



The 10th International **SLEEP DISORDER CONGRESS** 第10回 国際睡眠障害会議

TOPICS OF DISCUSSION

- **Sleep Apnea: Diagnosis, Classification and Multidisciplinary Management:** Including advanced diagnostic tools, central sleep apnea, COMISA, residual daytime sleepiness, the role of the nose and microbiome, and coordinated team-based care.
- **Sleep Surgery and Surgical Decision-Making:** Covering patient selection, surgical interventions, paediatric sleep surgery, DISE, long-term outcomes, complications, follow-up care and surgery beyond adenotonsillectomy.
- **Paediatric Sleep Medicine:** Including paediatric sleep apnea, insomnia, parasomnias, sleep-related breathing disorders, diagnostic pathways and age-specific treatment strategies.
- **Sleep Disorders Beyond Sleep Apnea:** Exploring insomnia, narcolepsy, excessive daytime sleepiness, restless legs syndrome, parasomnias, circadian rhythm disorders and sleep challenges in ageing.
- **Sleep Across Health, Lifestyle and Special Populations:** Addressing sleep in women's health, mental health, neurological disease, cardiovascular health, intensive care, the military, athletes and patients with malignancy.
- **Emerging Technologies and Future Directions in Sleep Medicine:** Including artificial intelligence, wearable devices, mobile applications, smart beds, innovative therapies, medical marijuana and new approaches to diagnosis and personalised care.

The **10th International Sleep Disorder Congress** will bring together doctors, researchers and healthcare professionals from across the multidisciplinary field of sleep medicine and sleep surgery.

Taking place from **14–17 March 2027** at **Hilton Tokyo, Japan**, the congress will feature expert-led lectures, scientific discussions and the latest research, technologies and evidence-based approaches to diagnosing and treating sleep disorders.

Why Attend

Knowledge Sharing

Networking

Research
Dissemination

Exhibition

Contribute to the Field

14-17 March 2027
2027年3月14日~17日



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