

# Schedule at a glance

<b>October 18 (Fri)</b>	
8:00-9:00	Poster Installation/Pasting
9:00-9:10	Opening remarks
9:10-10:40	<b>Symposium 1</b> (Pediatrics) Sleep Health in Children
10:40-12:00	<b>Symposium 2</b> (RLS) RLS in Asia: Phenotypes, Comorbidities, and Genetics
12:10-13:10	<b>Luncheon Seminar 1</b> (Insomnia)
13:10-14:40	Poster viewing and Coffee break
14:40-16:00	<b>Symposium 3</b> (Insomnia) Enhancement and Barriers of Evidence-Based CBT-I Practices in Asian Countries
16:00-16:10	Coffee break
16:10-17:10	<b>Workshop for education</b>
17:10-18:10	<b>Session for Asian collaboration research proposals</b>
18:10-19:10	Council meeting
19:30-	Get-together Dinner

<b>October 19 (Sat)</b>	
7:30-8:10	Poster Installation
8:10-9:30	<b>Symposium 4</b> (Hypersomnia) Symposium on hypersomnia in Asian Society of Sleep Medicine
9:30-11:00	<b>Symposium 5</b> (Basic) Neuron Circuits and Regulation for Sleep-Wake Cycles
11:00-11:10	Coffee break
11:10-13:00	<b>Symposium 6</b> (OSA) Current Evidence in Obstructive Sleep Apnea: From Pathophysiology to Management
13:10-14:10	<b>Luncheon Seminar 2</b> (OSA)
14:10-15:40	Poster viewing
15:40-16:40	<b>Symposium 7</b> (Poster Symposium)
16:40-18:10	<b>Symposium 8</b> (RBD and REM sleep) REM Sleep Behavior Disorder-from basic mechanism to clinical diagnosis - Asian perspectives
18:10-	Award Ceremony and Closing Remarks

# Program

**October 18, Fri**

**Opening remarks 9:00-9:10**

**Symposium 1 9:10-10:40**

## Sleep Health in Children

**Chairs** Jiang Fan

Shanghai Jiao tong University for early Childhood research

Yoko Komada

Institute for Liberal Arts, Tokyo Institute of Technology

### 1. Sleep and neurobehavioural functions in school-age children and adolescents in Singapore

June Chi-Yan Lo

Centre for Sleep and Cognition, Yong Loo Lin School of Medicine, National University of Singapore

### 2. Cognitive behavioural therapy for insomnia in adolescents with ADHD

Shirley Xin Li

Department of Psychology, The University of Hong Kong, Hong Kong

### 3. What we know about the early intervention for infant sleep problems

Qingmin Lin

Department of Developmental and Behavioral Pediatrics, Pediatric Translational Medicine Institution, Shanghai Children's Medical Center, School of Medicine, Shanghai Jiao Tong University, Shanghai, China

### 4. Dose weekend catch-up sleep have a protective effect on health in adolescence?

Kwang Ik Yang

Sleep Disorders Center, Department of Neurology, Soonchunhyang University College of Medicine, Cheonan Hospital, Cheonan, South Korea

### 5. REM sleep in Children and Adolescents: its physiology and relation to memory and dream

Keiko Ogawa

Hiroshima University

## Symposium 2 10:40-12:00

### RLS in Asia: Phenotypes, Comorbidities, and Genetics

**Chairs** KI-Young Jung

Professor of Neurology, Seoul National University Hospital Sensory Organ Research Institute, Seoul National University Medical Research Center Neuroscience Research Institute, Seoul National University College of Medicine President, Korean Sleep Research Society (2022-2024)

**Fang Han**

Division of Sleep Medicine, Peking University People's Hospital

#### 1. RLS and Parkinson's disease-related disorders

Hiroaki Fujita

Department of Neurology, Dokkyo Medical University, Tochigi, Japan

#### 2. Prevalence of Restless Legs Syndrome in patients with Stroke and its association with clinical parameters

Kaustav Kundu

All India Institute of Medical Sciences Rishikesh

#### 3. Phenotyping Restless Legs Syndrome

Sungeun Hwang

Department of Neurology, Ewha Womans University Mokdong Hospital, Seoul, Republic of Korea

#### 4. Clinical features, polysomnography, and genetics association study of restless legs syndrome in clinic based Chinese patients: A multicenter observational study

Wenjun Zhu

Peking University People's Hospital

## Luncheon Seminar 1 12:10-13:10

Sponsored by Eisai Co., Ltd.

**Chair** Makoto Uchiyama

Director, Tokyo Adachi Hospital

### Current Status and Prospects of Insomnia Treatment in Japan

Yuichi Inoue

Department of Somnology, Tokyo Medical University

## Poster viewing and Coffee break 13:10-14:40

**Symposium 3 14:40-16:00****Enhancement and Barriers of Evidence-Based CBT-I Practices in Asian Countries****Chairs** Isa Okajima

Behavioral Sleep Medicine and Sciences Lab.  
Department of Psychological Counseling, Faculty of Humanities, Tokyo Kasei University

**Chien-Ming Yang**

National Chengchi University

**1. Can HRV Biofeedback and Mindfulness Add-On Modules Enhance the Treatment Effect of CBT-I?**

Ya-Chuan Huang

Department of Psychology, National Cheng-Chi University

**2. Does digital cognitive behavioral therapy improve insomnia and depression to healthy levels in workers?**

Isa Okajima

Department of Psychological Association, Faculty of Humanities, Tokyo Kasei University

**3. Digitally delivered vs. group-based cognitive behavioural therapy for insomnia in youth**

Shirley Xin Li

Department of Psychology, The University of Hong Kong, Hong Kong

**4. Obstacles to Implementing CBT-I in Japan: A Physician's Perspective**

Kentaro Matsui

Department of Clinical Laboratory, National Center of Neurology and Psychiatry

**Coffee break 16:00-16:10****Workshop for education 16:10-17:10****Chair** Ahmed BaHammam

University Sleep Disorders Center, King Saud University, Riyadh, Saudi Arabia

**Session for Asian collaboration research proposals 17:10-18:10****Chair** Yuichi Inoue

Department of Somnology, Tokyo Medical University

**Council meeting 18:10-19:10****Get-together Dinner 19:30-**

## October 19, Sat

### Symposium 4 8:10-9:30

#### Symposium on hypersomnia in Asian Society of Sleep Medicine

**Chairs** Takashi Kanbayashi

Tsukuba Univ, IIS

Seung Chul Hong

The Catholic University of Korea, Suwon

##### 1. The Clinical Value of Nocturnal Sleep-Onset REM Period in the Diagnosis of Narcolepsy

Young-Chan Kim

St. Vincent's Hospital, The Catholic University of Korea, Psychiatry, Suwon

##### 2. Changes in sleep wake cycle of patients with narcolepsy after modafinil treatment utilizing non-parametric analysis of actigraphy

Wei-Chih Chin

Department of Psychiatry and Sleep Center, Chang Gung Memorial Hospital, Taoyuan, Taiwan  
School of Medicine, Chang Gung University

##### 3. Characterization of narcolepsy subtypes by long-form orexin A using mass spectrometry

Emiko Yamauchi

Tsukuba Research Laboratories Eisai Co. Ltd.

