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European Sleep Foundation
Fondazione Europea Sonno

PROGRAM



**THINK TANK
INSOMNIA
2019**

18-20/10/2019
BAVENO HOTEL SPLENDID

WITH THE UNCONDITIONAL
SUPPORT OF:



PHILIPS
RESPIRONICS

FRIDAY, 18TH OCTOBER 2019

CHAIRMEN: L. FERINI-STRAMBI (IT), C. BASSETTI (CH)

14.00-18.30 (PARALLEL SESSIONS)

SESSION 1 - EPIDEMIOLOGY (THE ROLE OF GENDER AND AGE) AND PUBLIC HEALTH

 COORDINATORS: A. VGONTZAS (US), O. FRANCO (CH)

Insomnia prevalence in the general population

Insomnia prevalence in specific populations (psychiatric patients, sleep apnea patients...)

Social determinants and lifestyles: public health perspectives in insomnia

14.00-18.30 (PARALLEL SESSIONS)

SESSION 2 - INSOMNIA DISORDER DIAGNOSIS: THE ROLE OF THE FAMILY MEDICINE AND OF THE SLEEP MEDICINE CENTER

 COORDINATORS: D. LEGER (FR), D. MC EVOY (AU)

Clinical assessment (Questionnaires, Scales)

Objective assessment (actigraphy, PSG)

New diagnostic tools

SATURDAY, 19TH OCTOBER 2019

CHAIRMEN: L. FERINI-STRAMBI (IT), C. BASSETTI (CH)

08.30-12.30 (PARALLEL SESSIONS)

SESSION 3 - INSOMNIA AND PHENOTYPE HETEROGENEITY

 COORDINATORS: E. VAN SOMEREN (NL), S. VALK (DE), W. RANDERATH (DE)

The role of genes in the insomnia phenotype

Contribution of neuroimaging

Association with increased morbidity and mortality

08.30-12.30 (PARALLEL SESSIONS)

SESSION 4 - NEUROCOGNITIVE PERFORMANCES IN INSOMNIA DISORDERS

 COORDINATORS: C. NISSEN (DE), D. RIEMANN (DE)

The role of hyperarousal

The role of short sleep duration

14.00-18.30

SESSION 5 - TREATMENT OF INSOMNIA DISORDER

 COORDINATORS: G. HAJAK (DE), T. KITAJIMA (JP)

The alignment of clinical practice and scientific evidence and international guidelines (In particular, the critical aspects of long-term treatment)

Pharmacological treatment: new targets


SUNDAY, 20TH OCTOBER 2019


CHAIRMEN: L. FERINI-STRAMBI (IT), C. BASSETTI (CH)

08.30-12.30


General discussion and preparation of the draft for the publication

PARTICIPANTS

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