



# SIMSS

3<sup>rd</sup> SLEEP  
MEDICINE  
SUMMER  
SCHOOL

**JULY 10<sup>th</sup>-14<sup>th</sup>, 2023**

**UNIVERSITÀ DELLA SVIZZERA ITALIANA (USI)**  
Via Buffi 13, 6900 Lugano, Switzerland

*In collaboration with:*



Ente Ospedaliero Cantonale



Università  
della  
Svizzera  
italiana

*u<sup>b</sup>*

UNIVERSITÄT  
BERN

Interfaculty Research Cooperation:  
Decoding Sleep



# SMSS

## 3<sup>rd</sup> SLEEP MEDICINE SUMMER SCHOOL

*Dear colleagues, patients, guests and friends,*

Welcome to the 3<sup>rd</sup> edition of the Sleep Medicine Summer School, a 5 days international course on sleep physiology and sleep disorders. This year the school will offer an intense scientific program organized in 5 modules, each on the following topic: 1) sleep physiology and chronobiology; 2) insomnia, mental health and circadian disorders; 3) hypersomnia and neurological disorders; 4) sleep related movement disorders, parasomnia and epilepsy; 5) sleep related breathing disorders. Outstanding internationally recognized speakers will guide you through the discipline by presenting the most updated advances on diagnosis and management of sleep medicine. The school will be held in presence in the wonderful frame of Lugano city, but a remote virtual attendee will be possible.

Regular theoretical lectures will be delivered in the morning, while in the afternoon the topic of the day will be treated by keynote lectures, pediatric sessions, satellite sponsored lectures on new medications, practical exercitation on scoring sessions, case discussion, apero with the expert, and question and answers session in preparation of the European sleep expert certification. Leading experts fully available to a profitable intellectual exchange compose the scientific committee with the attenders. The school is aimed to any professionals interesting in sleep and sleep medicine, in particular to physicians of different specialties (neurologists, pulmonologists, psychiatrists, ENT, dentists), physiologists and researchers, psychologists, technicians, nurses and experts in drug development. We ardently hope that your large presence contributes to the success of the event.

The 3<sup>rd</sup> Sleep Medicine Summer School (SMSS) is part of the *INTERNATIONAL MASTER IN SLEEP MEDICINE*.



A postgraduate master on  
**sleep-wake-circadian physiology,  
consciousness and related disorders**

## COURSE DIRECTION

C. BASSETTI (CH)  
M. MANCONI (CH)

## ESF PRESIDENT

C. BASSETTI (CH)

## COORDINATORS

A. ADAMANTIDIS (CH)  
L. BARATEAU (FR)  
P. BARGIOTAS (CY)  
C. BASSETTI (CH)  
V. CASTRONOVO (IT)  
L. FERINI-STRAMBI (IT)  
O. GNARRA (CH)  
U. KALLWEIT (DE)  
M. MANCONI (CH)  
S. MIANO (CH)  
C. NISSEN (CH)  
C. PEYRON (FR)  
F. PROVINI (IT)  
W. RANDEATH (DE)  
D. RIEMANN (DE)  
S. SCHIZA (GR)  
M. SCHMIDT (CH)  
A. SILVANI (IT)  
R. TAMISIER (FR)

## MONDAY, 10<sup>TH</sup> JULY 2023

### PHYSIOLOGY/CHRONOBIOLOGY SLEEP STAGING

 *Coordinators: A. Silvani (IT), A. Adamantidis (CH), C. Peyron (FR)*

08.30 Official welcome - *C. Bassetti (CH),  
Giovanni Pedrazzini (CH), Mauro Manconi (CH)*

08.50 Sleep, the brain, and the body - *A. Silvani (IT)*

09.30 Sleep circuits and regulations - *C. Peyron (FR)*

10.10  *Coffee break*

10.40 EEG Oscillations in different sleep states:  
genesis & function - *A. Adamantidis (CH)*

11.20 Chronobiology and its impact on sleep -  
*M. Münch (CH)*

12.00  *Lunch*

13.00 The glymphatic system and its relationship  
to sleep - *I. Lundgaard (SE)*  *online*

### 13.40 KEY NOTE LECTURE

Sleep and dreaming - *F. Siclari (CH)*

14.20 "INTERNATIONAL MASTER IN SLEEP  
MEDICINE" Presentation - *C. Bassetti (CH)*

