

ASSS

Alpine Sleep Summer School

4th Alpine Sleep Summer School (ASSS)

European course in sleep medicine

www.sleep-summer-school.ch

03.07 - 07.07.2017

Lugano, Switzerland



IN COLLABORATION WITH:

Università
della
Svizzera
Italiana

u^b
UNIVERSITÄT
BERN



BENESCO
BENEFICIAL EFFECTS OF NATURE ON SLEEP AND COGNITION

**Fondazione
Neuroscienze
Ticino**



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MESSAGE FROM THE PRESIDENT

Dear Colleagues and Guests,

I am pleased to warmly welcome you to the 4th Alpine Sleep Summer School (ASSS) taking place in Lugano, Switzerland, from 03.07 to 07.07.2017.

The ASSS which was organized in Lugano on 2011 and 2015 returns again to Ticino for the third time with an innovative scientific program always at the prestigious site of the Università della Svizzera Italiana (USI) in Lugano.

This year the Alpine Sleep Summer School will offer five 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, key-note lectures, case discussions, workshops and practical sessions.

The aim of ASSS is to offer a state of the art introduction and advanced knowledge in sleep research and sleep medicine to students, MD's, PhD's, technicians and other health and scientific professionals involved or interested in the fascinating topic of sleep. You will have the opportunity to meet outstanding speakers recognize worldwide for their intellectual contribution in the field of sleep physiopathology.

I wish a most pleasant stay in Lugano and an interesting professional, educational participation to the Course!

COMMITTEES

LOCAL ORGANIZING COMMITTEE

FABRIZIO BARAZZONI

*MD, PhD, Medical Officer
Member of Master School Project Task Force
EOC, Bellinzona (CH)*

VINCENZA CASTRONOVO

*leep Disorders Center - Neurology Department
Scientific Institute and University
Ospedale San Raffaele, Milano (IT)*

FRANCESCO FANFULLA

*Medical Director Sleep Medicine Unit
Scientific Institute of Pavia - Maugeri Foundation, Pavia (IT)*

MAURO MANCONI

*Head of the Sleep and Epilepsy Center
Neurocenter of Southern Switzerland
Regional Hospital Lugano - Lugano (CH)*

ORGANIZING COMMITTEE

CLAUDIO BASSETTI

*Chairman and Head Neurology Department
University Hospital, Inselspital Bern (CH)*

LUIGI FERINI-STRAMBI

*Chair, Dept. of Neurology OSR-Turro
Director, Sleep Disorders Center
Università Vita-Salute San Raffaele, Milano (IT)*

PIERRE-HERVÉ LUPPI

*Coordinator of the ESRS Research Networking Committee
PhD - Claude Bernard University Lyon 1, Villeurbanne (F)*

THOMAS POLLMÄCHER

*Director of the Centre for mental health
Klinikum Ingolstadt, Ingolstadt (D)*

WINFRIED RANDERATH

*Chief Physician & Medical Director
Bethanien Hospital Solingen
Director, Wissenschaftliches Institut Bethanien, Solingen (CH)*

FACULTY

Adamantidis Antoine, *Switzerland*

Barazzoni Fabrizio, *Switzerland*

Basetti Claudio, *Switzerland*

Baumann Christian, *Switzerland*

Brown Steve, *Switzerland*

Cajochen Christian, *Switzerland*

Castronovo Vincenza, *Italy*

Dolenc-Groseli Leja, *Slovenia*

Fanfulla Francesco, *Italy*

Ferini-Strambi Luigi, *Italy*

Garcia-Borreguero, *Spain*

Gutierrez Herreira Carolina, *Switzerland*

Hedner Jean, *Sweden*

Heinzer Raphael, *Switzerland*

Henke Katharina, *Switzerland*

Holst Sebastian, *Switzerland*

Kallweit Ulf, *Germany*

Khatami Ramin, *Switzerland*

Luppi Pierre-Hervé, *France*

Manconi Mauro, *Switzerland*

Massimini Marcello, *Italy*

Mathis Johannes, *Switzerland*

McNicholas Walter, *Ireland*

Nissen Christoph, *Switzerland*

Nobili Lino, *Italy*

Ott Sebastian, *Switzerland*

Peigneux Philippe, *Belgium*

Pepin Jean-Louis, *France*

Pollmächer Thomas, *Germany*

Randerath Winfried, *Germany*

Riemann Dieter, *Germany*

Santamaria Joan, *Spain*

Schindler Kaspar, *Switzerland*

Schmidt Markus, *Switzerland*

Tafti Mehdi, *Switzerland*

MONDAY 03.07.2017

Physiology-Pharmacology Sleep, wakefulness, consciousness, Chronobiology *Adamantidis, Luppi, Brown*