##### 4. The phenotype of narcolepsy type 1 cluster analysis based on clinical manifestation and related morphological changes

Xiao Fulong

Department of Sleep Medicine, Peking University People's Hospital, Beijing, China

### Symposium 5 9:30-11:00

#### Neuron Circuits and Regulation for Sleep-Wake Cycles

**Chairs** Zhi-Li Huang

Dept. of Pharmacology & State Key Laboratory of Medical Neurobiology, Shanghai Medical College of Fudan University

Yu Hayashi

Graduate School of Science, University of Tokyo;  
International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba

##### 1. The role and neural circuit mechanism of the parasubthalamic nucleus in sleep-wake regulation

Guo Han

Huadong Hospital, Fudan University.

##### 2. Synaptic strength in prefrontal cortex regulates homeostatic sleep pressure

Shoi Shi

International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba

### 3. Monoamine dynamics and brain states

Hui Dong

Shanghai Jiao Tong University School of Medicine

### 4. Sleep Fragmentation and the Glymphatic System

Fengfei Ding

Department of Pharmacology, School of Basic Medicine, Shanghai Medical College, Fudan University

### 5. Identification of the central REM sleep circuit

Yu Hayashi

Department of Biological Sciences, Graduate School of Science, University of Tokyo, Japan;  
International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba, Japan

## Coffee break 11:00-11:10

## Symposium 6 11:10-13:00

### Current Evidence in Obstructive Sleep Apnea: From Pathophysiology to Management

**Chairs** Shintaro Chiba

Department of ENT, Jikei University School of Medicine

Naricha Chirakalwasan

Medicine Division of Pulmonary and Critical Care Medicine, Department of Medicine Associate Dean for International Affairs, Faculty of Medicine, Chulalongkorn University

#### 1. Phenotyping OSA using polysomnography and its association with clinical phenotypes

Wan-Ju Cheng

National Center for Geriatrics and Welfare Research, National Health Research Institutes, Miaoli, Taiwan  
Department of Public Health, China Medical University, Taichung, Taiwan  
Department of Psychiatry, China Medical University Hospital, Taichung, Taiwan

#### 2. Telemedicine in clinical practice of patients with obstructive sleep apnea

Kimihiko Murase

Department of Advanced Medicine for Respiratory Failure, Graduate School of Medicine,  
Kyoto University, Kyoto, Japan

#### 3. The current evidence on COMISA Diagnosis and Management

Naricha Chirakalwasan

Division of Pulmonary and Critical Care medicine, Department of Medicine, Faculty of Medicine, Chulalongkorn University, Bangkok, Thailand

#### 4. Efforts to increase the success rate of surgery in patients with obstructive sleep apnea

Sung Jae Heo

Department of Otorhinolaryngology-Head and Neck Surgery, School of Medicine, Kyungpook National University, Daegu, South Korea

## 5. Hypoglossal Nerve Stimulation : State of the Art

Song Tar TOH

Department of Otorhinolaryngology-Head and Neck Surgery  
Sleep Apnea Surgery Service  
Sleep Centre  
Singapore General Hospital  
Singhealth Duke NUS Sleep Centre

## 6. Personalized management of OSA based on Clinical Phenotyping in Children and Adults

Sy Duong-Quy

President of Vietnam Society of Sleep Medicine  
Former President of Federation of South-Est Asia of Sleep Medicine

### Luncheon Seminar 2 13:10-14:10

Sponsored by Philips Japan, Ltd.

**Chair** Hideaki Nakayama

Medical Director, Tokyo Medical University / Yoyogi Sleep Disorder Center

### 1. Up-to-Date Standards of Diagnosis and Treatment of Sleep Disordered Breathing in Cardiology

Yasuhiro Tomita

Sleep Center, Toranomon Hospital, Japan

### 2. Correlation of Sleep apnea and Diabetes and the importance of CPAP therapy

Kei Nakata

Department of Cardiovascular, Renal, Metabolic and Endocrine Medicine, Sapporo Medical University

### Poster viewing 14:10-15:40

### Symposium 7 15:40-16:40

## Poster Symposium

**Chairs** Hiroshi Kadotani

Department of Psychiatry Shiga University of Medical Science

JC Suri

Director and Head, Department of Pulmonary, Critical Care and Sleep Medicine, Fortis Flt. Lt. Rajan Dhall Hospital, Vasant Kunj, New Delhi  
Formerly Consultant, Professor and Head, Department of Pulmonary, Critical Care and Sleep Medicine, Vardhman Mahavir Medical College and Safdarjung Hospital, New Delhi  
Founder President and Chairman, Indian Sleep Disorders Association

### 1. Novel clock neuron transcriptomic subtypes regulate temporal aspects of sleep

Dingbang Ma

Interdisciplinary Research Center on Biology and Chemistry, Shanghai Institute of Organic Chemistry, Chinese Academy of Sciences, Shanghai 201210, China

## 2. Abnormal Regional Spontaneous Neural Activity and Functional Connectivity in Unmedicated Patients with Narcolepsy Type 1: A Resting-State fMRI Study

Xie Liang

Department of Neurology, The Second Affiliated Hospital of Nanchang University, Nanchang, People's Republic of China

## 3. Predictors of obesity hypoventilation syndrome among patients with sleep-disordered breathing in Iran

Forogh Soltaninejad

Bamdad Respiratory and Sleep Research Center, Pulmonary and Sleep ward, Department of Internal medicine, School of Medicine, Isfahan University of Medical Sciences, Isfahan, Iran

## 4. The Prevalence and Predictors of Obstructive Sleep Apnea in Patients Undergoing Bariatric Surgery in Saudi Arabia.

Enas Fahad Alaraik

Department of Family Medicine, King Saud University

### Symposium 8 16:40-18:10

## REM Sleep Behavior Disorder - from basic mechanism to clinical diagnosis - Asian perspectives

**Chairs** YK Wing

Professor & Chairman, Department of Psychiatry, Choh-Ming Li Professor of Psychiatry  
Director of Li Chiu Kong Family Sleep Assessment Unit, Faculty of Medicine, The Chinese University of Hong Kong

SB Hong

Samsung Medical Center, Sungkyunkwan University School of Medicine

### 1. Do Asian RBD cohorts differ from Western ones?

Jung-Ick Byun

Department of Neurology, Kyung Hee University Hospital at Gangdong, Kyung Hee University College of Medicine, Seoul, Korea,

### 2. Diagnostic cut-off value for the Japanese patients with REM sleep behavior disorder

Taeko Sakuma

Faculty of Medical Technology, Department of Clinical Laboratory Science, Teikyo University

### 3. Characteristics of Parkinson's disease and RBD from Thailand perspective

Jirada Sringean

Chulalongkorn Center of Excellence for Parkinson's Disease & Related Disorders, King Chulalongkorn Memorial Hospital and Department of Neurology, Chulalongkorn University

### 4. Gut microbiota: a missing link in REM sleep behavior disorder and synucleinopathy?

Bei Huang

Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong, Shatin, N.T., Hong Kong SAR, China.  
Li Chiu Kong Family Sleep Assessment Unit, Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong, Shatin, Hong Kong SAR, China.

Li Ka Shing Institute of Health Sciences, Faculty of Medicine, The Chinese University of Hong Kong, Shatin, Hong Kong.



