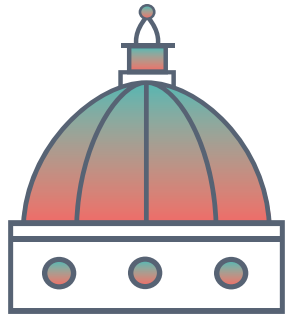


Scientific Program



IPSA 2026

Florence, Italy | April 8-11, 2026

The 9th congress of the International Pediatric Sleep Association (IPSA)



ipsa

international pediatric sleep association

ipsasleep.org

Slenyto® : a comprehensive solution for insomnia in ASD, ADHD and NGD's

Slenyto® offers benefits IR melatonin cannot^{1,2}

Property	Slenyto®	IR melatonin
Hyperactivity & inattention improvement	✓	✗
Behaviour improvement	✓	✗
Improved sleep latency (SL)	✓	✓
Improved total sleep time (TST)	✓	✗
Improved longest sleep episode (LSE)	✓	✗
Improved child QoL	✓	✗
Improved parent QoL	✓	✗

"No effect was found with IR melatonin on problem behaviour, cognitive performance, or quality of life"²



Adverse events should be reported to as detailed in the SmPC
(scan QR code for full details)

1. Slenyto Assessment report. Procedure No. EMEA/H/C/004425/II/0028. www.ema.europa.eu/en/documents/variation-report/slentyto-h-c-004425-ii-0028-epar-assessment-report-variation_en.pdf. 2. van der Heijden KB, et al.(2007)



Welcome to Florence



Dear Colleagues,

It is a pleasure to welcome you to Florence, Italy for IPSA 2026, our 9th congress.

Following our vibrant in person gathering in Glasgow in 2024, we're thrilled to reunite once again — this time in the heart of Tuscany. Nothing compares to the energy of face to face exchange, especially in a city as rich in history and culture as Florence.

The IPSA 2026 program offers an exceptional lineup: seven courses, two keynotes, 22 symposia, four discussion groups, two meet the professor lunches, and more than 250 abstracts. It reflects the global depth and innovation of pediatric sleep research and practice.

For those of us whose passion is the sleep and circadian health of children, this meeting will again be an immersive experience with like-minded friends and colleagues whose communications throughout the year are primarily digital or virtual. Our aim is for the face-to-face interchange to be both provocative and productive, boosting our intellectual energy for at least another two years, until IPSA 2028!

Moreover, Florence's hospitality could be equally memorable. It will shine through our evening social events. Enjoy a glass of Italian wine at our Opening Evening Reception on Thursday, April 9, following the first full day of scientific sessions. Our gala dinner will be a night to remember at Palazzo Borghese, a historic Florentine palace known for its opulent neoclassical halls, grand frescoes, and centuries old legacy as one of the city's most elegant noble residences. We hope you'll join us for both occasions.

This congress is made possible thanks to the dedication of our program committee volunteers, the generous support of our Italian hosts, and the contributions of IPSA members and presenters who bring their work to the global stage. Their efforts are supported and coordinated, in turn, by Angie Granum, whose creative and effective planning has contributed enormously to the success of IPSA meetings for the last eight years. On behalf of IPSA and the 2026 Program Committee, I extend heartfelt thanks to all involved and look forward to seeing you in Florence.

Warm regards,

Ronald Chervin, MD
President, International Pediatric Sleep Association

2026 Program Committee



Co-Chair
Oliviero Bruni (Italy)
Sapienza University of Rome



Co-Chair
Karen Spruyt (France)
INSERM, Université Paris Cité



Palma Benedek (Hungary)
Heim Pal National Paediatric Institute



Antoinette Burns (United States)
Children's Hospital Colorado



Raffaele Ferri (Italy)
Oasi Research Institute-IRCCS



Ho Thien Huong (Vietnam)
Respiratory department,
Children's Hospital 1



Magda Lahorgue Nunes (Brazil)
Brain Institute (Bralns)- Pontifical
Catholic University of Rio Grande do Sul



Robin Lloyd (United States)
Mayo Clinic



Lino Nobili (Italy)
University of Genoa



Monica Ordway (United States)
Yale University School of Nursing



Giuseppe Plazzi (Italy)
University of Modena and Reggio Emilia



Narong Simakajornboon (United States)
Cincinnati Children's Hospital
Medical Center

General Information

IPSA Board

Officers

President

Ronald Chervin (United States)

President-Elect

Karen Spruyt (France)

Past-President

Paul Gringras (United Kingdom)

Secretary

Rosemary Horne (Australia)

Treasurer

Narong Simakajornboon (United States)

Directors

Candice Alfano (United States)

Sarah Blunden (Australia)

Perran Boran (Türkiye)

Oliviero Bruni (Italy)

Kate Ching Ching Chan (Hong Kong)

Susana Falardo Ramos (Portugal)

Barbara Gnidovec Stražičar (Slovenia)

Molla Imaduddin Ahmed (United Kingdom)

Shabnam Jalilolghadr (Iran)

Sharon Keenan (United States)

Magda Lahorgue Nunes (Brazil)

Judith Owens (United States)

Sabine Plancoulaine (France)

Megan Thomas (Canada)

Moya Vandeleur (Australia)

Guanghai Wang (China)

Course Committee

Sarah Blunden (Australia)

Oliviero Bruni (Italy)

Sheila Javadpour (Ireland)

Jodi Mindell (United States)

Lino Nobili (Italy)

Rosalia Silvestri (Italy)

Scientific Review Committee

The Scientific Review Committee consists of all Program Committee members plus the following additional members:

Sarah Blunden (Australia)

Fauziya Hassan (United States)

Timothy Hoban (United States)

Sheila Javadpour (Ireland)

Lisa Matlen (United States)

Jodi Mindell (United States)

Aarti Shakkottai (United States)

Rosalia Silvestri (Italy)

Montida Veeravigrom (United States)

Aarti Shakkottai (United States)

Table of Contents

General Information	5
Floor Plans.....	6
Social Events	7
Welcome to Florence	9
Awards	10
Schedule at a Glance	11
Keynote Speakers	15
Scientific Program:	
Wednesday, April 8	17
Thursday, April 9	22
Friday, April 10.....	24
Saturday, April 11.....	32
Poster Abstracts:	
Session 1, Friday, April 10.....	41
Session 2, Saturday, April 11	48
Sponsors and Exhibitors	54



General Information

Meeting Location

Palazzo degli Affari

Piazza Adua, 1, 50123 Firenze FI, Italy

Registration

Registration is available on-site and also online at ipsasleep.org. Badges, scientific programs, and tickets will be provided at the registration desk.

A standard registration includes access to the main scientific program from Thursday, April 9 to Saturday, April 11, but excludes ticketed lunch sessions on Saturday, April 11. Exhibit hall is also available to registered attendees.

A Course add-on ticket is required for access to courses on Wednesday, April 8.

Registration Desk Hours

Wednesday, April 8 | 8:00am – 5:00pm

Thursday, April 9 | 7:30am – 5:00pm

Friday, April 10 | 8:00am – 5:00pm

Saturday, April 11 | 8:00am – 2:00pm

Exhibition Hours

Friday, April 10 | 9:00am – 5:00pm

Saturday, April 11 | 9:00am – 4:00pm

Presentation Slides

Presentation slides can be uploaded in the speaker ready room located on Floor 2 of Palazzo degli Affari in Hall 2B.

Certificates of Attendance

Certificates of attendance will be emailed to all individuals who check in at the registration desk. You will receive your certificate in PDF format at the email address used during registration.

Continuing Medical Education (CME)

The AAFP has reviewed IPSA 2026 Florence and deemed it acceptable for up to 27.75 Live AAFP Prescribed credit(s). Term of Approval is from 04/08/2026 to 04/11/2026. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to *AMA PRA Category 1 credit(s)*[™] toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

Please complete these two steps to claim CME credits:

1. Pay the \$25 CME processing fee
2. Complete the CME form online

Both steps can be completed at ipsasleep.org/CME

Policies

Badge Identification

All congress participants and guests must wear an IPSA 2026 congress badge. Replacement badges can be obtained at the registration desk for a fee.

No Recording

No audio or video recording of scientific presentations is allowed. Violation may result in removal from the congress.

Silent Devices

Please ensure cell phones and other devices are turned to "silent" mode while in session rooms.

Seating

Sessions are filled on a first-come-first-serve basis. Attendees are encouraged to arrive to sessions early for preferred seating.

Floor Plans



IPSA 2026, the 9th congress of the International Pediatric Sleep Association, will take place in Florence at Palazzo degli Affari from Wednesday, April 8 through Saturday, April 11, 2026.

Palazzo degli Affari



Lower Floor -1

Modulo B | Poster sessions 1 & 2



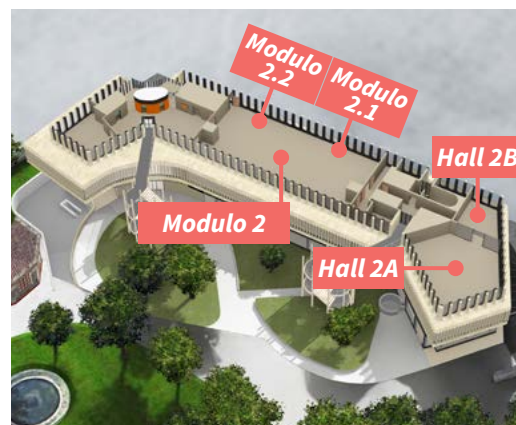
Ground Floor

Registration and Exhibition Hall



Floor 1

Modulo 1 | Session Room



Floor 2

Modulo 2.1, Modulo 2.2, Hall 2A
Wednesday Courses

Modulo 2
Friday & Saturday Session Room

Hall 2B
Speaker Ready Room



Floor 3

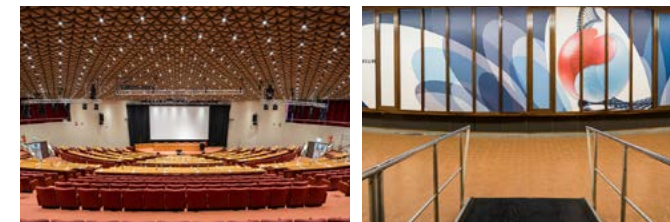
Modulo 3 | Session Room



Palazzo Dei Congressi

Auditorium
All Thursday Sessions

Social Events



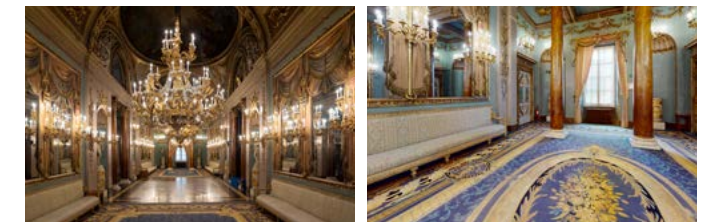
Welcome Reception

Thursday, April 9 | 5:15pm to 6:15pm

Palazzo Dei Congressi Auditorium

Unwind with a Taste of Italy!

Join us for a welcome reception featuring Italian wine. No ticket required. Weather permitting, the reception will be held in the garden; otherwise, we'll gather in the foyer outside the auditorium.



Gala Dinner

Friday, April 10 | 7:15pm to 10:30pm

Palazzo Borghese

Via Ghibellina 110n – 50122, Firenze
palazzoborghese.it

7:15pm: Guests Arrival

7:15pm – 8:00pm: Welcome Cocktail

8:00pm – 10:00pm: Dinner

10:00pm – 10:30pm: Farewell

Our gala dinner promises an unforgettable evening at Palazzo Borghese, a historic Florentine palace celebrated for its opulent neoclassical halls, sweeping frescoes, and centuries old legacy as one of the city's most distinguished noble residences.



FONDAZIONE

DESTINATION
FLORENCE

Welcome to Florence



Florence
is alive
treat it with care



The city of arts and congresses

Florence is the city where **history, art, and culture** meet **innovation** and **progress**. You are not only stepping into a hub of academic and professional exchange but also into a vibrant city brimming with unique experiences.

Ready to explore?

HOW TO GET AROUND IN FLORENCE

Find out about public
transport lines and
how to use tickets:



Florence is a living open-air museum and a UNESCO World Heritage Site, where every corner tells a story. With everything within walking distance, you can experience the city at its very best!