- 08:30 - 08:45 Official Welcome - *M Borradori, M Bianchetti*
- 08:45 - 09:30 Cellular physiology of clocks and sleep - *S Brown*
- 09:30 - 10:00 EEG, Sleep-wake states and neural circuits - *C Gutierrez Herrera*
- 10:00 - 10:30 Coffee Break
- 10:30 - 11:00 Brain-Body physiology during sleep - *M Schmidt*
- 11:00 - 11:30 Sleep & the Glymphatic system - *S Holst*
- 11:30 - 12:00 Sleep & Cognition - *A Adamantidis*
- 12:00 - 13:30 Lunch
- 13:30 - 14:30 **KEYNOTE LECTURE**
REM Sleep Behaviour Disorder: from circuits to pathology
PH Luppi
- 14:30 - 15:00 REM sleep & consciousness - *PH Luppi*
- 15:00 - 15:30 Coffee Break
- 15:30 - 16:00 Pharmacogenetics of sleepwake states - *S Holst*
- 16:00 - 16:30 Optogenetic dissection of sleep-wake states - *A Adamantidis*
- 16:30 - 17:00 Omics approaches in experimental sleep research - *S Brown*
- 17:00 - 17:30 Round-table discussion - *All faculty*

TUESDAY 04.07.2017

Sleep and cognition, Insomnias, Circadian disorders, Sleep and psychiatric disorders

Pollmächer, Peigneux, Riemann

- 08:30 - 09:00 Insomnia - basic concepts and diagnosis - *D Riemann*
- 09:00 - 09:30 Disturbed sleep in psychiatric disorders - *T Pollmächer*
- 09:30 - 10:00 Sleep and Neuroplasticity - *C Nissen*
- 10:00 - 10:30 Coffee Break
- 10:30 - 11:00 Circadian regulation and sleep wake disorders - *C Cajochen*
- 11:00 - 11:30 The hippocampus, learning and sleep - *K Henke*
- 11:30 - 12:00 OSA and cognition - *V Castronovo*
- 12:00 - 13:30 Lunch
- 13:30 - 14:30 **KEYNOTE LECTURE**
Sleep and cognition - *P Peigneux*
- 14:30 - 15:00 Consequences of disturbed sleep on mental and neurological health - *C Nissen*
- 15:00 - 15:30 Coffee Break
- 15:30 - 16:30 Insomnia and hypersomnia in psychiatry - difficult cases
T Pollmächer
- 16:30 - 17:00 CBT for insomnia - cases and practical issues - *D Riemann*
- 17:00 - 17:30 Circadian sleep disorders Cases and practical issues - *C Cajochen*

WEDNESDAY 05.07.2017

Hypersomnias, Disorders of consciousness, Sleep and neurological disorders

Bassetti, Massimini

- 08:30 - 09:00 Primary CNS hypersomnias - *C Bassetti*
- 09:00 - 09:30 Diagnostic work-up of primary CNS hypersomnias - *C Baumann*
- 09:30 - 10:00 Management of primary CNS hypersomnias (European Guidelines) - *U Kallweit*
- 10:00 - 10:30 Coffee Break
- 10:30 - 11:00 Hypersomnia/EDS and parasomnias secondary to neurological disorders - *C Baumann*
- 11:00 - 11:30 Genetics of neurological sleep disorders - *M Tafti*
- 11:30 - 12:00 Diagnostic work-up/management of sleep-wake disorders secondary to neurological disorders - *L Dolenc, Groselj*
- 12:00 - 13:30 Lunch
- 13:30 - 14:30 **KEYNOTE LECTURE**
Disorders of consciousness: Neurophysiological aspects
M Massimini
- 14:30 - 15:00 Disorders of consciousness: Clinical and neuroimaging aspects - *C Bassetti*
- 15:00 - 15:30 Coffee Break
- 15:30 - 16:00 Primary CNS hypersomnias: Case discussion - *U Kallweit*
- 16:00 - 16:30 Hypersomnias/EDS secondary to neurological disorders: Case discussion - *L Dolenc-Groselj*
- 16:30 - 17:00 Fitness to drive in neurological/sleep disorders - *J Mathis*
- 17:00 - 17:30 PSG, MSLT/MWT, actigraphy, pupillography in hypersomnias: Pitfalls - *J Mathis*

