



European Sleep Foundation



PROGRAM



SMSS SLEEP MEDICINE
SUMMER SCHOOL

01-05/07/2019

LUGANO USI - Università della Svizzera Italiana



Università
della
Svizzera
italiana



BENESCO
Bern Network Epilepsy Sleep Consciousness



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**UNIVERSITÄT
BERN**



Dear Scientists,

We are very pleased to invite you to the 1st Sleep Medicine Summer School (SMSS), the former Alpine Sleep Summer School (ASSS) that was initiated in 2011 and run every other year. The event will take place in Lugano at the Università della Svizzera italiana from July 1st to July 5th 2019.

The Sleep Medicine Summer School is part of the Academy of Sleep and Consciousness (ASC) founded from a joint effort of the University of Bern and the Università della Svizzera italiana. The academic mission of the school is to provide a high-quality postgraduate educational course in sleep and consciousness.

The Sleep Medicine Summer School is one of the modules of the ASC educational program with a strong focus on clinics and basic research.

This year the Sleep Medicine Summer School will offer an intense scientific program on the topics of sleep, wakefulness, consciousness, chronobiology, sleep and cognition, insomnia, circadian disorders, hypersomnia, disorders of consciousness, sleep and neurologic disorders, parasomnias, sleep and epilepsy, movement disorders, sleep breathing disorders.

Each module will include regular lessons, keynote lectures, case discussions and practical exercitation.

Highlights of the Summer School are the keynotes on Neuroimaging of the sleeping brain, Sleep, insomnia and mental health, Genetics of neurological sleep disorders, REM Behavior Disorder, Biomarkers in sleep apnoea given by five scientists with an internationally respected reputation in their field of expertise:

Prof. Dr. Dieter Riemann (Universitätsklinikum Freiburg), Prof. Dr. Mehdi Tafti (University of Lausanne), Prof. Luigi Ferini-Strambi (Ospedale San Raffaele, Milano), MD PhD Jean-Louis Pepin (CHU de Grenoble).

You will also have the opportunity to meet many outstanding speakers recognized worldwide for their intellectual contribution in the field of sleep medicine.

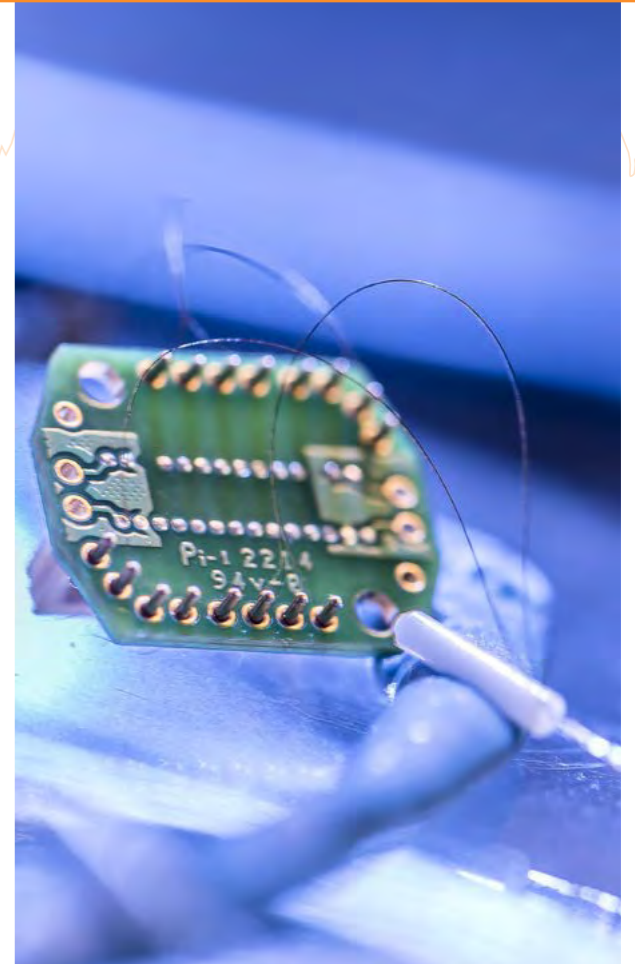
We are looking forward to an educational and inspiring Sleep Medical Summer School and for you to join.

Warm Regards,

Prof. Claudio Bassetti | Prof. Mauro Manconi

A handwritten signature in blue ink, appearing to read 'C. Bassetti'.

A handwritten signature in blue ink, appearing to read 'M. Manconi'.



