



# The 9<sup>th</sup> International SLEEP DISORDER CONGRESS



Mexico City | 22 - 25 MARCH 2026

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## PRELIMINARY PROGRAM

Sunday, March 22, 2026		
17:00-20:00	REGISTRATION	
Time	Caza A	
12:00-15:00	Oral Presentations – Sleep Disorders	
15:00-15:30	Break	
15:30-17:00	<b>Workshop:</b> <b>Beyond AHI: Innovative Diagnostics in Sleep Medicine - From PSG to AI-Enhanced Wearables</b> Moderator: <b>Uri Alkan (Israel)</b>	
Monday, March 23, 2026		
07:30-13:30	REGISTRATION	
Time	Caza A	Caza B
08:30 – 10:00	<b>Nasal Surgery</b>  <u>Chair: Emilie Bequignon (France)</u>  From Rhino-Septoplasty to Sleep Quality: Re-thinking Nasal Surgery Techniques and Outcomes in OSA <b>Darius Abedipour (France)</b>  What can we Expect from Nasal Surgery in OSAS? <b>Emilie Bequignon (France)</b>  Nasal Surgery in a Sleep Breathing Disorder Patient <b>Nicolas Busaba (USA)</b>	<b>OSAS Physiopathology</b>  <u>Chair: Guadalupe Terán (Mexico)</u>  Is Airflow Shape Associated with Pharyngeal Structures Causing OSA ? <b>Marc Blumen(France)</b>  Immune System and Sleep <b>Oscar Medina (Mexico)</b>  Factors Associated with Higher Respiratory Disturbance Index than Apnea-hyponea Index in Patients with Obstructive Sleep Apnea <b>Kittisak Sawanyawisuth (Thailand)</b>

		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	<b>Break</b>	
10:10 – 11:50	<p style="text-align: center;"><b>Nasal Surgery &amp; MAD</b></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;"><b>Sleep</b></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	<b>Coffee Break</b>	
12:10 – 13:40	<p style="text-align: center;"><b>MAD</b></p> <p><u>Chair:</u> <i>Darius Abedipour (France)</i></p> <p style="text-align: center;"><b>Round Table</b></p> <p><b>MAD and OSAS over the World, Indication Comparison</b></p> <p><u>Moderator:</u> <i>Darius Abedipour (France)</i></p> <p><b>Panel:</b> <i>Maria Suurna (USA), Rodolfo Lugo (Mexico), Leopoldo Correa (Mexico), Uri Alkan (Israel)</i></p>	<p style="text-align: center;"><b>DISE 1</b></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	<b>Lunch</b>	
14:40 – 17:40	<p><b>Workshop I</b></p> <p><b>Foundations of Sleep Medicine: Diagnosis, Physiology &amp; Multidisciplinary Perspectives</b> Moderator: <i>Frederic Chabolle (France)</i></p>	

**Tuesday, March 24, 2026**

08:00-13:00		
REGISTRATION		
Time	Caza A	Caza B
08:30 – 10:00	<p style="text-align: center;"><b>Sleep</b></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 <b>Lucie Barateau (France)</b></p> <p>The Link Between Sleep Apnea and Cardiovascular Risk <b>Ari Chaouat (France)</b></p> <p>Restless Legs Syndrome : Clinical Features and Current Management <b>Alberto Labra (Mexico)</b></p> <p>Cognitive and Behavioral Mediators of Digital Cognitive Behavioral Therapy for Insomnia <b>Won Jae Kim (South Korea)</b></p>	<p style="text-align: center;"><b>Pediatric OSAS Diagnose</b></p> <p><u>Chair: Perla Sepulveda (Mexico)</u></p> <p>Hypoxic Burden and PWAD: New Markers of Neurocognitive Risk in Pediatric OSA <b>Patricia Franco (France)</b></p> <p>What Specific Role should an ENT have in a Pediatric Multidisciplinary Consultation Meeting? <b>Pierre Jean Monteyrol (France)</b></p> <p>Early Nocturnal Neonatal Autonomic Activity as a Predictor of Neurocognitive Development at 3 Years: Findings from the AuBE Cohort <b>Patricia Franco (France)</b></p>
10:00 – 10:10 Break		
10:10 – 11:50	<p style="text-align: center;"><b>OSAS Diagnose</b></p> <p><u>Chair: Rodolfo Lugo (Mexico)</u></p> <p>Beyond the Polysomnography : Modern Approaches to Diagnosing Sleep Apnea <b>Pierre Escourrou (France)</b></p> <p>Hypoxic Burden on Clinical Settings <b>Liliana Estrada (Costa Rica)</b></p> <p>Exacerbation of COPD: Recognize and Treat Triggering Factors <b>Ari Chaouat (France)</b></p> <p>Why are We at Risk of Breathing while We Sleep? <b>Pierre Jean Monteyrol (France)</b></p>	<p style="text-align: center;"><b>Sleep and OSAS</b></p> <p><u>Chair: Frederic Chabolle (France)</u></p> <p>Sleepwalking : Current Clinical Insights and Pathophysiological Advances <b>Yves Dauvilliers (France)</b></p> <p>Current Trends in Treatment of Sleep Apnea <b>Maria Suurna (USA)</b></p> <p>Improvement of Sleep Quality and Insomnia Symptoms with Haptic Technology : An Emerging Non-Medication Approach to Sleep Management <b>Peter Hurwitz (USA)</b></p>

