

14th edition

PISA SLEEP AWARD

11 Minutes of Sleep
4th edition

—
16 - 17 June 2021
Virtual Symposium

Under the patronage



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Servizio
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Rational

The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo and Professor Luigi Murri, is an established and solid tradition in the sleep field, first established in 1994, and sponsored every two years by the School of Medicine, Pisa University.

The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career has been devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine.

Schedule

The unique format of “11 MINUTES OF SLEEP” Symposium offers the opportunity for a straightforward debate on some of the core topics of basic and clinical sleep research, framing the Pisa Sleep Award Ceremony. All speakers are invited to raise and address the most provocative and controversial topics in the field, strictly within an 11 minutes slot. After each presentation, there will be a 9-minute discussion between the speaker and the members of the panel, along with the moderators.



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Conference Chairs:

Gabriele Siciliano
Enrica Bonanni

Organizing Committee

Paola d'Ascanio
Monica Fabbrini
Ugo Faraguna
Danilo Menicucci

Angelo Gemignani
Laura Palagini
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S. Taddei
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Gianluca Salarpi
Francesco Tramonti
Francesco Turco



16
June
2021

PISA SLEEP AWARD

Program

17:30 - 18:00

Opening remarks

Prof. P. Mancarella

Rector 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 Vyazovski, 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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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

PISA SLEEP AWARD

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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