



Naricha Chirakalwasan, MD, FAASM, FAPSR

รองศาสตราจารย์ แพทย์หญิง นฤชา จิรกาลวสาน

Status

Assistant Dean/ International Affairs, Faculty of Medicine,
Chulalongkorn University, Bangkok, Thailand
Program Director/ International Sleep Medicine Fellowship,
Faculty of Medicine, Chulalongkorn University, Bangkok,
Thailand
Associate Professor/Pulmonary and Critical Care Division,
Department of Medicine, Faculty of Medicine
Chulalongkorn University, Bangkok, Thailand
Committee, Excellence Center for Sleep Disorders, King
Chulalongkorn Memorial Hospital/Thai Red Cross Society,
Bangkok, Thailand
Visiting Faculty/Faculty of Dentistry,
Chulalongkorn University, Bangkok, Thailand
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Medical Training and Experiences

July 2009-Present	Attending Physician/Faculty, Chulalongkorn University, Bangkok, Thailand
July 2008-June 2009	Fellow, Sleep Fellowship University of Michigan, Ann Arbor, Michigan
July 2005-June 2008	Fellow, Pulmonary and Critical Care Medicine Montefiore Medical Center Albert Einstein College of Medicine, Bronx, New York
July 2004-June 2005	Chief Resident, Internal Medicine Dayton VA Medical Center Wright State University Dayton, Ohio
July 2001-June 2004	Resident, Internal Medicine Wright State University Dayton, Ohio
May 1999-May 2000	Rotating Intern Suranaree Fort Hospital Nakhonratchaseema, Thailand.

Medical Education

June 1993-March 1999	Doctor of Medicine (MD) (Honors) Chulalongkorn University Bangkok, Thailand
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Medical Licensure

March 2018-present	Thai Board of Sleep Medicine
June 2009-present	American Board of Sleep Medicine
Nov 2008-present	American Board of Critical Care Medicine
Oct 2007-present	American Board of Pulmonary Medicine
Oct 2004-Present	American Board of Internal Medicine
June 2011-Present	Thai Board of Pulmonary Medicine
June 2010-Present	Thai Board of Critical Care Medicine
June 2010-Present	Thai Board of Internal Medicine

Professional Organization Position

2017-Present	Association of South East Asian Nations (ASEAN) Sleep Federation (ASF) (Secretariat Position)
2018-Present	The Royal College of Physicians of Thailand (RCPT) (Research Committee Position)
2019-Present	Thai Asthma Council (Executive Committee Position)

2017-Present	Thai Medical Woman Association (TMWA) (Academic Committee Position)
2016-Present	Sleep Society of Thailand (SST) (Chair of Training and Education Position)
2017-Present	Thai Association of Sleep Medicine (TASM) (Secretariat Position)
2018-Present	Thoracic Society of Thailand (TST), Sleep Assembly (Executive Committee Position)
2019-Present	Health Education England: Global Engagement Offer (Secretary Position)

Publication

Journal (published)

1. Nimitphonga,H, Siwasaranonda N, Sritarab C, Saetunga S, Chailurkita L, **Chirakalwasan N**, Ongphiphadhanakula B, Reutrakul S. The differences in the relationship between obstructive sleep apnea severity and trabecular bone score in men and women with type 2 diabetes. J Clin Transl Endocrinol. 2019 [Epub ahead of print]
2. So-Ngern A, **Chirakalwasan N**, Saetung S, Chanprasertyothin S, Thakkinstian A, Reutrakul S. Effects of Two-Week Sleep Extension on Glucose Metabolism in Chronically Sleep-Deprived Individuals. J Clin Sleep Med. 2019 Apr 30. pii: jc-18-00665. [Epub ahead of print]
3. Sriphrapradang C, Pinyopodjanard S, Suntornlohanakul O, Nimitphong H, **Chirakalwasan N**, Saetang S, Anothaisintawee T, Siwasaranond N, Manodpitipong A, Chailurkit LO, Reutrakul S. Lack of associations between thyroid function and obstructive sleep apnea severity in adults with prediabetes and diabetes mellitus. Sleep Breath. 2018 Nov 19. doi: 10.1007/s11325-018-1756-x. [Epub ahead of print]
4. Thanthitaweewat V, Muntham D, **Chirakalwasan N**. Targeted-Volume Noninvasive Ventilation Reduces Extubation Failure in Postextubated Medical Intensive Care Unit Patients: A Randomized Controlled Trial. Indian J Crit Care Med. 2018;22(9):639-645.
5. Jantarangsi N, Chantranuwatana P, **Chirakalwasan N**. Diffuse endobronchial metastasis from sigmoid carcinoma presenting as wheezing and respiratory failure. Respirol Case Rep. 2018;6(5):e00328. doi: 10.1002/rcr2.328. eCollection 2018 Jul.
6. Siwasaranond N, Nimitphong H, Manodpitipong A, Saetung S, **Chirakalwasan N**, Thakkinstian A, Reutrakul S. The Relationship between Diabetes-Related Complications and Obstructive Sleep Apnea in Type 2 Diabetes. J Diabetes Res. 2018 Mar 7;2018:9269170. doi: 10.1155/2018/9269170. eCollection 2018.

