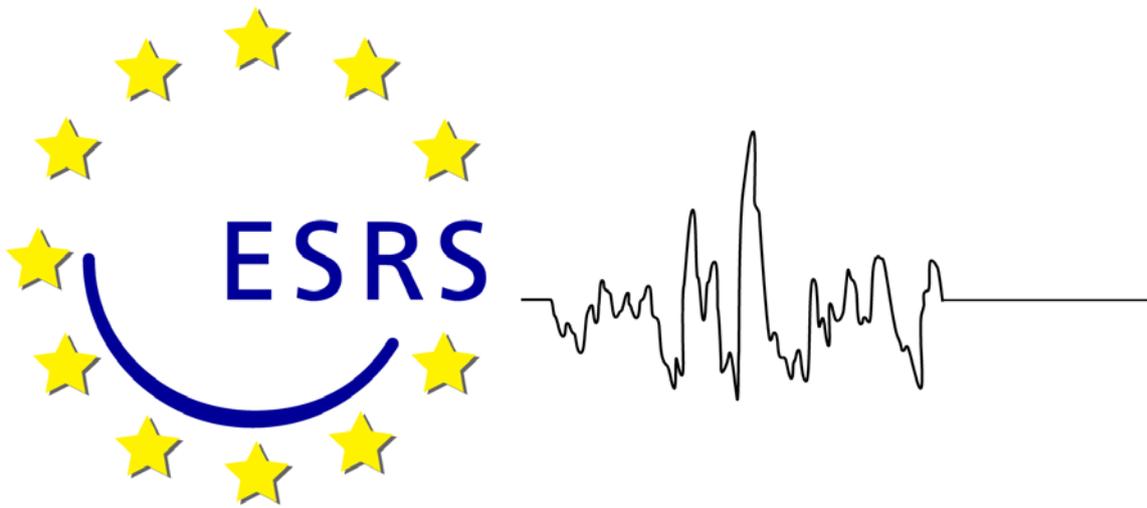


NEWSLETTER

November 2016





HOME PAGE: www.esrs.eu

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LETTER FROM THE PRESIDENT

I am very pleased and honoured to be writing this first message as President of the Society. I thank all members who supported my nomination and promise to work hard to promote our Society in all relevant areas of interest. I have inherited a successful and thriving society from Philippe Peigneux and take this opportunity to thank him for all his efforts over the past 4 years. The recent ESRS congress in Bologna was a huge success and broke all previous records for attendance and abstract submissions.

As indicated to those members present at the business meeting in Bologna, I have identified several priority areas for action during the next two years.

- The development of a regular ESRS Sleep Science School will provide high level opportunities to explore basic topics relating to sleep science. The first school is planned for next autumn and hopefully will become a regular event during the year in between the bi-annual congress.
- A major re-design of the ESRS website is planned, which is intended to provide the opportunity for web-based interactive educational and other relevant professional and scientific content. The objective is to establish the ESRS website as the central focus of Society-related activities and to offer services to members that will make the Society more attractive to existing and potential new members. A web sub-group has been established that includes representation from all relevant ESRS Committees and the ANSS, and a web co-ordinator will be appointed from within the society membership. The ESRS member appointed to this honorary position will be given the responsibility to lead the re-design of the webpage together with the web committee, and interested ESRS members are invited to contact the secretary for further details of this new position. The actual web re-design will require professional input, which will require financial support from the Society.
- The existing close relationship with ANSS represents a major strength and offers further potential for development, particularly in the areas of European recommendations and consensus statements. ESRS is presently exploring with ANSS the possibility of joint membership opportunities that could offer several options for ESRS membership at a reduced cost. Joint membership will hopefully become a more attractive proposition in the context of an improved and expanded ESRS website.

We live in interesting times with major changes underway in several areas of national and international politics, and in the global organization of sleep medicine. These changes provide significant challenges but also opportunities. I look forward to working with the Board to further enhance the position of ESRS as the principal voice

of sleep medicine and science in Europe, and also as a leading influence in global sleep medicine.

I wish all members and their families a peaceful Christmas and holiday season, in addition to a happy and successful 2017.

A handwritten signature in black ink, appearing to read "W.M. Nichols", enclosed within a thin black rectangular border.

Walter McNicholas
ESRS President



ESRS 2016: SUMMARY

ESRS 23rd Congress, Bologna, Italy, 13 -16 September 2016

On behalf of the outgoing Scientific Committee we are happy to provide a summary of the highly successful 23rd ESRS Congress held in Bologna, Italy in September. The congress was attended by 1903 participants from 64 countries. A record number of 1037 abstracts were submitted, from which the Scientific Committee selected 114 for oral presentation and 743 as posters. There were 21 symposia and 5 keynote sessions which were all well attended (e.g., 700 at Eus van Someren's keynote presentation). For some symposia, extra screens had to be put outside as the rooms were full. In addition, there were round table sessions, case discussions, teaching courses, and joint symposia. In collaboration with the Board of the ESRS it was decided to omit the last half day (Saturday) as in the past, congress attendance has generally been very low on that day. To boost attendance at the poster sessions drinks and snacks were offered to attendees, as in Tallinn, and we think this worked well. It was very gratifying to see the planned meeting come to life. Finally, we all enjoyed the Italian food and hospitality greatly as well as the beautiful city of Bologna. We want to thank all the members of the previous Scientific Committee for their hard work in putting together the content of the meeting in Bologna and wish the new Scientific Committee all the best for the next meeting in Basel in 2018.

Tom de Boer and Renata Riha
Co-chairs of the Scientific Committee 2014-2016



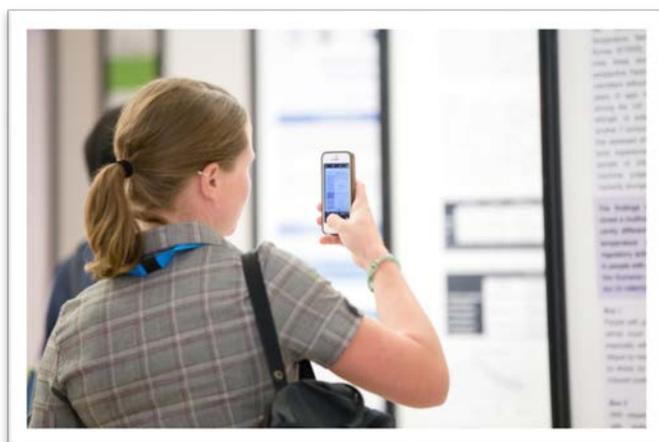
ESRS 2016: STATISTICAL REPORT

The 23rd meeting of the ESRS was attended by a record 1'903 participants. The majority of sessions was wellattended whichatteststo the high quality of the scientific programme and the wide interest in the field of Sleep Research.

The highlights of the meeting included:

- The 4thEuropean Sleep Science Award ceremony (the prize was awarded to Pier Luigi Parmeggiani)
- The five keynote lectures: Anita Lüthi from Lausanne, CH; Atul Malhotra from Boston, US; Eus Van Someren from Amsterdam, NL; Joan Santamaria from Barcelona, ES; Luigi Parrino from Parma, IT
- Four joint symposia of the ESRS with the ERS (European Respiratory Society), the EAN (European Academy of Neurology), the EBRS (European Biological Rhythms Society), and the AIMS (Italian Association of Sleep Medicine)
- Four European Sleep Research Networks sessions; European Insomnia Network, ESADA (European Sleep Apnea Database), European Narcolepsy Network and the EURLSSG (European Restless Legs Syndrome Study Group)
- Twenty selected symposia covering the latest developments in the field and all areas of sleep research and sleep medicine
- Lively and interactive “Science, drinks and snacks” poster sessions!

The great work of the ESRS board and the ESRS scientific committee, as well as the generous support of the local organising committee (Roberto Amici) must be acknowledged.



Scientific Programme



1'037 Abstracts
(905 Poster, 114 Orals, 18 Rejected)



5 Keynote Lectures
5 Teaching Courses
20 2-hour Symposia
4 Joint Symposia
4 European Networking Sessions
17 Oral Sessions
6 Round Table Discussions
1 Case Discussion
1 Video Session

Exhibition & Sponsoring



261 m² Exhibition
30 Sponsors & Funding Organisations
4 Satellite Symposia

Attendance



1'903 Total participants from 64 countries

Participants per country (sorted by numbers – Top 20)

	Country	Participants
1	Italy	174
2	Portugal	162
3	France	131
4	Netherlands	131
5	United Kingdom	118
6	Switzerland	103
7	Germany	91
8	United States	77
9	Greece	72
10	Canada	64
11	Belgium	61
12	Sweden	58
13	Norway	57
14	Australia	56
15	Finland	48
16	Spain	47
17	Japan	47
18	Korea, Rep. of South	32
19	Austria	27
20	Bulgaria	23





REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Current Members (2016 – 2018):

(election held during the ESRS business meeting in Bologna)

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)

(Re-elected members for a second 2-year term are listed in italics)

Previous Members (2014 – 2016):

Tom de Boer (Co-Chair), Renata Riha (Co Chair), John Axelsson, Gianluca Ficca, Birgit Högl, Poul Jennum, Mayumi Kimura, Gilles Vandewalle, Raphaëlle Winsky-Sommerer

The 23rd Congress of the ESRS in Bologna was a resounding success with 1903 participants from 64 countries, and a scientific programme composed of 1037 submitted abstracts, leading to 905 posters and 114 oral presentations (in 17 oral sessions), and 5 keynote lectures, 24 symposia, 8 round table/case/video discussions and teaching courses.

