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Tuesday, 16. September 2014

- ESST Meeting, Lecture Hall F
- 08:45-15:31 ESST Meeting**
- 08:45-09:00 Welcome**
M. Elbaz, Hôtel-Dieu, Paris, FR
- 09:00-09:30 Sleep and wake regulation; metabolism & nutrition**
H. Steinebach, , , NL
I. Warnaar, , , NL
- 09:30-10:00 Sound and vision: their importance in P(S)G**
M. Verspaandonk, , , NL
- 10:00-10:30 Coffee break**
- 10:30-11:00 AASM rules?they've been updated?again!**
E. Hill, , Edinburgh, GB
- 11:00-11:30 Paediatric Sleep Study Scoring**
P. Murphy, , , SE
- 11:30-12:00 Cheyne Stokes breathing and ASV**
C. Navin, , , GB
- 12:00-12:30 Sleep medicine in Estonia by nurse practitioner**
T. Siilak, , , EE
R. Vaiksaar, , , EE
- 12:30-13:30 Lunch Break**
- 13:30-14:00 Circadian rhythm sleep disorders**
V. van Kasteel, , , NL
- 14:00-14:30 Actigraphy: clinical usage**
S. Briscoe, , , GB
- 14:30-15:00 How to measure snoring? A comparison of the three accepted AASM**
E. Sif Arnardottir, University of Reykjavik, Reykjavik, IS
- 15:00-15:30 The ESRS Somnologist Technologist Exam**
S. de Lacy, European Sleep School, Orihuela Costa, ES
- 15:30-15:31 Close of meeting**
- Teaching Courses, Lecture Hall B
- 09:00-12:30 Teaching Course 1 Update on sleep medicine (Part 1)**
Z. Dogas, Split University School of Medicine, Split, HR
T. Penzel, Charité - Universitätsmedizin Berlin, Berlin, DE
- 09:00-09:30 Diagnostic methods - portable**
Z. Dogas, Split University School of Medicine, Split, HR
- 09:30-10:00 Diagnostic methods - polysomnography**
T. Penzel, Charité - Universitätsmedizin Berlin, Berlin, DE
- 10:00-10:30 Coffee Break**



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- 10:30-11:30** **Circadian rhythm sleep disorders and treatment**
D. Skene, University of Surrey, Guildford, GB
- 11:30-12:30** **Management of sleep medicine**
T. Penzel, Charité - Universitätsmedizin Berlin, Berlin, DE
Z. Dogas, Split University School of Medicine, Split, HR
- Teaching Courses, Lecture Hall D
- 09:00-12:30** **Teaching Course 2 Pharmacology of the sleep-wake cycle and drug development**
R. Winsky-Sommerer, University of Surrey, Guildford, GB
P.-H. Luppi, University of Lyon, Lyon, FR
- 09:00-10:00** **Neurochemistry and functional neuroanatomy of sleep**
P.-H. Luppi, University of Lyon, Lyon, FR
- 10:00-10:30** **Coffee Break**
- 10:30-11:30** **Pharmacology of sleep and wake promotion**
R. Winsky-Sommerer, University of Surrey, Guildford, GB
- 11:30-12:30** **Industry perspectives and drug development**
K. Wafford, , Windlesham, GB
- Teaching Courses, Lecture Hall E
- 09:00-12:30** **Teaching Course 3 CBT-I across the life span**
C. Espie, University of Oxford, Oxford, GB
K. Spiegelhalter, University of Freiburg Medical Center, Freiburg, DE
- 09:00-10:00** **CBT-I in children and adolescents**
A. Schlarb, University of Bielefeld, Bielefeld, DE
- 10:00-10:30** **Coffee Break**
- 10:30-11:30** **CBT-I in adult**
C. Espie, University of Oxford, Oxford, GB
- 11:30-12:30** **CBT-I in later life and chronic disease**
K. Morgan, , Loughborough, GB
- Other Sessions, Exhibition
- 12:30-13:30** **Lunch**
- Teaching Courses, Lecture Hall B
- 13:30-17:00** **Teaching Course 1 Update on sleep medicine (Part 2)**
Z. Dogas, Split University School of Medicine, Split, HR
T. Penzel, Charité - Universitätsmedizin Berlin, Berlin, DE
- 13:30-14:30** **Sleep disordered breathing**
D. Pevernagie, University of Gent, Gent, BE



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- 14:30-15:30** **Insomnia**
C. Espie, University of Oxford, Oxford, GB
- 15:30-16:00** **Coffee Break**
- 16:00-17:00** **Restless legs syndrome and periodic legs movement syndrome**
D. Garcia-Borreguero, Sleep Research Institute, Madrid, ES
- Symposia Local Committee, Lecture Hall C
- 13:30-15:30** **Symposium Local Committee I Sleep and neuropsychiatric disorders**
T. Hion, University of Tartu, Tartu, EE
P. Jennum, University of Glostrup, Glostrup, DK
- 13:30-13:50** **History of the Estonian Sleep Medicine Association**
M. Veldi, University of Tartu, Tartu, EE
- 13:50-14:10** **Social burden and management of sleep disorders**
P. Jennum, University of Glostrup, Glostrup, DK
- 14:10-14:30** **Psychiatric risk genotypes and sleep in a prospective population-representative study**
J. Harro, University of Tartu, Tartu, EE
- 14:30-14:50** **Screening sleep disorders by mattress movement sensor**
S.-L. Himanen, University of Tampere, Tampere, FI
- 14:50-15:10** **Effects of insomnia CBT-oriented group therapy in adults in Estonia**
T. Hion, University of Tartu, Tartu, EE
- 15:10-15:30** **Treatment of DSPD with light and melatonin**
B. Bjorvatn, University of Bergen, Bergen, NO
- Teaching Courses, Lecture Hall D
- 13:30-17:00** **Teaching Course 4 Circadian and homeostatic regulation of sleep**
D.-J. Dijk, University of Surrey, Guildford, GB
T. Porkka-Heiskanen, University of Helsinki, Helsinki, FI
- 13:30-14:30** **Circadian and homeostatic regulation of sleep**
D.-J. Dijk, University of Surrey, Guildford, GB
- 14:30-15:30** **The biochemistry of sleep homeostasis**
T. Porkka-Heiskanen, University of Helsinki, Helsinki, FI
- 15:30-16:00** **Coffee Break**
- 16:00-17:00** **Genes involved in circadian rhythmicity and sleep homeostasis**
T. Paunio, National Institute for Health and Welfare, Helsinki, FI
- Teaching Courses, Lecture Hall E
- 13:30-17:00** **Teaching Course 5 Sleep disordered breathing: spectrum of current therapies**
L. Nobili, Centre of Sleep Medicine, Niguarda Hospital, Milan, IT



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- 13:30-14:00** **Ambulatory protocols of CPAP treatment in obstructive sleep apnea syndrome**
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- 14:00-14:30** **Mandibular advancing devices in adult OSA patients: indications and results of treatment**
J. Verbraecken, University of Antwerp, Antwerp, BE
- 14:30-15:00** **Treatment of sleep disordered breathing in chronic heart failure**
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- 15:00-15:30** **Therapeutic strategies for the obesity hypoventilation syndrome**
J. Verbraecken, University of Antwerp, Antwerp, BE
- 15:30-16:00** **Coffee Break**
- 16:00-17:00** **Surgical treatment of obstructive sleep apnea syndrome: new approaches and techniques**
C. Vicini, , Parma, IT
- Symposia Local Committee, Lecture Hall C
- 16:00-18:00** **Symposium Local Committee II Sleep disordered breathing: dilemmas and cardiac function**
E. Sõõru, Tallinn University of Technology, Tallinn, EE
E. Lindberg, University of Uppsala, Uppsala, SE
- 16:00-16:20** **Snoring and adverse health effects: a general population study in Iceland**
E. Sif Arnardottir, University of Reykjavik, Reykjavik, IS
- 16:20-16:40** **Management of obstructive sleep apnea among drivers in Estonia**
E. Sõõru, Tallinn University of Technology, Tallinn, EE
- 16:40-17:00** **Sleep time breathing disorders in Estonian paediatric patients**
H. Vaher, University of Tartu, Tartu, EE
- 17:00-17:20** **Sleep disordered breathing in women**
E. Lindberg, University of Uppsala, Uppsala, SE
- 17:20-17:40** **Myocardial electric instability in patients with various degree of sleep apnea**
M. Pindmaa, Tallinn University of Technology, Tallinn, EE
- 17:40-18:00** **Sleep apnea as the main reason of sudden cardiac death at night**
J. Kaik, University of Tallinn, Tallinn, EE
- ESRS Women's Forum, Lecture Hall B
- 17:00-18:30** **ESRS Forum for European women in sleep research**
R. Winsky-Sommerer, University of Surrey, Guildford, GB
- 17:00-17:20** **The representation of women in research**
R. Winsky-Sommerer, University of Surrey, Guildford, GB
- 17:20-17:45** **Discussion**
- 17:45-18:05** **Advice on personal development and scientific career in the academic and clinical contexts**
T. Paunio, National Institute for Health and Welfare, Helsinki, FI



