

15th edition

PISA SLEEP AWARD

11 Minutes of Sleep
5th edition

Conference Chairs:

Enrica Bonanni
Gabriele Siciliano

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6 - 7 May 2022
Palazzo della Sapienza
Pisa



OBIETTIVO FORMATIVO:

Integrazione interprofessionale e multiprofessionale, interistituzionale (8).

ECM

L'evento rilascia **9 crediti formativi ECM**, previa partecipazione al 90% dei lavori scientifici e alla verifica positiva dell'apprendimento, accertato mediante questionario

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Rationale

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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Friday | May 6 2022

Program

10:00 - 10:30 **Registration**

10:30 - 11:00 **Opening remarks**

Prof. Paolo Mancarella, Rector of the University of Pisa

Prof. Stefano Taddei, Director of the Department of Clinical and experimental Medicine, University of Pisa

Prof. Gabriele Siciliano, Director of Neurological Clinic, University of Pisa

Prof. Angelo Gemignani, Director of the Department of Pathology Surgical, Medical, Molecular and Critical Area, University of Pisa

Session 1 | Shedding light on sleep

Chairs: Luigi Ferini - Strambi, Vladyslav Vyazovskiy, Giuseppe Plazzi

11:00 - 11:20 Weekly, seasonal, and chronotype-dependent variation of dim-light melatonin onset
Eva Winnebeck

11:20 - 11:40 Sensory processing during sleep in *Drosophila melanogaster* | *Giorgio Gilestro*

11:40 - 12:00 Light, sleep and psychiatry | *Pierre Geoffroy*

12:00 - 12:20 Melanopsin retinal ganglion cells, light and circadian rhythms in aging and dementia
Chiara La Morgia

12:30 - 15:00 **Lunch**

Session 2 | Sleep slow oscillations: mechanisms and functions

Chairs: Angelo Gemignani, Danilo Menicucci, Gabriele Siciliano

15:00 - 15:20 Cortical circuit activity underlying sleep slow oscillations and spindles | *Niels Niethard*

15:20 - 15:40 Brain-state dependent cortical functional connectivity and responsiveness to sensory stimuli in mice | *Anna Letizia Allegra Mascarò*

15:40 - 16:00 The effect of slow waves on cortical dynamics and sensory processing | *Umberto Olcese*

16:00 - 16:20 A simple account of the complexity of slow waves | *Maurizio Mattia*

16:20 - 16:40 Oscillations and slow rhythms during sleep in reptiles | *Paul-Antoine Libourel*

16:40 - 17:00 **Coffee break**

Session 3 | Synaptic sleep

Chairs: Marcello Massimini, Lino Nobili, Raffaele Ferri

17:00 - 17:20 Cortical control of sleep | *Lukas Krone*

17:20 - 17:40 Ultrastructural sleep | *Luisa De Vivo*

17:40 - 18:00 Sleep and memory: from molecules to behavior | *Lisa Genzel*

18:00 - 18:20 Sleep and plasticity in neurodevelopmental disorders | *Reto Huber*

18:20 - 18:25 **Pisa Sleep Award - Introduction** | *Enrica Bonanni, Luigi Murri*

18:25 - 18:35 **Laudatio** | *Marcello Massimini*

18:35 - 19:30 **Keynote Lecture, Sleep and its role in the recovery from plastic activities** | *Chiara Cirelli*

Saturday | May 7 2022

08:30 - 09:00 **Registration**

Session 4 | From neurodevelopment to neuropsychiatric and neurodegenerative disorders: a synaptic perspective

Chairs: Liborio Parrino, Rosalia Silvestri, Birgit Hogl

09:00 - 09:20 Can sleep predict cognitive decline? | *Claudio Liguori*

09:20 - 09:40 Synaptic markers of REM Behavior Disorder progression | *Monica Puligheddu*

09:40 - 10:00 Is Polysomnographic necessary for RBD diagnosis? | *Birgit Hogl*

10:00 - 10:20 Could insomnia therapy prevent neuroprogression in mood disorders?
The importance of insomnia therapy for mood disorder. | *Laura Palagini*

10:20 - 10:40 **Coffee break**

Session 5 | Sleepiness in health and disease

Chairs: Biancamaria Guarnieri, Francesco Fanfulla, Pierre Philip

10:40 - 11:00 Sleepiness from a local neurophysiological perspective | *Giulio Bernardi*

11:00 - 11:20 Predicting lapses of attention with sleep-like slow waves | *Thomas Andrillon*

11:20 - 11:40 Sleepiness in obstructive sleep apnea: new perspectives | *Michelangelo Maestri Tassoni*

11:40 - 12:00 Toward a tailored therapy of narcolepsy | *Giuseppe Plazzi*

12:00 - 12:20 Sleep related accidents, are they predictable? How and when? | *Pierre Philip*

12:20 - 13:00 **Round Table "Sleep and Synapses: from basic to translational sleep science"**

Liborio Parrino, Birgit Hogl, Rosalia Silvestri, Vladyslav Vyazovskiy, Angelo Gemignani

13:00 - 13:15 **Closing remarks**

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