

11th Asian Sleep Research Society Congress

8th Asian Forum on Chronobiology

Scientific Programme

February 8, 2025

09:00-10:10

Symposium 1: (Studio 1) Exploring neural correlates of sleep phenomenology

Chair: Bindu M Kutty

09:00-09:20

Can meditation be a model to study sleep mechanism?

Bindu M Kutty

09:20-09:40

Looking beyond power spectral measures to assess subjective sleep experiences.

P N Ravindra

09:40-10:00

Incorporation of sensory stimuli into dreams: Targeted memory reactivation affects dream contents, length and conscious experiences.

Gulshan Kumar

Symposium 2: (Studio 2) Sleep as a Biomarker: Bridging Physiology and

Predictive Medicine using AI

Chair: Madhavan C

09:00-09:20

Advancing Precision Medicine: The Role of Automated PSG Scoring in AI-Driven Biomarker Discovery and Clinical Applications.

Kishan

09:20-09:40

Leveraging AI-Driven Multimodal Sleep Data Analysis: From Complex PSG Patterns to Predictive Clinical Outcomes.

Ankit Parekh

09:40-10:00

Translating AI-Driven Sleep Analytics to Clinical Research: Experiences and Insights from an Indian Academic Institution

Madhavan C

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Symposium 3: (Studio 3) Sleep hygiene, biological rhythms and therapeutic interventions in adolescents

Chair: Masaki Nishida

09:00-09:20 The association between social jet lag on cognitive motor function in Japanese workers.

Masaki Nishida

09:20-09:40 Optimal total sleep duration to maintain health-related quality of life in Japanese young adults.

Yuko Morita

09:40-10:00 Sleep interventions for children and adolescents with autism spectrum disorders.

Masatsugu Sakata

Symposium 4: (Studio 4) Cognition and sleep

Chair: Murat Ozgoren

09:00-09:20 Memory & Learning Dynamics.

Adile Oniz Ozgoren

09:20-09:40 Evoked Brain potentials during Sleep.

Gonca İNANÇ

09:40-10:00 The brain responsiveness across the brain states

Murat Ozgoren

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Symposium 5: (Studio 1) Sleep Mechanisms and their role in physiology

Chair: Kim Tae

10:10-10:30 The role of astrocytes in sleep-wake control: Focusing on sleep disturbances in Alzheimer's disease.

Kim Tae

10:30 – 10:50 Sleep is an essential behaviour across species, regulated by complex molecular and cellular processes.

Kim, StaciJackyoung

10:50-11:10 Exploring circuit dynamics during sleep and neural representations during motor learning.

Kim Jaekyung

Symposium 6: (Studio 2) Sleep and epilepsy: Interconnections, differentiation, and new frontiers

Chair: Shunsuke Takagi and Koichiro Hara

10:10-10:30 Orexin and epilepsy

Shunsuke Takagi

10:30 – 10:50 How sleep affects epilepsy and vice versa

Sanjib Sinha

10:50- 11:10 Differentiating between epilepsy and parasomnias

Manjari Tripathi

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Symposium 7: (Studio 3) Sleep well to enhance sports performance

Chair: Karuna Datta

- 10:10 - 10:30 Sleep problem in sports-the issue in hand
RK Arya
- 10:30 – 10:50 Assessment and monitoring of sleep in sports
Thomas Joseph
- 10:50 – 11:10 Sleep and performance enhancement- way ahead
Karuna Datta

Symposium 8: (Studio 4) Aging and Clock

Chair: Anita Jagota

- 10:10 – 10:30 Understanding clock dynamics in aging
Anita Jagota
- 10:30 – 10:50 Differential neuronal responses of diurnal and nocturnal rodents to chronic altered light-dark cycles.
Krishna Melnattur
- 10:50 - 11:10 Integrating circadian biology into our understanding of aging for potential health and therapeutic benefits
Sandipan Ray

