



EUROPEAN NARCOLEPSY NETWORK

PROGRAM



PROGRAM



10<sup>th</sup> European Narcolepsy Day

# NARCOLEPSY AND ITS BORDERLAND

18-19/05/2019

BERN UNIVERSITY HOSPITAL, INSELSPITAL

 INSELSPITAL

UNIVERSITÄTSSPITAL BERN  
BERN UNIVERSITY HOSPITAL

 **BENESCO**  
Bern Network Epilepsy Sleep Consciousness

*u<sup>b</sup>*  
UNIVERSITÄT  
BERN  
Interfaculty Research Cooperation:  
Decoding Sleep

  
Swiss Narcolepsy Network

IN COLLABORATION WITH:

 **ESF**  
European Sleep Foundation  
Fondazione Europea Sonno

## TEACHING COMMITTEE of the EU-NN

-  C. Bassetti
-  S. Knudsen
-  R. Fronczek
-  F. Pizza
-  P. Reading
-  K. Sonka

*in collaboration with:*

## PAST-PRESIDENTS of the EU-NN

-  G.J. Lammers
-  G. Mayer

## EU-NN BOARD

-  C. Bassetti (President)
-  G. Plazzi (Vice-President)
-  R. Fronczek
-  B. Kornum
-  A. Wierzbicka

## FACULTY

-  C. Bassetti
- R. Khatami
- J. Mathis
- M. Schmidt
- M. Tafti
-  F. Pizza
- G. Plazzi
-  Y. Dauvilliers
- P.H. Luppi
-  G.J. Lammers
- L. Sickenga
-  A. Wierzbicka
-  K. Sonka
-  B. Kornum
-  M. O'Neill
-  E. Mignot
- T.E. Scammell
-  M. Yanagisawa
-  S. Bong Hong

## 10<sup>th</sup> European Narcolepsy Day

# NARCOLEPSY AND ITS BORDERLAND

*Dear colleagues, patients, guests and friends,*

On behalf of the European Narcolepsy Network (EU-NN), it is my pleasure to invite you to the 10<sup>th</sup> European Narcolepsy Day, which returns to Switzerland 9 years after the first event took place in Lugano in 2010.

The EU-NN is a non-profit organization whose mission is to increase public awareness about narcolepsy and related diseases and to support initiatives in research, education and management to improve the quality of life for all affected persons. Over the years the EU-NN narcolepsy day has become a unique opportunity for scientists, patients, physicians and healthcare professionals to receive updates and exchange ideas and experiences.

This year's program, which immediately follows the 16<sup>th</sup> European Narcolepsy Master Class (Bern, May 17), includes clinical and scientific sessions on the narcolepsy borderland, lectures ("year in review") on the most recent publications in the field of narcolepsy,

short presentations by young investigators on current research projects, and a poster session. Representatives of national patient organizations will host a joint workshop with clinicians on "quality of life in narcolepsy" and a second session, in which questions prepared in advance by patients, will be discussed together with physicians and scientists.

In addition to the traditional awards for the best presentation and poster, the EU-NN is honoured to present for the first time the "European Narcolepsy Award" to Professor Emmanuel Mignot (USA) and Prof. Masashi Yanagisawa (Japan) for their outstanding research contributions to the field of narcolepsy.

We very much look forward to welcoming all of you to the beautiful city of Bern in May 2019.

*Warm Regards,*



Prof. Claudio Bassetti  
*President of the European Narcolepsy Network*

## SATURDAY, 18<sup>TH</sup> MAY 2019

- 08.30 Registration  
09.00 Welcome - *C. Bassetti (CH)*

### SESSION 1 - BASIC SCIENCE

 CHAIRS: P.H. LUPPI (FR), T.E. SCAMMELL (US)

- 09.15 Genetics of central hypersomnias  
*M. Tafti (CH)*
- 09.45 Neurobiology of the narcolepsy borderland  
*M. Schmidt (CH)*
- 10.15 Discussion