### 14.40 PEDIATRIC SESSION

Sleep from birth to young adu<sup>th</sup>  
*R. Huber (CH)*

15.20  *Coffee break*

15.50 Human PSG (general scoring rules. Mix theory  
and practice) - *L. Peter-Derex (FR)*  *online*

16.30 Practical exercitation - *All*

18.00 Apero with the Expert - *All*

20.00  *Speakers dinner*

TUESDAY, 11<sup>TH</sup> JULY 2023

## INSOMNIA CIRCADIAN DISORDERS

 Coordinators: *D. Riemann (DE), V. Castronovo (IT), C. Nissen (CH)*

08.30 Insomnia - the basics - *D. Riemann (DE)*

09.10 On the question of sleep perception in insomnia and circadian disorders - *A. Castelnovo (CH)*

09.50 Disorders on circadian rhythm - *C. Garbazza (CH)*

10.30  Coffee break

11.00 CBT-I for insomnia: state of the art - *V. Castronovo (IT)*

11.40 Sleep and cognition - *M. Schabus (AT)*

12.20  Lunch

### 13.30 KEY NOTE LECTURE

Sleep and psychiatry: current situation and perspectives - *C. Nissen (CH)*

### 14.10 PEDIATRIC SESSION

The role of the circadian system in child and adolescent mental health - *L. Tarokh (CH)*

14.50 Sponsored Symposium 


15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 Apero with the Expert- *All*

WEDNESDAY, 12<sup>TH</sup> JULY 2023

## HYPERSOMNIA DRIVING

 Coordinators: *C. Bassetti (CH), U. Kallweit (DE), L. Barateau (FR)*

08.30 Introduction into hypersomnolence disorders - *R. Fronczek (NL)*

09.10 Narcolepsy - *L. Barateau (FR)*

09.50 Hypersomnias - *U. Kallweit (DE)*

10.30  Coffee break

11.00 Fatigue and hypersomnia associated with psychiatric disorders - *A. Heidebreder (AT)*

11.40 Driving in hypersomnolence disorders - *G.J. Lammers (NL)*

12.20  Lunch

### 13.30 KEY NOTE LECTURE

Hypersomnolence in neurological disorders - *C. Bassetti (CH)*

### 14.10 PEDIATRIC SESSION

An update on Kleine Levin Syndrome - *Y. Dauvilliers (FR)*

14.50 Sponsored Symposium 

15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 Apero with the Expert - *All*

20.00  Social event (tbd)

THURSDAY, 13<sup>TH</sup> JULY 2023

## PARASOMNIA MOVEMENT DISORDERS

 Coordinators: *M. Manconi (CH), P. Bargiotas (CY), F. Provini (IT)*

08.30 Motor dysregulation during sleep -  
*R. Khatami (CH)*

09.10 SHE and dd with DOA - *P. Proserpio (IT)*

09.50 RBD - *P. Bargiotas (CY)*

10.30  Coffee break

11.00 Restless Legs Syndrome - *F. Provini (IT)*

11.40 Periodic Limb Movements and other  
motor events - *M. Manconi (CH)*

12.20  Lunch

### 13.30 KEY NOTE LECTURE

Sleep disorders and parkinson disease  
*L. Ferini-Strambi (IT)*

### 14.10 PEDIATRIC SESSION

Pediatric Restless Sleep - *O. Bruni (IT)*

14.50 Sponsored Symposium 

15.30  Coffee break

16.00 Practical exercitation - *All*


17.30 Apero with the Expert - *All*

FRIDAY, 14<sup>TH</sup> JULY 2023

## BREATHING DISORDERS

 Coordinators: *W. Randerath (DE), S. Schiza (GR), R. Tamisier (FR)*

08.30 State of the Art for OSA (CPAP) - *S. Schiza (GR)*

09.10 Alternative therapeutic targets from muscle  
to brain to manage upper airways and  
outcomes - *R. Heinzer (CH)*  online

09.50 The role of digital health in SBD (What did  
we learn and what to expect from big data  
bases, from adherence to compliance, role  
of digital health) - *R. Tamisier (FR)*

10.30  Coffee break

11.00 Treatment of Obesity Related Respiratory  
Failure: Who, Why, How and Where? -  
*N. Hart (UK)*

11.40 More than snoring: SBD in respiratory and  
neuromuscular disorders - *D. Testelmans (BE)*

12.20  Lunch

### 13.30 KEY NOTE LECTURE

Central sleep apnoea: phenotypes,  
relevance, and evolving therapeutical  
options - *W. Randerath (DE)*

### 14.10 PEDIATRIC SESSION

Continuous positive airway pressure and  
non-invasive ventilation in obstructive sleep  
apnea in children - *M. Pavone (CH)*

14.50 Sponsored Symposium 

15.30  Coffee break

16.00 Practical exercitation - *All*

17.30 Apero with the Expert - *All*

## HOW TO ATTEND

The meeting will be held in Hybrid format. Upon online registration process, all attendees will have the chance to select *Virtual* or *In person* participation.

