



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	Caza 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	Caza A	Caza B
08:30 – 10:00	Nasal Surgery	OSAS Physiopathology
	<u>Chair: Emilie Bequignon (France)</u>	<u>Chair: Guadalupe Terán (Mexico)</u>
	From Rhino-Septoplasty to Sleep Quality: Re-thinking Nasal Surgery Techniques and Outcomes in OSA Darius Abedipour (France)	Is Airflow Shape Associated with Pharyngeal Structures Causing OSA ? Marc Blumen (France)
	What can we Expect from Nasal Surgery in OSAS? Emilie Bequignon (France)	Immune System and Sleep Oscar Medina (Mexico)
	Nasal Surgery in a Sleep Breathing Disorder Patient Nicolas Busaba (USA)	Factors Associated with Higher Respiratory Disturbance Index than Apnea-hyponea Index in Patients with Obstructive Sleep Apnea Kittisak Sawanyawisuth (Thailand)
		Exploring the Reasons behind the Purchase of CPAP Machines Among Adult Patients with

		Obstructive Sleep Apnea Through Qualitative Research <i>Kittisak Sawanyawisuth (Thailand)</i>
10:00 – 10:10	Break	
10:20 – 11:50	<p style="text-align: center;">Nasal Surgery & MAD</p> <p><u>Chair:</u> <i>Alberto Labra (Mexico)</i></p> <p>Beyond Airflow : Nasal Surgery as a Gateway to Comprehensive Sleep Apnea Management <i>Darius Abedipour (France)</i></p> <p>Mandibular Advancement Devices for Snoring and OSA : Current Evidence and Teamwork with ENT <i>Leopoldo Correa (Mexico)</i></p> <p>Interdisciplinary Management of OSA : Integration between ENT and Dental Sleep Medicine <i>Leopoldo Correa (Mexico)</i></p>	<p style="text-align: center;">Sleep</p> <p><u>Chair:</u> <i>Lucie Barateau (France)</i></p> <p>Human and Animal Sleep Comparison <i>Jean Baptiste Maldent (France)</i></p> <p>Diving and Sleep <i>Jean Baptiste Maldent (France)</i></p> <p>Bruxisme, OSAS, and Gastric Reflux : Co Occurrence or No ? <i>Lilia Poulain (France)</i></p> <p>PSG Clinical Cases <i>Fernando Romo (Mexico)</i></p>
11:50 – 12:10	Coffee Break	
12:10 – 13:40	<p style="text-align: center;">MAD</p> <p><u>Chair:</u> <i>Darius Abedipour (France)</i></p> <p style="text-align: center;">Round Table</p> <p>MAD and OSAS over the World, Indication Comparison</p> <p><u>Moderator:</u> <i>Darius Abedipour (France)</i></p> <p>Panel: <i>Maria Suurna (USA), Rodolfo Lugo (Mexico), Leopoldo Correa (Mexico), Uri Alkan (Israel)</i></p>	<p style="text-align: center;">DISE 1</p> <p><u>Chair:</u> <i>Anand Raju (India)</i></p> <p>Is DISE under CPAP Useful for Understanding the Reasons for CPAP Failure in Apneic Patients ? <i>Emilie Bequignon (France)</i></p> <p>Sleep Endoscopy with CPAP <i>Carolina Gutiérrez Sánchez (Mexico)</i></p> <p>DISE Extended to CPAP and MAD Titration <i>Carlos Abascal (Mexico)</i></p>
13:40 – 14:40	Lunch	
14:40 – 17:40	<p>Workshop I</p> <p>Foundations of Sleep Medicine: Diagnosis, Physiology & Multidisciplinary Perspectives Moderator: <i>Frederic Chabolle (France)</i></p>	

Tuesday, March 24, 2026

Time	Caza A	Caza B
08:30 – 10:00	<p align="center">Sleep</p> <p><u>Chair: Yves Dauvilliers (France)</u></p> <p>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)</p> <p>The Link Between Sleep Apnea and Cardiovascular Risk Ari Chaouat (France)</p> <p>Restless Legs Syndrome : Clinical Features and Current Management Alberto Labra (Mexico)</p> <p>Cognitive and Behavioral Mediators of Digital Cognitive Behavioral Therapy for Insomnia Won Jae Kim (South Korea)</p>	<p align="center">Pediatric OSAS Diagnose</p> <p><u>Chair: Perla Sepulveda (Mexico)</u></p> <p>Hypoxic Burden and PWAD: New Markers of Neurocognitive Risk in Pediatric OSA Patricia Franco (France)</p> <p>What Specific Role should an ENT have in a Pediatric Multidisciplinary Consultation Meeting? Pierre Jean Monteyrol (France)</p> <p>Early Nocturnal Neonatal Autonomic Activity as a Predictor of Neurocognitive Development at 3 Years: Findings from the AuBE Cohort Patricia Franco (France)</p>
10:00 – 10:10	Break	
10:20 – 11:50	<p align="center">OSAS Diagnose</p> <p><u>Chair: Rodolfo Lugo (Mexico)</u></p> <p>Beyond the Polysomnography : Modern Approaches to Diagnosing Sleep Apnea Pierre Escourrou (France)</p> <p>Hypoxic Burden on Clinical Settings Liliana Estrada (Costa Rica)</p> <p>Exacerbation of COPD: Recognize and Treat Triggering Factors Ari Chaouat (France)</p> <p>Why are We at Risk of Breathing while We Sleep? Pierre Jean Monteyrol (France)</p>	<p align="center">Sleep and OSAS</p> <p><u>Chair: Frederic Chabolle (France)</u></p> <p>Sleepwalking : Current Clinical Insights and Pathophysiological Advances Yves Dauvilliers (France)</p> <p>Current Trends in Treatment of Sleep Apnea Maria Suurna (USA)</p> <p>Improvement of Sleep Quality and Insomnia Symptoms with Haptic Technology : An Emerging Non-Medication Approach to Sleep Management Peter Hurwitz (USA)</p>