SCIENTIFIC COMMITTEE



Claudio Bassetti
Ramin Khatami
Mauro Manconi
Christoph Nissen
Frédéric Zubler



Francesco Fanfulla
Luigi Ferini-Strambi
Marcello Massimini
Alessandro Silvani



Winfried Randerath
Dieter Riemann



Walter McNicholas



Leja Dolenc Groselj



Jean-Louis Pepin

DAY 1 - MONDAY, 1st JULY 2019

FROM SLEEP PHYSIOLOGY TO SLEEP SCORING: INTRODUCTION TO SLEEP AND SLEEP MEDICINE



CHAIRS:
A Silvani, F Zubler

08.30 Official welcome - *C Bassetti, M. Manconi*

08.40 Sleep as a phenomenon of the integral organism - *A Silvani*

09.20 Circadian and homeostatic control of sleep
P Achermann

10.00 *Coffee break*

10.30 Basics of EEG for sleep medicine
F Zubler

11.00 Ontogenesis of Sleep - *O Bruni*

11.30 Introduction to sleep medicine: overview to ICSD classification - *M Schmidt*

12.00 *Lunch*

13.30 **KEYNOTE LECTURE**
Sleep physiology: lessons from optogenetics
A Adamantidis

14.30 Introduction to sleep scoring - *S Fulda*

15.00 *Coffee break*

15.30 Scoring special events during sleep (apnoeas, leg movements, REM sleep without atonia, epileptic spikes): guidelines and practical exercises
O Bruni, S Fulda, F Zubler

18.00 Concluding remarks - *A Silvani, F Zubler*

DAY 2 - TUESDAY, 2nd JULY 2019

SLEEP, INSOMNIA AND MENTAL HEALTH
Including cognitive and circadian aspects



CHAIRS:
D Riemann, C Nissen, T Pollmächer

- 08.30 What is insomnia? Basic concepts and diagnosis - *D Riemann*
- 09.00 Aspects of disturbed sleep in mental disorders - the role of insomnia and hypersomnia - *T Pollmächer*
- 09.30 Circadian rhythms, sleep and mental health
A Wirz-Justice
- 10.00 *Coffee Break*
- 10.30 Emotion regulation, sleep and sleep disorders - *C Baglioni*
- 11.00 Insomnia as a predictor of somatic and mental health - *C Baglioni*
- 11.30 Aspects of cognition and neuroplasticity to understand the relationship of sleep and mental illness - *C Nissen*
- 12.00 *Lunch*

- 13.30 **KEYNOTE LECTURE**
Sleep, insomnia and mental health - a synthesis - *D Riemann*
- 14.30 Cases of insomnia and hypersomnia in psychiatry - diagnostic and therapeutic aspects - *T Pollmächer*
- 15.00 *Coffee Break*
- 15.30 Pharmacotherapy of insomnia and hypersomnia in psychiatry - *C Nissen*
- 16.00 Cognitive behavioral therapy of insomnia - nuts and bolts - *D Riemann*
- 17.00 Chronotherapies for affective and sleep disorders - *A Wirz-Justice*

DAY 3 - WEDNESDAY, 3rd JULY 2019

HYPERSOMNIAS, SLEEP IN NEUROLOGICAL DISORDERS, DISORDERS OF CONSCIOUSNESS



CHAIRS:
C Bassetti, L Ferini-Strambi

- 08.30 Primary CNS hypersomnias - *C Bassetti*
- 09.00 Diagnostic work-up of primary CNS hypersomnias - *C Baumann*
- 09.30 Management of primary CNS hypersomnias (European Guidelines) - *U Kallweit*
- 10.00 *Coffee Break*
- 10.30 Hypersomnia/Insomnia secondary to neurological disorders - *L Ferini-Strambi*
- 11.00 Diagnostic work-up/management of sleep-wake disorders secondary to neurological disorders - *L Dolenc-Groselj*
- 11.30 Disorders of consciousness: Neurophysiological aspects - *M Massimini*
- 12.00 *Lunch*

- 13.30 **KEYNOTE LECTURE**
Genetics of neurological sleep disorders
M Tafti
- 14.30 Disorders of consciousness: Clinical and neuroimaging aspects - *C Bassetti*
- 15.00 *Coffee Break*
- 15.30 Primary CNS hypersomnias: Case discussion - *U Kallweit*
- 16.00 Hypersomnias/Insomnia secondary to neurological disorders: Case discussion
L Dolenc-Groselj, L Ferini-Strambi
- 16.30 PSG, MSLT/MWT, actigraphy in hypersomnias: Pitfalls - *J Mathis*
- 17.00 Fitness to drive in neurological/sleep disorders - *J Mathis*

