

IPSA NEWS

Updates from the International Pediatric Sleep Association

From Snow in Scotland to Cherry Blossoms in Kyoto

Dear IPSA Members,

I am delighted to extend a warm welcome to each of you as I bring you the first IPSA newsletter of 2024! I'm planning to send such a newsletter three times a year and they will remain available to view on our website.

To give a traditional English flavor to this seasonal newsletter I'd like to talk about ...the weather. It will link to several of the topics on the following pages, so please bear with me.

Although you could argue there were many more important issues to ponder, you might be surprised that one of the most frequent questions a few weeks ago in the UK was 'Did we have a white Christmas in the UK?' Fortunately, the definition of a white Christmas is easier to understand than the polysomnographic definition of an arousal and is simply 'for one snowflake to be observed falling in the 24 hours of the 25th of December somewhere in the UK'. In fact, despite recording the highest daily minimum temperature for Christmas Day on record (which is a very bad thing -discussed later) it was a white Christmas as a few snowflakes fell in the highlands of Scotland – and that counts.

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IPSA Glasgow 2024 April 26-28

Countdown to IPSA 2024 in Glasgow

Scotland, Glasgow to be precise, is where I hope we will all meet 26th to 28th of April for the first face to face IPSA since our Paris meeting in 2018. This promises to be an unforgettable event, bringing together a diverse range of people with a passion for pediatric sleep from around the globe.

I'm proud of our last two virtual meetings, the quality of symposia, number of countries represented and the actual way everything ran smoothly over so many time zones was remarkable. But face to face this time will be very special. A few of us were fortunate enough to participate in the IPSA satellite parts of the World Sleep Congress in Rio, and the face-to-face excitement, enthusiasm and networking was something to behold. (We will be following this model in future years whereby IPSA full conferences will be every two years, but for the 'in between' year we will play our role as part of the World Sleep Congress.)

But back to Glasgow. It's a truly great city, and the local organizing team have gone to incredible lengths to really make it a special event. I won't steal their thunder, but suffice it to say there are breathtaking locations, memorable events and humbling involvement of local groups of children and young people. There are still a few more weeks before the early bird booking rate closes, and before the IPSA membership goes up, so now is the time for savings!

The number and quality of symposia received for Glasgow has broken all records for IPSA. More symposia, more people, and more countries than ever before! The tragedy is that there are only a finite number of symposia slots, so many great symposia will have to be rejected. I think we are at the stage where we could fill a three-day conference with fantastic content, and this is something we'll look at hard before the next conference. On that note, although it seems a long way off, we'll soon be circulating a request for bids for IPSA 2026! Start thinking now or send us an [email](mailto:info@pedsleep.org) if you think you want to bid to host this.



Climate Change and Cherry Blossoms

Now back to the weather, or more specifically cherry blossoms in Kyoto. Incredibly there are detailed records of the timing of Kyoto's cherry blossom season going back 1,200 years. This beautiful blooming has been an important event in Japan since ancient times as it traditionally signals the start of spring. However, cherry blossoms in Kyoto are now reaching full bloom 11 days earlier than they would if there was no warming effect from the urban environment and climate change. Last year, Kyoto's cherry blossoms bloomed by 26 March, the earliest seen in more than 1,000 years of recorded history.

When it comes to climate change, we can neither afford to be too pessimistic ('frozen, unable to act') or too optimistic ('I don't need to personally do anything'). Climate change is everyone's problem and so IPSA decided the impact of climate change on Children's sleep should be one of our new IPSA taskforce themes. This culminated in an IPSA and WSS publication you can read here, where we endorsed the International Pediatric Association's declaration on the impact of climate change on children.

<https://pubmed.ncbi.nlm.nih.gov/36898187/>



IPSA 2024 Keynote Speaker

We also made climate change one of the themes for Glasgow and are delighted that Dr. Kelton Minor, an international climate change expert from Columbia University agreed to be one of our plenary speakers. Another good reason to come to Glasgow!