Credit for the programme should go to the former ESRS Scientific Committee which worked closely with Congrex and the ESRS Board. We would like to warmly thank everyone for their commitment, effort and enthusiasm.

The 'new' Scientific Committee was elected during the ESRS business meeting in Bologna for a 2-year term. The committee should soon receive the congress report and the evaluation of the Bologna meeting, which will be reviewed along with comments and suggestions provided by participants to members of the Scientific Committee. A list of improvements/changes/ideas will be generated and be submitted for consideration to the ESRS Board in preparation for the upcoming ESRS congress in Basel.

Looking forward to working with all of you,

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

ESRS Sleep Medicine Committee (SMC)

Current Members (2016 – 2018):

Thomas Penzel (Coordinator), Tiina Paunio (Vice-Coordinator), Erna Sif Arnardóttir, Marie-Pia d'Ortho, Colin Espie, Diego García-Borreguero, Lino Nobili, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck

Previous Members (2014 – 2016):

Thomas Penzel (Coordinator), Walter McNicholas (Vice-Coordinator), Erna Sif Arnardóttir, Simone de Lacy, Marie-Pia d'Ortho, Colin Espie, Diego García-Borreguero, Lino Nobili, Tiina Paunio, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck, Marco Zucconi

The SMC held a meeting during the ESRS congress in Bologna discussing the past and future activities and strategies. The SMC did discuss its future role with the new ESRS board as well. The SMC continues to focus on the recognition of Sleep Medicine as a medical subspecialty in Europe. The SMC coordinates activities for the accreditation of sleep medicine centers. The current plan is that the ESRS has an umbrella role helping national sleep societies to implement national accreditation. In order to consent rules on this a SMC meeting is planned for next year. This activity is aligned with the national sleep societies, and the ERS as the most important stakeholder. The development of standards of practice papers and clinical guidelines will come next.

Thomas Penzel

ESRS Education Committee (EduCom)

Current 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

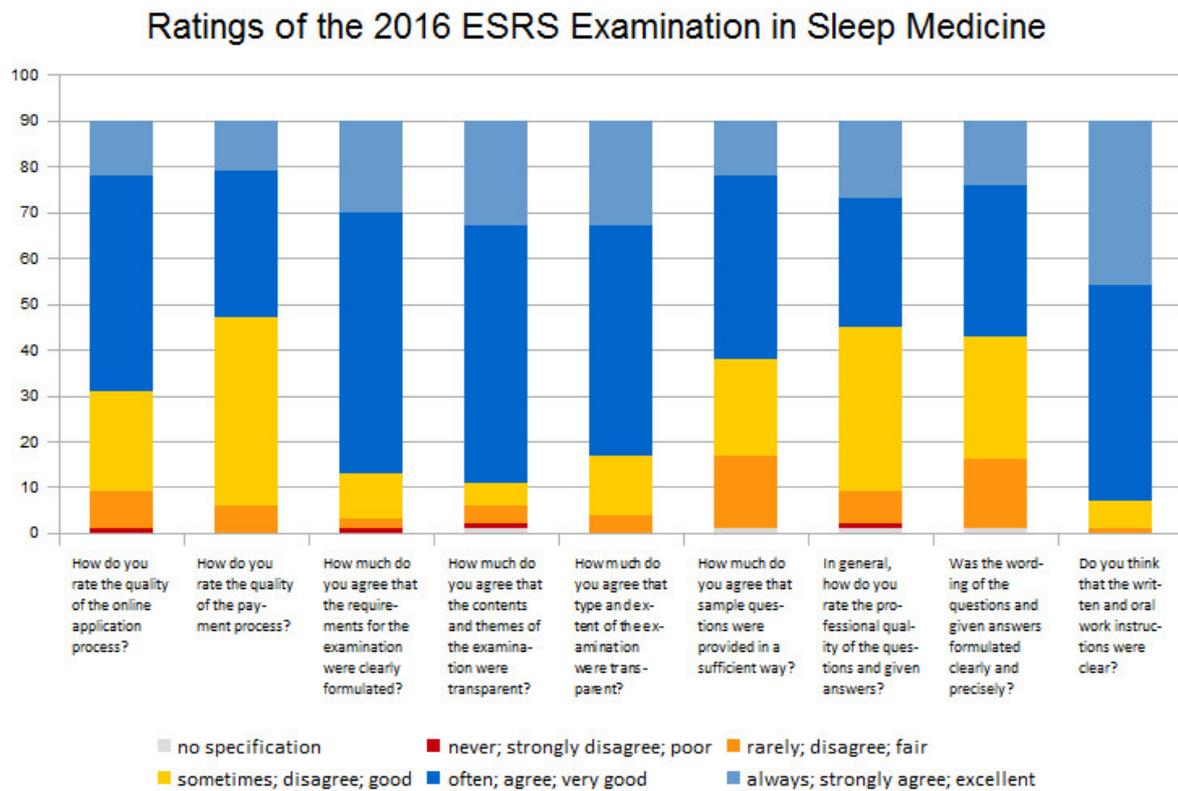
Previous Members (2014 – 2016):

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

The 5th Examination Sleep Medicine for Somnologists and 3rd Examination in Sleep Medicine for Technologist examinations were organized at the ESRS Bologna meeting. Altogether 209 individuals applied for the examination (159 Somnologists and 50 Technologists). The Examination Subcommittee reviewed the applications and considered 194 individuals as eligible. Finally, 136 Somnologists and 43 Technologists showed up. All Technologists and 132 of 136 Somnologists passed the examination.

The ESRS examination subcommittee (Chair: Tiina Paunio, Co-Chair: Thomas Penzel, Members: Oliviero Bruni, Diego García-Borreguero, Ludger Grote, Dirk Pevernagie, Lizzie Hill, Margret Verspaandonk) will continue on developing the examinations, which will be organized next time during the ESRS-ERS meeting in Marseille, April 2017. A feedback survey was taken from the Bologna examinees in

October 2016. The results will be taken into account when planning and organizing the next examinations. Please find next a chart with some of the results.



The first print-run of the ESRS textbook (1000 copies) is nearly sold out and a second print-run of 1000 copies has been ordered, which indicates the great success of this publication. We regularly collect feedback for the textbook which will assist in planning future editions in years to come.

Tiina Paunio

ESRS EU Committee

(March 2016 – November 2016)

Current Members (2016 – 2018):

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

Previous Members (2014 – 2016):

Roberto Amici (Chair), Diego Garcia Borreguero (Co-Chair), Marta Gonçalves, Damien Léger, Pierre Hervé Luppi; Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene

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 major achievement of the past few months was the meeting “European Sleep meets the European Union: Measuring Sleepiness, the Need for Common European Rules”, that was held in Brussels under the joint organization of the ESRS and the Assembly of the National Sleep Societies (ANSS), during the annual ANSS meeting on April 29. During this meeting, EU officers from the DG “Research and Innovation” and the DG “Mobility and Transport” were addressed on the risks of insufficient sleep and sleepiness and on the need of developing new tools for the assessment of sleepiness. Also, the need of more funding for education programs on sleep and sleepiness in Europe was claimed.

Furthermore, a document aimed at proposing “**Sleep and Sleep Disorders**” as a **topic for Horizon 2020 upcoming call 2018-20** has been finalized in collaboration with the ANSS, and sent by every NSS President to the National Contact Points of the pillar Health of the DG “Research and Innovation” and to the National Member of the Advisory Board who is in charge to finalize the Horizon Health 2020 call for 2018-20. The document is available at:

<http://www.esrs.eu/committees-networks/eu-committee/documents.html>

Finally, the EU Committee warmly invite all of you to participate in the **public stakeholder survey** that has been launched by the EU Commission in order to collect information for a better shaping of the new Work Programme for Horizon2020. Your individual contribution is fundamental in order to convince the EU Commission of the need to have “Sleep and Sleep Disorders” as a topic for Horizon 2020 upcoming call 2018-20. To maximize the impact of our action, we ask you please to further claim in the survey what has been addressed in the EU-ANSS document indicated above.

The survey is available at:

<https://ec.europa.eu/eusurvey/runner/Public-stakeholder-consultation-interim-evaluation-H2020#>

Roberto Amici

ESRS Research Networking Committee (RNC)

Current Members (2016-2018):

Pierre-Hervé Luppi (Coordinator), Tiina Paunio (Vice-Coordinator), Roberto Amici, Tom de Boer, Lino Nobili, Philippe Peigneux, Renata Riha, Madeleine F. Scriba, Debra J. Skene, Raphaelle Winsky-Sommerer

Previous Members (2014-2016):

Pierre-Hervé Luppi (Coordinator), Walter McNicholas (Vice-Coordinator), Roberto Amici, Simon Archer, Lino Nobili, Tiina Paunio, Renata Riha, Debra Skene

The RNC has been renewed recently and the its new composition is displayed in the newsletter. It has been decided to create a new basic sleep school taking place every

two years in alternance with the main ESRS meeting. The objective of this school is to gather together early career researchers and faculties around a quite focus question. The first edition of the ESRS Sleep Science School will focus on "Neural Networks in Sleep", and will be held in Frejus, a city located on the Mediterranean sea (France), 16 - 21 October 2017. Pierre-Herve Luppi and Philippe Peigneux coordinate this edition. Both animal and human research will be addressed. The program will include communications by international sleep experts on specific topics but also workshop interactive sessions aimed at writing research grants and proposals and stimulate in-depth exchanges between early career and experienced researchers. The faculty members will be present during the entire week and available for theoretical and practical discussions with early career researchers.