7. Lappharat S, Taneepanichskul N, Reutrakul S, **Chirakalwasan N**. Effects of Bedroom Environmental Conditions on the Severity of Obstructive Sleep Apnea. *J Clin Sleep Med*. 2018;14(4):565-573.
8. Amnakkittikul S, **Chirakalwasan N**, Wanitcharoenkul E, Charoensri S, Saetung S, Chanprasertyothin S, Chailurkit LO, Panburana P, Bumrungphuet S, Reutrakul S. Postpartum resolution of obstructive sleep apnea in women with gestational diabetes and the relationship with glucose metabolism. *Acta Diabetol*. 2018;55(7):751-754.
9. **Chirakalwasan N**, Amnakkittikul S, Wanitcharoenkul E, Charoensri S, Saetung S, Chanprasertyothin S, Chailurkit LO, Panburana P, Bumrungphuet S, Thakkinstian A, Reutrakul S. Continuous Positive Airway Pressure Therapy in Gestational Diabetes With Obstructive Sleep Apnea: A Randomized Controlled Trial. *J Clin Sleep Med*. 2018;14(3):327-336.
10. Wanitcharoenkul E, **Chirakalwasan N**, Amnakkittikul S, Charoensri S, Saetung S, Chanprasertyothin S, Chailurkit LO, Panburana P, Bumrungphuet S, Ongphiphadhanakul B, Reutrakul S. Obstructive sleep apnea and diet-controlled gestational diabetes. *Sleep Med*. 2017 ;39:101-10.
11. Kositanurit W, Muntham D, Udomsawaengsup S, **Chirakalwasan N**. Prevalence and associated factors of obstructive sleep apnea in morbidly obese patients undergoing bariatric surgery. *Sleep Breath*. 2017 Apr 11. doi: 10.1007/s11325-017-1500-y.
12. Thanthitaweewat V, Chantranuwatana P, **Chirakalwasan N**. Immunoglobulin G4-related disease: a rare steroid-responsive disease. *Respirol Case Rep*. 2017 Mar 28;5(3):e00231.
13. Reutrakul S, Siwasaranond N, Nimitphong H, Saetung S, **Chirakalwasan N**, Chailurkit LO, Srijaruskul K, Ongphiphadhanakul B, Thakkinstian A. Associations between nocturnal urinary 6-sulfatoxymelatonin, obstructive sleep apnea severity and glycemic control in type 2 diabetes. *Chronobiol Int*. 2017;34(3):382-392. doi: 10.1080/07420528.2016.1278382. Epub 2017 Jan 27.
14. Razak M, **Chirakalwasan N**. Obstructive sleep apnea and asthma. *Asian Pac J Allergy Immunol*. 2016 2016;34:262-8.
15. Reutrakul S, Thakkinstian A, Anothaisintawee T, Chontong S, Borel AL, Perfect MM, Janovsky CC, Kessler R, Schultes B, Harsch IA, van Dijk M, Bouhassira D, Matejko B, Lipton RB, Suwannalai P, **Chirakalwasan N**, Schober AK, Knutson KL. Sleep characteristics in type 1 diabetes and associations with glycemic control: systematic review and meta-analysis. *Sleep Med*. 2016;23:26-45.
16. Yasin R, Muntham D, **Chirakalwasan N**. Uncovering the sleep disorders among young doctors. *Sleep Breath*. 2016;20(4):1137-44.
17. Charakorn N, Hirunwiwatkul P, **Chirakalwasan N**, Chaitusaney B, Prakassajjatham M. The effects of topical nasal steroids on continuous positive airway pressure compliance in patients with obstructive sleep apnea: a systematic review and meta-analysis. *Sleep Breath*. 2016 Jul 8. [Epub ahead of print] Review.
18. Soudorn C, Muntham D, Reutrakul S, **Chirakalwasan N**. Effect of Heated Humidification on Continuous Positive Airway Pressure Therapy Adherence in Obstructive Sleep Apnea Subjects with Nasopharyngeal Symptoms. *Respir Care*. 2016;61(9):1151-9.