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18:05-18:30 **Discussion**

Opening/Closing Session, Exhibition
18:30-20:00 **Opening ceremony**



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Wednesday, 17. September 2014

- Opening/Closing Session, Lecture Hall A
- 08:30-10:30** **Opening ceremony European Sleep Science Award Young scientists symposium**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
E. Sõõru, Tallinn University of Technology, Tallinn, EE
- 08:30-08:40** **Welcome address by ESRS President**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
- 08:40-08:45** **Welcome address by Minister of Health and Labour of Estonia**
U. Kruuse, , , EE
- 08:45-08:50** **Entertainment**
- 08:50-08:55** **Welcome address by ESMA President**
E. Sõõru, Tallinn University of Technology, Tallinn, EE
- 08:55-09:00** **Entertainment**
European Sleep Science Award
- 09:00-09:05** **Introduction**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
- 09:05-09:15** **Laudatio**
D.-J. Dijk, University of Surrey, Guildford, GB
- 09:15-09:30** **Presentation by the Award winner**
Young Scientist Symposium
- 09:30-09:45** **Region-specific response to sleep restriction in children: associations with performance and myelination**
S. Kurth, University of Colorado Boulder, Boulder, US
- 09:45-10:00** **Upper airway collapsibility is sleep state-dependent**
D. Eckert, Neuroscience Research Australia (NeuRA) and the University of New South Wales, Randwick, AU
- 10:00-10:15** **Investigating the role of microRNAs in sleep homeostasis**
G. Mang, University of Lausanne, Lausanne, CH
- 10:15-10:30** **The impact of sleep on three-ball cascade juggling**
K. Hoedlmoser, University of Salzburg, Salzburg, AT
- Oral Sessions, Lecture Hall A
- 11:00-12:00** **Oral Session 1 Learning, memory and cognition**
S. Schwartz, University of Geneva, Geneva, CH
L. Talamini, University of Amsterdam, Amsterdam, NL
- 11:00-11:12** **Slow oscillations during sleep orchestrate interregional communication in cortical networks**
L. Talamini, University of Amsterdam, Amsterdam, NL



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- 11:12-11:24 Afternoon nap and exposure to bright light to prevent post-prandial decreases in task switching**
R. Leprout, Université Libre de Bruxelles, Brussels, BE
- 11:24-11:36 No effect of sleep on the generalization of fear learning**
P. Davidson, Lund University, Lund, SE
- 11:36-11:48 Factors influencing mechanisms supporting overnight declarative memory consolidation**
M. Wislowska, University of Salzburg, Salzburg, AT
- 11:48-12:00 Mathematical modeling and ADORA2A genotype elucidate individual differences in the effects of sleep loss on risky decision-making**
A. Tucker, University of Amsterdam, Amsterdam, NL

Oral Sessions, Lecture Hall B

- 11:00-12:00 Oral Session 2 Interactions between sleep and circadian rhythm**
D.-J. Dijk, University of Surrey, Guildford, GB
C. Cajochen, Centre for Chronobiology, Psychiatric Hospital of the University of Basel, Basel, CH
- 11:00-11:12 Chronotype-specific alterations in semantic priming performance during functional MRI (fMRI)**
J. Rosenberg, Forschungszentrum Jülich, Jülich, DE
- 11:12-11:24 Circadian regulation of EEG slow waves and phase coherence in human sleep**
A. Lazar, University of Surrey, Guildford, GB
- 11:24-11:36 Human cortical excitability depends on time awake and circadian phase**
J. Ly, University of Liège, Liège, BE
- 11:36-11:48 Impact of sleep pressure, circadian phase and the ADA polymorphism on cerebral correlates underlying working memory performance**
C.F. Reichert, Centre for Chronobiology, Psychiatric Hospital of the University of Basel, Basel, CH
- 11:48-12:00 Individual differences in the non-image forming effects of light on human sleep**
S. Chellappa, University of Liège, Liège, BE

Oral Sessions, Lecture Hall C

- 11:00-12:00 Oral Session 3 Insomnia - from structure to dysfunction**
R. Winsky-Sommerer, University of Surrey, Guildford, GB
D. Riemann, University of Freiburg, Freiburg, DE
- 11:00-11:12 Reduced anterior internal capsule white matter integrity in primary insomnia**
K. Spiegelhalder, University of Freiburg Medical Center, Freiburg, DE
- 11:12-11:24 Differential brain structural correlates of insomnia severity in affective disorders**
D. Stoffers, Netherlands Institute for Neuroscience, Amsterdam, NL
- 11:24-11:36 Cortical thinning in patients with persistent insomnia is associated with reduced structural connectivity in the default mode network**
S. Suh, Sungshin Women's University, Seoul, KR
- 11:36-11:48 Sleep restriction therapy for insomnia: an exploratory assessment of sleep and physiological markers of arousal in response to treatment**
C. Miller, University of Sydney, Glebe, AU



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- 11:48-12:00** **Correlates of sleep misperception**
C. Bastien, Laval University, Québec, CA
- Oral Sessions, Lecture Hall D
- 11:00-12:00** **Oral Session 4 From mice to man and one bird - physiology of sleep**
R. Amici, , Bologna, IT
I. Tobler, , Zurich, CH
- 11:00-11:12** **Prior light history impacts on cognitive brain function**
G. Vandewalle, University of Liège, Liège, BE
- 11:12-11:24** **Dynamics of fractal indices extracted from human EEG suggest how NREM-related synchronous resets compete with self-organization and protect sleep unconsciousness via fragmentation of functional connectivity**
P. Allegrini, CNR-IFC, National Research Council Institute of Clinical Physiology of Pisa, Pisa, IT
- 11:24-11:36** **Cardiorespiratory control during sleep in histamine-deficient mice**
A. Silvani, University of Bologna, Bologna, IT
- 11:36-11:48** **Sleep and vigilance linked to melanism in wild barn owls (*Tyto alba*)**
M. Scriba, University of Lausanne, Lausanne, CH
- 11:48-12:00** **Heartbeat evoked EEG responses from wake to sleep**
J. Lechinger, University of Salzburg, Salzburg, AT
- Case Discussions, Lecture Hall E
- 11:00-12:00** **Case Discussion Treat or not to treat non sleepy OSA patients**
J. Puertas, Hospital de la Ribera, Valencia, ES
- Discussants**
J.-L. Pepin, Universty Hospital Center of Grenoble (CHU), Grenoble, FR
D. Pevernagie, University of Gent, Gent, BE
- Other Sessions, Exhibition
- 12:00-13:30** **Lunch and Poster Viewing**
- Satellite Symposia, Lecture Hall D
- 12:15-13:15** **Satellite Industry Symposium Managing co-morbidities in the sleep disordered breathing patient: case discussions**
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- Sleep disordered breathing in the patient with metabolic disease**
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- Sleep disordered breathing in the patient with obesity hypoventilation syndrome**
W. Randerath, Krankenhaus Bethanien, Solingen, DE



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- Other Sessions, Lecture Hall E
- 12:15-13:15 ESRS and the European Union: perspectives for sleep research and sleep medicine**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
R. Amici, , Bologna, IT
- Introduction**
- 12:15-12:20 Thinking European: an added value for sleep research and sleep medicine**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
- The (recent) past**
- 12:20-12:25 The interaction with the EU Commission in 2012-2013**
R. Amici, , Bologna, IT
- 12:25-12:30 The ?Wake-up bus? project**
M. Gonçalves, Sleep Medicine Center, Cuf Porto Hospital, Porto, PT
- 12:30-12:35 The new standards and guidelines for drivers with obstructive sleep apnoea syndrome**
D. Leger, CHU Paris Centre - Hôpital Hôtel-Dieu, Paris, FR
- 12:35-12:40 Horizon 2020 - Proposed topic for upcoming call 2016-2017: sleep mechanisms, sleep functions and sleep disorders**
P.-H. Luppi, University of Lyon, Lyon, FR
- 12:40-13:15 The future: open discussion**
- Joint Symposia, Lecture Hall A
- 13:30-15:30 Joint Symposium ESR-ESRS Cardiometabolic co-morbidities of OSAS**
M. Bonsignore, University of Palermo, Palermo, IT
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- Sleep apnoea and obesity**
M. Bonsignore, University of Palermo, Palermo, IT
- Sleep apnoea and cardiac disease**
W. McNicholas, St. Vincent's University Hospital, Dublin, IE
- Sleep apnoea and hypertension**
G. Parati, S.Luca Hospital, University of Milano-Bicocca, Milan, IT
- Sleep apnoea and cerebrovascular disease**
J.-L. Pepin, Universty Hospital Center of Grenoble (CHU), Grenoble, FR
- Round Tables, Lecture Hall B
- 13:30-14:30 Roundtable Therapeutic management of RLS/WED: side effects, drug interactions, special situations**
R. Silvestri, University of Messina, Messina, IT
- Pro and contra of dopaminergic therapy**
L. Ferini-Strambi, Università 'Vita-Salute' San Raffaele, Milan, IT
- Pregabalin in idiopathic versus secondary RLS**
D. Garcia-Borreguero, Sleep Research Institute, Madrid, ES