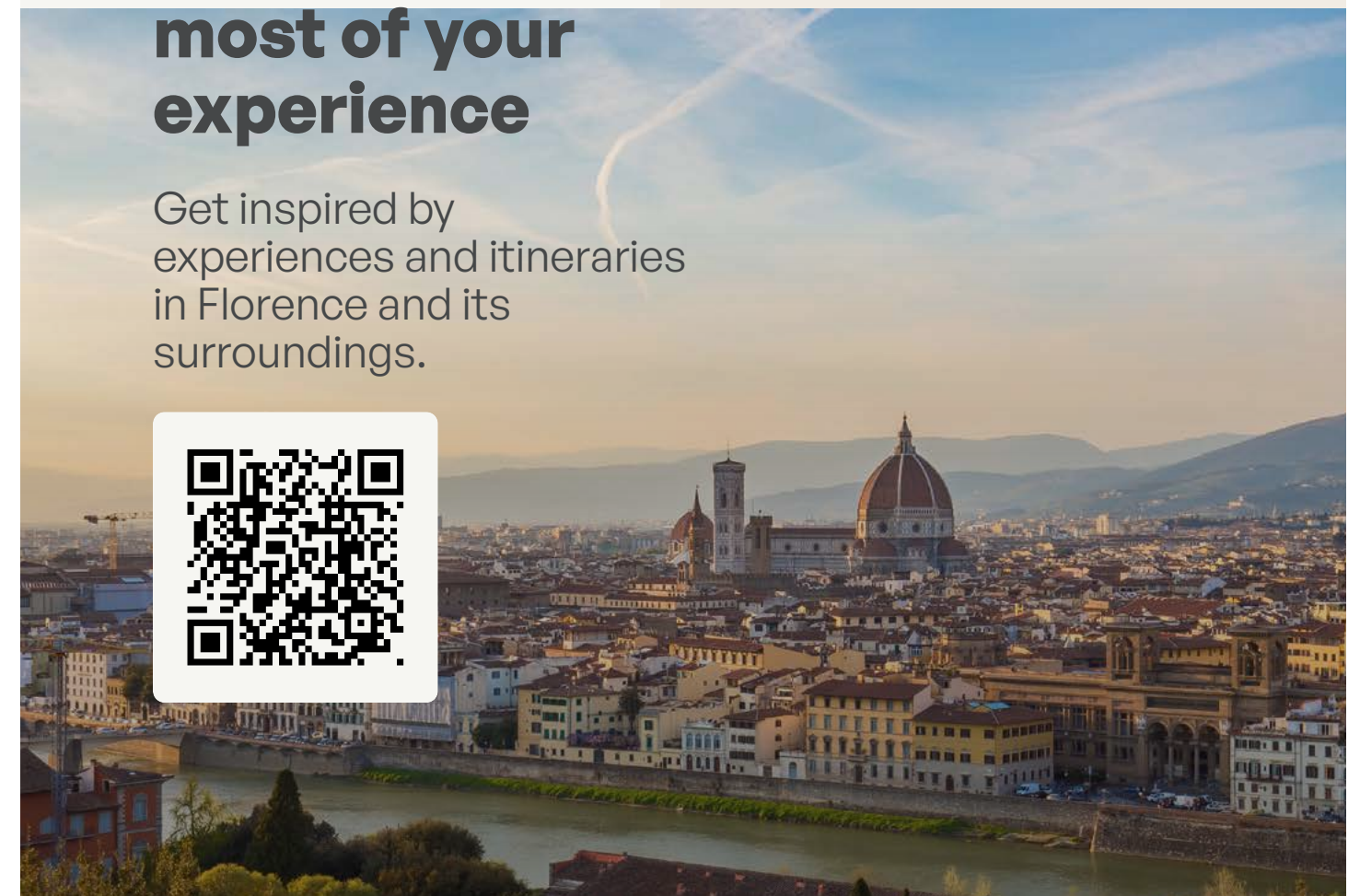
GIVE YOURSELF A DIVINE REWARD

Choose local crafts and
traditional foods for a
heavenly experience:



Make the most of your experience

Get inspired by
experiences and itineraries
in Florence and its
surroundings.



Awards



IPSA New Investigator Award

This award recognizes excellent work by new investigators in pediatric sleep. The following oral abstracts will be presented in the sessions listed below.

Congratulations to the 2026 recipients of the IPSA New Investigator Award

O-02: Pediatric sleep disordered breathing: Mechanisms, outcomes, and interventions

Comparison between Chan-Parikh and IPSES scales in predicting persistent pediatric obstructive sleep apnea after adenotonsillectomy

Neemias Santos Carneiro (Brazil)

O-03: Sleep and neurodevelopment in pediatric neurology

Early sleep-EEG dynamics reflect cortical maturation and predict neurodevelopmental trajectories in preterm infants

Gaia Burlando (Italy)



Christian Guilleminault Young Investigator Award

Named in honor of Christian Guilleminault (CG), a sleep pioneer, the CG Young Investigator Award recognizes excellence among young investigators in sleep and supports their travel to present at scientific meetings.

Two young investigators at IPSA 2026 were selected to receive the CG Award. Their oral abstracts will be presented in the sessions listed below.

Congratulations to the 2026 recipients of the Christian Guilleminault Young Investigator Award

O-01: Circadian medicine across pediatric populations

The long-term clinical outcome of pediatric narcolepsy type 1

Antonella Barbieri (Italy)

O-02: Pediatric sleep disordered breathing: Mechanisms, outcomes, and interventions

Unravelling the inflammatory signature of pediatric obstructive sleep apnea: Connecting upper airway and circulation

Ming Yang (China)

Awards Ceremony

Thursday, April 9 | 4:50pm – 5:05pm | Palazzo Dei Congressi Auditorium



Schedule at a Glance

Schedule at a Glance

Wednesday, April 8

Time	Room	Session Title
9:00am – 1:00pm	Modulo 2.1	C-01: Home ventilation: Questions and answers
9:00am – 1:00pm	Modulo 2.2	C-02: Pediatric behavioral sleep
9:00am – 1:00pm	Hall 2A	C-03: Sleep related movement disorders: RLS, PLMD, comorbidities
2:00pm – 6:00pm	Modulo 2.1	C-04: Pharmacological management of sleep disorders + melatonin
2:00pm – 6:00pm	Modulo 2.2	C-05: Pediatric central disorders of hypersomnolence: From phenotype to management
2:00pm – 4:00pm	Hall 2A	C-06: Nocturnal Paroxysmal manifestations: Hands-on
4:00pm – 6:00pm	Hall 2A	C-07: Management of obesity

Schedule at a Glance

Thursday, April 9

Time	Room	Session Title
8:00am – 8:10am	Auditorium	Welcome to IPSA 2026 Florence
8:10am – 8:40am	Auditorium	Opening address by Oliviero Bruni The road we traveled: The making of the International Pediatric Sleep Association
8:45am – 9:30am	Auditorium	K-01: Thomas Penzel Non-obtrusive sleep recording and new analysis in pediatric sleep medicine
9:30am – 9:55am	Auditorium	Coffee break
9:55am – 11:25am	Auditorium	S-01: Novel pediatric interventions pushing the envelope of what we think we know
11:35am – 12:20pm	Auditorium	Panel Discussion: Comorbid, confusing, and complex: Adapting and augmenting insomnia interventions for hard-to-treat cases
12:20pm – 1:20pm	Auditorium	Lunch break
1:20pm – 2:05pm	Auditorium	K-02: Barbara Galland Unravelling the digital impact: Screens and sleep
2:15pm – 3:45pm	Auditorium	S-02: Pediatric narcolepsy: Advancing multidisciplinary insights into sleep, circadian rhythms, and therapeutic care
3:45pm – 4:05pm	Auditorium	Coffee break
4:05pm – 4:50pm	Auditorium	Complex case discussion: Sleep disordered breathing with a multidisciplinary solution
4:50pm – 5:05pm	Auditorium	Awards Ceremony
5:15pm – 6:15pm	Auditorium	Welcome Reception



Schedule at a Glance

Friday, April 10

Time	Room	Session Title
8:00am – 9:30am	Modulo 1	S-03: What's new on sleep in neurodevelopmental disorders?
8:00am – 9:30am	Modulo 2	S-04: Sleep-disordered breathing in children with myelomeningocele
8:00am – 9:30am	Modulo 3	S-05: Leveraging autovideosomnography technology to understand family influences on infant sleep
9:40am – 11:00am	Modulo 1	O-01: Circadian medicine across pediatric populations
9:40am – 11:00am	Modulo 2	O-02: Pediatric sleep disordered breathing: Mechanisms, outcomes, and interventions
9:40am – 11:00am	Modulo 3	O-03: Sleep and neurodevelopment in pediatric neurology
11:00am – 11:20am	Exhibition Hall	Coffee break
11:20am – 12:50pm	Modulo 1	S-06: Improving the diagnosis and management of childhood sleep disordered breathing
11:20am – 12:50pm	Modulo 2	S-07: Rethinking insomnia metrics and outcomes in children: Beyond sleep duration
11:20am – 12:50pm	Modulo 3	S-08: Understanding Sleep in ADHD: Experimental, observational, and clinical perspectives
1:20pm – 2:20pm	Modulo 3	Neurim Pharmaceuticals: Toward an Integrated Framework for Treating Insomnia in Children with Neurodevelopmental Disorders <i>Lunch to be provided in room</i>
2:20pm – 3:50pm	Modulo 1	S-09: Pediatric sleep-disordered breathing re-defined: From AHI to physiological burden
2:20pm – 3:50pm	Modulo 2	S-10: IPSA sleep-friendly hospitals task force
2:50pm – 3:50pm	Modulo 3	Discussion Group: Evaluation and management of Sleep disordered breathing in the first 2 years of life
3:50pm – 4:50pm	Modulo B	Poster Session 1
4:50pm – 6:20pm	Modulo 1	S-11: Managing sleep-disordered breathing in the medically complex child: Emerging insights and innovations
4:50pm – 6:20pm	Modulo 2	S-12: Advancing our understanding of sleep disturbances across neurodevelopmental conditions: From mechanisms to interventions
4:50pm – 6:20pm	Modulo 3	S-13: The Global Adolescent Sleep Project (GASP): A summary of the findings, research gaps and future directions

Schedule at a Glance

Saturday, April 10

Time	Room	Session Title
8:00am – 9:00am	Modulo 1	S-14: The future is now: Recent and upcoming technological advances in pediatric sleep medicine
8:00am – 9:00am	Modulo 2	S-15: Surgical and device trials in pediatric OSA
8:00am – 9:00am	Modulo 3	S-16: Monitoring sleep in neonates/infants: Developmental aspects and impact of seizures
9:10am – 10:30am	Modulo 1	O-04: Parenting and pediatric sleep Influence, expectations, and outcomes
9:10am – 10:30am	Modulo 2	O-05: Sleep and neurodevelopment in children and adolescents
9:10am – 10:30am	Modulo 3	O-06: Technology and innovation in pediatric sleep
10:30am – 10:50am	Exhibition Hall	Coffee break
10:50am – 12:20pm	Modulo 1	S-17: Behavioral sleep interventions for children and adolescents with comorbid psychiatric conditions
10:50am – 12:20pm	Modulo 2	S-18: Trauma-informed approaches to pediatric sleep disturbances: Mechanisms, interventions, and professional training
10:50am – 12:20pm	Modulo 3	S-19: Indigenous sleep across the globe: What do we know and what can we learn?
12:30pm – 1:30pm TICKETED LUNCH	Modulo 2	Meet the Professor: Raffaele Ferri (Italy) PLMS and PLMD in Children
12:30pm – 1:30pm TICKETED LUNCH	Modulo 3	Meet the Professor: Narong Simakajornboon (United States) Melatonin in children: practical aspect for clinicians
1:50pm – 3:20pm	Modulo 1	S-20: Transgenerational iron deficiency? Take home messages from epidemiological and experimental animal studies: Do we need to adjust clinical practice?
1:50pm – 3:20pm	Modulo 2	S-21: Transition from pediatric to adult care in children with sleep disorders: A report from IPSA transition task force
1:50pm – 3:20pm	Modulo 3	Discussion Group: Contextual influences on sleep in early development
3:20pm – 4:20pm	Modulo B	Poster Session 2
4:20pm – 4:40pm	Modulo 1	Closing Ceremony
4:40pm – 5:10pm	Modulo 1	IPSA Member Meeting



Keynote Speakers

Thursday, April 9

8:45am – 9:30am | Auditorium



Thomas Penzel, PhD
(Germany)

Non obtrusive sleep recording and new analysis in pediatric sleep medicine

Presentation summary

The core method for assessing sleep is nocturnal polysomnography in a supervised setting. Pediatric sleep centers differ from adult centers in sensor size, sensor attachment skills, family accommodations, and signal analysis. Still, many aspects are similar. Biosignals are recorded from body-attached sensors, with video used to evaluate behavior. For long-term monitoring outside the sleep center, contactless sensors—such as bed or bedside radiofrequency sensors—are more applicable.

Recent innovations focus on new signals recorded by nearables and other technologies, which typically capture surrogate measures of sleep and related events. This presentation will review advances in biosignal recording and analysis, including AI-based methods. While some technologies are shared with adult sleep medicine, AI algorithms require large datasets, which remain a challenge in pediatrics. Nonetheless, their potential to identify risk factors and support preventive care is highly promising. Pediatric sleep medicine can benefit from these developments.

Thursday, April 9

1:20pm – 2:05pm | Auditorium



Barbara Galland, PhD
(New Zealand)

Unravelling the digital impact: Screens and sleep

Presentation summary

The session will begin with a brief overview of the impact of screens on sleep and broader health outcomes. This will be followed by a discussion of the potential mechanisms through which screen use may disrupt sleep, alongside consideration of alternative explanations, including the possibility that sleep difficulties sometimes precede increased technology use. Given that progress in this area has been limited by a lack of rigorous, objective assessments of screen exposure, Barbara will then present her team's innovative research in children and adolescents which uses technology-based methods to examine the effects of screen use and other pre-bedtime activities on sleep.

