7th Federation of Southeast Asia of Sleep Medicine
FSSM Congress 2024
26 - 29 September 2024

Sleep & Wellbeing
“Sleep: The Bedrock of Wellbeing. Quality sleep is vital for physical health, mental clarity, emotional balance, and peak performance. Prioritise your rest for a better life.”

Esteemed Speakers
Prof Dr Naricha Chirakalwesan (Thailand) - Respiratory
Dr Mahesh Babu Ramamurthy (Singapore) - Paediatric Respiratory
AP Dr Toh Song Tar (Singapore) - ENT
Dr Kenny Pang (Singapore) - ENT
Dr Rimawati Tedjasukmana (Indonesia) - Neurology
AP Dr Muhammad Muhsin (Malaysia) - Psychiatry
Prof Dr Takafumi Kato (Japan) - Oral Physiology
AP Dr Supakit Peanchitlertkajorn (Thailand) - Orthodontist
AP Dr Raymond Wong (Singapore) - OMFS
Dr Tripat Deep Singh (India) - RPSGT

ASEAN Sleep Congress 2024 Rates

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<tr>
<th>Doctor</th>
<th>RM 450</th>
<th>RM 550</th>
<th>USD 200</th>
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<tr>
<td>Paramedics</td>
<td>RM 350</td>
<td>RM 450</td>
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International Sleep Medicine Examination

Email your application to: asc24.sdsm@gmail.com;
cc: rashidahyasin09@gmail.com

Abstract submission for poster presentation before:
31 August 2024
Welcoming Speech

Hi everyone.

This year, the Malaysian Sleep Disorder Society will organize the ASEAN Sleep Congress in Kuala Lumpur. The theme for this year's congress is Sleep and Wellbeing. Sleep is an important aspect of life and one of the key components to our wellbeing. Thus, we decided to use this opportunity to shore up the relationship. The scientific committee is preparing a wide variety of interesting topics and subjects for this year's Congress. As sleep is a condition that matters to a multidisciplinary fraternity, the topics will be multidisciplinary in nature. The fraternity involved includes respiratory medicine of adult and pediatric, otorhinolaryngology, neurology, psychiatric, and dental. The topics include discussing sleep and daily life activity which touch the accident risk. The 3 pre-congress workshops will guide participants about the practical aspects of sleep study, myofunctional therapy, and sleep disorder and addiction. There will be a forum that discusses issues pertaining to sleep and substances.

Thus, we would like to welcome all our colleagues to participate in this year's ASEAN Sleep Congress and have a wonderful time.

Thank you.

Assoc. Prof. Dato Dr. Ahmad Fadzil Abdullah.
Scientific Chair
7th Federation of Southeast Asia of Sleep Medicine Congress 2024
Organising Committee

Advisor : Assoc. Prof. Dr Rusdi Abdul Rashid

Organising Chair : Prof. Dr Ahmad Izuanuddin Ismail

Secretary : Dr Rashidah Yasin

Hons. Treasurer : Dr Raymond Tan Suan-Kuo

Scientific Chair : Assoc. Prof. Dato’ Dr Ahmad Fadzil Abdullah

Scientific Committee :

1. Dr Megat Razeem Abdul Razak (Respi Med)
2. Dr Hamdi Najman Achok (Neurology)
3. Dr Benjamin Ng Han Sim (Neurology)
4. Dr Fauziah Nasir (ENT)
5. Dr Saraiza Abu Bakar(ENT)
6. Dr Nurfarissa Hussin (ENT)
7. Dr Inshirah Muhtar (ENT)
8. Dr Sharifah Tahirah (Dental)
9. Dr Mohd Zambri Mohamed Makhbul (Dental)
10. Assoc. Prof. Dr Wan Nurazreena Wan Hassan (Dental)

Marketing/Publicity : Dr Nurul Yaqeen Mohd Esa/Assoc. Prof. Dr Nurhafizah Zainuddin

Sponsorship/Booth : Dr Rozanah Abd Rahman

Logistic/Transportation : En Mohd Nazeri Kamarudin/Pn Noor Aishah Zahari
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<tr>
<td>0830</td>
<td>Registration</td>
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<td>1. WASM Examination</td>
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<td>2. Pre-Congress Workshop</td>
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<td>0900 - 1200</td>
<td>WASM examination</td>
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### Concurrent Workshop

#### Workshop 1

- **0900 – 1000**: Addiction & Sleep Disorders: Opiate Misuse and sleep disturbances  
  - By Prof Dr Mohamad Hussain Habil (Malaysia)
- **1000 – 1030**: Morning Break
- **1030 – 1130**: Managing benzodiazepine and hypnotic dependency  
  - By Dr Nurul Azmi Mahamad Rapek (Malaysia)
- **1130 – 1230**: Stimulant use disorder, psychosis and management  
  - By AP Dr Rusdi Abd Rashid (Malaysia)
- **1230 – 1400**: Lunch
- **1400 – 1500**: Overview on Mental Illness  
  - By AP Dr Rusdi Abd Rashid (Malaysia)

