemetric data transfer whilst data is also stored on SD card - allowing full mobility of the child and highest data security
- Specific neonate template in our DOMINO sleep analysis software
- Wide range of external signals (e.g. CO<sub>2</sub>) can be included

## Our Sleep Diagnostic Portfolio



Made in Germany

**VISIT US  
AT BOOTH  
#2**

# Become a Member



The International Pediatric Sleep Association is a membership organization devoted to the promotion of pediatric sleep medicine worldwide.

## What do IPSA members accomplish together?

IPSA members organize a range of programs and projects to advance the health of children and young people worldwide.

- Organize the biennial IPSA congress
- Organize courses and gatherings for pediatrics at other conferences
- Write guidelines, recommendations, and other publications
- Distribute awards to promote pediatric sleep among new researchers
- Promote pediatric sleep health among the public



To join scan the code or visit  
[pedsleep.org/Membership](https://pedsleep.org/Membership)