## **5. The Ponto-medullary Muscle Tone Gating Mechanism in the Scenario of REM Atonia and REM Sleep Behavior Disorder**

Yan Shen

Department of Neurology and Institute of Neurology, Ruijin Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai, China

**Award Ceremony and Closing Remarks 18:10-**

# Poster Session Program

**October 18, Fri 13:10-14:40**

## Technology / Insomnia

**Chairs** Chien-Ming Yang  
National Chengchi University

Isa Okajima  
Behavioral Sleep Medicine and Sciences Lab.  
Department of Psychological Counseling, Faculty of Humanities, Tokyo Kasei University

### **P1-01**

#### **Development of a Sustained Attention Estimation Method Using Eyelid Opening Degree from a Smartphone Camera**

Takahiro Noguchi

Ph.D. Program in Humanics, University of Tsukuba, Japan

### **P1-02**

#### **Evaluation of an AI-based chatbot-delivered digital cognitive behavioral therapy for insomnia (CBT-I) in a naturalistic setting**

Rose Wing Lai So

Li Chiu Kong Family Sleep Assessment Unit, Department of Psychiatry, The Chinese University of Hong Kong, Hong Kong, China

### **P1-03**

#### **Effect of zaleplon capsules on subjective sleep quality and daytime function in patients with insomnia: a study protocol**

Suzhen Chen

Department of Psychosomatics and Psychiatry, Zhongda Hospital, School of Medicine, Southeast University, China

### **P1-04**

#### **The bridge symptoms of childhood trauma, sleep disorder and depressive symptoms: a network analysis**

Yixin Zhao

Department of Psychiatry, National Clinical Research Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha 410011, Hunan, China

### **P1-05**

#### **Study on the influence of age and gender on insomnia disorder in adults of Inner Mongolia Autonomous Region**

LV Dongsheng

Mental Health Institute of Inner Mongolia Autonomous Region, The Third Hospital of Inner Mongolia Autonomous Region, Hohhot 010010, China

**P1-06**

**Association Between the Use of Orexin Receptor Antagonists and Falls or Fractures: A Meta-Analysis**

Haohao Yan

Department of Psychiatry, National Clinical Research Center for Mental Disorders, and National Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha 410011, Hunan, China.

**P1-07**

**Calcitonin gene-related peptide monoclonal antibody may improve restless legs syndrome and insomnia : implication from a patient with comorbid migraine**

Kazushi Kato

Department of Neurology, Dokkyo Medical University, Japan

**P1-08**

**The Effects of Experiential Avoidance, Cognitive Fusion, and Value-Based Behaviors on Insomnia Symptoms**

Mizuki Bando

Graduate School of Humanities, Kwansei Gakuin University, Japan

**P1-09**

**Preoccupation with sleep and dysfunctional beliefs about sleep mediate the influence of psychological inflexibility on insomnia in the older adult population**

Seockhoon Chung

Department of Psychiatry, Asan Medical Center, University of Ulsan College of Medicine, Seoul, Korea / Life Care Center for Cancer Patient, Asan Medical Center Cancer Institute, Seoul, Republic of Korea

**P1-10**

**A pilot study using machine learning to predict adherence to a chatbot-delivered digital cognitive behavioral therapy for insomnia (dCBT-I)**

Tim Man Ho Li

Li Chiu Kong Family Sleep Assessment Unit, Department of Psychiatry, The Chinese University of Hong Kong, Hong Kong, China

**P1-11**

**Developing the sleep problems and hygiene inventory and the interactive short form**

Akiyoshi Shimura

Department of Psychiatry, Tokyo Medical University, Japan

**P1-12**

**An in-depth analysis of postoperative insomnia in elderly patients and its implications on rehabilitation**

Yuanqing Wang, Shuqin Zhan

Department of Neurology, Xuanwu Hospital Capital Medical University, Beijing, China

**P1-13**

**Efficacy and Safety of Four Antidepressant Drugs in Chronic Insomnia**

Yahui Xu

Department of Sleep Medicine, The Second Affiliated Hospital of Xinxiang Medical University, China

**P1-14****Analysis of clinical efficacy and influencing factors of eCBT-I in the treatment of insomnia disorder with depression and anxiety**

LV Dongsheng

Mental Health Institute of Inner Mongolia Autonomous Region, The Third Hospital of Inner Mongolia Autonomous Region, Hohhot 010010, China

**P1-15****Fecal microbiota characteristics of Chinese patients with chronic insomnia: a cross-sectional study**

Ying He

Department of Psychiatry, National Clinical Research Center for Mental Disorders, and National Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha 410011, Hunan, China.

**P1-16****Subtypes of insomnia disorder derived from symptomatology and comorbidity**

LEI Binbin

Guangdong Cardiovascular Institute, Guangdong Provincial People's Hospital, Guangdong Academy of Medical Sciences, China / Guangdong Mental Health Center, Guangdong Provincial People's Hospital (Guangdong Academy of Medical Sciences), Southern Medical University, China

**P1-17****Anxiety and depression among patients with insomnia during the first wave and the release of the COVID-19 in Northeast China: A cross-sectional survey**

Zan Wang

Sleep Centre, Department of Neurology, The First Hospital of Jilin University, Changchun, Jilin Province, People's Republic of China

**Sleep-related breathing disorder****Chairs Shintaro Chiba**Graduate School of Science, University of Tokyo;  
International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba**Naricha Chirakalwasan**

Chulalongkorn University, Bangkok, Thailand

**Masaaki Suzuki**

Otorhinolaryngology, Teikyo University Chiba Medical Center

**P2-01****Age-dependent associations between obstructive sleep apnea and fractures: evidence from a Chinese community-based study**

Junzhi Chen, Qiong Ou

Department of Sleep Center, Guangdong Provincial People's Hospital (Guangdong Academy of Medical Sciences), Southern Medical University, Guangzhou, China

**P2-02****Sleep-disordered breathing and metabolic syndrome across gender, age, and sleep subtypes in East Asians**

Tong Feng

Sleep Center, Department of Respiratory and Critical Care Medicine, Guangdong Provincial People's Hospital (Guangdong Academy of Medical Sciences), Southern Medical University, Guangzhou, China

**P2-03**

**Sleep efficiency and disturbance is associated with cardiovascular risk in non-obese sleep disordered breathing: The Guangdong sleep health study**

Miaochan Lao

Sleep Center, Department of Pulmonary and Critical Care Medicine, Guangdong Provincial Geriatrics Institute, Guangdong Provincial People's Hospital (Guangdong Academy of Medical Sciences), Southern Medical University, Guangzhou 510080, China

**P2-04**

**Bedtime as a Modifiable Risk Factor for Hypertension in Obstructive Sleep Apnea Patients: Evidence from a Large-Scale Community Study**

Ruohan Zhou

Guangdong Provincial Geriatrics Institute, Guangdong Provincial People's Hospital (Guangdong Academy of Medical Sciences), Southern Medical University Guangzhou 510080

**P2-05**

**Age-dependend changes of symptoms suggesting sleep-disordered breathing in children under 6 years old with Down syndrome**

Hiroyuki Sawatari

Department of Perioperative and Critical Care Management, Graduate School of Biomedical and Health Sciences, Hiroshima University, Hiroshima, Japan

**P2-06**

**Low Arousal Threshold and poor sleep quality: Their Role in Cognitive Impairment and Possible Potential Link to Lipid Metabolism**

