

SLEEP2026

BALTIMORE, MD | JUNE 14-17



ABSTRACT SUBMISSION GUIDE



SLEEP 2026

YOU ARE INVITED TO SUBMIT AN ABSTRACT FOR SLEEP 2026

APSS Program Committee

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QUESTIONS

Questions regarding SLEEP 2026 abstract submissions should be directed to:

Associated Professional
Sleep Societies, LLC
Attn: Meeting Department
Phone: (630) 737-9700
Email: info@sleepmeeting.org
www.sleepmeeting.org

The APSS is a joint initiative of the American Academy of Sleep Medicine (AASM) and the Sleep Research Society (SRS).

ABSTRACT SUBMISSION GUIDELINES

IMPORTANT DATES AND DEADLINES FOR ABSTRACTS

September 17, 2025

Online abstract submission site opens at
www.sleepmeeting.org

December 8, 2025

Deadline to submit abstracts by
11:59 p.m. EST

Late February 2026

Acceptance notifications for
abstracts sent via email

March 16, 2026

Deadline to withdraw an abstract
(no refunds will be provided)

reserves the right to assign abstracts that are not selected for an oral presentation to a poster presentation. To be considered for an oral presentation OR a poster presentation but NOT both, select the appropriate category as described above.

Abstract presentations are scheduled at the sole discretion of the APSS Program Committee. Submission of an abstract constitutes the commitment of at least one author to present the abstract as accepted, regardless of presentation type or day/time assigned.

Expenses associated with the preparation, submission and presentation of an abstract are the responsibility of the author/presenter. Abstract presenters must register for the meeting. Instructions for registering for the meeting will be included with the notice of acceptance.

To submit an abstract of investigative work, carefully review all abstract submission information noted within this document.

COPYRIGHT

Authors are required to write an original abstract that fulfills accepted criteria for copyright purposes. Accepted abstracts will be published and copyrighted in a special issue of the journal *SLEEP*. By submitting an abstract, all authors attest that the abstract submitted has not been previously published elsewhere and transfers, assigns or otherwise conveys all copyright ownership, including any and all rights incidental thereto, exclusively to the Sleep Research Society as publisher of the journal *SLEEP*.

If an author chooses to submit information from an abstract that has previously been presented and/or published, all data must be updated, current and rewritten in a manner that does not infringe on copyright laws. Authors are responsible for obtaining permission to include any copyrighted material in their abstract presentations. All authors will be required to agree to a copyright assignment statement when submitting an abstract.

The Program Committee will give priority to research that has not been presented elsewhere or published prior to SLEEP 2026.

Abstracts will be accepted for presentations in an oral presentation format and/or poster presentation format.

Oral Presentations may be scheduled beginning at 1:00 p.m. on Sunday, June 14 through Wednesday, June 17 and involve a 12-minute presentation window followed by 3-minutes for questions. The Program Committee reserves the right to assign abstracts that are not selected for an oral presentation to a poster presentation.

Poster Presentations involve display of a poster for one day on Monday, June 15; Tuesday, June 16; or Wednesday, June 17. Presenting authors are expected to be physically present at the poster display to answer questions during their assigned morning time slot. Poster presentations will be scheduled in one of two slots from 10:00 a.m. to 11:45 a.m. each day. Selection of a poster presentation at the time of submission indicates that you are only interested in presenting your work in this format. The Program Committee will not designate any abstract submitted for poster presentation as an oral presentation.

Both Oral and Poster Presentations provide authors the opportunity to present BOTH an oral presentation and poster presentation, based on the times and qualifications listed above. By selecting "Both Oral and Poster Presentation," the author agrees to give BOTH an oral presentation and a poster presentation of the same work. The Program Committee

ABSTRACT SUBMISSION GUIDELINES

SUBMISSION DEADLINE: DECEMBER 8, 2025, BY 11:59 P.M. EST

Abstracts that do not meet all the specifications listed below will be automatically rejected:

- An individual may be the presenting author on a maximum of two abstracts.
- There can be no more than fifteen (15) authors per abstract.
- Abstracts must conform to the following outline. Abstract sections may not be substituted with different terminology:
 - a. Title
 - b. Authors and institutions
 - c. Introduction
 - d. Methods
 - e. Results
 - f. Conclusion
 - g. Support (if any)
- The abstract body (comprising introduction, methods, results, conclusion, and support) is limited to 350 words.
- Brand names may not be used in abstract titles and are limited to one reference within the body.
- References, tables, figures, or any other graphics are not permitted.

