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*The Final Programme is supported by Air Products/Gasin.*
Committees

**ESRS Board**
Claudio Bassetti (Lugano/Zurich, CH), President
Roberto Amici (Bologna, IT), Basic Vice-President
Patrick Lévy (Grenoble, FR), Clinical Vice-President
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Zoran Dogas (Split, HR), Member Co-opted from ANSS
Thomas Pollmächer (Ingolstadt, DE), Past President

**Local Organising Committee**
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Marta Gonçalves (Porto, PT), President of the Portuguese Sleep Association
Monteiro Ferreira (Coimbra, PT)
Ana Rita Peralta (Lisbon, PT)
Helena Rebelo Pinto (Lisbon, PT)
Richard Staats (Lisbon, PT)
João Valença (Lisbon, PT)

**Scientific Programme Committee**
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Colin Espie (Glasgow, UK)
Paul Franken (Lausanne, CH)
Lino Nobili (Milan, IT)
Thomas Penzel (Berlin, DE)
Christelle Peyron (Lyon, FR)
Joan Santamaria (Barcelona, ES)
We are delighted to invite you to participate in the 20th Congress of the European Sleep Research Society which will be held in Lisbon, Portugal from 14 – 18 September 2010, at the Lisboa Congress Centre.

The European Sleep Research Society is an international scientific non-profit organisation and promotes all aspects of sleep research and sleep medicine. It hosts individual researchers, both Europeans and from all world regions. Furthermore ESRS hosts the Assembly of National Sleep Societies from all European countries, further promoting a highly interactive interaction among clinicians and researchers. The ESRS is responsible for the publication of the Journal of Sleep Research, the organisation of scientific meetings, the promotion of education and training, the dissemination of information, and the establishment of fellowships and awards.

Lisbon is a mandatory visiting city both in Europe and worldwide. It is recognised for its unique luminosity, its green surroundings with the wide extension of the river Tagus mouth, the light pink colour of the houses, the old tile panels and, most of all, for the warmth and friendly contact with its inhabitants.

The 20th Congress of the European Sleep Research Society follows on from the successful meetings in Glasgow (2008), Innsbruck (2006), Prague (2004), Reykjavik (2002) and Istanbul (2000), all of them recognised by their high scientific and medical standards. The Lisbon Congress will keep in line with such tradition, offering new features for promotion of high level education and research interaction. The convenor and the local committee are strongly involved in a congress that, by its quality, warmth and uniqueness, will remain as an unique memory in your life.

Yours sincerely

Claudio Bassetti
President
ESRS

Teresa Paiva
Chairperson
Local Organising Committee

Marta Gonçalves
President
Portuguese Sleep Association
Congress Organiser
20th Congress of the European Sleep Research Society
c/o Congrex Switzerland Ltd.
Association House
Freie Strasse 90
4002 Basel / Switzerland
Phone: +41 61 686 77 11
Fax:  +41 61 686 77 88
Email: basel@congrex.com
Website: www.congrex.com

ESRS
ESRS Membership Office
Maria Wiechmann
Bezirksklinikum Regensburg
Universitätsstrasse 84
93053 Regensburg / Germany
Fax:  +49 941 941 1505
Email: esrs@esrs.eu
Website: www.esrs.eu

Local & Accomodation Agency
AIMS Portugal
Congressos e Incentivos, Lda.
Rua Garrett 61, 3°
1200 – 203 Lisbon / Portugal
Phone: +351 21 324 50 40
Fax:  +351 21 324 50 50
Email: lisbon@aims-international.com

Flight Bookings
Congrex Travel Ltd.
Association House
Freie Strasse 90
4002 Basel / Switzerland
Phone: +41 61 690 94 11
Fax:  +41 61 691 94 14
Email: basel@congrex.com
Website: www.congrex.com

Congress Venue
Lisboa Congress Centre (CCL)
Praça das Indústrias
1300-307 Lisbon / Portugal
Phone: +351 21 360 1400
Fax:  +351 21 360 1149
Email: lisboaacc@aip.pt
Website: www.lisboacc.pt

Congress Website
www.congrex.ch/esrs2010
ESRS wishes to express its gratitude to the following companies who, through their generosity, have helped to make this congress possible:

**Diamond Sponsor**

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Phone: +49 89 74 460, www.linde-healthcare.com
## Programme Overview

### Tuesday, 14 September 2010

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Complicated breathing patterns during sleep
satellite symposium organized by Philips Respironics

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<td>12.30 – 12.35</td>
<td><strong>Introduction</strong></td>
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<td>Dr. Dirk Pevernagie, Heeze, the Netherlands</td>
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<td>12.35 – 12.55</td>
<td><strong>Which patients develop complicated breathing patterns during sleep, why and how do you treat them?</strong></td>
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<td>Prof. Winfried Randerath, Solingen, Germany</td>
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<td>12.55 – 13.15</td>
<td><strong>Case studies of complicated breathing patterns during sleep.</strong></td>
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<td>Dr. Michael Arzt, Regensburg, Germany</td>
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<td>13.15 – 13.30</td>
<td><strong>A practical approach to managing complicated breathing patterns.</strong></td>
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<td>Fayçal Abdenbi, PhD, Paris, France</td>
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20th Congress of the European Sleep Research Society, Lisbon

Wednesday 15th September 2010
12.30 – 13.30, Lecture Hall C
Chair: Dr. Dirk Pevernagie, Heeze, the Netherlands

All delegates are welcome to attend.
Please arrive early to ensure your seat.
**Wednesday, 15 September 2010**

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Symptom Free: The Goal of RLS Therapy

- Effectively eliminated RLS symptoms in approximately 1 out of 3 patients at the 3 mg/24 h dose
- Efficacy was sustained over 3 years with no symptom increase in the majority of patients


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### Programme Overview

**Thursday, 16 September 2010**

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<td>Meet the Professor T. Akerstedt p. 39</td>
<td>Meet the Professor M. Billiard p. 39</td>
<td>Oral Session 2 Obstructive sleep apnoea</td>
<td>Oral Session 3 Neurology</td>
<td>Oral Session 4 Occupation and environment</td>
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<td>Oral Session 3 Neurology</td>
<td>Oral Session 4 Occupation and environment</td>
<td>Oral Session 5 Children</td>
<td>Oral Session 6 Current topics in basic human sleep research and sleep medicine</td>
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<td>11.00</td>
<td>11.00 – 13.00 Symposium Sleep in unusual and extreme environments</td>
<td>11.00 – 13.00 Symposium New vistas on brain energy levels</td>
<td>11.00 – 13.00 Symposium Metabolic and inflammatory changes in sleep deprivation</td>
<td>11.00 – 13.00 Symposium Body-mind interaction in sleep</td>
<td>11.00 – 13.00 Symposium Clock, sleep and mood regulation</td>
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<td>16.00</td>
<td>16.00 – 17.00 Video Session Challenging diagnostic cases p. 44</td>
<td>16.00 – 17.00 Case Discussion Sleep and fatigue p. 44</td>
<td>16.00 – 17.00 Round Table Discussions Future of sleep research p. 44</td>
<td>16.00 – 17.00 Round Table Discussion ESRS – AASM – WFSRSM p. 45</td>
<td>16.00 – 17.00 Case Discussions The psychiatric patient p. 45</td>
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<td>17.15 – 19.15 ESRS Business Meeting p. 45</td>
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We improve your patients’ quality of life.
## Programme Overview

### Friday, 17 September 2010

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<th>Time</th>
<th>Lecture Hall A</th>
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<td>Meet the Professor A. Wirz-Justice</td>
<td>Meet the Professor M. Terzano</td>
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<td>08.30 – 10.30</td>
<td>Oral Session 7 Insomnia mechanisms</td>
<td>Oral Session 8 Basics/REM/Networks</td>
<td>Oral Session 9 From circadian performance to light</td>
<td>Oral Session 10 Narcolepsy</td>
<td>Oral Session 11 Effects of sleep deprivation</td>
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<td>ANSS President Meeting</td>
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Compumedics provides an unrivalled spectrum of sleep diagnostic solutions, ranging from Home Sleep Testing (HST), to premier in-lab solutions.

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info@compumedics.com.au

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United States • Australia • Germany

Compumedics Headquarters:
Abbotsford, Victoria, Australia

AF210 Issue 1
## Programme Overview

### Saturday, 18 September 2010

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<td>Sleep analysis and new technologies</td>
<td>Food for sleep</td>
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<td>Symposium Clinical application of DLMO measurement</td>
<td>Symposium Translational research on sleep changes</td>
<td>Symposium New concepts and developments in modelling of sleep</td>
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<td>Registration and coffee</td>
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<td>Welcome</td>
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<td>S. de Lacy (London, UK)</td>
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<td>Chair: S. de Lacy (London, UK)</td>
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<td>09:40</td>
<td>A consultant technologist sleep apnoea service</td>
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<td>S. de Lacy (London, UK)</td>
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<td>10:10</td>
<td>Portuguese sleep medicine tests</td>
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<td>A. Brito (Coimbra, PT)</td>
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<td>10:40</td>
<td>Cardiovascular consequences of obstructive sleep apnoea</td>
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<td>D. O’Driscoll (Melbourne, AU)</td>
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<td>11:10</td>
<td>Coffee break</td>
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<td>Chair: J. Vis (Berg en Dal, NL)</td>
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<td>11:30</td>
<td>Parasomnias: video case studies</td>
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<td>I. Van Velzen (The Hague, DK)</td>
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<td>12:00</td>
<td>Diagnosis and differential diagnosis of restless legs syndrome</td>
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<td>C. Bassetti (Lugano/Zurich, CH)</td>
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<td>13:00</td>
<td>Lunch: 5 x 10 min industry-sponsored presentations</td>
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<td>Chair: J. Tiete (Luxembourg, LU)</td>
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<td>14:00</td>
<td>Accreditation of sleep technologists and education centres</td>
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<td>D. Pevernagie (Ghent, BE/Heeze, NL)</td>
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<td>14:45</td>
<td>R&amp;K or AASM 07 – Have we decided yet?</td>
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<td>P. Murphy (Gothenburg, SE)</td>
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<td>Chair: I. Van Velzen (The Hague, NL)</td>
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<td>Sleep and cognition in childhood</td>
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<td>R. Schutte (Amsterdam, NL)</td>
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<td>16:00</td>
<td>Microstructure and dynamics of sleep in children aged 10 – 12 years</td>
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<td>J. Vis (Berg en Dal, NL)</td>
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<td>17:00</td>
<td>ESST Board and National Delegate Meeting</td>
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09:00 – 12:30  Teaching Course  

**Sleep medicine I**  
Chair: D. Pevernagie (Ghent, BE/Heeze, NL)

1. **Positive airway pressure (PAP)**  
A. Blau (Berlin, DE)

2. **Oral appliance therapy for sleep-disordered breathing (SDB)**  
M. De Meyer (Ghent, BE)

3. **Surgical treatment for sleep disordered breathing**  
S. Berg (Lund, SE)

09:00 – 12:30  Teaching Course  

**Sleep and cognition**  
Chair: P. Peigneux (Brussels, BE)

4. **Contributions of animal models to the understanding of the role of sleep in learning and memory**  
S. Palchykova (Zurich, CH)

5. **Caveats and pitfalls for the use of psychological models in the study of sleep and memory**  
G. Ficca (Naples, IT)

6. **What can neuroimaging tell us on a role for sleep in memory? Insights and limitations**  
P. Peigneux (Brussels, BE)
Scientific Programme

09:00 – 18:00 1st Portuguese-Brazilian Symposium in Sleep Medicine

This symposium is held in Portuguese language. No simultaneous translation to English is provided.

09:00

Opening Session

Welcome and introduction
F. Lopes da Silva (Amsterdam, NL)

Messages of the representatives of the Portuguese and Brazilian Sleep Societies and welcome of the ESRS President C. Bassetti (Lugano/Zurich, CH)

Current questions of sleep medicine guidelines:

09:30

Polysomnography
Speaker: T. Paiva (Lisbon, PT)
Discussant: S. Tavares (São Paulo, BR)

10:00

Restless legs
Speaker: G. Rizzo (Porto Alegre, BR)
Discussant: C. Bentes (Lisbon, PT)

10:30

Apnea
Speaker: L. Bittencourt (São Paulo, BR)
Discussant: C. Barbara (Lisbon, PT)

11:00

Coffee break

11:30

Narcolepsy
Speaker: F. Aloé (São Paulo, BR)
Discussant: A. Martins da Silva (Oporto, PT)

12:00

Insomnia
Speaker: N. Rodrigues (Brasilia, BR)
Discussant: H. Azevedo (Coimbra, PT)

12:30

Lunch

Short communications:

14:00

“Episoño” – Brazilian epidemiological study
R. Santos Silva (São Paulo, BR)
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<td>Brazilian epidemiologic study of restless legs syndrome in adults</td>
<td>A. Eckeli (Ribeirão Preto, BR)</td>
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<td>14:40</td>
<td>Brazilian epidemiologic study of restless legs syndrome in children</td>
<td>H. Sander (Ribeirão Preto, BR)</td>
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<td>Portuguese study about hours of sleep, habits and obesity in children</td>
<td>C. Padez (Coimbra, PT)</td>
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<td>Cardiovascular risks in sleep apnea</td>
<td>P. Pinto (Lisbon, PT)</td>
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<td>Sleep-waking patterns in Portuguese university students</td>
<td>A. Allen Gomes (Aveiro, PT)</td>
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<td>Break</td>
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<td>Presentation and discussion of the training programs in Sleep Medicine in Portugal and Brazil</td>
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<td>Federal University of the State of S. Paulo (UNIFESP)</td>
<td>D. Poyares (São Paulo, BR)</td>
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<td>University of S. Paulo, Ribeirão Preto (USP)</td>
<td>R. Fernandez (Ribeirão Preto, BR)</td>
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<td>University of S. Paulo, S. Paulo (USP)</td>
<td>S. Tavares (São Paulo, BR)</td>
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<td>Federal University of Bahia</td>
<td>F. Hora (Bahia, BR)</td>
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<td>University of Lisbon, Faculty of Medicine</td>
<td>T. Paiva (Lisbon, PT)</td>
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<td>17:15</td>
<td>Awarding of Florbela Espanca Prize</td>
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<td>17:45</td>
<td>Closing remarks by the Portuguese-Brazilian Organizing Committee</td>
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This symposium is supported by Pulmocor, Gasin, Servier, Praxair, Lundbeck, Aneid, Dar Saúde, Lindemed, Sonocare, Resmed, Vitalaire.
13:30 – 17:00  Teaching Course  

Lecture Hall C

**Sleep medicine II**  
*Chair: J. Santamaria (Barcelona, ES)*

7  **Narcolepsy**  
S. Overeem (Nijmegen, NL)

8  **Insomnia**  
C. Espie (Glasgow, UK)

9  **Restless legs syndrome**  
C. Trenkwalder (Kassel, DE)

This teaching course is supported by Cephalon with an unrestricted educational grant.

