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LETTER FROM THE PRESIDENT

Dear Colleagues and Friends,

I expect many people reading this newsletter are enjoying summer holidays and I wish everyone a relaxing vacation and opportunity to “recharge the batteries”. We live in interesting times, as the Chinese proverb states, which of course provides challenges but hopefully also opportunities.

There have been developments for the Society since the last newsletter which I will briefly highlight. ESRS recently appointed Bogdan Voinescu to the newly established position of Web Co-ordinator with the objective to guide developments of the society website and create a powerful platform that will enhance all facets of ESRS activities and requirements. A new web committee will be formed that will represent the interests of existing ESRS Committees including sleep medicine and research, education, and advocacy.

The Fourth Sleep and Breathing conference jointly organised by ESRS and ERS was held 6–8 April in Marseille, France was a great success and attended by over 830 delegates. This event has become a regular feature in the meeting calendar and is held in the intervening year between ESRS Congresses. The educational nature of the conference is highly popular among practicing clinicians and allied health professionals. We are already looking forward to the fifth Sleep and Breathing conference in 2019.

I was pleased to attend the two-day meeting of the Sleep Medicine Committee recently in Berlin and a report is provided in this newsletter by Thomas Penzel. The Sleep Medicine Committee is a key component of the society, which can address the interests and requirements of society members practicing clinical sleep medicine such as guideline development, accreditation of sleep medicine centres, interactions with ANSS and other relevant scientific societies such as ERS and EAN. Several important initiatives were agreed at this meeting which I hope will progress over the next 12 months. I congratulate the French Sleep Society on the recent official recognition of sleep medicine as a designated subspecialty which should undoubtedly benefit the development of the specialty in France and provide support and encouragement for other countries to have sleep officially recognised as a specialty.
Finally, the Society notes with sorrow and sympathy the recent passing of Alain Muzet, a longstanding ESRS member and previous secretary. An obituary is included in the newsletter to document his career and acknowledge his important contribution to the ESRS.

Sincerely,

Walter McNicholas
ESRS President
ESRS and ERS welcomed over 830 delegates to this year’s Sleep and Breathing conference, which took place on 6–8 April in Marseille, France. This year’s event offered over 40 scientific sessions and educational workshops to clinicians, scientists and allied health professionals specialising in the respiratory sleep medicine field. The conference built on the success of the three preceding conferences to deliver a programme of very high quality – combining expert presentations from both the ERS and ESRS with a focus on current hot topics in the field.

The wide variety of presentations over the two-day event included: Cognitive function in sleep disordered breathing; What’s new in research; Update on sleep apnoea and cerebrovascular disorders; Parasomnias; Telemedicine; Medico legal aspects – including a very popular session on sleepiness and car accidents; and a session on Chronobiology and paediatric sleep disorders. The keynote speaker Prof. Matt Naughton from Melbourne, Australia also gave an extremely enlightening lecture on Heart failure and sleep disordered breathing.

This year’s conference introduced designated training modules that followed the ESRS core curriculum and the ERS Certified Respiratory Sleep Training Programme as an additional educational option for delegates. The module options included Polysomnography, Assessment of Daytime sleepiness, Continuous positive airway pressure (CPAP)/ Noninvasive ventilation (NIV) therapy, Respiratory conditions, and Medico-legal aspects of sleep disorders. Feedback on this new option has been excellent.
REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Members (2016 – 2018):
Raphaëlle Winsky-Sommerer (Chair; United Kingdom), Gianluca Ficca (Italy), Ludger Grote (Sweden), Birgit Högl (Austria), Reto Huber (Switzerland), Poul Jennum (Denmark), Christoph Nissen (Germany), Gilles Vandewalle (Belgium), Giovanna Zoccoli (Italy)

In the past months, the Scientific Committee reviewed and made proposals regarding several aspects of the upcoming ESRS congress in Basel. These include the guidelines and timing of call for symposia and abstract, as well as the organisation of the scientific programme.

In addition, the Committee reviewed applications for the ESRS travel grants for Meetings and Courses, 2-week training grants and short-time 3-months fellowship. We also advised the organisers of the Sleep Science School (Frejus, France, 16-21 October 2017) for the selection of participants and travel fellowship recipients.

In the upcoming months, the Committee will continue to provide inputs and work closely with the Board, the Early Career Researcher Network of the ESRS and the conference team for the preparation of the upcoming ESRS congress in Basel.