Yunyun Zhang

Department of General Practice, The Affiliated Wuxi People's Hospital of Nanjing Medical University / Wuxi Medical Center, Nanjing Medical University / Department of General Practice, Wuxi People's Hospital

**P2-07**

**The relationship between obstructive sleep apnea and visual hallucinations in PD patients**

Jun Zhu

Department of Geriatric Neurology, Nanjing Brain Hospital Affiliated to Nanjing Medical University Nanjing, China

**P2-08**

**Prevalence and Characteristics of Obstructive Sleep Apnea (OSA) Comorbid with Catathrenia (Nocturnal Groaning)**

Min Yu

Department of Orthodontics, Center for Oral Therapy of Sleep Apnea, Peking University School and Hospital of Stomatology, Beijing, China

**P2-09**

**Similarities and differences between the clinical descriptive variables and polysomnographic findings of catathrenia and those of obstructive sleep apnea, non-REM parasomnia, and sleep bruxism.**

Yoichiro TAKEI

Yoyogi Sleep Disorder Center, Japan / Japan Somnology Center, Neuropsychiatric Research Institute, Japan

**P2-10****Altered upper airway morphology may increase the risk of sleep-disordered breathing in menopausal women**

Wanxin Zhang

Oral Center of Sleep Disordered Breathing, Peking University School and Hospital of Stomatology

**P2-11****Interaction between hypoxic burden and obstructive sleep apnea in prevalent hypertension: Results from Shanghai Sleep Health Study cohort**

En-hui Zhou

Department of Otorhinolaryngology Head and Neck Surgery, Shanghai Sixth People's Hospital Affiliated to Shanghai Jiao Tong University School of Medicine, Shanghai, China / Shanghai Key Laboratory of Sleep Disordered Breathing, Shanghai, China / Otolaryngology Institute of Shanghai Jiao Tong University, Shanghai, China

**P2-12****Prevalence, characteristics and identification of trait-associated loci of OSA during REM sleep in the Han Chinese population**

En-hui Zhou

Department of Otorhinolaryngology Head and Neck Surgery, Shanghai Sixth People's Hospital Affiliated to Shanghai Jiao Tong University School of Medicine, Shanghai, China / Shanghai Key Laboratory of Sleep Disordered Breathing, Shanghai, China / Otolaryngology Institute of Shanghai Jiao Tong University, Shanghai, China

**P2-13****Effects of Weight Loss After Long-term CPAP on Overweight OSA Patients: A Multicentre Randomized Controlled Trial**

Ranxu Zhang

Sleep Center, Guangdong Provincial Geriatrics Institute, Guangdong Provincial People's Hospital (Guangdong Academy of Medical Sciences), Southern Medical University, Guangzhou, China

**P2-14****The Role of TREM-1 in Mediating Atherosclerosis Induced by Obstructive Sleep Apnea Syndrome: Insights into Mechanisms and Therapeutic Implications**

Xiaoling Gao

Department of Respiratory Medicine, The Second Hospital of Shanxi Medical University, Shanxi Province, China

**P2-15****Exploring the Dynamics of Snoring in Relation to Sleep Stages: Implications for Gender Differences, Sleep Position, and Upper Airway Collapsibility**

Masaaki Suzuki

Dept. of Otorhinolaryngology, Teikyo University Chiba Medical Center, Chiba, Japan / Division of Sleep Medicine, Kaname Clinic, Tokyo, Japan

**P2-16****Association Between Slow Wave Sleep and Glycated Hemoglobin Levels in Patients with Obstructive Sleep Apnea: Insights from Polysomnography**

Huan Yu

Department of Neurology, Huashan Hospital, Fudan University, Shanghai, China / Sleep and Wake Disorders' Center of Fudan University, Shanghai, China / National Center for Neurological Disorders, Shanghai, China

## Parasomnia / Sleep disorders in psychiatric disorders

### **Chairs** YK Wing

Professor & Chairman, Department of Psychiatry, Choh-Ming Li Professor of Psychiatry  
Director of Li Chiu Kong Family Sleep Assessment Unit, Faculty of Medicine, The Chinese University of Hong Kong

### Yuichi Inoue

Department of Somnology, Tokyo Medical University

### **P3-01**

#### **The Brain Topological Alternation in the Structural Connectome and the Correlation with Clinical Spectrum in Patients with Type 1 Narcolepsy: A Diffusion Tensor Imaging Study**

Lin Xu

Department of Neurology, Tianjin Medical University General Hospital, Tianjin, China

### **P3-02**

#### **Neuroprotective Effect of Melatonin in isolated REM sleep behavior disorder**

Yaping Liu

Li Chiu Kong Family Sleep Assessment Unit, Department of Psychiatry, Faculty of Medicine, The Chinese University of Hong Kong, Hong Kong SAR, China / Center for Sleep and Circadian Medicine, The Affiliated Brain Hospital of Guangzhou Medical University, Guangzhou, Guangdong, China

### **P3-03**

#### **The Relationship Between Objective and Subjective Sleep Assessment Scales in Untreated Adolescent ADHD Patients with Sleep Disorders**

Takao Kato

Department of Neuropsychiatry, Kurume University School of Medicine, Japan / Department of Psychiatry, Kato Hospital, Japan

### **P3-04**

#### **A cross-sectional study based on sleep and psychological resilience among medical staff**

Yuexin Zhang

Department of Psychiatry, National Clinical Research Center for Mental Disorders, and National Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha 410011, Hunan, China

### **P3-05**

#### **Sleep Disturbance and Behavior Problems Among Primary School-Aged Children**

Yupu Liu

Department of Otolaryngology, Shanghai Sixth People's Hospital affiliated to Shanghai Jiao Tong University School of Medicine / Shanghai Key Laboratory of Sleep Disordered Breathing / Otolaryngology Institute of Shanghai Jiao Tong University

### **P3-06**

#### **Clinical reasoning: Differentiating episodic sleep events in two cases**

Qiuchi Zhang

Sleep and Wake Disorders Center of Fudan University, Shanghai, China / Department of Neurology, Huashan Hospital, Fudan University, Shanghai, China / National Center for Neurological Disorders, Huashan Hospital, Fudan University, Shanghai, China / Department of Neurology, Jiangsu Province Hospital of Chinese Medicine, Affiliated Hospital of Nanjing University of Chinese Medicine

**P3-07****Cav3.1-driven long-lasting low-threshold spiking in laterodorsal tegmental glutamatergic neurons regulates anxiety hyperarousal**

Jian-Bo Jiang

Department of Pharmacology, School of Basic Medical Sciences; State Key Laboratory of Medical Neurobiology and MOE Frontiers Center for Brain Science; Institutes of Brain Science, Fudan University, Shanghai 200032, China

**P3-08****Effect of TMS on sleep quality in OCD patients**

Wenjin Ma

Department of Psychiatry, National Clinical Research Center for Mental Disorders, and National Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha, China

**P3-09****The changes in sleep patterns in individuals with depression**

Ji Hui Hong

Department of Psychiatry, Chosun University Hospital, Gwangju, South Korea

**P3-10****Prevalence and impact of Exploding Head Syndrome (EHS) in a Japanese working population, NinjaSleep study**

Uyanga Tsovoosed

Department of Psychiatry, Shiga University of Medical Science, Japan

**Movement disorder / Sleep disorders in neurological disorders / Internal medicine****Chairs** Ki-Young Jung

Professor of Neurology, Seoul National University Hospital Sensory Organ Research Institute, Seoul National University Medical Research Center Neuroscience Research Institute, Seoul National University College of Medicine President, Korean Sleep Research Society (2022-2024)