13:30 – 17:00  Teaching Course  

Lecture Hall D

**Sleep and genetics**  
*Chair: M. Von Schantz (Guildford, UK)*

10  **Approaches towards finding sleep genes in mice**  
P. Franken (Lausanne, CH)

11  **Human sleep genetics: from genotype to phenotype**  
M. von Schantz (Guildford, UK)

12  **Methods in human sleep genetics: a genetic approach to restless legs syndrome**  
J. Winkelmann (Munich, DE)
17:00 – 18:30  **ESRS Women’s Forum**  

**Introduction and updates on the Forum**  
T. Sletten (Clayton, AU)

17:10  13 **Representation of women in sleep research: points to discuss**  
R. Winsky-Sommerer (Guildford, UK)

17:35  14 **Sleep and chronobiology research: “Women are so unreliable”**  
J. Arendt (Guildford, UK)

18:00  15 **Experience as a young woman scientist and mother**  
V. Mongrain (Montreal, CA)

18:20  **Discussion and directions forward**

17:15 – 18:15  **EU Committee Symposium**  

*Chair: T. Porkka-Heiskanen (Helsinki, FI)*

17:15 **How to bring sleep on the agenda of EU**  
T. Porkka-Heiskanen (Helsinki, FI)

17:35 **Preparation of a white paper to promote sleep medicine and research in Europe**  
D. Riemann (Feiburg, DE)

17:55 **What national societies can do to promote EU contacts?**  
D. Garcia-Borreguero (Madrid, ES)
07:30 – 08:30  Meet the Professor – Prof. Lavie  
Lecture Hall C

16  Meet the Professor  
P. Lavie (Haifa, IL)

07:30 – 08:30  Meet the Professor – Prof. Guilleminault  
Lecture Hall D

17  Meet the Professor  
C. Guilleminault (Redwood City, US)

08:30 – 10:30  Opening Ceremony  
European Sleep Science Award  
Young Scientist Symposium  
Lecture Hall A

08:30  Welcome by the ESRS President, the local Chairperson, the President of the Portuguese Sleep Association and the Portuguese government.

09.00  Award ceremony of the first European Sleep Science Award.  
Musical entertainment will round off the opening and award ceremony.

09:30  Young Scientist Symposium  
Chairs: C. Bassetti (Lugano/Zurich, CH)  
M. von Schantz (Guildford, UK)

09:30  S19  Sleep disturbance impedes stroke recovery in the rat  
C. Zunzunegui, B. Gao, E. Cam, A. Hodor, C. Bassetti (Zurich, Lugano; CH)

09:45  S20  Daytime sleep protects motor sequence memory from interference: an fMRI study  

10:00  S21  Short sleep duration and body mass index trajectories: a longitudinal study during childhood  
E. Touchette, L. Pryor, R.E. Tremblay, J.Y. Montplaisir, B. Falissard, S.M. Côté (Paris, FR; Montreal, CA)
10:15  S22  A framework for sleep staging based on unobtrusive measurements
B. van der Vijgh, V. Pronk, H.C. van Vugt,
R.J. Raymann, R.J. Beun (Eindhoven, Utrecht, NL)

10:30 – 11:00  Coffee Break
The coffee break is supported by Air Products/Gasin

11:00 – 12:00  Video Session  Lecture Hall A

Parasomnia overlap disorder:
clinical manifestations and underlying
brain mechanisms
Chair: C. Schenck (Minneapolis, US)

Clinical manifestations
C. Schenck (Minneapolis, US)
C. Bassetti (Lugano/Zurich, CH)
I. Arnulf (Paris, FR)

Underlying brain mechanisms
P.-H. Luppi (Lyon, FR)

11:00 – 12:00  Video Session  Lecture Hall B

Respiratory sounds during sleep
Chairs: D. Pevernagie (Ghent, BE/Heeze, NL)
S. Overeem (Nijmegen/Heeze, NL)

Pharyngeal and vocal respiratory sounds in sleep
inspiratory and expiratory respiratory sounds in sleep
indications for and effects of treatment
D. Pevernagie (Ghent, BE/Heeze, NL)
S. Overeem (Nijmegen/Heeze, NL)

11:00 – 12:00  Round Table Discussion  Lecture Hall C

Insomnia treatment
Chair: D. Riemann (Freiburg, DE)

Insomnia treatment
T. Pollmächer (Ingolstadt, DE)
E.J. Van Someren (Amsterdam, NL)
C. Espie (Glasgow, UK)
M. Perlis (Philadelphia, US)
11:00 – 12:00 Round Table Discussion

Fatigue, sleepiness and driving
Chair: P. Philip (Bordeaux, FR)

27 Fatigue, sleepiness and driving
M. Partinen (Helsinki, FI)
P. Sagaspe (Bordeaux, FR)
J. Vester (Utrecht, NL)

11:00 – 12:00 Case Discussion

Treatment of sleep disorders: when it becomes complex
Chair: P. Lévy (Grenoble, FR)

28 Narcolepsy with persistent daytime sleepiness despite usual treatment
Y. Dauvilliers (Montpellier, FR)

29 Excessive daytime sleepiness in CPAP treated patients. Should it be treated?
J.-L. Pépin (Grenoble, FR)

30 Complex sleep apnea syndrome. What should be done?
W. Randerath (Solingen, DE)

12:00 – 13:00 Lunch
The lunch is supported by UCB Pharma SA

12:00 – 13:30 Poster Viewing

(Please refer to pages 85 – 103 for details)

Environment P328 – P355
Memory P356 – P381
Sleep homeostasis P382 – P396
Sleep disorders P397 – P410
Psychological and psychiatric disorders P411 – P443
Narcolepsy P444 – P464
Insomnia I P465 – P492
Obstructive sleep apnoea I P493 – P520
Managing the patient’s changing condition with our innovative Sleep Therapy Systems

Accurate recording of therapy and compliance data is the key to patient care. As well as providing an effective and comfortable therapy, our CPAP System One allows for the detection of complex SDB, which can be automatically treated by our BiPAP Auto SV Advanced. Both systems maintain optimal patient comfort without compromising treatment efficacy or long-term compliance. Visit us today to learn more at http://global.respironics.eu

Because our innovations are inspired by you.
12:30 – 13:30 Satellite Symposium

**Hot topics in RLS: current and future**
*Chair: J. Ferreira (Lisbon, PT)*

**S31**  
**Burden of the disease**  
K. Stiasny-Kolster (Marburg, DE)

**S32**  
**RLS and the heart – what do we know?**  
L. Ferini-Strambl (Milan, IT)

**S33**  
**Treatment – tomorrow and beyond**  
C. Trenkwalder (Kassel, DE)

Satellite Symposium organised by UCB Pharma SA

12:30 – 13:30 Satellite Symposium

**Complicated breathing patterns during sleep**
*Chair: D. Pevernagie (Ghent, BE/Heeze, NL)*

12:30  
**Introduction**  
D. Pevernagie (Ghent, BE/Heeze, NL)

12:35 **S34**  
**Which patients develop complicated breathing patterns during sleep, why and how do you treat them?**  
W. Randerath (Solingen, DE)

12:55 **S35**  
**Case studies of complicated breathing patterns during sleep**  
M. Arzt (Regensburg, DE)

13:15 **S36**  
**A practical approach to managing complicated breathing patterns and product demonstration**  
F. Abdenbi (Paris, FR)

Satellite Symposium organised by Philips Respironics
Chair: D. Riemann (Freiburg, DE)

Walking in your sleep and fighting in your dreams: The world of NREM and REM parasomnias
J. Montplaisir (Montreal, CA)

Jacques Montplaisir completed his medical training at the Université de Montréal where he also obtained his PhD in Neuroscience. He then underwent a three-year postdoctoral training at the California Institute of Technology and at the Stanford University in California. Upon his return to Montreal, he completed a clinical training in Psychiatry at McGill University and was appointed professor in Psychiatry and Neuroscience at the Université de Montréal and Director of the Sleep Disorders Center at the Sacré-Cœur Hospital of Montreal. This Center now counts eleven full-time researchers and more than 25 research trainees. He published 4 books, 59 book chapters, 293 articles and 476 abstracts in peer-reviewed journals and has given more than 100 invited lectures in 20 different countries since 1995. During his education and his career as a researcher, he received numerous awards. To name a few, he received in June 2005 the Distinguished Scientist Award from the Sleep Research Society (USA). In 2007, he was the first recipient of the Career Award of the Canadian Sleep Society. The same year he received, from the Québec Government, the Wilder Penfield Award for his exceptional contribution to medical sciences. In 2006, he served as President of the 8th World Congress of Sleep Apnea held in Montreal. Since 2001, Jacques Montplaisir is chairman of the Canada Research Chair in Sleep medicine and is now director of the Center for Advanced Research in Sleep Medicine, which is affiliated with the Université de Montréal.

Coffee Break
The coffee break is supported by Air Products/Gasin
Scientific Programme

15:00 – 17:00 Symposium

Lecture Hall A

Obesity and obstructive sleep apnea: interacting actors
*Chairs: A.I. Pack (Philadelphia, US) T. Penzel (Berlin, DE)*

S38 Risk factors for obstructive sleep apnea in obese and non-obese subjects
R.J. Schwab (Philadelphia, US)

S39 Genetic risk factors for obesity and obstructive sleep apnea
A.I. Pack (Philadelphia, US)

S40 Interactive effects of obesity and sleep apnea – insights from rodent model
V. Polotsky (Baltimore, US)

S41 Role of obesity and obstructive sleep apnea on biomarkers of cardiovascular disease in humans
T. Gislason, A.I. Pack, E.S. Arnardottir (Reykjavik, IS; Philadelphia, US)

15:00 – 17:00 Symposium

Lecture Hall B

Brain activity during sleep: from single cells to the brain
*Chairs: P. Achermann (Zurich, CH) F. Lopes da Silva (Amsterdam, NL)*

S42 Neuronal activities in thalamocortical system during sleep and waking states
I. Timofeev (Quebec, CA)

S43 Differential sleep features within the human brain: local aspects derived from intra-cerebral recordings
L. Nobili, F. Moroni, M. Ferrara, G. De Gennaro, F. De Carli (Milan, Rome, L’Aquila, Genoa, IT)

S44 Bistability in thalamocortical circuits and the price we pay for slow waves
M. Massimini (Milan, IT)

S45 Neural correlates of human NREM sleep oscillations
P. Maquet (Liège, BE)
15:00 – 17:00 Symposium

Lecture Hall C

**Sleep research in Africa:**
From basic neuroscience and clinical investigations to health management in developing countries

*Chairs: H.M. Cooper (Bron, FR)*
* S. Tufik (São Paulo, BR)*

**S46**

**African sleeping sickness: trypanosomes and sleep-wake changes, from bench to bedside**
M. Bentivoglio, G. Bertini, G. Grassi-Zucconi, P.F. Seke Etet (Verona, IT)

**S47**

**Sleep anatomy and physiology in various African mammals**
P. Manger (Johannesburg, ZA)

**S48**

**Effects of heavy metal intoxication on circadian rhythms and basal ganglia**
M. Sabbar, D. Salhi, N. Bouhaddou, H.M. Cooper, A. Bennazouz, N. Lakhdar-Ghazal (Rabat, MA; Lyon, Bordeaux, FR)

**S49**

**Health management in Africa: waking up to sleep disorders**
A. Kongnyu Njamnshi (Yaounde, CM)
15:00 – 17:00 Symposium  
Lecture Hall D

**Sleep and cognition in aging and Alzheimer’s disease**  
*Chairs: G. Rauchs (Caen, FR)*  
*M. Partinen (Helsinki, FI)*

**S50**  
**Age-related changes in slow and spindle oscillations: possible impact on vigilance and cognition**  
J. Carrier (Montreal, CA)

**S51**  
**Structural and functional consequences of sleep-wake rhythm fragmentation in the elderly and Alzheimer’s disease**  
E. Van Someren, R.F. Riemersma-van der Lek, E. Møst, R. Raymann, J. Oosterman, Y. Van Der Werf (Amsterdam, NL)

**S52**  
**Cholinergic and other neurotransmitter influences on memory processing during sleep**  
S. Gais (Munich, DE)

**S53**  
**Relationships between sleep changes and memory impairment in aging and Alzheimer’s disease**  
G. Rauchs (Caen, FR)

15:00 – 17:00 Symposium  
Lecture Hall E

**Longitudinal study of markers of neurodegeneration in REM sleep behaviour disorder**  
*Chairs: J. Montplaisir (Montreal, CA)*  
*C. Schenck (Minneapolis, US)*

**S54**  
**Longitudinal studies of sensory and motor deficits in idiopathic RBD**  
L. Ferini Strambi (Milan, IT)

**S55**  
**Changes of REM sleep abnormalities over time in RBD**  
A. Iranzo (Barcelona, ES)

**S57**  
**Autonomic dysfunction in RBD – a sign of synucleinopathy?**  
R.B. Postuma (Montreal, CA)

**S56**  
**Cognitive decline in idiopathic rapid eye movement sleep behaviour disorder**  
J.-F. Gagnon (Montreal, CA)
17:15 – 19:15 Oral Session 1: Molecular sleep

(Please refer to pages 59 – 60 for details)

17:15 – 19:15 European Network Session

Strategic steps towards understanding and treating insomnia by EU-cooperation – a report from the European Insomnia Network

Chairs: E. Van Someren (Amsterdam, NL)  
D. Riemann (Freiburg, DE)

17:15

68 What is the European Insomnia Network, what are its aims within the ESRS/ EU?  
D. Riemann (Freiburg, DE)

17:35

69 Epidemiology and health care situation of insomnia in Europe  
D. Leger (Paris, FR)

17:55

70 Large-scale internet assessment to find insomnia phenotypes: the Netherlands Sleep Registry going EU?  
E. van Someren (Amsterdam, NL)

18:15

71 Starting an EU database of MRI and high density EEG of insomnia: lessons learned from other consortia  
D. Stoffers, K. Spiegelhalter (Amsterdam, NL; Freiburg, DE)

18:35

72 Insomniac in Europe: who has a chance to get CBT-I?  
C. Espie (Glasgow, UK)

18:55

73 Insomnia in the curriculum of medical and clinical psychology/psychotherapy training. What has to be done?  
T. Pollmächer (Ingolstadt, DE)
European Networks in Sleep Apnea research

Chairs: W. McNicholas (Dublin, IE)
         L. Grote (Gothenburg, SE)

17:15

Introduction
L. Grote (Gothenburg, SE)

17:25

Achievements of the European Union cost action B 26 on sleep apnea
W. McNicholas (Dublin, IE)

17:45

The European Sleep Apnea Database (ESADA) – design and first results
J. Hedner (Gothenburg, SE)

18:05

Structure and achievements of the Spanish Sleep Apnea Network
F. Barbé (Lleida, ES)

18:25

The Greifswald Cohort on disease outcome in Germany
I. Fietze (Berlin, DE)

18:45

Panel Discussion:
What are the directions of future collaborative efforts in sleep apnea research?
Moderators: W. McNicholas (Dublin, IE) and L. Grote (Gothenburg, SE)
17:15 – 19:15 European Network Session

**EURLSSG**

*Chairs: M. Zucconi (Milan, IT)  
K. Stiasny-Kolster (Marburg, DE)*

**Lecture Hall D**

17:15 78 **The EURLSSG: mission and growth**  
M. Zucconi (Milan, IT)

17:35 79 **Completed clinical projects, and standard papers of the EURLSSG**  
C. Trenkwalder (Kassel, DE)

17:55 80 **Genetic research within the EURLSSG**  
J. Winkelmann (Munich, DE)

