



# SMSS

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:*



Università  
della  
Svizzera  
italiana

*u<sup>b</sup>*

UNIVERSITÄT  
BERN



# 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 discussions, apéro with the experts, 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



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

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L. BARATEAU (FR)  
P. BARGIOTAS (CY)  
C. BASSETTI (CH)  
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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. Adamantidis (CH), A. Silvani (IT), C. Peyron (FR)*

08.30 Official welcome - *C. Bassetti (CH), G. Pedrazzini (CH), M. 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)*  
 *online*

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

12.00  *Lunch*

13.00 The glymphatic system and its relationship to sleep - *A. Silvani (IT)*

13.40 **KEY NOTE LECTURE**  
Sleep and dreaming - *F. Siclari (NL)*

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

14.40 **PEDIATRIC SESSION**  
Sleep from birth to young adult  
*R. Huber (CH)*

15.20  *Coffee break*

15.50 Human PSG - *L. Peter-Derex (FR)*  *online*

16.30  Practical exercitation

18.00 **APÉRO WITH THE EXPERTS**  
*Find out more on page 11*

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 Perception & misperception in patients affected by Insomnia - *A. Castelnovo (CH)*

09.50 Circadian rhythm disorders - *C. Garbaza (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 ①

15.30  Coffee break


16.00  Practical exercitation

### 17.30 APÉRO WITH THE EXPERTS

*Find out more on page 11*

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 - *S. Miano (CH)*

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)*  online

14.50 Sponsored Symposium ②

15.30  Coffee break



16.00  Practical exercitation

17.30  Social Apéro

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

## PARASOMNIA | MOVEMENT DISORDERS

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

- 08.30 Motor regulation 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 Propriospinal myoclonus and nocturnal jerks  
Sleep related head jerks/neck myoclonus  
*M. Manconi (CH), F. Provini (IT)*

15.30  *Coffee break*

16.00  Practical exercitation

17.30 **APÉRO WITH THE EXPERTS**  
*Find out more on page 11*


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 apnoea in children - *M. Pavone (IT)*  *online*

14.50 Sleepiness and residual sleepiness - symptoms, outcome marker, therapeutical target - *J.L. Pepin (FR)*  *online*

15.30  *Coffee break*

16.00  Practical exercitation

17.30 **APÉRO WITH THE EXPERTS**  
*Find out more on page 11*

# Sponsored symposia

TUESDAY, 11<sup>TH</sup> JULY 2023 | 14.50-15.30

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## IDORSIA Sponsored Symposium



The treatment landscape of chronic insomnia: novel therapeutic approaches -  
*T. Mikoteit (CH)*  online

WEDNESDAY, 12<sup>TH</sup> JULY 2023 | 14.50-15.30

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## BIOPROJET Sponsored Symposium



### H3 receptor and excessive daytime sleepiness management

H3 receptor and summary of pitolisant data - *C. Caussè (FR)*

Update on the Management of narcolepsy children - *L. Barateau (FR)*

Excessive Daytime Sleepiness In Obstructive Sleep Apnoea: An Update - *W. Randerath (DE)*  online

## UEMS–EACCME® CME:

The 3<sup>rd</sup> SLEEP MEDICINE SUMMER SCHOOL, Lugano, Switzerland, 10/07/2023-14/07/2023 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 15 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Each participant can only receive the number of credits he/she is entitled to according to his/her actual participation at the event once he/she has completed the Evaluation Form.



Scan the QR code to complete the Evaluation Form

## MEETING VENUE

Università della Svizzera Italiana (USI)  
Auditorium  
Via Buffi 13, 6900 Lugano  
Switzerland

## MATERIALS REPOSITORY

All registered attendees will receive an e-mail notification from the organizing secretary as soon as video recordings of the meeting will be available.



## APÉRO WITH THE EXPERTS HOW IT WORKS?

Take the occasion to meet some experts in sleep medicine to ask questions, share experiences, promote new connections and... have a drink!

Places are limited and registration is mandatory, if you are interested please go to the registration desk within 12:00.



## WITH THE UNCONDITIONAL SUPPORT OF:



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## LOCAL ORGANIZER

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## ORGANIZING SECRETARY



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### For more information, visit:

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

