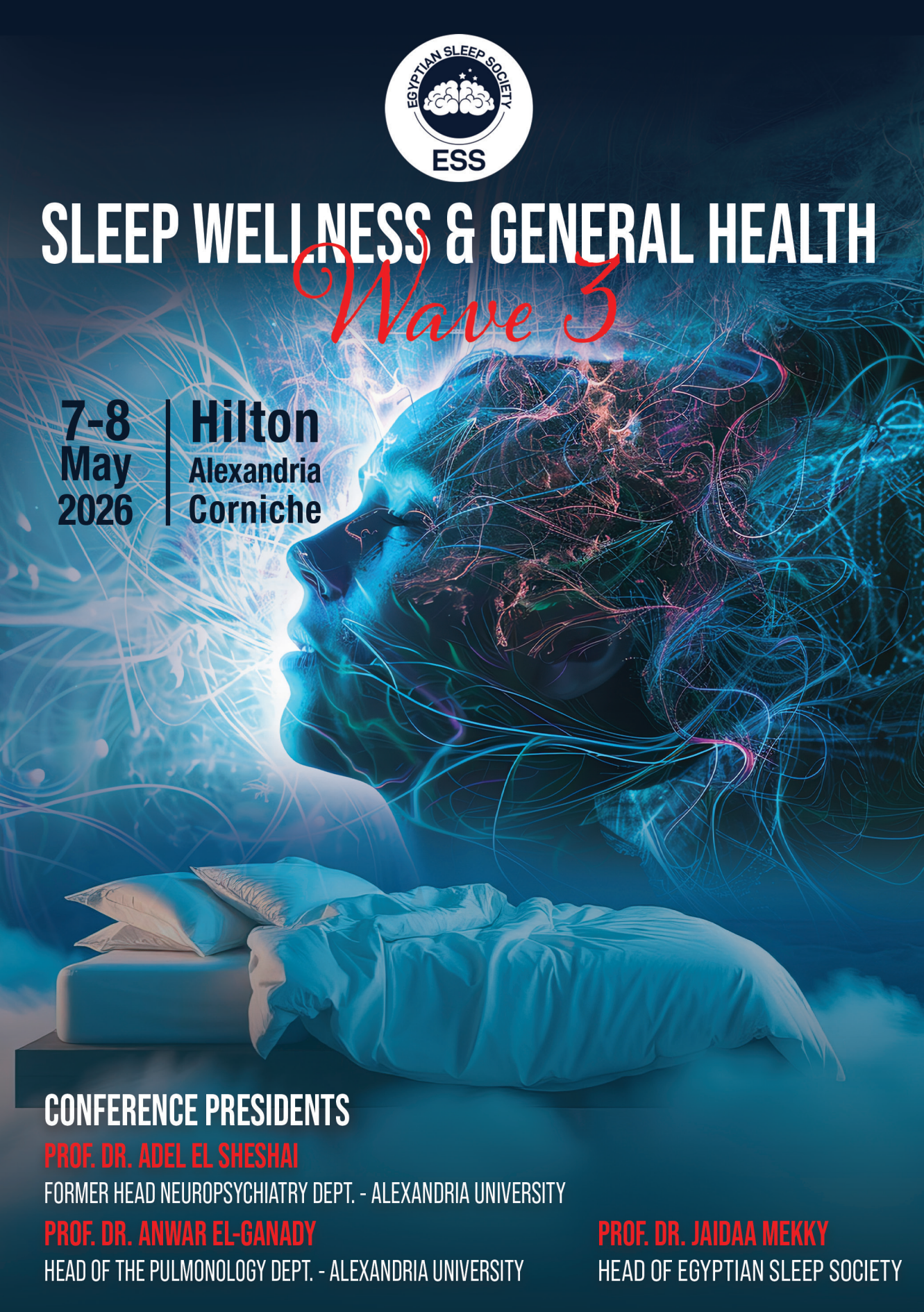
EGYPTIAN SLEEP SOCIETY
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SLEEP WELLNESS & GENERAL HEALTH

