

Shaping the future of paediatric sleep and sleep apnoea care in Romania: The 2025 Romanian Paediatric Sleep Conference

Mihaela Oros^{1,2,*}, An Boudewyns^{3,4}, Florin Mihaltan^{5,6}

¹Physiology, Department of Preclinical Sciences, Faculty of Medicine, Titu Maiorescu University, Bucharest 031593, Romania

²Ponderas Academic Hospital, Pediatric Department, Bucharest 014142, Romania

³Department of Otorhinolaryngology, Head and Neck Surgery, Antwerp University Hospital, Antwerp, Belgium

⁴Associate Professor of Pediatric Otorhinolaryngology, Faculty of Medicine and Translational Neurosciences, University of Antwerp, Antwerp, Belgium

⁵Faculty of Medicine and Pharmacy, "Carol Davila", Bucharest 020021, Romania

⁶National Institute of Pneumology Marius Nasta, Bucharest 050159, Romania

The Romanian Paediatric Sleep Conference 2025 with international participation, held in Bucharest, from June 12–14, was organised by the Romanian Association for Paediatric Sleep Disorders under the auspices of the Royal Club of Physicians and it marked the continued development of paediatric sleep medicine in Romania across the 12 years since our first conference (2013–2025).

This conference offered the participants a valuable opportunity to explore the latest research on the role of sleep and to deepen their understanding of how sleep disorders impact the healthy development of children and adolescents.

The speakers address the connections between paediatric sleep disturbances and chronic conditions, with a focus on early identification, risk stratification, clinical interventions aimed at mitigating long-term adverse outcomes and transition to the adult age.

The conference began with Professor Reinhold Kerbl (Austria) discussing 'Sleep and sleep disorders from birth through adolescence', followed by Professor Michael Gradisar (Australia) with Behavioural Therapies for Insomnia in School Kids.

Professor Florin Mihaltan (Romania) discussed current issues of 'Legislation and advances in sleep medicine', followed by two topics that drew attention to the impact of sleep disorders on neurodevelopment and mental health: 'The Chronobiology of seizures' presented by Eugenia Roza, Radu Perjoc, Raluca Ioana Teleanu (Romania) and 'Sleep disorders associated with depressive disorders in children and adolescents', Emanuela Andrei, Ilinca Mihăilescu, Alexandra Buică, Cristina Gianina Anghel, Florina Rad (Romania).

The conference programme placed significant emphasis on paediatric sleep disordered breathing. Professor An Boudewyns (Belgium) presented interactively about obstructive sleep apnea (OSA) management in children below 2 years of age and Laryngomalacia and OSA in infants and older children.

ENT Professor Răzvan Hainăroşie (Romania) emphasised the importance of different aspects of the obstructive sleep apnoea surgery, followed by Narcis-Valentin Tanase, who presented the perspective of the anaesthesiologist regarding sleep-induced endoscopy.

Aliuş Ruxandra Oana, a Romanian young ENT specialist, delivered an engaging presentation about perioperative management of patients with OSA, with clinical cases.

The audience was actively engaged in discussions about personalised and phenotype-driven therapies in obstructive sleep apnoea by Lucica Baranga (Romania) and Mihaela Oros, Elena Dumitrache (Romania), presented and discussed therapeutic options for respiratory management during wakefulness and sleep.

Severe sleep apnoea was discussed by Mihaela Dediu, addressing young patients with morbid obesity, Andreea Zabară-Antal focusing on adult morbid obesity, and a paediatric psychiatrist's perspective on apnoea and its impact on cognitive function was presented by Adriana Cojocaru, Andreea Şiclovan, Milana Miuca and Laura Nussbaum.

The conference brought together an engaging series of presentations focused on the multidisciplinary management of sleep-related breathing disorders across the lifespan illustrated through clinical cases and patient perspectives, including complex conditions such as Prader–Willi syndrome presented by Sorina Chindris, Gabriela Vlad and spinal muscular atrophy, Dana Şurlică. Vasilica Plaiasu presented the geneticist's perspective about autism and sleep issues.

Integrated patient care was also addressed through a comprehensive series of presentations. These included nursing care planning by Claudina Dănilă, the impact of physiotherapy by Ciprian Gospodin, nutritional interventions bridging breathing and sleep presented by Oana Rosu, communication strategies by Miruna Lovinescu, and

*Corresponding author: Mihaela Oros

E-mail: mihaelaoros70@yahoo.com

Open Access. © 2026 Oros et al., published by Romanian Society of Pneumology

 This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 4.0 License.

orthodontics and OSA by Anca Temelcea, underscoring the value of multidisciplinary care.

The programme highlighted innovative and thought-provoking insights, including the emerging role of artificial intelligence in sleep medicine, presented by Nadia Lupușor and Adrian Lupușor (Chișinău, Moldova), alongside an inspiring presentation on adaptability and clinical evolution in patient care by Teofilo L. Lee-Chiong (US).

We are grateful to all participants and speakers from multiple disciplines who had the opportunity during the conference to collaborate in advancing the diagnosis, management, and treatment of sleep-related breathing disorders.

Paediatric sleep is a developing field of clinical interest and research in Romania, and we intend to continue on this pathway to improve care for children and adolescents with sleep problems and to contribute to the prevention of sleep disorders nationwide. The new branch of paediatric somnology of the Romanian Society of Pneumology is growing from 1 year to another. We hope to have more and more specialists for the diagnosis and treatment of sleep disturbances in children in the coming years. For this reason, we are preparing a multidisciplinary event this year, and we look forward to welcoming participants to the 2026 Romanian Paediatric Sleep Conference, 25–26 June, Brașov, Romania.