



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



**u<sup>b</sup>**

**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 1<sup>st</sup> to July 5<sup>th</sup> 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.

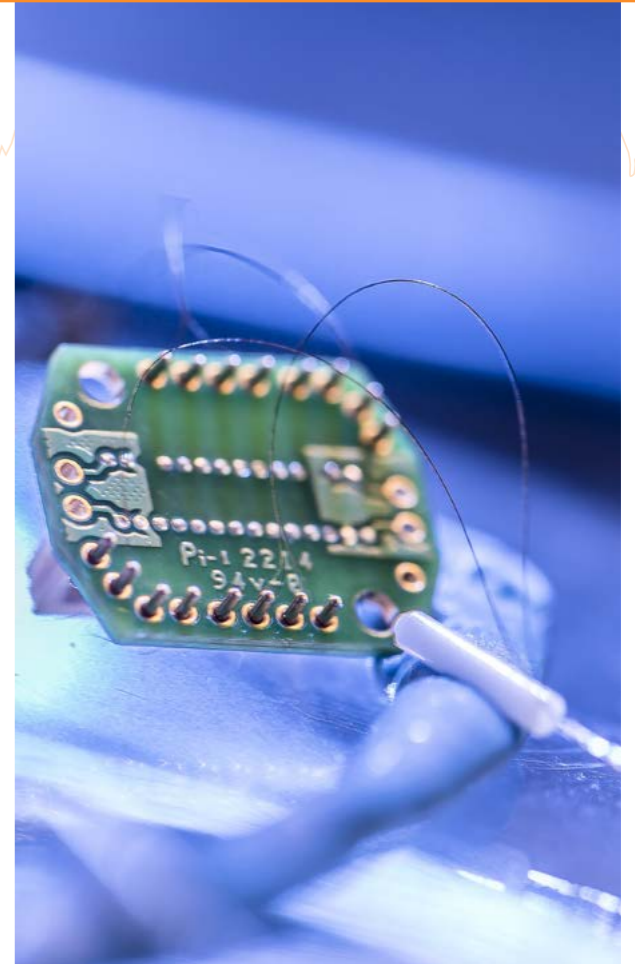
We are looking forward to an educational and inspiring Sleep Medical Summer School and for you to join.

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, 1<sup>st</sup> 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, 2<sup>nd</sup> 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, 3<sup>rd</sup> 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, 4<sup>th</sup> 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, 5<sup>th</sup> 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/](http://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 3<sup>rd</sup>

## 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**

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