

《睡眠醫學的未來想像：AI、數位創新與精準診斷》研討會

- 活動日期：2026 年 08 月 22 日（六）
- 活動時間：13:15-16:40（**13:00 開放進場**）
- 活動地點：**台北 JR 東日本大飯店 2 樓牡丹廳**（台北市中山區南京東路三段 133 號，捷運南京復興站 1 號或 2 號出口）
- 主辦單位：台灣睡眠醫學會
- 協辦單位：台灣胸腔暨重症加護醫學會、博兆股份有限公司
- 參與對象：50 人，在職中或曾擔任之睡眠專科醫師
- 本研討會繼續學分：台灣睡眠醫學會、台灣胸腔暨重症加護醫學會 繼續教育積分認定中
- 報名連結為：<https://forms.gle/PqGBqfj1ASfeQNzc6>
- 課程內容：

時間	講題	講師	座長
13:00-13:15	簽到		
13:15-13:20	Open	台灣睡眠醫學會 理事長 林口長庚 肺感染及免疫科 莊立邦主任	
13:20-14:20	Beyond AHI: Cardiopulmonary Coupling and PUP for Physiologic Endotyping of OSA.	台北榮總 胸腔部 臨床呼吸生理科 孫傳硯醫師	台北榮總 胸腔部 臨床呼吸生理科 周昆達主任
14:20-15:20	Clinical Endotyping in Practice: Cohorts, Comorbidities and Who Responds to What.	中國醫大附醫 成癮暨精神健康研究中心 鄭婉汝副主任	台灣睡眠醫學會 理事 中國醫大附醫 睡眠中心 杭良文主任
15:20-15:35	Break		
15:35-16:35	From Signals to Precision Diagnosis: AI, SAS, and the Clinician's Edge in Sleep Medicine.	Nox Medical國際臨床事務 總監 睡眠技師歐洲協會 主席 Carlos Teixeira	台灣睡眠醫學會 理事 中國醫大附醫 睡眠中心 杭良文主任
16:35-16:40	Close	台灣睡眠醫學會 理事長 林口長庚 肺感染及免疫科 莊立邦主任	

孫傳硯醫師

現職：

113/05 - 至今 臺北榮民總醫院 胸腔部 主治醫師
113/11 - 至今 臺灣慢性阻塞性肺病學會 副秘書長
115/05 - 至今 臺北榮民總醫院睡眠醫學中心 執行長

學歷：

國防醫學大學 醫學系

經歷：

113/05 - 至今 臺北榮民總醫院 胸腔部 主治醫師
111/08 - 113/05 臺北榮民總醫院 胸腔部 住院總醫師
107/09 - 111/08 臺北榮民總醫院 胸腔部 住院醫師

講題：

Beyond AHI: Cardiopulmonary Coupling and PUP for Physiologic Endotyping of OSA.

摘要：

For decades, obstructive sleep apnea (OSA) has been assessed primarily by the apnea–hypopnea index (AHI), yet AHI alone cannot adequately explain the diverse pathophysiological mechanisms or predict individual treatment outcomes. As precision sleep medicine evolves, there is growing interest in physiological biomarkers that better characterize disease mechanisms.

This session introduces emerging approaches to physiologic endotyping beyond conventional respiratory event scoring, with a focus on Cardiopulmonary Coupling (CPC) and Pulse Up Pattern (PUP). These novel physiological signals provide additional insights into sleep stability, autonomic regulation, respiratory control, and

upper airway function, offering complementary information to standard polysomnography.

Participants will learn how CPC and PUP may enhance patient phenotyping, facilitate more individualized assessment of OSA, and contribute to precision diagnosis and future therapeutic decision-making.

鄭婉汝醫師

現職

中國醫藥大學附設醫院精神醫學部 社區精神科主任

中國醫藥大學附設醫院 成癮暨精神健康研究中心副主任

中國醫藥大學公共衛生系 教育部定副教授

學歷

國立陽明大學 醫學士；國立台灣大學 健康政策與管理研究所博士

經歷

芬蘭科學院交換學者；

中國醫藥大學附設醫院精神醫學部 主治醫師

新北市欣康診所 主治醫師

台北市立聯合醫院松德院區 精神科住院醫師、住院總醫師

台北榮總 特約主治醫師

講題：

Clinical Endotyping in Practice: Cohorts, Comorbidities and Who Responds to What.