11:10-11:30

Coffee Break

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11:30-12:10 (Studio 6) Keynote lecture: Qinghua Liu (China)

Towards mystery of sleep, how sleep homeostasis is governed in mammals

Chair: Bindu M Kuty

12:15-13:00 (Studio 4) Keynote Lecture: S Y Lee (South Korea)

Redox mediated synchronization of intercellular circadian rhythms in plant cells

Chair: Ying Xu (China)

12:15-13.00 (Studio 6) Keynote Lecture: Hidehiko Takahashi (Japan)

Sleep disorders in neurodevelopmental disorders

Chair: Ravi Gupta (India)

1300-1400 Lunch Break and Poster viewing

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Oral Sessions 14:00-15:00

Oral sessions 1 (Studio 1) Chair: Anita Jagota

14:00-14:10 Proposing the potential of machine learning algorithms in predicting sleep-wake disorders related to the circadian rhythm, a promising avenue in the field of sleep medicine.
[Trina Sengupta](#)

14:10-14:20 Circadian rhythm of activity and ambient light in association with sleep variables of Asthma patients.
[Akriti Jaiswal](#)

14:20-14:30 Ameliorating effects of NF- κ B inhibitor on circadian dysfunction in SCN and microglia in rotenone-induced Parkinson's disease (RIPD) male Wistar rats.
[Sushree Abhidhatri Sharma](#)

14:30-14:40 The Influence of feeding states on executive control and response inhibition in morning and evening chronotypes.
[Athira M Das](#)

14:40-14:50 Effect of Chronic Sleep Deprivation on Rhythms of SD Marker genes with aging: Therapeutic effects of melatonin.
[Zeeshan Akhtar Khan](#)

14:50-15:00

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Oral sessions 2 (Studio 2) Chair: Sourav Das

14:00-14:10 Factors associated with restorative sleep in patients with depression: a focus on sleep-wake state discrepancy.
[Keita Kawai](#)

14:10-14:20 Clinical characteristics and risk factors of Sleep-Related Eating Disorder: A study in psychiatry outpatients.
[Yohei Uchida](#)

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- 14:20-14:30 Prevalence of sleep paralysis (SP) among the medical and paramedical students of government Medical College (GMC) Srinagar. A cross-sectional study.
[Saba Mushtaq](#)
- 14:30-14:40 Is there a Phantom of dementia in OSA?
[Swathy Krishnan AR](#)
- 14:40-14:50 Adult onset, isolated, nocturnal, seizures associated with REM dominant sleep apnea: a report of twelve cases.
[Joy Desai](#)
- 14:50-15:00 Sleep microarchitecture in essential tremor and ET-Plus: A focus on spindles and delta waves
[Ravi Prakash Singh](#)

Oral sessions 3 (Studio 3) Chair: Tripat Deep Singh

- 14:00-14:10 Sleep disturbances in children with respiratory infections: patterns of night wakings and maternal sleep.
[Jayshree Deshpande](#)
- 14:10-14:20 Association of sleep quality, hygiene awareness and practice among medical students: A college based observational study.
[Punam Verma](#)
- 14:20-14:30 Comparative analysis of the characteristics of respiratory-related leg movements (RRLM) and non-RRLM: A pilot study for revisiting the diagnostic dilemma.
[Gaurav Kachhawaha](#)
- 14:30 -14:40 A polysomnographic investigation of sleep disturbance in patients with chronic low back pain: protocol for cross-sectional analysis
[MD Furquan](#)
- 14:40-14:50 Comparative Analysis of Sleep and Brain Structure in Mild Cognitive Impaired and Normal Older Adults
[Akansha Singh](#)

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Oral session 4 (Studio 4) Chair: Lokesh Kumar Saini

