ABOUT AIMS
The Italian Association of Sleep Medicine (AIMS) is a multidisciplinary professional scientific society dedicated to promoting scientific research and clinical training in sleep medicine. In addition, AIMS promotes a more general awareness of sleep health and disorders among the Italian public. Founded in 1990, AIMS currently has over 400 members and organizes an annual meeting.

ORGANIZING & SCIENTIFIC COMMITTEE
Conference President
Giuseppe Plazzi (Bologna – Modena)

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Laura Palagini (Pisa)
Monica Puligheddu (Cagliari)
Alessandro Silvani (Bologna)
Claudio Vicini (Forli)

CME
Italian CME credits will be provided.

PRIMARY CONGRESS TOPICS
• PLMS
• BASIC SCIENCE OF SLEEP
• NEW MARKERS IN OSA
• NARCOLEPSY: FROM BASIC SCIENCES TO CLINICAL SLEEP MEDICINE
• NON-VENTILATORY THERAPIES FOR OSA: WHEN, HOW, WHY 2021
• INSOMNIA

FOR MORE INFORMATION VISIT WORLDSSLEEPCONGRESS.COM/AIMS
12:00 – 13:00
REGISTRATION OF PARTICIPANTS

13:00 – 13:30
OPENING LECTURES
Chair: Alfredo Berardelli (Roma)
The contribution of Sleep Medicine in Italy
Giuseppe Plazzi (Bologna);
Luigi Ferini Strambi (Milano)

13:30 – 14:45
PLMS: TREATMENT IMPLICATIONS IN SLEEP AND NEUROLOGIC DISORDERS
Chair: Marco Zucconi (Milano); Enrica Bonanni (Pisa)

13:30 – 13:45
PLMS TREATMENT: PRO AND CON
Marco Zucconi (Milano)

13:45 – 14:00
PLMS RESPONSIVENESS TO DRUG THERAPY
Mauro Manconi (Lugano - Switzerland)

14:00 – 14:15
EFFECTS OF ANTIDEPRESSANTS ON PLMS
Raffaele Ferri (Troina – En)

14:15 – 14:30
PLMS AND OSA – ARE THEY INDEPENDENT?
Carolina Lombardi (Milan)

14:45 – 16:00
BASIC SCIENCE OF SLEEP
Chairs: Michele Ferrara (L’Aquila); Giovanna Zoccoli (Bologna)

14:45 – 15:00
NEUROBIOLOGICAL MECHANISMS OF DREAM RECALL
Serena Scarpelli (Roma)

15:00 – 15:15
LOCAL SLEEP-LIKE SLOW WAVE INTRUSION DURING WAKEFULNESS: INSIGHTS FROM BRAIN-INJURED PATIENTS
Simone Sarasso (Milano)

15:15 – 15:30
THE ROLE OF SLEEP IN RECOVERING FROM NATURAL AND SYNTHETIC TORPOR: A FOCUS ON TAU PROTEIN
Marco Luppi (Bologna)

15:30 – 15:45
EEG ALTERATIONS DURING WAKE AND SLEEP IN MILD COGNITIVE IMPAIRMENT AND ALZHEIMER’S DISEASE
Aurora D’atri (L’Aquila)

15:45 – 16:00
DISCUSSION
ANNUAL MEETING • FRIDAY, MARCH 11, 2022
13:00 - 19:00 • ROOM 11

16:00 – 17:00
INDUSTRY LECTURES

16:00 – 16:30
RESIDUAL EDS IN OSA PATIENTS: THE SOLRIAMFETOL PROPOSAL
Claudio Liguori (Roma)
With the contribution of Jazz Pharmecuticals

16:30 – 17:00
THE EMOTIONS OF PATIENTS WITH INSOMNIA DISORDER: FROM NEURAL CIRCUITS TO COVID-SOMNIA
Moderator: Michela Vuga (Milano)
Speakers: Luigi De Gennaro (Roma), Lino Nobili (Genova), Laura Palagini (Pisa)
With the contribution of Idorsia Pharmecuticals