Raphaëlle Winsky-Sommerer (on behalf of the Scientific Committee)

ESRS Sleep Medicine Committee (SMC)

Members (2016 – 2018):
Thomas Penzel (Coordinator), Tiina Paunio (Vice-Coordinator), Erna Sif Arnardóttir (EC ECRN and ANSS Representative), Marie-Pia d’Ortho, Colin Espie, Diego Garcia-Borreguero, Lino Nobili, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck

The SMC focusses on the development and recognition of Sleep Medicine as a medical subspecialty in Europe. With this focus the committee is among the most important ones for the ESRS. A face-to-face meeting took place in Berlin from 30 June to 1 July 2017 with members of SMC, and Walter McNicholas. The SMC reviewed past activities, being publications on accreditation of sleep medicine centers, on certification of sleep professionals, on procedures, education. The SMC initiated the examination of somnologists, now taken care of the examination subcommittee. The group agreed that new task groups had to be created. One task group will follow up on accreditation of sleep centers. This includes the discussion on clinical sleep centers, general or monothematic as well as being a teaching center.
Old recommendation papers will be updated accordingly. A survey will be sent to the national societies through the ANSS assessing the status on accreditation and asking for expectations. Another task group will review and endorse clinical guidelines on sleep medicine. Another task group, together with the education committee, will follow up with UEMS to develop a European sub-specialty on sleep medicine. The new task force by Erna Sif Arnardottir “Beyond AHI” was considered as very important for the SMC, since one aim is not just to endorse national or American guidelines, but to develop urgent tasks, such as the metrics for assessing sleep apnea severity further, using the power of European sleep medicine. The new task forces will involve contacts to the other European medical societies involved, such as the European Respiratory Society and the European Academy of Neurology, to mention just two.

Thomas Penzel

**ESRS Education Committee (EduCom)**

**Members (2016 – 2018):**

Tiina Paunio (Coordinator), Roberto Amici, Claudio Bassetti, Oliviero Bruni, Colin Espie, Ludger Grote, Lyudmila Korostovtseva, Pierre-Hervé Luppi, Liborio Parrino, Thomas Penzel, Dirk Pevernagie

The sixth examination for Somnologists and the fourth for Sleep Technologists commissioned by the ESRS took place in Marseille on 8 April 2017 during the Sleep and Breathing conference. There were altogether 79 participants from 19 different countries. Out of the 79 participants, 76 passed and 3 failed.

The next ESRS Somnologist examination will be held in 2018 during the ESRS congress in Basel.

Tiina Paunio

**ESRS ANSS EU Committee**

Report on the activities: March 2017 – July 2017

**Members (2016 – 2018):**

Roberto Amici (Coordinator), Diego Garcia Borreguero (Vice-Coordinator), Liborio Parrino (EC ANSS Chair), Damien Leger, Pierre-Hervé Luppi, Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene, Johan Verbraecken

The main aims of the Committee are: i) to bring the topics of “sleep” and “sleep disorders” to the attention of the EU in order to receive support for research and teaching activities; ii) to promote sleep-related issues from a political point of view at a European and national level.

The activity of the EU Committee in the past months has been aimed at elaborating new strategies in order to put forward, at the level of the EU Commission, “Sleep and Sleep Disorders” as a topic for Horizon 2020 upcoming call 2018-20. As you know, a document on the need for more funding on sleep research has been finalized in 2016 in collaboration with the Assembly of the National Sleep Societies (ANSS) and is
With respect to this, relevant EU officers of the pillar “Health” of the DG “Research and Innovation” have been contacted in order to meet them in Brussels and to discuss the document and further possible initiatives aimed at enhancing and empowering sleep research in Europe.

This topic has been discussed by the ESRS Board and the Presidents of the National Sleep Societies during the meeting of the ANSS, which has been recently held in Reykjavík, Iceland. In particular, the outcomes of an analysis of the distribution of EU funding for research and innovation in the last fifteen years has been presented, which clearly showed that the percentage of total EU funding specifically allocated for sleep research was reduced four times in FP7 and H2020 compared to FP6. The need for every NSS President to be proactive in addressing the issue of sleep research at the level of the National Contact Points of the pillar “Health” of the DG “Research and Innovation”, in order to sensitize the National Members of the Advisory Board who is in charge to finalize the Horizon Health 2020 call for 2018-20, has been confirmed.

Roberto Amici

**ESRS Early Career Researcher Network (ECRN)**

**Members (2016 – 2018):**
Erna Sif Arnardottir (Coordinator), Cátia Reis (Vice-Coordinator), Lyudmila Korostovtseva, Kate Porcheret, Madeleine F. Scriba

The Early Career Researcher Network (ECRN) is actively working and has monthly teleconferences. The ECRN board is also engaged in various work of the ESRS. The coordinator of the network Erna Sif Arnardottir attends the ESRS board meetings and is also the ECRN member of the Sleep Medicine Committee, which had a physical meeting in Berlin last weekend. Lyudmila Korostovtseva is the ECRN representative within the Education Committee and was in charge of sending out the online questionnaire regarding the ESRS Somnologist examination and review of the ESRS Sleep Medicine textbook to all ECRN members. Madeleine F. Scriba is our representative in the Research Networking Committee. Kate Porcheret has also been nominated on behalf of the ECRN to the newly formed web committee of the ESRS and is managing the ECRN facebook page.