18:15 81 **Current hot topics of debate in RLS**  
D. Garcia-Borreguero (Madrid, ES)

18:25 82 **Current and future projects of the EURLSSG**  
B. Högl (Innsbruck, AT)

**17:15 – 19:15 European Network Session**

**Lecture Hall E**

**Joint Symposium of the ESRS & the European Narcolepsy Network (EU-NN)**

*Chairs: C. Bassetti (Lugano/Zurich, CH)  
G.J. Lammers (Leiden, NL)*

17:15 **Introduction**  
G.J. Lammers (Leiden, NL)

17:25 83 **Presentation of data from the retrospective database**  
J. Haba-Rubio (Lausanne, CH)

17:50 84 **Presentation of structure and first results of the prospective database**  
R. Khatami (Barmelweid, CH)

18:15 85 **Results of the European genome-wide association study and future perspectives**  
M. Tafti (Lausanne, CH)

18:40 86 **The European Narcolepsy Day 2010 and 2011**  
C. Bassetti (Lugano/Zurich, CH)
20:00  Football match  
Portugal/Brazil – Rest of the world

Referes: A. Borbély (Zurich, CH)  
T. Pollmächer (Ingolstadt, DE)

The football match takes place at the campo de futebol da alta de Lisboa/Lumiar.
World Association of Sleep Medicine
Canadian Sleep Society Congress

SLEEP, HEALTH & SOCIETY

KEYNOTE SPEAKERS

Barbara Jones, PhD, Canada
*Neural regulation of homeostatic sleep mechanisms*

Pierre Philip, PhD, France
*Sleep, sleepiness, and safety on the road*

Matthew Walker, PhD, USA
*Sleep, learning, and cognition*

Colin Espie, PhD, United Kingdom
*Insomnia, therapy and health policies*

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Symposia submissions invited
Deadline: December 20, 2010

Submit your abstract online
Deadline: March 1, 2011
07:30 – 08:30  Meet the Professor – Prof. Akerstedt

87  Meet the Professor
T. Akerstedt (Stockholm, SE)

07:30 – 08:30  Meet the Professor – Prof. Billiard

88  Meet the Professor
M. Billiard (Montpellier, FR)

08:30 – 10:30  Oral Sessions 2 – 6

(Please refer to pages 61 – 67 for details)

Oral Session 2: Obstructive sleep apnoea  Lecture Hall A
Oral Session 3: Neurology  Lecture Hall B
Oral Session 4: Occupation and environment  Lecture Hall C
Oral Session 5: Children  Lecture Hall D
Oral Session 6: Current topics in basic human sleep research and sleep medicine  Lecture Hall E

10:30 – 11:00  Coffee Break
11:00 – 13:00 Symposium

Lecture Hall A

**Sleep in unusual and extreme environments**

*Chairs: J. Arendt (Guildford, UK)  
C.A. Czeisler (Boston, US)*

S139  **Changes in sleep and thermoregulation induced by cool environment**  
K. Kräuchi, S. Vollenweider, A. Pavy-Le Traon, J. Taillard (Basel, CH; Brest Cedex, Bordeaux Cedex, FR)

S140  **The Concordia Antarctic Project**  
C. Gronfier, L. Wolf, L. Schlangen, R. Najjar, J. Taillard, C. Cajochen (Bron-Lyon, FR; Perchtoldsdorf, AT; Eindhoven, NL; Bordeaux, FR; Basel, CH)

S141  **Sleep in northern Norway and the north sea**  
B. Bjorvatn (Bergen, NO)

S142  **Sleep on space shuttle and international space station missions**  
L. Barger, K. Wright, L. Walsh, A. Kubey, C. Czeisler (Boston, Boulder, US)

11:00 – 13:00 Symposium

Lecture Hall B

**New vistas on brain energy levels and usage during sleep and their functional implications**

*Chairs: R. McCarley (Boston, US)  
J. Born (Lübeck, DE)*

S143  **Energy metabolism and hemodynamics during sleep and wakefulness**  
P. Maquet (Liège, BE)

S144  **Sleep-dependent ATP surge and functional implications for sleep through AMPK regulation**  
R. Basheer (Boston, US)

S145  **Dynamic changes in neuronal metabolism with sleep and wake**  
A.I. Pack (Philadelphia, US)

S146  **Energy metabolism of astrocytes and the sleep/wake cycle**  
P.J. Magistretti, J-M. Petit (Lausanne, CH)
11:00 – 13:00 Symposium

**Lecture Hall C**

**Metabolic and inflammatory changes in sleep deprivation and sleep-disorder breathing**
*Chairs: P. Lévy (Grenoble, FR)  
P. Lavie (Haifa, IL)*

S147 **Mechanisms of the metabolic impairment associated with sleep time reduction**
K. Spiegel (Lyon, FR)

S148 **Metabolic anomalies in obese and non-obese sleep apnea patients**
M. Bonsignore (Palermo, IT)

S149 **Specific conditions for metabolic and inflammatory changes: obesity hypoventilation and overlap syndrome**
J.-L. Pepin (Grenoble, FR)

S150 **Can sleep improvement impact positively on metabolism?**
S. Taheri (Birmingham, UK)

11:00 – 13:00 Symposium

**Lecture Hall D**

**Body-mind interaction in sleep: dreaming, emotion regulation, and sleep disorders**
*Chairs: M. Schredl (Mannheim, DE)  
M. Gonçalves (Porto, PT)*

S151 **Dreaming in patients with sleep disorders**
M. Schredl (Mannheim, DE)

S152 **Dream content and movements during REM sleep in Parkinson patients with REM sleep behavior disorder**
K. Valli (Turku, FI)

S153 **Sleep, emotion, and brain plasticity**
S. Schwartz (Geneva, CH)

S154 **Body-mind interaction in sleep: dreaming, emotion regulation and sleep disorders**
T. Paiva (Lisbon, PT)
11:00 – 13:00  Symposium  

**Clock, sleep and mood regulation**  
*Chairs: C. Cajochen (Basel, CH)  
M. von Schantz (Guildford, UK)*

S155  The circadian clock and mood regulation  
U. Albrecht (Fribourg, CH)

S156  Sleep deprivation, cortical excitability and depression: a TMS/EEG study  
M. Massimini (Milan, IT)

S157  Circadian and homeostatic regulation of sleep and wakefulness in depressed women  
C. Cajochen (Basel, CH)

S158  Circadian clock gene variants in mood disorders  
T. Partonen (Helsinki, FI)

13:00 – 14:00  Lunch  
The lunch is supported by UCB Pharma SA

13:00 – 14:30  Poster Viewing

(Please refer to pages 104 – 122 for details)

REM sleep and dreams  P521 – P529  
Sleepiness  P530 – P539  
Circadian rhythms and light  P540 – P561  
Neuro-transmitters  P562 – P574  
Pharmacology  P575 – P589  
Sleep in children I  P590 – P619  
Occupation  P620 – P660  
Obstructive sleep apnoea II  P661 – P713
13:30 – 14:30 Satellite Symposium  

**Sleep and pain**  
*Chair: P.-H. Luppi (Lyon, FR)*

- **S160** Neuro-anatomy and interaction of sleep and pain pathways  
  C. Peyron (Lyon, FR)

- **S161** Narcolepsy: a pathology of sleep and pain  
  Y. Dauvilliers (Montpellier, FR)

- **S162** Fibromyalgia: a pathology of pain and sleep  
  M. Spaeth (Gräfelfing/Munich, DE)

Satellite Symposium organised by UCB Pharma SA

14:45 – 15:30 Keynote Lecture  

*Chair: D. Pevernagie (Ghent, BE/Heeze, NL)*

- **S163** Should we be treating asymptomatic obstructive sleep apnoea and, if so, how?  
  J. Stradling (Oxford, UK)

Dr Stradling is a Professor of respiratory medicine at Oxford University. He is currently director of the respiratory sleep service. His MD (1981) was on the sleep related breathing problems of chronic obstructive lung disease. After a period of research with Eliot Phillipson in Toronto in 84/85 he returned to Oxford as a Wellcome Senior Research Fellow for 7 years. He became an NHS consultant in 1985 and was awarded a personal chair in 1999. His main research is in the area of sleep related disorders of breathing, in particular epidemiology, cardiovascular consequences, simplified methods of diagnosis, and randomised controlled trials of therapy. This has published over 150 original publications in peer reviewed journals. Prof Stradling’s clinical work is as a general chest physician with a special interest in sleep and breathing disorders, as well as respiratory failure and long term domiciliary ventilation.

15:30 – 16:00 Coffee Break
16:00 – 17:00 Video Session

Video presentation of challenging diagnostic cases of parasomnias, nocturnal seizures, nocturnal dissociative disorders, cataplexy, sleep paralysis, hypnagogic hallucinations, nightmares, etc.

Chair: G. Plazzi (Bologna, IT)

**Challenging Diagnostic Cases of Parasomnias, Nocturnal Seizures, Nocturnal Dissociative Disorders, Cataplexy, Sleep Paralysis, Hypnagogic Hallucinations, Nightmares, etc.**

C. Schenck (Minneapolis, US)
G. Plazzi (Bologna, IT)
R. Manni (Pavia, IT)

16:00 – 17:00 Case Discussion

**Sleep and fatigue**

Chair: T. Pavia (Lisbon, PT)

**Case of Fibromyalgia**
T. Paiva (Lisbon, PT)

**Case of sleep related movement disorders**
B. Högl (Innsbruck, AT)

**Case of sleep hygiene in an adolescent**
T. Paiva (Lisbon, PT)

**Case of RBD**
B. Högl (Innsbruck, AT)

**Case of shift work**
T. Paiva (Lisbon, PT)

16:00 – 17:00 Round Table Discussion

**Future of sleep research**

Chair: C. Bassetti (Lugano/Zurich, CH)

C. Bassetti (Lugano/Zurich, CH), President ESRS
D.-J. Dijk (Guildford, UK), Chief Editor ISR
R. Amici (Bologna, IT), Vice-President Sleep Research ESRS
A.I. Pack (Philadelphia, US), WFSRSMS
P. Maquet (Liège, BE)
16:00 – 17:00 Round Table Discussion

Lecture Hall D

ESRS-AASM-WFSRSMS:
Certification and accreditation in sleep medicine
around the world
Chair: D. Pevernagie (Ghent, BE/Heeze, NL)

171 Certification and accreditation in sleep medicine
around the world
J. Fischer (Norderney, DE), Past President DGSM
C. Kushida (Redwood, US), President AASM
D. Pevernagie (Gent, BE/Heeze, NL), Chair of Sleep
Medicine Committee ESRS
J. Wheatley (Sydney, AU), WFSRSMS

16:00 – 17:00 Case Discussion

Lecture Hall E

The psychiatric patient in sleep medicine
Chair: T. Pollmächer (Ingolstadt, DE)

172 Nocturnal movement disorders in psychiatric patients
T. Wetter (Zurich, CH)

173 Depression in patients with OSAS
J. Herold (Nuremberg, DE)

174 Treating insomnia in depression
C. Espie (Glasgow, UK)

17:15 – 19:15 ESRS Business Meeting

Lecture Hall B

Open to all full members
07:30 – 08:30  Meet the Professor – Prof. Wirz-Justice  Lecture Hall C

Meet the Professor
A. Wirz-Justice (Basel, CH)

07:30 – 08:30  Meet the Professor – Prof. Terzano  Lecture Hall D

Meet the Professor
M. Terzano (Parma, IT)

08:30 – 10:00  Oral Sessions 7 – 11

(Please refer to pages 68 – 74 for details)

- Oral Session 7: Insomnia mechanisms  Lecture Hall A
- Oral Session 8: Basics/REM/Networks  Lecture Hall B
- Oral Session 9: From circadian performance to light  Lecture Hall C
- Oral Session 10: Narcolepsy  Lecture Hall D
- Oral Session 11: Effects of sleep deprivation  Lecture Hall E

11:00 – 13:00  Joint Symposium  Lecture Hall A
ESRS – European Biological Rhythms Society (EBRS)

Clock genes and neurodegenerative diseases
E. Maywood (Cambridge, UK)

Melanopsin as a sleep modulator: interaction with circadian and homeostatic drive
J. Tsai, J. Hubbard, E. Ruppert, J. Hannibal, G. Hagiwara, D. Colas, C. Heller, P. Franken, P. Bourgin (Stanford, US; Strasbourg, FR; Copenhagen, DK; Lausanne, CH)

The individuality of sleep – how much and when?
T. Roenneberg (Munich, DE)

Chronotypes and homeostatic sleep pressure-related changes in cerebral responses: fMRI investigations
P. Peigneux (Brussels, BE)

10:30 – 11:00  Coffee Break
The coffee break is supported by VitalAire
11:00 – 13:00 Symposium

Lecture Hall B

Motor control in REM sleep: basic and clinical perspectives
Chairs: J. Santamaria (Barcelona, ES)
        J. Montplaisir (Montreal, CA)

S231 Regulation of motor control in REM sleep. Current views
     P.-H. Luppi (Lyon, FR)

S232 Animal model of RBD
     J. Lu (Boston, US)

S233 Is cataplexy an expression of REM sleep dysregulation?
     S. Overeem (Nijmegen, NL)

S234 Do animal models of RBD explain human RBD?
     J. Santamaria (Barcelona, ES)

11:00 – 13:00 Symposium

Lecture Hall C

Pharmacogenetics of waking and sleep: insights into basic sleep mechanisms and sleep disorders
Chairs: H.-P. Landolt (Zurich, CH)
        M. Billiard (Montpellier, FR)

S235 Pharmacogenetics of CNS stimulants in inbred mice
     P. Franken (Lausanne, CH)

S236 Pharmacogenetics of caffeine and modafinil in healthy volunteers
     H.-P. Landolt (Zurich, CH)

S237 Pharmacogenetics of modafinil in patients with narcolepsy
     Y. Dauvilliers (Montpellier, FR)

S238 Melatonin and the melatonin receptor agonist tasimelteon for circadian rhythm sleep disorders: understanding inter-individual differences in efficacy
     S.M.W. Rajaratnam (Victoria, AU)
11:00 – 13:00 Symposium

Lecture Hall D

Sleep and temperature regulation from the laboratory to the clinic
*Chairs: T. De Boer (Leiden, NL) A. Wirz-Justice (Basel, CH)*

S239 Skin temperature manipulation and sleep in rats
T. Deboer (Leiden, NL)

S240 Skin temperature level predicts vigilance lapses and improves actigraphic sleep estimate accuracy
E.J.W. Van Someren (Amsterdam, NL)

S241 Phase of entrainment and sleep initiation from a thermoregulatory point of view
K. Kräuchi (Basel, CH)

S242 24-hour temperature regulation in narcolepsy and effect of sodium oxybate
C. Donjacour (Leiden, NL)

11:00 – 13:00 Symposium

Lecture Hall E

Sleep and cognition in children: overview, issues and mechanisms
*Chairs: R. Schutte (Amsterdam, NL) O. Jenni (Zurich, CH)*

S243 Sleep and cognition in children – a meta-analysis
R.G. Schutte, K.B. van der Heijden, M.H. van Ijzendoorn, E.J.W. van Someren (Amsterdam, Leiden, NL)

S244 Preferential consolidation of explicit over implicit memories in children’s sleep
J. Born, I. Wilhelm (Lübeck, DE)

S245 Longitudinal aspects of sleep and cognition in children
E. Touchette, V. Seegers, A. Nantel-Vivier, D. Petit, B. Falissard, R.E. Tremblay, J.Y. Montplaisir (Paris, FR; Montreal, CA)

S246 Mechanisms underlying sleep and cognition in children
O. Jenni (Zurich, CH)
13:00 – 14:00  Lunch

13:00 – 14:30  Poster Viewing

(Please refer to pages 123 – 142 for details)

- Restless legs syndrome  P714 – P739
- Sleep in children II  P740 – P774
- Sleep and health  P775 – P823
- Insomnia II  P824 – P863
- Obstructive sleep apnoea III  P864 – P905

13:30 – 14:30  Satellite Symposium  Lecture Hall C

**CPAP compliance: a new goal for homecare providers?**
Chair: M. Gonçalves (Porto, PT)

13:30  S247a  **Which expectations in Portugal?**
P. Pinto (Lisbon, PT)

13:40  S247b  **Why to be compliant with CPAP?**
M.-F. Vecchierini (Paris, FR)

13:50  S247c  **How to improve patient compliance?**
M. do Santos (Coimbra, PT)

14:00  Discussion

14:20  S247d  **Conclusions: VitalAire international involvement in CPAP treatment**
B. Mauvais (Paris, FR)

Satellite Symposium organised by VitalAire
14:45 – 15:30 Keynote Lecture

Chair: P. Peigneux (Brussels, BE)

S248 Circadian regulation of the human sleep-wake cycle
D.-J. Dijk (Guildford, UK)

Derk-Jan Dijk, PhD, is Professor of Sleep and Physiology and Director of the Surrey Sleep Research Centre at the University of Surrey, UK.