Case reports and literature reviews are not appropriate and will not be considered. Abstracts will not be accepted for presentation if they fail to reflect acceptable scientific methodology, if the data or statistical analyses do not justify the conclusions, if they lack sufficient scientific or clinical merit, or if no data are included. All abstracts are peer-reviewed; notice of acceptance will be sent to the contact author via email in late February 2026.

Additionally, to comply with continuing education credit guidelines, the presenting author submitting an oral presentation will be required to disclose all relationships with ineligible companies over the previous 24 months. These disclosures must be detailed during the abstract submission process. If the presenting author does not complete this disclosure process, the APSS will not be able to offer continuing education credit for your presentation. Authors of accepted poster presentations are not required to provide this information.

Ineligible companies are those whose primary business is producing, marketing, selling, re-selling or distributing health care products used by or on patients.

ABSTRACT SUBMISSION GUIDELINES

SUBMISSION PROCESS

All abstracts must be submitted electronically via the SLEEP 2026 website at www.sleepmeeting.org.

Online submission will open **September 17, 2025**. A non-refundable abstract review fee of \$50 per submission must be paid at the time of submission. The final deadline to submit is **December 8, 2025, at 11:59 p.m. EST**; the deadline will not be extended.

Authors are encouraged to submit abstracts early. You will be able to revise, edit and preview your abstract until the close date of **December 8, 2025, at 11:59 p.m. EST**. Please review your work for accuracy; abstracts will be printed exactly as submitted. Copyediting of your abstract will not be permitted. To withdraw an abstract, the contact author of the abstract must provide written notification to the APSS Meeting Department via email at presentations@sleepmeeting.org by **March 16, 2026**.

AWARDS

The Sleep Research Society is pleased to offer Trainee Merit Awards that are based on abstract submissions. Complete information can be found at sleepresearchsociety.org/awards/conference-awards.

The AASM Foundation offers the Trainee Investigator Award. Additional details about this award can be found at <https://foundation.aasm.org/award-programs/trainee-investigator-award/>.

SLEEP 2026 ABSTRACT CATEGORIES

Authors will need to select whether the abstract best fits within the *Basic and Translational Sleep and Circadian Science* track or *Clinical Sleep Science and Practice* track and then pick an appropriate category. A full listing of categories can be found below.

NOTE: Authors are required to select an abstract category when submitting their abstracts; the APSS Program Committee reserves the right to move abstracts between tracks and/or categories as it sees fit.

A. BASIC AND TRANSLATIONAL SLEEP AND CIRCADIAN SCIENCE

This category includes basic research on the fundamental aspects of sleep and circadian science from animal models to humans as well as translational research on fundamental mechanisms to understand disease and discover treatments.

e.g. Phase 1 trials, studies on healthy populations, etc.

- I. Circadian rhythms
- II. Cell and molecular biology and genetics
- III. Neurobiology
- IV. Learning, memory, and cognition
- V. Peripheral physiology
- VI. Emotion, stress, and trauma
- VII. Behavior, performance, and fatigue
- VIII. Sleep deprivation, loss, and extension
- IX. Sleep and chronobiology across the lifespan
 - a. Development
 - b. Aging
- X. Sleep and circadian disparities
- XI. Human and translational models
- XII. Innovations in technologies
- XIII. Occupations and populations

B. CLINICAL SLEEP SCIENCE AND PRACTICE

This category includes a focus on clinical practice, policy, populations, or research with an immediate or direct clinical application.

e.g. Phase 2-3 trials, studies on clinical populations, etc.