**Deadline for early-registrations:** 15<sup>th</sup> May 2023

**Deadline for registrations:** 23<sup>rd</sup> June 2023



### REGISTER NOW!

Visit [www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/](http://www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/) or scan the QR code for info and registration.



## REGISTRATION FEES

Participants can choose to attend the entire school or just single modules. Registration for the entire course entitles you to a discount of 20%.

Single Module	Within 15.05.2023	After 15.05.2023
HCPs (HealthCare Professional)	150,00 €	200,00 €
Students	100,00 €	150,00 €

Full Congress (5 days)	Within 15.05.2023	After 15.05.2023
HCPs (HealthCare Professional)	600,00 €	800,00 €
Students	400,00 €	600,00 €

### Registration fee includes:

- Participation to the Summer School
- European CME credits (*n° to be defined*)
- Conference materials

**Additional information:** Students must prove their student status with the official document from their university.

## REDUCED FEES AND DISCOUNTS

In an effort to provide sleep medicine clinicians residing in developing countries with an easy access to training and education in sleep research, the European Sleep Foundation is pleased to offer reduced registration fees to potential interested attendees in all areas of the world listed below.

The geographical areas are divided into three categories, which are based on the developing countries identified by the World Bank as those with an economic standing of low to lower-middle income.

People coming from the following countries can apply for reduced registration fees by sending a formal email to [smss@europeansleepfoundation.ch](mailto:smss@europeansleepfoundation.ch) including:

- Short bio and motivational letter
- Copy of the ID

**The application must be sent within June 1<sup>st</sup> 2023 to [smss@europeansleepfoundation.ch](mailto:smss@europeansleepfoundation.ch)**

	LOW Income economies	LOWER MIDDLE Income economies	UPPER- MIDDLE Income economies
In-person	75% reduction	75% reduction	50% reduction
Virtual	Free	50% reduction	25% reduction

### LOW Income economies

*Afghanistan, Burkina Faso, Burundi, Central African Rep., Chad, Congo, Dem. Rep., Eritrea, Ethiopia, Gambia, Guinea, Guinea-Bissau, Korea, Dem. People's Rep., Liberia, Madagascar, Malawi, Mali, Mozambique, Niger, Rwanda, Sierra Leone, Somalia, South Sudan, Sudan, Syrian Arab Republic, Togo, Uganda, Yemen, Rep., Zambia*

### LOWER MIDDLE Income economies

*Algeria, Angola, Bangladesh, Benin, Bhutan, Bolivia, Cabo Verde, Cambodia, Cameroon, Comoros, Congo, Rep, Cote d'Ivoire, Djibouti, Egypt, Arab Rep., El Salvador, Eswatini, Ghana, Haiti, Honduras, India, Indonesia, Iran, Islamic Rep., Kenya, Kiribati, Kyrgyz Republic, Lao PDR, Lebanon, Lesotho, Mauritania, Micronesia, Fed. Sts, Mongolia, Morocco, Myanmar, Nepal, Nicaragua, Nigeria, Pakistan, Papua New Guinea, Philippines, Samoa, Sao Tome & Principe, Senegal, Solomon Islands, Sri Lanka, Tajikistan, Tanzania, Timor-Leste, Tunisia, Ukraine, Uzbekistan, Vanuatu, Vietnam, West Bank and Gaza, Zimbabwe*

### UPPER-MIDDLE Income economies

*Albania, American Samoa, Argentina, Armenia, Azerbaijan, Belarus, Belize, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, China, Columbia, Costa Rica, Cuba, Dominica, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Georgia, Grenada, Guatemala, Guyana, Iraq, Jamaica, Jordan, Kazakhstan, Kosovo, Libya, Malaysia, Maldives, Marshall Islands, Mauritius, Mexico, Moldova, Montenegro, Namibia, North Macedonia, Palau, Paraguay, Peru, Russian Federation, Serbia, South Africa, St. Lucia, St. Vincent and the Grenadines, Suriname, Thailand, Tonga, Türkiye, Turkmenistan, Tuvalu*

WITH THE UNCONDITIONAL SUPPORT OF:



## LOCAL ORGANIZER

**Prof. Dr. med. MAURO MANCONI**

Sleep Medicine Unit, Neurocenter of  
Southern Switzerland, Ospedale Civico,  
Lugano

Faculty of Biomedical Sciences, Università  
della Svizzera Italiana, Lugano, Switzerland

Department of Neurology, University  
Hospital, Inselspital, Bern, Switzerland

## ORGANIZING SECRETARY



European Sleep Foundation  
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[www.europeansleepfoundation.ch](http://www.europeansleepfoundation.ch)



**For more information, visit:**

[www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/](http://www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/)