**Seung-Bong Hong**

Samsung Medical Center, Sungkyunkwan University School of Medicine

**P4-01****Utilizing vestibular-evoked myogenic potentials to evaluate bright light therapy in Parkinson's disease**

Wei-ye Xie

Department of Neurology and Clinical Research Center of Neurological Disease, The Second Affiliated Hospital of Soochow University, Suzhou, 215004, China

**P4-02****Compromised Dynamic Cerebral Autoregulation in Patients with Isolated Rapid Eye Movements Sleep Without Atonia and Rapid Eye Movement Behavior Disorder**

Yanan Zhang

Department of Neurology, The First Hospital of Jilin University, Chang Chun, China



**P4-03**

**Association of excessive daytime sleepiness with motoric cognitive risk syndrome and biomarkers of brain aging**

Shi Tang

Department of Neurology, Shandong Provincial Hospital Affiliated to Shandong First Medical University, Jinan, Shandong, P.R. China / Department of Neurology, Shandong Provincial Hospital, Shandong University, Jinan, Shandong, P.R. China / Shandong Provincial Clinical Research Center for Neurological Diseases, Jinan, Shandong, P.R. China / Medical Science and Technology Innovation Center, Shandong First Medical University & Shandong Academy of Medical Sciences, Jinan, Shandong, P.R. China

**P4-04**

**Effects of light therapy on clinical symptoms and brain functional network dynamics of Parkinson's disease**

Yun Shen

Department of Neurology and Clinical Research Center of Neurological Disease, The Second Affiliated Hospital of Soochow University, Suzhou, 215004, China

**P4-05**

**Sleep fragmentation mediates the neural mechanisms of fear memory modulation by CRH in the paraventricular nucleus of the hypothalamus**

JiaYing Liu

Jiangsu Key Laboratory of Neuropsychiatric Diseases and Institute of Neuroscience, Soochow University, Suzhou 215123, China

**P4-06**

**Clinical features of patients with sleep disorders in multiple system atrophy**

Shengyu Zha

Department of Sleep Centre, the First Hospital of Shanxi Medical University

**P4-07**

**Prolonged RWA Duration in iRBD Patients Predicts Conversion to Alpha-Synucleinopathies Regardless of Aging**

Tae-Gon Noh

Department of Neurology, Seoul National University Hospital, Seoul National University College of Medicine, Seoul, South Korea

**P4-08**

**Prevalence of depression or depressive state in restless legs syndrome: a proposal for collaborative research in Asia**

Yukiyoshi Sumi

Department of Psychiatry, Shiga University of Medical Science, Japan

**P4-09**

**Automated Quantification of REM Sleep Without Atonia (AURA) for Diagnosing Isolated REM Sleep Behavior Disorder: Validation and Cutoff Determination**

Seolah Lee

EEG and Neuroscience Lab, Department of Neurology, Seoul National University Hospital, South Korea

**P4-10****Effects of endovascular treatment on sleep in patients with posterior circulation ischemia: a longitudinal observational study**

Yanlu Jia

Department of Neurology, the Second Affiliated Hospital of Zhengzhou University, Zhengzhou, China

**P4-11****Clinical Observation of Music Electroacupuncture Regulating Sleep Disorders in 30 Cases of Alzheimer's Disease**

Qian Chen

Department of Neurology, Chongqing Traditional Chinese Medicine Hospital, Chongqing, China.

**P4-12****Prediction of Phenoconversion into Alpha-Synucleinopathy in Patients with isolated REM Sleep Behavior Disorder Using Event-Related Potentials During Visuospatial Attention Tasks**

Kang-Min Choi

Department of Neurology, Seoul National University Hospital, Seoul National University College of Medicine, Seoul, Republic of Korea

**P4-13****Poor sleep among elderly inpatients with cardiovascular disease: prevalence and risk factors**

Yongyan Shi

Department of Psychiatry, National Clinical Research Center for Mental Disorders, and National Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha 410011, Hunan, China.

**Education / Others****Chairs Hiroshi Kadotani**

Department of Psychiatry, Shiga University of Medical Science

**Kentaro Matsui**

National Center of Neurology and Psychiatry

**P5-01****Development and promotion of public awareness videos to prevent health-related accidents caused by sleep apnea syndrome**

Kiyohide Tomooka

Department of Public Health, Juntendo University Faculty of Medicine

**P5-02****Associations of Objective Sleep Duration and Physical Activity with Risk of Heart Failure: A Prospective Cohort Study**

Mingqing Zhou

Center for Sleep and Circadian Medicine, The Affiliated Brain Hospital, Guangzhou Medical University, Guangzhou 510370, China / Key Laboratory of Neurogenetics and Channelopathies of Guangdong Province and the Ministry of Education of China, Guangzhou Medical University, Guangzhou 510370, China

**P5-03**

**Impairment in PVT performance is associated with poor subjective health  
- a study on physicians' work-style reform surveillance**

Yoshihito Kameda

Department of Public Health, Juntendo University Graduate School of Medicine, Tokyo, Japan

**P5-04**

**Diagnosing sleep disorders based on questionnaires using machine learning**

Yong Woo Shin

Department of Neurology, Inha University Hospital, Incheon, Republic of Korea

**P5-05**

**Validation of the Korean version of the Sleep Health Index**

Ah-Yeon Kim

Department of Psychology, Sungshin University, Seoul, Republic of Korea

**P5-06**

**Sleep Medicine Training in Developing Country**

Yasunori Oka

Center for Sleep Medicine, Ehime University Hospital

**P5-07**

**Effects of the Sleep Hygiene and Nurturing Attitude of Parents on the Sleep Habits,  
Emotions, and Behaviors of their Children**

Naoko Ayabe

Department of Regional Studies and Humanities, Faculty of Education and Human Studies, Akita University, Japan

**P5-08**

**Automated Dream Detection in NREM Sleep Stage 2 Using High- and Low-Density EEG**

Luis Alfredo Moctezuma

International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba, Tsukuba Ibaraki, Japan

**P5-09**

**Pathological significance of sleep spindle abnormalities in schizophrenia and its potential  
as a diagnostic marker**

Satoshi Mizuki

Department of Neuropsychiatry, Kurume University, Japan

**P5-10**

**Nocturnal Heart Rate Variability and Major Depressive Disorder in Adolescents**

Haisi Chen

Department of Psychosomatic, Affiliated Mental Health Center and Hangzhou Seventh People's Hospital, Zhejiang University School of Medicine, China

**P5-11**

**Resistance exercise promotes heat loss and  $\delta$ -power during nocturnal sleep in luteal  
phase.**

Momo Fushimi

Saitama Prefectural University, Graduate School of Health Sciences and Social Work, Koshigaya, Japan / Saitama Prefectural University, Department of Health Sciences, Laboratory Sciences, Koshigaya, Japan

**October 19, Sat 14:10-15:40**

**Basic science / Circadian rhythm (basic)**

**Chairs** Zhi-Li Huang

Dept. of Pharmacology & State Key Laboratory of Medical Neurobiology, Shanghai Medical College of Fudan University

Shoi Shi

International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba

**P6-01**

**Ambient chemical and physical approaches for the modulation of sleep and wakefulness**

Yi-Qun Wang

Department of Pharmacology, School of Basic Medical Sciences; State Key Laboratory of Medical Neurobiology and MOE Frontiers Center for Brain Science, Institutes of Brain Science; Joint International Research Laboratory of Sleep; and Department of Anesthesiology, Zhongshan Hospital, Fudan University, Shanghai 200032, China.