- I. Insomnia
 - a. Pathophysiology, epidemiology, diagnosis
 - b. Treatment
- II. Sleep-related breathing disorders
 - a. Pathophysiology
 - b. Epidemiology/diagnosis
 - c. Treatment
- III. Hypersomnia
 - a. Epidemiology and diagnosis
 - b. Treatment
- IV. Circadian rhythm sleep-wake disorders
- V. RLS, movement disorders, and parasomnias
- VI. Adults: Sleep and aging, sleep and gender
- VII. Pediatrics
 - a. Sleep-related breathing disorders
 - b. Insomnia and behavioral sleep problems
 - c. Other
- VIII. Sleep and medical disorders
 - a. Sleep and cardiovascular comorbidities
 - b. Sleep and non-cardiovascular comorbidities
- IX. Sleep and psychiatric disorders
 - a. Nightmares, abnormal dreams, and PTSD
 - b. Mood and anxiety disorders
 - c. Other
- X. Sleep and neurologic disorders
- XI. Healthcare delivery and implementation
- XII. Education
- XIII. Consumer technology

SUBMISSION OPPORTUNITIES FOR TRAINEES

There are two opportunities for trainees to present at SLEEP 2026! The submission process for trainee presentations is different than for abstracts. **Please read these instructions carefully.**

Case Reports from Clinical Trainees

Deadline: December 8, 2025, at 11:59 p.m. EST

The APSS Program Committee encourages individuals in clinical training to submit case reports for SLEEP 2026. Case reports present unique, unusual, or important clinical observations of interest to clinical sleep medicine practitioners.

Case reports submitted by clinical trainees will:

- **ONLY** be accepted from individuals in a clinical training program
- **BE CONSIDERED** for presentation during an oral session for challenging cases
- **BE INCLUDED** as a poster presentation
- **BE INCLUDED** in the SLEEP abstract supplement
- **NOT** be categorized and will be in a separate "case reports" section of the poster hall

Individuals must be in clinical training to submit a case report for SLEEP 2026. Training Directors are required to verify that the authors are in clinical training. If the Training Director does not verify that authors are in clinical training, the case report will automatically be rejected.

SUBMISSION GUIDELINES

1. Case reports must conform to the following outline:
 - a. Title
 - b. Authors and institutions
 - c. Introduction
 - d. Report of case(s)
 - e. Conclusion
 - f. Support (if any)
2. The case report body (comprising the introduction, report of cases, conclusion and support) is limited to 350 words.
3. Brand names may not be used in case report titles and are limited to one reference within the body.
4. There can be no more than fifteen (15) authors per case report.
5. An individual may be the presenting author on a maximum of two case reports.
6. Each author must agree to the copyright assignment statement.

SUBMISSION PROCESS

You must follow these steps to submit your case report:

1. Complete your online submission at www.sleepmeeting.org by **December 8, 2025, at 11:59 p.m. EST.**
2. A nonrefundable review fee of \$50 per submission must be paid at the time the case report is submitted. This fee will not be refunded if a case report is withdrawn or not accepted.
3. Notification of whether your case report is accepted for poster presentation will be sent via email in late February 2026, along with notification if your case has been accepted for oral presentation during the challenging cases session at SLEEP 2026.

CONTINUING EDUCATION

Continuing education credit will be provided to attendees of all challenging cases presentations. Each presenting author is required to review and adhere to the conflict of interest disclosure policy. Additionally, the presenting author must complete the conflict of interest disclosure form during the submission process.

SUBMISSION OPPORTUNITIES FOR TRAINEES

Extended Submission Dates for First-Year Trainees

Deadline to Submit Extended Deadline Request Form: **December 8, 2025, at 11:59 p.m. EST**

Extended Deadline to Submit Abstract: **March 16, 2026, at 11:59 p.m. EDT**

The APSS Program Committee recognizes that many individuals in their **first year of training** are unable to complete enough research to submit an abstract by the December 8 deadline. In an effort to include this important science in the SLEEP 2026 meeting, the APSS Program Committee will accept abstracts for poster presentation from individuals in their first year of training from **December 8, 2025, through March 16, 2026**.

