



14th edition

PISA SLEEP A

11 Minutes of Sleep 4th edition

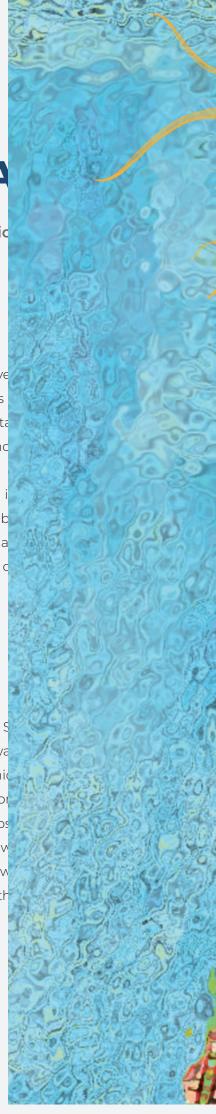
Rational

The Pisa Sleep Award, a joint initiative Salzarulo and Professor Luigi Murri, is solid tradition in the sleep field, first esta sponsored every two years by the Schouniversity.

The purpose of the Pisa Sleep Award i European scientist whose career has b study of sleep, including its physiology a whose contribution has represented an c in sleep medicine.

Schedule

The unique format of "11 MINUTES OF S offers the opportunity for a straightforward of the core topics of basic and clinic framing the Pisa Sleep Award Ceremon invited to raise and address the most controversial topics in the field, strictly we slot. After each presentation, there we discussion between the speaker and the panel, along with the moderators.





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PISA SLEEP AWARD

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16 - 17 June 2021 Virtual Symposium

Conference Chairs:

Gabriele Siciliano Enrica Bonanni

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Fabio Cignoni Marco Di Galante Lucia Massa Francesco Pardini Alessandra Petrucci Gianluca Salarpi Francesco Tramonti Francesco Turco



PISA SLEEP AWARD

Program

17:30 - 18:00 **Opening remarks**

Prof. P. MancarellaRector of the University of Pisa

Prof. S. Taddei

Director of the Department of Clinical and experimental Medicine, University of Pisa

Prof. G. Siciliano

Director of Neurological Clinic, University of Pisa

18:00 to 19:40

Sleep deprivation and insomnia: effects on mental health *Moderators: Roberto Amici, Vladislav Vyazovskiy, Raffaele Ferri*

18:00 - 18:20

Stress & Sleep: A Relationship Lasting A Lifetime Stefano Bastianini

18:20 - 18:40

The potential of non-invasive brain stimulation to modulate oscillations of the sleeping brain Caroline Lustenberger

19:00 - 19:20

Sleep in childhood and adolescent development
Leila Tarokh

19:20 - 19:40 **Genetics of Insomnia** Tiina Paunio



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Program

10:30 to 13:00

Sleep and mood

Moderators: Laura Palagini, Angelo Gemignani, Gianluigi Gigli

10:30 - 10:50

Sleep and psychiatric disorders during adolescence: an opportunity for prevention

Lino Nobili

10:50 - 11:10

Treating depression by targeting insomnia: the potential role of pharmacological interventions

Lukas Frase

11:10 - 11:30

Insomnia and circadian rhythm dysregulation in bipolar disorders: therapeutic implications

Pierre Alexis Geoffroy

11:30 - 11:50

Auditory closed-loop modulation of sleep slow waves to treat major depression

Christoph Nissen

11:50 - 12:10

Locus coeruleus and cognition through sleep

Filippo Sean Giorgi

12.10 - 12.30

Sleepy brains

David Schreier

12:30 - 13:00 **Discussion**

13:00 to 14:30 Break

14:30 to 15:30

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Introduction: L. Murri, P. Salzarulo

Pisa Sleep Award Committee:

W. McNicholas, G. Plazzi, L. Nobili, E. Bonanni, R. Zucchi

Keynote lecture:

Understanding the link among sleep, insomnia and depression: an overview

Dieter Riemann



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15:30 to 16:00 Break

16:00 to 18:00

Sleep, Health and Cognition

Moderators: Luigi De Gennaro, Biancamaria Guarnieri, Gabriele Siciliano

16:00-16:20

Insomnia and depression as a risk factor for cognitive decline in women Rosalia Silvestri

16:20-16:40

Sleep apnea and cognition: beneficial effects of CPAP treatment Luigi Ferini-Strambi

16:40-17:00

CPAP and dementia

Claudio Liguori

17:00-17:20

Sleep modulation in Parkinson's Disease patients with Deep Brain Stimulation: the role of frequency variations Eleonora Del Prete

17:20-17:40

Narcolepsy and cognition

Giuseppe Plazzi

17:40-18:00

Characterization of the sleep disorder of anti-IgLON5 disease Joan Santamaria

18:00 to 19:00

Round Table Mental and Body health and sleep: red flags

Moderators: Fabio Cirignotta, Giuseppe Plazzi Liborio Parrino, Dieter Riemann, Pierre Alexis Geoffroy, Lino Nobili



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ECM

Crediti ECM: l'evento rilascia 9 crediti formativi ECM, previa partecipazione al 90% dei lavori scientifici e alla verifica positiva dell'apprendimento, accertato mediante questionario online.

Obiettivo formativo:

Integrazione interprofessionale e multiprofessionale, interistituzionale (8).

Information



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Event realized with the non-conditioning sponsorship of















