

NEWSLETTER

September 2014





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FINAL LIST OF CANDIDATES FOR THE ESRS BOARD AND ESRS SCIENTIFIC COMMITTEE

In the course of the upcoming Business Meeting in Tallinn, new members for the Board and Scientific Committee will need to be elected.

All ESRS members have been invited to nominate candidates according to the rules established by the bylaws. The following nominations were received by the secretary by the deadline of September 3, 2014:

A. Board candidates who renew a 2-years term in the same position

1. President

- a) **Philippe Peigneux** (Bruxelles, Belgium) has accepted to be candidate for another two years term.

Previous activities in the ESRS: ESRS President, 2012 – 2014
Secretary of the ESRS Board, 2008-2012;
Past ESRS Local Organizing Chair for World Sleep Federation 2015 Meeting, Istanbul
Member of the ESRS Scientific Committee, 2006-2008.

- b) No other candidacies have been received by the secretary.

2. Vice-President Clinical

- a) **Walter McNicholas** (Dublin, Ireland) has accepted to be candidate for another two years term.

Previous activities in the ESRS: Vice-President Clinical, 2012 – 2014

- b) No other candidacies have been received by the secretary.

3. Treasurer

- a) **Dieter Riemann** (Freiburg, Germany) has accepted to be candidate for another two years term.

Previous activities in the ESRS: Treasurer of the ESRS Board, 2008-2014;
Member of the ESRS Scientific Committee, 2004-2008.

- b) No other candidacies have been received by the secretary.

B. Novel board position candidates

4. Vice-President Basic

- a) **Pierre-Hervé Luppi** (Lyon, France) has accepted to be candidate for Vice-President Basic.

Previous activities in the ESRS: Secretary, 2012-2014

Proposed by: Philippe Peigneux (Bruxelles, Belgium), on behalf of the ESRS Board

- b) No other candidacies have been received by the secretary.

5. Secretary

- a) **Lino Nobili** (Milan, Italy) has accepted to be candidate for Secretary.

Previous activities in the ESRS: Assistant Secretary, 2010-2014;
Member of the ESRS Scientific Committee, 2008-2010.

Current ESRS Local Organizing Chair for World Sleep Federation 2015 Meeting, Istanbul.

Proposed by: Philippe Peigneux (Bruxelles, Belgium), on behalf of the ESRS Board

- b) No other candidacies have been received by the secretary.

6. Assistant-Secretary

- a) **Simon Archer** (Guildford, United Kingdom) has accepted to be candidate for Assistant-Secretary.

Nationality: British

Position: Reader in Chronobiology
Head of Department of Biochemistry & Physiology Faculty of Health & Medical Sciences, University of Surrey

Institution: University of Surrey

Address: Guildford, Surrey, GU2 7XH, UK

Phone: +44 1483 686408

e-mail: simon.archer@surrey.ac.uk

Expertise and field of research: Basic animal, basic human.
Sleep genetics, circadian genetics, chronobiology.

Previous activities in the ESRS: Member of Scientific Committee 2010 – 2014
Chair of Scientific Committee 2012 – 2014
Member of Research Networking Committee 2010 – 2014

Proposed by: Pierre Maquet (Liège, Belgium)

- b) **Tiina Paunio** (Helsinki, Finland) has accepted to be candidate for Assistant-Secretary.

Nationality: Finnish

Position: Professor of Psychiatry (Full), Institute of Clinical Medicine, University of Helsinki

Research Professor, Department of Chronic Disease Prevention,
National Institute for Health and Welfare

Institution: University of Helsinki
Address: PL22 (Välskärinkatu 12)
Phone: +358 503507936
e-mail: tiina.paunio@thl.fi
Expertise and field of research: Basic human, human clinical.
Sleep, mood, molecular genetic, population, intervention.
Previous activities in the ESRS: Member of the Scientific Committee 2012 - 2014
Proposed by: Philippe Peigneux (Bruxelles, Belgium)

C. Nominations for the Scientific Committee (composed of 9 members)

The following members of the ESRS Scientific Committee are eligible for a second two years term and have accepted to run for re-election:

