



Italian Association
of Sleep Medicine
– AIMS –



A.I.M.S. Associazione Italiana
di Medicina del Sonno

FRIDAY, MARCH 11 • 13:00 - 19:00
SATURDAY, MARCH 12 • 08:30 - 17:30
ROMA CONVENTION CENTER LA NUVOLO • ROOM 11

AIMS ANNUAL MEETING

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)

Dario Arnaldi (Genova)

Giulio Alessandri Bonetti (Bologna)

Enrica Bonanni (Pisa)

Maria Rosaria Bonsignore (Palermo)

Cinzia Castronovo (Milano)

Luigi De Gennaro (Roma)

Francesco Fanfulla (Pavia)

Luigi Ferini Strambi (Milano)

Raffaele Ferri (Troina – En)

Sergio Garbarino (Genova)

Biancamaria Guarnieri (Pescara)

Michelangelo Maestri Tassoni (Pisa)

Raffaele Manni (Pavia)

Lino Nobili (Genova)

Laura Palagini (Pisa)

Monica Puligheddu (Cagliari)

Alessandro Silvani (Bologna)

Claudio Vicini (Forlì)

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

ORGANIZING SECRETARIAT AND CME PROVIDER



Avenue media[®]

Conference & Expo

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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)

14:30 – 14:45

DISCUSSION

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



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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 Pharmaceuticals

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 Pharmaceuticals

17:00 – 19:00

**GENERAL AIMS ASSEMBLY AND ELECTION
OF NEW AIMS BOARD**



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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 HYPERSOMNOLENCE**

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



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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 ALLEVIA 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



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**PREVALENCE OF SLEEP BRUXISM:
POLYSOMNOGRAPHIC DIAGNOSIS, TOOTH-
WEAR 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 TRONCO-
ENCEFALICO 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

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