



ASSS
Alpine Sleep Summer School

4th Alpine Sleep Summer School (ASSS)
European course in sleep medicine

03.07-07.07.2017 Lugano, Switzerland



**FINAL
PROGRAMME**

Topics	Physiology-Pharmacology Sleep, wakefulness, consciousness, Chronobiology	Sleep and cognition, Insomnias, Circadian disorders, Sleep and psychiatric disorders	Hypersomnias, Disorders of consciousness, Sleep and neurological disorders	Parasomnia-Movement Disorders-Epilepsy	Sleep breathing disorders, Sleep and cardiologic disorders
Chairs	Adamantidis, Luppi, Brown	Pollmächer, Peigneux, Riemann	Bassetti, Massimini	Manconi, Schindler, Ferini-Strambi	Randerath, Heinzer
08:30 - 09:00	08:30 - 08:45 Official Welcome M Borradori, M Bianchetti	Insomnia - basic concepts and diagnosis D Riemann	Primary CNS hypersomnias C Bassetti	Sleep and Epileptogenesis K Schindler	Obstructive Sleep Apnoea: Controversies in epidemiology, definition and comorbidities R Heinzer
09:00 - 09:30	Cellular physiology of clocks and sleep S Brown	Disturbed sleep in psychiatric disorders T Pollmächer	Diagnostic work-up of primary CNS hypersomnias C Baumann	Nocturnal Frontal and not Frontal Lobe Epilepsy L Nobili	Different treatments for different OSA phenotypes R Heinzer
09:30 - 10:00	EEG, Sleep-wake states and neural circuits C Gutierrez Herrera	Sleep and Neuroplasticity C Nissen	Management of primary CNS hypersomnias (European Guidelines) U Kallweit	NREM Parasomnia (Arousal Disorders) R Khatami	Medicolegal aspects of driving? W McNicholas
10:00 - 10:30	Coffee Break				
10:30 - 11:00	Brain-Body physiology during sleep M Schmidt	Circadian regulation and sleep wake disorders C Cajochen	Hypersomnia/EDS and parasomnias secondary to neurological disorders C Baumann	Restless Legs Syndrome (epidemiology, diagnosis, pathophysiology) L Ferini-Strambi	Central Sleep Apnoea: Recognition and differentiation of phenotypes W Randerath
11:00 - 11:30	Sleep & the Glymphatic system S Holst	The hippocampus, learning and sleep K Henke	Genetics of neurological sleep disorders M Tafti	RLS Treatment: Long-term Treatment and Augmentation D Garcia	Crossing the border: Sleep related hypoventilation – chronic respiratory failure JL Pepin
11:30 - 12:00	Sleep & Cognition A Adamantidis	OSA and cognition V Castronovo	Diagnostic work-up/management of sleep-wake disorders secondary to neurological disorders L Dolenc - Groselj	Recognizing and scoring sleep related motor events M Manconi	Central sleep apnoea and hypoventilation syndrome: Therapeutical algorithms. W Randerath
12:00 - 13:30	Lunch				
13:30 - 14:30	KEYNOTE LECTURE REM Sleep Behaviour Disorder: from circuits to pathology PH Luppi	Sleep and cognition P Peigneux	Disorders of consciousness: Neurophysiological aspects M Massimini	Update on REM Behavior Disorder J Santamaria	Obstructive sleep apnoea: Impact on metabolism, cardiovascular morbidity and mortality J Hedner
14:30 - 15:00	REM sleep & consciousness PH Luppi	Consequences of disturbed sleep on mental and neurological health C Nissen	Disorders of consciousness: Clinical and neuroimaging aspects C Bassetti	Sleep Disorders in Parkinson Disease L Ferini-Strambi	Interactive Case Discussion JL Pepin
15:00 - 15:30	Coffee Break				
15:30 - 16:00	Pharmacogenetics of sleep-wake states S Holst	Insomnia and hypersomnia in psychiatry - difficult cases T Pollmächer	Primary CNS hypersomnias: Case discussion U Kallweit	Difficult cases Discussion J Santamaria, L Ferini-Strambi	Scoring Exercises: PSG interpretation - Detection and differentiation of RERA S Ott, F Fanfulla
16:00 - 16:30	Optogenetic dissection of sleep-wake states A Adamantidis		Hypersomnias/EDS secondary to neurological disorders: Case discussion L Dolenc - Groselj	Video-Session M Manconi, L Nobili R Khatami, K Schindler	Scoring Exercises: PSG interpretation - Obstructive and central hypopnoeas S Ott, F Fanfulla
16:30 - 17:00	Omics approaches in experimental sleep research S Brown	CBT for insomnia - cases and practical issues D Riemann	Fitness to drive in neurological / sleep disorders J Mathis	Video-Session M Manconi, L Nobili R Khatami, K Schindler	Scoring Exercises: PSG interpretation - SAS phenotypes S Ott, F Fanfulla
17:00-17:30	Round-table discussion All faculty	Circadian sleep disorders Cases and practical issues C Cajochen	PSG, MSLT/MWT, actigraphy, pupillography in hypersomnias: Pitfalls J Mathis	Video-Session M Manconi, L Nobili R Khatami, K Schindler	Scoring Exercises: PSG interpretation - SAS phenotypes S Ott, F Fanfulla

This year the Alpine Sleep Summer School will offer four modules on the topics of physiology-pharmacology, sleep, wakefulness, consciousness, chronobiology, sleep and cognition, Insomnia, circadian disorders, sleep and psychiatric disorders, hypersomnia, disorders of consciousness, sleep and neurologic disorders, parasomnias, sleep and epilepsy, movement disorders, sleep breathing disorders, sleep and cardiologic disorders.

Each module will include regular lessons, 5 key-note lectures, case discussions, workshops and practical sessions. Participants can choose to attend the entire school or single modules.

Accommodation and participation to the official dinner are available but not included in the basic course fee.

Reduced fees for students (travel awards) are available.

Social event of the ASSS: Wednesday, 05.07.2017

Official dinner of the ASSS: Thursday, 06.07.2017

VENUE

USI - Università della Svizzera Italiana
Via Giuseppe Buffi, 13
CH-6900 - Lugano
Switzerland

REGISTRATION FEES

Participants can choose to attend the entire school or just single modules. Participation in the entire school provides a special rate.

Single Module	Within 15.04.2017	After 15.04.2017
Participant	150 €	200 €
Student	100 €	150 €
Full Congress (5 days)		
Participant	500 €	600 €
Student	400 €	500 €

REGISTRATION FEE INCLUDES:

- Participation to the Summer School
- European CME credits (n° to be defined)
- Conference materials
- 2 coffee breaks per day
- Lunches
- Social Event on July 5th

ADDITIONAL INFORMATION & REGISTRATION

www.sleep-summer-school.ch

IN COLLABORATION WITH:



WITH THE UNCONDITIONAL SUPPORT OF:



LOCAL ORGANIZER:



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