We also did prepare the new call for the travel grants. In addition to the three months and two weeks fellowships, a new fellowship covering expenses to assist to meetings and courses endorsed by the ESRS was created (enclosed in the newsletter).

Pierre-Hervé Luppi

ESRS Early Career Researcher Network (ECRN)

Current Members (2016 – 2018):

Erna Sif Arnardottir (Coordinator), Cátia Reis (Vice-Coordinator), Lyudmila Korostovtseva, Kate Porcheret, Madeleine F. Scriba

Previous Members (2014 – 2016):

Erna Sif Arnardottir (Coordinator), Harald Hrubos-Strøm (Vice-Coordinator), Ashleigh Filtness, Cátia Reis, Bogdan Voinescu

The ECRN is very happy with the first Early Career Day held at the next ESRS conference in Bologna in September. The attendance was very high and the feedback we got both for the presentations of the Early Career Day, the poster ratings and the publishing session included in the conference program were all very positive.

The ECRN executive committee also now welcomes three new members, Kate Porcheret, Lyudmila Korostovtseva and Madeleine Scriba and are very happy to have them on board.

We are now settling into our roles within the various ESRS committees and already planning the next Early Career Day and online events prior to the next ESRS meeting so please be in contact if you have any suggestions for future ECRN activities.

Also, if you haven't done so already, please also join us on Facebook "ESRS Early Career Researcher Network (ECRN)". The Facebook group is an easy way to be updated with ECRN news and to share your thoughts with us and other early career researchers.

We look forward to working for the early career researchers within the ESRS for the next 2 years.

On behalf of the executive committee, Early Career Researcher Network
Dr. Erna Sif Arnardottir, Coordinator

ESRS Forum for Women in Sleep Research

Raphaëlle Winsky-Sommerer (Coordinator)

The 10th meeting of the Forum was held during the 23rd Congress of the European Sleep Research Society in Bologna. Dr. Alpár Lázár (University of East Anglia, Norwich, UK) presented “Sex differences in human sleep-wake regulation: implications for our everyday life and health”, emphasizing the value and importance of studying both genders in basic and clinical sleep research.

The Coordinator provided a brief review of the (under)-representation of women in science academies, and emphasized the need to change perceptions on women in science. This review was largely based on a recent European survey (<http://changethenumbers.science/fr>). The importance of networking and being active in the forum and the European Sleep Research Society for ‘changing the number’ were highlighted. Early career women are especially encouraged to become more active.

For further information, please contact, Raphaëlle Winsky-Sommerer - Coordinator, ESRS Forum for Women in Sleep Research - r.winsky-sommerer@surrey.ac.uk

Raphaëlle Winsky-Sommerer (Coordinator)



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

The European Insomnia Network (EIN) met again in Freiburg last autumn. Approximately 15 researchers from all over Europe and the US met and discussed new developments in the field of insomnia sleep medicine and insomnia sleep research. The European Insomnia Network was also present at the ESRS Bologna Meeting with an own symposium highlighting the insomnia field with 5 talks. Furthermore, around 25 members of the European Insomnia Network are now working on a **European Guideline for the Diagnosis and Therapy of Insomnia**. The guideline probably will be finished in spring next year and the aim is to publish it in the Journal of Sleep Research.

Dieter Riemann, Ph.D.
Professor of Clinical psychophysiology
For the European Insomnia Network

European Narcolepsy Network (EU-NN)



We are happy to announce the next European Narcolepsy Day to be held in Mallorca from **March 18 to 19, 2017**. The European Narcolepsy Day will be organized by our Dr. Francesca Canellas and the Spanish Narcolepsy Association with the support of the EU-NN board.

EUROPEAN NARCOLEPSY NETWORK

Since our last Narcolepsy Day in Helsinki we have been working to improve the EU-NN homepage and to update some of the general information about narcolepsy. With support of K. Sonka/ Czech Republic and J. Santamaria/ Spain we were able to add a chapter on pregnancy. A chapter on driving and legal aspects by H. Mathis/ Switzerland will be added soon.

The funding committee has been nominated with C. Bassetti and T. Kharkevitch who are reaching out for the first support. The most important instrument which needs permanent feeding is the database, which is rapidly growing thanks to the input of data by all participating centers and members. The next publication of EU-NN is about to be submitted by R. Khatami/ Switzerland and his colleague Zhang Zhongxing/ Switzerland.

C. Bassetti presently coordinates an update of the “Narcolepsy Guidelines” on behalf of the European Academy of Neurology. Financial support is granted by ESRS and EU-NN. The first meeting will be held on 10 February 2017 in Lugano.

Our Erare application “HyperMaz” has passed the first round and we will learn this month if we make the final round. HyperMaz will be a collaborative study on the effects of mazindol extended release on excessive daytime sleepiness and cataplexy. This study is supported by NLS-1 Pharma Switzerland.

Together with INSTAND we will start a European wide quality control on hypocretin-1 in CSF to find out what kind of standard of the assessment we have in Europe.

The Scientific Committee has been quite busy within this year and we decided to start several studies which will use the database. The projects will be under the lead of the initiators. For further information contact geert.mayer@hephata.de.

Board of the EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

During the ANSS meeting 28-30th of April 2016 in Bruxelles, we investigated the possibility to create a number of task forces to encourage a more extensive involvement of the ANSS Presidents and representatives and verify whether ANSS can become a laboratory for innovative advances in the field of sleep. All task forces shall include at least one ANSS EC member and one member from the ESRS board or suggested by the ESRS board.

Accordingly, all ANSS members with an interest in participating in one or more of these task forces were asked to send a short CV directly to the chairs of the specific task forces.

Now that the deadline for application has passed (October 15) the ANSS EC is checking the list of potential members who wish to be involved. This will allow the ANSS EC to define the exact amount of task forces, which can begin the more operational phase for methodology, data collection and outcomes.

Preliminary analysis indicates that great interest was raised by Beyond the AHI. New diagnostic methods for sleep disordered breathing. This task force aims at investigating the role of other diagnostic methods beyond the AHI to diagnose sleep disordered breathing in different populations (children, adults, elderly, pregnancy etc) by standardized literature review and provide suggestions for future research on promising diagnostic methods that could be developed for clinical use.

In the meantime, we have started the preparation of the next ANSS meeting that will take place in Reykjavik (Iceland) May 5-7, 2017. The meeting will be locally organized by Erna Sif Arnadottir and other members of the Iceland Sleep Research Society board. The program will allow all participants to highlight the activities and educational programs carried out in the different European countries and share updated information on how the EU Directive on obstructive sleep apnea and daytime sleepiness is locally applied. Further details on the agenda, including the scientific features and proposals, will be available soon.

Finally, ANSS has acquired a new fan. Beside the historical solid support from Philips, this year Bioproject will be part of the sponsorship. A sign of the growing ANSS attraction and reliability.

Liborio Parrino
Chair, EC ANSS



NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the Vice-President of the German Sleep Society (DGSM), Prof. Dr. Maritta Orth

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

The German Sleep Society offers the qualification “Somnologist”. This qualification can be achieved by physicians, psychologists, natural scientists and by technicians. The qualification process comprises a theoretical interview by a team of different sleep specialists (e.g. paediatricians, pulmonologists, neurologists, psychologists) and a practical part in which the candidate has to proof his or her technical and theoretical skills (e.g. montage of sleep studies, interpretation of polysomnographies, differential diagnostics and therapy of various sleep disturbances). Besides the mentioned trial some other premisssions have to be fulfilled: candidates should have worked at least two years in an accredited sleep lab and be familiar with AASM criteria and the standards of the national sleep society.

Besides that the national organization of physicians (Ärzttekammer) offers the possibility to achieve the term “physician for sleep medicine”.

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

As mentioned above, not only physicians but also psychologists, natural scientists and technicians can get the qualification “somnologist”.

Do you also have an accreditation procedure for sleep centers?

Yes we do. All sleep laboratories can achieve the accreditation by the German Sleep Society. For this they have to fulfill a high standard which is expected by the accreditation authorities of the German Sleep Society. This comprises architectonic aspects, a minimum of technicians and doctors with adequate qualification (e.g. the head of the sleep department should be a somnologist or sleep specialist). An accreditation committee visits the sleep lab, makes a questionnaire-based personal interview with the people on duty and tests their technical and theoretical skills. These comprise not only night-time related polysomnography but also daytime neuropsychological and –physiological testing. The accreditation process is managed centrally by a commission called “Somnonetz”. The accreditation commission is composed of somnologists of different specialities (e.g. methodology, neurology, psychology, internal medicine, pneumology). Reevaluation is performed every two years.

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

Yes we do. For example, in case of a pediatric sleep laboratory, a paediatrician who has to be somnologist is part of the accreditation committee.