摘要：

Physiological endotyping is rapidly transforming obstructive sleep apnea (OSA) management by shifting clinical practice from severity-based classification toward mechanism-based precision care. Different endotypic profiles—including arousal threshold, upper airway collapsibility, loop gain, and upper airway muscle compensation—may explain why patients with similar AHI values experience markedly different clinical outcomes and responses to therapy.

This session will present clinical evidence from patient cohorts demonstrating how physiological endotypes relate to common comorbidities, CPAP titration requirements, sleep architecture improvement, treatment adherence, and therapeutic response. The discussion will also highlight how endotyping can support personalized treatment selection and optimize long-term clinical management beyond traditional diagnostic metrics.

Carlos Teixeira

現職：

BSc, RPSGT, EST, Asst. Prof. EEG & Sleep Clinical Affairs Manager

NOX MEDICAL

學歷：

January 2020

POST GRAD. BIOSTATISTIC IN HEALTH SCIENCE

LIFE AND HEALTH SCIENCES RESEARCH INSTITUTE (ICVS), SCHOOL OF
MEDICINE UNIVERSITY OF MINHO

September 2016

EST – EUROPEAN SOMNOLOGIST TECHNOLOGIST

EUROPEAN SLEEP RESEARCH SOCIETY

July 2012

RPSGT -REGISTERED POLYSOMNOGRAPHIC TECHNOLOGIST

BOARD OF REGISTERED POLYSOMNOGRAPHIC TECHNOLOGISTS (BRPT)
MCLEAN, VIRGÍNIA, USA

October 2009

POST GRAD. IN SLEEP APNEA

PSA – PORTUGUESE SLEEP ASSOCIATION

September 2006 to September 2007

DEGREE IN NEUROPHYSIOLOGY

COOPERATIVA DE ENSINO SUPERIOR PRIVADO UNIVERSITÁRIO (CESPU)

ESCOLA SUPERIOR DE SAÚDE DO VALE DO AVE

VILA NOVA DE FAMALICÃO, PORTUGAL

September 2003 to September 2006

BACHELOR'S DEGREE

COOPERATIVA DE ENSINO SUPERIOR PRIVADO UNIVERSITÁRIO (CESPU)

ESCOLA SUPERIOR DE SAÚDE DO VALE DO AVE

VILA NOVA DE FAMALICÃO, PORTUGAL

經歷：

September 2020 until the present

INVITED ASSISTANT PROFESSOR OF EEG AND SLEEP SYLLABUS

COOPERATIVA DE ENSINO SUPERIOR PRIVADO UNIVERSITÁRIO (CESPU)

ESCOLA SUPERIOR DE SAÚDE DO VALE DO AVE

VILA NOVA DE FAMALICÃO, PORTUGAL

September 2018 until the present

SCIENTIFIC COORDINATOR POST GRADUATE COURSE IN
CHRONOBIOLOGY AND SLEEP MEDICINE

COOPERATIVA DE ENSINO SUPERIOR PRIVADO UNIVERSITÁRIO (CESPU)

ESCOLA SUPERIOR DE SAÚDE DO VALE DO AVE

VILA NOVA DE FAMALICÃO, PORTUGAL

January 2023 until the present

NOX MEDICAL

CLINICAL AFFAIRS MANAGER

February 2021 to December 2022

PHILIPS US (REMOTE) - GLOBAL

SOLUTIONS LEADER – INTERNATIONAL MARKETS RESPONSIBLE

CEN GROUP FOUNDING MEMBER (CLINICAL EXPERT NETWORK -
PHILIPS)

January 2017 to January 2021

PHILIPS PORTUGAL

CLINICAL SUPPORT IBERIA

講題：

From Signals to Precision Diagnosis: AI, SAS, and the Clinician's Edge in Sleep Medicine.

摘要：

Artificial intelligence (AI) and digital health technologies are reshaping every stage of sleep medicine, from automated signal analysis and disease phenotyping to personalized treatment recommendations and clinical decision support. Machine learning applied to polysomnography, home sleep testing, wearable sensors, and electronic health records is enabling earlier diagnosis, improved workflow efficiency, and more precise patient care.

This session will introduce the latest advances in AI-assisted sleep diagnostics together with the **Nox SAS** home-based polysomnography platform, which supports comprehensive acquisition of EEG, EOG, EMG, ECG, respiratory, and physiological signals outside the sleep laboratory. Recent clinical applications and research findings will be reviewed to illustrate how next-generation technologies are expanding access to high-quality sleep diagnostics while supporting precision medicine and improving patient outcomes.