



SMSS

3rd SLEEP
MEDICINE
SUMMER
SCHOOL

JULY 10th-14th, 2023

UNIVERSITÀ DELLA SVIZZERA ITALIANA (USI)
Via Buffi 13, 6900 Lugano, Switzerland

In collaboration with:



Ente Ospedaliero Cantonale



Università
della
Svizzera
italiana

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UNIVERSITÄT
BERN

Interfaculty Research Cooperation:
Decoding Sleep



SMSS

3rd SLEEP MEDICINE SUMMER SCHOOL

Dear colleagues, patients, guests and friends,

Welcome to the 3rd edition of the Sleep Medicine Summer School, a 5 days international course on sleep physiology and sleep disorders. This year the school will offer an intense scientific program organized in 5 modules, each on the following topic: 1) sleep physiology and chronobiology; 2) insomnia, mental health and circadian disorders; 3) hypersomnia and neurological disorders; 4) sleep related movement disorders, parasomnia and epilepsy; 5) sleep related breathing disorders. Outstanding internationally recognized speakers will guide you through the discipline by presenting the most updated advances on diagnosis and management of sleep medicine. The school will be held in presence in the wonderful frame of Lugano city, but a remote virtual attendee will be possible.

Regular theoretical lectures will be delivered in the morning, while in the afternoon the topic of the day will be treated by keynote lectures, pediatric sessions, satellite sponsored lectures on new medications, practical exercitation on scoring sessions, case discussion, apero with the experts, and question and answers session in preparation of the European sleep expert certification. Leading experts fully available to a profitable intellectual exchange compose the scientific committee with the attenders. The school is aimed to any professionals interesting in sleep and sleep medicine, in particular to physicians of different specialties (neurologists, pulmonologists, psychiatrists, ENT, dentists), physiologists and researchers, psychologists, technicians, nurses and experts in drug development. We ardently hope that your large presence contributes to the success of the event.

The 3rd Sleep Medicine Summer School (SMSS) is part of the *INTERNATIONAL MASTER IN SLEEP MEDICINE* - A postgraduate master on sleep-wake-circadian physiology, consciousness and related disorders

INTERNATIONAL
MASTER IN
SLEEP MEDICINE

A postgraduate master on
sleep-wake-circadian physiology,
consciousness and related disorders

COURSE DIRECTION

C. BASSETTI (CH)
M. MANCONI (CH)

ESF PRESIDENT

C. BASSETTI (CH)

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F. PROVINI (IT)
W. RANDEATH (DE)
D. RIEMANN (DE)
S. SCHIZA (GR)
M. SCHMIDT (CH)
A. SILVANI (IT)
R. TAMISIER (FR)

MONDAY, 10TH JULY 2023

PHYSIOLOGY/CHRONOBIOLOGY SLEEP STAGING

 *Coordinators: A. Silvani (IT), A. Adamantidis (CH), C. Peyron (FR)*

08.30 Official welcome - *C. Bassetti (CH), Giovanni Pedrazzini (CH), Mauro Manconi (CH)*

08.50 Sleep, the brain, and the body - *A. Silvani (IT)*

09.30 Sleep circuits and regulations - *C. Peyron (FR)*

10.10  *Coffee break*

10.40 EEG Oscillations in different sleep states: genesis & function - *A. Adamantidis (CH)*

11.20 Chronobiology and its impact on sleep - *M. Münch (CH)*

12.00  *Lunch*

13.00 The glymphatic system and its relationship to sleep - *I. Lundgaard (SE)*  *online*

13.40 **KEY NOTE LECTURE**
Sleep and dreaming - *F. Siclari (CH)*

14.20 "INTERNATIONAL MASTER IN SLEEP MEDICINE" Presentation - *C. Bassetti (CH)*

14.40 **PEDIATRIC SESSION**
Sleep from birth to young adult
R. Huber (CH)

15.20  *Coffee break*

15.50 Human PSG - *L. Peter-Derex (FR)*  *online*

16.30 Practical exercitation - *All*

18.00 **APERÒ WITH THE EXPERTS**
A. Silvani (IT), R. Huber (CH), F. Siclari (CH), M. Münch (CH)

TUESDAY, 11TH JULY 2023

INSOMNIA CIRCADIAN DISORDERS

 Coordinators: *D. Riemann (DE), V. Castronovo (IT), C. Nissen (CH)*

08.30 Insomnia - the basics - *D. Riemann (DE)*

09.10 Perception misperspection in patients affected by Insomnia - *A. Castelnovo (CH)*

09.50 Circadian rhythm disorders - *C. Garbaza (CH)*

10.30  Coffee break

11.00 CBT-I for insomnia: state of the art - *V. Castronovo (IT)*

11.40 Sleep and cognition - *M. Schabus (AT)*

12.20  Lunch

13.30 KEY NOTE LECTURE

Sleep and psychiatry: current situation and perspectives - *C. Nissen (CH)*

14.10 PEDIATRIC SESSION

The role of the circadian system in child and adolescent mental health - *L. Tarokh (CH)*