17:00 – 19:00
GENERAL AIMS ASSEMBLY AND ELECTION OF NEW AIMS BOARD
08:30 – 09:45

**NEW MARKERS IN OSA**
Chairs: Maria Pia Villa (Roma); Francesco Fanfulla (Pavia)

08:30 – 08:45
**IS THERE A PLACE FOR EPIGENETICS**
Maria Paola Mogavero (Pavia)

08:45 – 09:00
**NEW FUNCTIONAL MARKERS OF CARDIO-VASCULAR IMPAIRMENT**
Martino Pengo (Milano)

09:00 – 09:15
**VENTILATORY TREATMENT: IN SEARCH OF ALTERNATIVE OUTCOMES**
Stefania Redolfi (Cagliari)

09:15 – 09:30
**OBSTRUCTIVE SLEEP APNOEA (OSA) IN CHILDREN: AN UPDATE**
Maria Pia Villa (Roma)

09:30 – 09:45
**DISCUSSION**

09:45 – 11:00

**NARCOLEPSY: FROM BASIC SCIENCES TO CLINICAL SLEEP MEDICINE**
Chairs: Giuseppe Plazzi (Bologna); Maria Rosaria Bonsignore (Palermo)

09:45 – 10:00
**UPDATE ON EXPERIMENTAL DATA IN NARCOLEPSY**
Alessandro Silvani (Bologna)

10:00 – 10:15
**POLYSOMNOGRAPHIC DIAGNOSIS OF NARCOLEPSY AND CENTRAL DISORDERS OF HYPERSONOMNOLENCE**
Fabio Pizza (Bologna)

10:15– 10:30
**TELEMEDICINE FOR NARCOLEPSY**
Francesca Ingravallo (Bologna)

10:30– 10:45
**PHARMACOLOGICAL TREATMENT OF NARCOLEPSY**
Claudio Liguori (Roma)

10:45– 11:00
**DISCUSSION**

11:00 – 11:15
**COFFEE BREAK**

11:15 – 12:30

**NON-VENTILATORY THERAPIES FOR OSA: WHEN, HOW, WHY 2021**
Chairs: Giulio Alessandri Bonetti (Bologna); Claudio Vicini (Forlì)

11:15 – 11:30
**UPDATE ON MAD THERAPY**
Chiara Stipa (Bologna)

11:30 – 11:45
**SHORT AND LONG TERM SIDE EFFECTS OF MAD THERAPY**
Luca Mezzofranco (Padova)

11:45 – 12:00
**SURGERY, AN OVERVIEW OF THE AVAILABLE OPTIONS**
Giovanni Cammaroto (Forlì’)

12:00 – 12:15
**OUTCOMES OF SURGERY IN AN EBM PERSPECTIVE**
Alessandro Bianchi (Milano)

12:15 – 12:30
**DISCUSSION**
12:30 – 13:00
INDUSTRY LECTURE

12:30 – 13:00
THE HISTAMINERGIC PATHWAY IN THE TREATMENT OF EXCESSIVE DAYTIME SLEEPINESS IN PATIENTS WITH OSA
Luigi Ferini Strambi (Milano)
With the contribution of Bioprojet

13:00 – 14:00
LUNCH

14:00 – 15:15
INSOMNIA
Chairs: Lino Nobili (Genova); Luigi Ferini Strambi (Milano)

14:00 – 14:15
PRE-SLEEP AROUSAL AND SLEEP QUALITY DURING THE COVID-19 LOCKDOWN IN ITALY: CROSS-SECTIONAL AND LONGITUDINAL AIMS STUDIES
Maurizio Gorgoni (Roma)

14:15 – 14:30
INSOMNIA IN PRIMARY CARE: A SURVEY CONDUCTED ON ITALIAN PATIENTS OLDER THAN 50 YEARS
Paola Proserpio (Milano)

14:30 – 14:45
INSOMNIA, CIRCADIAN RHYTHMS AND MENTAL HEALTH
Laura Palagini (Ferrara)

14:45 – 15:00
INSOMNIA IN CHILDHOOD: IMPACT ON DEVELOPMENT AND MENTAL HEALTH
Oliviero Bruni (Roma)