Scientific Program

Wednesday, April 8

Courses

Thursday, April 9

Keynote Presentations

Symposia

Interactive Sessions

Awards Ceremony

Welcome Reception

Friday, April 10

Symposia

Exhibition

Industry-Sponsored Symposium

Oral Abstracts

Interactive Sessions

Poster Session 1

Gala Dinner

Saturday, April 11

Symposia

Exhibition

Meet the Professor Lunch Sessions

Oral Abstracts

Interactive Sessions

Poster Session 2

Closing Ceremony

IPSA Member Meeting

Scientific Program

Wednesday, April 8

C-01: Home ventilation: Questions and answers

9:00am – 1:00pm | Modulo 2.1
Chairs: Sheila Javadpour (Ireland),
Elaine Chan (United Kingdom)

9:00am – 9:15am
Introduction

9:15am – 9:55am
Noninvasive ventilation in the home: Indications, interfaces, and common pitfalls
Sheila Javadpour (Ireland)

9:55am – 10:35am
Mask fitting and skin viability, tracheostomy selection and practical considerations
Jenny Taylor (United Kingdom),
Victoria Robinson (United Kingdom)

10:35am – 10:55am
Question and answer

10:55am – 11:15am
Coffee break

11:15am – 11:55am
New modes of ventilation: IVAPS and AVAPS
Elaine Chan (United Kingdom)

11:55am – 12:35pm
Weaning or escalation of ventilation: Case scenario
Martin Samuels (United Kingdom)

12:35pm – 1:00pm
Question and answer

C-02: Pediatric behavioral sleep

9:00am – 1:00pm | Modulo 2.2
Chairs: Jodi Mindell (United States),
Michal Kahn (Israel)

9:00am – 9:05am
Introduction

9:05am – 9:30am
Infant and toddler sleep disturbances
Jodi Mindell (United States)

9:30am – 9:55am
Preschool/school-age insomnia
Sooyeon “Aly” Suh (Korea, Republic of)

9:55am – 10:20am
Adolescent insomnia
Valerie Crabtree (United States)

10:20am – 10:45am
Delayed sleep-wake phase disorder
Michael Gradisar (Australia)

10:45am – 11:05am
Panel discussion / Question and answer

11:05am – 11:25am
Coffee break

11:25am – 11:50am
Nightmare disorder
Michal Kahn (Israel)

11:50am – 12:15pm
Sleep and depression
Jessica Levenson (United States)

12:15pm – 12:40pm
Sleep and trauma
Candice Alfano (United States)

12:40pm – 1:00pm
Panel discussion / Question and answer



C-03: Sleep related movement disorders: RLS, PLMD, comorbidities

9:00am – 1:00pm | Hall 2A

Chairs: Rosalia Silvestri (Italy), Osman Ipsiroglu (Canada)

9:00am – 9:05am

Welcome and introductions

9:05am – 9:50am

Experimental animal studies: Tangible take home messages for clinicians

Alessandro Silvani (Italy)

9:50am – 10:35am

What parents spot first: How perceptions affect diagnostic procedures

Osman Ipsiroglu (Canada)

10:35am – 11:00am

Coffee break

11:00am – 11:45am

Sleep-related movement disorders in the context of ADHD and ASD

Oliviero Bruni (Italy)

11:45am – 12:30pm

Treatment harmonization in the context of different comorbidities and side effects from polytherapy

Rosalia Silvestri (Italy)

12:30pm – 1:00pm

Question and answer

C-04: Pharmacological management of sleep disorders + melatonin

2:00pm – 6:00pm | Modulo 2.1

Chairs: Oliviero Bruni (Italy), Judith Owens (United States)

2:00pm – 2:05pm

Welcome and introduction

2:05pm – 2:35pm

Overview of a rational approach to pharmacologic management of pediatric insomnia

Judith Owens (United States)

2:35pm – 2:05pm

Medication management of sleep disturbances in children with ADHD

Carmen Schroder (France)

3:05pm – 3:35pm

What's on the horizon for pharmacologic treatment of narcolepsy and idiopathic hypersomnia

Narong Simakajornboon (United States)

3:35pm – 3:50pm

Question and answer

3:50pm – 4:10pm

Coffee break

4:10pm – 4:40pm

Melatonin in typically developing children

Oliviero Bruni (Italy)

4:40pm – 5:10pm

Melatonin in children with neurodevelopmental disorders (ASD)

Suresh Kotagal (United States)

5:10pm – 5:40pm

Approaches to iron therapy in children with RLS/PLMD/RSD

Rosalia Silvestri (Italy)

5:40pm – 6:00pm

Question and answer

C-05: Pediatric central disorders of hypersomnolence: From phenotype to management

2:00pm – 6:00pm | Modulo 2.2

Chairs: Giuseppe Plazzi (Italy), Michel Lecendreau (France)

2:00pm – 2:10pm

Welcome and introduction

2:10pm – 2:30pm

Narcolepsy in childhood and adolescence: Early recognition and clinical complexity

Giuseppe Plazzi (Italy)

2:30pm – 2:50pm

Idiopathic hypersomnia in the pediatric population: Diagnostic challenges and emerging concepts

Michel Lecendreau (France)

2:50pm – 3:10pm

Kleine-Levin Syndrome in children and adolescents: A rare but distinct hypersomnia

Michel Lecendreau (France)

3:10pm – 3:35pm

Question and answer

3:35pm – 3:55pm

Coffee break

3:55pm – 4:15pm

Periodic limb movements in childhood: Clinical relevance and sleep disruption

Rosalia Silvestri (Italy)

4:15pm – 4:35pm

Metabolic dysregulation in pediatric central disorders of hypersomnolence

Patricia Franco (France)

4:35pm – 4:55pm

Pediatric polysomnography in central hypersomnias: Key diagnostic features

Fabio Pizza (Italy)

4:55pm – 5:15pm

Psychiatric and neurobehavioral comorbidities in pediatric hypersomnolence disorders

Martina Gnazzo (Italy)

5:15pm – 5:35pm

Therapeutic strategies for pediatric central disorders of hypersomnolence: Current and future perspectives

Michel Lecendreau (France)

5:35pm – 6:00pm

Question and answer

C-06: Nocturnal Paroxysmal manifestations: Hands-on

2:00pm – 4:00pm | Hall 2A

Chairs: Lino Nobili (Italy), Suresh Kotagal (United States)

2:00pm – 2:05pm

Opening remarks

Lino Nobili (Italy)

2:05pm – 2:20pm

Classification of parasomnias

Suresh Kotagal (United States)

2:20pm – 2:40pm

Pathophysiology

Suresh Kotagal (United States)

Lino Nobili (Italy)

2:40pm – 3:30pm

Video presentations and interactive case-based discussions: Designed for audience participation

Cluster 1 | Cluster 2 | Cluster 3

3:30pm – 3:45pm

Management approach and future directions

Suresh Kotagal (United States), Lino Nobili (Italy)

3:45pm – 4:00pm

Question and answers

C-07: Management of obesity

4:00pm – 6:00pm | Hall 2A
Chairs: Palma Benedek (Hungary),
Stijn Verhulst (Belgium)

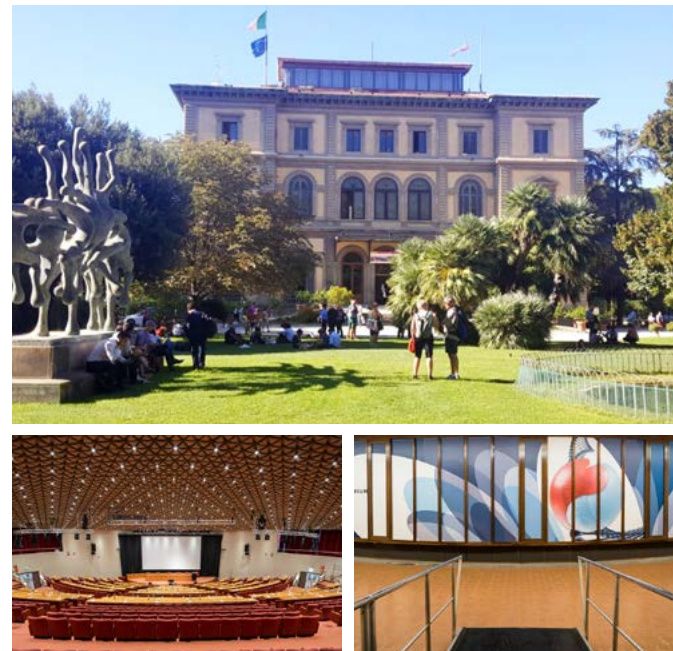
4:00pm – 4:10pm
Introduction

4:10pm – 4:40pm
Optimising sleep to prevent future obesity and cardiovascular disease in children
Karen Spruyt (France)

4:40pm – 5:10pm
The influence of sleep apnea on adipose tissue in children
Stijn Verhulst (Belgium)

5:10pm – 5:40pm
Management of obesity in the sleep lab: From evaluation to treatment
Palma Benedek (Hungary)

5:40pm – 6:00pm
Question and answers



Welcome Reception

Thursday, April 9 | 5:15pm to 6:15pm

Palazzo Dei Congressi Auditorium

Unwind with a Taste of Italy!

Join us for a welcome reception featuring Italian wine. No ticket required. Weather permitting, the reception will be held in the garden; otherwise, we'll gather in the foyer outside the auditorium.

Become a Member

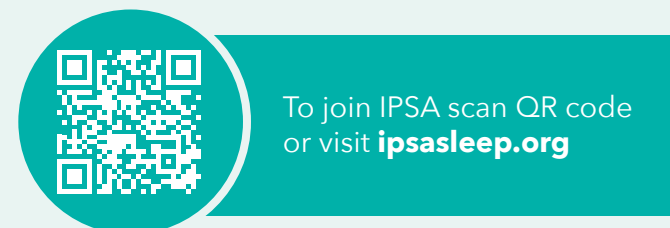


The International Pediatric Sleep Association is a membership organization devoted to the promotion of pediatric sleep medicine worldwide.

What do IPSA members accomplish together?

IPSA members organize a range of programs and projects to advance the health of children and young people worldwide.

- Organize the biennial IPSA congress
- Organize courses and gatherings for pediatrics at other conferences
- Write guidelines, recommendations, and other publications
- Distribute awards to promote pediatric sleep among new researchers
- Promote pediatric sleep health among the public



Welcome to IPSA 2026 Florence

8:00am – 8:10am | Auditorium

Opening address by Oliviero Bruni: The road we traveled: The making of the International Pediatric Sleep Association

8:10am – 8:40am | Auditorium

8:10am – 8:12am

Introduction

Raffaele Ferri (Italy)

8:12am – 8:40am

The road we traveled: The making of the International Pediatric Sleep Association

Oliviero Bruni (Italy)

Keynote Speaker

Thomas Penzel:

Non obtrusive sleep recording and new analysis in pediatric sleep medicine

8:45am – 9:30am | Auditorium

8:45am – 8:47am

Introduction

Karen Spruyt (France)

8:47am – 9:30am

Non obtrusive sleep recording and new analysis in pediatric sleep medicine

Thomas Penzel (Germany)

Coffee break

9:30am – 9:55am | Auditorium

S-01: Novel pediatric interventions pushing the envelope of what we think we know

9:55am – 11:25am | Auditorium

Chairs: Michael Gradisar (Australia), Michal Kahn (Israel)

9:55am – 9:57am

Introduction

9:57am – 10:13am

The role of sleep restriction therapy in CBT-I for school- aged children: A randomized clinical trial

Shai Nimrodi (Israel)

10:13am – 10:29am

Randomized controlled trial of online behavioral sleep intervention for children with epilepsy

Luci Wiggs (United Kingdom)

10:29am – 10:45am

To eat or not to eat before bed: Does it really make a difference to sleep?

Rachael Taylor (New Zealand)

10:45am – 11:01am

School-based classroom interventions on sleep improve adolescents' wellbeing

Virginie Sterpenich (Switzerland)

11:01am – 11:17am

Switching off: Testing a motivational and parent- supported technology restriction intervention for adolescent sleep

Meg Pillion (Australia)

11:17am – 11:25am

Question and answer

Panel Discussion: Comorbid, confusing, and complex: Adapting and augmenting insomnia interventions for hard-to-treat cases

11:35am – 12:20pm | Auditorium

*Chairs: Judith Owens (United States),
Candice Alfano (United States)*

Panelists:

Sarah Blunden (Australia)

Michal Kahn (Israel)

Oliviero Bruni (Italy)



Lunch break

12:20pm – 1:20pm | Auditorium

Keynote Speaker

Barbara Galland: Unravelling the digital impact: Screens and sleep

1:20pm – 2:05pm | Auditorium

1:20pm – 1:22pm

Introduction

Rosemary Horne (Australia)

1:22pm – 2:05pm

Unravelling the digital impact: Screens and sleep

Barbara Galland (New Zealand)

S-02: Pediatric narcolepsy: Advancing multidisciplinary insights into sleep, circadian rhythms, and therapeutic care

2:15pm – 3:45pm | Auditorium

*Chairs: Michel Lecendreux (France),
Patricia Franco (France)*

2:15pm – 2:17pm

Introduction

2:17pm – 2:37pm

Parasomnias and nocturnal disorders in narcoleptic children

Giuseppe Plazzi (Italy)

2:37pm – 2:57pm

Implications of circadian rhythms in disturbed sleep

Patricia Franco (France)

2:57pm – 3:17pm

Neuropsychiatric Comorbidities and their impact on sleep

Paul Gringras (United Kingdom)

3:17pm – 3:37pm

Therapeutic advances in pediatric narcolepsy

Michel Lecendreux (France)

3:37pm – 3:45pm

Question and answer

Coffee break

3:45pm – 4:05pm | Auditorium

Complex case discussion: Sleep disordered breathing with a multidisciplinary solution

4:05pm – 4:50pm | Auditorium

*Chairs: Kate Ching Ching Chan (Hong Kong),
Sheila Javadpour (Ireland)*

Panelists:

Palma Benedek (Hungary)

An Boudewyns (Belgium)

Awards Ceremony

4:50pm – 5:05pm | Auditorium

Welcome Reception

5:15pm – 6:15pm | Auditorium

S-03: What's new on sleep in neurodevelopmental disorders?