We are starting to plan the content of the next Early Career Day in Basel and will ask the ECRN members for input this autumn for planning an exciting educational and social program.

Dr. Erna Sif Arnardottir, Coordinator
on behalf of the executive committee, Early Career Researcher Network
REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

The European Insomnia Network devoted its main efforts to the development of European Guidelines on the diagnosis and therapy of insomnia disorders. More than 25 members of the network coming from more than 20 European countries worked together on this project. The guideline was primarily based on the German Insomnia Guideline which was released early in January 2017 by Dieter Riemann and the German Sleep Society. Fifteen researchers and clinicians from all of Europe met in Frankfurt on March 31, 2017 in order to discuss the European Insomnia Guideline. Now the document is finished and has been submitted to the Journal of Sleep Research. The document has been endorsed by the board of the ESRS and the Executive Committee of the ANSS.

Dieter Riemann, Ph.D.
Professor of Clinical Psychophysiology
Freiburg University Medical Center

European Narcolepsy Network (EU-NN)

In March 2017 the EU-NN held the 8th European Narcolepsy Day in Mallorca. The local organizing committee, chaired by Francesca Canellas from Palma de Mallorca, the advisory committee and the Spanish Narcolepsy Association did an outstanding job. Under the heading “together for better care” 140 participants came together in this interactive congress of European professionals working in the field of narcolepsy and hypersomnolence. Also members from most European Narcolepsy patient associations participated. The Dutch Narcolepsy Association showed their excellent movie about narcolepsy which can be seen on YouTube youtube.com/watch?v=zM9qbSxXwtQ. Thanks to the support by UCB the movie is presently translated into several languages.

Together patients and experts reviewed the progress in both research and care within the past years and presented visions for the future. Highlights of the conference were presentations of both patients and clinicians on the ethical issues of brain donation and the very motivating reports on patient’s possibilities to achieve their “life goals” despite their disablimg disease. Scientific presentations included latest results from the databank of the EU-NN, genetics, new diagnostic procedures and pharmacological therapies. A special focus was set on cognitive and psychiatric
comorbidities and psychosocial aspects. The Young Scientists Award went to Mrs. Lucie Barateau from Montpellier for her study „Comorbidity between central disorders of hypersomnolence and immune-based disorders“.

The assembly of the EU-NN decided to have the next European Narcolepsy Day in Montpellier in May 2018. The exact date and preliminary program will be presented on the homepage of the EU-NN which is in status of transformation. It will be completely redesigned by Prof. Benevento from Bellinzona Switzerland.

An educational event organized by UCB in cooperation with the EU-NN will be a Masterclass for Narcolepsy and Related Fields for European physicians and scientists working who are interested to learn more about this sleep disorder. This is an excellent opportunity to take the role of a scientific coordinator for European educational events.

There is some progress in the change of the database to Redcap which is slowly taking place. Soon all of our members will be able to add more patients into our database which right now comprises around 1800 patients. The board of the EU-NN has recently launched 6 scientific projects. All of the projects will include datasets from the database.

The European Narcolepsy Guideline is progressing. First meetings have taken place that served to structure the guidelines. We will try to implement the guideline after its publication in late 2018 into the national guidelines modifying them according to the national requirements.

The Board of EU-NN
Sleep Apnea Network / European Sleep Apnea DAta base – ESADA

The ESADA group held its annual meeting in Turku, Finland from February 1 to 3. Tarja Saaresranta and Ulla Anttalainen hosted this very successful meeting which marked the 10th anniversary of the ESADA collaboration. Important projects were discussed and decisions on novel, prospective studies were made. The ESADA group completed six abstracts to upcoming meetings in 2017.

Meeting impressions

Thanks to Ulla and Tarja for this great meeting and their fantastic hospitality!!

10 years celebration of the ESADA network

Marisa Bonsignore took the initiative for the Cost Action B26 for OSA. This Cost Action created the initial network which provided the foundation of the ESADA.
Ten years of the ESADA network – where are we now?

Jan Hedner, Gothenburg, presented the most recent developments for the ESADA. More than 20,000 patients generating in the excess of 30,000 visits have been registered. Recruitment of new patients and completion of follow-up visits has been stable during the past 5 years. Several labs are specifically focusing on follow-ups. Scientific output has increased significantly. Eight papers have been published so far, two papers are submitted and additionally 4 papers are close to submission. New centers to join the ESADA include Mainz (DE), London (GB), Porto (PT), Athens (GR), and Istanbul (TR).

