



Pro Sleep 2024

India's First Integrated Sleep Health Conference

**ON MARCH 2ND & 3RD, 2024,
AT HOTEL FEATHERS, CHENNAI**

For further details call:

99806 50476



SCAN TO
REGISTER

About PROSLEEP 2024

Sleep, as we all know, is an important biological function essential for life. While we sleep many important functions take place that help the body in recovery and repair - recharge the brain functions, streamline cardiac functions and other bodily metabolisms, increase our ability to fight diseases and develop immunity etc. Not only does better sleep help an individual delay or prevent the onset of these diseases, it also aids enormously in the treatment process for those who are already affected. It is no surprise that the great visionary, Dr. Prathap C Reddy, holds closer to his heart the cause of combating Non Communicable Diseases (NCDs) which is the greatest threat to the nation's health today.

The Sleep Health Institute at Apollo Speciality Hospitals, Vanagaram, Chennai is an unique confluence of highly skilled clinicians & health care practitioners from multiple specialities with an intense commitment towards the goal of promoting sleep health in the community at large. The PROSLEEP 2024 aims to catapult ProHealth concepts associated with sleep health to the highest echelons of the scientific community besides spreading deep awareness amongst the general public.

CHIEF PATRONS



Dr. Prathap C Reddy

Chairman & Founder Apollo Hospitals Group

Ms. Preetha Reddy

*Vice Chairperson
Apollo Hospitals Group*

Ms. Suneeta Reddy

*Managing Director
Apollo Hospitals Group*

Chief Mentor	Dr. Rahul Raghavan Menon	<i>CEO & DMS Cluster 2 Chennai</i>
Mentor	Dr. C. Paul Dilip Kumar	<i>JDMS</i>
Chair	Commander (Dr.) Karthik Madesh R	<i>Senior Consultant, ENT</i>
Co-Chair	Dr. Aravind Sampath	<i>Consultant, Cardiology</i>
Secretary	Dr. Prabash Prabhakaran	<i>Senior Consultant, Neurology</i>
Co-Secretary	Dr. Krishnamoorthy	<i>Senior Consultant, General Medicine</i>
Treasurers	Dr. Mohanakrishnan	<i>Consultant, Pulmonology</i>
	Dr. Balachandran S	<i>Senior Consultant, Anesthesia</i>
Executive Committee	Dr. Dilipan Selvam Alli	<i>Consultant, Internal Medicine</i>
	Dr. Revathy S. Kumar	<i>Associate Consultant, ENT</i>
	Dr. Selvin S	<i>Consultant, Neurology</i>
Executive Members	Resident Doctors	<i>All Departments</i>
Convener	Dr. Samhita Shenava	

SCIENTIFIC PROGRAMME

Interdepartmental Hands-on Workshops

Sleep Scoring Certification Course for Technologists

Panel Discussions

Symposiums

Debates

Opportunity to Network with Pioneers in Sleep Health

OVERSEAS FACULTY



Dr. Toh Song Tar,
Singapore General Hospital



Dr. Jeevanan Jahendran,
Pantai Hospital, Kuala Lumpur,
Malaysia



Dr. Muthukumar Rangarajan,
Doctors Hospital Health System,
Nassau, The Bahamas

NATIONAL FACULTY



Dr. Abhishek Goyal,
AIIMS



Dr. Balachandran,
Apollo Specialty Hospitals



Dr. Ebenezer,
Apollo Specialty Hospitals



Dr. Harikrishnan P,
Apollo Specialty Hospitals



Dr. J C Suri,
JCS Lung & Sleep Centre



Dr. Joby Peter,
Annoor Dental College &
Hospital



Commander
(Dr.) Karthik Madesh,
Apollo Specialty Hospitals



Dr. Krishnamoorthy,
Apollo Specialty Hospitals



Dr. Manvir Bhatia,
Neurology Sleep Centre



Dr. Mohanakrishnan,
Apollo Specialty Hospitals



Dr. Narasimhan R,
Apollo Hospitals



Dr. Niraj Kumar,
AIIMS



Dr. Porrselvi,
Unified Brain Health Care



Dr. Prabash Prabhakaran,
Apollo Specialty Hospitals



Dr. Ramakrishnan Nagarajan,
Apollo Hospitals



Dr. Ravi Yadav,
NIMHANS



Dr. Sapna Eerat Sreedharan,
Sree Chitra Tirunal Institute
for Medical Sciences &
Technology