19. Siwasaranond N, Nimitphong H, Saetung S, **Chirakalwasan N**, Ongphiphadhanakul B, Reutrakul S. Shorter sleep duration is associated with poorer glycemic control in type 2 diabetes patients with untreated sleep-disordered breathing. *Sleep Breath*. 2016;20(2):569-74.
- (18) R Yasin, Muntham D, Chirakalwasan N. Uncovering the Sleep Disorders among Young Doctors. *SLEEP 2015 Volume 38, Supplement, Page A158*
20. **Chirakalwasan N**, Ruxrungtham K. The linkage of allergic rhinitis and obstructive sleep apnea. *Asian Pac J Allergy Immunol*. 2014;32(4):276-86.
21. **Chirakalwasan N**, Teerapraipruk B, Pereirasamy L (2014) The Importance of Habitual Sleep Position in Obstructive Sleep Apnea among Asians. *J Sleep Disor: Treat Care* 3:2. doi:10.4172/2325-9639.1000135
22. Charakorn N, Hirunwiwatkul P, Suksamran A, Teerapraipruk B, **Chirakalwasan N**. Prevalence of High Risk for Obstructive Sleep Apnea Using STOP-Bang Questionnaire in Thai Population. *Otolaryngol Head Neck Surg* September 2014 vol. 151 no. 1 suppl P263
23. Ruthranesan M, **Chirakalwasan N**. Prevalence, clinical significance, and predictors for sleep-related hypoventilation among obese Asians with obstructive sleep apnea syndrome. *Sleep Medicine*. December 2013 Volume 14, Supplement 1, Page e252
24. **Chirakalwasan N**. Relationship of obstructive sleep apnea and metabolic syndrome. *Chula Med J*. 2013; 57(3):367-78.
25. **Chirakalwasan N**, Teerapraipruk B, Simon R, Hirunwiwatkul P, Jaimchariyatam N, Desudchit T, Charakorn N, Wanlapakorn C. Comparison of polysomnographic and clinical presentations and predictors for cardiovascular-related diseases between non-obese and obese obstructive sleep apnea among Asians. *J Clin Sleep Med*. 2013; 9(6):553-7.
26. **Chirakalwasan N**, Chervin RD, O'Brien LM. Do snoring sounds arouse the snorer?. *Sleep*. 2013; 36(4):565-71.
27. Simon R, **Chirakalwasan N** (Corresponding author), Teerapraipruk B, Hirunwiwatkul P, Jaimchariyatam N, Desudchit T, Charakorn N, Wanlapakorn C. Severity of Obstructive Sleep Apnea in Patients with and without Cardiovascular-Related Diseases. *Respir Care*. 2012; 57(9):1476-82.
28. Teerapraipruk B, **Chirakalwasan N** (Corresponding author), Simon R, Hirunwiwatkul P, Jaimchariyatam N, Desudchit T, Charakorn N, Wanlapakorn C. Clinical and polysomnographic data of positional sleep apnea and its predictors. *Sleep Breath*. 2012 ; 16(4):1167-72.
29. Anees S, Wu WP, **Chirakalwasan N**, Ashizawa S, Hlebowicz V, Appel DW. Application of patient reported snoring severity (PRSS) to predict continuous positive airway pressure (CPAP) in patients with suspected obstructive sleep apnea (OSA) awaiting overnight polysomnography (NPSG): A Prospective study. *Sleep* 2010, 33, A153, Abstract Supplement.
30. **Chirakalwasan N**, Hassan F, Kaplish N, Fetterolf J, Chervin RD. Near resolution of sleep related rhythmic movement disorder after CPAP for OSA. *Sleep Med*. 2009; 10(4):497-500.
31. **Chirakalwasan N**, Shim C, Appel D. A Case Report: Continuous Positive Airway Pressure (CPAP) as a Treatment Modality for Orthopnea in a Patient with Chronic