It was decided during the meeting to perform a large, controlled follow-up study within the ESADA cohort (responsible coordinator Silke Ryan, Dublin, Ireland).

Upcoming topics and publications

- OSA and Asthma
- Use of a Clinical Global Impression Scale in patients with OSA
- Change in BMI with CPAP treatment (abstract ERS)
- Regional difference in OSA phenotypes (abstract ERS)
- Change of kidney function with CPAP (abstract ERS)
- Cancer prevalence in OSA patients (abstract ERS)
- Prevalence and comorbidities of an insomnia phenotype in mild OSA (abstract ERS)
- Lipid profile in patients with OSA (abstract ERS)

Short Scientific missions within the ESADA network

- Ozen Bazoglu, Izmir, June 2016
- Canan Gunduz, Izmir, January 2017
- Carolina Lombardi, Milano, August 2017

Scientific ESADA Workshop 2017, June 15-18, in Heraklion, Greece
OSA and Cancer, Mild OSA, Excessive Daytime Sleepiness in OSA

ESADA CRC group meeting during the ERS Congress 2017

The European Respiratory Society provided an important grant for the ESADA as part of the initiative to support pan-European "Clinical Research Collaborations (CRC)" from 2015 onwards.

Next meeting: Sunday, September 10, 2017, 5-7 pm, Milan, Italy

ESADA Group Meeting 2018

Johan Verbraecky and his team will host the meeting in Antwerp, Belgium, January 31 to February 2, 2018.
REPORT ON THE ANSS MEETING (REYKJAVIK, 5-6 MAY 2017)

The annual ANSS meeting took place in Reykjavik (Iceland) on May 5 and 6, 2017. Under the brilliant direction of Erna Sif Arnardottir, it was possible to join social and scientific issues in a successful blend.

The opening ceremony was preceded by the exceptional reception of the President of the Republic of Iceland Guðni Thorlacius Jóhannesson, who officially invited the ANSS to Bessastadir, the presidential residence (picture 1). An original map of Europe stamped in Paris 1820 was donated to the President (picture 2) underlying the friendship and vicinity of all European countries in the unified achievement of research and cooperation.

After the presentation of the national Presidents, the program was opened by Erna Sif Arnardottir who illustrated the outcomes and methodological procedures of the ANSS-ESRS Task Force “Beyond the AHI: Standardisation of additional measures in adult sleep studies for obstructive sleep disordered breathing”. The aim is to investigate the role of alternative methods to diagnose sleep disordered breathing in adults by standardized literature review and provide suggestions for future research on promising diagnostic methods that can be developed further for clinical use.

Dirk Pevernagie presented the results of the questionnaire completed by the NSS on Sleep Medicine as a subspeciality. The development of master degrees, sleep education via universities and networking between universities were recommended. Johan Verbraeken suggested to include in the ANSS website the list of countries that have implemented the subspecialty/specialty in Sleep Medicine.

Implementation of the ESRS guidelines was discussed by Zoran Dogas who stressed the necessity to define the learning outcomes for different specialities (e.g. MD, psychologist, technicians) and the need for protocols/guidelines to submit to the different ministeries of health.

An update on the application of the EU-directive 2014 confirmed that European countries are still having relevant problems with obstructive sleep apnea and sleepy drivers. In order to explore alternative perspectives, technological advances in the car industry were detailed by Gianluigi Ferrari. The major car companies are focusing on sleepiness with different solutions: 1) Sensing (cameras, inertial measurement units, other sensors); 2) Processing of data (signal processing, video, acceleration, angular velocity) / data analysis (machine learning, deep learning); 3) Audio/visual messages. A holistic view of research related to sleepiness should exploit also smartphone-based information and vehicle interaction with environment. The possibility of using car technologies to measure sleepiness in general population was suggested as well as the necessity to raise awareness on road/traffic safety spreading legislation into society through media and medical associations.
Walter McNicholas and Piere-Hervè Luppi shared the ESRS activities (joint task forces with ERS on driving and sleep; Sleep and Breathing conference in Marseille; Sleep and epilepsy task force with EAN and the International League Against Epilepsy; Organization of a sleep science school in Frejus, ESRS congress in Basel 2018).

Roberto Amici updated the ANSS proposal for Horizon 2020 explaining that the term “sleep” is not mentioned in the Horizon 2020 framework, and that funding for sleep-related programs has been very low in recent years.

During dedicated slots, the sponsors (Philips and Bioprojet) illustrated the main topics in their research pipelines. In the final sessions, Barbara Stražišar outlined the patient organisations in different ANSS member states, while Dr. Zoltan Szakacs (Hungary) accepted to be the promotor of an ANSS-ESRS Task Force on Occupational Health and Sleep.