Is sleep medicine officially included in academic programs?

Meanwhile, sleep medicine has become part of students' education. But the curriculae still have need of intensification.

Do you organize accredited sleep medicine courses?

Yes we do. For example, to apply accredited polygraphy, physicians have to attend courses lasting five days comprising both technical and theoretical aspects of sleep disturbances. To prepare intensively for the specialization "somnologist", the German Sleep Society offers intensive courses (e.g. neurology, paediatrics, pneumology, psychology).

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

In Germany, sleep medicine already is a medical sub-specialty. As mentioned above the national organization of physicians (Ärztekammer) offers the possibility to achieve the term "physician for sleep medicine".

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

Yes it is. For example with regard to young scientists engaged not only in basic but also in clinical research, German Sleep Society is offering special meetings actually conducted by Prof. Geert Mayer, former president of our society. Additionally, we offer financial support for attending national and international meetings or research activities.

Thank you, Prof. Orth, for participating in this interview.

Lino Nobili



CALL FOR ESRS WEB COORDINATOR

Role

The role of the Website Coordinator is to work with the Website Editor to ensure the successful implementation of projects, and to guide the content and future developments of the Society Website and related materials. The Coordinator will cooperate with the standing committees of the ESRS and with the ESRS Board in the successful implementation and development of this role. The Coordinator will chair a web committee containing representation from the ESRS Board and each of the ESRS Standing Committees.

Experience

The Website Coordinator must be aware of advancing technologies and their impact on the ESRS website and any potential benefits to users. The Website Coordinator must have some knowledge of electronic media and good IT skills. They must have a genuine interest and enthusiasm for e-communications.

Financial Support

While no salary or honorarium is provided for this position, funds can be provided for specific projects relating to website development following approval by the ESRS Board.

Duration

The Website Coordinator will serve a renewable mandate of 2 years.

Selection

The Website Coordinator should be an ESRS member. All candidates need to provide a mini curriculum vitae and a statement of intent, copies of which should be forwarded to the ESRS Office (attention of: Brigitte Knobl, esrs.bk@online.de) **by 31 January 2017**. Applications will be accepted via e-mail only. Candidates must not currently hold a position within the ESRS Board, and should preferably not be a member of an ESRS Standing Committee.

Terms of Office

The Website Coordinator begins his term of office as soon as appointment is made by the ESRS Board.



CALL 2017 FOR ESRS FELLOWSHIP AND ESRS TRAINING GRANT APPLICATIONS

The ESRS Board has established a fund to support early career researchers within Europe. The deadline for applications is **15 January 2017**.

ESRS Short-Term Research Fellowship (Two Fellowships per annum)

This Fellowship is for 3 months and has the following aims:

1. The promotion of training applied to sleep research in Europe and supporting the exchange in Europe of scientists/investigators as well as clinicians actively involved in research in sleep medicine
2. Contributing to the transfer and implementation of new research techniques or methodologies in sleep medicine throughout Europe
3. Supporting career development and in particular supporting more junior candidates in the early stages of their career in sleep research
4. The Fellowships are available to scientists, investigators, clinicians, allied health professionals, nurses to develop, acquire, apply and carry out basic, translational or clinical research projects and to develop, acquire and apply new skills, advanced research procedures and techniques in the area of sleep medicine
5. The Fellowships are not granted for purely clinical and educational training. Therefore, it is mandatory that projects include a significant research component and lead to research activities and development of research after return of the candidate to the home institution.
6. Fellowships are not granted for undergraduate studies, workshops, courses, lectures, meetings, conferences, congresses or for visiting institutions without a clear research project to be completed.

Conditions:

- All candidates must be members of the ESRS at the time of application
- Training will be pursued in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see ESRS website for list of Sleep Research Laboratories (<http://www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html>));
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.

- Candidates must have an agreement with the host institution where their Fellowship will be carried out at time of application.
- Candidates must have adequate fluency in a language that permits effective communication at the host institution.
- Candidates must return to their home institution to apply the newly acquired research skills, or to continue to develop their research on completion of their visit.
- Candidates are responsible for identifying a research project at the host institution as well as a suitable supervisor.
- The duration of the Fellowship may not be reduced or split.
- The Fellowship is not intended to be used as supplementary or 'top up' funding for a research project already in place by either the Host or Home institutions.
- The visit must commence after the funding decision date, allowing for sufficient time to complete travel, visa, and passport and housing formalities. The visit must be started within 1 year from notification of a successful grant application.
- The Fellowship must be carried out on a full-time basis.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe and provide enough money to live on during the 3-month research period. **A maximum amount of 2,800 EUR will be awarded.** The receiving laboratory is expected to finance the living-expenses during the stay, at least partially, if it exceeds the size of the ESRS contribution.
- A maximum of two grants per year will be financed;

In order to apply, the following are required:

- **Deadline: 15 January 2017;**
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- A list of Sleep Research Laboratories in Europe to host early career researchers is available on the ESRS website (<http://www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html>).
- Supporting statement on the purpose of undertaking research at the host institution, outline of the novel research project to be undertaken and any skills that will be acquired and how this will enhance the applicant's development and contribute to the host institution, whether it is in the clinical or experimental sleep medicine fields.
- Candidate's CV
- Work plan description
- Home supervisor's release form
- Home supervisor's training background and CV
- Host supervisor's acceptance form
- Host supervisor's training background and CV
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of travel, accommodation and projected subsistence costs at host institution.
- On completion of the visit, the candidate will be required to write a summary report of the visit with a description of research outcomes (~1000 words) to be forwarded to the ESRS executive committee.

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary

ESRS Meetings and Courses Fellowship (Six Fellowships per annum)

This Fellowship has the following aims:

1. To offer the possibility to participate to meetings and courses taking place in Europe and endorsed by the ESRS
2. Support career development and in particular supports more junior candidates in the early stages of their career in sleep research
3. The Fellowships are available to scientists, investigators, clinicians, allied health professionals, nurses

Conditions:

- All candidates must be members of the ESRS at the time of application
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe. **A maximum amount of 500 EUR will be awarded.**
- A maximum of six grants per year will be financed;

In order to apply, the following are required:

- **Deadline: 15 January 2017;**
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- Candidate's CV
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of registration, travel and accommodation costs.

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary

ESRS Two-Week Training Grant (One Grant per annum)

The ESRS two-week training grant enables members of the ESRS in the early stages of their careers in sleep research or sleep medicine to visit a host institution in a European country other than their own to learn a skill or procedure not available at

their home institution. The training should benefit the home institution when the successful applicant returns there.

- All candidates must be members of the ESRS at the time of application
- Training will be pursued in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see ESRS website for list of Sleep Research Laboratories (<http://www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html>));
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.
- Candidates must have an agreement with the host institution where their grant will be carried out at time of application.
- Candidates must have adequate fluency in a language that permits effective communication at the host institution.
- Candidates must return to their home institution to apply the newly acquired skills on completion of their visit.
- Candidates are responsible for identifying a skill or procedure at the host institution as well as a suitable supervisor. The skill or procedure needs to be transferrable to their home institution.
- The duration of the grant may not be reduced or split.
- The visit must start after the funding decision date, allowing for sufficient time to complete travel, visa, and passport and housing formalities. The visit must be started within 1 year from notification of a successful grant application.
- The training grant must be carried out on a full-time basis.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe and provide enough money to live on during the two-week training period. **A maximum amount of 1400 EUR will be awarded.**

In order to apply, the following are required:

- **Deadline: 15 January 2017;**
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- A list of Sleep Research Laboratories in Europe to host early career researchers is available on the ESRS website (<http://www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html>).
- Supporting statement on the purpose of the visit, the transferable skill or procedure to be acquired and how this will enhance the applicant's training and the host institution, whether it is in clinical sleep medicine or in a specific field of sleep research.
- Candidate's CV
- Candidate's learning path
- Work plan description
- Home supervisor's release form
- Home supervisor's training background
- Host supervisor's acceptance form

- Host supervisor's training background
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of travel, accommodation and projected subsistence costs at host institution.
- On completion of the visit, the candidate will be required to write a short summary report of the visit (maximum 1000 words) which will be forwarded to the ESRS

Pierre-Hervé Luppi

Chair of the ESRS Research Networking Committee

Lino Nobili

ESRS Secretary



ESRS EXAMINATION IN SLEEP MEDICINE 2017

6th ESRS Examination of Certification in Sleep Medicine

The ESRS Board is pleased to announce the

6th Examination of the Certification in Sleep Medicine.

Please find the requirements and basic credentials as well as information about the application process below.

Time and Place

Saturday, April 8, 2017

Marseille, France - University Aix Marseille (Faculté de Médecine - Timone)

during the [4th Sleep and Breathing Conference](#) (April 6 - 8, 2017) in Marseille, France.

The Examination

The examination will be a written test consisting of 75 multiple-choice questions to be completed on-site. The pass mark is 50%.

Requirements

Physicians, Psychologists and Sleep Scientists (with a Master's degree in science, e.g. biology, physics or other relevant areas) who wish to take the examination should meet the following requirements (please prepare the mentioned documents before starting with the application).