- Obstructive Pulmonary Disease and Extreme Obesity undergoing Left Superficial Femoral Thrombectomy. *Journal of Cardiothoracic and Vascular Anesthesia*. 2009; 23(4):522-25.
32. **Chirakalwasan N**, Sandhu J, Anees S, Weistein S. A Rare Cause of Pulmonary Artery Aneurysm. *European Journal of Cardiothoracic Surgery*. 2008; 34(3):672.
 33. **Chirakalwasan N**, Ashizawa S, Hlebowicz V, Appel D. Use of A Snoring Severity Score (SSS) Based Equation to Predict Continuous Positive Airway Pressure (CPAP) Among Patients with Suspected Obstructive Sleep Apnea (OSA) While They Await Overnight Polysomnography: A Prospective Pilot Study. *Albert Einstein College of Medicine/Montefiore Medical Center, Bronx, NY Sleep* 2008; 31, A173, Abstract Supplement.
 34. **Chirakalwasan N**, Berman A. Severe Community Acquired Pneumonia. *Albert Einstein College of Medicine, Bronx, NY Published on thoracic.org (critical care cases section)*.
 35. **Chirakalwasan N**, Ramos J, Cajigas A, Li M, Berman A. Successful Treatment of Endobronchial Obstruction due to Metastatic Adrenocortical Cancer Using a Combination of Endobronchial Procedures. *Chest*. 2007; 132(4):668S, Abstract Supplement.
 36. **Chirakalwasan N**, Ashizawa S, Hlebowicz V, Appel D. Relationship of Snoring Severity to Apnea Hypopnea Index and Effective Continuous Positive Airway Pressure. *Sleep*. 2007; 30, A173, Abstract Supplement.
 37. **Chirakalwasan N**, Ashizawa S, Hlebowicz V, Veeravikrom M, Appel D. Application of Snoring Severity to Predict Effective Continuous Positive Airway Pressure for Patients with Obstructive Sleep Apnea Prior to Overnight Polysomnography. *Sleep*. 2007; 30, A190, Abstract Supplement.
 38. **Chirakalwasan N**, Coyle C, Meisner J, Chandra A. Treating a case of severe pulmonary hypertension due to schistosomiasis. *Chest*. 2006; 130(4):293S, Abstract Supplement.
 39. **Chirakalwasan N**, Maa M, Gold J, Aldrich T. Reevaluating the pneumonia severity score (PSI) in frail elderly patients. *Chest*. 2006; 130(4):105S, Abstract Supplement.
 40. **Chirakalwasan N**, Dallal M. Pulmonary sarcoidosis presenting with acute respiratory failure. *Southern Medical Journal*. 2005; 98(3):382-4.

Manuscript (Submitted or under preparation)

1. Reutrakul, S, So-ngern A, **Chirakalwasan N**, Saetung S, Chanprasertyothin S, Thakkinstian A, Chlipala GE. No Changes in Gut Microbiota after Two-Week Sleep Extension in Chronically Sleep-Deprived Individuals. (Submitted to *Journal of Sleep Research*)
2. Taneepanichskul N, Gelaye B, **Chirakalwasan N**, Lappharat S, Kammoolkon R, Jimba M, Williams MA. Loneliness, quality of life, and sleep disturbances among urban-dwelling older adults in Thailand. (Submitted to *Journal of Age and Aging*)
3. The Global Practice of Sleep Medicine (Invited author) for *Journal of Clinical Sleep Medicine*. (under preparation)

4. Arttawejkul P, Reutrakul S, Muntham D, **Chirakalwasan N**. Effect of nighttime earplugs and eye masks on sleep quality in intensive care unit patients (under preparation)
5. Phoophiboon V, Ruxrungtham K, Reutrakul S, Muntham D, **Chirakalwasan N1**. A randomized, double-blind, placebo-controlled trial on the effect of intranasal corticosteroid as a treatment for moderate to severe obstructive sleep apnea with coexisting chronic rhinitis. (under preparation)
6. Kulpatcharapong S, Chewcharat P, Ruxrungtham K, Gonlathanvit S, Patcharatrakul T, Chaitusaney B, Muntham D, Reutrakul S, **Chirakalwasan N**. Sleep quality of hospitalized patients, contributing factors and prevalence of associated disorders. (under preparation)
7. Pakhakorntanatorn A, Chokboonsongsawat W, Anantapong D, Silkosessak OC , Muntham D, **Chirakalwasan N**. Benefit of Upper Airway Muscle Exercises as a Treatment Modality in Moderate to Severe Obstructive Sleep Apnea among Thai Patients. (under preparation)
8. Ngeyvijit J, Muntham D, **Chirakalwasan N**. A novel prediction equation of optimal continuous positive airway pressure in Thai obstructive sleep apnea patients. (under preparation)