Dr. Dijk studied Biology and obtained his doctorate in Medical Sciences from the University of Groningen. He conducted post-doctoral research and was a Senior Research Associate in the Institute of Pharmacology at the University of Zürich and an Assistant Professor of Medicine (Neuroscience) at Harvard Medical School.

His research focuses on sleep and circadian rhythms in humans. He studies the interaction of sleep homeostasis and circadian rhythmicity in the regulation of waking performance, age-related changes in sleep, as well as the effects of hypnotics, light and ‘clock’ genes on sleep-wake regulation.

Dr. Dijk is a member of the European Sleep Research Society, the Sleep Research Society, and the Society for Research on Biological Rhythms.

He was Chair of the Scientific Committee of the ESRS, a member of the Scientific Committee of the World Federation of Sleep Research, and Head of the Circadian Rhythm Section of the Sleep Research Society. He was a Deputy Editor of SLEEP and is currently Editor of the Journal of Sleep Research.

Dr Dijk has published more than 100 original reports.

15:30 – 16:00 Coffee Break

The coffee break is supported by VitalAire
Scientific Programme

16:00 – 18:00 Symposium

Lecture Hall A

The impact of restricted or disrupted sleep on molecular and neurophysiological mechanisms underlying cognitive function and memory

Chairs: P. Meerlo (Haren, NL)
P. Maquet (Liège, BE)

S249 Sleep deprivation impairs cAMP signalling in the hippocampus
T. Abel (Philadelphia, US)

S250 Coping with sleep deprivation: shifts in regional brain activity and learning strategy
P. Meerlo (Groningen, NL)

S251 Sleep-dependent changes in memory-related brain activity in healthy humans. Functional neuroimaging of the hidden?
P. Peigneux (Brussels, BE)

S252 Brain imaging consequences of experimental sleep deprivation versus chronic insomnia
E. Van Someren (Amsterdam, NL)

16:00 – 18:00 Joint Symposium ESRS-APS

Lecture Hall B

Insomnia, sleep and memory

Chairs: D. Riemann (Freiburg, DE)
M. Gonçalves (Porto, PT)

S253 Insomnia – from clinical psychology to neurobiology
D. Riemann (Freiburg, DE)

S254 Epidemiology of insomnia in Portugal
M. Gonçalves, T. Paiva, J. Maltês, E. Ramos (Porto, Lisbon, PT)

S255 Working visual memory in OSAS patients: a fMRI study
A.R. Peralta (Lisbon, PT)

S256 Sleep and memory
F. Lopes da Silva (Amsterdam, NL)
16:00 – 18:00 Joint Symposium ESRS – Chinese Sleep Research Society
Lecture Hall C

Pathophysiological and clinical aspects of narcolepsy
*Chairs: T. Pollmächer (Ingolstadt, DE)*
*F. Han (Beijing, CN)*

- **S257** Genetics of narcolepsy
  M. Tafti (Lausanne, CH)

- **S258** Narcolepsy in children
  F. Han (Beijing, CN)

- **S259** Metabolic aspects of narcolepsy
  T. Pollmächer (Ingolstadt, DE)

- **S260** Dopamine’s role in the actions of stimulant medication
  Z. Huang (Shanghai, CN)

16:00 – 18:00 Joint Symposium ESRS-ENS
Lecture Hall D

Scoring sleep in patients with neurological diseases
*Chairs: J. Santamaria (Barcelona, ES)*
*T. Penzel (Berlin, DE)*

- **S261** Physiological basis of sleep staging. Rules for visual scoring in subjects without neurological disorders
  T. Penzel (Berlin, DE)

- **S262** Sleep scoring difficulties in patients with neurological disorders. Do we need to change the scoring criteria in these patients?
  J. Santamaria (Barcelona, ES)

- **S263** Quantitative analysis of sleep: could it be of any help in scoring sleep in patients with neurological disorders?
  P. Achermann (Zurich, CH)

- **S264** Scoring sleep in neurological patients: new approaches
  C. Baumann (Zurich, CH)
### 16:00 – 18:00  Symposium  Lecture Hall E

**Genetic control and modulation in sleep**  
*Chairs: M. von Schantz (Guildford, UK)  
P. Franken (Lausanne, CH)*

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
<th>Chairs</th>
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<tr>
<td>S265</td>
<td>Genetic background for sleep disturbance and depression</td>
<td>T. Paunio (Helsinki, FI)</td>
<td>Lecture Hall E</td>
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<td>S266</td>
<td><strong>PER3 and the genetics of sleep and circadian phenotypes in mice and men</strong></td>
<td>S. Archer (Guildford, UK)</td>
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<td>S267</td>
<td><strong>Lecture to be confirmed</strong></td>
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<td>S268</td>
<td><strong>Recent advances in the genetics of narcolepsy</strong></td>
<td>M. Tafti (Lausanne, CH)</td>
<td>Lecture Hall E</td>
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### 18:00 – 19:15  ANSS Presidents Meeting  Lecture Hall C
07:30 – 08:30  Morning Session

RLS/PLMS

269  Restless legs syndrome / PLMS
R. Ferri (Troina, IT)

07:30 – 08:30  Morning Session

Paediatric sleep

270  Paediatric sleep
O. Bruni (Rome, IT)

08:30 – 10:30  Oral Sessions 12 – 15

(Please refer to pages 75 – 79 for details)

Oral Session 12: Clinical insomnia   Lecture Hall B
Oral Session 13: Sleep analysis and new technologies   Lecture Hall C
Oral Session 14: Food for sleep   Lecture Hall D
Oral Session 15: Learning and memory functions   Lecture Hall E

10:30 – 11:00  Coffee Break
11:00 – 13:00 Symposium

**Lecture Hall B**

**Scientific Programme** Saturday, 18 September 2010

**Socio-cultural determinants of poor sleep and its health consequences: international comparisons using large-scale surveys**

*Chairs: S. Arber (Guildford, UK)  
T. Paiva (Lisbon, PT)*

- **S311** The influence of social, cultural and health-related factors on sleep quality: evidence from large-scale surveys  
S. Arber (Guildford, UK)

- **S312** The role of psychosocial stress in influencing sleep quality: evidence from Britain, Finland and Japan  
M. Sekine (Toyama, JP)

- **S313** The impact of sleep problems on sickness absence and disability retirement  
T.M. Lallukka (Helsinki, FI)

- **S314** Consequences of changes in sleep duration for cognitive performance and premature mortality in later life  
J. Ferrie (London, UK)

11:00 – 13:00 Symposium

**Lecture Hall C**

**Clinical application of Dim Light Melatonin Onset measurement**

*Chairs: M.G. Smits (Ede, NL)  
J. Arendt (Guildford, UK)*

- **S315** DLMO and phase response: animal and basic human studies  
C. Czeisler (Boston, US)

- **S317** What and why is DLMO?  
A. Wirz-Justice (Basel, CH)

- **S316** Clinical experiences of DLMO measurements in insomnia patients at the Gelderse Vallei Hospital Sleep Centre  
M.G. Smits (Ede, NL)

- **S318** Could slow melatonin metabolism be associated with a SNP in the CYP1A2 gene?  
H. Keijzer (Ede, NL)
11:00 – 13:00 Symposium

Lecture Hall D

**Translational research on sleep changes related to stress and depression**
*Chairs: A. Steiger (Munich, DE) D. Riemann (Freiburg, DE)*

S319 The neurobiological consequences of disrupted and restricted sleep: insights from studies in animals  
P. Meerlo (Haren, NL)

S320 Interactions between serotonin and hypocretins in sleep regulation in relation to stress and depression  
J. Adrien, V. Fabre (Paris, FR)

S321 Sleep alterations in genetic animal models of depression and anxiety  
M. Kimura (Munich, DE)

S322 Associations between sleep patterns and cortisol secretion; evidence of early emergence in infants and preschoolers  
J. Beck (Basel, CH)

11:00 – 13:00 Symposium

Lecture Hall E

**New concepts and developments in modelling of sleep and sleep homeostasis**
*Chairs: A. Borbély (Zurich, CH) D.-J. Dijk (Guildford, UK)*

S323 Modelling individual differences and regional aspects in sleep homeostasis  
P. Achermann, T. Rusterholz, H. P. A. Van Dongen (Zurich, CH; Spokane, US)

S324 A new approach to modeling human sleep propensity  
F.W. Bes, H. Schulz (Amsterdam, NL; Berlin, DE)

S325 Modeling sleep-wake dynamics based on brainstem/hypothalamus physiology  
P.A. Robinson (Sydney, AU)

S326 Sleep homeostatic regulation of cognitive performance: Dynamic modulation over days and weeks  
H.P.A. Van Dongen, P. McCauley (Spokane, US)

13:00 – 14:00 Lunch
13:00 – 14:30  Poster Viewing

(Please refer to pages 143 – 161 for details)

- Sleep deprivation: P906 – P932
- Negative effects of sleep deprivation: P933 – P943
- Neurological mechanisms and disorders: P944 – P998
- Methods: P999 – P1056
- Obstructive sleep apnoea IV: P1057 – P1096

14:30 – 15:15  Keynote Lecture

Chair: D.J. Skene (Guildford, UK)

S327 My life in animal sleep research
I. Tobler (Zurich, CH)

Irene Tobler has a PhD in Biology and is professor at the Institute of Pharmacology at the University of Zurich in Switzerland. She has dedicated her research to investigate sleep in animals. Together with her team she observed and recorded over 20 species, ranging from the typical laboratory animals, such as the rat, hamster and numerous mouse strains, to elephants, giraffes and monkeys, as well as invertebrates including cockroaches, scorpions and the nematode Cenorhabditis elegans. The aim was to delineate the evolution of sleep and sleep regulation. The ultimate goal was gaining insight into the functions of sleep. Especially the use of rest homeostasis in order to apply tenets of the two-process model of sleep regulation to species other than humans and rodents, laid the groundwork for genetic studies using fish, Drosophila and Cenorhabditis as model species. She has published over 140 papers in peer-reviewed journals. Dr. Tobler was first treasurer and later president of the European Sleep Research society (ESRS), where her major efforts were to provide education in sleep to young scientists and to foster the integration of National European Sleep Societies within the ESRS. In 2008 Dr. Tobler received the 7th Pisa Sleep Award in Italy for her achievements.
15:15 – 15:30  Closing Ceremony

Lecture Hall B

Farewell by the ESRS President and the President of the Portuguese Sleep Association and announcement of the Sanofi-Aventis Research Grant, the ESRS-Weinmann young investigator mobility award 2010 and the Philips Research Grant. Outlook to the ESRS 2012 congress by the President of the French Sleep Research Society.
Oral Sessions

Oral Sessions Wednesday, 15 September 2010

17:15 – 19:15 Oral Session 1

Lecture Hall A

Molecular sleep

Chairs: I. Tobler (Zurich, CH)  
C. Peyron (Lyon, FR)

17:15 O58 Is there a role for extrasynaptic GABAA receptors in modulating sleep and the EEG?  
R. Winsky-Sommerer, S. Palchykova, I. Tobler (Zurich, CH)

17:27 O59 Sleep and EEG effects of gamma-hydroxybutyrate, baclofen and GABAB receptor subunits  
J. Vienne Bürki, B. Bettler, P. Franken, M. Tafti (Lausanne, Basel, CH)

17:39 O60 Homer1A is required to sustain wakefulness  

17:51 O61 Adenosine kinase affects sleep in mice  
S. Palchykova, R. Winsky-Sommerer, A. Gerling, D. Boison, I. Tobler (Zurich, CH; Portland, US)

18:03 O62 Effects of 22G>A polymorphism of adenosine deaminase on waking performance and response to sleep deprivation in humans  
V. Bachmann, F. Klaus, S. Bodenmann, N. Schäfer, P. Brugger, S. Huber, W. Berger, H.P. Landolt (Zurich, Schwerzenbach, CH)

18:15 O63 A new approach to determine the transcriptional signature of glial cells following sleep deprivation  
J.-M. Petit, J. Gyger, H. Fiumelli, J.-L. Martin, P. Magistretti (Lausanne, CH)

18:27 O64 BMAL1 and clock DNA-binding activity in function of homeostatic sleep pressure  
V. Mongrain, F. La Spada, T. Curie, P. Franken (Lausanne, CH)

18:39 O65 PERIOD3 polymorphism predicts sleep structure and EEG power density spectra in older people  
A.U. Viola, S. Chellappa, S. Archer, D.J. Dijk, C. Cajochen (Basel, CH; Guildford, UK)
Genome-wide association analysis of sleep length reveals new genes and pathways controlling sleep homeostasis
H. Ollila, U. Siddheshwar, T. Partonen, E. Kronholm, S. Mannisto, J. Lonnqvist, V. Salomaa, L. Peltonen, M. Perola, T. Porkka-Heiskanen, T. Paunio (Helsinki, FI; Cambridge, UK)

The involvement of central corticotropin-releasing hormone and its receptors in sleep homeostasis
C.P. Romanowski, T. Fenzl, C. Flachskamm, J.M. Deussing, M. Kimura (Munich, DE)
08:30 – 10:30  Oral Session 2

**Obstructive sleep apnoea**

*Chairs: L. Ferini-Strambi (Milan, IT)*

*L. Dolenc (Lubiana, SI)*

08:30  O89  Long-term effects of testosterone therapy on sleep, breathing and body composition in obese men with OSA undergoing weight loss: a randomized placebo-controlled trial

C.M. Hoyos, B.J. Yee, C.L. Phillips, R.R. Grunstein, P.Y. Liu (Sydney, AU)

08:42  O90  A method to quantify respiratory instability and predict an effective intervention for central sleep apnoea