11:50 – 12:10	Coffee Break	
	CPAP - Round Tables	OSAS Surgery
12:10 – 13:40	<p>Management of Residual AHI under CPAP</p> <p><u>Moderator: Emilie Bequignon (France)</u></p> <p>Panel: Pierre Escourrou (France), Pierre Jean Monteyrol (France), Lucie Barateau (France), Carolina Gutiérrez Sánchez (Mexico)</p>	<p><u>Chair: Uri Alkan (Israel)</u></p> <p>The Peri Operative Management in OSAS Surgery - Literature's Review Lilia Poulain (France)</p> <p>Pharyngoplasty Evolution Nayeli Diaz Insunza (Mexico)</p> <p>Artificial Intelligence to Optimize Multilevel Surgery: Defining the Nasal Contribution Darius Abedipour (France)</p> <p>Modified Zetapharyngoplasty- Video Presentation Anand Raju (India)</p>
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	Caza A	Caza B
08:30 – 10:00	<p style="text-align: center;">Neuromodulation</p> <p><u>Chair: Uri Alkan (Israel)</u></p> <p>Neuromodulation in Sleep Patterns Oscar Sánchez Escandón (Mexico)</p> <p>Role of Neurostimulation in Treatment of OSA Maria Suurna (USA)</p>	<p style="text-align: center;">DISE 2</p> <p><u>Chair: Marc Blumen (France)</u></p> <p>Role of Epiglottis in OSA Anand Raju (India)</p> <p>Ecocardiogram Findings in Severe OSA During DISE Raul Martinez Vite (Mexico)</p>

	<p style="text-align: center;">Round Table</p> <p>Neurostimulation and OSAS: Who, When and How?</p> <p>Moderator: <i>Maria Suurna (USA)</i></p> <p>Panel: <i>Uri Alkan (Israel), Emilie Bequignon (France), Jean Monteyrol (France)</i></p>	<p>Pro and Con : DISE Controversies and Extended DISE Versions</p> <p>Rodolfo Lugo (Mexico) & Anand Raju (India)</p>
10:00 – 10:10	Break	
10:20 – 11:50	<p style="text-align: center;">Sleep</p> <p>Chair: <i>Pierre Escourrou (France)</i></p> <p>Circadian Rhythms, Sleep, and Mental Health Guadalupe Terán (Mexico)</p> <p>Sleep Studies in the Otolaryngologist Practise Alberto Labra (Mexico)</p> <p>Sleep and Cannabis, Sleep Health and Addictions Oscar Prospero Garcia (Mexico)</p> <p>Climate Change and OSA Prevalence Pierre Escourrou (France)</p>	<p style="text-align: center;">OSAS Surgery</p> <p>Chair: <i>Maria Suurna (USA)</i></p> <p>Selection Guidelines for Treating Sleep Apnea with Maxillamandibular Advancement. Presenting a Methodical Evaluation Based on Three Unique case Reports Rizan Nashef (Israel)</p> <p>Advances in Neurostimulation and Personalized Treatment of OSA Maria Suurna (USA)</p> <p style="text-align: center;">Round Table</p> <p>Complications of OSA Surgery, how to Diagnose and how to Avoid</p> <p>Moderator: <i>Rodolfo Lugo (Mexico)</i></p> <p>Panel: <i>Emilie Bequignon (France), Marc Blumen (France), Uri Alkan (Israel), Anand Raju (India), Fernando Romo (Mexico)</i></p>
11:50 – 12:10	Coffee Break	
12:10 – 13:40	<p style="text-align: center;">Pediatric OSAS Treatments</p> <p>Chair: <i>Patricia Franco (France)</i></p> <p>Clinical and Polysomnographic Effects of CPAP in Children with OSA Patricia Franco (France)</p>	<p style="text-align: center;">OSAS Diagnose 2</p> <p>Chair: <i>R. Nashef (Israel)</i></p> <p>Endotyping Obstructive Sleep Apnea Based on Comorbidity Profiles: Implications for Diagnosis and Treatment Planning Rizan Nashef (Israel)</p>

	<p>Breathing Implications in Craneofacial Development and OSAS Perla Sepulveda (Mexico)</p> <p>A Non- Invasive Clinical Approach to Pediatric Snoring: A Sleep Medicine Perspective on Avoiding Adenotonsillectomy Hadas Katz-Sagi (Israel)</p>	<p>Beyond the AHI: Precision Prevention and Phenotyping in Obstructive Sleep Apnea Gabriel Cruz Zorilla (Mexico)</p> <p>Airway Volume Changes at the Velum Level Following Mandibular Protrusion: Insights from CBCT Imaging Rizan Nashef (Israel)</p> <p>The ENT Approach to the Snoring Patient Nancy Gutierrez (Mexico)</p>
13:40 – 14:40	Lunch	
14:40 – 17:40	Poster Session Moderator: Rodolfo Lugo (Mexico)	