14.50 Sponsored Symposium **1**

15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 APERO WITH THE EXPERTS

D. Riemann (DE), V. Castronovo (IT), C. Nissen (CH)

WEDNESDAY, 12TH JULY 2023

HYPERSOMNIA DRIVING

 Coordinators: *C. Bassetti (CH), U. Kallweit (DE), L. Barateau (FR)*

08.30 Introduction into hypersomnolence disorders - *R. Fronczek (NL)*

09.10 Narcolepsy - *L. Barateau (FR)*

09.50 Hypersomnias - *U. Kallweit (DE)*

10.30  Coffee break

11.00 Fatigue and hypersomnia associated with psychiatric disorders - *A. Heidebreder (AT)*

11.40 Driving in hypersomnolence disorders - *G.J. Lammers (NL)*

12.20  Lunch

13.30 KEY NOTE LECTURE

Hypersomnolence in neurological disorders - *C. Bassetti (CH)*

14.10 PEDIATRIC SESSION

An update on Kleine Levin Syndrome - *Y. Dauvilliers (FR)*

14.50 Sponsored Symposium **2**

15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 APERO WITH THE EXPERTS

C. Bassetti (CH), G.J. Lammers (NL), Y. Dauvilliers (FR), G. Plazzi (IT)

THURSDAY, 13TH JULY 2023

PARASOMNIA MOVEMENT DISORDERS

 Coordinators: *M. Manconi (CH), P. Bargiotas (CY), F. Provini (IT)*

08.30 Motor dysregulation during sleep -
R. Khatami (CH)

09.10 SHE and dd with DOA - *P. Proserpio (IT)*

09.50 RBD - *P. Bargiotas (CY)*

10.30  Coffee break

11.00 Restless Legs Syndrome - *F. Provini (IT)*

11.40 Periodic Limb Movements and other
motor events - *M. Manconi (CH)*

12.20  Lunch

13.30 KEY NOTE LECTURE

Sleep disorders and parkinson disease
L. Ferini-Strambi (IT)

14.10 PEDIATRIC SESSION

Pediatric Restless Sleep - *O. Bruni (IT)*

14.50 Propriospinal myoclonus and nocturnal jerks
Sleep related head jerks/neck myoclonus
M. Manconi (CH), F. Provini (IT)

15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 APERO WITH THE EXPERTS

L. Ferini-Strambi (IT)

FRIDAY, 14TH JULY 2023

BREATHING DISORDERS

 Coordinators: *W. Randerath (DE), S. Schiza (GR),
R. Tamisier (FR)*

08.30 State of the Art for OSA (CPAP) -
S. Schiza (GR)

09.10 Alternative therapeutic targets from muscle
to brain to manage upper airways and
outcomes - *R. Heinzer (CH)*  online

09.50 The role of digital health in SBD (What did
we learn and what to expect from big data
bases, from adherence to compliance, role
of digital health) - *R. Tamisier (FR)*

10.30  Coffee break

11.00 Treatment of Obesity Related Respiratory
Failure: Who, Why, How and Where? -
N. Hart (UK)

11.40 More than snoring: SBD in respiratory
and neuromuscular disorders -
D. Testelmans (BE)

12.20  Lunch

13.30 KEY NOTE LECTURE

Central sleep apnoea: phenotypes,
relevance, and evolving therapeutical
options - *W. Randerath (DE)*

14.10 PEDIATRIC SESSION

Continuous positive airway pressure and
non-invasive ventilation in obstructive sleep
apnoea in children - *M. Pavone (CH)*

14.50 Sleepiness and residual sleepiness -
symptoms, outcome marker, therapeutical
target - *J.L. Pepin (FR)*

15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 APERO WITH THE EXPERTS

All

SPONSORED SYMPOSIA

TUESDAY, 11TH JULY 2023
14.50-15.30

1

IDORSIA
Sponsored Symposium

idorsia

The treatment landscape of chronic insomnia: novel therapeutic approaches -
T. Mikoteit (CH)

WEDNESDAY, 12TH JULY 2023
14.50-15.30

2

BIOPROJET
Sponsored Symposium



Personalized Management of Narcolepsy
in Children - *G. Plazzi (IT)*

MEETING VENUE

Università della Svizzera Italiana (USI)
Via Buffi 13, 6900 Lugano
Switzerland
+41 58 666 40 00
www.usi.ch/en



