

March 14, 2026



CATOLICA
MEDICAL SCHOOL

LISBOA

08:30 | Check-in

09:00 | Open Ceremony (AF, AC, SF)

Moderation: *Amélia Feliciano*

09:10 | Women's Sleep Across the Lifespan | *Amélia Feliciano e Susana Falardo*

09:30 | Sleep questionnaires Bias on Women's Screening | *Joaquín Durán*

10:15 | Women's menopause and impact on sleep | *Trish Braga*

11:00 | **Coffee Break**

Moderation: *Susana Falardo*

11:30 | Nutrition and the impact on Women Sleep | *Paula Ravasco*

12:15 | Polycystic ovary Syndrome and OSA | *Michelle Cantwell*

13:00 | Q&A

13:15 | **Lunch Time** (Finger Food)

Moderation: *Susana Falardo*

14:30 | Sleep studies in Women | *Andreia Cardoso*

15:15 | Sleep disturbances after delivery | *André Sousa*

16:00 | Q&A

16:45 | **Coffee Break**

Moderation: *Andreia Cardoso*

17:15 | Sleep in pregnant Women (from snoring to OSA) | *Amélia Feliciano*

18:00 | MAD's Treatment on Pregnant Women | *Susana Falardo*

18:45 | Q&A

19:00 | Closing Ceremony