



The 9th International SLEEP DISORDER CONGRESS



Mexico City | 22 - 25 MARCH 2026

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PRELIMINARY PROGRAM

Sunday, March 22, 2026

10:00-17:00	REGISTRATION
Time	HALL A
12:00-15:00	Oral Presentations – Sleep Disorders
15:00-15:30	Break
15:30-17:00	Workshop: Beyond AHI: Innovative Diagnostics in Sleep Medicine - From PSG to AI-Enhanced Wearables Moderator: Uri Alkan (Israel)

Monday, March 23, 2026

Time	HALL A	HALL B
08:30 – 10:00	Nasal Surgery <u>Chairs:</u> TBA From Rhino-Septoplasty to Sleep Quality: Re-thinking Nasal Surgery Techniques and Outcomes in OSA Darius Abedipour (France) What can we Expect from Nasal Surgery in OSAS? Emilie Bequignon (France) Nasal Surgery in a Sleep Breathing Disorder Patient Nicolas Busaba (USA)	Sleep <u>Chairs:</u> TBA Three Years After the Guidelines : Unmasking Residual Sleepiness in CPAP-Treated OSA. Clinical Insights and New Evidence from a French Expert Center Lucie Barateau (France) The Link Between Sleep Apnea and Cardiovascular Risk Ari Chaouat (France) Residual Sleepiness in OSA: From Guidelines to Real-World Evidence.

		Three-year Follow-up Experience from a French National Reference Center Lucie Barateau (France)
10:00 – 10:10	Break	
	Nasal Surgery <u>Chairs:</u> TBA Beyond Airflow : Nasal Surgery as a Gateway to Comprehensive Sleep Apnea Management Darius Abedipour (France) The Nose-Sleep Connection : Why Nasal Surgery ? Jolie Crespo (Panama) Round Table <u>Moderators:</u> TBA MAD and OSAS over the World, Indication Comparison Maria Suurna (USA), Darius Abedipour (France), Rodolfo Lugo (Mexico), Steve Amado (Colombia), Uri Alkan (Israel)	Neuromodulation <u>Chairs:</u> TBA Neuromodulation in Sleep Patterns Oscar Sánchez Escandón (Mexico) Role of Neurostimulation in Treatment of OSA Maria Suurna (USA) Round Table <u>Moderators:</u> TBA Neurostimulation and OSAS: Who, When and How? Maria Suurna (USA), Emilie Bequignon (France), Pierre Escourrou (France)
10:20 – 11:50	Coffee Break	
11:50 – 12:10		
12:10 – 13:40	OSAS Surgery PALM Clinical Application in Sleep Surgery Steve Amado (Colombia) Advances in Neurostimulation and Personalized Treatment of OSA Maria Suurna (USA)	CPAP Round Table Management of Residual AHI under CPAP <u>Chair:</u> Emilie Bequignon (France) How do CPAP Providers Deal with Increased Volume of Patients and Financial Issues around the World

	<p>Round Table</p> <p>Moderators: TBA</p> <p>Tailored OSAS Surgeries in Both Europe and Latin America in 2025</p> <p>Emilie Bequignon (France), Marc Blumen (France), Rodolfo Lugo (Mexico), Uri Alkan (Israel), Jolie Crespo (Panama)</p>	<p>Chair: Marc Blumen (France)</p> <p>How do CPAP Providers Deal with Increased Volume of Patients and Financial Issues around the World</p> <p>Maria Suurna (France), Pierre Escourrou (France), Pierre Jean Monteyrol (France), Ari Chaouat (France)</p>
13:40 – 14:40	Lunch	
14:40 – 17:40	<p style="text-align: center;">Workshop I</p> <p>Foundations of Sleep Medicine: Diagnosis, Physiology & Multidisciplinary Perspectives</p> <p>Moderator: Frederic Chabolle (France)</p>	