Dr. Satish Kumar V,
Gleneagles Global Hospitals



Dr. Saurabh Mittal,
AIIMS



Dr. Sethurajan,
Apollo Specialty Hospitals



Dr. Thirunavukkarasu,
Apollo Childrens Hospital



Dr. Tripat Deep Singh,
Academy of Sleep
Wake Science



Dr. Uma Maheshwari,
St. John's Medical College



Dr. Vikash Agarwal,
Specialty ENT Hospital

Day - 1 - March 2nd 2024

TIME	SESSION	SPEAKER
09:00 - 09:20	Sleep Basics - Neurobiology and Neuroprotective Benefits & Brain Circuitry Controlling Sleep and Wakefulness	Dr. Prabash Prabhakaran Neurology, Chennai
09:25 - 09:45	Overview of OSA & OHS	Dr. Uma Maheshwari Pulmonology, Bengaluru
09:50 - 10:10	Hidden Bullets in OSA	Dr. Krishnamoorthy Internal Medicine, Chennai
10:15 - 10:35	Cardiac Risk Factors	Dr. Harikrishnan Parthasarathy Cardiology, Chennai
10:40 - 11:20	Panel Discussion 1 - Bidirectional Relationship Between Sleep & Neurological Disorders	
11:25 - 11:45	Evaluating the Sleepy and Sleepless Patient - Diagnostic Approach and Investigation in Sleep health	Dr. Niraj Kumar Neurology, Bibinagar
11:50 - 12:10	Oncological Association of OSA	Dr. Toh Song Tar ENT, Singapore
12:15 - 12:25	Sleep Disorders in Post Critical Care	Dr. Ebenezer Critical Care, Chennai
12:30 - 13:00	Key Note Address – Walk Through the Eyes of a Sleep Surgeon	Dr. Vikash Agarwal ENT, Mumbai
13:00 - 13:45	BREAK	
13:45 - 14:05	Shut your Mouth & Save your Life a Bio Functional Reprogramming	Dr. Joby Peter Pediatric & Preventive Dentistry, Kerala
14:10 - 14:30	Sleep Health and Movement Disorders - Restless Leg Syndrome, Periodic Limb Movements in Sleep and Other Sleep Related Movement Disorders	Dr. Ravi Yadav Neurology, NIMHANS
14:35 - 14:55	Sleep Epidemiology & Yearly Review in Sleep	Dr. Abhishek Goyal Pulmonology, Bhopal
15:00 - 15:20	NIV & its Modes in Sleep Health	Dr. Saurabh Mittal Pulmonology, New Delhi
15:25 - 15:45	Diagnostic Methodology - PSG Interpretations	Dr. Tripat Deep Singh Physiology, Punjab
15:50 - 16:10	OSA - Neurological Perspective	Dr. Sapna Erat Sreedharan Neurology, Trivandrum
16:15 - 16:55	Panel Discussion - Interdisciplinary Approaches to Sleep Disorders: Insights from ENT, Neurology, Pulmonology and Psychiatry.	
17:00 - 18:00	Workshop	
19:00 - 19:30	Inauguration Event Followed by Dinner Banquet	

Day - 2 - March 3rd 2024

TIME	SESSION	SPEAKER
09:00 - 09:40	Panel Discussion 3 – Pediatric Sleep Health: Addressing Challenges and Best Practices	
09:45 - 10:05	SRBD (Sleep Related Breathing Disorders) in Women	Dr. Jeevanan Jahendran ENT, Malaysia
10:10 - 10:30	Role of Coblation in OSA Surgeries	Dr. Vikash Agarwal ENT, Mumbai
10:35 - 10:55	Hypoglossal Nerve Stimulation Implant for Obstructive Sleep	Dr. Toh Song Tar ENT, Singapore
11:00 - 11:20	Role of Bariatrics in OSA	Dr. Rangarajan Bariatrics, Bahamas
11:25 - 11:45	Insomnia	Dr. Manvir Bhatia Neurology, New Delhi
11:50 - 12:50	Dr. Prathap C Reddy Oration	Dr. J.C Suri Pulmonology, New Delhi
13:00 - 13:45	BREAK	
13:50 - 14:10	Psychotherapy for sleep	Dr. Porrselvi Neuropsychology, Chennai
14:15 - 14:35	Anesthesia & OSA	Dr. Balachandran Anesthesiology, Chennai
14:40 - 15:00	Pediatric OSA	Dr. Thirunavukkarasu Pediatrics, Chennai
15:05 - 15:25	Regaining the Lost Space – A Maxillofacial Surgical Approach to OSA	Dr. Sethurajan OMFS, Chennai
15:30 onwards	Hall A - Quiz	Dr. Prabash Neurology, Chennai Commander (Dr.) Karthik Madesh ENT, Chennai Dr. Mohanakrishnan Pulmonology, Chennai Dr. Satish Kumar Neurology, Chennai
	Hall B – Workshop • Placement of PSG Leads • NIV • EEG Scoring for Sleep Assessment	Dr. Mohanakrishnan Pulmonology, Chennai
	Valedictory Function	

