

11th ASRS Congress and 8th Asian Forum on Chronobiology
Programme at a Glance

February 8, 2025, Hotel Andaz, Aerocity, New Delhi

08:00-09:00 Registration

Symposium	Venue Studio	Symposium **** Time 09:00-10:00	Chair
NO 1	Studio 1	Exploring neural correlates of sleep phenomenology	Bindu M Kutty
NO 2	Studio 2	Sleep as a biomarker: bridging physiology and predictive medicine using AI	Madhavan C
NO 3	Studio 3	Sleep hygiene, biological rhythms, therapeutic interventions in adolescents	Masaki Nishida
NO 4	Studio 4	Sleep and cognition	Murat Ozgoren
Symposium	Venue	Symposium **** Time 10:10-11.10	Chair
5	Studio 1	Sleep mechanisms and their role in physiology	Kim Tae
6	Studio 2	Sleep and epilepsy	Shunsuge Takagi
7	Studio 3	Sleep well to enhance sports performance	Karuna Datta
8	Studio 4	Ageing and clock	Anita Jagota

11:00-11:30 Coffee Break

Keynote Lecture 11:30-12:10 Studio 6
Towards mystery of sleep, how sleep homeostasis is governed in mammals
Qinghua Liu (China) Chair: Bindu M Kutty

Keynote lecture 12:15-13:00 Studio 4
 Redox mediated synchronization of intercellular circadian rhythms in plant cells
S Y Lee (South Korea) Chair: Ying Xu

Keynote lecture 12:15-13:00 Studio 6
 Sleep disorders in neurodevelopmental disorders
Hidehiko Takahashi (Japan) Chair: Ravi Gupta

13:00-14:00 Lunch and Poster

14:00-15:00	Oral Session (1) Studio 1	Oral Session (2) Studio 2	Oral Session (3) Studio 3	Oral Session (4) Studio 4
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Symposium	Venue	Symposium Topics 15:00-16:00	Chair
NO 9	Studio 1	Sleep and psychiatry	Sunao Uchida & Ravi Gupta
NO 10	Studio 2	Sleep and cognition: Ageing and EEG dynamics	Nasreen Akhtar
NO 11	Studio 3	Shaping the future of COMISA care: AI driven insights and integrated treatment approaches	Amir Sharafkhaneh
NO 12	Studio 4	Suprachiasmatic nucleus	Wataru Nakamura

16:00-16:15 Coffee Break

16:15-17:15 Studio 6
Plenary Lecture
Future of Sleep Medicine: Clete A Kushida (USA)
 Chair: Deepak Shrivastava

Welcome Ceremony (Dress code Formal)

17:30-18:00 Lamp lighting and Welcome addresses

18:00-18:30 Asian Sleep Research Society: Looking back and moving forward
V Mohan Kumar (India) Chair: Sunao Uchida

18:30-19:00 What is Asian Forum on Chronobiology and its future ?
Ken itchi Honma (Japan). Chair: Murat Ozgoren

19:00-21:00 Get together and Cocktail

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February 9, 2025

08:45-09:10 Studio 6	Sleep reimagined: Challenges in Insomnia and the role of novel treatment options: Phylis Zee (USA) ONLINE		
Symposium	Venue	Symposium Time: 09:15-10:15	Chair
NO 13	Studio 1	RLS and cardio-cerebro vascular disease-clinical associations and implications	Garima Shukla
NO 14	Studio 2	Importance of perinatal sleep for the cognitive development in children: preclinical and clinical updates	Kamalesh K Gulia
NO15	Studio 3	A big data collection project in narcoleptia	Murat Aksu
NO 16	Studio 4	Functions of circadian rhythms in different organisms	Ying Xu
		Symposium Time: 1015-11:15	Chair
NO 17	Studio 1	Future of artificial intelligence in sleep science	Deepak Shrivastava
NO 18	Studio 2	Clinical neurology and sleep disorder	Nushtotul Lailiyya
NO 19	Studio 3	Brain functions measurement tools in sleep	Murat Ozgoren
NO 20	Studio 4	Comparative study of circadian clock mechanisms and physiology	Eun Young Kim
1115-1130		Coffee Break	
1130-1215	Studio 6	Plenary Lecture: Oscillator network in the suprachiasmatic nucleus for behaviour rhythm regulation: Sato Honma (Japan) Chair: Kamalesh K Gulia	
1220-1305	Studio 6	Keynote lecture: New aspects of circadian rhythm disorders: Kazuhiko Kume (Japan). Chair: Eun Young Kim	
1220-1305	Studio 4	Keynote lecture: Diagnostic delay in narcolepsy in Japan - a sense of urgency to educate health professionals: Naoko Tachibana (Japan). Chair: Preeti Devnani	
1305-1400		Lunch and Poster	
Symposium	Venue	Symposium Time:1400-1500	Chair
NO 21	Studio 1	Insights on sleep disorders in patients with stroke	Srijithesh PR
NO 22	Studio 2	Macro and micro structure of sleep in children	Shabnam
NO 23	Studio 3	Primary & secondary hypersomnia at various age. Etiology, treatment and outcome	Rimawati Tedjasukmana
NO 24	Studio 4	Clock and disease	Arti Parganiha
15:00-15:30	Studio 6	Plenary Lecture : Mental disorders hidden behind sleep disorders Sunao Uchida (Japan) Chair: Ravi Yadav	
1530-1545		Coffee Break	
Symposium	Venue	Symposium Topics. Time:1545-1645	Chair
25	Studio1	RLS with its comorbidities and mimics: search for comprehensive tools of assessment -focus on 'm-RLS-DQ and 'RLS Diary'	Ravi Gupta
26	Studio 2	From diagnosis to intervention: the future of positional obstructive sleep apnea and drug induced sleep endoscopy	Leila Emami
27	Studio3	Effects of oral appliances therapy and alternative treatment on the physiological and clinical parameters in patients with obstructive sleep apnoea	Shailendra S Rana
28	Studio 4	Navigating the health consequences of shift work and strategies to mitigate effects	Arani Das
16:45-17:30 Studio 6		Plenary Lecture: Orexin receptors antagonists in insomnia Diego Garcia Borreguero (Spain) Chair: Manvir Bhatia	
1730:18:30 Studio 6		Award and Closing Ceremony	