

16TH - 20TH September, 2025

Theme: Innovation & Insights In Child Neurology

Endorsed by: International Child Neurology Association & European Pediatric Neurology Society

Yashobhoomi (IICC) New Delhi

Workshop: Understanding Pediatric Sleep Medicine Armamentarium: Sleep Logs, Survey Instruments, Actigraphy, PSG



16th September'25



AIIMS, Delhi

LEARNING OBJECTIVES FOR BEGINNERS

- To provide practical knowledge about sleep-wake and circadian physiology and common sleep disorders of childhood
- How to leverage polysomnography and other diagnostic procedures for problem-solving in childhood neurological disorders

LEARNING OBJECTIVES FOR ADVANCED LEARNERS

- To discuss how to incorporate sleep medicine into common childhood neurological problems
- Update on progress and pitfalls

Program

Time	Topic	Speakers
08:15 – 08:30 AM	Pre-test	
08:30 – 08:50 AM	Introduction to the workshop with objectives	Dr. Suresh Kotagal
08:55 – 09:25 AM	Overview of sleep disorders focusing on general principles of diagnosis and management	Dr. Sanjeev Kothare
09:30 – 10:00 AM	Pediatric Polysomnography: Acquisition and Interpretation	Mr. Saji Rajan
10:00 – 10:30 AM	Tea Break	
	Brief sessions on individual primary sleep disorders (20 minutes talk and 10 minutes Q and A)	
10:30 – 11:00 AM	Insomnia	Ms. Christine Palladino
11:00 – 11:30 AM	Sleep-related breathing disorder	Dr. Ankit Parakh
11:30 – 12:00 PM	Central disorders of hypersomnolence	Dr. Suresh Kotagal
12:00 – 12:30 PM	Circadian rhythm sleep-wake disorders	Dr. Biswaroop Chakrabarty
12:30 – 01:00 PM	Parasomnias	Dr. Sanjeev Kothare
01:00 – 01:30 PM	Sleep-related movement disorders	Dr. Suresh Kotagal
01:30 – 02:00 PM	Lunch	
	Special scenarios (brief sessions, with 5 minutes Q and A included within the talk time)	
02:00 – 02:20 PM	Sleep and TBI	Dr. Priyanka Madaan
02:20 – 02:50 PM	Sleep and Epilepsy	Dr. Sanjeev Kothare
02:50 – 03:20 PM	Sleep in neurodevelopmental disorders	Dr. Suresh Kotagal
03:20 – 03:40 PM	Sleep and autoimmune neurological disorders	Dr. Sangeetha Yoganathan
03:40 – 04:00 PM	Sleep and neuromuscular disorders	Dr. Sheffali Gulati
04:00 – 04:20 PM	Sleep and Headache	Dr. Biswaroop Chakrabarty
04:20 – 05:00 PM	Interesting/difficult case presentations	
05:00 – 05:15 PM	Post-test	
05:15 PM	Tea Break	