**P6-02**

**The Correlation between Neuronal Pentamer Protein 2 (NPTX2) and Cognitive Impairment Caused by Acute and Chronic Sleep Deprivation in Mice**

Ma Xueyun, Yao Qiaoling

Department of Physiology, School of Basic Medical Sciences, Xinjiang Medical University, Urumqi, China

**P6-03**

**The mechanism of TLR4-mediated white matter injury induced by chronic sleep deprivation**

Jiyou Tang

Department of neurology, The first affiliated hospital of Shandong first medical University, China

**P6-04**

**Electro-Acupuncture with BL62 and KI6 Attenuates Disturbed Sleep-Wake Circadian Rhythm via NPY Up-Regulation in the Intergeniculate Leaflet**

Jinjin Li

Yueyang Hospital of Integrated Traditional Chinese and Western Medicine, Shanghai University of Traditional Chinese Medicine, Shanghai, 200437, China

**P6-05**

**Sodium oxybate induces EEG hypersynchrony associated with phasic locus coeruleus noradrenergic tone in a narcolepsy mouse model**

Shi-Bin Li

Department of Anesthesiology, Zhongshan Hospital, Institute for Translational Brain Research, State Key Laboratory of Medical Neurobiology and MOE Frontiers Center for Brain Science, MOE Innovative Center for New Drug Development of Immune Inflammatory Diseases, Fudan University, Shanghai, China / Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, 1201 Welch Road, Stanford, CA 94305, USA / Wu Tsai Neurosciences Institute, Stanford University, Stanford, CA 94305, USA

**P6-06**

**Evaluation of autonomic nervous system activity after enhancement of slow-oscillation using closed-loop auditory stimulation in healthy young adults with high anxiety**

Yoko Suzuki

International Institute for Integrative Sleep Medicine and Science (WPI-IIS), University of Tsukuba

**P6-07**

**Exploring the Effects and Perception of 0.25Hz Binaural Beats: Differences Between Naps and Nighttime Sleep and Factors Influencing Perception**

Ayuka Hirayama

Graduate School of Comprehensive Human Sciences, University of Tsukuba

**P6-08**

**Dim light at night induces depression-like behaviors during the postpartum period through circadian rhythm related pathways in mice**

Nana Zheng

Center for Sleep and Circadian Medicine, The Affiliated Brain Hospital, Guangzhou Medical University, Guangzhou 510370, China

**P6-09**

**Outdoor Light at Night is Associated with Depressive Symptoms Independent of Sleep Quality and Chronotype: A Web-Based Survey**

Shingo Kitamura

Department of Sleep-Wake Disorders, National Institute of Mental Health, National Center of Neurology and Psychiatry, Japan

**Sociology / epidemiology**

**Chairs** Yoko Komada

Institute for Liberal Arts, Tokyo Institute of Technology

Shirley Li

University of Hong Kong

Yuichi Inoue

Department of Somnology, Tokyo Medical University

**P7-01**

**Possible role of cancer-related dysfunctional beliefs about sleep and intolerance of uncertainty on cognitive-behavioral model of the COVID-related hypochondriasis among cancer**

Seockhoon Chung

Department of Psychiatry, Asan Medical Center, University of Ulsan College of Medicine, Seoul, Korea / Life Care Center for Cancer Patient, Asan Medical Center Cancer Institute, Seoul, Republic of Korea

**P7-02**

**Differences in sleep habits and sleep structure on holidays and weekdays in Japanese workers**

Seiko Miyata

Department of Psychiatry, Nagoya University Graduate School of Medicine

**P7-03**

**Sleep intraindividual variability and internalizing and externalizing problems in children: A cross-sectional survey of health check-ups for infants**

Tomoki Nakatani

Graduation school of Humanities and Social Sciences, Hiroshima University, Japan

**P7-04****The Association of Subjective-Objective Sleep Duration Discrepancy with All-cause Mortality in Community-dwelling Older Men**

Tomohiro Utsumi

Department of Sleep-Wake Disorders, National Institute of Mental Health, National Center of Neurology and Psychiatry, Tokyo, Japan

**P7-05****Association of Microarousal-Related Ventricular Repolarization Lability with Long-Term Cardiovascular Disease**

Sizhi Ai

Center for Sleep and Circadian Medicine, The Affiliated Brain Hospital, Guangzhou Medical University, Guangzhou, Guangdong, China / Department of Cardiology, Heart Center, The First Affiliated Hospital of Xinxiang Medical University, Weihui, Henan, China

**P7-06****Associations of Daytime Activities, Chronotype, and Sleep Regularity with Sleep Outcomes: A Seven-Night Portable Sleep EEG Study**

Takashi Abe

International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba, Japan

**P7-07****One-year follow-up of insomnia impact on work productivity**

Nao Seki

Department of Somnology, Tokyo Medical University, Japan

**P7-08****Bright daytime light duration is associated with circadian rest-activity rhythms: an objective light study in 87,572 people**

Wei Wang

Center for Sleep and Circadian Medicine, The Affiliated Brain Hospital, Guangzhou Medical University, Guangzhou, Guangdong, China / Key Laboratory of Neurogenetics and Channelopathies of Guangdong Province and the Ministry of Education of China, Guangzhou Medical University, Guangzhou, Guangdong, China / School of Basic Medical Sciences, Guangzhou Medical University, Guangzhou, Guangdong, China

**P7-09****The Association Between Underweight and Sleep Problems in Females Aged 12–49 Years: Insights from an Online Survey in Japan**

Momoko Kayaba

Institute of Medicine, University of Tsukuba, Japan

**P7-10****Associations of Accelerometer-Measured Rest-Activity Behaviors and Genetic Risk with Chronic Respiratory Diseases: A Prospective Cohort Study**

Xiao Tan

Department of Big Data in Health Science, School of Public Health, Zhejiang University, Hangzhou, China / Department of Psychiatry, Sir Run Run Shaw Hospital, Zhejiang University School of Medicine, Hangzhou, China / Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden

**P7-11**

**Sleep characteristics, work-related stress and risk of dementia - a prospective study in the Swedish March Cohort**

Xiao Tan

Department of Big Data in Health Science, School of Public Health, Zhejiang University, Hangzhou, China / Department of Psychiatry, Sir Run Run Shaw Hospital, Zhejiang University School of Medicine, Hangzhou, China / Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden

**P7-12**

**Procrastination, chronotype, and sleep: investigating mediational pathways through survey and experimental approaches**

Sota Noguchi

Graduate School of Humanities and Social Sciences, Hiroshima University, Japan

**P7-13**

**Relationship between latent profiles of sleep disturbance, mental health status, and work engagement and potential job turnover in the general workers**