<https://datascience.columbia.edu/people/kelton-minor/>

Task-force and webinar update

This section will feature 'live' work that comes from our members and task-forces. Each newsletter will invite a lead of one of our task-forces or webinars to give an update on their progress. (Please bear in mind that we are all volunteers and we are always looking for people who are keen to help contribute to the work of IPSA in any way. If you have an idea for a new taskforce – please bear in mind that if adopted you will be expected to contribute – then please email us.)



Dr. Kotagal

Melatonin Task Force

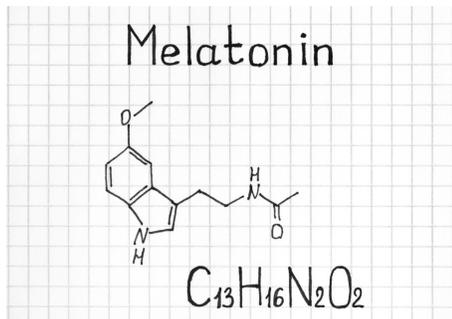
For this month we focus on the Melatonin Task Force and I'll leave it to Suresh Kotagal, MD, the tireless chair of this taskforce to explain their work to date.

Around April 2022, the International Pediatric Sleep Association and the World Sleep Society commissioned a task force (TF) of twelve experts to review the role of melatonin in managing insomnia in children with autism and related neurodevelopmental disorders. Though melatonin is widely prescribed for improving sleep in this special population, there is a need for practical guidance to clinicians – melatonin has now become the most prescribed drug for improving sleep in children; social media posts on this topic have also risen significantly. The TF pediatric sleep experts were drawn from China, Australia, Europe, Central America, Canada, and the United States. They analyzed evidence from controlled trials published between 2012 to 2022 after searching PubMed, the Cochrane Library and the Scielo Database.

After screening 330 studies, 8 publications were ultimately selected for review. Diaries were used to quantify sleep in all studies, supplemented to varying degrees by standardized questionnaires and actigraphy. On applying the Grading Recommendations Assessment Development and Evaluation (GRADE), the overall quality of evidence was found to be moderate, with downgrading for imprecision and indirectness. Though measures for assessing sleep varied from study to study, all showed improved sleep onset latency or total sleep time. Additionally, 3/8 showed improved parental sleep on the Pittsburgh Sleep Quality Index. One study that used a combination of behavioral therapy and melatonin found this approach beneficial. One study with a long period of follow up of 104 weeks found no impact on somatic growth or endocrine function. The most common side effects of melatonin were fatigue, vomiting, somnolence, cough, mood swings, increased excitability, headaches, and rash.

continued next page

Task Force continued



The TF commented upon avoiding the indiscriminate use of melatonin without excluding other specific sleep disrupting pathologies like restless legs syndrome. The inconsistency in content of melatonin in various non GCP preparations, can range from -83% to 478% of the labelled content, and the possibility of contamination with serotonin in some preparations were discussed. There was insufficient evidence on the usefulness of melatonin for improving sleep in children below 2 years of age. There is a need for global harmonization and standardization of melatonin preparations for children.

A draft of the task force findings has been submitted to the World Sleep Society and executive committee of the International Pediatric Sleep Association for review and consideration for publication in Sleep Medicine.

Melatonin Webinar

Continuing the melatonin theme, Judy and I did the following webinar on the rising melatonin usage worldwide that was recorded and is now available on our website for IPSA members.

Monday, November 6, 2023
12:30pm PST | 3:30pm EST | 8:30pm UTC

#SleepChat

LET'S SLEEP!