Paediatric RLS: special requirement and interaction with co-morbid neurodevelopmental disorders

R. Silvestri, University of Messina, Messina, IT

Round Tables, Lecture Hall C

13:30-14:30 Roundtable Nightmares

M. Schredl, Central Institute of Mental Health, Mannheim, DE

Risk factors for frequent nightmares: The FINRISK survey

K. Valli, University of Turku, Turku, FI

Imagery rehearsal therapy in psychiatric patients and exposure versus IRT

J. Lancee, University of Amsterdam, Amsterdam, NL

Help seeking behaviour in frequent nightmare sufferers

M. Schredl, Central Institute of Mental Health, Mannheim, DE

Symposia, Lecture Hall D

13:30-15:30 Symposium "Circadian or sleep-wake driven? Dissecting central and peripheral transcriptome dynamics"

P. Franken, University of Lausanne, Lausanne, CH

T. Paunio, National Institute for Health and Welfare, Helsinki, FI

Brain gene expression in the mouse; the complex interaction of time-spent-awake, time-of-day, and stress

P. Franken, University of Lausanne, Lausanne, CH

Interaction of sleep timing and clock function in the regulation of circadian transcriptome rhythms

H. Oster, University of Lübeck, Lübeck, DE

Mistimed sleep disrupts the circadian regulation of the human transcriptome

S. Archer, University of Surrey, Guildford, GB

Body temperature cycles: gatekeepers of circadian clocks

I. Gotic, University of Geneva, Geneva, CH

Symposia, Lecture Hall E

13:30-15:30 Symposium Sleep and brain maturation: development of sleep-regulatory mechanisms and interactions between sleep and brain maturation

I. Gvilia, Ilia State University, Tbilisi, GE

M. Kimura, Max Planck Institute of Psychiatry, Munich, DE

Post-weaning development of sleep and sleep-regulatory mechanisms in the rat

I. Gvilia, Ilia State University, Tbilisi, GE

Life-long alterations of sleep patterns and emotional behavior after transient serotonin impairments during development

J. Adrien, Pierre and Marie Curie University, Paris, FR



Sleep maturation and developmental disorders

S. Nevsimalova, Charles University, Prague, CZ

Influence of pre- and post-natal environmental factors on sleep maturation in infants

P. Franco, University of Lyon, Lyon, FR

Round Tables, Lecture Hall B

14:30-15:30 Roundtable Delayed sleep phase disorder in adolescents

P.C. Zee, Northwestern University Medical School, Chicago, US

Discussants

L. Lack, Flinders University, Adelaide, AU

D.-J. Dijk, University of Surrey, Guildford, GB

B. Bjorvatn, University of Bergen, Bergen, NO

Round Tables, Lecture Hall C

14:30-15:30 Roundtable Narcolepsy related to infections and vaccinations

M. Partinen, Vitalmed Sleep Disorders Clinic and Research Center, Helsinki, FI

14:30-14:50 Infections and vaccinations triggering narcolepsy: current knowledge

M. Partinen, Vitalmed Sleep Disorders Clinic and Research Center, Helsinki, FI

14:50-15:10 Narcolepsy as an autoimmune disease: current immunogenetic and immunological evidence

B. Rahbeck Komum, Glostrup Hospital, Glostrup, DK

15:10-15:30 Discussion: Hot topics and questions about narcolepsy as an autoimmune disease

Keynote Lectures, Lecture Hall A

16:00-16:45 Keynote Lecture Richard Morris

P. Peigneux, Université Libre de Bruxelles, Brussels, BE

Memory consolidation: synaptic tagging, schemas and sleep

R. Morris, University of Edinburgh, Edinburgh, GB

Oral Sessions, Lecture Hall A

17:00-18:00 Oral Session 5 Sleep across the ages

J. Carrier, University of Montreal, Montreal, CA

P. Achermann, , Zurich, CH

17:00-17:12 Cortical thinning mediates age-related changes in NREM sleep oscillations during adulthood

J. Dubé, Université de Montréal, Montréal, CA

17:12-17:24 Developmental changes in sleep oscillations during early childhood

E. Olbrich, Max Planck Institute for Mathematics in the Sciences, Leipzig, DE

17:24-17:36 Association between white matter integrity markers in the corpus callosum and NREM interhemispheric EEG coherence in aging

M. Bouchard, University of Montreal, Montreal, CA



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- 17:36-17:48** **Effects of long-term caloric restriction on circadian rhythms of aged rats**
R. Godbout, Hôpital du Sacré-Coeur de Montréal, Montréal, CA
- 17:48-18:00** **Are age-related modifications in spindle characteristics linked to markers of white matter integrity?**
P.-O. Gaudreault, Center for Advanced Research in Sleep Medicine, Hôpital du Sacré-Coeur de Montréal, Montreal, CA
- 17:00-18:30** European Network Sessions, Lecture Hall B
European Network Session 1 The European Insomnia Network: an update
D. Riemann, University of Freiburg, Freiburg, DE
E. Van Someren, University and Medical Center, Amsterdam, NL
Insomnia treatment as prevention of psychiatric and cardiovascular diseases
K. Spiegelhalter, University of Freiburg Medical Center, Freiburg, DE
Sleep restriction therapy: effectiveness, mechanisms and potential for adverse effects
S.D. Kyle, , Manchester, GB
The cognitive components of CBT-I
M. Jansson-Fröjmark, Department of Psychology, Stockholm University, Stockholm, SE
Insomnia subtypes
E. Van Someren, University and Medical Center, Amsterdam, NL
- 17:00-18:30** European Network Sessions, Lecture Hall C
European Network Session 2 Sleep apnea
J. Verbraecken, University of Antwerp, Antwerp, BE
T. Saaresranta, University of Turku, Turku, FI
General discussion
Do we need an OSA network in Europe? Upsides and possibilities associated with research networks in sleep apnea
W. McNicholas, St. Vincent's University Hospital, Dublin, IE
The European Sleep Apnea Database (ESADA) - what has been achieved so far?
J. Hedner, Sahlgrenska University Hospital, Gothenburg, SE
Update on recent ESADA data
Sleep apnea and renal function
M. Bonsignore, University of Palermo, Palermo, IT
Advanced Sleep EEG analysis in the ESADA network
T. Penzel, Charité - Universitätsmedizin Berlin, Berlin, DE
Use of the Clinical Global Impression Scale in the ESADA cohort
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
Periodic limb movements and blood pressure in OSA
G. Parati, S.Luca Hospital, University of Milano-Bicocca, Milan, IT



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- European Network Sessions, Lecture Hall D
- 17:00-18:30** **European Network Session 3 EURLSSG Network**
B. Högl, Innsbruck Medical University, Innsbruck, AT
R. Ferri, Dept. of Neurology, Oasi Research Institute, Troina, IT
- 17:00-17:30** **Nocturnal eating and nocturnal smoking in RLS**
F. Provini, , Bologna, IT
- 17:30-18:00** **EEG high frequencies and hyperarousal during the sleep onset period in patients with restless legs syndrome**
R. Ferri, Dept. of Neurology, Oasi Research Institute, Troina, IT
- 18:00-18:30** **Peripheral hypoxia in RLS**
O. Polo, , Tampere, FI
A. Salminen, , Tampere, FI
- European Network Sessions, Lecture Hall E
- 17:00-18:30** **European Network Session 4 European Narcolepsy Network EU-NN**
G.J. Lammers, Leiden University Medical Center, Leiden, NL
Past: overview of EU-NN publications and achievements since 2012
G.J. Lammers, Leiden University Medical Center, Leiden, NL
Present: current projects and databases
M. Tafti, University of Lausanne, Lausanne, CH
M. Partinen, Vitalmed Sleep Disorders Clinic and Research Center, Helsinki, FI
R. Khatami, , ,
Future: where are we heading?
G.J. Lammers, Leiden University Medical Center, Leiden, NL
R. Riha, University of Edinburgh, Edinburgh, GB
Presentations to host European Narcolepsy Day 2015 and 2016
- Poster, Poster Area
- 18:30-20:00** **Poster Session 1**



Thursday, 18. September 2014

Joint Symposia, Lecture Hall A

08:00-10:00 Joint Symposium EAN-ESRS Update on the neurology of sleep
C. Bassetti, Inselspital, Berne, CH
L. Nobili, Centre of Sleep Medicine, Niguarda Hospital, Milan, IT