Ongoing research

1. Does the degree of hypoxia in OSA correlate with measurements of cognitive function in executive function, memory, and attention in older adults?
2. Comparison of Colonic Motility Index in Patients with Obstructive Sleep Apnea and Healthy Volunteers
3. Nocturnal urinary 6-sulfatoxymelatonin level and association with sleep quality and glycemic control in type 2 diabetes with diabetic retinopathy
4. The diagnostic value of Bispectral Index for assessing sleep quality in critically ill patients
5. Development of Early Diagnostic System for Cardiac Event caused by Hypoxia at Jakarta Community
6. Tele-monitoring system implementation in continuous positive airway pressure therapy in Asian obstructive sleep apnea
7. Impact of Variable Sleep Duration on Intraocular Pressure (IOP)
8. Knowledge and attitude about obstructive sleep apnea among internal medicine residents in KCMH before and after training in pulmonary and critical care medicine division
9. The validation of the event detections in the scoring of sleep: among sleep specialists, sleep technicians, and software

Book Chapter (International only)

(1) Respiratory Diseases and the Fire Service. Fire Fighter Respiratory Diseases: Long-Term Health Effects of Occupational Respiratory Exposures on Fire Fighters' Respiratory Health

and the Ability of Exposure Reduction and Post-Exposure Mitigation Strategies to Improve Outcomes; Cooperative Agreement between the International Association of Fire Fighters and the United States Fire Administration, Federal Emergency Management Agency. 2010 (Book Chapters: Asthma (pages:79-92) and Pulmonary Function Tests for Diagnostic and Disability Evaluations (pages:271-284)).

(2) Common Pitfalls in Sleep Medicine: Case-Based Teaching (Book Chapter 9e: An adult parasomnia can sometimes reflect effects of occult obstructive sleep apnea). Editor: Dr. Ronald Chervin, Cambridge University Press (pages:229-232)

(3) Positional therapy in obstructive sleep apnea (Book Chapter II: Initial Work Up: Polysomnography: Clinical characteristics of positional OSA among Asians). Editor: Dr. Nico de Vries, Springer Publisher (pages:85-94)

(5) Neurological Modulation of Sleep (Book Chapter: Sleep Disorders and Gestational Diabetes Mellitus) Elsevier (In Press)

Honorary speaker (International Conference only)

1. 17th Annual Meeting of Taiwan Society of Sleep Medicine (TSSM) in conjunction with 2nd Asian Narcolepsy & Hypersomnolence Society Meeting 2019. 30-31 March 2019. Lunch symposium “The Current Evidence on OSA Treatment in Pregnancy” Chang Yung-Fa Foundation International Convention Center, Taipei, Taiwan. **(Invited speaker)**
2. CHEST Congress 2019. 10-13 April 2019 “Current State of Sleep Apnea-Diagnosis and Treatment” Sirikit Convention Center. Bangkok. Thailand. **(Invited speaker)**
3. CHEST Congress 2019 . 10-13 April 2019 “Case Based Interactive ARS on CPAP Downloads” Sirikit Convention Center. Bangkok. Thailand. **(Invited speaker)**
4. CHEST Congress 2019 . 10-13 April 2019 Lunch symposium “The Current Evidence of NIV Implication During Post Extubation” Sirikit Convention Center. Bangkok. Thailand. **(Invited speaker)**
5. Asian Pacific Society of Respiriology 2018, Taipei, Taiwan, 29 November 2018 Session No.: Pre-congress Workshop, W04-4 Session Title: Respiratory neurobiology and sleep 1 - Home ventilator during sleep Topic: Current evidence of NIV implication during post extubation **(Invited speaker and Chair)**
6. Asian Pacific Society of Respiriology 2018, Taipei, Taiwan, 30 November 2018 Symposium “Hospital to Home” **(Co-Chair)**
7. The 8th Central Asia Regional Congress (CARC) of MWIA Symposium “Cultivating lifestyles that flourish: the role of nutrition, sleep, physical activity, and psychosocial health” Topic “Good sleep keeps you healtht&guarantees wisdom” 7 September 2018 Montien Hotel, Bangkok, Thailand **(Invited speaker)**
8. The 8th Central Asia Regional Congress (CARC) of MWIA Symposium “Advancing wellness with preventive and personalized medicine” 7 September 2018 Montien Hotel, Bangkok, Thailand **(Co-Chair)**