TUESDAY 06.07.2017

Parasomnia-Movement Disorders-Epilepsy

Manconi, Schindler, Ferini-Strambi

- 08:30 - 09:00 Sleep and Epileptogenesis - *K Schindler*
- 09:00 - 09:30 Nocturnal Frontal and not Frontal Lobe Epilepsy - *L Nobili*
- 09:30 - 10:00 NREM Parasomnia (Arousal Disorders) - *R Khatami*
- 10:00 - 10:30 Coffee Break
- 10:30 - 11:00 Restless Legs Syndrome (epidemiology, diagnosis, physiopathology)
L Ferini-Strambi
- 11:00 - 11:30 RLS Treatment: Longterm Treatment and Augmentation - *D Garcia*
- 11:30 - 12:00 Recognizing and scoring sleep related motor events - *M Manconi*
- 12:00 - 13:30 Lunch
- 13:30 - 14:30 **KEYNOTE LECTURE**
Update on REM Behavior Disorder - *J Santamaria*
- 14:30 - 15:00 Sleep Disorders in Parkinson Disease - *L Ferini-Strambi*
- 15:00 - 15:30 Coffee Break
- 15:30 - 16:00 Difficult cases Discussion - *J Santamaria, L Ferini-Strambi*
- 16:00 - 16:30 Video-Session - *M Manconi, L Nobili, R Khatami, K Schindler*
- 16:30 - 17:00 Video-Session - *M Manconi, L Nobili, R Khatami, K Schindler*
- 17:00 - 17:30 Video-Session - *M Manconi, L Nobili, R Khatami, K Schindler*

FRIDAY 07.07.2017

Sleep breathing disorders, Sleep and cardiologic disorders

Randerath, Heinzer

- 08:30 - 09:00 Obstructive Sleep Apnoea: Controversies in epidemiology, definition and comorbidities - *R Heinzer*
- 09:00 - 09:30 Different treatments for different OSA phenotypes - *R Heinzer*
- 09:30 - 10:00 Medicolegal aspects of driving? - *W McNicholas*
- 10:00 - 10:30 *Coffee Break*
- 10:30 - 11:00 Central Sleep Apnoea: Recognition and differentiation of phenotypes - *W Randerath*
- 11:00 - 11:30 Crossing the border: Sleep related hypoventilation - chronic respiratory failure - *JL Pepin*
- 11:30 - 12:00 Central sleep apnoea and hypoventilation syndrome: Therapeutical algorithms - *W Randerath*
- 12:00 - 13:30 *Lunch*
- 13:30 - 14:30 **KEYNOTE LECTURE**
Obstructive sleep apnoea: Impact on metabolism, cardiovascular morbidity and mortality - *J Hedner*
- 14:30 - 15:00 Interactive Case Discussion - *JL Pepin*
- 15:00 - 15:30 *Coffee Break*
- 15:30 - 16:00 Scoring Exercises: PSG interpretation - Detection and differentiation of RERA - *S Ott, F Fanfulla*
- 16:00 - 16:30 Scoring Exercises: PSG interpretation - Obstructive and central hypopnoeas - *S Ott, F Fanfulla*
- 16:30 - 17:00 Scoring Exercises: PSG interpretation - SAS phenotypes
S Ott, F Fanfulla
- 17:00 - 17:30 Scoring Exercises: PSG interpretation - SAS phenotypes
S Ott, F Fanfulla

CONGRESS VENUE



USI (literally University of Italian Switzerland) is a public University founded in 1996 as academic reference point for the Italian-speaking population of Switzerland.



The University is located in the heart of Lugano, just a few steps from the beautiful Parco Civico and the charming longlake area with its wonderful view on Lugano Lake and surrounding mountains.



A free Wi-Fi connection is available everywhere in the Congress Venue.

Name: **ASSS-WiFi**

Password: **summer-school**

USI map

The courses is held in 2 different classrooms located in the Main Building **(1)** and in the Auditorium.

Lunches and coffee breaks are served on the Central Block **(2)** where you can also find the Auditorium.

