

Sleep Disorder Society Malaysia (SDSM)

SLEEP 2026

held concurrently with

Malaysian Multidisciplinary Sleep Congress (MMSC)

9 – 11 July 2026 | NEXUS, Bangsar Kuala Lumpur

"Redefining Sleep Health in this Obesity Era"

PRE-CONGRESS WORKSHOPS

9 JULY 2026 | LIMITED SEATS AVAILABLE

WSS EXAMINATION PREPARATORY CRASH COURSE

ORO-FACIAL MYOFUNCTIONAL THERAPY (OMT)

 **MMA CPD POINTS
PROVIDED**

 **BRPT CPD POINTS
PROVIDED**



<https://forms.gle/6i9KbpVF2mCZbDC66>

**WSS INTERNATIONAL
SLEEP SPECIALIST EXAMINATION**

**⚠️ LIMITED SEATS ONLY!
DON'T MISS OUT – REGISTER NOW!
FOR MORE DETAILS & BOOKING:**

sleepsocietymalaysia@gmail.com
rashidahyasin09@gmail.com

Registration Fee

Congress Registration

(with access to **ONE** selected Pre Congress Workshop)

*Allied Health / Undergrad Student
Doctor*

International Delegate

Early Bird Rate

(Before 1st June 2026)

SDSM Member Non-Member

MYR650

MYR700

MYR700

MYR850

Normal Rate

(After 1st June 2026)

SDSM Member Non-Member

MYR750

MYR800

MYR800

MYR950

USD300

COMING SOON ON JULY

MAIN ORGANISER SLEEP DISORDER SOCIETY MALAYSIA (SDSM)
CO-ORGANISER UMBC



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SLEEP x MMSC 2026 - Pre Congress Workshop 9th July 2026, Thursday

0730 – 0830	Pre Congress Workshop Registration
0900 – 1600	Workshop 1 – WSS Examination Preparatory Course Dr Tripat Deep Singh (IND)
0900 – 1600	Workshop 2 – Orofacial Myofunctional Therapy (OMT) AP Dr Lau May Nak (MAL)
	End of Day 1

SLEEP x MMSC 2026 – Congress Day 1 10th July 2026, Friday

0730 – 0900	Congress Registration Day 1
0900 – 0930	Plenary 1 <i>Beyond AHI: Obesity, Sleep Apnoea and the Cardiometabolic Continuum.</i> Prof Dr Ahmad Izuanuddin Ismail (Mal)
0930 – 1030	Opening Ceremony
1030 – 1100	Sponsored Morning Talk 1 (TBC)
1100 – 1130	Morning Break
1130 – 1200	Plenary 2 <i>Building a Robust Academic Syllabus for Sleep Medicine Training that Benefits Cross Disciplines</i> Dr Phua Chu Qin (SG)

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1245 – 1430	Lunch Break & Friday Prayer	
1430 - 1600	<p>Symposium 1</p> <p><i>1.a CPAP, Weight and Metabolic Outcomes: Real-World Evidence.</i> Prof Dr Naricha Chirakalwasan (THA)</p> <p><i>1.b When Obesity Overwhelms the Respiratory System: from Mechanics to Hypoventilation.</i> Dr Tripat Deep Singh (IND)</p> <p><i>1.c Sleep as a Metabolic Organ: Appetite, Hormones and Weight Gain.</i> Prof Dr Rohana Abdul Ghani (MAL)</p>	<p>Symposium 2</p> <p><i>2.a Phenotyping for Mandibular Advancement Devices.</i> AP Dr Lau May Nak (MAL)</p> <p><i>2.b Minimizing Orthognatic Surgery Complications After OSA Surgery.</i> Dr Muhammad Kamil Hassan (MAL)</p> <p><i>2.c Can Robotic and Tongue Surgery Apply for most OSA Patients?</i> Dr Julius Goh Liang Chye (MAL)</p>
1600 - 1630	Sponsored Tea Talk 1 (TBC)	
	End of Day 2	

SLEEP x MMSC 2026 – Congress Day 2
11th July 2026, Saturday

0730 – 0830	Congress Registration Day 2
0830 – 0900	<p>Plenary 3</p> <p><i>Obesity & Sleep Disordered Breathing in Children: Current and Future Challenge.</i> AP Dato Dr Ahmad Fadzil Abdullah (MAL)</p>