#### Workshop 2

- **0900 – 1000**: PSG Manual Scoring (Adult & Pediatric)  
  - By Dr Tripat Deep Singh (India)
- **1000 – 1030**: Morning break
- **1030 – 1300**: PSG: Hook up and calibration  
  - By Dr Tripat Deep Singh (India)
- **1300 – 1400**: Lunch
- **1400 – 1600**: PAP Titration and Troubleshoot
- **1600 – 1630**: Coffee break / End of Day 1

#### Workshop 3

- **0900 – 0930**: What is Orofacial Myology?  
  - By Oo Kah Peng (Malaysia)
- **1000 – 1030**: Oral Motor Development
- **1030 – 1230**: Orofacial Myofunctional Assessment
- **1230 – 1300**: Q&A
- **1300 – 1400**: Lunch
- **1400 – 1600**: Orofacial Myofunctional Therapy
- **1600 – 1630**: Q&A Quiz
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<tr>
<th>Time</th>
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<tr>
<td>0830 – 0900</td>
<td>Registration</td>
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<tr>
<td>0900 - 0945</td>
<td>Plenary 1</td>
<td>Metabolic and Sleep Disorder (Dr Teofilo Lee-Chiong, USA)</td>
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</table>
| 1000 - 1100 | Opening Ceremony | 1000 – 1045 Opening & Officiation (VVIP – DG)  
- Welcoming speech  
- Keynote address  
- Officiate ceremony  
- Video montage  
1045 – 1100 Booth visit / PC  
SDSM President:  
Prof Dr Ahmad Izuanuddin Ismail  
VIP: TBC |
| 1045 – 1100 | Morning break | |
| 1100 – 1145 | Plenary 2 | Holistic Management of OSA (Prof Dr. Toh Song Tar, Singapore) |
| 1145 – 1230 | Lunch Talk | TBC (Phillips) |
| 1230 – 1430 | Lunch break & Friday Prayer | |
| 1430 – 1600 | Symposium 1 | 1a. Common Sleep Disorder in Adults: Diagnosis and Management – Prof Dr Naricha Chirakalwasan (Thailand)  
1b. Addressing Co-morbidities in OSA – Prof Sy Duong-Quy (Vietnam)  
1c. Gender Differences is OSA. Why does it matter? – Dr Rodolfo Dizon Jr. (Philippine) |
| | Symposium 2 | 2a. Hypoglosal Nerve Stimulation in OSA – Prof Dr. Toh Song Tar (Singapore)  
2b. “New Holistic Outcome Measures: Sleep Goal Index” – Dr Kenny Pang (Singapore)  
2c. “Role of Robotic Surgery in OSA– Dr Ahmad Kusyairi Khalid (Malaysia) |
<p>| 1600 – 1645 | Tea Symposium | TBC |</p>
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<th>Time</th>
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<tr>
<td>0830-0915</td>
<td>Plenary 3</td>
<td>OSAS in Children current and future challenge</td>
<td>Dr Mahesh Babu Ramamurthy (Singapore)</td>
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<td>0915-1045</td>
<td>Symposium 3</td>
<td>3a. Pulse Oximetry: When &amp; Where – Dr Mariana Daud (Malaysia)</td>
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<td>3b. Sleep and Airways – Dr Asiah Kasim (Malaysia)</td>
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<td>3c. Sleep Problem in Baby – Dr Nicholas Chang Lee Wen (Malaysia)</td>
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<td>1045-1100</td>
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<td>Morning Break</td>
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<td>1100-1230</td>
<td>Symposium 5</td>
<td>5a. MMA – AP Dr Raymond Wong Chung Wen (Singapore)</td>
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<td>5b. Sleep Bruxism – Prof Takafumi Kato (Japan)</td>
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<td>5c. Emerging Evidence on Orthodontic Treatment for Paediatric Obstructive Sleep Apnoea – AP Dr Supakit Peanchitlertkajorn (Thailand)</td>
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<td>1230-1315</td>
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<td>Lunch Talk</td>
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<td>1315-1430</td>
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<td>Lunch break</td>
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<td>1430-1600</td>
<td>Presidential Talk</td>
<td>Obesity and Sleep – Dr Sridhar Venkateswaran (Singapore)</td>
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<td>Asthma and OSA – Dr Allen Widysanto (Indonesia)</td>
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<td>TBC – Dr Zulkarnain Hanafi (Brunei)</td>
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| 1600 – 1700 | **Debate:** Kratom Saga Benefit vs Risk.  
Moderator – AP Dr Rusdi Abd Rashid  
Panel – 1. Dr Darshan Singh (Malaysia) 2. Prof Dr Mustafa Ali (Malaysia) 3. AP Dr Mohd Azhar Mohd Yasin (Malaysia) 4. PDRM 5. AADK |                                                                                                                                               |
| 0830 – 0915 | **Plenary 4**  
Sleep & Well-being | Prof Dr Mohamad Hussain Habil (Malaysia)  
| 0915 - 1045 | **Symposium 7**  
7a. Factor Affecting Sleep Quality in Children  
7b. Sleep Quality and Screen Exposure: The Connection  
7c. From Restless to Revitalizing Sleep: Unlocking the Secrets of Spinal Health for Optimal Sleep Quality | AP Dato’ Dr Ahmad Fadzil Abdullah (Malaysia)  
Elsie Liaw (Malaysia)  
Mohd Nazeri Kamarudin (Malaysia)  
| 1045 – 1100 | **Morning Break** |  
| 1100 – 1230 | **Symposium 8**  
8a. Sleep Disorder and Myofunctional Therapy  
8b. Driving and Sleep: Danger of Microsleep  
8c. New Technologies for Sleep Diagnostic | OO Kah Peng (Malaysia)  
Ts. Rabiah Ilyas (Malaysia)  
Prof Ir. Dr Fatimah Ibrahim (Malaysia)  
| 1230 – 1300 | **Closing & Disbursed** |  
|
7th FEDERATION OF SOUTHEAST ASIA OF SLEEP MEDICINE CONGRESS 2024
Hospital Al-Sultan Abdullah (HASA) UiTM Puncak Alam, Selangor, Malaysia