RISING MELATONIN USE IN CHILDREN & TEENS WORLDWIDE:
Essential Insights for Caregivers & Healthcare Providers

FREE webinar featuring

Judith Owens, MD, MPH
Professor in Neurology, Harvard Medical School
President, Intl Pediatric Sleep Assn
Internationally recognized authority on pediatric sleep

Paul Gringras, MD
Professor of Sleep Medicine, King's College London
Consultant, Pediatric Neurodisability & Sleep Medicine, Evelina London Children's Hospital
President-Elect, Intl Pediatric Sleep Assn

<https://www.pedsleep.org/Webinar-Recordings>

In Memoriam

In this solemn section, we will remember and honor those whose contributions to pediatric sleep have left an indelible mark.

Their legacies should inspire us to continue the important work of IPSA in improving sleep health for children worldwide.

Please email us if in the future you become aware of other pediatric sleep researchers, educators, accomplished clinicians, or those who have served the field that we should honor. If you knew the person well, please feel free to write a couple of background paragraphs for us.

Dr. Monique LeBourgeois

By Dr. Lauren Hartstein

It is with heavy hearts that we announce the passing of Dr. Monique K. LeBourgeois on November 28, 2023. Dr. LeBourgeois was an Associate Professor of Integrative Physiology at the University of Colorado Boulder and director of the Sleep and Development Lab. A luminary in the field of sleep and circadian development, Dr. LeBourgeois leaves behind a profound legacy of groundbreaking research, extensive collaboration, and unwavering dedication to advancing our understanding of sleep health in early childhood.

Through her pioneering techniques to conduct rigorous, in-home experimental protocols with young children, her research shed light on the intricate interplay between children's environments and physiology in shaping sleep health.



Beyond her numerous scientific accomplishments, Dr. LeBourgeois was a devoted mentor, personally invested in guiding trainees toward success. Dr. LeBourgeois' impact on her trainees, affectionately known as 'sleep fairies' is immeasurable. While we mourn the loss of a brilliant scientist, mentor, and friend, Dr. Monique LeBourgeois' passion and legacy will endure through the countless lives she touched.

May her contributions continue to inspire future generations in the pursuit of knowledge and the betterment of our collective understanding of sleep and circadian science across development.



Nurturing Young Minds: Prizes for Young Researchers

Recognizing the importance of fostering emerging talent, IPSA is proud to announce prizes for new researchers. This initiative aims to encourage innovation and excellence in the field of pediatric sleep. There are two award opportunities available to IPSA 2024 Glasgow oral or poster abstract presenters.

IPSA New Investigator Award

This award recognizes new investigators in pediatric sleep. Oral abstract award winners receive a grant of up to \$1,000 to support their travel to present at IPSA 2024 Glasgow and free registration to the congress. Poster abstract recipient winners will receive an award of \$500. To apply please complete the application by January 15, 2024.

For more information visit,
pedsleep.org/New-Investigator-Award

Christian Guilleminault Young Investigator Award

The CG Young Investigator Award encourages young investigators in the field of sleep and awards a travel grant of up to \$1,000 to each recipient per year.

For more information visit,
<https://pedsleep.org/New-Investigator-Award>

Join IPSA Today

Early membership benefits

I urge each member to consider renewing their IPSA membership [here](#) before prices increase. Your continued support is vital for the success of IPSA's mission. Additionally, secure your spot at the upcoming conferences by booking early. Seize the opportunity to engage with experts, share insights, and contribute to the future of pediatric sleep.

Your Voice Matters

Share Your Suggestions

We value your input! This newsletter is a platform for open dialogue. I invite every IPSA member to share suggestions, ideas, and topics of interest by [email](#). Your feedback is instrumental in shaping the direction of IPSA, and together, we can propel pediatric sleep research and advocacy to new heights. Let's all continue to make a positive impact on the sleep and lives of children worldwide.

Warm regards,



Paul Gringras, *President*
International Pediatric
Sleep Association

Dates to Remember

IPSA 2024 Dates:

January 15:

Oral and young investigator abstract submission deadline

January 31:

Early bird rates end

March 1:

Poster abstract submission deadline

April 26-28

IPSA 2024 in Glasgow

September 24-27, 2024

ESRS in Seville

September 5-10, 2025

World Sleep 2025 in Singapore