1. **John Axelsson** (Basic Human and Clinical) since 2012
2. **Tom de Boer** (Basic Animal) since 2012
3. **Mayumi Kimura** (Basic Animal) since 2012
4. **Renata Riha** (Clinical) since 2012

New candidates:

5. **Gianluca Ficca** (Napoli, Italy)

Nationality: Italian
Position: Associate Professor
Institution: Department of Psychology, University of Naples II
Address: Viale Ellittico, 31 - 81100 - Caserta, Italy
Phone: +39.0823.274791
e-mail: gianluca.ficca@unina2.it
Expertise and field of research: Basic human.
Sleep and memory, sleep in the life span.
Previous activities in the ESRS: Member since 1996
Nomination: Liborio Parrino (Parma, Italy)
6. **Birgit Högl** (Innsbruck, Austria)

Nationality: Austrian
Position: Associate Professor of Neurology, Head of the Sleep Disorders Clinic
Institution: Department of Neurology, Innsbruck Medical University
Address: Anichstr. 35, 6020 Innsbruck, Austria
Phone: +43 512 504 -23811, -81172
e-mail: birgit.ho@i-med.ac.at
Expertise and field of research: Human clinical.
Parasomnia, RLS, movement disorders of sleep.
Nomination: Joan Santamaria (Barcelona, Spain)

7. **Poul Jennum** (Glostrup, Denmark)
Nationality: Danish
Position: Professor, chief physician
Institution: Danish Center of Sleep Medicine, Department of Clinical, Neurophysiology, University of Copenhagen
Address: Glostrup Hospital, Denmark
Phone: +45 38632512
e-mail: poul.joergen.jennum@regionh.dk
Expertise and field of research: Basic human, human clinical, clinical neurophysiology, epidemiology.
Speciality: neurology, clinical neurophysiology.
Previous activities in the ESRS: ESRS member since 1984 (since Copenhagen Congress, formal member since mid 1990'ties).
Board member of the Executive Committee of the Assembly of National Sleep Societies (2008 – 2012)
Nomination: Claudio Bassetti (Bern, Switzerland)
8. **Marika Lancel** (Assen, The Netherlands)
Nationality: Dutch
Position: Head of Research of the Forensic Psychiatric Hospital
Head of the Sleep Centre for Psychiatry Assen
Institution: Mental Health Services Drenthe, Assen, The Netherlands
Address: Forensic Psychiatric Hospital, Dennenweg 9, 9404 LA Assen, The Netherlands
Phone: 0031-592-334654
e-mail: marika.lancel@ggzdrenthe.nl
Expertise and field of research: Basic animal, human sleep, human clinical work.
Sleep & psychiatry, sleep pharmacology, sleep & aggression.
Nomination: Al de Weerd (Zwolle, The Netherlands)
9. **Gilles Vandewalle** (Liège, Belgium)
Nationality: Belgian
Position: FNRS Research Associate, University of Liège, Cyclotron Research Centre
Institution: University of Liège, Cyclotron Research Centre
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e-mail: gilles.vandewalle@ulg.ac.be
Expertise and field of research: Circadian rhythms, neuroimaging, electrophysiology, cognition, light.
Nomination: Philippe Peigneux (Bruxelles, Belgium)

10. Vladyslav V. Vyazovskiy, (Oxford, United Kingdom)

Nationality: Ukrainian
Position: Senior Research Fellow, The University of Oxford
Institution: Department of Physiology, Anatomy and Genetics
Address: Sherrington Building, Parks Road, Oxford, OX1 3PT United Kingdom
Phone: +44 1865 285396
e-mail: vladyslav.vyazovskiy@dpag.ox.ac.uk
Expertise and field of research: Basic animal research.
Sleep regulation, cortical activity, behaviour, signal analysis, rodent models of neuropsychiatric disorders.
Nomination: Tarja Stenberg (Helsinki, Finland)

11. Raphaelle Winsky-Sommerer, (Guildford, United Kingdom)

Nationality: French
Position: Senior Lecturer in Sleep and Circadian Rhythms
Institution: Surrey Sleep Research Centre, University of Surrey
Address: Faculty of Health and Medical Sciences, University of Surrey, Guildford, Surrey GU2 7XH, United Kingdom
Phone: +44 1483 68 9671
e-mail: r.winsky-sommerer@surrey.ac.uk
Expertise and field of research: Basic animal & animal models of mental health.
Pharmacology of sleep and wake, sleep and mental health (stress, insomnia, mood disorders, psychosis, neurodegenerative disorders, addiction).
Previous activities in the ESRS: Coordinator of the ESRS Forum for Women in Sleep Research (since 2010)
Nomination: Pierre-Hervé Luppi (Lyon, France)



