

# EUCAN masterclass – part of the REST Initiative

## *Chronic insomnia disorder: beyond sleepless nights*

Date: 21–22 September 2022    Duration: 1.5 days    Location: Madrid, Spain (and virtual)

### Day 1

Time	Topic (time)	Speakers
09:00–09:30	<b>Introduction, and welcome to day 1 (30 minutes)</b> Idorsia in Europe and Canada. Vision for medical/scientific role in the chronic insomnia disorder community	Imane Wild (EUCAN) Diego García-Borreguero (ES) Jean-Yves Chatelan (EUCAN president)
09:30–10:15	<b>The history and future of Idorsia (45 minutes)</b>	Jean-Paul Clozel (CEO and founder) Martine Clozel (CSO and founder)
10:15–11:35	<b>Chronic insomnia disorder: a 24-hour disease with a significant impact on daytime functioning (80 minutes)</b> What is insomnia? And what is it not? (20 minutes) Epidemiology: how widespread is the problem of chronic insomnia disorder, and what is the societal cost? (20 minutes) Consequences/impacts of chronic insomnia (including daytime functioning) (20 minutes) Discussion (20 minutes)	Jason Ellis (UK) Charles Morin (CA) Ellemarije Altena (FR)
11:35–11:50	Coffee	
11:50–12:50	<b>Important outcomes in insomnia: a patient's perspective (60 minutes; presentation by a patient, in discussion with an expert)</b>	Marie Darrieussecq
12:50–13:50	Lunch	
13:50–14:50	<b>Exhibition zone, posters, and breakout sessions (60 minutes)</b> • Delegates will rotate through two of three breakout sessions	
14:50–16:10	<b>The state of the union: clinical treatments for chronic insomnia disorder in the EU and the UK (80 minutes)</b> How do patients use over-the-counter drugs during their journey with chronic insomnia disorder? (20 minutes) Treatment guidelines in chronic insomnia disorder (20 minutes) CBTI: challenges and opportunities (20 minutes) Discussion (20 minutes)	Liborio Parrino (IT) Anna Heidbreder (AT) Charles Morin (CA)
16:10–17:30	<b>Exhibition zone, posters, and breakout sessions (80 minutes)</b> • Delegates will rotate through two of three breakout sessions	
18:30–20:30	Dinner	

### Day 2

Time	Topic (time)	Speakers
08:30–08:35	<b>Welcome to day 2 (5 minutes)</b>	
08:35–09:55	<b>Future horizons in the treatment of chronic insomnia. The orexin system in insomnia: a role for dual orexin receptor antagonists (80 minutes)</b> Setting expectations from current treatments in chronic insomnia disorder (20 minutes) A new mechanism of action in the treatment of chronic insomnia disorder: the orexin system (20 minutes) Efficacy and safety of daridorexant in the treatment of chronic insomnia disorder (20 minutes) Discussion (20 minutes)	Jason Ellis (UK) Göran Hajak (DE) Göran Hajak (DE)
09:55–10:15	Coffee	
10:15–11:15	<b>Exhibition zone, posters, and breakout sessions (60 minutes)</b> • Delegates will attend one of three breakout sessions	
11:15–12:15	<b>Redefining treatment paradigms: a summary (60 minutes)</b> Sleep quality: why does it matter? (20 minutes) Treatment outcomes: beyond sleep quantity (20 minutes) Optimizing success in the treatment of chronic insomnia disorder (20 minutes)	Luigi Ferini-Strambi (IT) Javier Puertas (ES) Kirstie Anderson (UK)
12:15–12:25	<b>Thank you and closing remarks (10 minutes)</b>	
12:25–12:55	Lunch	