

Pisa Sleep Award 2024 - XVI Edition

June 13th - 14th, 2024

CONGRESS VENUE: Aula Magna Storica della Sapienza
Via Curtatone e Montanara, 15, Pisa

Conference Chairs:

Enrica Bonanni
Ugo Faraguna
Angelo Gemignani
Gabriele Siciliano
Vladyslav Vyazovskiy

Scientific Committee:

Monica Fabbrini
Michelangelo Maestri Tassoni
Danilo Menicucci
Laura Palagini
Andrea Piarulli

FACULTY

Antoine Adamantidis - Berna
Dario Arnaldi - Genova
Chiara Baglioni - Roma
Claudio Bassetti - Berna
Maria Rosaria Bonsignore - Palermo
Svenja Brodt - Tübingen Germany
Francesco Fanfulla - Pavia
Ugo Faraguna - Pisa
Bernd Feige - Friburgo
Luigi Ferini Strambi - Milano
Raffaele Ferri - Troina (EN)
Pierre Geoffroy - Parigi
Biancamaria Guarnieri - Pescara
Simon Kyle - Oxford UK
Claudio Liguori - Roma
Carolina Lombardi - Milano

Pierre-Hervé Luppi - Lyon
Mauro Manconi - Lugano
Nicholas Meyer - London UK
Maria Paola Mogavero - Milano
Angelica Montini - Bologna
Lino Nobili - Genova
Alejandro Osorio-Forero - Amsterdam
Liborio Parrino - Parma
Giuseppe Plazzi - Bologna
Federica Provini - Bologna
Monica Puligheddu - Cagliari
Birgitte Rahbek Kornum - Copenhagen DK
Alessandro Silvani - Bologna
Rosalia Silvestri - Messina
Bernhard Staresina - Oxford UK
Vladyslav Vyazovskiy - Oxford UK

Rationale

The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo e 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. The sixth "11 Minutes of Sleep" Symposium builds on the successful experience of the previous four events, organized back in 2014, 2016, 2018 and 2021 and 2022.

The unique format of "11 MINUTES OF SLEEP" offers the opportunity for a straightforward debate on some of the core topics of sleep research.

All speakers are invited to raise and address provocative and controversial topics in the field, strictly within an 11 minutes slot. Traditionally, each presentation is followed by a 9-min discussion, during which other speakers of the panel are invited to briefly comment on the talk, with the remaining time devoted to the speaker's reply. At the end of the session, there will be time for questions and answers with all the participants and the audience.

June 13th 2024

PROGRAM

10.00 Registration

11.00-11.30 Opening remarks: Angelo Gemignani, Pierre-Hervé Luppi, Gabriele Siciliano, Stefano Taddei, Vladyslav Vyazovskiy, Riccardo Zucchi

Session 1

Chairs: Lino Nobili, Pierre-Hervé Luppi

11.30-11.50 Antoine Adamantidis Sleep oscillations and control of sleep-wake states

11.50-12.10 Alejandro Osorio-Forero Noradrenergic mechanisms of cortical (hyper)arousal

12.10-12.30 Giuseppe Plazzi Novel therapeutic pathways and algorithms in narcolepsy

13.00-14.30

Lunch Break

14.30-15.50

Session 2 - Insomnia

Chairs: Liborio Parrino, Rosalia Silvestri, Marco Zucconi

14.30-14.50 Bernd Feige

REM sleep instability in insomnia: an overview

14.50-15.10 Nicholas Meyer

Insomnia and sleep abnormalities in mental disturbances: focus on psychosis

15.10-15.30 Simon Kyle

Sleep restriction therapy

15.30-15.50 Pierre Geoffroy

European insomnia new guidelines

15.50-16.10

Coffee break

16.10-18.00

Session 3 - Sleep, memory and cognition

Chairs: Biancamaria Guarnieri and Alessandro Silvani

16.10-16.30 Svenja Brodt

Sleep and system memory consolidation

16.30-16.50 Bernhard Staresina

Looking from the inside: sleep's role in memory consolidation

16.50-17.10 Claudio Liguori

Sleep biomarkers in the early detection of cognitive decline

17.10-17.30

Pisa Sleep Award Introduction - Enrica Bonanni, Luigi Murri

17.30-18.00

Laudatio - Claudio Bassetti

18.00-19.00

KEYNOTE LECTURE - Luigi Ferini Strambi
"Abnormal motor activity during NREM and REM sleep"

19.30

Welcome Cocktail and Dinner

June 14th 2024

8.30-09.00 Registration

09.00-10.20

Session 4 - Gender, sex and age determinants of sleep

Chairs: Maria Rosaria Bonsignore, Francesco Fanfulla

09.00-09.20 Birgitte Rahbek Kornum

Sex difference in sleep in animal models

09.20-09.40 Maria Paola Mogavero

Sleep related movement disorders

09.40-10.00 Carolina Lombardi

Sex and age in sleep disordered breathing: from risk factors to consequences

10.00-10.20 Chiara Baglioni

Sex and age in insomnia

10.20-10.40

Coffee break

Session 5 - Sleep and movement

10.40-12.00

Chairs: Raffaele Ferri, Federica Provini and Monica Puligheddu

10.40-11.00 Angelica Montini

Moving during sleep: when and how is it normal?

11.00-11.20	Mauro Manconi	Restless Leg Syndrome: from rodents to humans
11.20-11.40	Dario Arnaldi	REM sleep behavior disorder: a disease with many faces
11.40-12.00	Lino Nobili	Parasomnias and seizures: boundaries and similarities
12.00-13.00	Round Table: Present and future of sleep medicine and research in Europe	
	C. Bassetti, L. Ferini-Strambi, R. Ferri, L. Nobili, L. Parrino, G. Plazzi, R. Silvestri, V. Vyazovskiy.	
13.00-13.15	Enrica Bonanni, Ugo Faraguna	Closing Remarks

Pisa Sleep Awardees

1994 - Michael Jouvet
 1996 – Elio Lugaresi
 1998 – Alexander Borbély
 2000 – David Parkes
 2002 – Torbjörn Åkerstedt
 2004 – Peretz Lavie
 2006 – Giulio Tononi
 2008 – Irene Tobler
 2010 – Claudio Bassetti
 2012 – Mario Giovanni Terzano
 2014 – Pier Luigi Parmeggiani
 2016 - Pierre Maquet
 2018 - Tarja Helena Stenberg - Porkka-Heiskanen
 2020, 2021 - Dieter Riemann
 2022 - Chiara Cirelli

Responsabili Scientifici: Enrica Bonanni, Angelo Gemignani, Gabriele Siciliano
Destinatari: Neurologi, Psicologi, Psichiatri, Neuropsichiatri Infantili, Pediatri, Tecnici della Neuro Fisiopatologia
Partecipanti: 70
Ore Formative: 9
Crediti ECM: 9
Obiettivo Formativo: Documentazione clinica. Percorsi clinico-assistenziali diagnostici e riabilitativi, profili di assistenza - profili di cura (3)
 Area Obiettivi Formativi di Processo

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