9. Malaysian Thoracic Society Annual Congress (MTS Congress 2018) Symposium S3A – Sleep disordered breathing Topic “Current Evidence of OSA And Pregnancy, Preoperative evaluation and management in OSA” The Zenith Hotel Kuantan, Malaysia 12-15 July 2018 **(Invited speaker)**
10. Malaysian Thoracic Society Annual Congress (MTS Congress 2018) Symposium S3A – Sleep disordered breathing “Preoperative evaluation and management in OSA” The Zenith Hotel Kuantan, Malaysia 12-15 July 2018 **(Invited speaker)**
11. Malaysian Thoracic Society Annual Congress (MTS Congress 2018) Symposium S4A – Noninvasive ventilation Topic “NIV in patients with neuromuscular disorders” The Zenith Hotel Kuantan, Malaysia 12-15 July 2018 **(Invited speaker)**
12. The 2nd Congress of Asian Society of Sleep Medicine (ASSM2018) Symposium, Seoul, Korea. March 22-24, 2018. “The Uniqueness of Obstructive Sleep Apnea Among Asians: The Current Evidence” Topic “Clinical characteristics and prevalence of OSA among Asians” **(Invited speaker)**
13. The 4th ASEAN Sleep Congress, Manila, The Philippines. March 8-9, 2017. “Improving CPAP acceptability among your patients” **(Invited speaker)**
14. The 21st Congress of the Asian Pacific Society of Respiriology (APSR 2016), Bangkok, Thailand, November 12-15, 2016. “**(Scientific Co-Chair of the Congress)**”
15. The 21st Congress of the Asian Pacific Society of Respiriology (APSR 2016), Bangkok, Thailand, November 12-15, 2016. “Workshop topic: Obstructive sleep apnea: how to expert in CPAP” and “Symposium topic: Update in obesity, weight change, and sleep-disordered breathing (Title of talk: OSA in bariatric population; current evidence among Asians)” **(Invited speaker)**
16. Malaysian Thoracic Society Annual Congress (MTS Congress 2016) 28-31 July 2016 at the Hotel Equatorial in Penang, Malaysia. “Central sleep apnoea” **(Invited speaker)**
17. Sleep Disorder Society Malaysia (SDSM) Meeting 3–5 June, 2016 at the Nilai Medical Centre, Nilai, Malaysia. “OSA and Systemic Disease” and debate talk “AHI is the best way to quantify severity of OSA” **(Plenary speaker)**
18. ASEAN OSA Sleep Forum, Auckland, New Zealand. February 23-24, 2016. “Effect of Heated Humidification on Continuous Positive Airway Pressure Therapy Adherence in Obstructive Sleep Apnea Subjects with Nasopharyngeal Symptoms” **(Invited speaker)**
19. Asia Pacific Society of Respiriology (APSR) 2015, Kuala Lumpur, Malaysia. December 3-6, 2015. “Polysomnographic assessment of SDB (OSA, CSA, sleep-related Hypoventilation in ICSD-3) **(Invited speaker)**”
20. Asia Pacific Society of Respiriology (APSR) 2015, Kuala Lumpur, Malaysia. December 3-6, 2015. “Clinical & Practical Pearls Case discussion on excessive daytime sleepiness (EDS)” **(Invited speaker)**
21. The 3rd ASEAN Sleep Congress, Singapore. November 20-22, 2015. “Diagnosis and Treatment of Obstructive Sleep Apnea” **(Invited speaker)**
22. Sleep Study & Sleep Scoring Workshop Hospital Kuala Lumpur/Academy of Medicine Malaysia, Kuala Lumpur, Malaysia. November 12-13, 2013. “Global Burden of OSA” **(Invited speaker)**