08:54  O91  Comparison of two criteria for scoring hypopnoeas: impact on the prevalence of OSA in the general population

J. Haba-Rubio, D. Andries, F. Bastardot, P. Vollenweider, M. Tafti, R. Heinzer (Lausanne, CH)

09:06  O92  Obstructive sleep apnoea patients’ brain structural changes before and after treatment

V. Castronovo, N. Canessa, F. Alemanno, S. Marelli, M. Aloia, A. Falini, S. Cappa, L. Ferini-Strambi (Milan, IT; Denver, US)

09:18  O93  Determinants of mortality in the obstructive sleep apnoea/hypopnoea syndrome: a 30-year prospective cohort study

M. Vennelle, N.J. Douglas, R.L. Riha (Edinburgh, UK)

09:30  O94  Effect of weight loss on inflammatory markers in overweight patients with mild obstructive sleep apnoea

J. Sahlman, J. Seppä, H. Tuomilehto for the Kuopio Sleep Apnoea Group

09:42  O95  Neuropathic changes of the genioglossus muscle in patients with snoring and obstructive sleep apnoea

S. Podnar, L. Dolenc Groselj (Ljubljana, SI)

09:54  O96  Noninvasive ventilation in obesity hypoventilation syndrome: a randomized controlled trial

**Oral Sessions**

**Thursday, 16 September 2010**

10:06  O97  **Changes in cerebral haemoglobin indices in obstructive sleep apnoea syndrome with nasal continuous positive airway pressure treatment**  
Y. Inoue, K. Namba (Tokyo, JP)

10:18  O98  **Compliance in sleep apnoea therapy: influence of home care support and pressure mode – a 5-year follow-up**  
C. Klein, D. Damjanovic, M. Idzko, B. Seuthe, S. Walterspacher, H. Kabitz, D. Hauschke, J. Müller-Quernheim, S. Sorichter (Freiburg, DE)

**08:30 – 10:30  Oral Session 3  Lecture Hall B**

**Neurology**  
*Chairs: M. Zucconi (Milan, IT)  
R. Khatami (Zurich, CH)*

08:30  O99  **Assessment of sleep-wake behaviour in disorders of consciousness**  
S.P. Loughran, S.J. Regel, L. Buetler, M. Wieser, R. Riener, P. Achermann (Zurich, Zihlschlacht, CH)

08:42  O100  **Sleep disturbances and decreased melatonin levels in traumatic brain injury patients**  

08:54  O101  **EEG gamma activity in PLM: correlation with arousal**  
A. Brito, T. Paiva (Coimbra, Lisbon, PT)

09:06  O102  **Evolution of objective, subjective and EEG measures of vigilance in patients with idiopathic hypersomnia during 40 hours prolonged wakefulness**  
K. Hefti, R. Khatami, U. Nadig, R. Poryazova, B. Högl, C. Bassetti, H.P. Landolt (Zurich, CH; Innsbruck, AT; Lugano, CH)

09:18  O103  **Daytime sleep in relation to clinical variables and sleep during night in stroke patients in the acute phase**  
L.N. Bakken, A. Lerdal (Drammen, NO)

09:30  O104  **Long-term safety and efficacy of rotigotine in patients with idiopathic RLS: 5-year results from a prospective multinational open-label follow-up study**  
K. Stiasny-Kolster, C. Trenkwalder, R. Kohnen, D. Garcia-Borreguero, B. Högl, W. Poewe, L. Bauer, A. Fichtner, E. Schollmayer, W.H. Oertel on behalf of the SP710 study group
Oral Sessions
Thursday, 16 September 2010

09:42  O105  Insular epilepsy manifesting with sleep-related complex motor seizures

09:54  O106  Effect of rotigotine on sleep outcomes in Parkinson’s disease: RECOVER Study
C. Trenkwalder, M. Zucconi, E. Tolosa, E. Surmann, J. Whitesides, B. Boroojerdi, K. Ray Chaudhuri on behalf of the RECOVER study group

10:06  O107  Dream recall frequency and content in patients with temporal lobe epilepsy
C. Bentes, J. Costa, R. Peralta, J. Pires, P. Sousa, T. Paiva (Lisbon, PT)

10:18  O108  Usefulness of the SINBAR electromyographic montage to detect motor manifestations of REM sleep behaviour disorder
B. Frauscher, A. Iranzo, H. Santos, V. Gschliesser, L. Ratti, T. Falkenstetter, C. Stürner, M. Salamero, E. Tolosa, W. Poewe, J. Santamaría, B. Högl (Innsbruck, AT; Barcelona, ES)

08:30 – 10:30  Oral Session 4  Lecture Hall C

Occupation and environment
Chairs: L.A. Reyner (Loughborough, UK)
G.L. Kecklund (Stockholm, SE)

08:30  O109  The recuperative potential of a 34h rest period between two consecutive 5-day work periods depends critically on the circadian timing of the work shifts
H.P.A. Van Dongen, B.J. Vila, G. Belenky (Spokane, US)

08:42  O110  Rock to sleep: the impact of gentle rocking on an afternoon nap
I. Constantinescu, L. Bayer, S. Perrig, P.-P. Vidal, M. Muhlethaler, S. Schwartz (Geneva, CH; Paris, FR)

08:54  O111  Shift work schedule characteristics and sleep quality
A.H. Garde, Å.M. Hansen, S.M. Hansen, K. Albertsen, H. Lund (Copenhagen, Roskilde, DK)

09:06  O112  Shift work and the metabolic syndrome: are former shift workers at risk?
S. Puttonen, K. Viitasalo, M. Härma (Helsinki, Vantaa, FI)
09:18 O113 Subjective sleepiness and daytime work: exploring individual differences
G. Kecklund, M. Ingre, M. Lekander, T. Åkerstedt (Stockholm, SE)

09:30 O114 Genetic background of burnout and sensitivity to the circadian stress
S. Sulkava, H.M. Ollila, V. Salomaa, L. Peltonen-Palotie, M. Perola, K. Ahola, T. Paunio (Helsinki, FI; Cambridge, UK)

09:42 O115 PERIOD3 polymorphism, subjective and physiological sleepiness during day and night driving on real roads
J. Schwarz, M. Ingre, A. Anund, G. Kecklund, J. Karlsson, D. van der Veen, D. Dijk, S. Archer, T. Åkerstedt (Stockholm, Linköping, Vårgårda, SE; Guildford, UK)

09:54 O116 Severe illness in the family, changes in perceived sleep and cause-specific sickness absence: the Longitudinal 10-Town Study
P. Salo, T. Oksanen, M. Virtanen, J. Pentti, M. Kivimäki, J. Vahtera (Turku, FI; London, UK)

10:06 O117 Is the two hour recommended maximum driving time appropriate for both healthy older and treated obstructive sleep apnoea drivers?
A.J. Filtness, L.A. Reyner (Loughborough, UK)

10:18 O118 Sleep, well-being, lifestyle, and academic variables: which are the main predictors of academic achievement at university?
A. Allen Gomes, J. Tavares, S. Carvalho Bos, M. João Soares, J.P. Murta, M. Marques, B. Maia, T. Pereira, J. Valente, A.P. Cabral, A. Macedo, M.H. Pinto de Azevedo (Aveiro, Coimbra, Ponte de Sor, PT)

08:30 – 10:30 Oral Session 5
Lecture Hall D

Children
Chairs: A.W. De Weerd (Zwolle, NL) O. Bruni (Rome, IT)

08:30 O119 Can trait-like characteristics be detected in the sleep EEG across adolescent development?
L. Tarokh, M.A. Carskadon, P. Achermann (Providence, US; Zurich, CH)
Oral Sessions Thursday, 16 September 2010

08:42 O120 Sleep in very young children with Prader Willi syndrome before and during growth hormone substitution
A. de Weerd, R. van den Bossche (Zwolle, NL)

08:54 O121 Autonomic functional changes precede gastroesophageal reflux in neonates during wakefulness and sleep

09:06 O122 A randomized controlled trial of cognitive-behaviour therapy for behavioural insomnia of childhood in school-aged children

09:18 O123 Effects of prone sleeping on cerebral oxygenation in healthy term infants
F. Wong, N. Witcombe, S. Yiallourou, A. Walker, R. Horne (Melbourne, AU)

09:30 O124 Influence of prenatal smoking exposure, as measured by benzo[a]pyrene-DNA adducts, on sleep in pre-term neonates
E. Stéphan-Blanchard, J.P. Arnould, A. Léké, K. Chardon, V. Bach, F. Telliez (Amiens, FR)

09:42 O125 Autonomic nervous system tone as a function of sleep-waking stages in obese prepubertal children
S. Durán, C. Algarín, C. Martínez, S. Reyes, R. Chamorro, M. Garrido, B. Lozoff, P. Peirano (Santiago de Chile, CL; Ann Arbor, US)

09:54 O126 A randomized controlled trial of cognitive-behaviour therapy for adolescent delayed sleep phase disorder
M. Gradisar, H. Dohnt, G. Gardner, S. Paine, K. Starkey, A. Slater, A. Menne, H. Wright, S. Trenowden, J. Hudson (Adelaide, Sydney, AU)

10:06 O127 Sleep EEG topography during childhood: a reflection of cortical maturation?
S. Kurth, M. Ringli, A. Geiger, O. Jenni, M. LeBourgeois, R. Huber (Zurich, CH; Providence, US)

10:18 O128 Influence of breathing irregularity and apnoea on functional residual capacity in the pre-term infant
Current topics in basic human sleep research and sleep medicine

Chairs: C. Cajochen (Basel, CH)
L. Nobili (Milan, IT)

08:30  O129 Feeling tired, looking sick

08:42  O130 Relationships between sleep duration and von Willebrand factor, fibrinogen and factor VII: Whitehall II study
M.A. Miller, N.B. Kandala, M. Kumari, M. Marmot, F.P. Cappuccio (Coventry, London, UK)

08:54  O131 EEG-triggered transcranial magnetic stimulation reveals motor cortical excitability changes during up- and down-states of the human sleep slow oscillation
T.O. Bergmann, M. Mölle, M.A. Schmidt, C. Lindner, L. Marshall, J. Born, H.R. Siebner (Kiel, Lübeck, DE)

09:06  O132 Effects of circadian phase, prior wakefulness and sleep restriction on mood regulation in healthy participants

09:18  O133 Effects of reboxetine and citalopram on REM sleep and cognitive functions in patients with depression
R. Göder, M. Seeck-Hirschner, C. Kropp, M. Palaschewski, J. Koch (Kiel, DE)

09:30  O134 Blood oxygenation level-dependent signal changes associated with Vertex Sharp Waves during stage 2 sleep

09:42  O135 Associations between diurnal preference, sleep quality and externalizing behaviours in young adults: a behavioural genetic analysis
N.L. Barclay, T.C. Eley, D.J. Buysse, S. Archer, B. Maughan, R. Rowe, A.M. Gregory (London, UK; Pittsburgh, US; Surrey, Sheffield, UK)
09:54  O136  Diurnal variations of mood in drug-free unipolar depressed women under high and low sleep pressure conditions: is there a sleep deprivation effect? A. Birchler Pedross, S. Frey, T. Götz, P. Brunner, K. Vera, A. Wirz-Justice, C. Cajochen (Basel, CH)

10:06  O137  HPA axis function in primary insomnia, sleep apnoea and restless legs syndrome Z. Lattova, M. Keckeis, T. Pollmächer (Munich, Ingolstadt, DE)

10:18  O138  Effects of pre-sleep negative mood induction on subsequent sleep with emotion regulation as moderating variable: an exploratory study M. Vandekerckhove, J. Houthuys, R. Weiss, E. De Valck, J. Wuyts, V. Verhaert, V. Exadaktylos, A. Bulckaert, G. De Bruyne, B. Haex, J. Van der Sloten, D. Berckmans, J. Verbraecken, R. Cluydts (Brussels, Leuven, BE)
Oral Sessions Friday, 17 September 2010

08:30 – 10:30

Oral Session 7

Lecture Hall A

**Insomnia mechanisms**

*Chairs: A. Vela Bueno (Madrid, ES)  
C. Espie (Glasgow, UK)*

08:30  O177

**Neurobiological correlates of emotional processes in primary insomnia**

C. Baglioni, K. Spiegelhalder, C. Lombardo, B. Feige, C. Violani, D. Riemann (Freiburg, DE; Rome, IT)

08:42  O178

**Utility, validity, and methodological factors influencing assignment of ICSD-2 insomnia diagnoses: considerations for future insomnia nosologies**


08:54  O179

**Is obesity a novel risk factor for incident insomnia?**


09:06  O180

**Heritability and mortality risk of insomnia-related symptoms**

C. Hublin, M. Partinen, M. Koskenvuo, J. Kaprio (Helsinki, FI)

09:18  O181

**Resting-state fluctuations in primary insomnia and healthy subjects – an EEG-fMRI study**

B. Feige, K. Spiegelhalder, L. Tebartz van Elst, E. Seifritz, J. Hennig, D. Riemann (Freiburg, DE)

09:30  O182

**Efficacy and tolerability of the dual orexin receptor antagonist MK-4305 in patients with primary insomnia: a randomized, controlled, adaptive crossover polysomnography study**

W.J. Herring, K. Budd, J. Hutzelmann, E. Snyder, D. Snively, K. Liu, C. Lines, D. Michelson, T. Roth (North Wales, Detroit, US)

09:42  O183

**Heart rate and heart rate variability in primary insomnia**

K. Spiegelhalder, L. Fuchs, J. Ladwig, S.D. Kyle, C. Nissen, U. Voderholzer, B. Feige, D. Riemann (Freiburg, DE; Glasgow, UK)
Oral Sessions

Friday, 17 September 2010

09:54  O184  Sensitivity to threat discriminates psychophysiological insomnia (PI) from idiopathic insomnia (IdI): a controlled comparative study of PI, IdI and normal good sleepers
G. Forgan, C.A. Espie (Glasgow, UK)

10:06  O185  Spectral differences during sleep onset period in sleep onset and sleep maintenance insomnia
K. Cervena, F. Espa, H. Merica, M.-P. Deiber, S. Perrig, V. Ibanez (Geneva, CH)

10:18  O186  Tracing the polysomnographic borders of sleep misperception in primary insomnia
C. Sagrada, L. Ferini strambi, R. Ferri, N.M. Punjabi, E. Tettamanzi, A. Oldani, V. Castronovo, M. Zucconi, M. Manconi (Milan, Troina, IT; Baltimore, US)

08:30 – 10:30 Oral Session 8  Lecture Hall B

Basics/REM/Networks
Chairs: J. Adrien (Lyon, FR)
E. Vivaldi (Santiago de Chile, CL)

08:30  O187  Sleeping on the limb: short sleep in two sloth species recorded in the wild
B. Voirin, M. Scriba, D. Martinez-Gonzalez, A. Vyssotski, M. Wiklski, N. Rattenborg (Seewiesen, DE; Zurich, CH; Radolfzell, DE)

08:42  O188  Environmental enrichment and sleep architecture in the rat
N. Duque, A. Bassi, J. Díaz, E.A. Vivaldi (Santiago de Chile, CL)

08:54  O189  Sleep homeostasis in the rat during chronic sleep restriction
S. Leemburg, V.V. Vyazovskiy, U. Olcese, C. Bassetti, G. Tononi, C. Cirelli (Zurich, CH; Madison, US; Pisa, IT)