SCIENTIFIC COMMITTEE

SCIENTIFIC COMMITTEE CHAIRPERSON – Dr. P.S.N. RAJU



NEUROLOGY

Dr. Siddhartha Ghosh

Dr. Prabhash Prabhakaran

Dr. Muthukumar

Dr. Selvapandian

Dr. Selvin Gnanaraj

PULMONOLOGY

Dr. Ghanshyam Verma

Dr. Mohanakrishnan

ENT

Commander (Dr.) Karthik Madesh

Dr. Revathy S Kumar

Dr. Ganesh

Dr. Govindaraj

ANESTHESIOLOGY

Dr. Balachandran

BARIATRICS

Dr. Christopher

CARDIOLOGY

Dr. Harikrishnan Parthasarathy

Dr. S. Aravind

OMFS

Dr. Sethurajan

Dr. Bala Guhan

INTERNAL MEDICINE

Dr. MD Selvam

Dr. S Krishnamoorthy

Dr. Jayasree Krishnan

Dr. Dilipan Selvam Alli

DENTISTRY

Dr. Joby Peter

PSYCHIATRY/ PSYCHOLOGY

Dr. Raman K

Dr. Nithya

PEDIATRICS

Dr. Deepa Mathew

Dr. Anitha VP

Dr. Krishnapriya

Dr. Varun Gunasekar

RADIOLOGY

Dr. Swatee Halbe

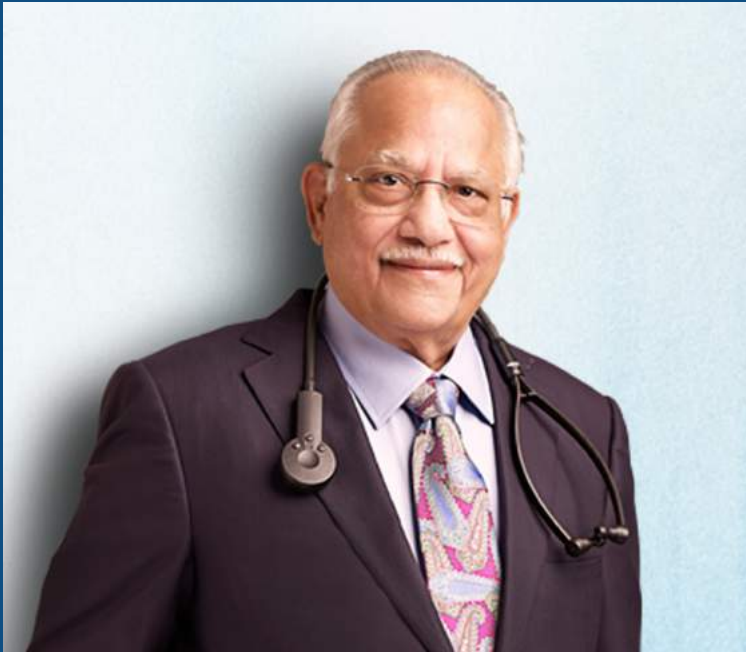
Dr. Navin Gnanasekaran

NUTRITION

Ms. Remya

MISSION

Our mission is to bring healthcare of international standards within the reach of every individual. We are committed to the achievement and maintenance of excellence in education, research and healthcare for the benefit of humanity.



Dr. Prathap C Reddy

Chairman & Founder Apollo Hospitals Group

Apollo Speciality Hospitals, Vanagaram

64, Vanagaram to Ambattur Main Road,
Off Poonamalle High Road, Vanagaram, Chennai 600 095.