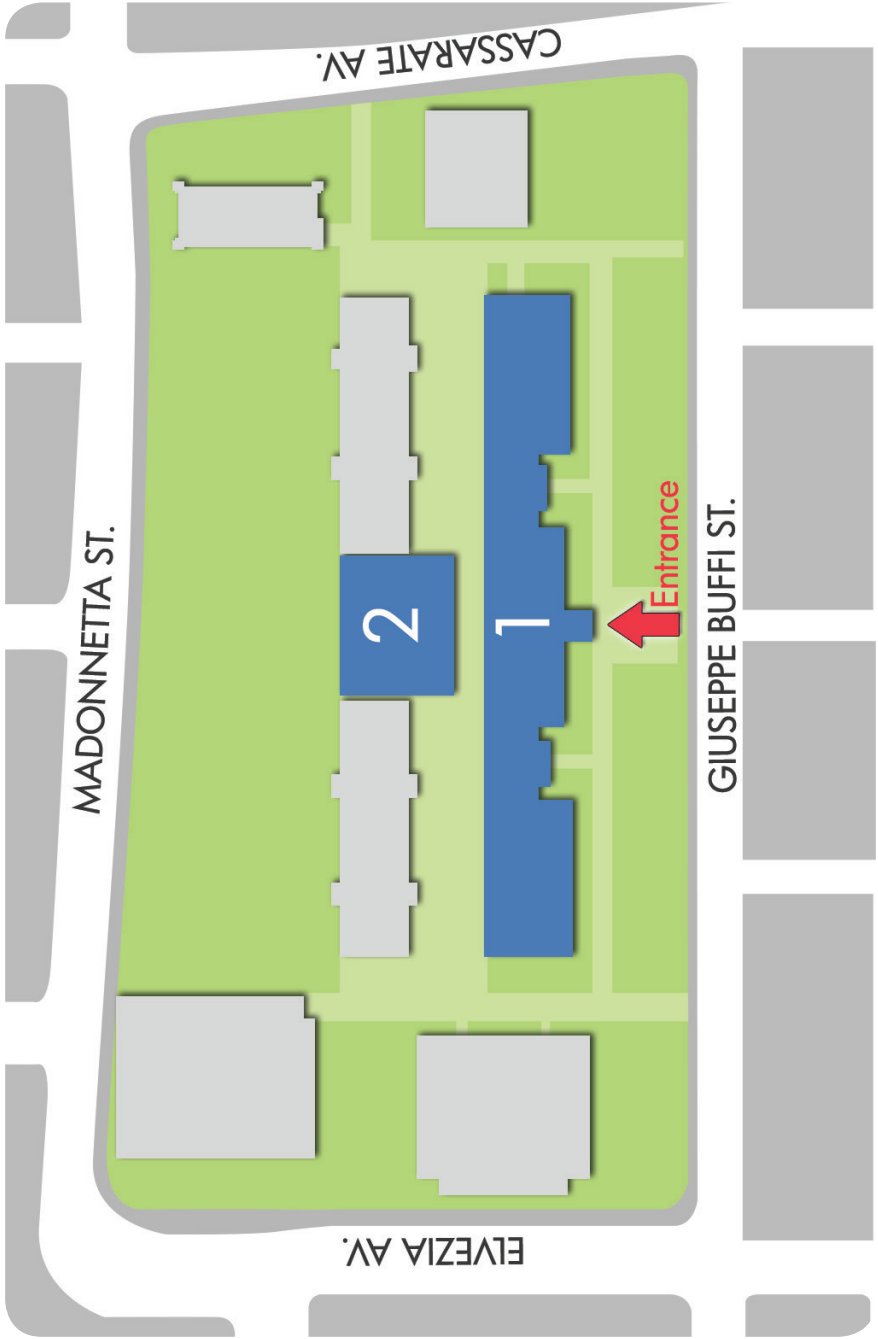
In the Congress Venue you can find all directions to reach the classrooms and the public areas.



**Università
della
Svizzera
italiana**

USI - Università' della Svizzera Italiana

Via Giuseppe Buffi, 13
CH-6900, Lugano
Switzerland
www.usi.ch



CME CREDITS

All participants are kindly requested to certificate their presence by signing (entrance and exit) everyday at the Hospitality Desk in the relevant form.

ATTENDEES:

The congress has been CME accredited by EACCME® 1 credit per effective educational hour.

Credits may be granted to specialists in: neurology, psychiatry, cardiology, pneumology, paediatrics and biology from different European countries.