A. Practical Experience

* The candidate will be required to provide written declaration from the Sleep Medicine Centre (SMC) Director where the greater part of the training was completed. The declaration must specify satisfactory and independent performance of the following:

1. A minimum of 12 months full-time (or equivalent duration if part-time) spent in the SMC. If the applicant has worked in more than one SMC, a minimum period of 6 months must have been spent at one of the centres.
2. The applicant should have extensive experience within his/her specialised field with sufficient experience across other sleep-wake disorders to ensure safe and competent practice. This includes specialised evaluation and clinical care of at least 100 patients from the different disciplines of sleep medicine (incl. sleep-breathing disorder, insomnia disorder, hypersomnia, movement disorder, circadian disorder).

3. In relation to the assessment and follow-up of sleep disorders, experience should comprise a range of procedures including:
 - Physicians:** Clinical interviewing, use of diagnostic criteria and classification systems, use of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring
 - Psychologist:** Clinical interviewing, use of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring
 - Sleep Scientist:** Interpretation of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring
4. The applicant should have experience of actigraphy and polysomnography (with hook-up, night-time surveillance and scoring, interpretation and reporting of studies), ambulatory cardio-respiratory recording, and Multiple Sleep Latency Testing (MSLT) or Maintenance of Wakefulness Testing (MWT) procedures.
5. In relation to treatment, the applicant (except Sleep Scientist) should have generic skills, including patient education, treatment delivery, progress review, provision of motivation and support.
6. The applicant should have knowledge of how to work as part of a multidisciplinary team, including, for example, sleep technologists and nurses.
7. The applicant should also have extensive experience within his/her professional discipline. Accordingly, it is recognised that experience with treatment modalities will vary (e.g. Physician – pharmacotherapy, CPAP; Psychologist – cognitive behavioural therapy, other related therapeutic procedures; Sleep Scientist – author in peer-reviewed articles on sleep).
8. It is expected that, of the minimum 100 cases evaluated, at least 75% will involve active management of a treatment episode or episodes and monitoring of patient progress and outcome. This consideration applies to both physicians and psychologists.
9. It is recognised that Sleep Scientists may not have a clinical licence, or may have different roles within a SMC. Nevertheless, equivalent levels of experience and expertise in sleep medicine should be demonstrated in the application and letter of support.
10. It should be noted that some of the above-mentioned experience and competencies may be demonstrable through periods of formal study and training on approved Sleep Medicine courses which have a practical component. Such experience and/or qualification should be specified by the applicant.

B. Theoretical Knowledge

The applicant must demonstrate knowledge of the topics specified in the Catalogue of Knowledge and Skills. This may be achieved by a record of attended courses, or through a university or national sleep medicine degree or certification. Alternatively, a detailed reference letter from another ESRS Somnologist may be submitted.

Further details can be found in:

- Pevernagie et al. EU Guidelines for the Certification of Professionals in Sleep Medicine: Report of the Task Force of the ESRS. *J. Sleep Research* (2009) 18, 136-141
- Penzel et al. Catalogue of knowledge and skills. *J. Sleep Research* (2014) 23, 222-238

The [ESRS Textbook](#) is the main recommended reading for this examination. Additional readings may be provided in advance by the Examination committee.

C. In addition the applicant must:

- Provide names and email addresses of 2 referees, who are not applying for the examination at the same time, preferably from another European country. One should be an ESRS member.
- *Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates
- Be a current ESRS member (if you are not an ESRS member please visit www.esrs.eu/membership-services/join-now.html)
- Pay the examination fee (payment will be made by using a credit card that is recognised and accepted by Paypal or your personal Paypal account)

(*Please prepare the above-mentioned documents before starting the application. The documents can be uploaded as PDF-files or JPEG-files within the Online Application. The name of the PDF-file must include the name of the applicant and the content of the document. We recommend putting all documents in one pdf-file. The size of the PDF-file should not exceed 1 MB)

Other candidates that feel they may fulfill the eligibility criteria, please contact: axel.wiechmann@esrs-examination.eu

D. The Qualification

The successful candidate will have the ESRS qualification title of “Somnologist” with one of the following specifications:

- Somnologist – Expert in Sleep Medicine
- Somnologist – Expert in Behavioural Sleep Medicine
- Somnologist – Sleep Scientist

E. Examination Fee

The examination fee is € 350.- (included is a non-refundable € 90.- application fee, payable on submission of the application).

F. Online Application

The online application will be open from November 145 – Dexcember 31, 2016.

G. Acceptance of your application

You will be notified regarding the acceptance of your application by mid-February 2017.

For any further questions please contact:

Axel Wiechmann

ESRS Sleep Medicine Examinations Office

Andreasstr. 4, 93059 Regensburg, Germany

Email:axel.wiechmann@esrs-examination.eu

Phone: +49 94169633419

4th Examination of Certification in Sleep Medicine for Sleep Technologists

The ESRS Board is pleased to announce the

4th Examination of Certification in Sleep Medicine for Sleep Technologists.

Please find the requirements and basic credentials as well as information about the application process below.

Time and Place

Saturday April 8, 2017

Marseille, France - University Aix Marseille (Faculté de Médecine - Timone)

during the [4th Sleep and Breathing Conference](#) (April 6 - 8, 2017) in Marseille, France.

The Examination

The examination will consist of two components.

The **first part** will be a written test, consisting of 50 multiple-choice questions to be completed on-site.

The [ESRS Textbook](#) and **2016 AASM Scoring Manual Version version 2.3** are the recommended reading for this examination.

23 questions will be related to chapter **B (Sleep Diagnostics)** and the other

27 questions will be related to topics from chapters **A, C-J of the ESRS Textbook**.

The pass mark is 50%.

The **second part** of the examination will focus on practical skills. This part will involve sleep staging, event scoring and interpreting 2 excerpts from PSG recordings and also a full MSLT recording. All consecutive 30-second epochs will be printed on paper. Successful candidates must achieve an 85% concordance with the panel of experts.

Both parts must be successfully passed in order to qualify for certification.

Requirements

Technologists, nurses, and other sleep professionals that wish to take the examination should:

- Possess one of the following: a degree in science, psychology, nursing or similar; RPSGT qualification or equivalent national qualification/registration. Applicants who do not match these criteria must provide formal evidence of training, qualifications and professional development activities equivalent to degree/RPSGT level (e.g. diploma, professional certification, course certificates).
- Have at least 5 years post graduate experience in performing, scoring and analysing polysomnography and Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT) procedures, polygraphy and actigraphy studies.
- Have experience in the diagnostic procedures and management of a full range of sleep disorders

- Have a very good knowledge of sleep physiology and pathophysiology obtained through recognised and accredited sleep education courses and meetings, particularly those recognised and accredited by national and international sleep societies.

Please note, the examination and instructions will be in English, therefore candidates must have a good command of English.

In addition applicants should:

- *Be proposed for eligibility for the exam by the clinical director of their sleep centre or a member in good standing with the ESRS who can vouch for their experience.
- *Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates as above.
- Be a current ESRS member (if you are not an ESRS member please visit www.esrs.eu/membership-services/join-now.html)
- Pay the examination fee (payment will be made by using a credit card that is recognised and accepted by Paypal or your personal Paypal account)

(*Please prepare the above-mentioned documents before starting the application. The documents can be uploaded as PDF-files or JPEG-files within the Online Application. The name of the PDF-file must include the name of the applicant and the content of the document. We recommend putting all documents in one pdf-file. The size of the PDF-file should not exceed 1 MB)

Other candidates that feel they may fulfil the eligibility criteria, please contact: axel.wiechmann@esrs-examination.eu

The Qualification

The successful candidates will have the ESRS qualification title of "Somnologist – Technologist" conferred on them.

Examination Fee

The examination fee is € 375.- (included is a non-refundable € 90.- administration fee, payable on submission of the application).

Online Application

The online application will be open from November 15 – December 31, 2016

Acceptance of your application

You will be notified about the acceptance of your application by mid-February 2017.

For any questions please contact:

Axel Wiechmann

ESRS Sleep Medicine Examinations Office

Andreasstr. 4, 3059 Regensburg, Germany

Email: axel.wiechmann@esrs-examination.eu

Phone: +49 941 69633419



CERTIFIED EXPERT SOMNOLOGISTS 2016

The fifth examination for Somnologists commissioned by the ESRS took place in Bologna on 13 September 2016 during the [23rd Congress of the European Sleep Research Society](#).

The ESRS Board congratulates all those who passed the ESRS Examination in Sleep Medicine and obtained certification as Expert Somnologists. The Expert Somnologists represent 31 different countries from across the world.