09:06  O190  Torpor-like state induced by the inhibition of the rostral ventromedial medulla in the rat
D. Martelli, R. Amici, M. Cerri, D. Dentico, S. Laudadio, M. Luppi, M. Mastrotto, E. Perez, D. Tupone, G. Zamboni (Bologna, IT)
Oral Sessions
Friday, 17 September 2010

09:18  O191  5-HT1A receptors in the Gudden’s dorsal tegmentum nucleus are involved in the regulation of REM sleep: switch from a serotonergic-cholinergic to a serotonergic-GABAergic hypothesis
V. Fabre, P. Bonnavion, M. Hamon, J. Bernard, J. Adrien (Paris, FR)

09:30  O192  First evidence that the GABAergic neurons of the tuberal hypothalamus play a key role in the regulation of paradoxical (REM) sleep
E. Sapin, A. Bérod, L. Léger, P.A. Herman, P.H. Luppi, C. Peyron (Lyon, FR)

09:42  O193  Dream recall is associated to topographic and frequency specific EEG activity during non-REM and REM sleep
S. Chellappa, S. Frey, V. Knoblauch, C. Cajochen (Basel, CH)

09:54  O194  Change in activity of noradrenergic locus coeruleus neurons precedes that of sleep-promoting neurons in the basal forebrain and preoptic hypothalamus during sleep-wake state transitions
K. Takahashi, Y. Kayama, J.-S. Lin, K. Sakai (Fukushima, JP; Lyon, FR)

10:06  O195  The dynamics of transition preference coming out of non-REM and REM sleep
E.A. Vivaldi, A. Bassi, J. Díaz, N. Duque (Santiago de Chile, CL)

10:18  O196  The neuronal transition probability model with a fixed probability set fits NREM sleep structure in all ultradian cycles
H. Merica, R.D. Fortune, A.S. Karunajeewa (Geneva, CH)

08:30 – 10:30 Oral Session 9  Lecture Hall C

From circadian performance to light
Chairs: P. Franken (Lausanne, CH)
A. Wirz-Justice (Basel, CH)

08:30  O197  Improved neurobehavioural performance during the wake-maintenance zone
J.A. Shekleton, S.M. Rajaratnam, C. Czeisler, S.W. Lockley (Boston, US; Clayton, AU)
Oral Sessions  
Friday, 17 September 2010

08:42  O198  
Sleep adaptation, prior wake and the body’s circadian influence on psychomotor vigilance  

08:54  O199  
Does the interaction effect of prior wake and circadian phase on neurobehavioural performance depend on sleep?  

09:06  O200  
Circadian and homeostatic regulation in visuomotor performance: enhanced sustained attention and executive processing during the circadian wake-maintenance zone  
N. Santhi, A. Lazar, J.C. Lo, A. Slak, M. von Schantz, S. Archer, J. Groeger, D.J. Dijk (Guildford, UK; Cork, IE)

09:18  O201  
Altered light-driven activity-rest distribution and retinal responses in Per3-/- mice  
D.R. van der Veen, J. Al-Enezi, A. Allen, R.M. Lucas, D.J. Dijk, S. Archer (Guildford, Manchester, UK)

09:30  O202  
Modulation of the dynamics of sleep pressure markers by time-of-day and light in mice  
V. Mongrain, Y. Emmenegger, P. Franken (Lausanne, CH)

09:42  O203  
Dynamic lights in shiftwork  
A. Lowden (Stockholm, SE)

09:54  O204  
Blue light affects emotional processing in the hypothalamus in seasonal affective disorder  

10:06  O205  
Altered spectral sensitivity to light in the elderly: an effect of lens opacification?  
R. Najjar, B. Claustrat, P.L. Cornut, P. Denis, H.M. Cooper, C. Gronfier (Bron, Lyon, FR)

10:18  O206  
Sleep in cataract patients before and after surgery  
K. Wulff, F. Cuthbertson, R. Safa, S. Peirson, S. Downes, R. Foster (Oxford, UK)
Oral Sessions  
Friday, 17 September 2010

08:30 – 10:30  Oral Session 10  
Lecture Hall D

**Narcolepsy**

*Chairs: I. Dauvilliers (Montpellier, FR)  
G. Mayer (Schwalmstadt-Treysa, DE)*

**08:30  O207**

**Genome-wide association study identifies new HLA class II variants strongly associated with narcolepsy**

H. Hor, Z. Kutalik, Y. Dauvilliers, A. Valsesia,  
G. Lammers, C. Donjacour, A. Iranzo, J. Santamaria,  
R. Peraita Adrados, J. Vicario, S. Overeem, I. Arnulf,  
T. Ioannis, P. Jennum, S. Knudsen, C. Bassetti,  
J. Mathis, M. Lecendreux, G. Mayer, P. Geisler, B. Petit,  
C. Pfister, J. Vienne, G. Didelot, M. Billiard, G. Ercilla,  
F. Claas, R. Heinzer, J. Beckmann, S. Bergmann,  
M. Tafti (Lausanne, CH; Montpellier, FR; Leiden, NL;  
Barcelona, Madrid, ES; Heeze, NL; Paris, FR;  
Copenhagen, DK; Lugano, Berne, CH; Schwalmstadt-  
Treysa, Regensburg, DE)

**08:42  O208**

**Impaired sleep stage stability in patients with narcolepsy**

S.L. Weinhold, M. Seeck-Hirschner, R. Göder,  
P.C. Baier (Kiel, DE)

**08:54  O209**

**Effects of saporin-induced lesions of three arousal populations on daily levels of sleep and wake**

C. Blanco-Centurion, D. Gerashchenko, P. Shiromani  
(West Roxbury, US)

**09:06  O210**

**Double knockout mice lacking histamine and orexins: a full model of narcolepsy for physiopathological and therapeutic studies**

K. Ouk, C. Anaclet, C. Buda, P. Franco, J.S. Lin (Lyon, FR)

**09:18  O211**

**Reward-seeking behaviour in human narcolepsy**

R. Fronczek, A. Dimitrova, T.E. Scammell, S. Gautam,  
G.J. Lammers, A. Pascual-Leone (Leiden, NL; Boston, US)

**09:30  O212**

**Sleep entails arterial hypertension in hypocretin-deficient narcoleptic mice**

S. Bastianini, C. Bertotti, J.L. Elghozi, C. Franzini,  
P. Lenzi, V. Lo Martire, L. Lumachi, A. Silvani,  
G. Zoccoli (Bologna, IT; Paris, FR)

**09:42  O213**

**High-density EEG analysis of motor inhibition in narcoleptic patients and controls**

A. Mensen, S. Schwartz, S. Tartarotti, J. Sarnthein,  
M. Sitzler, E. Werth, C. Bassetti, R. Khatami  
(Barmelweid, Geneva, Zurich, Lugano, CH)
Oral Sessions

Friday, 17 September 2010

09:54 O214  REM sleep behaviour disorder in patients with narcolepsy is associated with hypocretin-1 deficiency
S. Knudsen, S. Gammeltoft, P. Jennum (Glostrup, DK)

10:06 O215  Hypocretin gene transfer in mice models of narcolepsy

10:18 O216  Sodium oxybate for the treatment of severe and drug-resistant narcolepsy
R. Chotai, R. Muza, A.J. Williams, C.A. Kosky (London, UK)

08:30 – 10:30 Oral Session 11
Lecture Hall E

Effects of sleep deprivation
Chairs: E. Van Cauter (Chicago, US)
T. Porkka-Heiskanen (Helsinki, FI)

08:30 O217  Increased physiological stress responses after prolonged sleep restriction and subsequent recovery sleep in healthy young men
W.M. van Leeuwen, M. Sallinen, J. Virkkala, H. Lindholm, C. Hublin, T. Porkka-Heiskanen, M. Härmä (Helsinki, FI)

08:42 O218  Antagonistic responses of slow-wave sleep and paradoxical sleep during repeated partial sleep restriction
F. Chapotot, R. Leproult, E. Tasali, K. Spiegel, E. Van Cauter (Chicago, US)

08:54 O219  Neurobehavioural performance impairments following short-term sleep restriction
T.L. Sletten, A.Y. Segal, J.R. Redman, S.W. Lockley, S.M. Rajaratnam (Victoria, AU; Boston, US)

09:06 O220  Chronic sleep restriction modifies the effects of time awake and circadian phase on psychomotor vigilance and subjective sleepiness during a constant routine
J.C. Lo, N. Santhi, A.S. Lazar, M. von Schantz, S. Archer, J.A. Groeger, D.J. Dijk (Guildford, UK; Cork, IE)

09:18 O221  Vulnerability to sleep deprivation is differentially mediated by social exposure in extraverts versus introverts
T.L. Rupp, W.D. Killgore, T.J. Balkin (Silver Spring, US)
09:30  O222  Protein identification of changed protein levels by proteomics after sleep restriction  
A.A. Bjørkum, I. Gurvin, T. Aarhus Braseth, I. Nygård, T. Kristensen, B. Kluge, K. Rosendahl (Bergen, NO)

09:42  O223  Benefits of modulating the recovery night after acute sleep restriction on alertness and immune cells in healthy young men  
B. Faraut, K. Zouaoui-Boudjeltia, E. David, P. Stenuit, A. Rousseau, M. Dyzma, M. Vanhaeverbeek, M. Kerkhofs (Montigny-le-Tilleul, BE)

09:54  O224  The whole-blood genome-wide gene expression profiles in human volunteers after sleep deprivation  

10:06  O225  Functional polymorphisms of DAT and COMT modulate slow-wave sleep rebound after sleep deprivation in healthy humans  
S.C. Holst, V. Bachmann, M. Mengotti, N. Schäfer, W. Berger, H.P. Landolt (Zurich, CH)

10:18  O226  Disruption of sleep by sound is predicted by spindle density in humans  
Oral Sessions

Saturday, 18 September 2010

08:30 – 10:30 Oral Session 12
Lecture Hall B

Clinical insomnia
Chairs: T. Paiva (Lisbon, PT)
A.N. Vgontzas (Hershey, US)

08:30 O271 Is co-morbid insomnia confined to less severe obstructive sleep apnoea?
L. Lack, H. Wright, C. Hennessy, D. McEvoy (Adelaide, AU)

08:42 O272 The role of sleep apnoea in insomnia: the São Paulo Epidemiologic Sleep Study
L.S. Castro, R. Santos-Silva, A.A. Souza, D. Poyares, S. Tufik, L. Bittencourt (São Paulo, BR)

08:54 O273 Self-help CBT-I in the management of insomnia symptoms associated with chronic disease in older adults: a randomized controlled trial
K. Morgan, P. Gregory, M. Tomeny, B. David (Loughborough, Nottingham, UK)

09:06 O274 Insomnia complaints, sleep duration and hospitalizations
P. Haaramo, T. Lallukka, E. Lahelma, C. Hublin, O. Rahkonen (Helsinki, FI)

09:18 O275 The treatment of insomnia with co-morbid OSA
L. Lack, M. Hunter, J. Harris, M. Gradisar (Adelaide, AU)

09:30 O276 Effects of insomnia and chronic use of hypnotics on driving performance
T.R. Leufkens, J.G. Ramaekers, A.W. de Weerd, W.J. Riedel, A. Vermeeren (Maastricht, Zwolle, NL)

09:42 O277 Sexual violence as a predictor of sleep difficulties in a community sample of young women
J. Astbury, D. Bruck, D. Loxton (Melbourne, Newcastle, AU)

09:54 O278 Switching attention to insomnia: the role of objective sleep duration
Oral Sessions Saturday, 18 September 2010

10:06 O280  **Insomnia as a risk factor for depression: a meta-analytic evaluation of longitudinal studies**  
(Freiburg, DE; Rome, IT; Prien, DE)

08:30 – 10:30 Oral Session 13  
**Sleep analysis and new technologies**  
*Chairs: T. Penzel (Berlin, DE) R. Ferri (Troina, IT)*

08:30 O281  **Manual and computer-assisted sleep classification according to the standard of the American Academy of Sleep Medicine: aspects of reliability and validity**  
P. Anderer, G. Gruber, S. Parapatics, E. Loretz, B. Saletu, G.M. Saletu-Zyhlarz, H. Danker-Hopfe, J. Zeitlhofer, G.W. Lotz, G. Dorffner (Vienna, AT; Berlin, DE; Monroeville, US)

08:42 O282  **Different electro-oculography montages in automatic sleep analysis**  
J. Virkkala, J. Hasan, M. Sallinen, M. Hämä, S.-L. Himanen (Helsinki, Tampere, FI)

08:54 O283  **A new video actigraphy method for non-contact analysis of body movement during sleep**  
A. Heinrich, H. van Vugt (Eindhoven, NL)

09:06 O284  **Clustering of sleep-wake behavioural states in a 3D feature space**  
A. Bassi, J. Diaz, N. Duque, E.A. Vivaldi (Santiago de Chile, CL)

09:18 O285  **Is a polysomnographic recording prior to MSLT worth the effort?**  
M. Karimi, D. Zou, J. Hedner, L. Grote (Gothenburg, SE)

09:30 O286  **K-complexes and the prefrontal cortex: an electrophysiological neuroimaging study**  
G. Gruber, S. Parapatics, P. Anderer, B. Saletu (Vienna, AT)

09:42 O287  **Features of tiredness**  
T. Sundelin, M. Prohn, M. Lekander, J. Axelsson (Stockholm, SE)
Oral Sessions
Saturday, 18 September 2010

09:54  O288  Sleepy truckers increase fuel consumption due to inefficient driving

10:06  O289  Sleep evaluation in car passengers using a seat head hammock new device
M. Fernandez-Bolanos, A. Alvarez, J. Duran-Cantolla, L. Cancelo, F. Aizpuru, E. Miranda, A. Lopez, R. Aramendi (Vitoria, ES)

10:18  O290  From polysomnography to sleep parameters indexing sleep quality and sleep-related physiological and psychometric factors
R. Rosipal, A. Lewandowski, G. Dorffner (Vienna, AT)

08:30 – 10:30 Oral Session 14
Lecture Hall D

Food for sleep
Chairs: S. Tufik (São Paulo, BR)
M. Gonçalves (Porto, PT)

08:30  O291  Inhibition of fatty acid synthesis suppresses sleep in mice
É. Szentirmai (Spokane, US)

08:42  O292  Arousal responses to fasting are blunted in ghrelin receptor knockout mice
É. Szentirmai, L. Kapas (Spokane, US)

08:54  O293  Sleep-related disturbances of central autonomic and baroreflex control of heart period in leptin-deficient obese mice
L. Lumachi, S. Bastianini, C. Berteotti, C. Franzini, P. Lenzi, V. Lo Martire, A. Silvani, G. Zoccoli (Bologna, IT)

09:06  O294  Sleeping during the day: effects on the circadian patterns of insulin-like growth factor binding protein-1, insulin, glucose, cortisol and growth hormone
J. Rehman, K. Brismar, U. Holmståck, T. Åkerstedt, J. Axelsson (Stockholm, Uppsala, SE)

09:18  O295  The effect of forced desynchrony on self-perceived hunger and snacking behaviour
Oral Sessions Saturday, 18 September 2010