- 14:00-14:10 Effect of serum from obstructive sleep apnea patients on human coronary artery endothelial cell viability.
[Deepanshu Vats](#)
- 14:10-14:20 Prevalence of excessive daytime sleepiness and self-reported sleepiness on the wheel among driver victims of road traffic accidents.
[Esther Lalringzo](#)
- 14:20-14:30 The prevalence of obstructive sleep apnea in treatment-naive Pulmonary Sarcoidosis and its impact on fatigue and quality of life.
[Soumya Swaroop Dash](#)
- 14:30-14:40 Obstructive sleep apnea among commercial drivers in North India
[Madhu Bala Bhardwaj](#)
- 14:40-14:50 Comparison of Whole-Body Vibration and Sensorimotor Training as Adjunct Therapies for Poor Sleepers with Non-Specific Chronic Neck Pain: A Protocol for Randomized Controlled Trial.
[Sara Nishant](#)

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Symposium 9: (Studio 1) Sleep and Psychiatry

Chair: Sunao Uchida and Ravi Gupta

15:00-15:15 Why Sleep Is Altered Across a Wide Range of Neuropsychiatric Disorders (NPD)?

Sourav Das

15:15 -15:30 Sleep apnea syndrome and psychiatric disorders

Naoko Sugita

15:30 – 15:45 Recent Advances in Symptomatic Narcolepsy.

Takashi Kanbayashi

15:45 – 16:00 Addiction Related to Digital Device Use and Its Impact on Sleep and Mental Health Among Japanese Students.

Nanase Kobayashi

Symposium 10: (Studio 2) Sleep and cognition: Ageing and EEG dynamics

Chair: Nasreen Akhtar

15:00 – 15:20 Memory encoding and sleep in older adults: a neurocognitive perspective.

Nasreen Akhtar

15:20 – 15:40 Insights into sleep cognition from EEG connectivity dynamics during sleep states.

Arun Sasidharan

15:40 - 1600 Neuronal Plasticity in the PNG and DRN sleep regulating areas is enhanced after learned helplessness.

Vibha Madan Jha

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Symposium 11: (Studio 3) Shaping the Future of COMISA Care: AI-Driven Insights and Integrated Treatment Approaches

Chair: Supriya Singh

15:00 – 15:20 COMISA; It is complicated! A real world-dataset and treatment plan.

Supriya Singh

15:20 – 15:40 Utilize artificial intelligence to optimize clinical interventions for OMISA.

Javad Razjouyan

15:40 - 16:00 An integrated approach to cognitive behavioural treatment for COMISA.

Tara Thomas

Symposium 12: (Studio 4) Suprachiasmatic Nucleus

Chair: Wataru Nakamura

15:00 – 15:20 The Period gene in Drosophila was identified in three different behavioural circadian rhythm mutants.

Wataru Nakamura

15:20 – 15:40 The central circadian clock of mammals is located in the suprachiasmatic nucleus (SCN) of the hypothalamus.

Takahiro J. Nakamura

15:40 – 16:00 Neuronal outputs from the suprachiasmatic nucleus that regulate torpor in mice.

Daisuke Ono

16:00-16:15

Coffee Break

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16:15-17:15 (Studio 6) Plenary Lecture: Clete A Kushida (USA)

Future of Sleep Medicine

Chair: Deepak Shrivastava

17:30-19:00 WELCOME CEREMONY (Studio 6)

17:30-18:00 (Studio 6) Lamp lighting

Welcome addresses: H N Mallick, Ken-ichi Honma, Manvir Bhatia

18:00-18:30 (Studio 6) Keynote address: V Mohan Kumar (India)

Asian Sleep Research Society: Looking back and moving forward

Chair: Sunao Uchida (Japan)

18:30-19:00 (Studio 6) Keynote address: Ken-ichi Honma (Japan)

What is Asian Forum on Chronobiology and its future

Chair: Murat Ozgoren

19:00-21:00 GET TOGETHER AND COCKTAIL DINNER

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8:45 -09:10 **Sleep reimagined: Challenges in Insomnia and the role of novel treatment options: Phyllis C Zee (Online)**