15:00 – 15:15
DISCUSSION

15:15 – 16:15
LECTURES

15:15 – 15:45
FARPRESTO: THE ITALIAN REGISTRY OF REM BEHAVIOR DISORDER
Monica Puligheddu (Cagliari)

15:45 – 16:15
TRAVELLING IN THE SLEEP UNIVERSE: WHEN SCIENCE AND ART MEET (IN HONOR OF NANNI TERZANO)
Liborio Parrino (Parma)

16:15 – 17:30
ORAL PRESENTATIONS

16:15 – 16:20
LO SMART WORKING DURANTE LA PANDEMIA DI COVID-19 RIMUOVE LA VULNERABILITÀ AI PROBLEMI DI SONNO DELLE PERSONE CON CRONOTIPO SEROTINO E NE ALLEVA LA PREDISPOSIZIONE ALLA DEPRESSIONE
F. Salfi

16:20 – 16:25
SLEEP AND COVID-19. A CASE REPORT OF A MILD COVID-19 PATIENT MONITORED BY CONSUMER-TARGETED SLEEP WEARABLES
M. Elbaz

16:25 – 16:30
RLS PREVALENCE AND IMPACT ON SLEEP QUALITY IN A GROUP OF RELAPSING-REMITTENT MULTIPLE SCLEROSIS PATIENTS
A. Pascazio
16:30 – 16:35
PREVALENCE OF SLEEP BRUXISM: POLYSOMNOGRAPHIC DIAGNOSIS, TOOTHWEAR AND OROFACIAL PAIN. A PRELIMINARY STUDY
Veronica Della Godenza

16:35 – 16:40
FAVORIRE L'APPRENDIMENTO DI VOCABOLI DURANTE IL SONNO ATTRAVERSO UN SISTEMA DI CLOSED-LOOP TARGETED MEMORY REACTIVATION IN SETTING DOMESTICO: UNO STUDIO PILOTA
F. Salfi

16:40 – 16:45
PACIFIER ERGONOMICS THAT CAN ENHANCE AIRWAY COMPETENCE IN INFANTS AND TODDLERS
D. Tesini

16:45 – 16:50
SLEEP APNEA, CPAP AND ME
N. Hafid

16:50 – 16:55
OBSTRUCTIVE SLEEP APNEA SYNDROME AND COGNITIVE DISORDERS IN ADULTS AND THE ELDERLY: A RETROSPECTIVE OBSERVATIONAL STUDY
C.A.M. Lo Iacono

16:55 – 17:00
GENDER DIFFERENCES IN REM SLEEP DURATION IN PATIENTS WITH COPD AND SLEEP APNEA (OVERLAP SYNDROME)
M. Varma

17:00 – 17:05
A SYSTEMATIC REVIEW ON ADHERENCE TO CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP) TREATMENT FOR OBSTRUCTIVE SLEEP APNOEA (OSA) IN INDIVIDUALS WITH MILD COGNITIVE IMPAIRMENT AND ALZHEIMER'S DISEASE DEMENTIA
C. Oliver

17:05 – 17:10
IPOSSIA INTERMITTENTE NOTTURNA E FRAMMENTAZIONE DEL SONNO: DUPLICE MECCANISMO DI NEURODEGENERAZIONE? SINDROME DELLE APNEE OSTRUTTIVE DEL SONNO E DISTURBO DA MOVIMENTI PERIODICI DEGLI ARTI A CONFRONTO
M. Fernandes

17:10 – 17:15
STUDIO ELETTROFISIOLOGICO DEL TRONCOCENCEFALICO NELLA SINDROME DELLE APNEE OSTRUTTIVE DEL SONNO E VALUTAZIONE DELL'EFFETTO DELLA TERAPIA CON CPAP
C. Lupo

17:15 – 17:20
EFFICACY AND TOLERABILITY OF SOLRIAMFETOL IN OSA AND NARCOLEPTIC PATIENTS: REAL-WORLD EVIDENCE FROM AN ITALIAN MULTICENTER STUDY
G. Didato

17:20 – 17:30
DISCUSSION
AIMS ANNUAL MEETING SPONSORS

GOLD LEVEL

SILVER LEVEL

BRONZE LEVEL

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