Please complete and return to asc24.sds@gmail.com

Full Name ____________________________ Affiliation _______________________
Address ______________________________ Organization _______________________
Contact No. ___________________________ Email _____________________________

REGISTRATION FOR

☐ Doctor-Early bird (Before 31st July 2024) – MYR 450
☐ Paramedic-Early bird (Before 31st July 2024) – MYR 350
☐ International Delegates – USD 200

☐ Doctor-Normal Rate – MYR 550
☐ Paramedic-Normal rate – MYR 450

Congress registration and payment made to: PERSATUAN PEMASALAHAN TIDUR MALAYSIA
8000511248 (CIMB BANK)

MODE OF PAYMENT
☐ Cash ☐ Bank Deposit ☐ IBG Transfer ☐ Check Deposit

Check No: ___________________________

*Please complete your registration form and attached payment remittance for our reference and record

**Cancellation and Refund Policy on Registration Fees

The secretariat must be notified in writing of cancellations.

Cancellations on or 2 weeks before the event: 50% refund
Cancellations afterwards: no refund

Forms must be accompanied by full payment to be processed. Please allow 5 working days for a confirmation email of your registration to be sent.

Dietary Restriction ☐ None ☐ Vegetarian ☐ Other (Please specify):

By sending this registration form, I acknowledge that I commit myself to the immediate payment of the registration fee.

Date ____________________________ Signature ____________________________
7th FEDERATION OF SOUTHEAST ASIA OF SLEEP MEDICINE CONGRESS 2024
WSS Examination Application Form

*email to: asc24.sdsm@gmail.com ; cc rasyidahyasin09@gmail.com for us to review your application

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**INTERNATIONAL SLEEP MEDICINE CERTIFICATION INDIVIDUAL APPLICATION**

**SECTION I – Examination Information**

Please attach a passport size photo

Date of exam: (mo. /day/yr.) ____/____/______
Location of exam: ______________________
Sleep Society: _________________________

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**SECTION II – Applicant Information**

Family Name: ________________________ Given Name: ______________________
Company: ________________________ Department: ________________________ Date of hire (month/year) ____/____
Address: ________________________
City: ________________________ State/Province: ________________________ Zip / Postal Code: ________________________ Country: ________________________
Telephone: ________________________ Mobile: ________________________ Email Address: ________________________
Passport No: ________________________ Date of birth (mo. /day/yr.) ____/____/______ Nationality: ________________________
Gender: ☐ M ☐ F

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**SECTION III – Education and Training Qualifications – Please attach official transcript**

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<th>Qualification Obtained</th>
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**SECTION IV – Membership in Professional and Academic Societies**

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<th>Organization</th>
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SECTION V – Employment History – Academic / Clinical

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<th>Rank / Title / Position</th>
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SECTION VI – Postgraduate Sleep Medicine Training

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SECTION VI – Postgraduate Sleep Medicine Practice

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SECTION VIII – Criteria for Eligibility – Please select ONE

☐ Completed training of 6 months or longer in a full-time sleep medicine fellowship program at an accredited sleep center. (Please submit a copy of fellowship verification.)

☐ Completed training of 1 year or longer in a fellowship program, of which at least 50% consisted of sleep medicine training at an accredited sleep center. (Please submit a copy of fellowship verification.)

☐ At least 5 years of involvement in the clinical practice in sleep medicine, sleep education, or sleep research. For each of the 5 years, sleep medicine comprised at least 20% of the involvement. In addition, at least 5 hours of sleep medicine CMEs and 30 reported polysomnograms were completed every year. Please submit a letter of verification from the department head, division chairperson, or sleep medicine specialist to demonstrate eligibility. In addition, a logbook of cases, polysomnogram reports and CME activity should be kept and may be requested for review by the examination committee.

By signing this form, I attest that the information provided is true and accurate.

Name: ___________________________ Date (mo./day/yr.) _____ / _____ / ______

Signature: _______________________

Please submit application form and supporting documents to the WSS Headquarters:
World Sleep Society
3270 19th ST NW Suite 110
Rochester MN, 55901