

# 7th Federation of Southeast Asia of Sleep Medicine FSSM Congress 2024

First Announcement !!!!

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."

Hospital Al-Sultan Abdullah (HASA),  
Puncak Alam,  
Selangor

### Esteemed Speakers

- Prof Dr Naricha Chirakalwasan (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 Peanchitlerkajorn (Thailand) - Orthodontist
- AP Dr Raymond Wong (Singapore) - OMFS
- Dr Tripat Deep Singh (India) - RPSGT

REGISTER NOW



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ASC2024

### ASEAN Sleep Congress 2024 Rates

Early Bird  
(Before July 2024)

Normal Rate

International Delegates

Doctor

RM 450

RM 550

USD 200

Paramedics

RM 350

RM 450

International Sleep Medicine Examination

USD 80

Email your application to : [asc24.sdsm@gmail.com](mailto:asc24.sdsm@gmail.com);  
cc: [rashidahyasin09@gmail.com](mailto:rashidahyasin09@gmail.com)



Multidisciplinary Congress



<https://sleepsocietymalaysia.org/>  
[asc24.sdsm@gmail.com](mailto:asc24.sdsm@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**

**7<sup>th</sup> 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

**Day1: 26<sup>th</sup> Sept 2024, Thursday**

**WASM EXAM**

**Pre Congress Workshop**

0830	Registration 1. WASM Examination 2. Pre-Congress Workshop	
0900 - 1200	WASM examination	
<b>Concurrent Workshop</b>		
0900 – 1000	<b>Workshop 1</b> Addiction & Sleep Disorders: Opiate Misuse and sleep disturbances	Prof Dr Mohamad Hussain Habil (Malaysia)
1000 – 1030	Morning Break	
1030 – 1130	Managing benzodiazepine and hypnotic dependency	Dr Nurul Azmi Mahamad Rapek (Malaysia)
1130 – 1230	Stimulant use disorder, psychosis and management	AP Dr Rusdi Abd Rashid (Malaysia)
1230 – 1400	Lunch	
1400 – 1500	Overview on Mental Illness	AP Dr Rusdi Abd Rashid (Malaysia)
0900 – 1000	<b>Workshop 2</b> PSG Manual Scoring (Adult & Pediatric)	
1000 – 1030	Morning break	
1030 – 1300	PSG: Hook up and calibration	Dr Tripat Deep Singh (India)
1300 – 1400	Lunch	
1400 – 1600	PAP Titration and Troubleshoot	
1600 – 1630	Coffee break / End of Day 1	
0900 – 0930	<b>Workshop 3</b> What is Orofacial Myology?	
1000 – 1030	Oral Motor Development	
1030 – 1230	Orofacial Myofunctional Assessment	Oo Kah Peng (Malaysia)
1230 – 1300	Q&A	
1300 – 1400	Lunch	
1400 – 1600	Orofacial Myofunctional Therapy	
1600 – 1630	Q&A Quiz	

**Day2: 27<sup>th</sup> Sept 2024, Friday****1<sup>st</sup> Day of FSSM Congress**

0830 – 0900	Registration	
0900 - 0945	<b>Plenary 1</b> Metabolic and Sleep Disorder	Dr Teofilo Lee-Chiong (USA)
1000 - 1100	<b>Opening Ceremony</b> <b>1000 – 1045</b> Opening & Officiation (VVIP – DG) <ul style="list-style-type: none"><li>- Welcoming speech</li><li>- Keynote address</li><li>- Officiate ceremony</li><li>- Video montage</li></ul> <b>1045 – 1100</b> Booth visit / PC	SDSM President: Prof Dr Ahmad Izuanuddin Ismail VIP: TBC
1045 – 1100	<b>Morning break</b>	
1100 – 1145	<b>Plenary 2</b> Holistic Management of OSA	Prof Dr. Toh Song Tar (Singapore)
1145 - 1230	<b>Lunch Talk</b> TBC (Phillips)	
1230 – 1430	<b>Lunch break &amp; Friday Prayer</b>	
1430 – 1600	<b>Symposium 1</b> 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 in OSA. Why does it matter? – Dr Rodolfo Dizon Jr. (Philippine)	<b>Symposium 2</b> 2a. Hypoglossal 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)
1600 – 1645	<b>Tea Symposium</b> TBC	