At the ANSS Business Meeting, Marielle Zoetmulder submitted her resignation to the ANSS Executive Committee, due to personal reasons. The NSS Presidents unanimously asked Oana Deleanu, who was first non-elected last year in Bruxelles, to join the EC for a three years term. Oana accepted the proposal and now covers the role of Secretary.

The goodbye dinner, accompanied by sleep poems and excellent food, was anticipated by an unforgettable swimming experience in the Blue Lagoon which offered the opportunity to enjoy the properties of the geothermal seawater and socialize in a warm and relaxing environment (picture 3).

In 2018, the ANSS Presidents and the ESRS Board will meet in Parma, Italy, May, 4-5.

Liborio Parrino
Chair, on behalf of the EC ANSS
ESRS SLEEP SCIENCE SCHOOL "Neural Networks in Sleep"

As a reminder, the Sleep Science School is a novel ESRS initiative aimed at gathering early career sleep scientists around different fundamental topics, allowing them to gain knowledge, share their work and experience, meet experienced researchers, develop opportunities and create novel networks of excellence. The focus of the first edition of the ESRS Sleep Science School is "Neural Networks in Sleep". The programme includes communications by international sleep experts Patricia Bonnavion, Alain Destexhe, Hans-Peter Landolt, Pierre-Hervé Luppi, Anita Lüthi, Philippe Peigneux, Victor Spoormaker, Vlad Vyazovskiy and Raphaelle Winsky-Sommerer, workshop interactive sessions aimed at writing research grants and proposals, and in-depth exchanges between young and experienced researchers. The faculty members will be present during the entire week and available for theoretical and practical discussions with young researchers. We are very excited with this novel opportunity offered by the ESRS, that will take place in Frejus on the Mediterranean Sea (France), from 16 to 21 October 2017. Forty participants have been selected by the ESRS Scientific Committee, based on their project. All have been informed and will soon receive practical information about the organization of the ESRS Sleep Science School. We are looking forward for an exciting week dedicated to the science of sleep and fruitful exchanges!

Pierre-Hervé Luppi and Philippe Peigneux

Organizers of the School on behalf of the ESRS
INTRODUCTION OF THE ESRS WEB COORDINATOR

The ESRS Board is pleased to announce the appointment of Dr. Bogdan Voinescu as ESRS Web Coordinator. The primary role of the newly-created position is to chair a web committee composed of representatives from the ESRS Board and each of the ESRS Standing Committees, to guide the content and future developments of the Society Website, and to ensure the successful implementation of projects.

Dr. Bogdan Voinescu is a clinical research fellow at King’s College London, UK. He received his medical degree (2004), specialty in general adult psychiatry and doctorate (2010) from the University of Medicine and Pharmacy in Cluj-Napoca, Romania. He did post-doctoral studies and was a lecturer in Psychiatry at Babes-Bolyai University, Cluj-Napoca, where he set a sleep research laboratory. His main research interests have been mainly related to insomnia and circadian rhythms in various psychiatric and somatic conditions.
RECOGNITION OF SOMNOLOGY AS MEDICAL SUBSPECIALTY IN FRANCE

Sleep medicine is officially recognised in the French medical studies: from now on, professionals in Sleep medicine will be certified through a new subspecialty which will be opened to students at the end of 2017.

Since 2014, the French Sleep Research and Medicine Society (SFRMS) has focused on putting Sleep medicine as a subspecialty as the French Health Ministry called for a new medical studies reform. In 2015, this long and intense work has led to the proposal of a Somnology subspecialty (‘formation spécialisée transversale’) dedicated to Sleep medicine. The Ministry confirmed its support to the new Somnology courses, bringing together at least 8 specialties: Neurology, Pneumology, Psychiatry, ENT, Occupational Medicine, Maxillofacial surgery and Oral surgery, Cardiology, and Pediatrics.

The SFRMS expected this decision and is now happy to announce that the official decree concerning the medical studies reform has been published in France. Courses are currently designed by coordinators of each represented specialty. Students will be able to reach the Somnologist title, after a one-year period of specific courses and internships that will begin at the end of 2017 and be validated at the end of their residency.

Thus, France becomes the third European country in training students to Sleep medicine as a main course in medical education. The SFRMS members are proud of this recognition and will support actively the Sleep medicine development in all Europe.
Interview with the President of the Slovenian Sleep Society, Dr. Barbara G. Strazisar

Dear Dr. Stražišar, what is the status of the accreditation procedures for sleep medicine experts? Can you explain how the procedure works?

Slovenian Medical Society is the organization that recognizes special competencies for physicians. However, to obtain competencies in a special field the accreditation procedure requires finishing of the national educational program. So far 4 Slovenian medical doctors that have been trained abroad have passed the ESRS examination for somnologists but our society is far too small to have permanent national on-going educational program in somnology (30 members in the population of Slovenia of 2 mill).