8:00am – 9:30am | Modulo 1
Chairs: *Oliviero Bruni (Italy), Carmen Schroder (France)*

8:00am – 8:02am
Introduction

8:02am – 8:18am
The correlation between sleep disturbances and sensory processing and integration in children with autism spectrum disorder
Valeria Mammarella (Italy)

8:18am – 8:34am
Social stress effects on sleep and sleep-dependent learning in children with ASD or ADHD: A comparative sleep-laboratory study
Amelia Walter (France)

8:34am – 8:50am
24h urinary melatonin excretion patterns in children with ASD: link with sleep, circadian rhythms, behavioral patterns, parents sleep and quality of life
Oriane Kolb (France)

8:50am – 9:06am
Association between ADHD symptom severity and sleep measures in a large UK cohort
Catherine Hill (United Kingdom)

9:06am – 9:22am
Clinical, sleep, and chronobiological characteristics of children with Smith-Magenis syndrome under treatment for sleep disorders
Marion Comajuan (France)

9:22am – 9:30am
Question and answer

S-04: Sleep-disordered breathing in children with myelomeningocele

8:00am – 9:30am | Modulo 2
Chairs: *Ronald Chervin (United States), John Barks (United States)*

8:00am – 8:02am
Introduction

8:02am – 8:18am
Vulnerability to SDB in the years after MMC repair
Brandon Rocque (United States)

8:18am – 8:34am
Quest for a good night's sleep: Family perspectives on their children with MMC
Judy Thibadeau (United States)

8:34am – 8:50am
Polysomnography in 173 infants with MMC: Frequency, nature, and severity of SDB, and potential impact of approaches to repair
John Barks (United States)

8:50am – 9:06am
Beyond human scoring: Mining PSG signals for insight into SDB and its impact for infants with MMC
Joseph Burns (United States)

9:06am – 9:22am
SDB at birth and quality of life 12 months later for patients with MMC
Stephanie Rau (United States)

9:22am – 9:30am
Question and answer

S-05: Leveraging autovideosomnography technology to understand family influences on infant sleep

8:00am – 9:30am | Modulo 3
Chair: *Judith Owens (United States)*

8:00am – 8:02am
Introduction

8:02am – 8:18am
Factors impacting infant sleep duration: The influence of family routines and schedules
Tayla von Ash (United States)

8:18am – 8:34am
The relationship between parental cognitions, bedtime practices, and child sleep
Luci Wiggs (United Kingdom)

8:34am – 8:50am
SIMBA study (Sleep Intervention for Mother and Baby): Co-sleeping in the context of a cognitive intervention targeting parental cognitions about child sleep: Considering cultural factors of sleep
Sooyeon "Aly" Suh (Korea, Republic of)

8:50am – 9:06am
Trajectories of sleep across the first two years of life
Maria Breda (Italy)

9:06am – 9:22am
Understanding barriers to safe sleep: Why parents do (and don't) follow infant sleep recommendations
Robin Lloyd (United States)

9:22am – 9:30am
Question and answer

O-01: Circadian medicine across pediatric populations

9:40am – 11:00am | Modulo 1
Chairs: *Lino Nobili (Italy), Rosemary Horne (Australia)*

9:40am – 9:42am
Introduction

9:42am – 9:55am
Sleep-wake circadian rhythm in children and adolescents with epilepsy
Antonella Iadarola (Italy)

9:55am – 10:08am
Overview of circadian rhythm disorders in children with cystic fibrosis in the era of CFTR modulators
Laurianne Coutier (France)

10:08am – 10:21am
Stability of circadian phase and its relationship with sleep timing across early childhood
Lauren Hartstein (United States)

10:21am – 10:34am
Differences in sleep spindle characteristics between children with narcolepsy and those with other causes of subjective sleepiness
Rosemary Horne (Australia)

10:34am – 10:47am
Circadian misalignment and cognitive performance in adolescents: Evidence from a school-age cohort
Tabata Luna Garavazzo Tavares (Brazil)

10:47am – 11:00am
The long-term clinical outcome of pediatric narcolepsy type 1
Antonella Barbieri (Italy)

O-02: Pediatric sleep disordered breathing: Mechanisms, outcomes, and interventions

9:40am – 11:00am | Modulo 2
Chairs: Imad Ahmed (United Kingdom), Susana Falardo (Portugal)

9:40am – 9:42am
Introduction

9:42am – 9:55am
Unravelling the inflammatory signature of pediatric obstructive sleep apnea: Connecting upper airway and circulation
 Ming Yang (China)

9:55am – 10:08am
Surgery rates after intranasal sprays for sleep disordered breathing in children
 Gillian M Nixon (Australia)

10:08am – 10:21am
Comparison between Chan-Parikh and IPSES scales in predicting persistent pediatric obstructive sleep apnea after adenotonsillectomy
 Neemias Santos Carneiro (Brazil)

10:21am – 10:34am
Attentional function and nocturnal electroencephalography theta/beta ratio in children with rapid-eye movement sleep-related obstructive sleep apnea
 Dandi Ma (China)

10:34am – 10:47am
The association between insomnia, chronotype, and positive airway pressure adherence in children and adolescents
 Lena Xiao (Canada)

10:47am – 11:00am
Tongue function assessment: Reliability and normative values for further use in pediatric obstructive sleep-disordered breathing rehabilitation
 Pierre Cnockaert (Belgium)

O-03: Sleep and neurodevelopment in pediatric neurology

9:40am – 11:00am | Modulo 3
Chairs: Perran Boran (Turkey), Paul Gringras (United Kingdom)

9:40am – 9:42am
Introduction

9:42am – 9:55am
Supervised EEG-based vigilance state classification in preterm infants
 Gabriele Arnulfo (Italy)

9:55am – 10:08am
Early sleep-EEG dynamics reflect cortical maturation and predict neurodevelopmental trajectories in preterm infants
 Gaia Burlando (Italy)

10:08am – 10:21am
Clinical and polysomnographic characterization of sleep disorders in patients with hypothalamic damage secondary to craniopharyngioma
 Lorenzo Chiarella (Italy)

10:21am – 10:34am
Sleep disorders in children with epilepsy in Latvia
 Una Purvina (Latvia)

10:34am – 10:47am
Shared local brain dynamics in pediatric and adult NREM parasomnias
 Marco Veneruso (Switzerland)

10:47am – 11:00am
Correlation of sleep architecture with cognition, behaviour and executive function in 5-18-year-olds with pharmaco-responsive non-lesional epilepsies: A prospective observational study
 Deepthi Krishna (India)

Coffee break

11:00am – 11:20am | Exhibition Hall

S-06: Improving the diagnosis and management of childhood sleep disordered breathing

11:20am – 12:50pm | Modulo 1
Chairs: Albert Li (Hong Kong), Rosemary Horne (Australia)

11:20am – 11:22am
Introduction

11:22am – 11:42am
Utilising measurements other than the OAHl for determining OSA severity in children
 Rosemary Horne (Australia)

11:42am – 12:02pm
Early intervention, lasting protection? Long-term cardiovascular impact of adenotonsillectomy in childhood OSA
 Jun Chun Ting Au (Canada)

12:02pm – 12:22pm
High-flow nasal cannula therapy as an alternative treatment for children and adolescents with OSA
 Kate Ching Ching Chan (Hong Kong)

12:22pm – 12:42pm
Time to throw away CPAP? A personalized approach for the management of OSA in children
 Indra Narang (Canada)

12:42pm – 12:50pm
Question and answer

S-07: Rethinking insomnia metrics and outcomes in children: Beyond sleep duration

11:20am – 12:50pm | Modulo 2
Chairs: Imad Ahmed (United Kingdom), Iulia Ioan (France)

11:20am – 11:22am
Introduction

11:22am – 11:38am
Early sleep trajectories and health outcomes: Rethinking pediatric insomnia beyond sleep duration
 Sabine Plancoulaine (France)

11:38am – 11:54am
Bridging subjective and objective sleep metrics in children: Towards standardized and meaningful outcomes
 Karen Spruyt (France)

11:54am – 12:10pm
Parent-informed sleep outcomes in pediatric insomnia: Behavioural strategy acceptability in neurodevelopmental and non-neurodevelopmental populations
 Jayne Spiller (United Kingdom)

12:10pm – 12:26pm
Beyond sleep duration: The role of sleep quality and possible impact on health outcomes
 Solveig Magnúsdóttir (United States)

12:26pm – 12:42pm
Towards a collaborative outcome framework for pediatric insomnia: Integrating sleep trajectories, sleep quality and patient-centered metrics
 Imad Ahmed (United Kingdom)

12:42pm – 12:50pm
Question and answer

S-08: Understanding Sleep in ADHD: Experimental, observational, and clinical perspectives

11:20am – 12:50pm | Modulo 3
Chair: Stephen Becker (United States)

11:20am – 11:22am
Introduction

11:22am – 11:42am
Searching for the causal relationship between sleep and ADHD: Findings from an experimental sleep manipulation study in school-aged children with ADHD and their neurotypical peers
Penny Corkum (Canada)

11:42am – 12:02pm
Sleep disturbance moderates the link between ADHD and teacher-reported behavior problems in early adolescents
Stephen Becker (United States)

12:02pm – 12:22pm
Feasibility and preliminary effectiveness of preschool attention and sleep support (PASS): A novel telehealth intervention
Jessica Lunsford-Avery (United States)

12:22pm – 12:42pm
Night-to-night variability in sleep among youth with ADHD
Alison Pritchard (United States)

12:42pm – 12:50pm
Question and answer

Neurim Pharmaceuticals: Toward an Integrated Framework for Treating Insomnia in Children with Neurodevelopmental Disorders

1:20pm – 2:20pm | Modulo 3 | *Lunch to be provided in room*
Chair: Paul Gringras (United Kingdom)

Improving the developmental potential in children with ASD and insomnia
Oliviero Bruni (Italy)

“The longer the better” - Novel approach in treating insomnia in children with ADHD
Carmen Schroder (France)

S-09: Pediatric sleep-disordered breathing re-defined: From AHI to physiological burden

2:20pm – 3:50pm | Modulo 1
Chairs: Imad Ahmed (United Kingdom), Refika Ersu (Canada)

2:20pm – 2:22pm
Introduction

2:22pm – 2:38pm
Home-recorded video as a functional metric in pediatric OSA: Beyond AHI and PSG equivalence
Refika Ersu (Canada)

2:38pm – 2:54pm
Hypoxic burden and physiological impact metrics in pediatric sleep-disordered breathing
Plamen Bokov (France)

2:54pm – 3:10pm
Autonomic indices in pediatric sleep-disordered breathing
Iulia Ioan (France)

3:10pm – 3:26pm
Sleep stability and sleep quality: Digital physiology beyond AHI
Solveig Magnúsdóttir (United States)

3:26pm – 3:42pm
Translating physiology into practice: Clinical relevance of new severity metrics in pediatric SDB
Imad Ahmed (United Kingdom)

3:42pm – 3:50pm
Question and answer

S-10: IPSA sleep-friendly hospitals task force

2:20pm – 3:50pm | Modulo 2
Chairs: Catherine Hill (United Kingdom), Megan Thomas (Canada)

2:20pm – 2:28pm
Introduction
Catherine Hill (United Kingdom)

2:28pm – 2:43pm
International standards for sleep-friendly hospitals: An e-Delphi survey
Megan Thomas (Canada)

2:43pm – 3:03pm
Question and answer

3:03pm – 3:11pm
Adaptations and opportunities: Australia
Moya Vandeleur (Australia)

3:11pm – 3:19pm
Adaptations and opportunities: The Middle East
Saadoun Bin-Hasan (Kuwait)

3:19pm – 3:34pm
A systematic review of sleep promoting interventions for hospitalized children and their caregivers: United States
Andrea Fidler (United States)

3:34pm – 3:42pm
A systematic review of sleep promoting interventions for hospitalized children and their caregivers: The Chinese Literature
Guanghai Wang (China)

3:42pm – 3:50pm
Conclusion: Plans for an expert consensus paper on Sleep-friendly hospitals and what work is still to be done
Catherine Hill (United Kingdom)

Discussion Group: Evaluation and management of sleep disordered breathing in the first 2 years of life

2:50pm – 3:50pm | Modulo 3
Chair: Stijn Verhulst (Belgium)

Panelists:
Ignacio E. Tapia (United States)
An Boudewyns (Belgium)
Indra Narang (Canada)

Poster Session 1

3:50pm – 4:50pm | Modulo B



S-11: Managing sleep-disordered breathing in the medically complex child: Emerging insights and innovations

4:50pm – 6:20pm | Modulo 1

Chairs: Moya Vandeleur (Australia), Adelaide Withers (Australia)

4:50pm – 4:52pm

Introduction

4:52pm – 5:08pm

Sleep disordered breathing in children with medical complexity: Pathophysiology and prevalence

Sheila Javadpour (Ireland)

5:08pm – 5:24pm

Deciphering sleep problems in children with medical complexity: Is it all sleep disordered breathing?

