



# 1<sup>st</sup> Alpine Sleep Summer School (ASSS)

an introductory course in Sleep Medicine

Sponsored by:   

	<b>Monday</b> August 22, 2011	<b>Tuesday</b> August 23, 2011	<b>Wednesday</b> August 24, 2011	<b>Thursday</b> August 25, 2011	<b>Friday</b> August 26, 2011	<b>Saturday</b> August 27, 2011
Lectures	Basics	Insomnia	Sleep dis. breathing	Hypersomnia	Parasomnia/Epilepsy	Chronobiology Pediatrics
<i>Coordinators</i> 09-10.30	<i>Amici/Luppi</i> P.H. Luppi Neurobiology of wake, SWS, REM sleep	<i>Pollmächer/Riemann</i> D. Riemann Nosology, Pathophysiology	<i>Levy/Pépin</i> J.L. Pépin SDB: overview	<i>Bassetti/Mayer</i> C.W. Hess EDS, fatigue, hypersomnia Clinical presentation	<i>Ferini-Strambi/Khatami</i> M. Raimondi NREM parasomnias	<i>Cajochen/Brown</i> P. Franken Clock-genes and sleep regulation
	P. Achermann Sleep-wake homeostasis	T. Wetter Epidemiology and DD	S. Ott SDB: diagnosis	M. Zucconi EDS, hypersomnias: Epidemiology and DD	C. Möller Nightmares and REM parasomnias	E. Werth Circadian sleep-wake disorders
Break	H.P. Landolt Neurochemistry of sleep-wake systems	T. Pollmächer Mental and physical consequences of ins.	F. Cirignotta EDS pathophysiology in OSA	M. Billiard Idiopathic Hypersomnia	W. Oertel REM sleep behavior Disorder	A. Wirz-Justice Chronobiology in the clinic: light and melatonin
11-12.30	G. Zoccoli Sleep and cardiovascular- regulation	F. Benedetti Insomnia and chronobiology	A. Braghiroli CPAP effects on CV outcomes	G. Mayer Narcolepsy	L. Ferini-Strambi Restless legs syndrome	C. Cajochen Circadian/homeostatic regulation in depression
	R. Amici Sleep and body homeostasis	M. Wiegand Pharmacological treatment	J.L. Pépin SDB and metabolism	U. Kallweit Recurrent/periodic and psychiatric hypersomnias	M. Manconi PLMS and PLMD	O. Jenni Basics of pediatric sleep
Lunch	Z. Dogas Sleep and respiratory control	V. Castronovo Non-pharmacological treatment	R. Tamisier Oral appliances	C. Baumann Hypersomnia and neurological disorders	R. Khatami Epilepsy and sleep	O. Bruni Pediatric sleep disorders
Special lecture I 14-14.45	R. Huber Sleep and brain plasticity	R. Ferri Sleep microstructure in insomnia	P. Lévy Intermittent hypoxia as a model of OSA	C. Bassetti Neurobiology of narcolepsy	L. Nobili Intracerebral recordings and and nocturnal motor phenomena	S. Brown Animal and cellular models for sleep and the circadian clock

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Practical sessions	Basics	Insomnia	Sleep dis. breathing	Hypersomnia	Parasomnia Epilepsy	
<i>Coordinators</i> 15-17.30	<i>Dolenc/Dogas</i> L. Dolenc-Groselj Approach to sleep-wake disorders Sleep questionnaires  R. Manni PSG-scoring (rules/pitfalls)  Z. Dogas Actigraphy Polygraphy  R. Ferri Sleep EEG (Quantitative methods)	<i>Riemann/Pollmächer</i> D. Riemann Clinical assessment Sleep diaries  E. Werth Actigraphy and PSG in insomnia diagnosis  T. Pollmächer Insomnia as symptom of mental or medical disorders (Case studies)  C. Violani Cognitive-behavioral insomnia treatment (Case studies)	<i>Cirignotta/Ott</i> Workshop I Respiratory scoring  Workshop II Sleep scoring	<i>Baumann/Mayer</i> F. Pizza Vigilance tests Driving simulators  G. Mayer Narcolepsy/ Hypersomnias (Video)  R. Poryazova Case studies (diagnosis)  C. Baumann Case studies (treatment)	<i>Mathis/Högl</i> B. Frauscher RBD/arousal disorders  J. Mathis Rare parasomnias  B. Högl Restless legs/PLMS (Videos)  M. Manconi Nocturnal epilepsy (Videos)	
Special lecture II 17.30-18.15	P. Peigneux Neuroimaging of sleep and sleep-wake disorders	Social event 		M. Mahowald Forensic aspects of sleep medicine	Social event 	

### Social event - Evening dinner cruise:

To enrich your stay in Lugano, we have organized a special excursion on the Lake. You will discover a romantic and paradisiac landscapes and having a special dinner. There's nothing better than discovering and appreciating Lake Lugano directly from the water!  
**This event is supported by Philips Respironics.**

### Organization/Information:

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Visit our web site:

[www.sleep-summer-school.ch](http://www.sleep-summer-school.ch)

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