Wave 3

7-8 May 2026 | **Hilton Alexandria Corniche**



CONFERENCE PRESIDENTS

PROF. DR. ADEL EL SHESHAI
FORMER HEAD NEUROPSYCHIATRY DEPT. - ALEXANDRIA UNIVERSITY

PROF. DR. ANWAR EL-GANADY
HEAD OF THE PULMONOLOGY DEPT. - ALEXANDRIA UNIVERSITY

PROF. DR. JAIDAA MEKKY
HEAD OF EGYPTIAN SLEEP SOCIETY

CONFERENCE GENERAL SECRETARY:

PROF. DR. LUCY SULIMAN
PROF. DR. ASHRAF ELSHOURA
PROF. DR. OSAMA ELKHOULY
PROF. DR. WAFIK BAHNASY

SCIENTIFIC COMMITTEE (ALPHABETICAL):

PROF. DR. IMAN GALAL
PROF. DR. LAMIA AFIFI
PROF. DR. LUCY SOLIMAN
PROF. DR. SAFI KADDAH

EGYPTIAN SLEEP SOCIETY
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THURSDAY
7 MAY 2026

REGISTRATION
09:00 – 10:00



1 MANAGEMENT OF SLEEP APNEA

10:00 - 11:00

CHAIRPERSONS

Prof. ***ANWAR AHMED ELGANDAY*** *(Alexandria University)*

Prof. ***AHDAF ANAN*** *(Benha University)*

Prof. ***MOHAMED MEKKY*** *(Kafr Elshekh University)*

10:00 - 10:20

Is Calorie Restriction Enough? Rethinking Obesity management

Ass Prof. ***DALIA KHAMIS ELDEEB***

Assist. Prof. of Public health Community Medicine Department Alexandria Faculty of Medicine Consultant of Clinical Nutrition

10:20 - 10:40

Metabolic and Bariatric Surgery as a Therapeutic Pathway for Obstructive Sleep Apnea

Prof. ***HANY ASHOUR***

Prof. of Surgery - Alexandria university

10:40 - 11:00

Role of Oral Appliances in treatment of Sleep Apnea

Prof. ***MOHAMED SAMIR FATHALLA***

Dental and Prosthodontic Consultant

2 NERHADOU SYMPOSIUM

NERHADOU INTERNATIONAL

11:00 – 11:20

11:00 – 11:20

Circadian rhythm disorders and insomnia

Prof. ***JAIDAA MEKKY***

Prof. of Neurology and Consultant in Sleep Disorders - Alexandria University.

11:20 – 11:40

11:20 – 11:40

Perioperative Management of OSA

Prof. ***IMAN GALAL***
Prof. of Pulmonary Medicine - Ain Shams University

3 NEUROLOGY

11:40 – 12:40

CHAIRPERSONS

Prof. ***MAHMOUD IBRAHIM*** *(Alexandria University)*
Prof. ***HAZEM MAAROF*** *(Alexandria University)*
Prof. ***MONA NADA*** *(Alexandria University)*

11:40 – 12:00

REM Behavioral Disorders

Prof. ***LAMIAA AFIFY***
Prof. of Clinical Neurophysiology - Cairo University
American Board of Sleep Medicine

12:00 -12:20

The Sleepless Brain: Sleep Dysregulation in Neurodevelopmental and Neurometabolic Disorders

Dr. ***MENNAT ALLAH ZAKARIA MAHMOUD***
Lecturer of pediatrics
Developmental and behavioral pediatrics unit - Ain Shams University

12:20 – 12:40

Insomnia and treatment with TDCS

Ass. Prof. ***DINA EL SALMAWY***
Assist. Prof. of clinical Neurophysiology
Kasr Al Ainy, Cairo University

TOTAL CARE SYMPOSIUM

12:40 - 12:50

12:40 - 12:50

Airway Clearance

Prof. ***ANWAR AHMED ELGANDAY***
Prof. and Head of the Pulmonology Department - Alexandria University

Opening Ceremony

12:50 - 01:10

COFFEE **BREAK**

01:10 - 01:20 PM

4 CHEST

01:20 - 02:20

CHAIRPERSONS

Prof. ***MAHMOUD IBRAHIM*** *(Alexandria University)*

Prof. ***HANY SHARWAY*** *(Alexandria University)*

Prof. ***ENAS ELSAYED*** *(Alexandria University)*

01:20 – 01:40

Controversy in the Treatment of OSA

Prof. ***NASHWA ABDELWAHAB***
Prof. of Chest Diseases - Alexandria University - Member of the AASM

01:40 – 02:00

OSA traits

Prof. ***ASHRAF ELSHOURA***
Prof. of Chest Diseases Zagazig University

02:00 – 02:20

Case Presentation

Prof. ***LUCY SOLIMAN***
Prof. of Chest Diseases - Mansoura University

Prof. ***SAFI KADDAH***
Prof. of Pulmonary Medicine - Cairo University.