**Day3: 28<sup>th</sup> Sept 2024, Saturday**

**2<sup>nd</sup> Day of FSSM Congress**

0830 – 0915	<b>Plenary 3</b> OSAS in Children current and future challenge	Dr Mahesh Babu Ramamurthy (Singapore)
0915 - 1045	<b>Symposium 3</b> 3a. Pulse Oximetry: When & Where – Dr Mariana Daud (Malaysia) 3b. Sleep and Airways – Dr Asiah Kasim (Malaysia) 3c. Sleep Problem in Baby – Dr Nicholas Chang Lee Wen (Malaysia)	<b>Symposium 4</b> 4a. COMISA – AP Dr Mohd Azhar Mohd Yasin (Malaysia) 4b. Mood Disorder & Sleep – AP Dr Muhammad Muhsin Ahmad Zahari (Malaysia) 4c. Psychotic and Sleep Disorder – AP Dr Rusdi Abd Rashid (Malaysia)
1045 – 1100	<b>Morning Break</b>	
1100 – 1230	<b>Symposium 5</b> 5a. MMA – AP Dr Raymond Wong Chung Wen (Singapore) 5b. Sleep Bruxism – Prof Takafumi Kato (Japan) 5c. Emerging Evidence on Orthodontic Treatment for Paediatric Obstructive Sleep Apnoea – AP Dr Supakit Peanchitlertkajorn (Thailand)	<b>Symposium 6</b> 6a. Epilepsy and Related Disorder in Sleep – Prof Dr Raymond Azman Ali (Malaysia) 6b. OSA and Stroke – Dr Rimawati Tedjasukmana (Indonesia) 6c. Sleep Disorder and Musculoskeletal Disease – Dr Rimawati Tedjasukmana (Indonesia)
1230 – 1315	<b>Lunch Talk</b> TBC (ResMED)	
1315 – 1430	<b>Lunch break</b>	
1430 – 1600	<b>Presidential Talk</b> Obesity and Sleep – Dr Sridhar Venkateswaran (Singapore) Asthma and OSA – Dr Allen Widysanto (Indonesia) TBC – Dr Zulkarnain Hanafi (Brunei)	

1600 – 1700	<p><b>Debate:</b> Kratom Saga Benefit vs Risk.</p> <p>Moderator – AP Dr Rusdi Abd Rashid</p> <p>Panel – 1. Dr Darshan Singh (Malaysia) 2. Prof Dr Mustafa Ali (Malaysia) 3. AP Dr Mohd Azhar Mohd Yasin (Malaysia) 4. PDRM 5. AADK</p>
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**Day4: 29<sup>th</sup> Sept 2024, Sunday**

**3<sup>rd</sup> Day of FSSM Congress**

0830 – 0915	<p><b>Plenary 4</b> Sleep &amp; Well-being</p>	Prof Dr Mohamad Hussain Habil (Malaysia)
0915 - 1045	<p><b>Symposium 7</b></p> <p>7a. Factor Affecting Sleep Quality in Children</p> <p>7b. Sleep Quality and Screen Exposure: The Connection</p> <p>7c. From Restless to Revitalizing Sleep: Unlocking the Secrets of Spinal Health for Optimal Sleep Quality</p>	<p>AP Dato’ Dr Ahmad Fadzil Abdullah (Malaysia)</p> <p>Elsie Liaw (Malaysia)</p> <p>Mohd Nazeri Kamarudin (Malaysia)</p>
1045 – 1100	<b>Morning Break</b>	
1100 – 1230	<p><b>Symposium 8</b></p> <p>8a. Sleep Disorder and Myofunctional Therapy</p> <p>8b. Driving and Sleep: Danger of Microsleep</p> <p>8c. New Technologies for Sleep Diagnostic</p>	<p>OO Kah Peng (Malaysia)</p> <p>Ts. Rabihah Ilyas (Malaysia)</p> <p>Prof Ir. Dr Fatimah Ibrahim (Malaysia)</p>
1230 – 1300	<b>Closing &amp; Disbursed</b>	

**7<sup>th</sup> FEDERATION OF SOUTHEAST ASIA OF SLEEP MEDICINE CONGRESS 2024**  
**Hospital Al-Sultan Abdullah (HASA) UiTM Puncak Alam, Selangor, Malaysia**

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<b>REGISTRATION FOR</b>	<input type="checkbox"/> Doctor-Early bird (Before 31 <sup>st</sup> July 2024) – MYR 450	<input type="checkbox"/> Doctor-Normal Rate – MYR 550
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	<input type="checkbox"/> International Delegates – USD 200	

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

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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 \_\_\_\_\_



**7<sup>th</sup> FEDERATION OF SOUTHEAST ASIA OF SLEEP MEDICINE CONGRESS 2024**  
**WSS Examination Application Form**

\*email to: [asc24.sdsm@gmail.com](mailto:asc24.sdsm@gmail.com) ; cc [rasyidahyasin09@gmail.com](mailto:rasyidahyasin09@gmail.com) for us to review your application



**INTERNATIONAL SLEEP MEDICINE CERTIFICATION INDIVIDUAL APPLICATION**

**SECTION I – Examination Information**

Date of exam: (mo. /day/yr.) \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Location of exam: \_\_\_\_\_

Sleep Society: \_\_\_\_\_

**Please attach a passport size photo**

**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

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

Institution	Qualification Obtained	Year

**SECTION IV – Membership in Professional and Academic Societies**

Organization	Rank / Title / Position	Month/Year

**SECTION V – Employment History – Academic / Clinical**

Institution	Rank / Title / Position	Start Date	End Date

**SECTION VI – Postgraduate Sleep Medicine Training**

Institution	Mentor	Start Date	End Date

**SECTION VI – Postgraduate Sleep Medicine Practice**

Institution	Rank / Title / Position	Start Date	End Date

**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 certification.)
- 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 certification.)
- 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 CME and 50 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 19<sup>th</sup> ST NW Suite 110  
Rochester MN, 55901