

AIIMS-ERS Workshop in Sleep Medicine: 2026

12th March 2026 (Day 1)

Time	Topic	Speaker
8.45 – 9.00 AM	Welcome and introduction	Dr Anant Mohan
9.00-9.30 AM	Overview with epidemiology and pathophysiology of SRBD	Dr S. Ryan
9.30 – 10.00 AM	Clinical assessment of patients with Sleep-disordered breathing	Dr J C Suri
10.00-10.30 AM	Diagnostic procedures in SDB: different levels of sleep studies based on individualized patient approach	Dr Rohit Kumar

10:30 –10.45 AM

TEA BREAK

Time	Topic	Speaker
10.45-11.15 AM	The role of new technologies in diagnosis and treatment of SBD	Dr Saurabh Mittal
11.15 -11.45 AM	Overview of Hypoventilation disorders with particular attention to OHS	Dr Dries Testelmans
11.45 – 12.15 PM	OSA phenotypes and gender differences: importance for screening and clinical assessment	Dr Sophia Schiza
12.15-12.45 PM	CSA-CSB phenotypes, TECSA and different CSA syndromes	Dr Esther Irene Schwarz

12.45-13.45: Lunch break

13:45-16:40 Skills workshop (divided in 4 groups)**40 mins each, 15 min break after 2nd rotation**

Topic	Station No.	Faculty
Setting up a sleep study	1	Dr Lokesh Saini Dr Nasreen Akhtar
	5	Debdeep Sen (Tech) Dr Vidushi Rath
Hands-on scoring: Stages and respiratory events	2	Dr Esther Irene Schwarz Dr Irfan Ismail Ayub
	6	Dr Rahul Sharma Dr Pranav Ish
Break for 15 minutes after 2 stations		
New sleep diagnostic devices	3	Dr Shubham Agarwal Dr Benin Rajesh Dr Saurabh Mittal
	7	Dr Sujay Halkur Dr Arunachalam M
Diagnostic evaluation of patients entering your Sleep service: case-based discussion	4, 8	Dr S. Ryan Dr Raju Pangeni Dr Rohit Vadala Dr Ayush Goel

16:40-17:00

Review of the day and Q & A

13th March 2026 (Day 2)

Time	Topic	Speaker
9.00 – 9.30 AM	PAP therapy for OSA	Dr Kavitha V
9.30 – 10:00 AM	Non-PAP therapies for OSA: patient selection and combination therapies (to include pharmacotherapy for residual sleepiness)	Dr Sophia Schiza
10.00-10.20 AM	Management of co-existent insomnia and RLS	Dr Manjari Tripathi
10:20-10:50 AM	Treatment of comorbid obesity: the emergence of pharmacological therapies	Dr Silke Ryan
10.50-11:20 AM	Choosing the right treatment for SBD in obstructive, restrictive respiratory and neuromuscular diseases	Dr Dries Testelmans

11:20 –11.35 AM

TEA BREAK

Time	Topic	Speaker
11.35-11.55 AM	Upper airway surgeries for OSA	Dr Hitesh Verma
11.55-12.15 AM	Newer indices for SRBD: Looking beyond AHI	Dr Dipti Gothi
12.15-12.45 PM	CSA-CSB management: new evidence from ERS Statement and AASM guidelines.	Dr Esther Irene Schwarz
12.45-01.15 PM	Strategies to improve PAP compliance	Dr Abhishek Goyal

13:15-14:15 Lunch break

14:15-16:15 Skills workshop (divided in 4 groups, 30 min each station)

Topic	Station No.	Faculty
Dental devices in OSA: Case based discussion (for whom and how)	1	Dr Sophia Schiza Dr Arun Kumar N
	5	Dr Nivi Kumar Dr Vibhuti Jain
Selecting the right PAP device:	2	Dr Dries Testelmans Dr Saurabh Mittal

Demonstration and case-based discussion	6	Dr Swapnil Mehta Dr Tejas Suri Dr Rahul Tyagi
Choosing the correct interface	3 7	Dr Amith Rangarajan Dr Hariharan Iyer Dr Pawan Tiwari Dr Ashesh Dhungana
Monitoring of PAP therapy and troubleshooting: Case based discussion	4 8	Dr Kavitha V Dr Loganathan N Dr Sryma PB Dr Avneet Kumar

16:15-16.45

Why and how to start a sleep clinic: Dr Ravi Gupta

16.45 – 17.15

Closing remarks and review of the course: All Faculty