Hypersomnia and insomnia secondary to brain damage
C. Bassetti, Inselspital, Berne, CH

Sleep and epileptogenesis
L. Nobili, Centre of Sleep Medicine, Niguarda Hospital, Milan, IT

RLS: a dopamine dysregulation syndrome?
L. Ferini-Strambi, Università 'Vita-Salute' San Raffaele, Milan, IT

Sleep and movement disorders
J. Santamaria, Hospital Clínic of Barcelona, Barcelona, ES

Symposia, Lecture Hall B

08:00-10:00 Symposium Farewell to the two-process model?
A. Borbély, University of Zurich, Zurich, CH
P. Peigneux, Université Libre de Bruxelles, Brussels, BE

The two-process model: origin and perspective
S. Daan, University of Groningen, Groningen, NL

Interaction of sleep homeostasis and circadian rhythms
T. de Boer, University of Leiden, Leiden, NL

The two-process model: Its impact on clinical research
A. Wirz-Justice, University of Basel, Basel, CH

Sleep and the environmental 24-hour cycle
A. Borbély, University of Zurich, Zurich, CH

Symposia, Lecture Hall C

08:00-10:00 Symposium Sleep and the social brain
J. Axelsson, Karolinska Institutet, Stockholm, SE
M. Ferrara, University of L'Aquila, L'Aquila, IT

Sleep loss, prefrontal cortex function and behavioral control
P. Meerlo, University of Groningen, Center for Behavior and Neurosciences, Groningen, NL

Sleep and emotion processing in children
M. Le Bourgeois, University of Colorado at Boulder, Boulder, US

Sleep loss and emotion in adolescents and adults
P. Franzen, University of Pittsburgh, Pittsburgh, US

Sleep, appearance and social interactions
J. Axelsson, Karolinska Institutet, Stockholm, SE



Oral Sessions, Lecture Hall D

- 08:00-10:00** **Oral Session 6 Technical aspects of scoring sleep**
S. de Lacy, European Sleep School, Orihuela Costa, ES
J. Puertas, Hospital de la Ribera, Valencia, ES
- 08:00-08:12** **Sleep apnea diagnosis greatly varies with the hypopnea criteria applied**
L. Ponsaing, Glostrup Hospital, Glostrup, DK
- 08:12-08:24** **Scoring criteria for polygraphy: a comparison with full polysomnography using four hypopnea definitions in a population based sleep cohort**
S. Vat, Lausanne University Hospital (CHUV), Lausanne, CH
- 08:24-08:36** **Transcutaneous carbon dioxide during periodic breathing and upper airway flow-limitation during sleep**
V. Rimpilä, University of Tampere, Tampere, FI
- 08:36-08:48** **A validation study of the Watch PATtm in participants of the Akershus sleep apnoea project (ASAP)**
H. Hrubos-Strøm, Akershus University Hospital, Lørenskog, NO
- 08:48-09:00** **Transition to home monitoring for OSA diagnosis: effects on test availability, waiting time, patients' satisfaction and outcome in a large health provider system**
G. Pillar, Carmel Medical Center and Technion Faculty of Medicine, Haifa, IL
- 09:00-09:12** **High cardiac vagal control during wakefulness predicts better subjective and objective sleep quality**
G. Werner, University of Salzburg, Salzburg, AT
- 09:12-09:24** **K-Complex characteristics in obstructive sleep apnea syndrome**
G. Gruber, The Siesta Group, Vienna, AT
- 09:24-09:36** **Physiologically-based brain state estimation and dynamics**
R. Abey Suriya, University of Sydney, Sydney, AU
- 09:36-09:48** **The maintenance of wakefulness test: an electro-physiological measure to better evaluate adult patients with attention deficit/hyperactivity disorder**
S. Bioulac, Centre Hospitalier Universitaire, Hopital Pellegrin, Bordeaux, FR
- Symposia, Lecture Hall A
- 10:30-12:30** **Symposium Investigating the function(s) of sleep from the perspective of a single cell to the systems level**
R. Huber, University Children's Hospital, Zurich, CH
T. de Boer, University of Leiden, Leiden, NL
- Global sleep and single-cell rest**
V. Vyazovskiy, University of Surrey, Surrey, GB
- Astroglia and sleep regulation**
M. Frank, University of Pennsylvania, Philadelphia, US
- Evolution of slow-wave sleep**
N. Rattenborg, Max Planck Institute for Ornithology, Seewiesen, DE
- Sleep homeostasis in vitro**
M. Tafti, University of Lausanne, Lausanne, CH



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Symposia, Lecture Hall B

10:30-12:30 Symposium What keeps you awake? Insomnia subtypes

E. Van Someren, University and Medical Center, Amsterdam, NL
D. Riemann, University of Freiburg, Freiburg, DE

Persistent insomnia: the role of objective short sleep duration and mental health

A. Vgontzas, Pennsylvania State University, Hershey, US

The use of brain imaging to define subtypes of insomnia and corresponding different underlying mechanisms

E. Van Someren, University and Medical Center, Amsterdam, NL

Predicting transitions between acute and chronic insomnia using insomnia sub-types

J. Ellis, Northumbria University, Newcastle upon Tyne, GB

The use of internet to find insomnia subtypes: mining a large database

J. Benjamins, Netherlands Institute for Neuroscience, Amsterdam, NL

Round Tables, Lecture Hall C

10:30-11:30 Roundtable Sleep disordered breathing: what device to choose

R. Riha, University of Edinburgh, Edinburgh, GB

10:30-10:35 Introduction

R. Riha, University of Edinburgh, Edinburgh, GB

10:35-10:50 Which device should be used for the diagnosis of sleep-disordered breathing?

E. Hill, , Edinburgh, GB

10:50-11:05 Which device should be used for treating sleep-disordered breathing?

T. Saaresranta, University of Turku, Turku, FI

11:05-11:20 Should follow-up of sleep disordered breathing be device-driven? Is compliance so important? Is there a role for telemonitoring?

J.-L. Pepin, University Hospital Center of Grenoble (CHU), Grenoble, FR

11:20-11:30 Open discussion with questions from the audience to the panel and chairperson

Symposia, Lecture Hall D

10:30-12:30 Symposium Metabolic, cerebral and behavioural consequences of sleep loss and circadian misalignment

C. Schmidt, Psychiatric University Clinics, Basel, CH
S. Archer, University of Surrey, Guildford, GB

Impact of circadian phase and prior wakefulness on cognition-related cerebral activity in humans

C. Schmidt, Psychiatric University Clinics, Basel, CH

Sleep homeostasis and the circadian timing system set the dynamics and excitability of neuronal ensembles

G. Vandewalle, University of Liège, Liège, BE

Metabolic consequences of circadian misalignment and insufficient sleep

K. Wright, University of Colorado at Boulder, Boulder, US

Diversity in sleep homeostatic and circadian regulation of plasma lipids in human

J.J. Gooley, Duke-NUS Graduate Medical School, Singapore, SG



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Symposia, Lecture Hall E

10:30-12:30 Symposium Sleep and memory consolidation: new insights and models

G. Albouy, University of Montreal, Montreal, CA
S. Schwartz, University of Geneva, Geneva, CH

New model detailing the role of the hippocampus in sleep-related procedural memory consolidation

G. Albouy, University of Montreal, Montreal, CA

Upgrading the sleeping brain with targeted memory reactivation

D. Oudiette, Northwestern University, Evanston, US

New insights on the consolidation of emotional memories during sleep

V. Sterpenich, University of Geneva, Geneva, CH

Sleep-dependent motor memory consolidation from adolescence to adulthood

K. Hoedlmoser, University of Salzburg, Salzburg, AT

Round Tables, Lecture Hall C

11:30-12:30 Roundtable Sleep in pathological ageing

M.D. Gjerstad, Stavanger University Hospital, Stavanger, NO

11:30-11:35 Sleep in the ageing brain

M.D. Gjerstad, Stavanger University Hospital, Stavanger, NO

11:35-11:55 Exercise benefits for the aging brain

M.D. Gjerstad, Stavanger University Hospital, Stavanger, NO

11:55-12:15 Sleep in dementia

G. Rauchs, Inserm U1077, Caen, FR

12:15-12:30 Discussion

Other Sessions, Exhibition

12:30-14:00 Lunch and Poster Viewing

Satellite Symposia, Lecture Hall D

12:45-13:45 Satellite Industry Symposium From habitual snoring to obstructive sleep apnea - How to measure and who needs treatment?