Sophia Abdel Kafi
 Jens Acker
 Mikhail Agaltsov
 Michalis Agrafiotis
 Anniina Alakuijala
 Daniela Alves
 Jerryll Asin
 W. Joseph Askin
 Birgit Bachl
 Manny Bagary
 Simone Baiardi
 Marius Balint Gib
 Kornelia Beiske
 Yvonne Berk
 Paul Bienfait
 Saba Bokhari
 N.C. Borchert - van 't
 Geloof
 Jan Boringa
 Alberto Braghiroli
 Andrew Brennan
 Anne-Kathrin Brill
 Valerio Brunetti
 Marie Bruyneel
 Chiara Campana
 Maria João Carneiro
 Nauman Chaudhry
 Judith Citroen
 Robert Cohen
 Bebiana Conde
 Patrizia Congiu
 Margarida Valente
 Salvado Pinho de
 Aguiar Barreto
 Reinier de Groot

Giacomo Della Marca
 Agisilaos Dervas
 Johanna (Anneke)
 Dolsma
 Claire E H M Donjacour
 Aneliya Draganova
 Nicholas-Tiberio
 Economou
 Oğuz Osman Erdiñç
 Francesco Fanfulla
 Julien Fanielle
 Carina Fernandes
 Ana Fernández Arcos
 Daniela Ferreira
 Carsten Gerlach
 Esther Gieteling
 Gioia Gioi
 Helena Grumete
 Raphael Hemler
 Danielle Hendriks
 Jean-Stéphane Houot
 Inger Anette Hynås
 Hovden
 Syed Huq
 David William Martin
 Jones
 Kristel Kasius
 Kwame Wilfred Kesse
 Leila Kheirandish Gozal
 Iris Knottnerus
 Zuzana Kuklisova
 Alexander Kunz
 Arthur Kurvers
 Ilaria Laccu
 Kallirroï Lamprou

Marco Laures
 Anna Losurdo
 Helena Loureiro
 Peter Ludwig
 Francesca Madia
 Hagen Malberg
 Sandra Marques
 Miguel Meira e Cruz
 Alexander Melnikov
 Ricardo Melo
 Barbara Merico
 Giulia Milioli
 Marius Möllers
 Elisa Morrone
 Neil Munro
 Deirdre O'Rourke
 Carlos O'Connor Reina
 Jens Osmialowski
 Britt Øverland
 Evelina Pajediene
 Elsa Parreira
 Shaden Qasrawi
 Teresa Rebelo-Pinto
 Loes Reichman
 Ivana Rosenzweig
 Gianluca Rossato
 Outi Saarenpää-
 Heikkilä
 Ana Marija Šantić
 Nicole Scheppers
 Bernhard Schwizer
 Marthe Sernee
 Abubacker Siddiq
 Pulakal
 Judith Sie

Dimitra Siopi
Raksha Sitharam
Rob Strijers
Theo Tacke
Elisa Testani
Cecilia Turino
Bram Urbanus
Elena Urrestarazu
Heisl Vaher
Maryse C J Van den
Heuvel
Ann Van Gastel
Hans van Lieshout

Johan Peter van
Maanen
Kathelijne van Nielen
Karin van Rijn
Bregje van Wetten
Peter Venn
Nicole Verheijen
Kristof Verhoeven
Domagoj Vidovic
Willem Voet
Oscar Vogels
Raymond Vogels
Catello Vollono

Isabel Wald
Karolien Weytjens
Natalie Wiendels
Nicole Wijnberg
Ane Wilhelmsen-
Langeland
Nicole Wolters
Mark Lawrence Wong
Dariusz Wozniak
Nevin Zaki
Eveline Zandbergen
Francesco Zellini
Cristina Zunzunegui



CERTIFIED TECHNOLOGISTS 2016

The third examination of Somnologist Technologists commissioned by the ESRS took place in Bologna on 13 September 2016 during the [23rd Congress of the European Sleep Research Society](#).

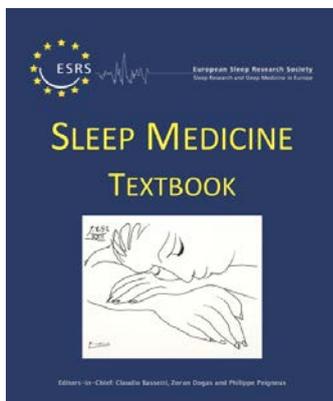
The ESRS Board congratulates all those who passed the ESRS Examination and obtained certification as Somnologist Technologists.

Adam Willem Cornelis
 Balicaco Michelle
 Batata Lúcia
 Bitá Cristina
 Bosma Peter
 Brito Ana
 Cardoso Andreia
 Cooper Ann
 Corujo Tiago
 de Brito Marques Roldão Vitor Hugo
 de Grutter-Hupkes Jolanda
 Del Pozzo Marco
 Driessen Judy
 Durães Célia
 Dyhr-Thomsen Mia
 Escalera Marta
 Ferreira Ana
 Forlani Martina
 Gaspar Hélia
 Gramc Iris
 Groot Lipman N.W.
 Hoefnagel J.

Knol Jacoba V
 Leão Alberta
 Nolen Melissa
 Norder Erwin
 Ólafsdóttir Kristin Anna
 Plos Nataša
 Rogers Lorraine
 Sigurðardóttir Sigríður
 Silvennoinen Seppo
 Sousa Liliana
 Stappenbelt-Groot Kormelink Mirjam C.T.
 Tamm Ragne
 Teixeira Carlos
 Tonon Davide
 Välimäki Samuli
 van der Mierden Mike
 van Velzen Irma
 Velis Cirkel Martine
 Verdoorn - Markhorst Tineke
 Verhoek Nicole
 Vernik Kene



SLEEP MEDICINE TEXTBOOK



Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux

Publisher: European Sleep Research Society (ESRS)

Regensburg, 2014

ISBN: 9781119038931

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.

Endorsed by ERS

Download free sample chapter: [B.1. Classification of sleep disorders](#)

**ESRS Members* ESRS Early Career Research Network Non-Members
(ECRN)****

Price per copy	€ 140	€ 120	€ 155
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* As a courtesy of ESRS, members of the [Associate National Sleep Societies](#) (ANSS), the [European Biological Rhythms Society](#) (EBRS) and the [European Respiratory Society](#) (ERS) benefit from the reduced price.

** ECRN members benefit from the student price (see conditions).

BOOK ORDER

Fax/ email this form to Maria Wiechmann (ESRS Office) +49 941 29080975 / maria.wiechmann@esrs.eu

I hereby order _____ copy/ copies of the

Sleep Medicine Textbook (Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux) at copy price

€ 140 (ESRS, ANSS, EBRS and ERS members) € 120 (ECRN members) € 155 (non-members)

I am a member of:

ESRS ANSS* EBRS* ERS*

* Please include a membership certificate.

ESRS-ECRN **

** Reduced price for ESRS members during studentship and 5 years after having received a degree as PhD or MD. Please include appropriate certificates.

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PayPal option: a link will be sent to your email address to go the PayPal webpage and proceed to payment

Delivery costs (to be added to the net price):

€ 8,90 (inside Europe*) € 15,90 (outside Europe)

€ 13,99 (with [shipment tracking](#) inside Europe*) € 28,99 (with [shipment tracking](#) outside Europe)

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Email address: _____

The book should be sent to the following address:



ESRS SLEEP SCIENCE SCHOOL "Neural Networks in Sleep"

The Sleep Science School is a new 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 first edition of the ESRS Sleep Science School will focus on " Neural Networks in Sleep ", and will be held in Frejus, a city located on the Mediterranean sea (France), 16-21 October 2017. Pierre-Hervé Luppi and Philippe Peigneux will coordinate this edition.

Both animal and human research will be addressed. The program will include communications by international sleep experts on specific topics (see below) but also workshop interactive sessions aimed at writing research grants and proposals and stimulate 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.

Neural networks in sleep refer to the neurophysiological and neuroanatomical organization of populations of neurons responsible for generating the sleep-waking cycle or implicated in the function of sleep. It can be investigated both in human and animal using classical approaches such as electrophysiology and neuroanatomy but also new ones like optogenetic or MEG. All these methods are necessary for an in-depth understanding of the mechanisms regulating sleep and to determine how these mechanisms are potentially modulated by daytime experience and/or disrupted in pathological conditions, and subserve or cohere with crucial cognitive functions.

Program

Monday 16.10: Arrival and get-together

- 19h30 – 20h30: Dinner
- 20:30-22h30: Poster hanging and get-together session

Tuesday 17.10: Day 1

- 09:00: general program overview, participants' and faculty presentation, constitution of groups (n = 8 to 10 /group) for workshop activities
- 09:30 - 10h30: Lecture 1: Vlad Vyazovskiy - Local and global dynamics of sleep regulation: focus on the use of advanced electrophysiological methods
- 11h00 - 12h30: Lecture 2: Anita Lüthi - Mechanisms and functions of thalamo-cortical activities: "in vitro versus "in vivo" approaches

- 12h30 – 13h30: Lunch
- 13h30 - 15h00: Social (free time, games and sport activities)
- 15h00 - 16h00: "Meet a Faculty" (meetings in small groups, 5 participants maximum with a member of the faculty, for a free exchange) or Social (free time)
- 16h00 - 17h30: Lecture 3 : To be confirmed (tbc) - Sleep EEG fingerprints, mechanisms & organisation: how to study sleep in Humans?
- 17h30 - 19h30: Walking Poster Presentation 1 (6 minutes + 4 min discussion/poster; n = 12 posters)
- 19h30 - 20h30: Dinner
- 20h30-22h00: Night Sleep Game