Symposium 13: (Studio 1) Restless legs syndrome and cardio-cerebro-vascular disease – clinical associations and implications

Chair: Garima Shukla

09:15 – 09:35 **Restless legs syndrome and stroke – association and role in risk stratification.**

Garima Shukla

09:35 – 09:55 **Restless Legs syndrome and coronary artery disease.**

Anupama Gupta

09:55 – 10:15 **Stroke-related restless legs syndrome - phenotypes and course.**

Elisabeth Ruppert

Symposium 14: (Studio 2) ISSR Mission: Panel Discussion

Chair: Dr. HN Mallick

09:15 – 10:15 **Panelists: V Mohan Kumar, Deepak Shrivastava , Manvir Bhatia, Bindu M Kuty, Ravi Gupta , Tripat Deep Singh, Manjari Tripathi , Ramadevi Gourineni & Kamalesh K Gulia**

Symposium 15: (Studio 3) A big data collection project in narcoleptia

Chair: Murat Aksu

09:15 -09:35 **How we made a narcolepsy database.**

Javad Razjouyan

09:35 -09:55 **State of the art on what we know in narcolepsy and mortality from the big data.**

Amir Sharafkhaneh

09:55- 10:15 **Turkish narcolepsy network - current directions and future perspectives.**

Gulcin Benbir Senel

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Symposium 16: (Studio 4) Function of circadian rhythms in different organisms

Chair: Ying Xu

09:15 – 09:35 The trajectory of the circadian rhythm of heart rate in ICU Patients Is associated with increased mortality: A Multicenter retrospective cohort study.

Ying Xu

09:35 – 09:55 Function of circadian core oscillators in land plants.

Xiaodong Xu

09:55 - 10:15 The role of an evolutionarily young testicular gene in modulating circadian rhythms in human

Jinhu Guo

Symposium 17: (Studio 1) Future of Artificial Intelligence in Sleep Sciences

Chair: Deepak Shrivastava

10:20 – 10:40 Highlights of artificial intelligence In sleep medicine: An appraisal of current literature.

Deepak Shrivastava

10:40 – 11:00 Revisit AI to understand intricacies of sleep analysis and diagnosis: Emerging trends.

Kamalesh K Gulia

11:00- 11:20 Deep learning facilitated by wearables for OSA Diagnosis: Belun ring - Our experience.

Manvir Bhatia

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Symposium 18: (Studio 2) Clinical Neurology & Sleep Disorders

Chair: Nushrotul Lailiyya

- 10:20 – 10:40 Neuropathy and Insomnia.
NushrotulLailiyya
- 10:40 – 11:00 Nocturnal epilepsy and its mimickers in sleep.
Benjamin Ng Han Sim
- 11:00- 11:20 The Reciprocal Relationship between Stroke and Sleep
Disorders.
Zamroni Afif

Symposium 19: (Studio 3) Brain function measurement tools in sleep

Chair: Murat Ozgoren

- 10:20 – 10:40 Future Methodology Prospects and Emerging Fields in Sleep.
Murat Ozgoren
- 10:40 – 11:00 Brain Measurement and Limitations.
Adile Oniz Ozgoren
- 11:00- 11:20 Setting up Auditory and Tactile Modalities for Sleep.
Gonca Inanc

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Symposium 20: (Studio 4) Comparative Study of Circadian Clock Mechanisms and Physiology

Chair: Kim Eun Young

10:20 – 10:40 Circadian regulation of endoplasmic reticulum calcium response in astrocyte and its participation on brain function.

Kim Eun Young

10:40 – 11:00 Arabidopsis Na⁺/H⁺ transporter SOS1 is essential for maintaining the periodicity of the circadian clock under saline conditions.

Joon-Yung Cha

11:00- 11:20 Math + AI + Wearables for treatment of circadian and sleep disorders.