11:50 – 12:10	<b>Coffee Break</b>	
12:10 – 13:40	<p style="text-align: center;"><b>CPAP - Round Tables</b></p> <p><b>Management of Residual AHI under CPAP</b></p> <p><u>Moderator:</u> <i>Emilie Bequignon (France)</i></p> <p><b>Panel:</b> <i>Pierre Escourrou (France), Pierre Jean Monteyrol (France), Lucie Barateau (France), Carolina Gutiérrez Sánchez (Mexico)</i></p> <p><b>How do CPAP Providers Deal with Increased Volume of Patients and Financial Issues around the World?</b></p> <p><u>Moderator:</u> <i>Marc Blumen (France)</i></p> <p><b>Panel:</b> <i>Maria Suurna (USA), Pierre Escourrou (France), Ari Chaouat (France), Nancy Aguilar (Mexico)</i></p>	<p style="text-align: center;"><b>OSAS Surgery</b></p> <p><u>Chair:</u> <i>Uri Alkan (Israel)</i></p> <p>The Peri Operative Management in OSAS Surgery - Literature's Review <i>Lilia Poulain (France)</i></p> <p>Pharyngoplasty Evolution <i>Nayeli Diaz Insunza (Mexico)</i></p> <p>Artificial Intelligence to Optimize Multilevel Surgery: Defining the Nasal Contribution <i>Darius Abedipour (France)</i></p> <p>Modified Zetapharyngoplasty- Video Presentation <i>Anand Raju (India)</i></p>
13:40 – 14:40	<b>Lunch</b>	
14:40 – 17:40	<p><b>Workshop II</b></p> <p><b>Advances in Non-CPAP Therapy: From Alternative Treatments to Personalized Care</b> Moderator: <i>Frederic Chabolle (France)</i></p>	

Wednesday, March 25, 2026		
REGISTRATION		
Time	Caza A	Caza B
08:30 – 10:00	<p style="text-align: center;"><b>Neuromodulation</b></p> <p><u>Chair:</u> <i>Uri Alkan (Israel)</i></p> <p>Neuromodulation in Sleep Patterns <i>Oscar Sánchez Escandón (Mexico)</i></p> <p>Role of Neurostimulation in Treatment of OSA <i>Maria Suurna (USA)</i></p>	<p style="text-align: center;"><b>DISE 2</b></p> <p><u>Chair:</u> <i>Marc Blumen (France)</i></p> <p>Role of Epiglottis in OSA <i>Anand Raju (India)</i></p> <p>Dynamic Ecocardiographic Findings during DISE in Patients with Severe Sleep Apnea <i>Raul Martinez Vite (Mexico)</i></p>

	<p style="text-align: center;"><b>Round Table</b></p> <p><b>Neurostimulation and OSAS: Who, When and How?</b></p> <p><u>Moderator:</u> <i>Maria Suurna (USA)</i></p> <p><b>Panel:</b> <i>Uri Alkan (Israel), Emilie Bequignon (France), Jean Monteyrol (France)</i></p>	<p>Pro and Con : DISE Controversies and Extended DISE Versions</p> <p><b>Rodolfo Lugo (Mexico) &amp; Anand Raju (India)</b></p>
10:00 – 10:10	Break	
10:10 – 11:50	<p style="text-align: center;"><b>Sleep</b></p> <p><u>Chair:</u> <i>Pierre Escourrou (France)</i></p> <p>Circadian Rhythms, Sleep, and Mental Health <b>Guadalupe Terán (Mexico)</b></p> <p>Sleep Studies in the Otolaryngologist Practise <b>Alberto Labra (Mexico)</b></p> <p>Sleep and Cannabis, Sleep Health and Addictions <b>Oscar Prospero Garcia (Mexico)</b></p> <p>Climate Change and OSA Prevalence <b>Pierre Escourrou (France)</b></p>	<p style="text-align: center;"><b>OSAS Surgery</b></p> <p><u>Chair:</u> <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 <b>Rizan Nashef (Israel)</b></p> <p>Advances in Neurostimulation and Personalized Treatment of OSA <b>Maria Suurna (USA)</b></p> <p style="text-align: center;"><b>Round Table</b></p> <p>Complications of OSA Surgery, how to Diagnose and how to Avoid</p> <p><u>Moderator:</u> <i>Rodolfo Lugo (Mexico)</i></p> <p><b>Panel:</b> <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;"><b>Pediatric OSAS Treatments</b></p> <p><u>Chair:</u> <i>Patricia Franco (France)</i></p> <p>Clinical and Polysomnographic Effects of CPAP in Children with OSA <b>Patricia Franco (France)</b></p> <p>Breathing Implications in Craniofacial Development and OSAS <b>Perla Sepulveda (Mexico)</b></p>	<p style="text-align: center;"><b>OSAS Diagnose 2</b></p> <p><u>Chair:</u> <i>Rizan Nashef (Israel)</i></p> <p>Endotyping Obstructive Sleep Apnea Based on Comorbidity Profiles: Implications for Diagnosis and Treatment Planning <b>Rizan Nashef (Israel)</b></p> <p>Beyond the AHI: Precision Prevention and Phenotyping in Obstructive Sleep Apnea <b>Gabriel Cruz Zorrilla (Mexico)</b></p>

	<p>A Non- Invasive Clinical Approach to Pediatric Snoring: A Sleep Medicine Perspective on Avoiding Adenotonsillectomy  <b>Hadas Katz-Sagi (Israel)</b></p>	<p>Airway Volume Changes at the Velum Level Following Mandibular Protrusion: Insights from CBCT Imaging  <b>Rizan Nashef (Israel)</b></p> <p>The ENT Approach to the Snoring Patient  <b>TBA (Mexico)</b></p>
13:40 – 14:40	<b>Lunch</b>	
14:40 – 17:40	<p><b>Poster Session</b>  Moderator: <b>Rodolfo Lugo (Mexico)</b></p>	