Wednesday 18.10: Day 2

1. 09:00 - 10h30: Lecture 4: Patricia Bonnavion – A review and critic of the new genetic methods applied to the study of sleep networks
 - 10h45 - 12h45: Walking Poster Presentation 2 (6 minutes + 4 min discussion/poster; n = 12 posters)
 - 12h45 – 13h45: Lunch
 - 13h45 - 16h00: Trekking on the sea shore by small groups with informal discussion with the faculty
 - 16h00 - 18h00: Workshop activity 1 - Winning Grant and Proposals
 - 16h00 - 16h30: Lecture "How to write a successful grant ?"
 - 16h30 - 18h00: Development of scientific proposals to be presented at the end of the week
(by small groups, with partial moderation of faculty members)
 - 18h00 - 19h30: Lecture 5: Victor Spoomaker - fMRI/EEG advantages and pitfalls to study brain networks in sleep and their significance
 - 19h30 – 20h30: Dinner
 - 20h30 - 21h30: The Pros and The Cons Contest Session 1*

* For Pros and Cons Contest sessions, attendees will be assigned in advance [before the school week] papers holding divergent positions. They will have 20 minutes per contest to try convincing the other part (3 participants in each camp per contest)

Thursday 19.10: Day 3

- 09:00 - 10h30: Lecture 6: Philippe Peigneux : Can we identify the neural networks subtending sleep-learning and sleep-dependent memory consolidation mechanisms in human?
- 10h45 - 12h45: Walking Poster Presentation 3 (6 minutes + 4 min discussion/poster; n = 12 posters)
- 12h45 – 13h45: Lunch
- 13h45 - 15h00: Social (free time, games and sport activities)
- 15h00 - 16h00: "Meet a Faculty" (meetings by small groups, 5 participants maximum with one member of the faculty, for a free exchange time) or Social (free time)
- 16h00 - 18h00: Workshop activity writing project/grant - continued

- 18h00 - 19h30: Lecture 7: Pierre-Hervé Luppi: Which animal models and methods to study paradoxical sleep functions, genesis and pathologies?
- 20h30 - 21h30: The Pros and The Cons Contest Session 2

Friday 20.10: Day 4

- 09:00 - 10h30: Lecture 8: Raphaëlle Winsky-Sommerer – Is pharmacology a dead end to study sleep and treat its pathologies?
- 10h45 - 12h45: Lecture 9: tbc – What is really happening in the cortex during NREM sleep in Humans?

- 12h45 – 13h45: Lunch
- 13h45 - 16h00: Social (free time, games and sport activities)
- 16h00 - 18h00: Workshop activity - Projects Presentation (15 min/project + 15 min discussion)
- 18h00 - 19h30: Open discussion on how to find postdoc, next steps, career planning
- 19h30 – 20h30: Dinner
- 20h30 - 21h00: Debriefing and feedback session
- 21h00 -: Dance party
-

Saturday 21.10: departure

- Breakfast and group picture



ZURICH SLEEP TWEET

How to be updated on sleep and chronobiology research on a daily basis.

The Clinical Research Program (CRPP) “Sleep and Health” of the University of Zurich offers a new and free service to all sleep and chronobiology researchers, other biomedical professionals, and the public: The Zurich Sleep Tweet.

The interdisciplinary board of CRPP researchers selects important and intriguing international studies to be tweeted every working day. Interested colleagues will be updated on sleep and chronobiology publications from all over the world on a daily basis by assessing the tweets as follows:

<https://twitter.com/ZurichSleep>

Registered Twitter users can follow the Zurich Sleep Tweet and even get daily push news on their mobile devices (see: <https://support.twitter.com/articles/20169887#>). Those who are not familiar with Twitter at all can find some more help here:

<https://support.twitter.com/categories/281#>

Thank you for following us! The Zurich CRPP Sleep and Health team.



OXFORD ONLINE PROGRAMME IN SLEEP MEDICINE

The Oxford Online Programme in Sleep Medicine (MSc/PGDip) is open for applications (October 2017 intake).

We are pleased to let you know that our online programme is now open to recruit for our second cohort of students and we very much look forward to receiving applications. The deadline for applications is Friday March 10th 2017.

- Please apply [here](#) for the MSc in Sleep Medicine
 - We will be holding interviews for the MSc w/c 21st April 2017
 - Applications received after the March 2017 will be considered subject to availability

- Please apply [here](#) for the PGDip in Sleep Medicine
 - Applications received after the March deadline will be considered subject to availability.

- Please apply [here](#) for standalone CPD modules
 - Application deadlines are 21 days prior to the start of each module.

If you have any questions at all please do not hesitate to contact us.

T: 01865 618658

E: sleepmedicine@ndcn.ox.ac.uk





ESRS EVENTS

Sleep and Breathing 2017

The fourth international conference organised by the European Respiratory Society (ERS) and the European Sleep Research Society (ESRS)

Date: April 6 – 8, 2017
 Venue: Marseille, France
 Website: www.sleepandbreathing.org/

Key dates:

20 January 2017: Early bird deadline



ESRS Sleep Science School "Neural Networks in Sleep"

Date: October 16 – 21, 2017
 Venue: Frejus, France
 Programme : [Read more >>](#)



OTHER TRAINING & COURSES

Edinburgh Sleep Medicine Course

Date: March 13 - 17, 2017

Venue: Edinburgh, Scotland, UK

Flyer: www.esrs.eu/uploads/tx_mnmesrscal/flyer_2017.pdf

Now entering its ninth year, this annual course aims to provide up-to-date information on the theory and practice of sleep medicine including practical experience in the technological aspects of measuring and monitoring sleep. The course is aimed at all professionals involved in the diagnosis and treatment of sleep disorders. This course is open to applicants from all countries. Competence in understanding spoken English is required.



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

24th Annual Meeting of the German Sleep Society

Date: December 1 - 3, 2016
Venue: Dresden, Germany
Website: www.dgsm-kongress.de/

Main topic: Sleep medicine – Crossing borders and innovation

17th Nordic Sleep Conference

organized by the Estonian Sleep Medicine Association

Date: May 24 - 26, 2017
Venue: Tallinn, Estonia
Website: www.nsc2017.ee/en/home/
Flyer: www.esrs.eu/.../tx_mnmesrsca/NSC_1announcement_b13_printfail.pdf



FUTURE MEETINGS

XV European Biological Rhythms Society Congress

Date: July 30 – August 3, 2017
Venue: Amsterdam, The Netherlands
Flyer: www.esrs.eu/.../Henk-EBRSC12new.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/





NEW MEMBERS

The Society welcomes the following new members:

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JOB OPPORTUNITIES

Job opportunities can be accessed through the ESRS website at:

www.esrs.eu/education-career/job-opportunities.html

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Dr. Gilles Vandewalle
Liège, Belgium

Dr. Giovanna Zoccoli
Bologna, Italy



APPENDIX: MINUTES OF THE ESRS BUSINESS MEETING (BOLOGNA 2016)

MINUTES OF THE ESRS BUSINESS MEETING

Date: 15 September 2016, 18:00 – 20:00

Participants: The meeting has been attended by 182 ESRS members

Venue: Lecture Hall B, Palazzo della Cultura e dei Congressi, Bologna, IT

1. Opening by the President of the ESRS

The President, Philippe Peigneux, welcomed the participants and opened the business meeting.

The participants observed a minute of silence to commemorate Professor Elio Lugaresi who passed away last year.

2. Determination of the Election Assistance

Debra Skene was nominated and approved to conduct and supervise the counting procedure of the elections of Board and Scientific Committee members.

3. Acceptance of the Minutes of the Previous Business Meeting

The minutes of the previous business meeting held on 18 September 2014 in Tallinn, which had been distributed attached to the November 2014 Newsletter, were accepted with no changes.

4. Report of the Activities of the ESRS

Philippe Peigneux presented a brief overview on the ESRS activities which are regularly reported in the ESRS newsletters. He thanked all committees for their dedication to the ESRS. ESRS members are referred to the ESRS website www.esrs.eu to review committee actions and ESRS society information.

Further facts or activities were reported as follows:

- The ESRS website will be continuously improved.
- A representative of the Early Career Researcher Network (ECRN), which had been created in 2014 in Tallinn, regularly participates in the ESRS Board conference calls and meetings.
- Compared to 2014, the membership developed as follows:

The ESRS counts 1,896 registered members (1,303 in 2014), namely 1,276 active members (935 in 2014), 137 persons in application status and 483 persons in suspended membership status due to outstanding fees. 332 members are from non-European countries. Gender representation is nearly equilibrated with 902 female and 994 male registered members.

- Johan Verbraecken will represent the Executive Committee of the Assembly of National Sleep Societies (ANSS) in the ESRS Board.
- Joint symposia were organized between the ESRS and the European Academy of Neurology (EAN), the European Respiratory Society (ERS), the European Biological Rhythms Society (EBRS), the International League Against Epilepsy (ILAE), the Federation of European Neuroscience Societies (FENS), and several Networks.