T. Penzel, Charité - Universitätsmedizin Berlin, Berlin, DE

Sleep disordered breathing in the general population - A major public health problem

T. Gislason, Landspítali University Hospital (E7), Reykjavik, IS

Breath-by-breath analyses - new ways to assess respiratory effort

E. Sif Arnardottir, University of Reykjavik, Reykjavik, IS



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Other Sessions, Lecture Hall E

12:45-13:45 **Educational Session on Publishing How do you want your sleep research to be published?**

D.-J. Dijk, University of Surrey, Guildford, GB
L. Cranfield, Frederiksberg, DK

Oral Sessions, Lecture Hall A

14:00-15:00 **Oral Session 7 Hypersomnia: diagnosis to treatment**

Y. Dauvilliers, University of Montpellier, Montpellier, FR
J. Santamaria, Hospital Clínic of Barcelona, Barcelona, ES

14:00-14:12 **Perception of sleepiness in a driving simulator is better than perception in the maintenance of wakefulness test**

D. Schreier, University Hospital of Bern, Inselspital, Bern, CH

14:12-14:24 **Narcolepsy in Norway after 2009 +/- H1N1-vaccination - the 4 year status**

S. Knudsen, Norwegian Resource Center for ADHD, TS and Narcolepsy, Oslo University Hospital, Ullevål, Oslo, NO

14:24-14:36 **Oral JZP-110 (ADX-N05) for the treatment of excessive daytime sleepiness in adults with narcolepsy: results of a randomised, double-blind, placebo-controlled trial**

J. Black, Stanford University, Palo Alto, US

14:36-14:48 **Modafinil improves real driving performance in patients with hypersomnia: a randomized double-blind placebo-controlled crossover clinical trial**

P. Philip, USR CNRS 3413 SANPSY, Université de Bordeaux, Bordeaux, FR

14:48-15:00 **Sodium oxybate for the treatment of excessive daytime sleepiness and cataplexy in patients with narcolepsy: time to response**

R.K. Bogan, SleepMed of South Carolina, Columbia, US

Oral Sessions, Lecture Hall B

14:00-15:00 **Oral Session 8 Circadian rhythm disorders from clock to clocking off**

C. Cajochen, Centre for Chronobiology, Psychiatric Hospital of the University of Basel, Basel, CH
C. Gronfier, INSERM U371 Cerveau et Visoin, Bron, FR

14:00-14:12 **Core temperature and melatonin circadian rhythm period lengths are longer in delayed sleep phase disorder patients than controls**

G. Micic, Flinders University of South Australia, Adelaide, AU

14:12-14:24 **Measuring melatonin in saliva before the start of light therapy in delayed sleep phase disorder**

K. Danielsson, Uppsala University, Uppsala, SE

14:24-14:36 **Difficult morning awakening from REM sleep and impaired cognitive function in delayed sleep phase disorder patients**

B. Solheim, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim, NO

14:36-14:48 **How does alertness differ between healthy employees and those with shift work disorder?**

P. Vanttola, Finnish Institute of Occupational Health, Helsinki, FI



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14:48-15:00 **Sleep schedules and social jetlag in students with delayed sleep phase disorder and controls**
I. Saxvig, Haukeland University Hospital, Bergen, NO

Video Sessions, Lecture Hall C

14:00-15:00 **Video Session Sound asleep: the translation of sleep patterns into music**

M. Mermikides, University of Surrey, Guildford, GB
D. Skene, University of Surrey, Guildford, GB

Hidden music: the history and art of data sonification, translating physical and biological phenomena into sound

M. Mermikides, University of Surrey, Guildford, GB

Making sleep visible to the blind

D. Skene, University of Surrey, Guildford, GB

PSG nocturne: converting PSG data into multi-layered musical compositions

R. Riha, University of Edinburgh, Edinburgh, GB

The inner sound of sleep: converting EEG waves into the audio spectrum

V. Vyazovskiy, University of Surrey, Surrey, GB

Video Sessions, Lecture Hall D

14:00-15:00 **Video Session Paroxysmal motor phenomena during sleep**

R. Manni, Institute of Neurology IRCCS C. Mondino, Pavia, IT

Unusual motor phenomena during sleep

F. Provini, , Bologna, IT

Paroxysmal motor patterns in nocturnal frontal lobe epilepsy

C. Derry, University of Edinburgh, Edinburgh, GB

Motor patterns during sleep in extrapyramidal diseases

B. Högl, Innsbruck Medical University, Innsbruck, AT

Case Discussions, Lecture Hall E

14:00-15:00 **Case Discussion Therapy refractory insomnia: what to do?**

D. Riemann, University of Freiburg, Freiburg, DE

The complicated co-morbid insomniac patient. Diagnosis and management

P. Jennum, University of Glostrup, Glostrup, DK

Insomnia disorder in the context of psychosis?

C. Espie, University of Oxford, Oxford, GB

Insomnia is sometimes incurable

H.L. Hamburger, , Amsterdam, NL



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- Keynote Lectures, Lecture Hall A
- 15:30-16:15** **Keynote Lecture Allison Harvey**
D. Riemann, University of Freiburg, Freiburg, DE
Sleep, mental illness and health: frontiers in transdiagnostic empirically grounded treatment generation
A. Harvey, University of California, Berkeley, US
- Poster, Poster Area
- 16:15-17:45** **Poster Session 2**
- Other Sessions, Sokos Hotel Viru, Conference Room Allegro
- 16:30-18:00** **Meeting of the European Academy of Neurology (EAN) Sleep Neurology Panel (EAN-SNP) with ESRS neurologists**
- Other Sessions, Lecture Hall B
- 18:00-20:00** **ESRS Business Meeting**



Friday, 19. September 2014

- Symposia, Lecture Hall A
- 08:00-10:00 Symposium Metabolomics in sleep research: integration from animals to humans**
- T. Porkka-Heiskanen, University of Helsinki, Helsinki, FI
P. Meerlo, University of Groningen, Center for Behavior and Neurosciences, Groningen, NL
- Metabolic consequences of chronic sleep restriction in rats**
P. Meerlo, University of Groningen, Center for Behavior and Neurosciences, Groningen, NL
- Lipid profiles after experimental restriction of sleep and in an epidemiological cohort reporting insufficient sleep**
T. Porkka-Heiskanen, University of Helsinki, Helsinki, FI
- Chronic sleep restriction alters metabolomic profiles in healthy humans**
N. Goel, University of Pennsylvania, Philadelphia, US
- Effect of sleep deprivation on human plasma metabolome rhythms**
D. Skene, University of Surrey, Guildford, GB
- Symposia, Lecture Hall B
- 08:00-10:00 Symposium Sleep-related neurostimulation: mechanisms and clinical implications**
- C. Nissen, University Medical Center, Freiburg, DE
M. Massimini, University of Milan, Milan, IT
- Investigating sleep homeostasis by means of transcranial magnetic stimulation**
R. Huber, University Children's Hospital, Zurich, CH
- Closed-loop stimulation of sleep oscillations**
H.-V. Ngo, University of Tübingen, Tübingen, DE
- The impact of high-frequency stimulation on sleep**
H. Danker-Hopfe, Charité Berlin, Campus Benjamin Franklin, Berlin, DE
- The modulation of sleep continuity through transcranial direct current stimulation (TDCS)**
C. Nissen, University Medical Center, Freiburg, DE
- Symposia, Lecture Hall C
- 08:00-10:00 Symposium Impact of sleep disordered breathing in neurological sleep disorders**
- R. Riha, University of Edinburgh, Edinburgh, GB
M. Zucconi, Ospedale San Raffaele, Milan, IT
- Sleep disordered breathing in epilepsy**
C. Derry, University of Edinburgh, Edinburgh, GB
- Sleep disordered breathing and paradoxical insomnia**
D. Pevernagie, University of Gent, Gent, BE



Role of sleep disorder breathing in REM sleep behavior disorder

A. Iranzo, Hospital Clinic, Barcelona, ES

Sleep disordered breathing in diagnoses of narcolepsy

R. Riha, University of Edinburgh, Edinburgh, GB

Symposia, Lecture Hall D

08:00-10:00 Symposium Behavior problems and treatment possibilities in child and adolescent sleep problems

A. Schlarb, University of Bielefeld, Bielefeld, DE

A.M. Meijer, University of Amsterdam, Amsterdam, NL

Internalizing behavior problems in primary school children with insomnia

B. Schwerdtle, University of Würzburg, Würzburg, DE

Melatonin treatment and classical conditioning in children with delayed sleep phase

A. van Maanen, University of Amsterdam, Amsterdam, NL

Aggression and violent behavior and sleep problems in young students

A. Schlarb, University of Bielefeld, Bielefeld, DE

Efficacy of cognitive behavior therapy in adolescents with insomnia: an RCT with group-CBTi, internet-CBTi and a waiting list condition

E.J. de Bruin, University of Amsterdam, Amsterdam, NL

Joint Symposia, Lecture Hall A

10:30-12:30 Joint Symposium EBRS-ESRS Linking clocks and sleep

D. Skene, University of Surrey, Guildford, GB

P. Peigneux, Université Libre de Bruxelles, Brussels, BE

Identifying pathways modulating sleep duration: from genomics to transcriptomics

K. Allebrandt, Ludwig-Maximilians-University, Munich, DE

Shift work in flies

R. Costa, University of Padua, Padua, IT

Sleep, circadian, metabolism

F. Turek, Northwestern University, Evanston, US

Sleep, circadian, genetics, EEG: How synaptic adhesion molecules contribute to sleep regulation?