23. Sleep Study & Sleep Scoring Workshop Hospital Kuala Lumpur/Academy of Medicine Malaysia, Kuala Lumpur, Malaysia. November 12-13, 2013. “Sleep-related Hypoventilation”. **(Invited speaker)**
24. The 9th Respiratory Forum in Jeju. Jeju, Korea. November 2, 2013. “Obstructive Sleep Apnea Syndrome and Obesity Hypoventilation Syndrome” **(Invited speaker)**
25. The 5th Asian Oceanian Congress of Clinical Neurophysiology (AOCCN). Bali, Indonesia. August 28-31, 2013. “What neurologists need to know about hypersomnia” **(Chair)**
26. The 5th Asian Oceanian Congress of Clinical Neurophysiology (AOCCN). Bali, Indonesia. August 28-31, 2013. “Common Non-Neurological causes of hypersomnia” **(Invited speaker)**
27. The 2nd ASEAN Sleep Congress “The Modern View of Sleep and Sleep Disorders”. Bangkok, Thailand. August 1-3, 2013. **(Organizing chairman of the Congress)**
28. The 2nd ASEAN Sleep Congress “The Modern View of Sleep and Sleep Disorders”. Bangkok, Thailand. August 1-3, 2013. “Obesity hypoventilation syndrome: does size matter?” **(Invited speaker)**
29. The 4th Malaysian International ORL-HNS Congress & Inaugural Asean Sleep Congress. Kuala Lumpur, Malaysia. June 28-30, 2012. “Assessing Non-Breathing Sleep Disorders” **(Plenary speaker)**
30. The 4th Malaysian International ORL-HNS Congress & Inaugural Asean Sleep Congress. Kuala Lumpur, Malaysia. June 28-30, 2012. “OSA/UARS” **(Invited speaker)**
31. The 4th Malaysian International ORL-HNS Congress & Inaugural Asean Sleep Congress. Kuala Lumpur, Malaysia. June 28-30, 2012 “Cancer and Sleep” **(Invited speaker)**
32. The 6th Asian Pacific Congress of Heart Failure. Chiang Mai, Thailand Feb 3 -5, 2012. “Sleep Disorders and Heart Failure”. **(Invited speaker)**
33. The Critical Care Conference in Thailand 2011 “All about Respiration”. Huahin, Thailand. June 23-25, 2011. “Sleep Disorders in Critical Care” **(Invited speaker)**

Reviewer

SLEEP

Journal of Clinical Sleep Medicine

Respiratory Care

PLOS ONE

Asia Pacific Journal of Allergy and Immunology

Sleep and Vigilance

Siriraj Medical Journal

Journal of Thai Stroke Society

Journal Sleep Health

Editorial/International Advisory Board

Sleep and Vigilance

Jointed Journal of Taiwan Society of Sleep Medicine

Honors and Awards

- (1) Fellow, American Academy of Sleep Medicine since April 2017
- (2) Fellow, Asian Pacific Society of Respirology since November 2017
- (3) Outstanding teaching award for young faculty, Chulalongkorn University, 2014
- (4) American Association of Bronchology Case Report Winner, Chest Meeting 2007 Successful Treatment of Endobronchial Obstruction due to Metastatic Adrenocortical Cancer Using a Combination of Endobronchial Procedures. Naricha Chirakalwasan , Joerel Ramos, Antonio Cajigas, Maomi Li , Andrew R Berman. Albert Einstein College of Medicine/Montefiore Medical Center, Bronx, NY Chest 2007 October;132(4):668S
- (5) First prize winner of oral case presentation in cardiovascular category, Chest Meeting 2006 Treating a case of severe pulmonary hypertension due to schistosomiasis. Naricha Chirakalwasan MD, Christina M. Coyle MD, MS, Jay Meisner MD, Alpana Chandra MD Albert Einstein College of Medicine, Bronx, New York Chest 2006 October;130(4):293S
- (6) Chief Resident, Department of Medicine, Wright State University, Dayton, Ohio (July 2004-June 2005)
- (7) Wright State University Academy of Medicine Resident Award (nominated from Department of Internal Medicine), 2003. Wright State University, Dayton, Ohio
- (8) Outstanding Intern of The Year Award. Suranaree Fort Hospital Nakhonratchaseema, Thailand, 05/2000.
- (9) 3rd Place Swimming Contest
Chulalongkorn University
Bangkok, Thailand, 1993
- (10) Grade 6 Piano Certificate
Trinity College of Music
London, the United Kingdom, 1992
- (11) 1st Place, “Thailand Science Contest”
Category: Student Grade 6, 1987

Research Interest

1. Obstructive Sleep Apnea Health Consequences
2. Novel Treatment for Positional Sleep Apnea
3. Positive Pressure Therapy for Obesity Hypoventilation Syndrome
4. Non pharmacological Treatment for Insomnia