CANDIDATES TO HOST THE ESRS 2018 CONGRESS

A. Basel

1. Place: Basel, Switzerland
2. Local Organizer: Prof. Christian Cajochen
3. Proposed dates: 11 - 15 September 2018 or 25 - 29 September 2018
4. National Society: Swiss Association for Sleep Research and Sleep Medicine

B. Brussels

1. Place: Brussels, Belgium
2. Local Organizer: Prof. Dr. Johan Verbraecken
3. Proposed dates: 11 - 15 September 2018 or 25 - 29 September 2018
4. National Society: Belgian Association for Sleep Research and Sleep Medicine

C. Gothenburg

1. Place: Gothenburg, Sweden
2. Local Organizer: Prof. Jan Hedner
3. Proposed dates: 4 - 8 September 2018 or 11 - 15 September 2018
4. National Society: Swedish National Sleep Society



ESRS EXAMINATION IN SLEEP MEDICINE 2015

The ESRS Board is pleased to announce the

4th Examination of Certification in Sleep Medicine

(15 April 2015)

and

2nd Examination of Certification in Sleep Medicine for Sleep Technologists

(15 and 16 April 2015)

which will take place during the [2015 Sleep & Breathing Congress](#) in Barcelona, Spain.

Applications will be accepted from **1 October - 15 November 2014**. More information on the application process will be posted shortly on the ESRS website at www.esrs.eu/education-career/esrs-examination-in-sleep-medicine.html.



REPORT ON ESRS-FENS SYMPOSIUM 2014

9th Federation European Neurosciences Societies (FENS) Forum of Neuroscience

Satellite Symposium of the European Sleep Research Society, 4.7.2014, Milan, Italy:

[Understanding Sleep: novel perspectives in Neurosciences](#)

[View photo gallery](#)

The symposium brought together basic and clinical researchers from the sleep research community who contributed to a highly stimulating conference. More than one hundred researchers – among them, biologists, psychologists, physicians and physicists attended the meeting coming from different countries (Europe, Canada, South Korea). The symposium provided a forum for discussing the more recent findings in the field. It included four main sessions dedicated to the functions of sleep, its global and local regulatory mechanisms, the impact of sleep deprivation on health (immunological, metabolic and cardiovascular functions) and the dysfunctions of REM sleep in neuro-psychiatric diseases. Each session has been characterized by a lively debate, which favored a true exchange between basic scientists and clinicians, highlighting sleep as a central topic in neuroscience and neurology.

In the end, it was clear how much the phenomena described by basic sleep research do impact physical and mental health, as it was clear how clinical observation do guide new lines of scientific research. All speakers have been able to deliver very clear and didactic talks and, at the same time, they overviewed the most recent research in each field and shed some light on possible future lines of research.

The success of the symposium has been confirmed by positive comments collected among speakers and participants so that it seems worthwhile to maintain and perhaps increase the participation of the ESRS in future FENS meetings.

Lino Nobili



NOMINATIONS FOR FENS-KAVLI NETWORK OF EXCELLENCE

In collaboration with the Kavli Foundation, the Federation of European Neuroscience Societies (FENS) is establishing a high level network of excellent young neuroscientists.

Deadline for (self-)nominations: **15 October 2014**.