We remind participants that once confirmed their participation to a specific day, this cannot be changed on site.

All learners will be handed a questionnaire kit to express their evaluation of the LEE in terms of relevance, quality, usefulness, balanced/unbalanced information as well as the speakers evaluation in order to obtain the credits.

The certificate with the credits will be handed on site at the Hospitality desk only to those participants who compiled all the questionnaires.

EACCME® event reference n°: **XX**

USEFUL INFORMATIONS

Practical Sessions

At the end of everyday course, from 3.30 to 5.30pm, a session will be mostly dedicated to practical aspects of sleep medicine, allowing the attenders to discuss real clinical cases, simulating diagnostic and therapeutical choices.

An informatic room has been reserved for ASSS's participants exclusive use. To reach the room follow the direction or ask to the Registration Desk.

Informatic Room n° 157

To access please use the following details:



SOCIAL EVENT EVENING DINNER CRUISE

5th July 2017

To enrich your stay in Lugano, the Alpine Sleep Summer School has organized a special excursion on the Lake. You will discover a romantic and paradisiac landscape and have a special dinner. There's nothing better than discovering and appreciating Lake Lugano directly from the water!

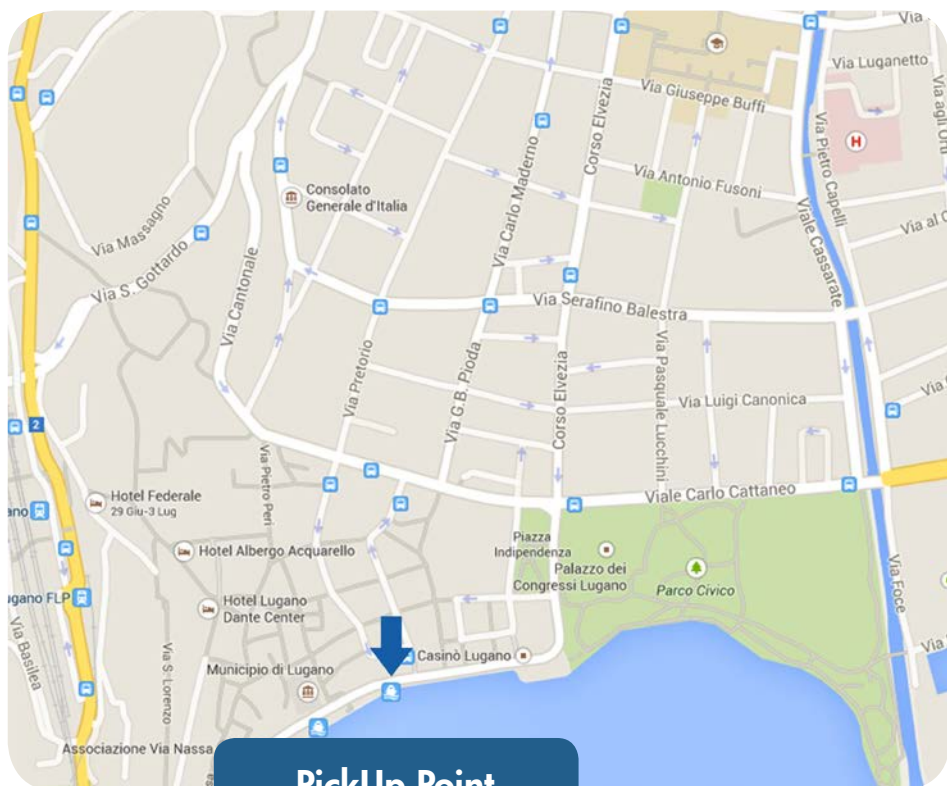
Participation to the event is reserved to those participants who flagged the event on the Online Registration Form.

We invite you to check on your Registration Confirmation to be regularly enrolled. For information please contact the Hospitality Desk



PROGRAM

- 19.30 Meeting at the Pickup Point “Lugano Centrale”, Riva Vincenzo Vela
- 20.00 Departure
- 20.15 Welcome Cocktail
- 23.00 End of the Cruise and return to the Pickup Point



PickUp Point
“Lugano Centrale”
Riva Vincenzo Vela

WITH THE UNCONDITIONAL SUPPORT OF:



Inspired by **patients.**
Driven by **science.**



NOTES

NOTES

LOCAL ORGANIZER



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