

A New Dawn for Chronic Insomnia Disorder: 2023 Masterclass

Agenda

Crowne Plaza Berlin City Centre, Berlin, Germany (& online),
29–30 September 2023

Objectives

- By the end of this masterclass, delegates will be able to:



DISCUSS

the challenges of diagnosing chronic insomnia disorder and the importance of providing timely access to treatment and care



TRANSLATE

clinical evidence into practice to maximise the benefit of available treatment options for chronic insomnia disorder



IMPROVE

patient experience by tailoring management to meet their specific presentation of chronic insomnia disorder

Day 1 Agenda: 08:30–17:30, 29 September 2023

Time (CEST)	Session	Speaker(s)/Moderator(s)
08:30–08:40	Day 1 welcome and introduction	Dieter Kunz (meeting chair)
Session 1 – Chronic insomnia: A 24-hour disorder session chair: Dieter Riemann		
08:40–09:00	Plenary: Why sleep matters: the role of sleep in health	Tiina Paunio
09:00–09:20	Plenary: The patient and societal burden of chronic insomnia disorder	Charles Morin
09:20–09:40	Plenary: Diagnosing and evaluating chronic insomnia: a day-and-night disorder	Jason Ellis
09:40–09:55	Panel discussion and audience Q&A: Chronic insomnia as a 24-hour disorder	Session 1 faculty, moderated by Dieter Riemann
Session 2 – Pathophysiology of chronic insomnia disorder and implications for treatment session chair: Jason Ellis		
09:55–10:15	Plenary: The intersection of sleep science and neurobiology	Nicholas Meyer
10:15–10:35	Plenary: Targeting the pathophysiology of chronic insomnia disorder	Dieter Riemann
10:35–10:55	Plenary: The role of orexins in sleep physiology	Claudio Liguori
10:55–11:05	<i>Coffee break</i>	
11:05–11:45	Parallel workshop 1 <ul style="list-style-type: none"> Group A: Combination therapy of CBTi and pharmaceutical medicine or alternative medicines Group B: CBTi or pharmacotherapy for treating patients with chronic insomnia disorder? A debate 	A: Charles Morin, moderated by Dieter Riemann B: Christoph Nissen and Diego Garcia-Borreguero, moderated by Jason Ellis
11:45–12:25	Parallel workshop 2 (faculty to switch rooms) <ul style="list-style-type: none"> Group A: CBTi or pharmacotherapy for treating patients with chronic insomnia disorder? A debate Group B: Combination therapy of CBTi and pharmaceutical medicine or alternative medicines 	A: Christoph Nissen and Diego Garcia-Borreguero, moderated by Jason Ellis B: Charles Morin, moderated by Dieter Riemann
12:25–13:30	<i>Lunch</i>	

Day 1 Agenda (continued): 08:30–17:30, 29 September 2023

Time (CEST)	Session	Speaker(s)/Moderator(s)
Session 3 – Managing chronic insomnia disorder in patients with comorbidities and other special populations session chair: Charles Morin		
13:30–13:50	Plenary: The consequences of chronic insomnia disorder: a focus on comorbidities and cognitive impairment	Birgit Högl
13:50–14:10	Plenary: Chronic insomnia disorder in women: a unique clinical challenge	Laura Palagini
14:10–14:30	Plenary: The impact of chronic insomnia disorder on older adults	Ambra Stefani
14:30–14:45	<i>Coffee break</i>	
14:45–15:25	Parallel patient-case workshop 1 <ul style="list-style-type: none"> • Group A: The neurologist’s perspective in managing patients with chronic insomnia disorder and comorbidities • Group B: The pneumonologist’s perspective in managing patients with chronic insomnia disorder and comorbidities • Group C: The psychiatrist’s perspective in managing patients with chronic insomnia disorder and comorbidities 	A: Mauro Manconi, moderated by Birgit Högl B: Carlos Egea Santaolalla, moderated by Ambra Stefani C: Luis San, moderated by Laura Palagini
15:35–16:15	Parallel patient-case workshop 2 (delegates to switch rooms) <ul style="list-style-type: none"> • Group A: The psychiatrist’s perspective in managing patients with chronic insomnia disorder and comorbidities • Group B: The neurologist’s perspective in managing patients with chronic insomnia disorder and comorbidities • Group C: The pneumonologist’s perspective in managing patients with chronic insomnia disorder and comorbidities 	A: Luis San, moderated by Laura Palagini B: Mauro Manconi, moderated by Birgit Högl C: Carlos Egea Santaolalla, moderated by Ambra Stefani
16:15–16:30	<i>Coffee break</i>	
Session 4 – Addressing gaps in primary care management session chair: Luigi Ferini-Strambi		
16:30–16:50	Plenary: Primary care management of patients with chronic insomnia disorder: what are the challenges?	Cameron Livingston
16:50–17:10	Plenary: Tools and resources for managing patients with chronic insomnia disorder in primary care	Jason Ellis
17:10–17:30	Panel discussion and audience Q&A: Addressing gaps in primary care management	Session 4 faculty, moderated by Luigi Ferini-Strambi
17:40	Day 1 close	Dieter Kunz
<i>Transfers to dinner from 18:45</i>		

Day 2 Agenda: 08:30–12:35, 30 September 2023

Time (CEST)	Session	Speaker(s)/Moderator(s)
08:30–08:40	Day 2 welcome and recap of Day 1	Dieter Kunz
Session 5 – Evidence-based treatment for chronic insomnia disorder session chair: Diego Garcia-Borreguero		
08:40–08:55	Plenary: Overview of current non-pharmacological treatment options for chronic insomnia disorder	Chiara Baglioni
08:55–09:10	Plenary: Overview of current pharmacological treatments for chronic insomnia disorder	Yaroslav Winter
09:10–09:40	Plenary: Clinical program of daridorexant for the treatment of chronic insomnia disorder	Dieter Kunz
09:40–09:55	<i>Coffee break</i>	
09:55–10:35	Parallel patient-case workshop 1 <ul style="list-style-type: none"> Group A: Clinical practice with daridorexant Group B: Switching between classes of pharmacological treatments for chronic insomnia disorder in clinical practice 	A: Claudio Liguori, moderated by Yaroslav Winter B: Roger McIntyre, moderated by Dieter Kunz
10:35–11:15	Parallel patient-case workshop 2 (faculty to switch rooms) <ul style="list-style-type: none"> Group A: Switching between classes of pharmacological treatments for chronic insomnia disorder in clinical practice Group B: Clinical practice with daridorexant 	A: Roger McIntyre, moderated by Dieter Kunz B: Claudio Liguori, moderated by Yaroslav Winter
11:15–11:30	<i>Coffee break</i>	
11:30–11:50	Plenary: The impact of chronic insomnia disorder treatment on sleep architecture	Yves Dauvilliers
11:50–12:10	Plenary: Assessing treatment success - what is the most impactful measure?	Luigi Ferini-Strambi
12:10–12:30	Panel discussion and audience Q&A: Evidence-based treatment for chronic insomnia disorder	Session 5 faculty, moderated by Diego Garcia-Borreguero
12:30–12:35	Meeting summary and close	Dieter Kunz
12:35–13:35	<i>Lunch</i>	