Such an accreditation procedure is planned only for physicians or also for other professional figures like psychologists, technicians etc.?

Every medical professional group has its own organization that has the power of the authorization procedures. We would like to push through the Slovenian Medical Chamber somnology as a subspecialisation and so reach licencing procedure.

Do you also have an accreditation procedure for sleep centers?

The accreditation procedure for our sleep centres is performed by our national sleep society and in this procedure we follow the EU guidelines for the accreditation of sleep medicine centres.

Do you have accreditation procedures for centers with different characteristics (multidisciplinary, respiratory specific, pediatrics etc)?

Yes, we do have accreditation for multidisciplinary and respiratory only sleep centres and we do also have national accredited pediatric sleep centre.

Is sleep medicine officially included in academic programs?

Sleep medicine is included in undergraduate neurology program at the Medical faculty of University of Ljubljana in the form of lectures as well as practical work at the sleep laboratory. At the postgraduate level of there are some sleep medicine modules at Biomedicine and clinical neurology doctoral studies.

Do you organize accredited sleep medicine courses?

Our society is one of the smallest in Europe with stabile number of members over many years and we do not have our own sleep medicine courses. We are however collaborating with international community in courses such as i.e. Alpine sleep
summer school to which we encourage the participation of young colleagues with special interest in sleep medicine.

Are you working toward achieving the recognition of sleep medicine as a medical sub-specialty?

National sleep society is trying to move the procedure at the Slovenian Medical Chamber that has the authorization for licencing procedures at all medical fields.

Is basic research in the sleep field represented in the Slovenian Sleep Society activities?

Not many basic researchers are members of the Slovenian Sleep Society, however the society is involved in many clinical sleep research projects.

Thank you, Dr. Stražišar, for participating in this interview.

Lino Nobili
OBITUARY: DR. ALAIN MUZET

Alain Muzet died suddenly on the night of 7 to 8 June 2017 at the age of 74. He leaves his wife and his three children, as well as many of his friends and colleagues in a deep sorrow.

Alain Muzet was a Medical Doctor (Faculty of Medicine Strasbourg) and got his PhD from the University of Strasbourg in 1969. He worked two years (1971-1972) at the Naval Health Research Center in San Diego with Dr. Laverne Johnson, with whom he kept all his life a very close relationship. He went back to San Diego as visiting scientist in 1979 and 1985.

Back to Strasbourg in 1972, he took the direction of the sleep team in the Centre of Bioclimatic Studies (CEB) belonging to the CNRS (National Center of Scientific Research). Finally, he became the director of two successive sleep labs (LPPE and CEPA) from 1986 to 2006 where he got retired from the CNRS. This was however not the end of his remarkable sleep carrier…

His ESRS membership dates back to further than 1985. From 1986 to 1988, he was Member of the ESRS Scientific Committee and ESRS Secretary from 1992 to 1996. His outstanding works on the influence of noise on cardiovascular reactivity during sleep earned him international scientific recognition through numerous publications of excellent level. Under his leadership, the laboratory got equipped in 1996, with a sophisticated moving-base driving simulator allowing to carry on many studies on vigilance, sleep and driving abilities.

Alain Muzet has been involved in many international collaborations with American and European colleagues. Besides his scientific carrier, and thanks to his worldwide reputation, he was also involved in many consulting activities for associations, foundations and ministries.

In parallel to his academic career, Alain Muzet was also involved in providing help to a private research organization (Forenap: Formation et Recherche en Neurosciences Appliquées à la Psychiatrie) both in terms of sleep research and management. Concerning sleep research, he mentored many young researchers and his enthusiasm and mentorship lead this team to become world recognized. In terms of management, he agreed to be the President of the non-profit entity of Forenap in a very difficult period of this organization. His calm and charisma allowed Forenap to recover a scientific stature and an economical viability.

More recently, after retiring from CNRS, Alain got involved in projects that he held dear for a long time. They were to achieve the scoring of sleep and vigilance from the record of autonomic assessments and more particularly on cardiovascular reactivity. This became a reality through the scientific and financial support and involvement of a leading partnering organization: PPRS (Pharma Partnering in Research and
Science). Over the last few years, Alain drove, supported and inspired the young team of fellows from PPRS. Some scientific publications and a successful meeting with the US FDA medical devices division were some of the key achievements. The entire PPRS team is deeply thankful to Alain for all what he did for the company and its employees.

ESRS highly appreciated the contributions of Dr. Alain Muzet. His death leaves many colleagues in the affliction, but his memory will remain present within the scientific sleep community.

Condolences can be sent to his daughter Muriel with the subject “Condolences Alain Muzet” at the following address: muzet@unistra.fr
CERTIFIED EXPERT SOMNOLOGISTS 2017

The sixth examination for Somnologists commissioned by the ESRS took place in Marseille on 8 April 2017 during the Sleep and Breathing Conference.