Joint events organized during the period between the previous and the current ESRS business meeting include:

- **Sleep and Breathing**, 16 – 18 April 2018, Barcelona, ES
(conference co-organized between ERS and ESRS)
The attendance of the conference was good with around 850 delegates.
The 2nd Examination of Certification in Sleep Medicine for Sleep Technologists and the 4th Examination of Certification in Sleep Medicine were held during the meeting.
- **WorldSleep 2015** (31 October - 3 November 2015, Istanbul, TR
(hosted by ESRS, with kind collaboration of the Turkish Sleep Medicine Association)
1,106 attendees (100 exhibitors), 5 parallel tracks
- **ANSS Meeting**, 28-30 April 2016, Brussels, BE
The annual meeting was complemented by a meeting with EU officers, entitled *European Sleep meets the European Union - Measuring sleepiness: the need for common European rules* to address funding options for research projects and educational programmes in sleep medicine.
- **From Basic Neuroscience to Clinics**, 1 July 2016, Copenhagen, DK
The Satellite Symposium of the ESRS was held during the 10th Federation European Neurosciences Societies (FENS) Forum of Neuroscience.
- Due to the restructuration of the ESRS Office, administrative support by Congrex was discontinued to decrease society costs and is now managed by the ESRS staff members, Brigitte Knobl and Maria Wiechmann.
- The organization of the ESRS Sleep Medicine Examination was transferred from the Sleep Medicine Committee (chaired by Thomas Penzel) to the Education Committee (chaired by Tiina Paunio). Administrative support by Congrex was discontinued and is now managed by an external organizer in cooperation with the ESRS Office.
- **ESRS 2016 Congress**, 13 – 16 September 2016, Bologna, IT:
The number of attendees increased continuously over the last years and an official record is reached for 2016 in Bologna. In detail, the attendance developed as follows:

Lisbon: 1,560
 Paris, 2012: 1,404
 Tallinn, 2014: 1,568
 Bologna, 2016: 1,904 plus 164 exhibitors.

The Scientific Committee, co-chaired by Tom de Boer and Renata Riha, is credited for its work and contribution to the scientific quality and attractiveness of the congress. A record number of 1,042 abstract submissions has been reached (2014: 876).

Philippe Peigneux warmly thanked Roberto Amici for his great support of the ESRS 2016 congress as local organizer.

- **Sleep Medicine Examination:**

The sleep medicine examination evolved over the recent years as follows:

ESRS 2012 (Paris, FR) and ERS-ESRS Sleep and Breathing 2013 (Berlin, DE):
 122 grandparents in sleep medicine

ESRS 2014 (Tallinn, EE):

1st Examination of Certification in Sleep Medicine for Sleep Technologists: 38

3rd Examination of Certification in Sleep Medicine: 106

ERS-ESRS S&B 2015 (Barcelona, ES):

2nd Examination of Certification in Sleep Medicine for Sleep Technologists: 32

4th Examination of Certification in Sleep Medicine: 64

ESRS 2016 (Bologna):

3rd Examination of Certification in Sleep Medicine for Sleep Technologists: 43

5th Examination of Certification in Sleep Medicine: 141 (Subsequent note: due to last-minute onsite cancellations or non-appearance of registered applicants, the number has to be corrected as follows: 132 of 136 applicants passed the examination in sleep medicine.)

- **ESRS Textbook:**

The ESRS Textbook, representing the knowledge-base for ESRS-endorsed sleep medicine examinations, was published in the end of 2014 with a print-run of 1.000 copies and is nearly sold out.

- **Future conferences:**

The Sleep and Breathing Conference 2017, co-organized by ERS and ESRS, will be held from 6 to 8 April in Marseille, France.

The ESRS 2018 Congress, hosted by the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSRSMC), will be held from 25 to 28 September 2018 in Basel, Switzerland.

- **Journal of Sleep Research:**

In 2015, the ESRS Board renegotiated the contract for the Journal of Sleep Research (JSR) with the publisher. Based on competitive bids by different publishers, the contract with Wiley was extended at improved financial conditions.

A call for an Editor-in-Chief for Journal of Sleep Research was published in spring 2016. Dieter Riemann has been appointed as new Editor-in-Chief. He will replace the current Editor-in-Chief, Derk-Jan Dijk, who has led the Journal since 2010 and will terminate his editorship by 31 December 2016. In future, a call will be made every 5 years offering a 3-years mandate with a possible 2-years extension.

JSR is available on the App Store and will soon be available for Android devices.

The current impact factor of the journal is 3.093. Detailed statistics on the growing number of submissions were presented. Submission and acceptance profiles over the recent years are well balanced. The ESRS Board thanked Derk-Jan Dijk for his excellent work, achievements and dedication during his tenure as Editor-in-Chief of the Journal of Sleep Research.

Concluding his report, Philippe Peigneux thanked the ESRS members for their confidence and support of the ESRS Board. Moreover, he thanked the Board, Committee members and the ESRS administrative support for their hard and dedicated work.

5. Report of the Treasurer

The ESRS Treasurer, Dieter Riemann, presented the account balance and commented the financial figures in detail. The report will also be published at the ESRS members restricted website at www.esrs.eu.

In the past, JSR was financially supported by the society. Due to the new contract with Wiley, it is supposed to generate a profit for the society in the future.

Financial impact is highly influenced by the conference income. Actually, most substantial incomes derive from ESRS conferences. The currently positive trend will continue since the current ESRS congress is extremely well visited. Positive income was also generated by the sale of the ESRS Textbook.

The account balances for the period 2012 to 2016 were presented. The balance as to 30 June 2016 shows a surplus of 621.017,51 €.

	01.01.2012	01.01.2013	01.01.2014	01.01.2015	01.01.2016	30.06.2016
Fixed Deposit Account	378.530,76 €	311.128,82 €	187.466,92 €	148.689,05 €	350.839,86 €	565.838,04 €
Securities Account	50.000,00 €	50.000,00 €	50.000,00 €	50.000,00 €	0,00 €	0,00 €
Current Account	17.688,91 €	13.081,14 €	41.664,42 €	36.631,26 €	7.312,36 €	48.424,24 €
PayPal				770,30 €	1.481,34 €	6.496,04 €
Elavon Credit Card Handler				3.275,25 €		159,51 €
Cash			52,07 €	99,68 €	99,68 €	99,68 €
	446.219,67 €	374.209,96 €	279.183,41 €	239.465,54 €	359.733,24 €	621.017,51 €

The audit report was presented together with the written, official acknowledgement that the accounts were being kept correctly.

No questions were raised after the presentations of the two reports.

After 8 years in office, Dieter Riemann will complete his term in office as ESRS Treasurer.

6. Discharge of the Board of Officers

The current ESRS Board was discharged without objection.

7. Election of the Members of the Board of Officers

Debra Skene explained the voting procedures and the rules according to legal requirements.

In accordance with the ESRS bylaws, the election of the ESRS Board was conducted by written ballot at the request of one ESRS member. All candidates were unopposed and presented themselves, before the votes were taken.

The election was executed by filling out the voting cards. The counting was supervised by Debra Skene.

According to the results of the election, the new ESRS Board is composed of:

President: Walter McNicholas (Yes:134, No:16, Abstention: 23; elected)

Vice-President (Basic): Pierre-Hervé Luppi (Yes 168:, No: 1, Abstention: 10; re-elected)

Vice-President (Clinical): Tiina Paunio (Yes:158, No: 6, Abstention: 15; elected)

Secretary: Lino Nobili (Yes: 170, No: 1, Abstention: 8; re-elected)
Assistant Secretary: Tom de Boer (Yes: 155, No: 3, Abstention: 21; elected)
Treasurer: Hans-Peter Landolt (Yes: 165, No: 0, Abstention: 14; elected)

8. Election of the Scientific Committee

Debra Skene thanked the leaving members who have finished their second two-year term for their work, namely Tom de Boer, Renata Riha, John Axelsson and Mayumi Kimura.

Out of the current Scientific Committee

Gianluca Ficca
Birgit Högl
Poul Jennum
Gilles Vandewalle
Raphaelle Winsky-Sommerer

agreed to run for a second 2-year term.

Additional candidates were:

Antoine Adamantidis
Ludger Grote
Reto Huber
Christoph Nissen
Vlad Vyazovskiy
Henna-Kaisa Wigren
Giovanna Zoccoli

The 12 candidates each presented themselves. For the vote, the members were asked to tick the candidates of their choice on the voting card (9 votes in total).

After a short discussion, the vote was taken.

Results:

Gianluca Ficca – 130 (re-elected)
Birgit Högl – 155 (re-elected)
Poul Jennum – 144 (re-elected)
Gilles Vandewalle – 133 (re-elected)
Raphaelle Winsky -Sommerer – 135 (re-elected)
Antoine Adamantidis – 87
Ludger Grote – 108 (elected)
Reto Huber – 103 (elected)
Christoph Nissen – 108 (elected)
Vlad Vyazovskiy – 92
Henna-Kaisa Wigren – 78
Giovanna Zoccoli – 125 (elected)

The new ESRS Scientific Committee, listed in alphabetical order, is thus composed of:

Gianluca Ficca
Ludger Grote
Birgit Högl
Reto Huber
Poul Jennum
Christoph Nissen
Gilles Vandewalle
Raphaëlle Winsky-Sommerer
Giovanna Zoccoli

9. ESRS Congress 2020 (Proposal and Voting)

The candidate cities Berlin and Sevilla were presented by Thomas Penzel (German Sleep Society) and Joaquín Terán, Javier Puertas and Alex Iranzo (Spanish Sleep Society), respectively.

Subsequently, Olivia Montanari from Congrex presented an objective overview regarding infrastructure and costs for both venues.

Debra Skene invited a presenter from each candidate city to supervise the counting together with her.

The results of the vote were:

Berlin = 56

Sevilla = 124

Invalid votes = 2

The ESRS congress 2020 will be held in Sevilla.

10. Miscellaneous

No miscellaneous items were discussed.

B. Knobl, 25 September 2016