09:30  O296  Sleep restriction impairs blood glucose levels but does not increase subjective ratings of hunger and appetite when caloric intake is controlled
A.C. Reynolds, L.J. Harmer, T.A. Brooks, S. Banks (Adelaide, AU)

09:42  O297  Effects of sleep deprivation on energy expenditure in humans
T. Lange, C. Benedict, M. Hallschmid, J. Born (Lübeck, DE)

09:54  O298  Impaired glucose tolerance in sleep disorders

10:06  O299  Effect of Ramadan fasting on the circadian pattern of sleep after controlling for mealtime: an objective assessment
A. BaHammam, M. Alrajeh, S. Bahammam, M. Albabtain, M. Sharif (Riyadh, SA)

10:18  O300  São Paulo Epidemiological Study: correlation between body mass index, sleep duration and sleep quality
W. Moraes, M.T. de Mello, L. Bittencourt, R. Silva, S. Tufik (São Paulo, BR)

08:30 – 10:30 Oral Session 15  Lecture Hall E

Learning and memory functions
Chairs: P. Maquet (Liège, BE)
E. Van Someren (Amsterdam, NL)

08:30  O301  Sleep deprivation effect upon spatial memory consolidation in rats after 1-day learning in a Morris water maze
V. Dorokhov, R. Kozhedub, G. Arsenyev, S. Kozhechkin, Y. Ukraintseva, V. Kovalzon (Moscow, RU)

08:42  O302  Extinction of aversive memory after sleep deprivation
F. Soncini (São Paulo, BR)

08:54  O303  Pre-sleep learning improves sleep continuity in young individuals with irregular sleep patterns
F. Conte, G. Carobbi, G. Ficca (Caserta, IT)

09:06  O304  Emotion and sleep interact to enhance the perceptual discrimination of ambiguous faces
V. Sterpenich, C. Piguet, M. Desseilles, L. Ceravolo, M. Gschwind, P. Vuilleumier, S. Schwartz (Geneva, CH)
09:18  O305  The influence of amitriptyline on visual perceptual learning in healthy subjects  
M. Goerke, S. Cohrs, A. Rodenbeck, D. Kunz (Berlin, DE)

09:30  O306  When a nap is not enough: sleep-related offline improvement of perceptual visual learning as assessed by fMRI  

09:42  O307  Task-induced neuronal network connectivity reappears during sleep in humans  
G. Piantoni, Y.D. van der Werf, O. Jensen, C.J. Stam, E.J.W. Van Someren (Amsterdam, Nijmegen, NL)

09:54  O308  State-dependent modulation by transcranial electric current stimulation of memory consolidation and EEG rhythms  
L. Marshall, R. Kirov, J. Brade, J. Born (Lübeck, DE; Sofia, BG)

10:06  O309  A genetic variant of adenosine deaminase promotes overnight gain in performance in a motor sequence memory task in humans  
A. Foret, L. Mascetti, L. Matarazzo, V. Muto, G. Albouy, V. Dideberg, V. Bours, H.P. Landolt, P. Maquet (Liège, BE; Montreal, CA; Zurich, CH)

10:18  O310  Conditioned auditory cues delivered during phasic REM sleep enhance adult human brain plasticity  
Posters

Posters are displayed in the exhibition area at the following times:

**Wednesday, 15 September 2010**
*Poster Session: 12.00 – 13.30 h*

**Topics**
- Environment P328 – P355
- Memory P356 – P381
- Sleep homeostasis P382 – P396
- Sleep disorders P397 – P410
- Psychological and psychiatric disorders P411 – P443
- Narcolepsy P444 – P464
- Insomnia I P465 – P492
- Obstructive sleep apnoea I P493 – P520

**Thursday, 16 September 2010**
*Poster Session: 13.00 – 14.30 h*

**Topics**
- REM sleep & dreams P521 – P529
- Sleepiness P530 – P539
- Circadian rhythms and light P540 – P561
- Neurotransmitters P562 – P574
- Pharmacology P575 – P589
- Sleep in children I P590 – P619
- Occupation P620 – P660
- Obstructive sleep apnoea II P661 – P713

**Friday, 17 September 2010**
*Poster Session: 13.00 – 14.30 h*

**Topics**
- Restless legs syndrome P714 – P739
- Sleep in children II P740 – P774
- Sleep and health P775 – P823
- Insomnia II P824 – P863
- Obstructive sleep apnoea III P864 – P905

**Saturday, 18 September 2010**
*Poster Session: 13.00 – 14.30 h*

**Topics**
- Sleep deprivation P906 – P932
- Negative effects of sleep deprivation P933 – P943
- Neurological mechanismus and disorders P944 – P998
- Methods P999 – P1056
- Obstructive sleep apnoea IV P1057 – P1096

Please refer to the section “Instructions for Authors” on page 184 when you should put your poster up and take it down.
Posters

Wednesday, 15 September 2010

12:00 – 13:30 Environment

P328 Sleep quality in a rural German population sample and its correlates
H. Danker-Hopfe, C. Sauter (Berlin, DE)

P329 Effects of pulse-modulated radiofrequency electromagnetic fields on the sleep electroencephalogram: site of interaction
S.P. Loughran, M. Schmid, S.J. Regel, A. Bratic, M. Maire, A. Bersaglieri, T. Rusterholtz, R. Dürr, M. Murbach, N. Kuster, P. Achermann (Zurich, CH)

P330 Supplementing environmental light in care homes
P.L. Morgan, S. Hopkins, B. Middleton, L.J. Schlangen, D.J. Skene (Guildford, UK; Eindhoven, NL)

P331 Differences in habitual bed temperatures of men and women
T.E. Weysen, D.A. Chestakov, R.J. Raymann (Eindhoven, NL)

P332 Is the temperature in your bed related to sleep onset?
T.E. Weysen, D.A. Chestakov, R.J. Raymann (Eindhoven, NL)

P333 Effects of different pulse-modulated radio frequency electromagnetic fields on the human brain
M. Schmid, A. Bratic, S. Loughran, S. Regel, A. Bersaglieri, T. Rusterholz, M. Murbach, N. Kuster, P. Achermann (Zurich, CH)

P334 The impact of delayed-onset muscle soreness on subjective sleep parameters
A. Bentley, N. Matos, I. Avidon (Johannesburg, ZA)

P335 Heart rate variability in reversed slow-wave/REM sleep patterns during an Antarctic summer expedition
N. Pattyn, A. Cortoos, S. Pirrera, E. De Valck, X. Neyt, P.F. Migeotte, R. Cluydts (Brussels, BE)

P336 Routine lifestyle rhythm contributes to sleep quality in community elderly
T. Shochat, N. Gur-Yaish, A. Zisberg (Haifa, IL)

P337 Objective sleep differences among men and women measured in the home
J. Shambroom, S. Fabregas (Newton, US)

P338 A correlation analysis of rest-activity rhythm variables and cognitive functioning in young and older adults
P339 Impact of Isha yoga meditation on sleep: a matched controlled trial
S. Vinchurkar, S. Telles, N. Visweswararaih (Bangalore, IN)

P340 Cell phone-based continuous tympanic temperature measurement system
J. Sanches, B. Pereira, T. Paiva (Lisbon, PT)

P341 Nicotine and sleep – studying smokers and healthy non-smokers during nicotine consumption and withdrawal
T. Unbehauen, A. Jaehne, B. Feige, D. Riemann (Freiburg, DE)

P342 The Epworth Sleepiness Scale in a rural German population
C. Sauter, H. Danker-Hopfe (Berlin, DE)

P343 Does sleep in a hammock differ from sleep in a bed?
H. Hein, H. Hein, J. Abt, B. Kleindienst (Reinbek, DE)

P344 Can disordered eating attitudes predict sleep disturbances overtime?
S. Carvalho Bos, M.J. Soares, M. Marques, B. Maia, A.T. Pereira, A. Gomes, A. Macedo, M.H. Azevedo (Coimbra, Aveiro, PT)

P345 Variation in sleep disturbance across Europe among working and older age groups
A. Dregan, D. Armstrong (London, UK)

P346 Sleep disturbance in smokers: results from the German Nicotine Priority Programme

P347 Influence of menstrual cycle on sleep pattern: data from a population-based survey in São Paulo, Brazil
H. Hachul, M. Andersen, L. Bittencourt, R. Santos-Silva, S. Tufik (São Paulo, BR)

P348 Development of a community scale on sleep beliefs and attitudes
C. Dolan, D. Bruck (Melbourne, AU)

P349 Sleep quality, beliefs and attitudes about sleep: a comparison of Caucasian Australian, Zimbabwean and Ghanaian immigrants resident in Australia
M. Clever, D. Bruck (Melbourne, AU)
Posters Wednesday, 15 September 2010

P350  Effects of radiofrequency electromagnetic radiation combined with heat stress on sleep in rats

P351  Evaluation of benzo[a]pyrene-DNA adducts as a biomarker for studying the effects of prenatal smoking exposure in neonates

P352  Nocturnal road traffic noise and sleep quality: comparison of actigraphic and sleep log measurements in noisy and quiet regions of Brussels
S. Pirrera, E. De Valck, R. Cluydts (Brussels, BE)

P353  Identifying the determinants of fragmented sleep in care homes for older people
I. Eyers, R. Luff, T. Ellmers, E. Cope, S. Arber (Guildford, UK)

P354  Time spent in bed at night by care home residents
R. Luff, T. Ellmers, I. Eyers, E. Cope, S. Arber (Guildford, UK)

P355  Sleeping together, does it matter?
V. van Kasteel, M.E.H. Geuke, A. Brouwer, G.A. Kerkhof (The Hague, NL)

12:00 – 13:30  Memory

P356  Effect of acute administration of modafinil on memory retrieval in mice
H. Fernandes, C.L. Patti, L. Bittencourt, S. Tufik, R. Frussa-Filho (São Paulo, BR)

P357  Effects of acute administration of different doses of zolpidem on the formation of a discriminative memory
K. Zanin, C. L. Patti, L. Sanday, D. Poyares, S. Tufik, R. Frussa-Filho (São Paulo, BR)

P358  Effect of pontine wave on hippocampal and amygdala theta synchronization during REM sleep
A. Karashima, N. Katayama, M. Nakao (Sendai, JP)

P359  Sleep selectively enhances memory expected to be of use
I. Wilhelm, S. Diekelmann, I. Molzow, A. Ayoub, M. Mölle, J. Born (Lübeck, Kiel, DE)

P360  Dissociable consequences of memory reactivation during sleep and wakefulness
S. Diekelmann, J. Born, B. Rasch (Lübeck, DE; Basel, CH)
P361  Connectivity patterns of hippocampal formation during non-REM sleep using fMRI in human subjects
M. Czisch, K. Andrade, V. Spoormaker, M. Dresler, F. Holsboer, A. Steiger, R. Wehrle, P. Sämann (Munich, DE)

P362  Influence of brain-derived neurotrophic factor val66met human polymorphism on declarative memory consolidation during sleep
L. Mascetti, A. Foret, L. Matarazzo, V. Muto, V. Dideberg, V. Bours, P. Maquet (Liège, BE)

P363  Effects of sleep and partial sleep deprivation on procedural and declarative learning in patients with major depression

P364  Theta and alpha oscillations during sleep predict subsequent dream recall
F. Moroni, C. Marzano, F. Mauro, G. Curcio, M. Ferrara, L. De Gennaro (Bologna, Rome, L’Aquila, IT)

P365  Is early relapse into alcohol drinking predictable by sleep disturbance, cortisol secretion or overnight memory consolidation?
A. Friedrich, Y. Hartmann, M. Machner, D. Ehrenthal, K. Junghanns (Lübeck, DE)

P366  Lack of sleep-dependent spatial memory consolidation in post-traumatic stress disorder survivors of the 2009 L’Aquila earthquake
D. Tempesta, M. Mazza, L. De Gennaro, G. Iaria, M. Ferrara (Coppito, Rome, IT; Calgary, CA)

P367  Sleep-dependent consolidation of temporal order in episodic memories
M. Schabus, K. Hoedlmoser, H. Griessenberger, A. Hoffmann, W. Klimesch (Salzburg, AT)

P368  Effect of daytime nap on human declarative memory recall
A. Puchkova, Y. Ukraintseva, V. Kovalzon, V. Dorokhov (Moscow, RU)

P369  The effects of neurofeedback on memory performance and sleep
D. Moser, I.H. Machatschke, I. Krenn, K. Schauerhofer, G. Klösch, G. Dorffner, J. Zeitlhofer (Vienna, AT)

P370  Neuroanatomical sleep-dependent processing in the probabilistic serial reaction time task
C. Urbain, R. Schmitz, C. Schmidt, A. Cleeremans, P. Van Bogaert, P. Maquet, P. Peigneux (Brussels, Liège, BE)
P371  A double dissociation in sleep-related memory consolidation
M. Dresler, L. Genzel, M. Kluge, M. Pawlowski, P. Schüssler, 
A. Steiger (Munich, DE)

P372  The impact of sleep and interference on memory consolidation
H. Piosczyk, J. Holz, B. Feige, U. Voderholzer, D. Riemann, 
C. Nissen (Freiburg, DE)

P373  Impact of nocturnal sleep duration on memory consolidation 
in healthy adolescents: a randomized, controlled parallel group 
study
J. Holz, H. Piosczyk, N. Landmann, B. Feige, B. Loessl, 
M. Kopasz, J.P. Doerr, D. Riemann, C. Nissen, U. Voderholzer 
(Freiburg, DE; Perth, AU; Prien, DE)

P374  Retrospective and prospective memory complaints in insomnia, 
sleep apnoea and restless leg syndrome: a population-based 
survey
S. Pompeia, L. Bittencourt, R. Santos-Silva, S. Tufik (São Paulo, BR)

P375  Daytime napping and emotional and declarative memory
L.M. Talamini, C.C. Sweegers, W.F. Hofman (Amsterdam, NL)

P376  Memory consolidation of a new task is inhibited in Ethiopian 
psychiatric patients
L. Genzel, E. Ali, M. Dresler, A. Steiger, M. Tesfaye (Munich, DE; 
Jimma, ET)

P377  REM and non-REM sleep contributions in post-training consoli-
dation of declarative memory. An investigation in narcolepsy 
and idiopathic hypersomnia
G. Deliens, D. Neu, P. Peigneux (Brussels, BE)

P379  Emotion recognition is affected by reported sleep quality and 
test time
L. Beattie, N. Forsberg, S.M. Biello, M. Bindemann (Glasgow, 
Colchester, UK)

P380  Sleep does not affect binding process in episodic memory
S. Galer, P. Peigneux (Brussels, BE)

P381  Unihemispheric sleep and spatial learning in domestic chicks 
(Gallus gallus) after selective monocular occlusion
C. Nelini, D. Bobbo, C. Cannas, G.G. Mascetti (Padua, IT)
12:00 – 13:30  Sleep homeostasis

P382  Disregulation of prion protein expression alters REM sleep homeostasis in aged mice
F. Baracchi, L. Ferrari, K. Rabello Casali, S. Mantovani, E. Tobaldini, F. Del Gallo, R. Chiesa, N. Montano, L. Imeri (Milan, IT)

P383  The peculiarity of sleep homeostasis in pregnant rats
M. Pigareva, E. Rutzkova (Moscow, RU)

P384  A longitudinal study of sleep slow-wave activity in juvenile rats
N. Olini, S. Kurth, R. Huber (Zurich, CH)