The ESRS Board and the ESRS Examination Subcommittee congratulate all those who passed the ESRS Examination in Sleep Medicine and obtained certification as Expert Somnologists.

Ruwaida Al Ismaili (OM)  
Eiman Alanbay (KW)  
Mahnaz Amini (IR)  
Melanie Bergmann (AT)  
Marjolijn Bornebroek (NL)  
Agathe Bridoux (FR)  
Kyriaki Cholidou (GR)  
Silvia Correia (PT)  
Marie-An De Letter (CH)  
Alice De Sanctis (FR)  
Eptehal Mohammed Amin Hassan  
Dongol (GB)  
Nanny Duis (NL)  
Brigitte Geiger (DE)  
Monique Geuke (NL)  
Athanasios Goundidis (GR)  
Delphine Gouteux (BE)  
Sarah Hartley (FR)  
Muhammad Hawari (SA)  
Anna Heidbreder (DE)  
Stephanie Hödl (BE)  
Hyun Hor (CH)  
Dimitrios Kantas (GR)  
Barry Kennedy (IE)  
Venkata Koka (FR)  
Lykourgos Kolilekas (GR)  
Athanasios Konstantinidis (GR)  
Tsogyal Daniela Latshang (CH)  
Shyam Chalil Madathil (GB)  
Maarten Majoor (NL)  
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CERTIFIED EXPERT TECHNOLOGISTS 2017

The fourth examination of Sleep Technologists commissioned by the ESRS took place in Marseille on 8 April 2017 during the Sleep and Breathing Conference.

The ESRS Board and the ESRS Examination Subcommittee congratulate all those who passed the examination and obtained a certification as Expert Somnologist Technologists.

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The Sleep Medicine Textbook provides comprehensive, all-in-one educational material (550 pages) structured around the Catalogue of knowledge and skills for sleep medicine (Penzel et al. 2014, Journal of Sleep Research). Written by experts in the field and published by the ESRS, it provides a European approach to sleep medicine education, and represents the knowledge base for the ESRS-endorsed sleep medicine examinations.

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24th Congress of the European Sleep Research Society
Date: September 25 – 28, 2018
Venue: Basel, Switzerland
Website: www.esrs-congress.eu/2018.html
OTHER TRAINING & COURSES

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Date: July 8 – 15, 2017
Venue: Siena, Italy
Website: www.nsas.it/courses-workshops/advanced-courses/sleep-and-cognition/

The Advanced Course will cut across multiple fields of sleep studies and will feature dedicated sessions addressing important emerging areas. Emphasis will be placed on cutting-edge methods and hypotheses for understanding sleep and its effects on cognitive functions, and on how neurophysiological/genetic/imaging approaches can shed light on the functions of sleep and its essential role in maintaining and preserving vigilance, performance, learning and memory.

4th Annual Summer School
Date: September 3 – 8, 2017
Venue: Oxford, UK
Flyer: www.esrs.eu//.../2017_SUMMER_SCHOOL.pdf

Online registration open from March 2017

Epilepsy and Sleep, 2nd edition – 2017/2018
Website: www.ilae.org/Visitors/Centre/VIREPA.cfm
Courses Overview: www.esrs.eu//.../EpilepsySleep_2..._2017-2018.pdf

Virtual courses about the diagnosis, treatment and management of epilepsy

Course Directors: Dr. Al de Weerd & Dr. Lino Nobili
EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

Brighton Sleep 2017
organized by the British Sleep Society
Date: October 12 - 14, 2017
Venue: Brighton, UK
Website: www.sleepsociety.org.uk/
FUTURE MEETINGS

XV European Biological Rhythms Society Congress
Date: July 30 – August 3, 2017
Venue: Amsterdam, The Netherlands
Flyer: www.esrs.eu/.../EBRS_flyer_update.pdf
Website: www.nin-meeting.nl/

World Sleep 2017
Joint congress of the World Sleep Federation (WSF) and the World Association of Sleep Medicine (WASM)
Hosted by the Czech Sleep Research and Sleep Medicine Society
Date: October 7 - 11, 2017
Venue: Prague, Czech Republic
Website: www.worldsleepcongress.com/

9th International Surgical Sleep Society Meeting
Preliminary Workshop on 5 April 2018
Date: April 5 - 7, 2018
Venue: Munich, Germany
Website: www.isss-munich.com/
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Clinica Anglo Americana, Calle Alfredo Salazar 350, 18 Lima, Peru  
e-mail: raspillagam(a)gmail.com

Hr ayr Pierre **Attarian**, MD  
Neurology, Northwestern, 710 N Lake Shore Drive, 60611 Chicago, United States  
e-mail: h-attarian(a)northwestern.edu