Tuesday, March 24, 2026		
Time	HALL A	HALL B
08:30 – 10:00	<p style="color: #1a4d6a; font-weight: bold;">Pediatric OSAS Diagnose</p> <p>Chairs: TBA</p> <p>PWAD and Hypoxic Burden as Predictors of Neurocognitive Function in Children with OSA</p> <p>Patricia Franco (France)</p> <p>What specific role should an ENT have in a pediatric multidisciplinary consultation meeting?</p> <p>Pierre Jean Monteyrol (France)</p> <p>Association of Neonatal Polysomnographic and ANS Characteristics with Neurodevelopment at 3 Years: The Aube Cohort</p> <p>Patricia Franco (France)</p>	<p style="color: #1a4d6a; font-weight: bold;">Sleep</p> <p>Chairs: TBA</p> <p>Human and animal sleep comparison</p> <p>Jean Baptiste Maldent (France)</p> <p>Diving and Sleep</p> <p>Jean Baptiste Maldent (France)</p> <p>Sleep and Cannabis, Sleep Health and Addictions</p> <p>Oscar Prospero Garcia (Mexico)</p> <p>Bruxism, OSAS, and Gastric Reflux : Co Occurrence or No ?</p> <p>Lilia Poulaïn (France)</p>

10:00 – 10:10	Break	
	OSAS Diagnose <u>Chairs:</u> TBA Beyond the Polysomnography : Modern Approaches to Diagnosing Sleep Apnea Pierre Escourrou (France) The ENT Approach to the Snoring Patient N. Gutierrez (Mexico) Hypoxic Burden on Clinical Settings Liliana Estrada (France) Beyond the AHI : Precision Prevention and Phenotyping in Obstructive Sleep Apnea Gabriel Cruz Zorilla (Mexico) Exacerbation of COPD: Recognize and Treat Triggering Factors Ari Chaouat (France)	Sleep and OSAS <u>Chairs:</u> TBA Sleepwalking : Current Clinical Insights and Pathophysiological Advances Yves Dauvilliers (France) Current Trends in Treatment of Sleep Apnea Maria Suurna (USA)
10:20 – 11:50		
11:50 – 12:10	Coffee Break	
	DISE <u>Chairs:</u> TBA Is DISE under CPAP Useful for Understanding the Reasons for CPAP Failure in Apneic Patients? Emilie Bequignon (France) Sleep Endoscopy with CPAP Carolina Gutiérrez Sánchez (Mexico) DISE Extended to CPAP and MAD Titration Carlos Abascal (Mexico)	OSAS Surgery <u>Chairs:</u> TBA Pharyngoplasty Evolution Nayely Diaz Insunza (Mexico) The Peri Operative Management in OSAS Surgery - Literature's Review Lilia Poulin (France) Artificial Intelligence to Optimize Multilevel Surgery: Defining the Nasal Contribution Darius Abedipour (France) Modified Zetapharyngoplasty- Video Presentation Anand Raju (India)
12:10 – 13:40		
13:40 – 14:40	Lunch	
14:40 – 17:40	Workshop II	

Advances in Non-CPAP Therapy: From Alternative Treatments to Personalized Care

Moderator: **Frederic Chabolle (France)**

Wednesday, March 25, 2026

Time	HALL A	HALL B
08:30 – 10:00	<p>OSAS Physiopathology</p> <p><u>Chairs:</u> TBA</p> <p>Is Airflow Shape Associated with Pharyngeal Structures Causing OSA ? Marc Blumen (France)</p> <p>Immune System and Sleep Oscar Medina (Mexico)</p> <p>Why are We at Risk of Breathing while We Sleep? Pierre Jean Monteyrol (France)</p>	
10:00 – 10:10	Break	
10:20 – 11:50	<p>Sleep</p> <p><u>Chairs:</u> TBA</p> <p>Sleep Chronobiology Guadalupe Terán (Mexico)</p> <p>Sleep Studies in the Otolaryngologist Practise Alberto Labra (Mexico)</p> <p>PSG Clinical Cases Fernando Romo (Mexico)</p> <p>Climate Change and OSA Prevalence Pierre Escourrou (France)</p>	
11:50 – 12:10	Coffee Break	
12:10 – 13:40	<p>Pediatric OSAS Treatments</p> <p><u>Chairs:</u> TBA</p> <p>Clinical and Polysomnographic Effects of CPAP in Children with OSA</p>	

	<p>Patricia Franco (France)</p> <p>Breathing Implications in Craniofacial Development and OSAS</p> <p>Perla Sepulveda (Mexico)</p>	
13:40 – 14:40		<p>Lunch</p>
14:40 – 17:40		<p>Poster Session</p> <p>Moderator: Rodolfo Lugo (Mexico)</p>