Brigitte Fauroux (France)

5:24pm – 5:40pm

Respiratory support in children with medical complexity

Elaine Chan (United Kingdom)

5:40pm – 5:56pm

Monitoring children with medical complexity on respiratory support

Anne-Marie Adams (Australia)

5:56pm – 6:12pm

What to do when NIV isn't possible- alternative and emerging approaches to management of SDB in children with medical complexity

Jasneek Chawla (Australia)

6:12pm – 6:20pm

Question and answer

S-12: Advancing our understanding of sleep disturbances across neurodevelopmental conditions: From mechanisms to interventions

4:50pm – 6:20pm | Modulo 2

Chair: Emma Baker (United States)

4:50pm – 4:52pm

Introduction

4:52pm – 5:12pm

What lies behind the narrative: Elucidating the essence of 'sleep problems' in autism

Toru Ishii (United States)

5:12pm – 5:32pm

Characterizing sleep profiles across neurodevelopmental and neuropsychiatric conditions

Mirko Uljarevic (United States)

5:32pm – 5:52pm

Sleep intervention for autistic children: Why nuance, personalization, and inclusive research approaches matter

Samantha Wright (Australia)

5:52pm – 6:12pm

Randomized placebo-controlled crossover trial of diphenhydramine for sleep in youth with autism

Emma Baker (United States)

6:12pm – 6:20pm

Question and answer

S-13: The Global Adolescent Sleep Project (GASP): A summary of the findings, research gaps and future directions

4:50pm – 6:20pm | Modulo 3

Chairs: Judith Owens (United States), Leticia Azevedo (Brazil)

4:50pm – 4:52pm

Introduction

4:52pm – 5:08pm

Sleep and obesity, cardiovascular and metabolic function

Kate Ching Ching Chan (Hong Kong)

5:08pm – 5:24pm

Sleep and mental/behavioral health

Magda Lahorgue Nunes (Brazil)

5:24pm – 5:40pm

Sleep and cognition/learning and academic achievement

Ruth Leong (Singapore)

5:40pm – 5:56pm

Accidental injuries: Traffic crashes and occupational injuries, immune function, and vaccine response

Saadoun Bin-Hasan (Kuwait)

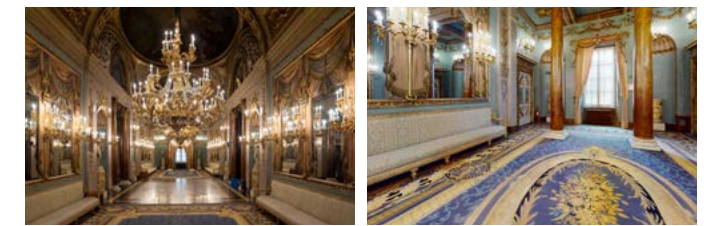
5:56pm – 6:12pm

Sleep and childhood trauma

Chandra Jackson (United States)

6:12pm – 6:20pm

Question and answer



Gala Dinner

Friday, April 10 | 7:15pm to 10:30pm

Palazzo Borghese

Via Ghibellina 110n – 50122, Firenze
palazzoborghese.it

7:15pm: Guests Arrival

7:15pm – 8:00pm: Welcome Cocktail

8:00pm – 10:00pm: Dinner

10:00pm – 10:30pm: Farewell

Our gala dinner promises an unforgettable evening at Palazzo Borghese, a historic Florentine palace celebrated for its opulent neoclassical halls, sweeping frescoes, and centuries old legacy as one of the city's most distinguished noble residences.

S-14: The future is now: Recent and upcoming technological advances in pediatric sleep medicine

8:00am – 9:00am | Modulo 1
Chairs: Stijn Verhulst (Belgium), Dorit Aschmann-Mühlhans (Germany)

8:00am – 8:02am
Introduction

8:02am – 8:19am
New wearable technology: Can belts and sensors be replaced in a pediatric sleep laboratory?
 Matthias Jahn (Germany)

8:19am – 8:36am
Machine learning in pediatric sleep AI: The new analyst for pediatric sleep
 Iulia Ioan (France)

8:36am – 8:53am
The knowledge in the cloud: Are ventilator download data advancing the care of children with home ventilation?
 Imad Ahmed (United Kingdom)

8:53am – 9:00am
Question and answer

S-15: Surgical and device trials in pediatric OSA

8:00am – 9:00am | Modulo 2
Chair: Erin Kirkham (United States)

8:00am – 8:02am
Introduction

8:02am – 8:19am
Surgical trials in pediatric OSA: The international perspective
 Adelaide Withers (Australia)

8:19am – 8:36am
Trials of personalized surgery for pediatric OSA
 Derek Lam (United States)

8:36am – 8:53am
Trial of a novel nasopharyngeal airway for pediatric OSA
 David Zopf (United States)

8:53am – 9:00am
Question and answer

S-16: Monitoring sleep in neonates/infants: Developmental aspects and impact of seizures

8:00am – 9:00am | Modulo 3
Chair: Magda Lahorgue Nunes (Brazil)

8:00am – 8:02am
Introduction

8:02am – 8:24am
Normal sleep patterns in neonates and infants: Ontogenesis and bioelectrogenesis
 Magda Lahorgue Nunes (Brazil)

8:24am – 8:46am
Measuring an infant's sleep out of hospital
 Sampsa Vanhatalo (Finland)

8:46am – 9:00am
Question and answer

O-04: Parenting and pediatric sleep: Influence, expectations, and outcomes

9:10am – 10:30am | Modulo 1
Chairs: Valerie Crabtree (United States), Monica Ordway (United States)

9:10am – 9:12am
Introduction

9:12am – 9:25am
Parent-reported infant sleep characteristics and behaviors at 3 and 12 months and predictors of perceived sleep problems in a Canadian cohort
 Elizabeth Keys (Canada)

9:25am – 9:38am
Parental expectations of sleeping through the night
 Marie-Helene Pennestri (Canada)

9:38am – 9:51am
The interplay of socioeconomic risk, sleep, and parenting quality in predicting academic success during kindergarten
 Ekjyot Saini (United States)

9:51am – 10:04am
The Association between sleep architecture and glycemic variability in children and adolescents with type 1 diabetes
 Cecilie Paulsrud (Denmark)

10:04am – 10:17am
Determinants of toddler sleep and parent level targets to guide adaptation of a behavioral sleep intervention in Bangladesh
 Ayesha Sania (United States)

10:17am – 10:30am
How parental warmth and anger shape adolescent sleep: Trajectories and mechanisms of influence
 Serena Bauducco (Sweden)

O-05: Sleep and neurodevelopment in children and adolescents

9:10am – 10:30am | Modulo 2
Chairs: Magda Lahorgue Nunes (Brazil), Jared Saletin (United States)

9:10am – 9:12am
Introduction

9:12am – 9:25am
Leptin as a biomarker of sleep dysregulation in children with ASD: A drug free cohort study
 Marco Carotenuto (Italy)

9:25am – 9:38am
Developing Australian consensus guidelines for managing sleep problems in children with neurodevelopmental disorders: A modified Delphi study
 Jasneek Chawla (Australia)

9:38am – 9:51am
Sleep-related movement disorders in children and adolescents with iron deficiency: A pilot study (1–18 years)
 Maria Ausilia Musumeci (Italy)

9:51am – 10:04am
National insights into ASD diagnosis and irregular sleep: Evidence from the 2022 and 2024 National Health Interview Survey
 Chia-Shuan Chang (United States)

10:04am – 10:17am
Associations between nocturnal autonomic activity in infancy and later neurocognitive development: The AuBE cohort study
 Lisa Brunel (France)

10:17am – 10:30am
The effect of melatonin usage on children with insomnia in clinical practice: A retrospective observational study
 Phanthila Sitthikarnkha (Thailand)

O-06: Technology and innovation in pediatric sleep

9:10am – 10:30am | Modulo 3

Chairs: Jessica Page (United States), Robin Lloyd (United States), Christine Matarese (United States)

9:10am – 9:12am

Introduction

9:12am – 9:25am

Associations between wearable infant sleep and brain function in the first year of life

Nicolò Pini (United States)

9:25am – 9:38am

Performance of pediatric trained machine learning classifiers in analyzing actigraphy data for sleep wake scoring

Pin-Wei Chen (United States)

9:38am – 9:51am

Minimum data requirements for automated sleep staging in the pediatric population

Yuan Gao (Canada)

9:51am – 10:04am

Automatic video analysis and classification of disorders of arousal in children

Anna Castelnuovo (Switzerland)

10:04am – 10:17am

A peer-led school-based approach to reduce night-time use of interactive devices and social media in early adolescence: CLOCK OFF intervention development and feasibility study

Catriona Ewart (United Kingdom)

10:17am – 10:30am

A pilot feasibility study of a six-week digital sleep health intervention for caregivers of school-aged children

Jessica Page (United States)

Coffee break

10:30am – 10:50am | Exhibition Hall

S-17: Behavioral sleep interventions for children and adolescents with comorbid psychiatric conditions

10:50am – 12:20pm | Modulo 1

Chair: Jessica Levenson (United States)

10:50am – 10:52am

Introduction

10:52am – 11:12am

Development and feasibility of a behavioral sleep intervention for preschool-aged children at elevated risk for ADHD delivered in pediatric primary care

Heather Joseph (United States)

11:12am – 11:32am

Implementing an insomnia intervention into adolescent mental health services: A mixed-methods feasibility and process evaluation

Stephanie McCrory (United Kingdom)

11:32am – 11:52am

An internet-delivered cognitive-behavioral treatment for insomnia among autistic adolescents

Nora Choque Ollson (Sweden)

11:52am – 12:12pm

Preliminary outcomes of a brief sleep promotion program for depressed adolescents in pediatric primary care

Jessica Levenson (United States)

12:12pm – 12:20pm

Question and answer

S-18: Trauma-informed approaches to pediatric sleep disturbances: Mechanisms, interventions, and professional training

10:50am – 12:20pm | Modulo 2

Chair: Michal Kahn (Israel)

10:50am – 10:52am

Introduction

10:52am – 11:08am

Intergenerational transmission of sleep vulnerability: The mediating role of parental insomnia in linking early adversity to child sleep outcomes

Iris Haimov (Israel)

11:08am – 11:24am

Parent-delivered huggy-puppy intervention for war-related stress and sleep problems in children: A randomized controlled trial

Michal Kahn (Israel)

11:24am – 11:40am

Sleep and adjustment in foster environments (SAFE): Results from a randomized controlled trial of a trauma-informed sleep intervention for school-aged children with a history of foster care placement

Candice Alfano (United States)

11:40am – 11:56am

Treat the night, liberate the day: Outcomes of a brief imagery rehearsal therapy intervention in complex PTSD

Julie Rolling (France)

11:56am – 12:12pm

Training professionals to diagnose and manage stress-related sleep disturbances in children and adolescents

Angelika Schlarb (Germany)

12:12pm – 12:20pm

Question and answer

S-19: Indigenous sleep across the globe: What do we know and what can we learn?

10:50am – 12:20pm | Modulo 3

Chairs: Sarah Blunden (Australia), Osman Ipsiroglu (Canada)

10:50am – 10:52am

Introduction

10:52am – 11:12am

Do teenagers in non-WEIRD contexts have fewer sleep complaints? Evidence from three distinct sleep ecologies in Mexico

Andrea Silva Caballero (Mexico)

11:12am – 11:32am

Sleep health of First Nations adolescents in Australia: Need for community-led, culturally grounded approaches to advance sleep health equity

Fatima Yaqoot (Australia)

11:32am – 11:52am

Sleep In Canadian Mi'Kmaq populations: Engaging parents to learn what is needed to support sleep and sleep interventions for Mi'Kmaq children

Penny Corkum (Canada)

11:52am – 12:12pm

Co-designing Perinatal Māori Sleep Resources — Whakamoeāriki

Justine Camp (New Zealand)

12:12pm – 12:20pm

Question and answer



TICKETED LUNCH
Meet the Professor:
Raffaele Ferri

12:30pm – 1:30pm | Modulo 2

PLMS and PLMD in Children
Raffaele Ferri (Italy)



TICKETED LUNCH
Meet the Professor:
Narong Simakajornboon

12:30pm – 1:30pm | Modulo 3

Melatonin in children: practical aspect for clinicians
Narong Simakajornboon (United States)

S-20: Transgenerational iron deficiency? Take home messages from epidemiological and experimental animal studies: Do we need to adjust clinical practice?

1:50pm – 3:20pm | Modulo 1
Chairs: Osman Ipsiroglu (Canada), Oliviero Bruni (Italy)

1:50pm – 1:52pm
Introduction

1:52pm – 2:08pm
Prenatal maternal iron deficiency: Effects on neurodevelopmental disorders
Osman Ipsiroglu (Canada)

2:08pm – 2:24pm
Life-ON Study: Iron pathology in pregnancy and post-partum sleep disorders
Silvia Miano (Switzerland)

2:24pm – 2:40pm
Prenatal alcohol Exposure: Effects on iron homeostasis, from animal studies to clinical experience
Lech Krzysztof Popiołek (Poland)

2:40pm – 2:56pm
How do we measure iron deficiency? Clinical practice in the European Union
Julian Mollin (Germany)

2:56pm – 3:12pm
Integrating the take home messages in clinical practice: What needs to be done?
Rosalia Silvestri (Italy)

3:12pm – 3:20pm
Question and answer

S-21: Transition from pediatric to adult care in children with sleep disorders: A report from IPSA transition task force

1:50pm – 3:20pm | Modulo 2
Chair: Narong Simakajornboon (United States)

1:50pm – 1:52pm
Introduction

1:52pm – 2:08pm
Overview of transitional medicine and transition in patients with sleep disordered breathing
Narong Simakajornboon (United States)

2:08pm – 2:24pm
Transition in patients with insomnia
Guanghai Wang (China)

2:24pm – 2:40pm
Transition in patients with hypersomnia and movement disorders
Thomas Dye (United States)

2:40pm – 2:56pm
Transition in patients with neuromuscular disorders
Arthur Teng (Australia)

2:56pm – 3:12pm
Transition of sleep patients in countries with limited resource
Mihaela Oros (Romania)

3:12pm – 3:20pm
Question and answer

Discussion Group: Contextual influences on sleep in early development

1:50pm – 3:20pm | Modulo 3
Chairs: Rebecca Spencer (United States), Sabine Seehagen (Germany)

Panelists
Jodi Mindell (United States)
Rebecca Spencer (United States)
Michal Kahn (Israel)
Eva-Maria Kurz (Sweden)
Sabine Seehagen (Germany)

Poster Session 2

3:20pm – 4:20pm | Modulo B

Closing Ceremony

4:20pm – 4:40pm | Modulo 1

IPSA Member Meeting

4:40pm – 5:10pm | Modulo 1



**THE PREMIER INTERNATIONAL CONFERENCE
DEDICATED TO SLEEP MEDICINE AND SCIENCE**

WORLD SLEEP
2027
MONTREAL
CANADA | SEPTEMBER 10 - 15

SAVE THE DATE

**JOIN THE GLOBAL
SLEEP COMMUNITY
IN MONTREAL, CANADA
SEPTEMBER 10 - 15, 2027**

World Sleep Society invites physicians, clinicians, and researchers to convene for the premier international conference dedicated to sleep medicine and science.

