



2025 Annual meeting of Asian Society of Sleep Medicine

September 6–7, 2025 | Suntec Singapore Convention Center, Singapore

Dear colleagues,

It is a privilege to welcome you to this meeting of the Asian Society of Sleep Medicine. This year we are delighted to have received a wide range of submissions from across Asia, reflecting the diversity and vitality of our region. What makes this congress distinctive is its focus on the Asian perspective. While we share the global standards of the World Sleep Society, our program highlights cultural and regional features of sleep, including sleep habits and practices unique to Asia. Such insights remind us that sleep medicine must be shaped by the realities of the communities we serve. Education is another important theme. Sessions will explore how to develop training systems tailored to the region, ensuring sustainable growth of sleep medicine expertise. At the same time, we place strong emphasis on young investigators, giving them opportunities to present their work and build networks for the future. The scientific quality of the program is also remarkable, fully comparable to that of the World Sleep Society. From basic science to clinical application, the discussions promise to be of the highest level. I warmly thank all participants and wish you an inspiring congress.



Yuichi Inoue, MD, PhD
President, ASSM

Day 1: Sept. 6

Room A	Room B
Opening remarks	
Symposium 1	Symposium 2
(9:10-10:25)	(9:10-10:25)
#5: Current status of narcolepsy and hypersomnolence research in Asia	#6: Therapeutic Innovations for Sleep Disorders: From Mechanistic Breakthroughs to Clinical Translations
Chair: Seung-Chul Hong	Chair: Xiaoqing Hu
Co-chair: Han Fang	Co-chair: Hongliang Feng
Symposium 3	Symposium 4
(10:35-11:50)	(10:35-11:45)
#10: Transforming insomnia care: Novel insights and approaches for treatment	#2: An update of collaborative research studies Across Asia - ASSM initiative
Chair: Isa Okajima	Chair: YK Wing
Co-chair: Shirley Xin Li	
Lunch seminar 1	Lunch seminar 2
(12:00-13:00)	(12:00-13:00)
The Impact of Tongue on sleep apnea: From Pathophysiology to Innovative Therapies	
Chair: Chen NH	
Chair: Motoo Yamauchi	
Keynote 1	
(13:10-13:50)	
Speaker: Stijin Massar	
Chair: Ahmed Bahammam	
Symposium 5	Oral session 1
(14:00-15:00)	(14:00-15:00)
#12: REM sleep, behavior, mood, and neurodegeneration - the path from early to late life	
Chair: Gulcin Benbir Senel	
Co-chair: Garima Shukla	
Coffee break	
Symposium 6	Oral session 2
(15:15-16:30)	(15:15-16:15)
#3: Obstructive sleep apnea in women: clinical practice and basic research	
Chair: Qing Yun Li	
Co-chair: Naricha Chirakalwasan	
	Oral session 3
Symposium 7	(16:25-17:45)
(16:40-17:55)	Category 2: Sleep health
#4: Sleep Medicine Education Across Asia: Current Assessment and Strategic Implementation Framework	
Chair: Ahmed BaHammam	
Co-chair: Naricha Chirakalwasan	

Day 2: Sept. 7

Room A	Room B
Symposium 8	Oral session 4
(8:00-9:00)	(8:00-9:00)
#7: Navigating Insomnia: Characterization and Targeted Interventions in Diverse Age Groups and Comorbidities	
Chair: Jihui Zhang	
Co-chair: Rachel Ngan Yin Chan	
Symposium 9	Oral session 5
(9:10-10:10)	(9:10-10:10)
#8: Neurocognitive Mechanisms and Mental Health Consequences Associated with Sleep Disturbance in Adolescents	
Chair: Rachel Ngan Yin Chan	
Co-chair: Shirley Xin Li	
Keynote 2	
(10:20-11:00)	
Speaker: Yang Dan	
Chair: Zhi-Li Huang	
Coffee break	
Symposium 10	Oral session 6
(11:20-12:20)	(11:20-12:20)
#1: Restless Legs Syndrome: Clinical Perspectives and Emerging Research	
Chair: Ki-Young Jung	
Co-chair: Yuichi Inoue	
Lunch seminar 3	Lunch seminar 4
(12:30-13:30)	(12:30-13:30)
Takeda	Philips
Keynote 3	
(13:40-14:20)	
Speaker: Ki-Young Jung	
Chair: Yuichi Inoue	
Young investigator symposium	Oral session 7
(14:30-15:30)	(14:30-15:30)
Chair: Naricha Chirakalwasan	
Case conference	Oral session 8
(15:40-17:10)	(15:40-16:40)
Chair: Duong Quy Sy	
Closing remarks	
(18:10-18:20)	

Detailed program: <https://ws2025.abstractserver.com/program/#/program/1/horizontal>