Abstracts submitted between December 8 and March 19 will:

- **ONLY** be accepted for poster presentation
- **NOT** be categorized and will be in a separate "Trainee Abstract" section of the poster hall
- **NOT** be included in the SLEEP abstract supplement

Individuals will only be permitted to submit their abstracts between December 8 and March 16 if they are in their first year of graduate training, postgraduate training, or a clinical sleep medicine fellowship. Training Directors are required to verify that the authors are in their first year of training. **If the Training Director does not verify that authors are in their first year of training, the abstract will automatically be rejected.**

SUBMISSION GUIDELINES

- Abstracts must be submitted in a Microsoft Word document
- Abstracts must conform to the guidelines outlined
- Case reports, systematic reviews, and literature reviews will not be considered for extended deadline submission

The submission process for the abstracts submitted during the extended deadline is different than for abstracts submitted by December 8.

You must follow the following steps to submit your Extended Deadline Abstract:

1. Complete the Extended Abstract Submission Deadline Request Form, which is available on the SLEEP 2026 website at www.sleepmeeting.org, and submit it via email to presentations@sleepmeeting.org by Monday, December 8, 2025. **This form must be submitted by December 8; no exceptions will be made to this deadline.**
2. A non-refundable abstract review fee of \$50 per submission must be paid at the time the Extended Abstract Submission Deadline Request Form is submitted. This fee will not be refunded if an abstract is not submitted by the March 19 deadline.
3. Submit your abstract via email to presentations@sleepmeeting.org between December 8, 2025, and March 16, 2026.*
4. Notification of whether your abstract is accepted will be sent via email by **April 20, 2026**.

*If you do not receive confirmation that your abstract was received within three business days, contact the APSS Meeting Department at presentations@sleepmeeting.org.

CONTINUING EDUCATION INFORMATION AND CONFLICT OF INTEREST POLICY

Continuing education credit will be provided to attendees of all oral abstract presentations; authors/submitters of poster-only presentations may disregard this information.

ACCREDITATION STATEMENT

SLEEP 2026 meeting activities have been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the American Academy of Sleep Medicine (AASM) and the Associated Professional Sleep Societies, LLC (APSS). The AASM is accredited by the ACCME to provide continuing medical education for physicians.

To comply with the mandatory ACCME guidelines to offer continuing education credits, all session speakers must comply with the APSS conflict of interest policy.

CONFLICT OF INTEREST POLICY

Prior to the activity, every speaker/presenting author must disclose to the APSS if they do or do not have financial relationship(s) with one or more ineligible companies. The following information must be submitted for each speaker/presenting author:

- Their role in the educational event
- The name(s) of any ineligible companies with which the individual has a financial relationship(s) within the prior 24 months
- The nature of the relationship(s), and whether the relationship has ended

Conflict of interest disclosures for presenting authors of oral presentations must be provided at the time of abstract submission.

An **ineligible company** is any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. For specific examples of ineligible companies visit accme.org/standards.

The accredited provider is responsible for identifying relevant financial relationships between individuals in control of educational content and ineligible companies and managing these conflicts to ensure they do not introduce commercial bias into the education. Financial relationships of any dollar amount are defined as relevant if the educational content is related to the business lines or products of the ineligible company.

The nature of the relationship(s) is defined as financial relationships in which the individual benefits by receiving income, salary, royalty, intellectual property rights, consulting fees, honoraria or other financial benefits. Financial benefits are typically associated with roles such as employment, consulting, investigational or contract research, speaking/teaching, membership on advisory committees or review panels, board membership and other activities from which compensation is received or expected.

Additionally, speakers cannot promote any ineligible companies during their presentation. This includes displaying logos and/or advertising in their presentations, or promotion of educational events and materials from which an individual receives honoraria, travel reimbursement, or royalties.

If a speaker/author does not comply with the APSS Conflict of Interest Policy, the speaker will not be permitted to participate in the program and may be banned from participating in future meetings. The APSS Program Committee will review the disclosures of financial relationships and the topic of the abstract to ensure compliance with the requirements stated above.

To comply with some requirements, a presentation outline or slides may be requested from a speaker in advance of the meeting depending on their potential conflicts.

Speakers must disclose any financial relationships with ineligible companies during the submission process. Instructions on this will be provided during the submission process and information on disclosing these relationships during your presentation will be provided prior to the meeting.