

- ❖ Name & Designation : DR. Chetan Sateesh Nayak, Ph.D. Student
- ❖ Address : Dept. of Neurosciences, NIMHANS, Bangalore-560076.
- ❖ Name of the International Conference/ Seminar/Symposium/ Workshop : Associated Professional Sleep Societies-2014.
- ❖ Title of the abstract accepted : The effect of valproic acid on the sleep quality of juvenile myoclonic epilepsy patients: A longitudinal sleep questionnaire Based Study.
- ❖ Date & Venue : 31st May-4th June 2014. Minnesota, USA.
- ❖ Money sanctioned : Rs 1,00,000/-
- ❖ Money reimbursed : Rs 1,00,000/-

Participation Report

Organization of the Conference:-

'SLEEP 2014', the 28th Annual Meeting of the Associated Professional Sleep Societies (APSS), LLC held at Minneapolis Convention Centre, Minneapolis, Minnesota, U.S.A. is the joint meeting of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society. This Sleep conference was attended by medical professionals coming from diverse fields including Physicians, Neurologists, Psychiatrists, Dentists, Clinical Psychologists, etc. Over 5,000 sleep medicine professionals *from 49 states of USA and 54 countries* attended this year's meeting. The conference comprised of close to 70 sessions, and dealt with information spanning from basic science to clinical aspects of sleep medicine

Academic Highlights of the Conference:-

New Development presented at the Conference:

The way that we lead our lives has led to a significant rise in patients with hypersomnia and insomnia and the association of obesity with obstructive sleep apnea and sleep-disordered breathing emphasizes the importance of sleep in public health. However, sleep disorders remain under-recognized by the medical community, largely due to the failure to question patients about their sleep quality and related symptoms. SLEEP – 2014 gave me a perspective into the length and breadth of sleep medicine practise, and also went into details regarding the latest research for the diagnosis and treatment of patients with sleep disorders, including obstructive sleep apnea. The topics were grouped according to the symptomatic presentation of patients with hypersomnia, parasomnia and insomnia. The latest advances in the understanding and management of sleep disorders were further highlighted in an opening lecture and a hot topic session at the end of the conference, focusing on a multi-disciplinary healthcare delivery. Finally, the impact of sleep on public health strategy and future healthcare services were emphasized in detail. Personally, I benefitted a lot by making new contacts with faculty working in the field of sleep and epilepsy from various reputed research centres. It helped me in thinking of newer ways of addressing my research questions and polishing my existing ideas.

Personal Contribution to the Conference

I had the privilege of presenting a poster at 'SLEEP 2014' on the abstract titled 'The effect of valproic acid on the sleep quality of juvenile myoclonic epilepsy patients: a longitudinal sleep questionnaire-based study.' The abstract was published in the abstract supplement of SLEEP journal:

Nayak CS, Sinha S, Ramachandraiah CT, Nagappa M, Kandavel T, Satishchandra P, Taly AB (2014) 'The effect of valproic acid on the sleep quality of juvenile myoclonic epilepsy patients: a longitudinal sleep questionnaire-based study' . SLEEP 2014 Abstracts, *SLEEP* Abstract Supplement, Volume 37 (A238)

During my presentation, I was asked several questions regarding my study, given valid suggestions on improvement, and also appreciated for my work.