The World Sleep Congress brings 3500+ professionals from more than 80 countries to share research, advance clinical practice, and strengthen global collaboration.

Mark your calendar and join the conversation shaping the future of sleep health worldwide.



Poster Abstracts

Friday, April 10

Poster Session 1

3:50pm – 4:50pm | Modulo B

Saturday, April 11

Poster Session 2

3:20pm – 4:20pm | Modulo B



Poster Hall Session 1

Friday, April 10 3:50pm – 4:50pm | Modulo B

Posters in the Friday session are organized by poster board number below.

001 Bedtime Screen Use Partially Mediates the Relationship Between Bedtime Parenting and Nighttime Sleep in Kindergarteners

Adelaide Delali Klutse (United States)

002 Continuous Positive Airway Pressure (CPAP) vs High Flow Nasal Cannula (HFNC) for the Treatment of OSA in Children (CHOSA Trial)

Aditi Garg (Canada)

003 Public Health Messaging and Attitudes Towards Bedsharing: An Environmental Scan and Inductive Content Analysis

Adrienne Vandenberg (Canada)

004 Narcolepsy type 1 in a child with Prader-Willi syndrome: a case report

Alessandra Voci (Italy)

005 Objective sleep data collected in the context of a leptin treatment trial in an adolescent patient with anorexia nervosa presenting with comorbid insomnia

Alexander Dueck (Germany)

006 Intervention Outcomes and Trends in Sleep Studies of Children and Young People with Trisomy 21: A three-year retrospective review Crawshaw A, Robinson V, Ahmed B, Chan E, Patelis V

Alice Crawshaw (United Kingdom)

007 Sleep disturbance as a transdiagnostic marker of children's mental health difficulties: A network analysis of item-level associations between different types of sleep problems and different behavioural and emotional symptoms

Alina Marinca (United Kingdom)

009 Longitudinal associations between nap duration and subsequent children's behavioural problems: findings from the ELFE Cohort Study

Amandine Busson (France)

010 The "bedtime checking" sleep intervention in infants with insomnia: Preliminary results

Amit Samet-Berman (Israel)

011 Takenouchi-Kosak syndrome, Sleep and Autism - A Case Report

Andreia Leitão (Portugal)

012 Altered Sleep Oscillation Dynamics: Enhanced Slow Oscillation-Spindle Coupling in Children with Dyslexia

Angelica Quercia (Italy)

013 How Mothers Sleep When Parenting Alone? A Scoping Review on the Associations between Single Motherhood Status and Maternal Sleep

Anita Kiafar (Canada)

014 Association between Maternal Sleep during Pregnancy and Child Sleep at 36 Months: Preliminary Findings from the Pregnancy during the Pandemic Cohort

Anna MacKinnon (Canada)

015 Barriers, facilitators and opportunities to promote optimal sleep in children undergoing cancer treatment in a regional UK children's hospital: a staff perspective

Annabel Brookes (United Kingdom)

016 Barriers and facilitators of implementing delayed school starting times in Dutch and Flemish secondary schools as perceived by school leaders: A qualitative study

Anneke Vandendriessche (Belgium)



Poster Hall Session 1

Friday, April 10 3:50pm – 4:50pm | Modulo B

Posters in the Friday session are organized by poster board number below.

017 Development and Validation of Paediatric Sonomat® Scoring Guidelines: A Multi-Centre Collaborative Approach to Contactless Sleep Monitoring
Anne-Marie Adams (Australia)

018 Can sleep difficulties be associated with problematic social media use, exposure to cyberbullying, and lower levels of mental well-being among school-aged children?
Ann-Sofi Ellertsson (Sweden)

019 Breathing Thin
Shuib bin Khairudin (Malaysia)

020 Early Outcomes of Nenne Navi AI: A Personalized Parenting Support Application for Improving Sleep in Young Japanese Children
Arika Yoshizaki (Japan)

021 Effectiveness of peer-led versus teacher-led interventions on sleep quality and psychophysiological markers among school-going adolescents in Garhwal division of Uttarakhand, India: A randomized control trial
Ashwini Mahadule (India)

022 Positional vs non-Positional Obstructive Sleep Apnea in Children with Obesity
Asmaa Albitar (Qatar)

023 Autonomic Dysfunction and Reduced Cardiovascular Complexity in Overweight and Obese Children with Sleep-Disordered Breathing
Athina Sopiadou (Greece)

024 Characterization of Pseudo-Central Hypopnea Events Detected in Patients with Duchenne Muscular Dystrophy During Diagnostic Polysomnography
Badar Al Dhouyani (Qatar)

025 The SAFEED Study: Stakeholder Perspectives on Enclosed Bed Designs
Bethan Cornick (United Kingdom)

026 Development of a stepwise algorithm to diagnose sleep disorders in normally developing 2-18-year-olds: a questionnaire, actigraphy and polysomnography based observational study
Mohana Sundaram SM (India)

027 Sleep and Behavioral Problems in Childhood Self-Limited Epilepsies: Protocol for a Prospective Actigraphy-Based Study
Burcu Aygun (Turkey)

028 Recommendations for the Treatment of Insomnia in Individuals Under 18 Years Old with Autism Spectrum Disorder
Óscar Sans Capdevila (Spain)

029 Sleep Characteristics and Diagnostic Tools for Insomnia in Individuals Under 18 Years Old with Autism Spectrum Disorder
Milagros Merino Andreu (Spain)

030 An overview of the use of respiratory support at home in children - patients and families point of view
Lisa Brunel (France)

031 Widening the Lens on Adolescent Sleep: Using Photovoice to Explore Stakeholder Perspectives and Inform the Development of a Co-Produced Sleep Health Intervention
Catriona Ewart (United Kingdom)

032 Examining Effectiveness, Feasibility and Acceptability of Adolescent Sleep Interventions Delivered Across the Socioecological Model: A Mixed Methods Review
Catriona Ewart (United Kingdom)

033 Body composition and pediatric OSA
Chan Soon Park (Korea, Republic of)

034 Differences in Napping Practices and Beliefs in Quebec and France: A Cross-Cultural Analysis
Charlène Thauvin (Canada)

Poster Hall Session 1

Friday, April 10 3:50pm – 4:50pm | Modulo B

Posters in the Friday session are organized by poster board number below.

035 Surgical Treatment to Reverse the Vicious Cycle of Pediatric Obstructive Sleep Apnea
PCheng-Hui Lin (Taiwan)

036 Narcolepsy Revolution: Wearable technology and interpretable machine learning for automated sleep and diagnostic classification in narcolepsy and other hypersomnia
Chiara Piantino (United Kingdom)

037 Development and Validation of the Pre-Sleep Social Media Use Motivation Scale
Ya-Chuan Huang (Taiwan)

038 To Connect or Not to Miss Out: Distinct Motivations for Pre-Sleep Social Media Use and Their Associations with Sleep and Emotional Problems in Adolescents
Chien-Ming Yang (Taiwan)

039 Perspectives and Challenges of Incorporating Artificial Intelligence and Sleep Technology for Sleep Monitoring among Children: A Systematic Review
Chow Khuen Chan (Malaysia)

040 Safety and efficacy of pitolisant in children aged 6 to 18 years with narcolepsy with or without cataplexy; results from a prolonged open-label extension
Christian Caussé (France)

041 Reducing melatonin liquid use for children and young people with neurodevelopmental conditions using a behavioural intervention – a qualitative service evaluation
Kirstie Anderson (United Kingdom)

042 Preschoolers' sleep problems: associations with maternal mood and subjective maternal sleep quality
Christine Laganière (Canada)

043 Central sleep apnea in the setting of a Chiari I malformation
Christine Matarese (United States)

044 Prevalence and Characteristics of Positional Obstructive Sleep Apnea in a Racially Diverse Pediatric Population: Preliminary Results from a Community-Based Study
Jun Chun Ting Au (Canada)

045 Participants' Experiences of a Mindfulness-Based Intervention to Improve CPAP Adherence in Adolescents with Sleep Apnea: A Qualitative Study
Jun Chun Ting Au (Canada)

046 Respiratory events-related aperiodic EEG activity changes in children with obstructive sleep apnea
Dandi Ma (China)

047 A Randomized Control Trial of Web-based CBT-I to Improve Sleep to Prevent Depression in Adolescents at High Risk for Depression
Daniel Kopala-Sibley (Canada)

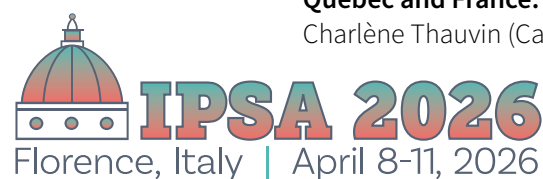
048 Paediatric sleep recording in hospital and at home using PSG/PG and AI – Are there any differences and advantages?
David Hui (Norway)

049 Green Space, Sleep and IL-1B among low-income pregnant women
Diana Grigsby-Toussaint (United States)

050 DISE – and What Next? Diagnostic and Therapeutic Considerations in Children With Persistent Obstructive Sleep Apnea
Dorit Aschmann-Mühlhans (Germany)

051 Infant Sleep Duration and Risk of Overweight/Obesity in Childhood: Findings from the Growing Up in Ireland Cohort
Eimear O'Connell (Ireland)

052 Child Sleep, Family Context and the Transition to Schooling
Ekjyot Saini (United States)



Poster Hall Session 1

Friday, April 10 3:50pm – 4:50pm | Modulo B

Posters in the Friday session are organized by poster board number below.

053 Effects of Fecal Microbiota Transplantation on Sleep and Circadian Rhythms of Children and Adolescents with Autism Spectrum Disorder

Wei-Chih Chin (Taiwan)

054 Are maternal bonding problems associated with child sleep problems at 5 years of age?

Erja Rusanen (Finland)

055 Impact of Perinatal Cognitive Behavioral Therapy for Insomnia (CBT-I) on Objective and Subjective Infant Sleep: A Secondary Analysis of a Randomized Controlled Trial

Sooyeon “Aly” Suh (Korea, Republic of)

056 Beeping machines and broken sleep: a service evaluation of the hospital sleep experience of children with cancer and their parents

Eva Waymouth (United Kingdom)

057 Survey of UK paediatric oncology centres current practices with respect to promoting optimal sleep for children with cancer

Evan Toleman (United Kingdom)

058 Developmental daytime and nighttime sleep trajectories from ages 2.5 to 5, the factors shaping them and their influence on receptive language at age 5

Evelyne Touchette (Canada)

059 Project Sleep: A brief, online single session intervention targeting sleep to improve mental health in young people

Faith Orchard (United Kingdom)

060 Artificial light exposure and sleep outcomes in medical students

Fatma Guezguez (Tunisia)

061 CPAP use in children with Neurodisability: Clinical and Parent-Reported Insights

Fiona Hudson (Australia)

062 Daytime and nighttime sleep interactions at 5 and 17 months and their association with post pandemic contextual factors

Gabrielle Fréchette-Boilard (Canada)

063 Clinicians’ Perspectives on Sleep Management for Children with Neurodevelopmental Conditions: Insights from a UK Urban Setting

Georgie Agar (United Kingdom)

064 Nasal sprays for children with Sleep-Disordered Breathing: The MIST+ Trial

Gillian M Nixon (Australia)

065 WatchPAT as a diagnostic device for obstructive sleep apnoea in children and adolescents

Elise McLeod (Australia)

066 Could sleep quality be influenced by interception abilities? Interoceptive training in adolescents with mood disorder, eating disorder and healthy control

Gioia Giusti (Italy)

067 Sleep Health in Adolescents: The Role of Stress, Digital Media, and Lifestyle Factors in a Large Population-Based Study

Giulia Silvestrini (Italy)

068 Systematic Gaps in Sleep Care for Children with Neurodisability: Insights from Caregivers

Grace Langdon (Australia)

069 Using a Combination of Oximetry Measures to Predict OSA in Children with Down Syndrome

Hannah Vennard (United Kingdom)

070 Caregiver Psychological Distress in Pediatric Adenoid Hypertrophy: A Prospective Study in China

Huiping Luo (China)

071 Sleep Problems and Associated Comorbidities in Pediatric Patients with Drug-resistant Epilepsy

Hyewon Woo (Korea, Republic of)

072 Association between Heart Rate Variability and Behavioral problem in Children with Obstructive Sleep Apnea

Ikuko Mohri (Japan)

073 Autonomic Differences Across Sleep States in Infants Exposed to Prenatal Maternal Depression

Isabelle Mueller (United States)

Poster Hall Session 1

Friday, April 10 3:50pm – 4:50pm | Modulo B

Posters in the Friday session are organized by poster board number below.