Kim, Jae Kyung

11:30-12:15 (Studio 6) Plenary Lecture: Sato Honma (Japan)

Oscillator network in the suprachiasmatic nucleus for behaviour rhythm regulation.

Chair: Kamallesh K Gulia (India)

1220-13:00 (Studio 6) Keynote lecture: Kazuhiko Kume (Japan)

New aspects of circadian rhythm disorders

Chair: Eun Young Kim (South Korea)

1220-13:00 (Studio 4) Keynote Lecture: Naoko Tachibana (Japan)

Diagnostic delay in narcolepsy in Japan - a sense of urgency to educate health professionals.

Chair: Preeti Devnani

13:00-14:00 LUNCH AND POSTER VIEWING

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Symposium 21: (Studio 1) Insights on Sleep Disorders in Patients with Stroke

Chair: Srijithesh PR

14:00 – 14:20 Patterns of sleep disorders with regard to site of stroke and hemispheric involvement.

Srijithesh PR

14:20 – 14:40 Technical nuances of sleep evaluation in patients with stroke.

Mythirayee

14:40 – 15:00 Spectrum of sleep disorders in patients with stroke.

Ravi Yadav

Symposium 22: (Studio 2) Importance of perinatal sleep for the cognitive development in children: Preclinical and clinical updates

Chair: Kamalesh K Gulia

14:00 – 14:20 Preclinical evidences on maternal sleep loss and poor cognitive outcomes in offspring.

Kamalesh K Gulia

14:20 – 14:40 Atlas of sleep disorders in children: Different approach to improve developmental outcomes compared to adult sleep.

Indu Khosla

14:40 – 15:00 A comparative study of anxiety, stress and sleep health in multipara & nullipara pregnancy.

Deepti Dwivedi

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Symposium 23: (Studio 3) Primary & Secondary Hypersomnia at Various Age, Etiology, Treatment & Outcome

Chair: Rimawati Tedjasukmana

14:00 – 14:20 Excessive sleepiness in acute stroke patients: causes and Outcome.

Rimawati Tedjasukmana

14:20 – 14:40 The impact of excessive daytime sleepiness in medical residents.

Fidiana Baswedan

14:40 – 15:00 Excessive daytime sleepiness in Parkinson's disease: A meta-analysis.

Riane Anggreari

Symposium 24: (Studio 4) Clock and Disease

Chair: Arti Parganiha

14:00 – 14:20 Circadian clock, cancer, and chronotherapy.

Arti Parganiha

14:20 – 14:40 Leveraging circadian processes to mitigate phenotypes associated with accelerated ageing in a fly model of Huntington's Disease.

Sheeba Vasu

14:40 – 15:00 Differential neuronal responses of diurnal and nocturnal rodents to chronic altered light-dark cycles

M Singaravel

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15:00-15:30 (Studio 6) **Keynote lecture: Sunao Uchida (Japan)**

Mental disorders hidden behind sleep disorders

Chair: Ravi Yadav (India)

15:30-15:45

Coffee Break

Symposium 25: (Studio1) RLS with its comorbidities and mimics: search for comprehensive tools of assessment – focus on 'm-RLS-DQ' and 'RLS Diary'

Chair: Ravi Gupta

15:45 – 16:05 **Assessment of RLS mimics using modified RLS diagnostic questionnaire**

Ravi Gupta

16:05 -16:25 **Restless legs syndrome: mimics and comorbidities**

Kaustav Kundu

16:25 – 16:45 **A Tool for the Longitudinal Assessment of RLS: Development and Validation of RLS Diary**

Lokesh Kumar Saini

Symposium 26: (Studio2) From diagnosis to intervention: The future of Positional Obstructive Sleep Apnea and Drug Induced Sleep Endoscopy

Chair: Leila Emami

15:45 – 16:05 **Anesthetic considerations in patients with obstructive sleep apnea**

