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## DEDICATION

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This issue is dedicated to various aspects of sleep medicine. We have divided the content into four separate segments. Despite the rising awareness in this field, there is still a lot to do to improve the understanding of sleep-related disorders, their impact on human body, consequences if unaddressed, and ability to hamper the control of other prevailing comorbid states, such as hypertension, diabetes, and hyperlipidemia. It has been a complex science as yet wherein there is a lot to explore. Evolution of sleep medicine has interested respiratory physicians, neurologists, and ENT surgeons largely. We intend to impart the knowledge of sleep disorders to the ENT fraternity in the most simplistic way, as they are also a portal for such patients who need dedicated attention.

**Dr Pralhad Prabhudesai** is a Consultant, Respiratory Medicine, at Lilavati Hospital and Research Center and Guru Nanak Hospital, Mumbai, India. He did his MBBS followed by MD from TN Medical College and BYL Nair Hospital in 1988. He worked as a Lecturer in the same hospital and later in GS Medical College and KEM Hospital, which are renowned hospitals successfully serving a huge number of patients from different strata of society. After completing 5 years of teaching experience, he became an honorary consultant in KB Bhabha Hospital. Thereafter, he joined Lilavati Hospital and Guru nanak Hospital, where he continues to serve for the past 25 years. He was the first one to start a sleep laboratory along with a neuro physician and ENT surgeon in Mumbai in 2001. He has been instrumental in starting the polysomnography laboratory at Lilavati Hospital approximately 20 years back. He has been a renowned tutor for post-graduate students for more than 10 years. He was recently awarded for his remarkable contribution towards medical education in the field of respiratory medicine by the Association of National Board Accredited Institutions (ANBAI). Additionally, he has keen interest in interventional pulmonology as well. He is the Course Director for basic and advanced bronchoscopy course at the Center of Excellence for Minimal Access Surgery Training (ceMAST), Mumbai, and has trained more than 500 students or consultants till now. He established the first pulmonary rehabilitation center in Mumbai, which is actively catering to all those suffering from chronic pulmonary ailments. He has had tremendous interest in sleep medicine. To enhance his knowledge in the subject, he went for a brief visit to Royal Prince Alfred Hospital, Sydney, Australia, which is famous for the pioneer work in sleep-related disorders. He further traveled to Mannheim, Germany, where he got opportunity to interact with eminent ENT surgeons regarding their understanding and approach on this complex subject. He has contributed to literature with more than 40 publications and descriptive chapters in textbooks. He has been instrumental in conducting many teaching programs and interactive seminars on sleep-related disorders for family physicians, respiratory physicians, ENT surgeons, cardiologists and internists, to reinforce the lost importance of sleep in human life.



**Dr Abha Pandey** is Junior Consultant in Respiratory Medicine at Lilavati Hospital and Research Center. She completed her MBBS from Pravara Institute of Medical Sciences, Loni, Maharashtra, India in 2010. She accomplished her postgraduation (Diplomate of National Board) in 2013, from Indraprastha Apollo Hospital, New Delhi, India which is a prestigious tertiary healthcare setup, famous for cutting-edge medical care and a very well-established sleep laboratory with all advanced equipment, where she got inclined towards the intriguing science of sleep medicine. She then completed a fellowship in critical care medicine (Indian Diploma in Critical Care Medicine) from Indraprastha Apollo Hospital, New Delhi, India in 2015. Thereafter, she joined Lilavati Hospital and Research Center in 2016 and continues to be an enthusiastic clinician there till date. Her keen interest in sleep grew manifold here.



She has been a faculty for postgraduate trainees at Lilavati Hospital. Due to her interest in allergology, she attended advanced course on diagnosis of allergy and immunotherapy, Bengaluru in January 2018. She has had prominent dedication towards academics throughout and is working as the Scientific Secretary of Mumbai Chest Group, an extremely successful academic forum, collaborating practicing chest physicians and budding pulmonologists across the city. She has been a member of Research Advisory Committee at Lilavati Hospital, supporting many interesting researches in various fields of medicine and surgery. Her dedication to sleep-related disorders has motivated her to conduct and participate in conferences, seminars and workshops on sleep medicine.

**Dr Rahul R Modi** is currently working as a Consultant in ENT/Sleep Medicine at Dr LH Hiranandani Hospital and Holy Spirit Hospital, Mumbai, India. He is an alumnus of Massachusetts Eye and Ear Infirmary (MEEI)/ Massachusetts General Hospital (MGH)/Harvard University, Boston, USA, from where he has completed the American Head and Neck Society-certified fellowship in head and neck (Endocrine) surgery. He is a graduate of Seth GS Medical College & King Edward Memorial Hospital, Mumbai, and has completed his training in ENT and head & neck surgery from the prestigious, Postgraduate Institute of Medical Education & Research, Chandigarh, India. He was a visiting faculty at Stanford University, USA, in the Division of Sleep Surgery, where his research focus was providing individualized care to patients suffering from obstructive sleep apnea and other sleep disorders. He is an invited faculty in various surgical courses across the country and has trained numerous practicing ENT surgeons in sleep medicine and surgery. He was also nominated as one of the executive leaders for the Indian subcontinent by the World Congress on Thyroid Cancer in Boston, USA (2017). He has won several awards at numerous national platforms and has a number of national and international publications to his credit. He has authored several chapters in various international surgical textbooks and is currently the coordinator for the pioneering training program under the aegis of Indian Association of Surgeons for Sleep Apnea (IASSA). He is also an active member of various national and international organizations such as the International Surgical Sleep Society, Indian Society for Thyroid Surgery, Indian Association of Surgeons for Sleep Apnea and Association of Otolaryngologists of India.



**Dr Carlos A. Torre** is an Assistant Professor in the Department of Otolaryngology-Head and Neck Surgery at the University of Miami, where he also serves as the Director of the Sleep Surgery Division and the Sleep Surgery Fellowship Program. He received his medical degree from the School of Medicine, University of Puerto Rico. He also completed the Advanced Training in Clinical Research Fellowship Program at the University of California San Francisco, where he worked with Dr Steven Wang and Dr Lilly Bourguignon establishing molecular pathways in oral cavity cancer cells that contribute to chemotherapy resistance and metastasis. He then went on to complete his residency training in otolaryngology-head and neck surgery at the University of Puerto Rico, where he developed an interest in the field of sleep medicine. This led him to complete a two-year fellowship in sleep surgery and sleep medicine at Stanford University, where he had the privilege of training under the tutelage of Dr Christian Gulleminault, Dr Klete Kushida, Dr Emmanuel Mignot, Dr Robson Capasso, Dr Stanley Liu, and Dr Robert Riley among others. He is one of the few sleep specialists that practices the full scope of sleep medicine and sleep surgery, which includes the treatment of a variety of sleep disorders and surgery to treat obstructive sleep apnea applying a diversity of procedures such as soft tissue surgery, skeletal surgery, and upper airway stimulation. He has published a wide array of papers on topics related to obstructive sleep apnea. He has also been invited as a speaker to many different international and local meetings, where he has presented his work. He serves as a member of the Sleep Medicine Committee for the American Academy of Otolaryngology-Head and Neck Surgery. He is also a member of the Surgical Guidelines Taskforce for the American Academy of Sleep Medicine.