10.30 *Coffee break*

### 11.00 SESSION 2 - PATIENTS' SESSION HOW TO IMPROVE THE QUALITY OF LIFE: WHAT DO WE NEED AND HOW ARE WE GOING TO PROVIDE THAT

 CHAIRS: L. SICKENGA (NL), M. O'NEILL (UK)

### KEY NOTE LECTURE 2 AND EU-NN NARCOLEPSY RESEARCH AWARD 2019

 CHAIRS: C. BASSETTI (CH), G. PLAZZI (IT)

### 12.15 EUROPEAN NARCOLEPSY RESEARCH AWARD (AND LECTURE) 2019

 *E. Mignot (US)*

13.00 *Lunch and Poster*

13.30 EU-NN Business Meeting

### 14.30 SESSION 3 YOUNG SCIENTISTS SESSION (6 TALKS)

 CHAIRS: F. PIZZA (IT), A. WIERZBICKA (PL)

15.30 *Coffee break*

### SESSION 4 - YEAR IN REVIEW: NARCOLEPSY

 CHAIR: K. SONKA (CZ)

- 16.00 Basic science - *B. Kornum (DK)*
- 16.30 Clinical science - *R. Khatami (CH)*
- 17.00 Discussion

17.30 EU-NN BOARD meets the extra European guests

## SUNDAY, 19<sup>TH</sup> MAY 2019

### SESSION 5 - CLINICAL SCIENCE

 CHAIRS: J. MATHIS (CH), S. BONG HONG (KR)

- 09.00 Clinical features/diagnosis of the narcolepsy borderland - *G.J. Lammers (NL)*
- 09.30 Treatment of the narcolepsy borderland  
*Y. Dauvilliers (FR)*
- 10.00 Discussion

10.30 *Coffee break*

### 11.00 SESSION 6 PATIENTS QUESTIONS/ANSWERS

 CHAIRS: R. KHATAMI (CH), G.J. LAMMERS (NL)

### SESSION 7 - AWARDS CEREMONY


 CHAIRS: B. KORNUM (DK), G. PLAZZI (IT)

- 12.00 Young Scientist Award - *B. Kornum (DK)*
- 12.15 Best Poster Award - *B. Kornum (DK)*

### KEY NOTE LECTURE 2 AND EU-NN NARCOLEPSY RESEARCH AWARD 2019

 CHAIRS: C. BASSETTI (CH), G. PLAZZI (IT)

### 12.30 EUROPEAN NARCOLEPSY RESEARCH AWARD (AND LECTURE) 2019

 *M. Yanagisawa (JP)*

- 13.15 CLOSING CEREMONY  
Narcolepsy Day 2020  
International Narcolepsy collaboration

## MEETING VENUE

### INSELSPITAL BERN

UNIVERSITÄTSKLINIK FÜR KINDERCHIRURGIE  
UND KINDERHEILKUNDE

AUDITORIUM ETTORE ROSSI (31b)

Freiburgstrasse 15

CH-3010 Bern



## CREDITS

Swiss Neurological Society (SNG):

18/05 - 8 CREDITS, 19/05 - 4 CREDITS

An application has been made to EACCME®  
(The European Accreditation Council for CME )

N° TO BE DEFINED

Swiss Society for Sleep Research, Sleep Medicine  
and Chronobiology (SGSSC):

10 CREDITS

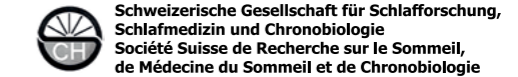
## EVALUATION FORM

Tbd

## AN UNCONDITIONED SUPPORT HAVE BEEN REQUESTED TO:



## PATRONAGE:



(on request)

## LOCAL ORGANIZER



UNIVERSITÄTSSPITAL BERN  
BERN UNIVERSITY HOSPITAL

### ANNE-MARIE ZAUGG

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## ORGANIZING SECRETARY



European Sleep Foundation  
Fondazione Europea Sonno

### ANDREA BARZAGO

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**For more information:**

[www.europeansleepfoundation.ch](http://www.europeansleepfoundation.ch)