V. Mongrain, University of Montreal, Montreal, CA

Symposia, Lecture Hall B

10:30-12:30 Symposium Complex breathing disorders during sleep

D. Pevernagie, University of Gent, Gent, BE

W. McNicholas, St. Vincent's University Hospital, Dublin, IE

Natural evolution of complex sleep apnea: polysomnographic results

W. Cassel, Philipps-University, Marburg, DE



The interaction of obesity, pulmonary disease and sleep-disordered breathing

A. Rossi, Ospedali Riuniti di Bergamo, Bergamo, IT

The role of the "central" component in the pathophysiology of complex breathing disorders during sleep

J. Verbraecken, University of Antwerp, Antwerp, BE

Therapeutical approach of complex breathing disorders during sleep

W. Randerath, Krankenhaus Bethanien, Solingen, DE

Symposia, Lecture Hall C

10:30-12:30 Symposium Sensorimotor processes in REM sleep: from RBD to rat pups to robots

J. Pever, University of Toronto, Toronto, CA

C. Bassetti, Inselspital, Berne, CH

Neuro-circuits controlling muscle atonia during paradoxical (REM) sleep

P.-H. Luppi, University of Lyon, Lyon, FR

Biological functions of muscle tone suppression in sleep

J. Peever, University of Toronto, Toronto, CA

Developing the sensorimotor system in our sleep

M. Blumberg, University of Iowa, Iowa City, US

Sleeping robots: How sleep behaviour drives the development of spinal circuits

H. Gravato Marques, University of Zurich, Zurich, CH

Oral Sessions, Lecture Hall D

10:30-12:30 Oral Session 9 Memory, cognition and dreaming

M. Schabus, University of Salzburg, Salzburg, AT

S. Fogel, University of Montreal, Montreal, CA

10:30-10:42 Memory deficits associated with sleep loss can be prevented by targeting a single phosphodiesterase isoform selectively in excitatory neurons of the hippocampus

R. Havekes, University of Pennsylvania, Philadelphia, US

10:42-10:54 Selective intervention in hippocampal vs. cortical consolidation

L. Genzel, University of Edinburgh, Edinburgh, GB

10:54-11:06 Working memory ability and topographical distribution of sleep slow wave activity in children and adolescents

F. Wehrle, University Hospital Zurich, Zurich, CH

11:06-11:18 Motor memory consolidation depends upon reactivation driven by the action of sleep spindles

S. Fogel, University of Montreal, Montreal, CA

11:18-11:30 The schema effect and sleep-dependent memory consolidation

N. Hennes, University of Manchester, Manchester, GB

11:30-11:42 Sleep- and hippocampus-dependent memory consolidation in patients with obstructive sleep apnea

P. Baier, CAU Kiel, Kiel, DE



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- 11:42-11:54** **A nap to recap: daytime sleep strengthens rewarded relational memory**
K. Igloi, University of Geneva, Geneva, CH
- 11:54-12:06** **Circadian regulation in cognition and subjective assessment of waking function in humans**
N. Santhi, University of Surrey, Guildford, GB
- 12:06-12:18** **The nature of delayed dream incorporation: personally significant events persist, but not major daily activities or concerns**
M. Blagrove, Swansea University, Swansea, GB
- 12:18-12:30** **Risk factors for frequent nightmares among the general Finnish adult population**
N. Sandman, National Institute for Health and Welfare, Helsinki, FI
- Oral Sessions, Lecture Hall E
- 10:30-12:30** **Oral Session 10 Paediatrics: what`s normal, what`s not**
O. Jenni, , Zurich, CH
P. Franco, University of Lyon, Lyon, FR
- 10:30-10:42** **Influence of body growth on sleep during the first days of life in preterm neonates**
E. Stéphan-Blanchard, Jules Verne University of Picardy, Amiens, FR
- 10:42-10:54** **Very preterm children, compared to full-term children, show alterations in objective sleep, behavior and emotion, and cortisol secretion during middle childhood**
S. Lemola, University of Basel, Basel, CH
- 10:54-11:06** **Evaluation of school-based sleep interventions: does adjunct bright light therapy and parental involvement improve treatment outcomes?**
M. Gradisar, Flinders University, Adelaide, AU
- 11:06-11:18** **Incident sleep-disordered breathing associated with cardiovascular risk factors: the Penn State Child Cohort**
E. Bixler, Penn State University, Hershey, US
- 11:18-11:30** **Increased cortisol levels are associated with polysomnographic sleep disturbance in adolescence**
J. Fernandez-Mendoza, Penn State College of Medicine, Hershey, US
- 11:30-11:42** **Gender differences in the relative effect of sleep disordered breathing and obesity on neurocognitive functioning in adolescents**
S. Calhoun, Penn State College of Medicine, Hershey, US
- 11:42-11:54** **Habitual sleep variability, not sleep duration, is associated with abdominal obesity in adolescents - Penn State Child Cohort Study (PSCC)**
D. Liao, Penn State University, Hershey, US
- 11:54-12:06** **REM sleep and emotional face memory in typically developing children and children with autism**
R. Godbout, Hôpital du Sacré-Coeur de Montréal, Montréal, CA
- 12:06-12:18** **The effect of nighttime sleep patterns on sensitivity to reward in healthy adolescents**
C. Algarin, INTA University of Chile, Santiago, CL
- Symposia, Top Floor Foyer
- 12:30-14:00** **ESRS Young Researchers Network**
D. Skene, University of Surrey, Guildford, GB



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- 12:30-12:35** **Welcome and opening remarks**
D. Skene, University of Surrey, Guildford, GB
- 12:35-12:40** **Ideas on the purpose and future of the ESRS Young Researcher Network**
E. Sif Arnardottir, University of Reykjavik, Reykjavik, IS
- 12:40-12:55** **Table discussions**
- 12:55-13:25** **A representative from each table will present the ideas from the table discussion to the whole group**
- 13:25-14:00** **Closing remarks, future actions**
- Other Sessions, Exhibition
- 12:30-14:00** **Lunch and Poster Viewing**
- Symposia, Lecture Hall A
- 14:00-16:00** **Symposium Sleep changes in aging: causes and consequences**
J.F. Duffy, Brigham and Women's Hospital, Harvard Medical School, Boston, US
H.-P. Landolt, University of Zurich, Zurich, CH
- Age-related changes in the molecular and cellular mechanisms of sleep homeostasis**
K.-M. Zitting, Harvard Medical School, Boston, US
- Brain mechanisms underlying age-related changes in NREM sleep: contributions from fMRI/MRI studies**
J. Carrier, University of Montreal, Montreal, CA
- Age-related changes in circadian photoreception: consequences for sleep**
C. Gronfier, INSERM U371 Cerveau et Visoin, Bron, FR
- Sleep quality and cognitive decline in ageing**
D.-J. Dijk, University of Surrey, Guildford, GB
- Symposia, Lecture Hall B
- 14:00-16:00** **Symposium Parkinson's disease and sleep: a multifaceted interaction**
S. Overeem, Radboud University Nijmegen Medical Centre, Nijmegen, NL
J. Santamaria, Hospital Clínic of Barcelona, Barcelona, ES
- Clinical aspects of sleep dysfunction in Parkinson's disease**
C. Baumann, University Hospital Zurich, Zurich, CH
- Sleep changes as a prodromal marker of Parkinson's disease**
A. Iranzo, Hospital Clinic, Barcelona, ES
- Sleep benefit in Parkinson's disease**
M. van Gilst, Radboud University Medical Centre, Nijmegen, NL
- Mechanisms of sleep disturbances in Parkinson's disease**
I. Arnulf, Pierre and Marie Curie University, Paris, FR