For further information, please click the following links:

[FENS-Kavli-Network-of-Excellence](#)

[Call for nominations](#)

[Submit your \(self\)-nomination](#)



ESRS EVENTS

22nd Congress of the European Sleep Research Society

Date: September 16 - 20, 2014
Venue: Tallinn, Estonia
Website: www.congrex-switzerland.com/esrs2014



Sleep and Breathing

Date: April 16 - 18, 2015
Venue: Barcelona, Spain
Website: www.sleepandbreathing.org/

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

Worldsleep 2015 - 7th World Congress of the World Sleep Federation Congress

hosted by the ESRS

Date: October 31 – November 3, 2015
Venue: Istanbul, Turkey
Website: www.congrex-switzerland.com/worldsleep2015





ESRS SPONSORED EVENTS AND ENDORSED TRAINING / COURSES

ISMC 2014 - International Sleep Medicine Course

Date: November 17 – 20, 2014
Venue: St. Michelsgestel, The Netherlands
Website: www.ismc2014.nl/



OTHER TRAINING & COURSES

Behavioural Sleep Medicine Course 2014

Date: October 2 - 4, 2014
Venue: Freiburg, Germany
Programme: www.esrs.eu/uploads/tx_mnmesrscal/FFAP_international_final-4.pdf

Online Course on the Value of Patient and Public Involvement (PPI) for Professionals

Date: November 4 - 20, 2014
Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf
Website: www.ersnet.org/education/courses.html

Noninvasive Ventilation: Basic Concepts

Date: November 20 –21, 2014
Venue: Hannover, Germany
Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf
Website: www.ersnet.org/education/courses.html

Edinburgh Sleep Medicine Course

Date: March 16 –20, 2015
Venue: Edinburgh, Scotland, UK
Website: www.ed.ac.uk/.../sleep-research-unit/courses/sleep-medicine
Flyer: www.esrs.eu/uploads/tx_mnmesrscal/ESMC_flyer_2015.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

Le Congrès du Sommeil

Annual Meeting of the French Society for Sleep Research and Sleep Medicine (SFRMS)

Date: November 20 - 22, 2014
Venue: Lille, France
Website: www.lecongresdusommeil.com/

22nd Annual Meeting of the German Sleep Society

Date: December 4 - 6, 2014
Venue: Cologne, Germany
Website: www.dgsm-kongress.de/



Conference Chairs:

Dr. med. Alfred Wiater
Priv.-Doz. Dr. med. Wolfgang Galetke
Prof. Dr. med. Winfried Randerath

Newcastle Sleep 2015

Date: October 1 - 3, 2015
Venue: Gateshead, United Kingdom
Website: www.newcastlesleep2015.co.uk/

Research meets Clinical Practice

British Sleep Society Scientific Conference



FUTURE MEETINGS

The 3rd European Conference on Mental Health

Date: September 10 - 12, 2014
 Venue: Tallinn, Estonia
 Website: www.evipro.fi/joomla/.../3rd-european-conference-on-mental-health

CUHK Sleep 2014 Conference and Workshop

Date: September 24 - 28, 2014
 Venue: Hong Kong, China
 Website: www.pae.cuhk.edu.hk/SLEEP2014/

24-26.09.2014: Polysomnography Workshop
 26.09.2014: Psychotherapy for Insomnia Workshop
 27-28.09.2014: Update Conference on Sleep Medicine

Resting States and State Dependent Information Processing in Health and Disease

Date: September 28 – October 1, 2014
 Venue: Monte Verità, Ascona, Switzerland
 Website: www.puk.unibe.ch/rsn2014
 Flyer: www.esrs.eu/uploads/tx_mmescal/Resting_states_and_state.pdf

The organizing committee:

Thomas Koenig, Daniel Brandeis, Peter Achermann, Lutz Jäncke, Mara Kottlow

Joint Congress: World Psychiatric Association Thematic Conference on Intersectional Collaboration

Date: October 30 – November 2, 2014
 Venue: Athens, Greece
 Website: www.psych-relatedsciences.org/



5th European Congress of the International Neuropsychiatric Association
 2nd Interdisciplinary Congress on Psychiatry and Related Science

6th World Congress on Sleep Medicine (WASM)

Date: March 21 –25, 2015

Venue: Seoul, Korea

Website: wasmcongress.com/

3rd Alpine Sleep Summer School (ASSS)

Date: June 29 –July 3, 2015

Venue: Lugano, Switzerland

1st Announcement: www.esrs.eu/uploads/.../...ASSS_2015_04.08.2015.pdf

World Sleep 2017

Date: October 6 –11, 2017

Venue: Prague, Czech Republic

Website: www.worldsleepcongress.com/

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



NEW MEMBERS

The Society welcomes the following new members:

Mhamad Ghiyath **Al-Hashimi**, Dr.

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