Leila Emami

16:05 -16:25 **Normal overnight oximetry but still sleepy - POSA- are we looking for it**

Samir Hassan Naik

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16:25 – 16:45 Drug Induced Sleep Endoscopy, a comprehensive approach
to evaluating upper airway obstruction
Pedram Borghei

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**Symposium 27: (Studio 3) Effects of oral appliance therapy and alternative
treatment on the physiological and clinical parameters in
patients with obstructive sleep apnea**

Chair: Shailendra Singh Rana

15:45 – 16:05 Effects of oral appliance therapy in
patients with obstructive sleep apnea: Data presentation
Shailendra Singh Rana

16:05 -16:25 Obstructive sleep apnea pathophysiology and treatment
overview
Meena Mirdha

16:25 – 16:45 Surgical decision making on sleep apnea and sleep disorders
Vikasdeep Gupta

**Symposium 28: (Studio 4) Navigating the health consequences of shift work and
strategies to mitigate the effects**

Chair: Arani Das

15:45 – 16:05 Navigating the health consequences of shift work and
strategies to mitigate the effects.

Arani Das

16:05 -16:25 Strategies to mitigate the impact of shift work.
Anil Gangwar

16:25 – 16:45 Shift Work Hazard.
Ashish Gupta

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16:45-17:15 (Studio 6) Keynote lecture: Diego Garcia Borreguero (Spain)

Chair: Manvir Bhatia (India)

Orexin receptors antagonists in insomnia

17:15: 18:00

AWARD AND CLOSING CEREMONY

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Poster sessions - 1

Name of the presenting author is printed only

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P02 A cross-sectional study on the impact of pre-sleep smartphone usage on sleep quality among undergraduate students

Mohammad Nabeel Khan

P03 Glycaemic control in diabetics with obstructive sleep apnea in relation to two predominant stages of sleep.

Dr. Geeta S Kadam

P04 Evaluation of Sleep Spindle Characteristics and Slow-Wave Activity in Post-Stroke Patients

Mythirayee S

P05 Acute sleep deprivation exacerbates microglial and astroglia reactivity by increasing the oxidative stress in the hypothalamus of rats.

Binney Sharma

P06 Exploring the Relationship Between Sleep Disturbances and Headache Patterns in Migraine Patients

Sahil Mathur

P10 Can Elderly Individuals Use Peripheral Arterial Tonometry Devices Without Difficulty?

Keisuke Kido

P 11 Sleep architecture in patients with alcohol dependence syndrome

Archana Gaur

P12 The effect of Integrated Approach of Yoga Therapy (IAYT) on Stress and Sleep quality among night shift IT Professionals: A pre-post-test interventional study

Monika Sharma

P13 Enhanced immobility state in *Drosophila melanogaster* under the presence of predators

Haruki Kato

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P14 Leptin and ghrelin levels in short and long sleepers in obese students

Tazyeen Fatima

P15 Melatonin supplementation in substance addiction

Arani Das

P16 Study of whether intrinsically photosensitive ganglion cells (ipRGCs) activity contribute to changes in human rectal temperature after morning light exposure

Shiyori TAKAMINE

P 30 Characteristics of the nurse call used by patients during the lights-out period in the maternity ward and the midwife's response.

Chifumi Otaki (Suzuki)

P31 Effect of Anxiety About Labour and Delivery on Sleep Quality in Early and Late Primigravida.

Nimarpreet Kaur

P33 Relationship Between CPAP Adherence and Arousal Threshold (ArTH) in Patients with Obstructive Sleep Apnea (OSA).

Takenao Mihara

P34 The effects of prenatal education for fathers on their participation in childcare: A systematic review

Ayamo Asabu

P35 Effectiveness of Antenatal Education for Male Partners on Maternal Postpartum Depression: A Systematic Review and Meta-Analysis.

Chisaki Akiyama

P36 Effectiveness of Antenatal Education for Male Partners on Paternal Postpartum Depression: A Systematic Review and Meta-Analysis.