DAY 4 - THURSDAY, 4th JULY 2019

PARASOMNIA-MOVEMENT DISORDERS-EPILEPSY



CHAIRS:
M Manconi, R Khatami

08.30 Motor control during sleep - *R Khatami*

09.00 Sleep and Epileptogenesis - *K Schindler*

09.30 Nocturnal Frontal and not Frontal Lobe Epilepsy - *L Nobili*

10.00 *Coffee Break*

10.30 NREM Parasomnia (Arousal Disorders)
C Bassetti

11.00 Restless Legs Syndrome - *D Garcia*

11.30 Recognizing and scoring sleep related motor events - *M Manconi*

12.00 *Lunch*

13.30 **KEYNOTE LECTURE**
REM Behavior Disorder - *L Ferini-Strambi*

14.30 Propriospinal Myoclonus, Oromandibular Myoclonus and Hypnagogic Jerks
F Provini

15.00 *Coffee Break*

15.30 RLS Difficult case management
D Garcia, M Manconi

16.30 Video-Session/Scoring
M Manconi, D Garcia, L Nobili

17.00 Video-Session/Scoring
M Manconi, R Khatami, L Nobili

DAY 5 - FRIDAY, 5th JULY 2019

RESPIRATORY DISORDERS



CHAIRS:
F Fanfulla, W Randerath

08.30 Physiology of breathing during sleep
W McNicholas

09.00 Obstructive sleep apnoea (OSA): pathophysiology and consequences
J Hedner

09.30 An integrated approach to definition and diagnosis of OSA: symptoms, AHI, and comorbidities - *W Randerath*

10.00 *Coffee Break*

10.30 Personalized treatment of OSA: CPAP and more - *J Hedner*

11.00 Clinical phenotypes and pathophysiology of central sleep apnoea - *R Heinzer*

11.30 Treatment of central sleep apnoea and hypoventilation: Who, how and why?
W Randerath

12.00 *Lunch*

13.30 **KEYNOTE LECTURE**
Biomarkers in sleep apnoea: From bench to bedside? - *JL Pepin*

14.30 Interactive case discussion - *R Heinzer*

15.00 *Coffee Break*

PRACTICAL EXERCITATION

15.30 Definition of respiratory events; breathing related sleep events (Arousal, LM, crisis)
S Ott

16.30 Respiratory events during spontaneous breathing and during mechanical ventilation
F Fanfulla

17.00 Titration of mechanical ventilation (any type): tips and tricks - *F Fanfulla*

CONGRESS VENUE

USI - Università della Svizzera Italiana

Via Giuseppe Buffi, 13
CH-6900 - Lugano
Switzerland

USI (literally University of Italian Switzerland) is a public University founded in 1996 as academic reference point for the Italian-speaking population of Switzerland.

The University is located in the heart of Lugano, just a few steps from the beautiful Parco Civico and the charming longlake area with its wonderful view on Lugano Lake and surrounding mountains.



REGISTRATION FEES

Participants can choose to attend the entire school or just single modules. Participation in the entire school provides a special rate.

| Single Module | Within 15.04.2019 | After 15.04.2019 |
|---------------|----------------------|---------------------|
| Participant | 150 € | 200 € |
| Student | 100 € | 150 € |

| Full Congress (5 days) | Within 15.04.2019 | After 15.04.2019 |
|---------------------------|----------------------|---------------------|
| Participant | 500 € | 600 € |
| Student | 400 € | 500 € |

www.europeansleepfoundation.ch/events/

ONLINE REGISTRATION



REGISTRATION FEE INCLUDES:

- Participation to the Summer School
- European CME credits (n° to be defined)
- Conference materials
- 2 coffee breaks per day
- Lunches
- Social Event on July 3rd

ADDITIONAL INFORMATION:

Students must prove their student status with the official document from their university. Accommodation is available but not included in the basic course fee.

GRANTS FOR STUDENTS:

3 Travel Awards available for students:

- < 35 years old
- Coming from the following countries
Albania, Belarus, Bosnia-Herzegovina, Bulgaria, Croatia, Macedonia, Moldova, Montenegro, Romania, Serbia, Ukraine.

The grant includes:

- Free registration
- Refund of 400.- CHF maximum for accommodation and meals or travel expenses

CREDITS

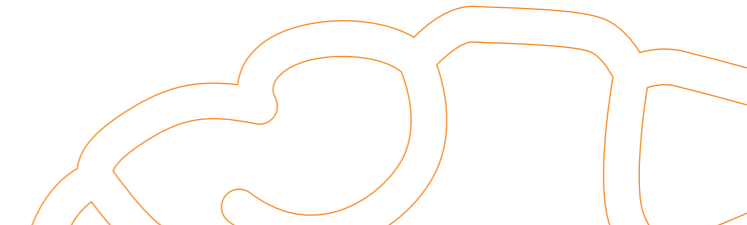
Certificate in Advanced Studies «Sleep, Consciousness, and related disorders»:
3 ECTS

An application will be made to EACCME®
(The European Accreditation Council for CME)
N° TO BE DEFINED

PATRONAGE



Schweizerische Gesellschaft für Schlafforschung,
Schlafmedizin und Chronobiologie
Société Suisse de Recherche sur le Sommeil,
de Médecine du Sommeil et de Chronobiologie



ORGANIZING SECRETARY



ANDREA BARZAGO

andrea.barzago@europeansleepfoundation.ch

www.europeansleepfoundation.ch

LOCAL ORGANIZER

Prof. Dr. med Mauro Manconi

University of Bern

Università della Svizzera Italiana

Neurocentro della Svizzera Italiana

Ospedale Regionale di Lugano



For more information and registration:

www.europeansleepfoundation.ch