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- Symposia, Lecture Hall C
- 14:00-16:00 Symposium OSA in Europe; phenotypes, metabolism, accident risk, and treatment**
M. Bonsignore, University of Palermo, Palermo, IT
E. Sõõru, Tallinn University of Technology, Tallinn, EE
- OSA - same, same but different?**
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- Metabolic effects of OSA**
W. McNicholas, St. Vincent's University Hospital, Dublin, IE
- Traffic accident risk in European patients with obstructive sleep apnea**
M. Karimi, Gothenburg University, Gothenburg, SE
- OSA treatment outcome in Europe**
J. Verbraecken, University of Antwerp, Antwerp, BE
- Oral Sessions, Lecture Hall D
- 14:00-16:00 Oral Session 11 Cell and molecular biology and genetics**
S. Archer, University of Surrey, Guildford, GB
S. Montagnese, University of Padova, Padua, IT
- 14:00-14:12 Effects of circadian typology and partial and total sleep deprivation on the human transcriptome**
S. Archer, University of Surrey, Guildford, GB
- 14:12-14:24 A role for mGluR5-mediated signaling in regulating neurophysiological markers of sleep homeostasis in humans**
S. Holst, University of Zurich, Zurich, CH
- 14:24-14:36 Length polymorphism in the human clock gene Period3 and diurnal preference, subjective sleepiness and the response to morning light**
M. Turco, University of Padova, Padova, IT
- 14:36-14:48 Melatonin receptor locus associates with shift work intolerance - genome-wide study and replications**
T. Paunio, National Institute for Health and Welfare, Helsinki, FI
- 14:48-15:00 EEG-vigilance regulation in carriers of bipolar disorder risk alleles**
P. Jawinski, University of Leipzig, Leipzig, DE
- 15:00-15:12 Orexin physiologically regulates beta-amyloid and tau metabolism: a cerebrospinal-fluid in vivo study**
C. Liguori, University Hospital of Tor Vergata, Rome, IT
- 15:12-15:24 The protector effect of transgene GDNF on sleep in MPTP mouse model of Parkinson's disease**
A. Manolov, Institute Higher Nervous Activity/Neurophysiology, Academy Sciences, Moscow, RU
- 15:24-15:36 Microphage migration inhibitory factor -173 G/C promoter polymorphism and serum levels correlate with obstructive sleep apnea**
Y. Singh, All India Institute of Medical Sciences, New Delhi, IN
- 15:36-15:48 Viral insertion screen implicates the conserved vertebrate gene dreamist in larval zebrafish sleep regulation**
J. Rihel, University College London, London, GB



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- 15:48-16:00** **Connexin30 knock-out mice display less spontaneous locomotor activity, more sleep pressure and a reduced expression of metabolism-related genes**
J.-M. Petit, CHUV, Prilly, CH
- Oral Sessions, Lecture Hall E
- 14:00-16:00** **Oral Session 12 Sleep deprivation**
C. Schmidt, Psychiatric University Clinics, Basel, CH
M. Chee, , Singapore, SG
- 14:00-14:12** **Sleep-loss related decrements in night-time vigilance performance: cerebral correlates and the impact of genetic vulnerability**
M. Maire, Psychiatric University Clinics, Basel, CH
- 14:12-14:24** **Sleep restriction alters immune functions and metabolism - transcriptomic and metabolomic studies in humans**
V. Aho, University of Helsinki, Helsinki, FI
- 14:24-14:36** **Sleep homeostasis in genetically modified loss-of-function and gain-of-function brain-derived neurotrophic factor (BDNF) mice**
H.-K. Wigren, University of Helsinki, Helsinki, FI
- 14:36-14:48** **Sleep homeostasis in vitro**
S. Saberi-Moghadam, Center for Integrative Genomics (CIG), University of Lausanne, Lausanne, CH
- 14:48-15:00** **Light irradiance influences sleep homeostasis through melanopsin-based phototransduction**
J. Hubbard, University of Strasbourg, Strasbourg, FR
- 15:00-15:12** **Effects of COMT inhibitor tolcapone on mood and working memory during sleep deprivation**
A. Valomon, University of Zurich, Zurich, CH
- 15:12-15:24** **Sleep loss changes executive brain responses in the wake maintenance zone**
M. Jaspar, University of Liège, Liège, BE
- 15:24-15:36** **Regional differences in the impact of sleep deprivation on sleep EEG power in early to mid adolescence**
L. Tarokh, University of Zürich, Zurich, CH
- 15:36-15:48** **Neural correlates of sustained attention under sleep deprivation during a constant routine: circadian and homeostatic interaction**
V. Muto, Cyclotron Research Centre, University of Liège, Liège, BE
- 15:48-16:00** **Effect of partial sleep deprivation on empathy for pain in an fMRI experiment**
S. Tamm, Stockholm University, Stockholm, SE
- Keynote Lectures, Lecture Hall A
- 16:30-17:15** **Keynote Lecture James Krueger**
L. Nobili, Centre of Sleep Medicine, Niguarda Hospital, Milan, IT
The sleep homeostat and local sleep; implications for sleep function
J. Krueger, Washington State University, Spokane, US



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Poster, Poster Area
17:15-18:45 **Poster Session 3**

Other Sessions, Lecture Hall C
18:30-19:30 **ANSS President Meeting**



Saturday, 20. September 2014

- Symposia, Lecture Hall B
- 08:00-10:00 Symposium Consciousness and its boundaries: lessons from sleep**
L. Nobili, Centre of Sleep Medicine, Niguarda Hospital, Milan, IT
E. Van Someren, University and Medical Center, Amsterdam, NL
- Functional brain networks changes upon falling asleep**
M. Czigic, Max Planck Institute of Psychiatry, Munich, DE
- Cortical mechanism of loss of consciousness: the role of bi-stability**
M. Massimini, University of Milan, Milan, IT
- The boundaries of consciousness: lucid dreaming**
M. Czigic, Max Planck Institute of Psychiatry, Munich, DE
- The boundaries of consciousness: NREM and REM parasomnias**
I. Arnulf, Pierre and Marie Curie University, Paris, FR
- Symposia, Lecture Hall C
- 08:00-10:00 Symposium Impact of sleep loss on mood: from animal models to humans**
V. Fabre, Faculté de médecine Pitié- Salpêtrière, Paris, FR
A. Steiger, Max Planck Institute of Psychiatry, Munich, DE
- Impaired sleep patterns and homeostasis in animal models for anxio-depressive disorders**
M. Kimura, Max Planck Institute of Psychiatry, Munich, DE
- BDNF, sleep and depression**
J. Beck, University of Basel, Basel, CH
- Insomnia as a risk factor for depression**
D. Riemann, University of Freiburg, Freiburg, DE
- Genes involved in circadian rhythmicity and sleep homeostasis**
T. Paunio, National Institute for Health and Welfare, Helsinki, FI
- Oral Sessions, Lecture Hall D
- 08:00-10:00 Oral Session 13 What`s hot in sleep-disordered breathing**
W. McNicholas, St. Vincent's University Hospital, Dublin, IE
L. Grote, Sahlgrenska University Hospital, Gothenburg, SE
- 08:00-08:12 The accumulation of hypoxemia, a newly developed index, well predicts vascular endothelial dysfunction in patients with sleep disordered breathing**
H. Sawatari, Graduate School of Medical Sciences, Kyushu University, Fukuoka, JP
- 08:12-08:24 Sleep-disordered breathing in patients with acute ischemic stroke and transient ischemic attack: short-term evolution and effects on vascular/clinical outcome - the SAS CARE 1-study**
T. Horvath, University Hospital Inselspital Bern, Bern, CH



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- 08:24-08:36** **Recurrence of sleep apnea after withdrawal of upper airway stimulation - a randomized controlled study**
W. Randerath, Krankenhaus Bethanien, Solingen, DE
- 08:36-08:48** **Short term outcomes for obstructive sleep apnoea patients treated with hypoglossal nerve stimulation**
M. Barnes, Institute for Breathing and Sleep, Austin Hospital, Heidelberg, AU
- 08:48-09:00** **Effect of upper airway stimulation on improving sleep quality and quality of life in moderate to severe obstructive sleep apnoea**
J. Verbraecken, University of Antwerp, Antwerp, BE
- 09:00-09:12** **Poor brain bioenergetics during resting wakefulness are related to neurobehavioural deficits in severe obstructive sleep apnea**
A. D'Rozario, Woolcock Institute of Medical Research, Sydney, AU
- 09:12-09:24** **Long term effects of compliance with positive airway pressure (PAP) therapy in patients with obesity hypoventilation syndrome (OHS)**
I. Bouloukaki, University of Crete, Heraklion, GR
- 09:24-09:36** **A sleep apnea related risk of vehicle accident is reduced by CPAP - Swedish traffic accident data acquisition (STRADA) registry**
M. Karimi, Gothenburg University, Gothenburg, SE
- 09:36-09:48** **Effectiveness of two maintenance diets following a very low energy diet to reduce cardiometabolic risk in obese sleep apnea patients: a randomised controlled trial**
E. Cayan, The Woolcock Institute, The University of Sydney, Sydney, AU
- 09:48-10:00** **CPAP use improves sexual function in men with OSA and erectile dysfunction (ED): a randomised controlled study**
K. Melehan, Royal Prince Alfred Hospital, Sydney, AU
- Oral Sessions, Lecture Hall E
- 08:00-10:00** **Oral Session 14 From RBD to restless legs**
R. Manni, Institute of Neurology IRCCS C. Mondino, Pavia, IT
R. Riha, University of Edinburgh, Edinburgh, GB
- 08:00-08:12** **Data-driven modeling of sleep EEG and EOG reveals stages indicative of pre-Parkinson and Parkinson's disease**
M. Zoetmulder, , Copenhagen, DK
- 08:12-08:24** **A distinct sleep pattern in the novel parasomnia associated with Iglon5 antibodies**
C. Gaig, Hospital Clinic de Barcelona, Barcelona, ES
- 08:24-08:36** **Sensitivity and specificity of two screening questionnaires for REM sleep behaviour disorder and relationship with REM sleep without atonia in patients with Parkinson's disease**
M. Figorilli, Università di Cagliari, Cagliari, IT
- 08:36-08:48** **Electroencephalographic and autonomic alterations in nightmare disorder during pre- and post-REM periods**
P. Simor, Budapest University of Technology and Economics, Budapest, HU
- 08:48-09:00** **24-Hr treatment of restless legs syndrome patients with an insufficient response to short-acting dopamine agonists: a comparative study using multiple immobilization tests**
D. Garcia-Borreguero, Sleep Research Institute, Madrid, ES