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e-mail: bernardo.barata(a)gmail.com

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Department of Biomedical Engineering, Tel Aviv University, Ramat Aviv, 69978 Tel Aviv, Israel  
e-mail: ofer.barnea(a)gmail.com

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e-mail: t.doering(a)dekimed.de

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Neurology, Khabarovsk Railroad Hospital, Woronejskaya street 49, 680009 Khabarovsk, Russia  
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Epilepsie et Polyhandicap, Institution de Lavigny, Rte de Vignoble 60, 1175 Lavigny, Switzerland  
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Ziekenhuis Gelderse Vallei, Postbus 9025, 6710 HN Ede, The Netherlands  
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Olga **Mikulich**, PhD  
Respiratory, St. James's Hospital, St. James's Street, Dublin 8, Ireland  
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Psychology, Hôpital de jolimont, Rue Ferrer 159, 7100 La Louvière, Belgium  
e-mail: xmontana(a)msn.com

**Truus Ottolini-Capellen**  
Sleep Department, Haaglanden Medisch Centrum Westeinde, Lijnbaan 32, 2512 VA  
The Hague, The Netherlands  
e-mail: truus.ottolini(a)gmail.com

**Sirimon Reutrakul**, MD  
Faculty of Medicine Ramathibodi Hospital, 270 Rama VI Rd, Ratchatewi, 10400  
Bangkok, Thailand  
e-mail: sreutrak10800(a)gmail.com

**Karin Roelofs-Lenferink**  
KNF-department, Z.G.T., Geerdkinksweg 141, 7555 DL Hengelo, The Netherlands  
e-mail: k.roelofs(a)zgt.nl

**Pillerin Sikka**, MSc  
University of Turku, Publicum, Assistentinkatu 7, 20014 Turku, Finland  
e-mail: pilisik(a)utu.fi

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Hôpital la Pitié Salpêtrière, Boulevard de l'Hôpita, 75013 Paris, France  
e-mail: slimani.vanessa(a)yahoo.fr

**Goran Alf Stillberg**, MD  
Capio Health Center, Sleep Disorders Center Capio Orebro, Box 344, SE70146  
Orebro, Sweden  
e-mail: goran.majny.stillberg(a)telia.com

**Ceri Sutherland**  
Anaesthesia and Sleep Medicine, James Cook Hospital, Marton Roand, TS4 3BW  
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e-mail: cerisutherland(a)googlemail.com

**Petrut Vremaroiu**, MD  
Pneumologie, CHVR Sion, Avenue de Champsec 80, 1951 Sion, Switzerland  
e-mail: mail4petrut(a)yahoo.com

**Emma Wams**, PhD  
University of Groningen, Nijenborgh 7, 9747 AG Groningen, The Netherlands  
e-mail: e.j.wams(a)rug.nl

**Ruth Anna Weighall**  
School of Psychology, University of Leeds, Woddhause Lane, LS2 9JT Leeds, United Kingdom  
e-mail: a.r.weighall(a)leeds.ac.uk
Canqing Yu, PhD
Peking University School of Public Health, 38 Xueyuan Road, Haidian District, 100191 Beijing, China
e-mail: yucanqing@bjme.edu.cn
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St. Vincent’s University Hospital
Elm Park,
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E-mail: walter.mc nicholas@ucd.ie

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Dr. Pierre-Hervé Luppi
Team "Sleep"
UMR 5292 CNRS/U1028 INSERM
Université Lyon I
Faculté de Médecine Laënnec
7, Rue Guillaume Paradin
F-69372 Lyon, Cedex 08, France
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Dr. Tiina Paunio
Dept. of Genetic Epidemiology
Haartmaninkan 3, Biolmedicum
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Centre of Sleep Medicine
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Milan, Italy
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Dr. Tom de Boer
Laboratory for Neurophysiology
Department of Molecular Cell Biology
Leiden University Medical Center
LUMC S-05-P
PO Box 9600
2300 RC Leiden, The Netherlands
Phone: +31+71 526 9771
E-mail: Tom.de_Boer@lumc.nl

Treasurer:
Dr. Hans-Peter Landolt
University of Zurich,
Institute of Pharmacology and Toxicology
Winterthurerstrasse 190
Ch-8057 Zurich, Switzerland
Phone: + 41 – 44 – 635 59 53
E-mail: landolt@pharma.uzh.ch

Member Co-opted from ANSS:
Prof. Dr. Johan Verbraecken
Antwerp University Hospital
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B-2650 Edegem (Antwerp), Belgium
Phone: +32 3 821 38 00
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Avenue F. D. Roosevelt 50
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Editor of the Journal of Sleep Research:
Prof. Dr. Dieter Riemann
Department of Psychiatry and Psychotherapy
University Freiburg
Hauptstrasse 5
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