074 Parental Sleep Health Priorities in Childhood Neurodisability: Australian Insights

Isha Shin (Australia)

075 Co-designing Nova Sleepcare: A Real World Solution to Improve Sleep for Children with Neurodevelopmental Disorders who have Behaviours of Concern

Ishnoor Nahal (Canada)

076 Pharmacological Sleep Onset Insomnia vs. “Vamping” in Caribbean Colombian Adolescents: Dual Nicotine Use Drives Sleep Debt Independent of Screen Time

Ivan Francisco Alvarez Orozco (Colombia)

077 Three Lessons from Adapting Sleep and Circadian Research Methods in a Child Psychiatry Hospital

Jared Saletin (United States)

078 The impact of sleep on children’s executive functioning: A systematic review and meta-analysis

Jay Jones (United Kingdom)

079 Global Knowledge on the Sleep Health of Children in Foster and Kinship Care: Findings from a Systematic Review

Elizabeth Keys (Canada)

080 “You need the support, but you’re worried your kids gonna get taken away”: Foster and kinship caregivers’ perspectives on sleep in care

Elizabeth Keys (Canada)

081 Demographics and Disease Characteristics Among Pediatric Patients With Narcolepsy

Judith Owens (United States)

082 Sound-Based AI Sleep Staging in Pediatric Patients

Jeong Whun Kim (Korea, Republic of)

083 An AI-Driven Multimodal Companion for Mitigating Peri-procedural Anxiety in Pediatric OSA Patients – A Pilot Study

Jiumo Wang (China)

084 Sleep and bonding in parents of newborns

Jodi Mindell (United States)

085 Restless Sleep Disorder in Neurological Patients

Jovita Corzo (Chile)

086 Congenital Central Hypoventilation Syndrome in Chile: Clinical Analysis and Genotypic Variability

Maria Olga Retamal (Chile)

087 Revisiting the Diagnostic Approach to Sleep Related Movement Disorders in Children and Adolescents within the ICD-11 Framework

Julian Mollin (Germany)

088 Sleep Education in Pediatric Primary Care: Building Capacity through the Extension for Community Healthcare Outcomes (ECHO©) Model

Julie Boergers (United States)

089 The Awakening of Agency: Sleep Restoration as a Catalyst for Radical Psychosocial and Metabolic Transformation in Adolescent Obesity

Saraiza Abu Bakar (Malaysia)

090 The Association between Feeding Method and Fathers’ Sleep

Karissa Vallera (Canada)

091 The impact of sleep problems on daytime functioning outcomes in children with neurodisability and their caregivers

Kasey Fullwood (Australia)

092 Metabolomic Profiling in Children with Obstructive Sleep Apnoea: An Exploratory Case-Control Study

Kate Ching Ching Chan (Hong Kong)

093 Insomnia symptom trajectories during adolescence: a longitudinal investigation exploring risk and protective factors

Kate Maston (Australia)



Poster Hall Session 1

Friday, April 10 3:50pm – 4:50pm | Modulo B

Posters in the Friday session are organized by poster board number below.

094 A Brief Intervention for Young People with Anxiety-Related Sleep Problems
Rachel Langley (United Kingdom)

095 Factors Affecting Sleep Disorders in Infants under One Year of Age with Gastroesophageal Reflux
Khatereh Khamenehpour (Iran)

096 Characterising Sleep in Children with SATB2-Associated Syndrome: An Integrated Objective and Subjective Approach
Lauren Shelley (United Kingdom)

097 Suicidal risk among adolescent psychiatric inpatients: the role of insomnia, depression, and social-personal factors
Martina Gnazzo (Italy)

098 Strict Nights, Short Sleep: Authoritarian Parenting and Sex-Specific Depression in Grandchildren Cared for by Grandparents
Melanie Stearns (United States)

099 The effects of a digital CBT-I application (Sleep Ninja®) on insomnia in children: A randomised controlled trial
Mirjana Subotic-Kerry (Australia)

100 Sleep Health Education in Canadian Community Healthcare Professions: A Preliminary Cross-Disciplinary Literature Analysis
Natasha Patel (Canada)

101 Regional Variation in Access to Melatonin for Children in England
Ness Hewertson (United Kingdom)

102 ADHD and Sleep within the ICD-11 framework: A Scoping Review of ADHD Clinical Practice Guidelines and a call for describing ADHD as a “sleep/wake disorder”
Osman Ipsiroglu (Canada)

103 Determinants of Daytime and Nighttime Sleep in Preschool-Aged Children: A Structural Equation Modeling Approach
Rachel Pétrin (Canada)

104 The OPTIONS Study: exploring parental preferences in infant sleep behaviour management with an Informed Choice Model of Care
Sarah Blunden (Australia)

105 Immigrant Generational Status and Its Associations With Objective Infant Sleep and Maternal Sleep Quality
Maristella Lucchini (United States)

106 The impact of OSA on the quality of life is different in boys
Silke Weber (Brazil)

107 Psychological and Behavioral Predictors of Parental Bedtime Procrastination: A Machine Learning Approach
Sungkyoung Shin (Korea, Republic of)

108 Establishing CPAP in Children with Obstructive Sleep Apnoea: Outcomes from a Tertiary Service
Tahera Doctor (United Kingdom)

109 The epidemiology and disease burden of obstructive sleep-disordered breathing in children: a descriptive, multicenter study in China
Yunxiao Wu (China)

110 Differences in Sleep and Circadian Rhythms Profiles Between Children and Adolescents with Autism Spectrum Disorder: A Cross-sectional Study
Yu-Shu Huang (Taiwan)

111 Factors Affecting Sleep Spindle Density in Childhood Absence Epilepsy
Seung Soo Kim (Korea, Republic of)

112 Sleep Problems in Children with Tourette Syndrome
Steffi Baker (United Kingdom)

113 Infant Sleep Quality Predicts Changes in Temperament Across the First Year of Life: A Longitudinal Study
Liat Tikotzky (Israel)

114 Non-Pharmacologic Sleep Interventions in Children with Neurologic and Neurodevelopmental Disorders: A Scoping Review
Mariana Coelho (United States)



Become a Member

The International Pediatric Sleep Association is a membership organization devoted to the promotion of pediatric sleep medicine worldwide.



What do IPSA members accomplish together?

IPSA members organize a range of programs and projects to advance the health of children and young people worldwide.

- Organize the biennial IPSA congress
- Organize courses and gatherings for pediatrics at other conferences
- Write guidelines, recommendations, and other publications
- Distribute awards to promote pediatric sleep among new researchers
- Promote pediatric sleep health among the public

Want to be involved? Become an IPSA member!

A two-year membership for 2026 and 2027 is \$125 USD, or \$40 USD for students, and includes the following benefits:

- Discounted rates to attend the IPSA congress
- Access to *Sleep Medicine*, official journal of IPSA
- Eligibility to serve on IPSA committees, task forces, and projects
- Eligibility to participate and vote in IPSA general assembly meetings



To join IPSA scan QR code or visit ipsasleep.org



Poster Hall Session 2

Saturday, April 11 3:20pm – 4:20pm | Modulo B

Posters in the Friday session are organized by poster board number below.

001 Correlation between the Sleep Clinical Record and OSA-18 Questionnaires in Pediatric Patients with Suspected Obstructive Sleep Apnea

Almiro José Machado Júnior (Brazil)

002 Consensus Document On The Management Of Insomnia In People With Autism Spectrum Disorder (ASD) Under The Age Of 18

Óscar Sans Capdevila (Spain)

003 Sleep Characteristics and Diagnostic Tools for Insomnia in Individuals Under 18 Years Old with Autism Spectrum Disorder

Milagros Merino Andreu (Spain)

004 Adaptive Servo-Ventilation (ASV) Use in Children: A Case Series

Christine Matarese (United States)

005 Can Mindfulness-Based Intervention Improve CPAP Adherence in Adolescents with Obstructive Sleep Apnea?

Jun Chun Ting Au (Canada)

006 Prevalence and Characteristics of REM-related Obstructive Sleep Apnea in a Racially Diverse Pediatric Population: Preliminary Results from a Community-Based Study

Jun Chun Ting Au (Canada)

007 Understanding the automated scoring of WatchPAT respiratory events

Elise McLeod (Australia)

008 Sleep quality and associated factors in Asthmatic children: a cross-sectional study

Fatma Guezguez (Tunisia)

009 Pharmacotherapeutic Patterns and Sleep-Relevant Medication Burden in Australian Children with Neurodevelopmental Disorders: A Prospective Cohort Study

Fiona Hudson (Australia)

010 SleepImage® as a tool for investigating sleep in children at high risk of comorbid sleep disorders

Gillian M Nixon (Australia)

011 APAP in paediatric obstructive sleep apnoea: Is titration polysomnography necessary?

Gillian M Nixon (Australia)

012 Sleep Health in Adolescents: The Role of Stress, Digital Media, and Lifestyle Factors in a Large Population-Based Study

Giulia Silvestrini (Italy)

013 Understanding sleep disruption in hospitalised children: an Australian mixed-methods study

Isha Shin (Australia)

014 Are we considering Iron Deficiency and/or Homeostasis in Assessment of Sleep-Wake Disorders? An explorative Survey on current Clinical Procedures

Julian Mollin (Germany)

015 Non-sleep specialist allied health and medical clinicians perspectives of assessment and management of sleep problems in children with neurodisability

Kasey Fullwood (Australia)

016 Sleep Ninja® for the Classroom: Pilot study and evaluation of a sleep education program for early high school students in Australia

Kate Maston (Australia)

017 Altered nasal and oral airflow variations during syllable reading tasks in pediatric OSA

Huiping Luo (China)

019 Effect of napping on sustained attention: developmental trajectories from 3 to 6 years old

Lucie Malevergne (France)

020 Sleepless Inheritance. An Interpretative Phenomenological Analysis of Continuity, Change, Maternal Adequacy and Moral Decision-Making around Infant Sleep in Irish Mother-Daughter Dyads

Lucy Wolfe (Ireland)

Poster Hall Session 2

Saturday, April 11 3:20pm – 4:20pm | Modulo B

Posters in the Friday session are organized by poster board number below.

021 Activity profile of school-aged children born preterm and its association with sleep

Maham Hassan (Germany)

022 Associations Between First-Week Supplementation Type and Sleep Behaviors in Infants Exposed to Intrapartum Antibiotics at 6, 12, & 24 Weeks of Age: Preliminary result from a pilot randomized controlled trial

Mahtab Matin (Canada)

023 Obstructive Sleep Apnea in Children: Diagnostic Patterns, Treatment Outcomes, and Positive Airway Pressure Therapy Barriers at a Tertiary Center in Oman

Tabinda Naz Qureshi (United Kingdom)

024 Hopeful yet conflicted: Adolescents' Expectations and Concerns Prior to Later School Start Times

Malin Jakobsson (Sweden)

025 A pilot feasibility cluster-randomised controlled trial of sleep workshops in secondary schools; analysis of sleep diaries and actigraphy data

Marcus O. Harrington (United Kingdom)

026 Assessment of sleep knowledge and habits among young adults: can we talk about a “knowledge-practice gap”?

Maria Polselli (Italy)

027 Sleep literacy in university students: knowledge, beliefs and predictors of accurate sleep perceptions

Mariaelena Romeo (Italy)

029 Beyond Obesity: Sleep-Disordered Breathing Spectrum in Pediatric ROHHAD Syndrome

Marina Foresti dos Santos (Brazil)

030 Sleep habits and psychosocial determinants of sleep habits of adolescents in celje municipality

Marjeta Peperko (Slovenia)

031 Comparing sleep diaries and actigraphy to assess night-to-night variability of sleeping through the night

Marjolaine Chicoine (Canada)

032 Subjective sleep experience and objective measures: A comparison of patient self-assessment and multiple sleep latency test outcomes

Marta Celmina (Latvia)

033 Objective baseline assessment of Sleep problems in children with Angelman Syndrome: A follow-up Study

Marta Moraleda-Cibrián (Spain)

034 Long-Term Clinical and Psychosocial Outcomes in Pediatric-Onset Narcolepsy Type 1

Martina Gnazzo (Italy)

035 Unravelling Narcolepsy: A Case Series of Complex Paediatric Cases

Martina Gnazzo (Italy)

036 Neuropsychological and emotional features in pediatric narcolepsy: A descriptive study

Martina Proietti Checchi (Italy)

037 Out of Sync, Out of Sleep: Stress Reactivity as a Mediator Between Chronotype and Insomnia in Adolescents

Melanie Stearns (United States)

039 Prolonged Sleep Onset Latency as a Driving Symptom in the Co-development of Sleep Disturbances and Mental Health Problems Among Preschoolers: A Population-based Longitudinal Study

Mengfei ZHOU (China)

040 What variables do mothers use to appraise sleeping through the night?

Michelle Ly (Canada)



Poster Hall Session 2

Saturday, April 11 3:20pm – 4:20pm | Modulo B

Posters in the Friday session are organized by poster board number below.

041 Is genotype associated with sleep and aggressivity pattern in Smith-Magenis Syndrome (SMS)?

Milagros Merino Andreu (Spain)

042 The psychometric properties of subjective sleep measures in adolescents aged 12-18 years

Miriam Shabetai (United Kingdom)

043 Influence of the environment (intensive care unit versus intermediate/normal care unit) on the sleep of preterm infants

Mirja Quante (Germany)

044 Parent Perspectives on Sleep Challenges and Support Needs in Children Aged 10–12 Years

Mirjana Subotic-Kerry (Australia)

045 Rethinking Eligibility for Paediatric Home Sleep Study: Audit Insights from a Tertiary Hospital

Mon Ohn (Australia)

046 The effects of hypoxic burden on executive function (EF) in preschool children with obstructive sleep apnea

Napasorn Jansongserm (Thailand)

047 First-Line Sleep Recommendations in Children with Neurodevelopmental and/or Mental Health Disorders - Caregiver Goals/Concerns, Distress, and Experienced Barriers

Natasha Patel (Canada)

048 First-line Treatment Recommendations for Sleep Disturbances/Disorders (SDDs) in Patients with Neurodevelopmental and Mental Health Disorders – Evaluation Data from a Quality Improvement Study

Natasha Patel (Canada)

049 Ventilatory Pathways and Transition from Tracheostomy to Noninvasive Ventilation in Pediatric Congenital Central Hypoventilation Syndrome: A Single-Center Experience from Thailand

Nuttida Panichapat (Thailand)

050 Sleep & Concussion: Clinical Findings and Patient Voices

Olivia Hill (Canada)

051 “We too need it”: Perspectives of stakeholders on the co-development of the SLEEP MORE Adolescent Sleep Intervention Programme

Oluwatosin Olorunmoteni (Nigeria)

052 Developing Research Evidence & Assessment Measures for Sleep – The ChildRight2Sleep Network’s Perspective on ICD-11

Julian Mollin (Germany)

053 Teaching Sleep Disturbances and/or Disorders to Medical Students within the ICD-11 Framework. The CR2S Case Simulation Project

Osman Ipsiroglu (Canada)

054 What Information do Parents, and Professionals in the Health Care and Educational System Need: Teaching Sleep Disturbances and/or Disorders to Medical Students within the ICD-11 Framework. The CR2S Case Simulation Project

Osman Ipsiroglu (Canada)

055 Prevalence of Sleep Difficulties in Early Adolescence and Its Association With Their Socioeconomic Status: Evidence from a Brazilian Birth Cohort

Paula Kageyama (Brazil)

056 What Affects Sleep at Age Eleven? Children’s Experiences of Promoting and Challenging Factors

Pernilla Garmy (Sweden)



Poster Hall Session 2

Saturday, April 11 3:20pm – 4:20pm | Modulo B

Posters in the Friday session are organized by poster board number below.