5 EVA SYMPOSIUM

EVA PHARMA

02:20 – 02:40

02:20 – 02:40

The Philosophy of Somnomics: Bridging Hypersomnia and Insomnia

Prof. ***WAFIK BAHNASY***
Prof. of Neurology Tanta University

6 COPAD SYMPOSIUM

02:40 – 03:00

02:40 – 03:00 Narcolepsy

Prof. ***JAIDAA MEKKY***
Prof. of Neurology and Consultant in Sleep Disorders - Alexandria University.

7 PSYCHIATRY

03:00 - 04:30

CHAIRPERSONS

Prof. ***MOSTAFA ELSADANY*** *(Alexandria University)*
Prof. ***HORYA SADDALAH*** *(Alexandria University)*
Prof. ***MERVAT HAMED*** *(Alexandria University)*

03:00– 03:20 Psychopharmacology of Insomnia

Prof. ***ADEL ELSHEASHAY***
Former Head & Prof. of Neuropsychology, Alexandria University

03:20 – 03:40 Psychopharmacology of Sleep & Wakefulness

Prof. ***OSAMA EL KHOLY***
Prof. of Neuropsychology - Alexandria University

03:40 – 04:00 Sleep and Women's Mental Health

Prof. ***EMAN ABDALRAHEEM***
MD Consultant and Lecturer of Psychiatry - Cairo University
Somnologist-ESRS certified Expert in sleep medicine

04:00 – 04:20 Psychotropic medication used as hypnotics pros and cons

Dr. ***REHAB ABDELFATTAH***
Psychiatry Consultant

04:20– 04:30 ***Closing Remarks for Day 1***

EGYPTIAN SLEEP SOCIETY
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FRIDAY
8 MAY 2026

Workshops

REGISTRATION
08:00 – 09:00

CBT FOR INSOMNIA

09:00 – 11:00

MODERATOR

Prof. *JAIDAA MEKKY*

09:00 - 10:00	**CBT for insomnia** *Prof. Dr.* ***MARWA GABER*** *Clinical Psychologist*
10:00 - 11:00	**CBT-I** *Dr.* ***ALIAA ADEL*** *Clinical Psychologist*

PARASOMNIA

11:00 – 01:00

11:00 - 11:30	**Nocturnal Epilepsy** *Prof.* ***MOHAMED HAMDY*** *Head & Prof. of Neurology - Alexandria University*
11:30- 12:00	**Parasomnia** *Prof.* ***JAIDAA MEKKY*** *Prof. of Neurology and Consultant in Sleep Disorders - Alexandria University.*
12:00- 12:30	**Sleep-Related Movement Disorders** *Prof.* ***WAFIK BAHNASY*** *Prof. of Neurology Tanta University*
12:30- 01:00	**Case Scenarios & Discussion** *Prof.* ***OSAMA EL KHOLY*** *Prof. of Neuropsychology, Alexandria University*

COFFEE **BREAK** & **PRAYER**
01:00 – 02:00

POLYSOMNOGRAPHY (PSG)

02:00 – 04:00

02:00 - 02:45	**PSG Scoring** *Ass. Prof.* ***NESREEN EL MORSY*** *Associate Prof. of Pulmonary and sleep medicine - Mansoura university*
02:45- 03:30	**PSG Interpretation** *Prof.* ***SAFI KADDAH*** *Prof. of Pulmonary Medicine - Cairo University.*
03:30 - 04:00	**Industry Session – PSG Wiring Demonstration**

CPAP & NIPPV

04:00 – 06:00

04:00 - 04:45	**Choosing NIPPV Devices in SDB** *Prof.* ***LUCY SOLIMAN*** *Prof. of Chest Diseases - Mansoura University*
04:45- 05:30	**NIPPV Interfaces** *Ass. Prof.* ***DOAA GAD*** *Assist. Prof. chest diseases - Zagazig University*
05:30 - 06:00	**Industry Session – Hands-on Training**

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PROJECT MANAGER

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