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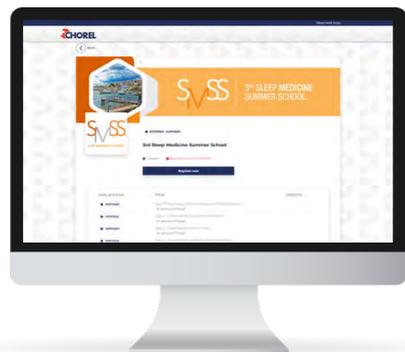
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**K L A U S
G R A W E
FOUNDATION**

HOW TO ATTEND

The meeting will be held in Hybrid format. Upon online registration process, all attendees will have the chance to select *Virtual* or *In person* participation.

Deadline for registrations: 8th July 2023



REGISTER NOW!

Visit www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/ or scan the QR code for info and registration.



REGISTRATION FEES

Participants can choose to attend the entire school or just single modules. Registration for the entire course entitles you to a discount of 20%.

Single Module	Within 15.05.2023	After 15.05.2023
HCPs (HealthCare Professional)	150,00 €	200,00 €
Students	100,00 €	150,00 €

Full Congress (5 days)	Within 15.05.2023	After 15.05.2023
HCPs (HealthCare Professional)	600,00 €	800,00 €
Students	400,00 €	600,00 €

Registration fee includes:

- Participation to the Summer School
- European CME credits (*n° to be defined*)
- Conference materials

Additional information: Students must prove their student status with the official document from their university.

REDUCED FEES AND DISCOUNTS

In an effort to provide sleep medicine clinicians residing in developing countries with an easy access to training and education in sleep research, the European Sleep Foundation is pleased to offer reduced registration fees to potential interested attendees in all areas of the world listed below.

The geographical areas are divided into three categories, which are based on the developing countries identified by the World Bank as those with an economic standing of low to lower-middle income.

People coming from the following countries can apply for reduced registration fees by sending a formal email to smss@europeansleepfoundation.ch including:

- Short bio and motivational letter
- Copy of the ID

The application must be sent within June 1st 2023 to smss@europeansleepfoundation.ch

	LOW Income economies	LOWER MIDDLE Income economies	UPPER- MIDDLE Income economies
In-person	75% reduction	75% reduction	50% reduction
Virtual	Free	50% reduction	25% reduction

LOW Income economies

Afghanistan, Burkina Faso, Burundi, Central African Rep., Chad, Congo, Dem. Rep., Eritrea, Ethiopia, Gambia, Guinea, Guinea-Bissau, Korea, Dem. People's Rep., Liberia, Madagascar, Malawi, Mali, Mozambique, Niger, Rwanda, Sierra Leone, Somalia, South Sudan, Sudan, Syrian Arab Republic, Togo, Uganda, Yemen, Rep., Zambia

LOWER MIDDLE Income economies

Algeria, Angola, Bangladesh, Benin, Bhutan, Bolivia, Cabo Verde, Cambodia, Cameroon, Comoros, Congo, Rep, Cote d'Ivoire, Djibouti, Egypt, Arab Rep., El Salvador, Eswatini, Ghana, Haiti, Honduras, India, Indonesia, Iran, Islamic Rep., Kenya, Kiribati, Kyrgyz Republic, Lao PDR, Lebanon, Lesotho, Mauritania, Micronesia, Fed. Sts, Mongolia, Morocco, Myanmar, Nepal, Nicaragua, Nigeria, Pakistan, Papua New Guinea, Philippines, Samoa, Sao Tome & Principe, Senegal, Solomon Islands, Sri Lanka, Tajikistan, Tanzania, Timor-Leste, Tunisia, Ukraine, Uzbekistan, Vanuatu, Vietnam, West Bank and Gaza, Zimbabwe

UPPER-MIDDLE Income economies

Albania, American Samoa, Argentina, Armenia, Azerbaijan, Belarus, Belize, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, China, Columbia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Georgia, Grenada, Guatemala, Guyana, Iraq, Jamaica, Jordan, Kazakhstan, Kosovo, Libya, Malaysia, Maldives, Marshall Islands, Mauritius, Mexico, Moldova, Montenegro, Namibia, North Macedonia, Palau, Paraguay, Peru, Russian Federation, Serbia, South Africa, St. Lucia, St. Vincent and the Grenadines, Suriname, Thailand, Tonga, Türkiye, Turkmenistan, Tuvalu

LOCAL ORGANIZER

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ORGANIZING SECRETARY



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For more information, visit:

[www.europeansleepfoundation.ch/event/
sleep-medicine-summer-school-2023/](http://www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/)