057 Factor Associated with Hypoventilation in Children with Obstructive Sleep Apnea

Phanthila Sitthikarnkha (Thailand)

058 Rehabilitation approaches for children with obstructive sleep-disordered breathing: a systematic review and meta-analysis

Pierre Cnockaert (Belgium)

059 A Cloud-Based Tool for Raw Wearable Sensor Data to Enable Sleep Scoring in Pediatric Populations

Pin-Wei Chen (United States)

060 Effectiveness of Combined Cognitive Behavioral Therapy for Insomnia and Acceptance and Commitment Therapy for Youth with Insomnia and Anxiety: A Pilot Randomized Controlled Trial

Rachel Ngan Yin Chan (Hong Kong)

061 Latent Napping Profiles and Nocturnal Sleep Outcomes in Preschool-Aged Children: A Cross-Cultural Comparison Between Quebec and France

Rachel Pétrin (Canada)

062 Impaired awakenings for hypoglycemic episodes in an Adolescent with Type 1 Diabetes Mellitus

Rachna Tiwari (United States)

063 Slow-Wave Sleep Fragmentation as a Marker for Differentiating Disorders of Arousal from Sleep-Related Hypermotor Epilepsy

Ramona Cordani (Italy)

064 Maternal Depression, Parenting Stress, and Child Sleep Outcomes Among Toddlers in Urban Bangladesh: Results from the Dhaka Sleep Study

Reun Tanzin Oshru (Bangladesh)

065 Age effects on respiratory characteristics in children with Prader-Willi syndrome pre and post growth hormone therapy

Rosemary Horne (Australia)

066 Multidomain arousal coordination through development

Ryan Takagi (Canada)

067 What Kind of Sleep is Good Sleep? Differences in Sleep and Problem-Solving Between Premature and Full-Term Infants

Sarah Berger (United States)

068 Letting Teens Sleep: How Later School Start Times Affect Mood and Quality of Life

Sarah Blunden (Australia)

070 Artificial Intelligence-Assisted Sleep Stage Scoring in Real-World Pediatric Clinical Practice

Sarisa Thawongit (Thailand)

071 Hypoxic Burden Across AHI-Based Severity Groups in Pediatric Obstructive Sleep Apnea

Jung Hyun CHANG (Korea, Republic of)

073 Differences in Infant Sleep Practices and Safe-Sleep Guideline Adherence by Immigrant and Generational Status Among Mothers in the U.S.

Natalie Barnett (United States)

074 How Do You Capture a Movement? A Comparison of Electromyography and Inertial Measurement Unit Sensing Modalities

Shealie Lock (Canada)

075 Effects of Daytime Sleepiness and Sleep Restfulness on School Attendance in Junior High School Students

Shin-ichi Ando (Japan)

076 A Case of Pediatric OSA with Jaw and Facial Growth Impairment Due to CPAP Use

Shintaro Chiba (Japan)



Poster Hall Session 2

Saturday, April 11 3:20pm – 4:20pm | Modulo B

Posters in the Friday session are organized by poster board number below.

077 Motivations, facilitators, and barriers: A qualitative exploration of parental experiences with a digitally delivered sleep intervention for children with special educational needs

Shirley Xin Li (Hong Kong)

078 Examining the relationship between maternal and paternal parenting styles and sleep problems in early adolescence using network analysis

Shirong Cai (Singapore)

079 Obstructive Sleep Apnea in Children with Down Syndrome: High Prevalence and Limited Accuracy of Standard Questionnaires

Silke Weber (Brazil)

080 Long-term Trajectories of Childhood Obstructive Sleep Apnoea and Their Associations with Cardiac Structure: A 19-Year Follow Up Study

Sima Dastamooz (Hong Kong)

081 Insomnia symptoms in children with sleep-disordered breathing: A scoping review

Siyu Dai (China)

082 Agreement Between Parent-Reported and Actigraphy-Measured Sleep Dimensions Among Toddlers in Bangladesh

Snigdho Protim Sikder (Bangladesh)

083 Sleep and Rest-Activity Rhythms in Adolescents and Young Adults Engaging in Nonsuicidal Self-Injury

Sungkyoung Shin (Korea, Republic of)

085 Later school start times increase morning bright light exposure in adolescents

Stephanie Crowley (United States)

086 Evaluation of Paediatric Sleep Questionnaire in diagnosing obstructive sleep apnoea

Tabinda Naz Qureshi (United Kingdom)

087 Are Home Sleep Studies Fit for Purpose in Children? A Tertiary Centre Audit

Tahera Doctor (United Kingdom)

088 Whakamoeāriki – Co-Designing Perinatal Māori Sleep Resources

Takiwai Russell-Camp (New Zealand)

089 Mother-Child Interaction and Sleep Outcomes Among Toddlers in Urban Bangladesh

Tasnim Kabir Aydin (Bangladesh)

090 Night-to-Night Variability of Sonomat Contactless Home Sleep Monitoring in Children with Neurodisability

Teodora Espinoza (Australia)

091 Obstructive sleep apnea in children with trisomy 21

Teresa Almeida Lopes (Portugal)

092 Children's Sleep Habits Questionnaire as a screening tool for obstructive sleep apnea and its sleep comorbidities

Teresa Almeida Lopes (Portugal)

093 Drug-Induced Sleep Endoscopy Characterizes Airway Obstruction Patterns and Treatment Outcomes in Children with Severe Obstructive Sleep Apnea

Thien Huong Ho (Vietnam)

094 Clinical outcomes of screening oxycapnography sleep studies for children commencing nighttime postural equipment support therapy

Thomas Maycock (United Kingdom)

095 Association between Moderate-to-Vigorous Physical Activity and Circadian Rest-Activity Rhythm in Children with Obstructive Sleep Apnoea

Ting Ting Chen (Hong Kong)



Poster Hall Session 2

Saturday, April 11 3:20pm – 4:20pm | Modulo B

Posters in the Friday session are organized by poster board number below.

096 Limitations of AASM Neonatal Sleep-Staging Criteria in Very Preterm Infants: Insights From 24-Hour Video-Polysomnography

Valentina Marazzotta (Italy)

097 Understanding the Determinants of Sleep Characteristics in Preterm Infants During the First Year Following Neonatal Unit Discharge

Valérie Lebel (Canada)

098 Transcutaneous vs end-tidal CO2 monitoring in tracheostomy ventilation paediatric sleep studies

Vasileios Patelis (United Kingdom)

099 Prevalence and Risk Factors for Unplanned Hospital Readmission in Children Receiving Invasive Home Mechanical Ventilation

Watit Niyomkarn (Thailand)

101 Restlessness Phenotypes in Children with Sleep Disturbances/Disorders and ADHD-Like Behaviours

Yalda Khaje (Canada)

102 Development and Acceptability of an LLM-Enhanced WeChat Mini-App for Pediatric Sleep Health Promotion

Ying Dai (Hong Kong)

103 Effect of a Smartphone-based, Mood-enhanced Cognitive Behavioral Therapy for Insomnia in Adolescents at Risk of Depression: A Cluster Randomized Trial

Yong WEI (Hong Kong)

104 Maternal Sleep-Disordered Breathing During Pregnancy and Its Association With Domain-Specific Development in Three-Year-Old Children

Yu Takenouchi (Japan)

105 Associations between Sleep, Circadian Rhythm and Autistic symptoms in Children and Adolescents

Yu-Ching Wang (Taiwan)

106 Diagnostic delay in pediatric narcolepsy is primarily driven by delayed first medical consultation

Yukie ARAHATA (Japan)

107 Long-term efficacy of an insomnia prevention program in at-risk adolescents: 36-month follow-up

Yun Kwok Wing (Hong Kong)

108 Correlation of Lingual Frenum and Craniofacial Morphology in Patient with Pediatric Obstructive Sleep Apnea Syndrome

Yu-Shu Huang (Taiwan)

109 Investigating Sleep State-Dependent Oxygen Dynamics in Moderate-Late Preterm Infants

Zara Howarth (United Kingdom)



Sponsors and Exhibitors

Thank you to the following supporters of IPSA 2026 in Florence. *Listed in alphabetical order.*



cidelec.net

For over 35 years, CIDELEC has been designing and manufacturing polygraphy and polysomnography devices for the diagnosis of sleep disorders. Built around the PneaVoX tracheal sound sensor, its solutions are based on long-standing expertise in the field. CIDELEC oversees the entire product life cycle, from research and development to manufacturing, training, and maintenance. This comprehensive approach enables the company to continuously improve its products and respond efficiently to the needs of healthcare professionals.

Bronze Sponsor



loewensteinmedical.com/en

For almost 40 years, the name Löwenstein has stood for innovative ventilation and respiratory therapy. We research, develop, advise and always think one step ahead when it comes to providing patients, physicians and medical professionals with safety in ventilation.

Gold Sponsor



neurim.com

Neurim Pharmaceuticals Ltd. is a neuroscience pharma company, focusing on discovering and developing innovative drugs for CNS diseases. In response to the unmet medical need in the field of pediatric insomnia, Neurim developed Slenyto® - an innovative age-appropriate formulation, indicated for the treatment of insomnia in children and adolescents aged 2-18 with ASD and/or neurogenetic disorders and in children and adolescents aged 6 -17 with ADHD. For more information, please visit www.slenyto.com.



noxmedical.com

Nox Medical is a global leader in sleep diagnostics, delivering patient-friendly solutions that streamline workflows and capture high-quality clinical data. The portfolio includes the Nox A1® in-lab PSG system with ambulatory capability, Nox T3® airflow-based HSAT, Noxturnal® software with validated AI-assisted scoring, the Nox Connect cloud platform for study management, scoring and collaboration, and home sleep testing services. Nox is committed to advancing sleep science, technology, and care.



sleepimage.com

SleepImage is the only Home Sleep Test (HST) that is FDA-cleared and CE-marked MDR compliant Software as a Medical Device (SaMD) to provide AHI diagnostic values comparable to PSG. What is unique about SleepImage is the validation and clearance for patients ages 2+. At our core is the SleepImage Sleep Quality Index (SQI), a published metric supported by peer-reviewed research with established normative values across age groups. The SQI provides a clinically meaningful measure of sleep quality that reflects health outcomes and serves as a powerful tool for evaluating and diagnosing sleep disordered breathing and managing treatment efficacy over time.

Exhibition Hall

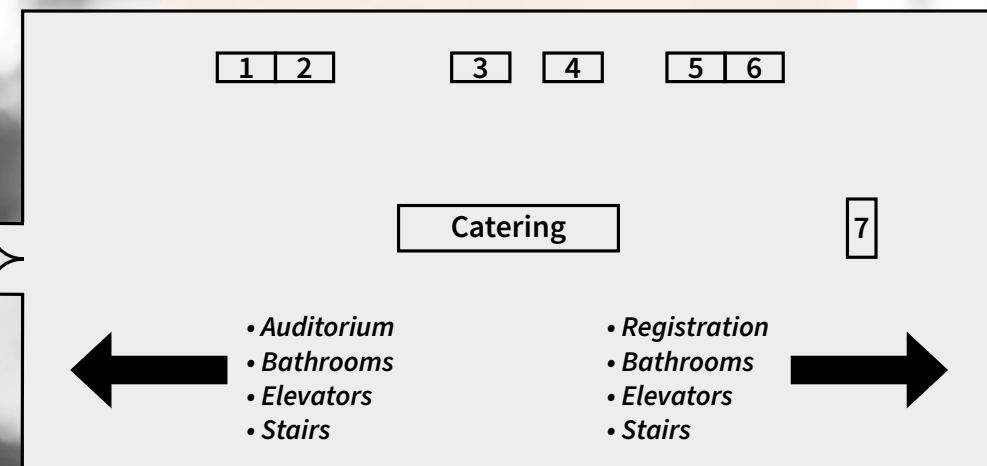
Palazzo degli Affari

Ground Floor (near Registration)

Exhibition Hall Hours

Friday, April 10 | 9:00am – 5:00pm

Saturday, April 11 | 9:00am – 4:00pm



Exhibitor Name | Table Numbers

Löwenstein Medical.....	1 & 2
SleepImage.....	3
Nox Medical	4
Sponsor Assignment Pending	5 & 6
CIDELEC	7



SAVE



THE DATES



IPSA 2028

*2028 location to be announced at
Saturday's Closing Ceremony!*



ipsa
international pediatric sleep association

ipsasleep.org