Yuta Takano

Department of Somnology, Tokyo Medical University, Japan / Japan Somnology Center, Neuropsychiatric Research Institute, Japan

**P7-14**

**Association Between Weekend Catch-up Sleep and Depression: a Cross-sectional Study of the national health and nutrition examination survey 2017-2018**

Jinze Wu

Department of Neurology, The Third Xiangya Hospital, Central South University, China

**P7-15**

**The Impact of Subjective Workload on Pre- and Post-Shift Alertness Performance Among Nurses**

Tian Li

Department of Public Health, Juntendo University Graduate School of Medicine, Japan

**P7-16**

**Sleep characteristics of the general Japanese population with respect to sleep deprivation and individual differences: the J-MICC Daiko Study**

Emi Morita

International Institute for Integrative Sleep Medicine, University of Tsukuba, Japan / Forestry and Forest Products Research Institute, Forest Research and Management Organization, Japan

**P7-17**

**A Preliminary Exploration of Virtual Reality intervention technology in the Treatment of older patients with insomnia disorder comorbid with Generalized Anxiety Disorder**

Yongyan Shi

Department of Psychiatry, National Clinical Research Center for Mental Disorders, and National Center for Mental Disorders, The Second Xiangya Hospital of Central South University, Changsha 410011, Hunan, China.

**P7-18**

**Association between social time pressure and sleep patterns: regional comparison in Japan during the COVID-19 pandemic**

Yoko Komada

School of Environment and Society, Institute of Science Tokyo, Japan

## Hypersomnia / Circadian rhythm sleep disorder<sup>7</sup>

### **Chairs** Takashi Kanbayashi

Tsukuba Univ, IIS

### Seung Chul Hong

The Catholic University of Korea, Suwon

#### **P8-01**

### **The Changed Nocturnal Sleep Structure and Higher Anxiety, Depression, and Fatigue in Patients with Narcolepsy Type 1**

Zan Wang

Sleep Centre, Department of Neurology, The First Hospital of Jilin University, Changchun, Jilin Province, People's Republic of China

#### **P8-02**

### **Effects of neuromodulation on excessive daytime sleepiness: a narrative review**

Mengmeng Li

Department of Sleep Disorders, Suzhou Psychiatric Hospital, The Affiliated Guangji Hospital of Soochow University, China

#### **P8-03**

### **Relationship between depression with excessive daytime sleepiness and rapid eye movement**

Yu Yue

Department of Sleep Medicine, The Fourth People's Hospital of Chengdu, Chengdu, China

#### **P8-04**

### **Machine learning-based model for prediction of depression in Chinese patients with narcolepsy type 1**

Mengmeng Wang

Division of Sleep Medicine, Peking University People's Hospital, Beijing, China

#### **P8-05**

### **Serum metabolomics study of narcolepsy type 1 based on ultra-performance liquid chromatography-tandem mass spectrometry**

XIE LIANG

Department of Neurology, The Second Affiliated Hospital of Nanchang University, Nanchang, People's Republic of China

#### **P8-06**

### **HLA-DQB1\*03:01 strongly affects age of onset of type 1 narcolepsy independently of DQA1 and ethnicity**

Lisan Zhang

Department of Neurology and Center for Sleep Medicine, Sir Run Run Shaw Hospital, School of Medicine, Zhejiang University, Hangzhou China / Stanford University, Center for Sleep Sciences and Medicine, Department of Psychiatry and Behavioral Sciences, Palo Alto, CA, 94304, USA

#### **P8-07**

### **The phenotype of narcolepsy type 1 cluster analysis based on clinical manifestation and related morphological changes**

Fulong Xiao

Department of Sleep Medicine, Peking University People's Hospital, Beijing, China



**P8-08**

**Limitations of the MSLT and Predictive diagnostic factors in patients with hypersomnolence**

Suhyung Kim

Department of Psychiatry, St. Vincent's Hospital, College of Medicine, The Catholic University of Korea, Suwon, Korea

**P8-09**

**Acupuncture for delayed sleep-wake phase disorder: a randomized controlled trial**

YU Xin-tong

Department of Acupuncture-Moxibustion, Yueyang Hospital of Integrated Traditional Chinese and Western Medicine, Shanghai University of TCM, China

**P8-10**

**Aripiprazole (Abilify) as a new treatment for circadian rhythm sleep-wake disorders and its mechanism of action**

Yuta S. Konno

International Institute for Integrative Sleep Medicine (WPI-IIS), University of Tsukuba, Tsukuba, Japan

**P8-11**

**Impact of Morning Bright Light Therapy on Anhedonia and Circadian Rhythm in Depressive Patients: A Focus on Melatonin Modulation**

Daomin Zhu

Department of Sleep Disorders, Affiliated Psychological Hospital of Anhui Medical University, Hefei 230022, China / Anhui Mental Health Center, Hefei 230022, China / Hefei Fourth People's Hospital, Hefei 230022, China

**Sleep-related breathing disorder**

**Chairs** Kimihiko Murase

Department of Respiratory Care and Sleep Control Medicine, Kyoto University, Kyoto, Japan

Hideaki Nakayama

Medical Director, Tokyo Medical University / Yoyogi Sleep Disorder Center

Toh Song Tar

Senior Consultant and Head of Department of Otorhinolaryngology-Head and Neck Surgery, Singapore General Hospital

**P9-01**

**The Effectiveness of Telemedicine Management on Blood Pressure Reduction in Patients with Obstructive Sleep Apnea (OSA): A Randomized, Controlled, Non-inferiority Trial**

Huijie Yi

Department of Sleep Medicine, Peking University People's Hospital, Beijing, China

**P9-02**

**Differences in attention abilities, growth, development, and quality of life of children with obstructive sleep apnea and healthy controls in China: A cross-sectional study**

Shan Shan

Department of Otolaryngology Head and Neck Surgery, The No. 980 Hospital, Joint Logistics Support Force, PLA, Shijiazhuang 050082, Hebei, China

**P9-03****Dynamic Change of 24-Hour Blood Pressure during Positive Airway Pressure in Pregnant Women with Obstructive Sleep Apnea**

Huanhuan Wang

Peking University School of Nursing, Beijing 100191 China

**P9-04****Genetic Variants of High-density Lipoprotein on Cardiovascular and Metabolic Disorders in Obstructive Sleep Apnea: Evidence from The Shanghai Sleep Health Study**

Xinyi Li

Department of Otorhinolaryngology Head and Neck Surgery, Shanghai Sixth People's Hospital Affiliated to Shanghai Jiao Tong University School of Medicine &amp; Shanghai Key Laboratory of Sleep Disordered Breathing, Shanghai, China

**P9-05****RNLS inhibits platelet activation via ROS pathways in Obstructive Sleep Apnea Patients**

Xinyi Li

Department of Otorhinolaryngology Head and Neck Surgery, Shanghai Sixth People's Hospital Affiliated to Shanghai Jiao Tong University School of Medicine &amp; Shanghai Key Laboratory of Sleep Disordered Breathing, Shanghai, China.