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09:00-09:12 **High values of nocturnal blood pressure coexist with high number of PLMS in patients with insomnia**

M. Sieminski, Medical University of Gdansk, Gdansk, PL

09:12-09:24 **□Genetic risk loci for restless legs syndrome are not related to multimorbidity**

A. Szentkirályi, Institute for Epidemiology and Social Medicine, Münster, DE

09:24-09:36 **Prevalence of sleep bruxism in a general population sample: comparison of symptoms, masseter muscle activity and sound monitoring**

T. Gislason, Landspítali University Hospital (E7), Reykjavik, IS

09:36-09:48 **Mortality and social consequences of REM sleep behaviour disorder for patients and their partners. A controlled national study**

P. Jennum, Copenhagen University, Copenhagen, DK

Keynote Lectures, Lecture Hall B

10:30-11:15 **Keynote Lecture Jan Hedner**

W. McNicholas, St. Vincent's University Hospital, Dublin, IE

From pressure to pill - is there a future for pharmacological treatment in sleep apnea?

J. Hedner, Sahlgrenska University Hospital, Gothenburg, SE

Symposia, Lecture Hall B

11:30-13:30 **Symposium When sleep attacks vigilance**

R. Fronczek, Leiden University, Leiden, NL

A. Iranzo, Hospital Clinic, Barcelona, ES

Measurements of vigilance impairment in patients with sleep disorders

M. van Schie, Leiden University Medical Centre, Leiden, NL

Inter-individual differences in sustained attention resulting from sleep deprivation

H.P.A. Van Dongen, Washington State University, Pullman, US

A harmacogenetic perspective on vigilance regulation during sleep deprivation

H.-P. Landolt, University of Zurich, Zurich, CH

Non-visual effects of light on alertness and cognitive performance: measures and inter-individual differences

C. Cajochen, Centre for Chronobiology, Psychiatric Hospital of the University of Basel, Basel, CH

Symposia, Lecture Hall C

11:30-13:30 **Symposium Brain histamine in narcolepsy: neurobiological and therapeutic implications**

Y. Dauvilliers, University of Montpellier, Montpellier, FR

P.-H. Luppi, University of Lyon, Lyon, FR

Increase of histaminergic tuberomammillary neurons in narcolepsy

T.E. Scammell, Beth Israel Deaconess Medical Center, Boston, US

Role of histaminergic neurons in the control of sleep and wakefulness

J.-S. Lin, Inserm Unit Lyon-1 University, Lyon, FR



Pharmacology of histamine receptors: properties of inverse H3-receptor agonists

J.-C. Schwartz, National Academy of Science and Bioproject, Paris, FR

Novel therapeutic approach in narcolepsy: clinical trials of an antagonist/inverse agonist of the histamine H3 receptor

Y. Dauvilliers, University of Montpellier, Montpellier, FR

Oral Sessions, Lecture Hall D

11:30-13:30

Oral Session 15 Sleep analysis: from animals to humans

I. Tobler, , Zurich, CH

T. de Boer, University of Leiden, Leiden, NL

11:30-11:42

Central and peripheral metabolic changes induced by gamma-hydroxybutyrate

G. Luca, University of Lausanne, Lausanne, CH

11:42-11:54

Baclofen enhances sleep, improves functional recovery and promotes neuroplasticity after stroke in rats

F. Baracchi, Inselspital, Bern, CH

11:54-12:06

A role for group-I metabotropic glutamate receptors (mGluR1/5) in sleep-wake regulation

A. Sousek, University of Zurich / Institute of Pharmacology and Toxicology, Zurich, CH

12:06-12:18

Sexual arousal, a role of histamine and orexin neurons

Y. Zhao, Integrative Physiology of Brain Arousal Systems, Lyon Neuroscience Research Center (CRNL), INSERM-U 1028/CNRS-UMR 5292, School of Medicine, Claude Bernard University, Lyon, FR

12:18-12:30

Scoprism: a new algorithm for automatic sleep scoring in mice

G. Zoccoli, University of Bologna, Bologna, IT

12:30-12:42

EEG slow-wave characteristics in sleep after daily torpor in Djungarian hamsters

V. Vyazovskiy, University of Oxford, Oxford, GB

12:42-12:54

Characterisation of the development of sleep disturbances in the unpredictable chronic mild stress murine model of major depression

M. Nollet, University of Surrey, Guildford, GB

12:54-13:06

Slow wave activity and cerebral blood flow are anti-correlated during sleep

L. Tüshaus, University of Zurich, Zurich, CH

13:06-13:18

Dynamics of human cortical ensembles are set by circadian system and sleep homeostasis

S. Chellappa, University of Liège, Liège, BE

Oral Sessions, Lecture Hall E

11:30-13:30

Oral Session 16 Clinical and psychiatric aspects of sleep disorders

D. Riemann, University of Freiburg, Freiburg, DE

R. Silvestri, University of Messina, Messina, IT

11:30-11:42

Sleep and psychiatric disorders: a meta-analysis of the last 20 years of research

C. Baglioni, University of Freiburg Medical Center, Freiburg, DE

11:42-11:54

Implementation of dynamic lighting in a nursing home: impact on agitation

A. Wahnschaffe, Charite Berlin, Berlin, DE



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- 11:54-12:06 Sleep-disordered breathing in the acute phase of transient ischemic attack and minor stroke**
F. Pizza, IRCCS Istituto delle Scienze Neurologiche di Bologna, AUSL di Bologna, Bologna, IT
- 12:06-12:18 Sleep and gastrointestinal cancer risk in the MCC-Spain case-control study**
K. Papantoniou, Centre for Research in Environmental Epidemiology (CREAL), CIBER Epidemiología y Salud Pública (CIBERESP), Barcelona, ES
- 12:18-12:30 Chronotype in adult epilepsy patients: a questionnaire and DLMO determination based study**
R. Manni, Institute of Neurology IRCCS C. Mondino, Pavia, IT
- 12:30-12:42 Insomnia and nightmares and associations with PTSD and depressive symptoms among the survivors from the Norwegian terror 22/7 2011 attack on Utøya**
J. Gronli, University of Bergen, Haukeland University Hospital, Bergen, NO
- 12:42-12:54 Blocking blue light during mania; markedly increased regularity of sleep and rapid improvement of symptoms: case reports from an ongoing randomized controlled trial**
T.E. Henriksen, Division of Mental Health Care, Valen Hospital, Fonna Regional Health Authority, Valen, NO
- 12:54-13:06 Sleep and circadian rhythms in the bipolar phenotype: a comparison of high-risk individuals defined by hypomania or a family history of affective disorders**
K. Wulff, University of Oxford, Oxford, GB
- 13:06-13:18 Association of sleep disorders with psychosocial factors in female population aged 25-64 years in Russia: MONICA-psychosocial epidemiological study**
D. Panov, FSBI Institute of Internal and Preventive Medicine SB RAMS, Novosibirsk, RU
- 13:18-13:30 Sleep quality in hospitalized medical patients: influence of light, noise, and switch to daylight saving time**
M. Corrias, University of Padova, Padova, IT
- Opening/Closing Session, Lecture Hall B
- 13:30-13:45 Closing ceremony**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
E. Sõõru, Tallinn University of Technology, Tallinn, EE
- 13:30-13:35 Farewell address by the president of the ESRS, Philippe Peigneux including announcements of ESRS-Weinmann Young Investigators Mobility Award 2014**
P. Peigneux, Université Libre de Bruxelles, Brussels, BE
- 13:35-13:40 Farewell address by president of local sleep society**
E. Sõõru, Tallinn University of Technology, Tallinn, EE
- 13:40-13:45 Outlook to ESRS 2016 by chair of local organising committee Bologna**
R. Amici, , Bologna, IT