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<p>0900 – 1030</p>	<p>Symposium 3 <i>3.a Circadian Rhythm and Eating Behaviour in Children.</i> AP Dr Eg Kah Peng (MAL) <i>3.b Screen Time and Sleep in Children.</i> Dr Nor Diyana Ismail (MAL) <i>3.c An Update on Management of Childhood Obesity.</i> Dr Mazidah Noordin (MAL)</p>	<p>Symposium 4 <i>4.a Is Hypoglossal Nerve Stimulation Silver Bullet for OSA.</i> Prof Toh Song Tar (SG) <i>4.b When Can Multidisciplinary Teams Benefits Best for OSA Management?</i> Dr Wish Banhiran (THA) <i>4.c The Role of Drug Induced Sleep Endoscopy (DISE) in Planning Maxillomandibular Advancement (MMA)</i> Prof Dr Micheal Yiu Yan Leung (HK)</p>
<p>1030 – 1100</p>	<p>Morning Break</p>	
<p>1100 – 1230</p>	<p>Symposium 5 <i>5.a When Sleep Goes Wrong: The Brain Pays the Price</i> Dr Hamdi Najman Achok (MAL) <i>5.b From Snoring to Dementia: What Every Doctor Should Know</i> Dr Benjamin Ng Han Sim (MAL) <i>5.c Psychiatric Medications, Weight Gain & Sleep Disruption: A Practical Guide for Non-Psychiatrist.</i> AP Dr Rusdi Abd Rashid (MAL)</p>	<p>Symposium 6 <i>6.a Managing the Obese Sleep Patient in Primary Care: What GP's can do Before Referral.</i> Dr Nurul Yaqeen Mohd Esa (MAL) <i>6.b Obesity Hypoventilations Syndrome: Often Missed, Often Fatal: Red Flags Every Doctor Must Recognise.</i> Dr Rozanah Abd Rahman (MAL) <i>6.c Optimising Obstructive Sleep Apnoea Before Bariatric Surgery and Sleep Outcomes After Weight Loss.</i> Dr Wong Yen Shen (MAL)</p>

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1230 – 1315	Sponsored Lunch Talk 2
1315 – 1400	Lunch Break
1400 – 1430	Sponsored Afternoon Talk 1 (TBC)
1400 - 1600	WSS Examination
1430 - 1530	<p>Debate</p> <p><i>Bariatric Surgery vs Anti-Obesity Medication – Which One is Better for OSA? – Benefit vs Risk</i></p> <p>Debaters:</p> <ol style="list-style-type: none"> 1. Dr Theevashini Krishnasamy (MAL) 2. Dr Megat Razeem Abdul Razak (MAL)
1530	Closing and Disbursed

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SLEEP 2026 CONGRESS X MALAYSIAN MULTIDISCIPLINARY SLEEP CONGRESS (MMSC) 2026

Registration Form

Full Name _____ Organization _____
 Address _____
 Phone No. _____ Email _____

Congress Registration

(with access to ONE selected Pre Congress Workshop)

Early Bird Rate

(before 1st June 2026)

Normal Rate

(after 1st June 2026)

	SDSM Member	Non-Member	SDSM Member	Non-Member
Allied Health / Undergrad Student	<input type="checkbox"/> MYR650	<input type="checkbox"/> MYR700	<input type="checkbox"/> MYR750	<input type="checkbox"/> MYR900
Doctor / Professional	<input type="checkbox"/> MYR700	<input type="checkbox"/> MYR850	<input type="checkbox"/> MYR800	<input type="checkbox"/> MYR950
International Delegate			<input type="checkbox"/> USD300	

Pre Congress Workshop

(select **ONE** preferable workshop)

- WSS Examination Preparatory Crash Course
 Oro-Facial Myofunctional Therapy (OMT)

Payment made to :

Account name : **PERSATUAN PERMASALAHAN TIDUR MALAYSIA (Sleep Disorder Society Malaysia)**
 Account number : 80-0051124-8
 Name of bank : CIMB Bank
 Swift code : CIBBMYKL
 Address : KLCC, Lot C04-C05, Concourse Level, Petronas Tower 3, Suria KLCC, Kuala Lumpur

Mode of payment

- Bank Deposit
 IBG Transfer
 Cheque

*Please send proof of payment to sleepsocietymalaysia@gmail.com

**Cancellation and Refund Policy on Registration Fee

- i. The Secretariat must be notified in writing of cancellations
- ii. Cancellation on or 2 weeks before the event: **50% refund**
- iii. Cancellation afterwards: **NO REFUND**

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

I am: Vegetarian Others (please specify) _____

SDSM Secretariat, Lung Function Room, Specialist Clinic, Level 3, Hospital Al-Sultan Abdullah (HASA) UiTM, Puncak Alam, Selangor D.E.

Phone: +603 3396 3315

Email: sleepsocietymalaysia@gmail.com

+601 6323 5172

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

Date _____

Signature _____