**P9-06****Effects of Seasonal and Life-Environmental Factors on the Adherence of Patients with OSA to CPAP**

Yasuhiro Tomita

Sleep Center, Toranomon Hospital, Japan / Okinaka Memorial Institute for Medical Research Foundation, Tokyo, Japan

**P9-07****Construction and verification of Digital Morphometrics prediction model for OSA severity**

Bei Li

Peking University Health Science Center, Beijing, China / Department of Sleep Medicine, Peking University People's Hospital, Beijing, China

**P9-08****LncRNA NONMMUT009018 serves as a ceRNA for miR-8100 to promote intermittent hypoxia-induced tumorigenesis and progression**

Yali Bao

Department of Physiology, School of Basic Medical Sciences, Xinjiang Medical University, Urumqi, 832200, China

**P9-09****Association of endotypic traits with sleep heart rate variability in obstructive sleep apnea**

Zhanyan Feng

Division of Sleep Medicine, Peking University People's Hospital, China

**P9-10****Impact of Gender and AHI on CPAP Pressure in Chinese OSA Patients: A Retrospective Analysis**

Cong Fu

Department of Neurology, Huashan Hospital, Fudan University, Shanghai, China / Sleep and Wake Disorders' Center of Fudan University, Shanghai, China

**P9-11**

**Analysis of Serological Indicators and Related Metabolomics in Patients with Obstructive Sleep Apnea Hypopnea Syndrome**

Jiatain Wang

Department of Neurology, The Second Affiliated Hospital of Dalian Medical University.

**P9-12**

**Effect of Nasal Surgery on Obstructive Sleep Apnea**

Konomi Ikeda

Department of Otorhinolaryngology, Atsugi City Hospital, Kanagawa, Japan / Department of Otorhinolaryngology, Jikei University School of Medicine, Tokyo, Japan

**P9-13**

**Genetic Associations between Obstructive Sleep Apnea and Sleepiness, Insomnia and Sleep Duration**

Yuan Zhang

Department of Respiratory Medicine, Xiangya Hospital, Central South University, Changsha, China / National Clinical Research Center for Geriatric Disorders, Xiangya Hospital, Central South University, Changsha, China

**P9-14**

**Assessing Cognitive Impairment in OSAHS Patients through NODDI-based Gray Matter Analysis**

Dechao Fan

Department of Neurology, The Second Hospital of Dalian Medical University, Dalian, China

**P9-15**

**Clinical study of air-directing acupuncture advanced in “Neijing” in the treatment of obstructive sleep apnea hypopnea syndrome**

Yang Wenjia

Department of acupuncture and moxibustion, Yiwu Traditional Chinese Medicine Hospital, Yiwu, 322000 / Department of acupuncture and moxibustion, Yueyang Hospital of Integrated Traditional Chinese and Western Medicine, Shanghai University of Traditional Chinese Medicine, Shanghai 200437

**P9-16**

**Study on Sleep Assessment of OSA Patients by Pulse Wave Measurements**

Yoshinori Saito

Department of Otorhinolaryngology, The Jikei University school of medicine, Japan

**P9-17**

**Assessing Cognitive Impairment in OSAHS Patients through NODDI-based Gray Matter Analysis**

Yongzhong Lin

Department of Neurology, The Second Hospital of Dalian Medical University, Dalian, China

**P9-18**

**Analysis of Serological Indicators and Related Metabolomics in Patients with Obstructive Sleep Apnea Hypopnea Syndrome**

Yongzhong Lin

Department of Neurology, The Second Affiliated Hospital of Dalian Medical University.

**P9-19****Fusobacterium nucleatum mediates inflammatory effect in pediatric obstructive sleep apnea with adenoid hypertrophy**

Huajun Xu

Department of Otolaryngology Head and Neck Surgery & Shanghai Key Laboratory of Sleep Disordered Breathing, Shanghai Sixth People's Hospital Affiliated to Shanghai Jiao Tong University School of Medicine

**Sleep disorders in pediatrics / children / adolescents****Chairs** Keiko Ogawa

Graduate School of Humanities and Social Sciences, Hiroshima University

**Akiyoshi Shimura**

Department of Psychiatry, Tokyo Medical University

**P10-01****Sleep disturbance mediates the association between allergic rhinitis and behavior problems among primary school children**

Jiixin Yang

Department of Otolaryngology, Shanghai Sixth People's Hospital affiliated to Shanghai Jiao Tong University School of Medicine / Shanghai Key Laboratory of Sleep Disordered Breathing / Otolaryngology Institute of Shanghai Jiao Tong University

**P10-02****The Long-Term Impact of Early Childhood Sleep Problems on Working Memory**

Jiumo Sun

Shanghai Mental Health Center, Shanghai Jiao Tong University School of Medicine, Shanghai, China / Department of Developmental and Behavioral Pediatrics, Shanghai Children's Medical Center, School of Medicine, Shanghai Jiao Tong University, Shanghai, China

**P10-03****The relationship between of sleep phenotypes and ADHD symptoms as well as cognitive information processing in children with attention deficit hyperactivity disorder**

Fu Yanhong

Center for Cognition and Sleep, The People's Hospital of Guangxi Zhuang Autonomous Region & Institute of Brain and Mental Diseases, Guangxi Academy of Medical Sciences, Nanning 530021

**P10-04****The impact of sleep disturbances on functional impairment outcomes in children with attention deficit hyperactivity disorder**

Fu Yanhong

Center for Cognition and Sleep, The People's Hospital of Guangxi Zhuang Autonomous Region & Institute of Brain and Mental Diseases, Guangxi Academy of Medical Sciences, Nanning 530021

**P10-05****Assessment of sleep breathing conditions in patients with unilateral alveolar cleft**

Xiaoqing Li

Xiaoqing Li, Department of Orthodontics, Peking University School and Hospital of Stomatology, No. 22 Zhongguancun South Avenue, Haidian District, Beijing, 100081, P.R. China

**P10-06**

**Bayesian Network Analysis of Niacin Skin Flush Test Response and Sleep Disturbance Symptoms in Chinese Adolescents**

Yan-Li Zhang, Zi-Liang Wang

Department of Philosophy, Zhenjiang Mental Health Center, Jiangsu, China

**P10-07**

**Characteristics of salivary microbiome in pediatric allergic rhinitis**

Ying Xu

Department of Orthodontics, Peking University School and Hospital of Stomatology, China

**P10-08**

**Discrepancy between subjective and objective sleepiness in elementary school children**

Qinye Zhu

Department of Public Health, Juntendo University Graduate School of Medicine, Hongo, Bunkyo-Ku, Tokyo, Japan

**P10-09**

**The impact of ADHD symptoms and behavior problems on sleep disturbances in children with attention deficit hyperactivity disorder**

Fu Yanhong

Center for Cognition and Sleep, The People's Hospital of Guangxi Zhuang Autonomous Region & Institute of Brain and Mental Diseases, Guangxi Academy of Medical Sciences, Nanning 530021

**P10-10**

**Factors contributing to sleep disturbances from a youth perspective**

Rou Zhao

Sleep Research Clinic and Laboratory, Department of Psychology, The University of Hong Kong, Hong Kong / King George V School, Hong Kong

**P10-11**

**Association Between History of Allergic Diseases/Symptoms and Difficulty Awakening in Children**

Satoshi Akiyama

Department of Public Health, Juntendo University Graduate School of Medicine, Hongo, Bunkyo-Ku, Tokyo, Japan

**P10-12**

**Adenoid hypertrophy, Tonsil hypertrophy and both with its relationship with facial morphology**

Xuemei Gao

Peking University School and Hospital of Stomatology