Rika Matsumoto

P37 Effect of Concurrent Exercise Training on Sleep and Quality of Life of Working Women: A pilot study.

Iram Iram

P38 Effectiveness of visuospatial cognitive tasks for intrusive symptoms following traumatic experiences: A systematic review and meta-analysis

Rinko Katsushima

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P39 Sleep Stage-Specific Influences on Blood Pressure Variability in obstructive sleep apnea: NREM vs. REM

Biswagaurav Nahak

Poster Session -2

Name of the presenting author is printed only

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P17 Aripiprazole Treatment on Mouse Model for Circadian Rhythm Sleep-Wake Disorders

Kohei Kozuka

P18 Effect of melatonin on daily rhythms of oxidative stress markers in amyloid- β induced Alzheimer disease's (A β AD) Male Wistar Rat model

Priyanka Nehwal

P19 Daily Rhythms of Oxidative Stress markers in Peripheral Clocks of STZ and High-Fat Diet-Induced Type 2 Diabetic (T2D) Male Wistar Rat model.

Bhagya Raj Bussa

P20 Early Time-Restricted Eating Enhances Sleep Duration After Transmeridian Travel: A Preliminary Study

Daniel Jin Blum

P21 Sleep pattern in coronary artery disease patients and "Dosa kalas" of "Dinacharya".

Anupama Gupta

P22 An unconventional way of scoring sleep-wake cycle in rats

Hruda Nanda Mallick

P23 Pain phenotyping in patients with chronic insomnia

Ananya Dwivedi

P24 Magnitude and Evolution of Sleep Apnea and Arousals in Patients with Ischemic Stroke

Srijithesh PR

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P26 Development of a novel tool for detection of daytime sleepiness

Nasreen Akhtar

P27 Study of sleep-wakefulness associated changes in heart rate variability in adult female rat to model the sleep-cardiac autonomic functional dynamics

Arshajyothirmayi VA

P28 REM sleep restriction during late pregnancy disrupts the optimal development of sympatho-vagal balance in developing rat pups

Arshajyothirmayi VA

P29 Machine learning approaches to evaluate EEG correlates of relaxation between supine and sitting postures in eyes closed condition

Kamalesh K Gulia

P40 Psychometric Properties and Hindi Adaptation of the Sleep Hygiene Practice Scale Among the Indian Population

Shabnam Khan

P41 Motor Memory Impairment in Obstructive Sleep Apnea in a North-Indian Population.

Mohammed Ismail Saad

P42 Prediction of obstructive sleep apnea (OSA) In Western region of Gujarat using STOP Bang questionnaire- A standardized screening tool

Naresh Kumar Parmar

P43 Effects of simulated jet lag on circadian rhythms and oxidative stress in *Drosophila melanogaster*

Deepak Kumar

P44 Differential Effects of Light Sources on Circadian Rhythm, Anxiety and Cognitive Function in Mice

Rajesh Gupta

P45 A Pilot EEG Study on the Sleep-Inducing Effects of Raag Puriya Dhanashree

Apurva Gupta

P46 Design & Development of Adaptogenic Polyherbal Formulation for Insomnia using Traditional Knowledge

Ashutosh Kumar Pandey

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P47 Association Between Sleep Quality and Hand Grip Strength in Obese and Non-Obese Individuals

Bhawna Yadav

P48 Chronotypic preferences of Indian homeless population

Anju Sharma

P49 Association between Sleep Quality and Mental Health among Medical Students

Rupali Parlewar

P50 Integrating Ayurvedic Concepts into Chronomedicine for Optimal Sleep : A Review

Priyanka Taneja

P51 A REVIEW ON SLEEP AND SMRITI: EXPLORING THE INTERPLAY OF REST AND RECALL

Garima Pandey

P52 The Gut-Sleep Axis: An Ayurvedic Perspective

Kirti B. Gaikwad

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