P385  Dynamics of electroencephalogram frequencies in the rat
R. Yasenkov, T. Deboer (Leiden, NL)

P386  Auditory cortical excitability and sleep homeostasis
C.M. Lustenberger, M. Schaarer, S. Kurth, M. Ringli, A. Geiger, O. Jenni, R. Huber (Zurich, CH)

P387  Are the dynamics of sleep homeostasis trait-like?
T. Rusterholz, H.P. Van Dongen, P. Achermann (Zurich, CH; Spokane, US)

P388  Altered expression of HVA Ca²⁺ channels in rat visual thalamus
T. Kanyshkova, P. Ehling, H.C. Pape, T. Budde (Münster, DE)

P389  Non-linear dynamics of heart rate variability show sleep-wake homeostatic predominance during sustained wakefulness
A.U. Viola, N. Montano, S. Chellappa, A. Porta, C. Cajochen, D.-J. Dijk (Basel, CH; Milan, IT; Guildford, UK)

P390  Electroencephalographic sleep inertia of the awakening brain

P391  Awakenings feelings and sleep features perception in habitual forced and self awakeners
S. Aboudan, F. Giganti, P. Salzarulo (Florence, IT)

P392  Sleep inertia field study – sleep inertia in a home setting
E.S. Grossman, H. Babkoff (Ramat Gan, Ashkelon, IL)

P393  Effect of PERIOD3 variable-number tandem-repeat polymorphism on human sleep timing and sleep duration
A.S. Lazar, A. Slak, J.C. Lo, N. Santhi, J. Groeger, S. Archer, D.-J. Dijk (Guildford, UK)
**GRIA3 reveals shared genetic background for short healthy sleepers and depression**  
S. Utge, P. Soronen, H. Ollila, T. Partonen, E. Kronholm, T. Porkka-Heiskanen, T. Paunio (Helsinki, Turku, FI)

**The BDNF polymorphism and sleep architecture in a large population-based sample of São Paulo, Brazil**  
K.F. Barrueco, C.S. Guindalini, M. Andersen, D.R. Mazzotti, R. Santos-Silva, L. Bittencourt, S. Tufik (São Paulo, BR)

**Differences in objective sleep quantity and quality in young, middle-aged and older subjects measured in the home**  
J. Shambroom, S. Fabregas (Newton, US)

### 12:00 – 13:30  Sleep disorders

**Spontaneously hypertensive rats: a new model of restless legs syndrome?**  
A. Esteves, R. Frussa-Filho, C. Lopes, M. Frank, S. Tufik, M.T. de Mello (São Paulo, BR)

**Effects of total sleep deprivation on an animal model of orofacial dyskinesia in mice**  

**Effect of chronic intermittent hypoxia on respiratory function of mitochondrion in genioglossus cells of rat and intervention role of adiponectin**  
X. Zhang, Q. Li, X. Zhang (Nanjing, CN)

**Changes in genioglossus and their association with serum adiponectin levels in rats submitted to chronic intermittent hypoxia**  
Z. Xilong, L. Chong (Nanjing, Changzhou, CN)

**The serotonin HTR2A receptor 102 T>C gene polymorphism may play a role in the susceptibility to sleep disorders in the Portuguese population**  

**The prevalence of delayed sleep phase in Norwegian high school students**  
I.W. Saxvig, A. Wilhelmsen-Langeland, S. Pallesen, B. Bjorvatn (Bergen, NO)
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P403 Vigilance attention in sleep-wake disorders measured with the psychomotor vigilance test
J. Thomann, C. Baumann, E. Werth (Zurich, CH)

P404 The role of actigraphy in the evaluation of sleep disorders
E. Werth, A. Hess, J. Meier, S. Weber, C. Bassetti (Zurich, CH)

P405 Lifetime prevalence of parasomnias and nocturnal behaviours in a sleep clinic population: preliminary findings
M.E. Beitinger, P.A. Beitinger, T.C. Wetter, S. Fulda (Munich, DE; Zurich, CH)

P406 Objective and subjective sleep patterns among individuals with night eating syndrome from the community
Y. Latzer, O. Tzischinsky, M. Hason, M. Givon (Haifa, Emek Yezreel, IL)

P407 Academic performance of night-shift pupils and its relations to sleep-wake cycle and chronotype
C.P. Andreoli, M.M. De Martino (Campinas, BR)

P408 Predicting neurobehavioural performance using subjective sleepiness

P409 The role of the electroencephalogram in polisomnography. A case report
A. Teijeira Azcona, J.M. Corredera Rodriguez, J. Perpiñá Rovira, C. Montes Gonzalo, S. Calle, J. Teijeira Alvarez (Toledo, ES)

P410 Sleep disorders in cancer patients: recent developments
N. Madeira, A. Cabral (Coimbra, PT)

12:00 – 13:30 Psychological and psychiatric disorders

P411 Sexual dimorphism of the effects of ghrelin on sleep-endocrine activity in patients with depression
M. Kluge, P. Schüessler, M. Uhr, A. Steiger (Munich, DE)

P412 The effect of an emotional film on sleep EEG: a relation with emotional attenuation over sleep
W.F. Hofman, R. Cox, L.M. Talamini (Amsterdam, NL)

P413 Life-long sleep alterations after prenatal exposure to fluoxetine in mice
C. Real, E. Lacombe, G. Vodjdani, V. Fabre, J. Adrien (Paris, FR)
P414 Chronic sleep restriction during adolescence: effects on hippocampal structure and emotionality
A. Novati, H.J. Hulshof, P. Meerlo (Haren, NL)

P415 The role of sleep in the development of learned-helplessness type behaviour in rats
S.M. Fogel, C.T. Smith, R.J. Beninger (Montreal, Peterborough, Kingston, CA)

P416 Discontinuation of systemic administration of muscarinic cholinergic antagonists in cats leads to paradoxical sleep disturbances similar to depressive disease
N. Nachkebia, E. Chkhartishvili, E. Chijavadze, O. Mchedlidze, S. Dzadzamia, M. Babilodze, N. Maglakelidze, T. Oniani (Tbilisi, GE)

P417 A study of long-term effects on body temperature rhythm after two exposures to social defeat in rats
A.M. Kinn Rød, B. Bjorvatn, J. Mrdalj, I. Olsen, H. Tellnes, S. Pallesen, R. Murison, J. Grønli (Bergen, NO)

P418 Paradoxical sleep disturbances in animal model of depression with deficiency of brain monoamine/serotonin content
E. Chijavadze, O. Mchedlidze, E. Chkhartishvili, N. Darchia, S. Dzadzamia, M. Babilodze, N. Oniani, N. Maglakelidze, N. Nachkebia (Tbilisi, GE)

P419 Anxiety – impaired sleep quality enhances homeostatic sleep pressure
V. Jakubcakova, C. Flachskamm, B. Hambsch, R. Landgraf, M. Kimura (Munich, DE)

P420 Recording and scoring of eye movements during sleep in mice – towards a novel biomarker for psychiatric disorders
S. Fulda, A. Becker, C.P.N. Romanowski, M.E. Beitinger, T.C. Wetter, M. Kimura, T. Fenzl (Munich, Martinsried, DE; Zurich, CH)

P421 Treating institutionalized demented psychiatric elder with sunlight exposure and routines reorganization
A. Santa-Clara, A. Ramos, L. Seixas, T. Paiva (Belas, Lisbon, PT)

P422 Clinical and treatment aspects in patients with nocturnal eating syndrome
A. Santa-Clara, T. Paiva (Belas, Lisbon, PT)

P423 Disturbed sleep-wake cycles in schizophrenia and its impact on self-reported sleep quality and quality of life
P. Afonso, S. Brissos, M.L. Figueira, T. Paiva (Lisbon, PT)
P424 Actigraphy and nocturnal melatonin profile in monozygotic twins discordant for schizophrenia
P. Afonso, S. Brissos, M.L. Figueira, T. Paiva (Lisbon, PT)

P425 Beneficial effects of light treatment on sleep efficiency and daytime alertness in women with emotional instability of the borderline type
V. Bromundt, S. Kyburz, G. Dammann, A. Wirz-Justice, C. Cajochen (Basel, Münsterlingen, CH)

P426 Effects of age and sex on the sleep of patients with major depressive disorder

P427 Sleep in schizophrenic and PTSD patients: discrepancy between self-reported versus recorded sleep
I. Haimov, A. Reshef, B. Bloch, L. Vadas, L. Hazan, M. Blanaru, I. Kremer (Emek Yisrael, Afula, IL)

P428 Intermediate sleep correlates with psychopathology in acutely-ill drug-naïve patients with schizophrenia
F. Guénolé, E. Chevrier, L. Lecardeur, S. Dollfus, E. Stip, R. Godbout (Caen, FR; Montréal, CA)

P429 Rest-activity patterns in drug-naïve subjects with bipolar disorder
R. Chandler, K. Wulff, R. Foster, G. Goodwin (Oxford, UK)

P430 Actigraphic assessment of activity and sleep in individuals at risk of bipolar disorder

P431 Slow-wave activity in youths at high risk for depression
R. Armitage, J. Lopez, H. Bertram, R. Hoffmann (Ann Arbor, US)

P432 Poor sleep increases risk for depressive symptoms and disability pension due to depressive disorder
T. Paunio, T. Korhonen, C. Hublin, M. Partinen, K. Koskenvuo, M. Koskenvuo, J. Kaprio (Helsinki, Fl)

P433 Neurophysiologic approach to the night eating syndrome
T. Paiva, A. Santa Clara (Lisbon, PT)

P434 Lower educational attainment is associated with increased use of hypnotics: a Swedish population study
D. Eder, D. Zou, L. Grote, J. Hedner (Gothenburg, SE)
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P435  Genetic association between CLOCK and CRY2 circadian genes and polysomnographic sleep measures in patients with major depressive disorder
N. Ramoz, M.A. Quera Salva, P. Gorwood (Paris, Garches, FR)

P436  Higher frontal EEG synchronization during sustained wakefulness in depressed women: evidence for increased homeostatic sleep pressure?
A. Birchler Pedross, S. Frey, T. Götz, P. Brunner, V. Knoblauch, A. Wirz-Justice, C. Cajochen (Basel, CH)

P437  Absolute and relative non-REM and REM sleep EEG activity in adolescents with anxiety disorders
A.K. Gauthier, T. Chevrette, E. Chevrier, H. Bouvier, R. Godbout (Montreal, CA)

P438  Altered body temperature rhythm and depression-like symptoms following early and later life stress in rats
J. Mrdalj, R. Murison, A.M. Milde, F.K. Jellestad, R. Ursin, S. Pallesen, B. Bjorvatn, J. Grønli (Bergen, NO)

P439  Waking depression and dream content during pregnancy and postpartum
C. Sabourin, A. Duchesne-Pérusse, J. De Koninck (Ottawa, CA)

P440  Mimic facial muscle activity during REM sleep and its relation with rapid eye movements in depressed patients
A.P. Rivera, I. Ramirez Salado, M. Aguilar Cruz (Mexico, MX)

P441  Women with major depression live under higher homeostatic sleep pressure
S. Frey, A. Birchler Pedross, P. Brunner, T. Götz, V. Knoblauch, C. Cajochen (Basel, CH)

P442  Sleep, mood and emotional processing

P443  Comparison of at home sleep-wake assessment in psychiatric patients: actigraphy versus sleep diary reports
T. Ip, B. Whitwell, I. Hickie, S. Naismith, D. Hermens, E. Scott, N. Rogers (Camperdown, AU)

12:00 – 13:30  Narcolepsy

P444  Reward processing in narcolepsy with cataplexy
S. Bayard, Y. Huan, S. Scholtz, B. Carlander, Y. Dauvilliers (Montpellier, FR; Shanghai, CN)
P445  Glucose tolerance in patients with narcolepsy  
P.A. Beitinger, S. Fulda, M.A. Dalal, R. Wehrle, M. Keckeis,  
T.C. Wetter, A. Schuld, T. Pollmächer (Munich, Ingolstadt, DE;  
Zurich, CH)

P446  Effects of intranasal hypocretin-1 (orexin A) on sleep in  
narcolepsy with cataplexy  
P.C. Baier, M. Hallschmid, M. Seeck-Hirschner, S.L. Weinhold,  
S. Burkert, N. Diessner, R. Göder, J.B. Aldenhoff, D. Hinze-Selch  
(Kiel, Lübeck, DE)

P447  Narcolepsy in neurosarcoidosis: report of two cases  
A. Coeytaux, H. Emond, J. Horvath, M. Kurian, M. Chofflon,  
S. Perrig (Geneva, CH)

P448  Injuries and property damage due to smoking in narcoleptic  
patients  
L. Krahn, N. Slocumb, M. Silber (Scottsdale, Rochester, US)

P449  Symptomatic narcolepsy after transverse myelitis: a clinical case  
A. Leitão, R. Peralta, R. Geraldes, C. Bentes (Coimbra, Lisbon, PT)

P450  Narcolepsy with cataplexy more overweighted than narcolepsy  
without cataplexy  
K. Sonka, D. Kemlink, J. Buskova, Z. Srutkova, E. Maurovich  
Horvat, P. Vodicka, S. Nevsimalova (Prague, CZ)

P451  Food intake frequency, meal size and timing in narcolepsy  
D. Gatti, D. Bruck (Melbourne, AU)

P452  The prevalence and inter-country differences of body mass  
index classification in narcolepsy with cataplexy patients in  
five European countries  
D. Pardi, C. Patel, G. Lammers (Leiden, NL; Houston, US)

P453  Associations between body mass index and sleep parameters in  
narcolepsy with cataplexy patients from the European Narco-  
lepsy Network Database  
D. Pardi, C. Patel, G.J. Lammers (Leiden, NL; Houston, US)

P454  Punding in patients with narcolepsy/cathaplexy treated with  
high doses of methylphendiate  
P.E. Hesla (Oslo, NO)

P455  Validation of the ICSD-2 criteria for CSF hypocretin-1 measure-  
ments in the diagnosis of narcolepsy in the Danish population  
S. Knudsen, P. Jennum, J. Alving, S. Sheikh, S. Gammeltoft  
(Glostrup, Dianalund, DK)
The danger of diagnosing narcolepsy with cataplexy on history alone: a review of cases incorrectly diagnosed as narcolepsy
I. Morrison, J. Bušková, S. Nevšímalová, N.J. Douglas, R.L. Riha
(Glasgow, UK; Prague, CZ; Edinburgh, UK)

Metabolic and endocrine assessment in children with narcolepsy with cataplexy
F. Poli, U. Pagotto, E. Finotti, F. Pizza, F. Bernardi, O. Bruni,
G. Plazzi (Bologna, Rome, IT)

Heath-related quality of life in narcoleptics with and without obstructive sleep apnoea/hypopnoea syndrome
A. David, F. Constantino, J. Moutinho, T. Paiva (Coimbra, Lisbon, PT)

Narcolepsy with cataplexy in monozygotic twins: case report
L.I. Goulart, H.H. Sander, A.H. Martori, D.V. Pachito,
M. Pedrazolli, L.R. Pinto, R. Fernandes, S. Tufik (São Paulo,
Ribeirao Preto, BR)

Narcolepsy-cataplexy and co-morbid autoimmune diseases
R. Peraita-Adrados, F.J. Martinez-Orozco, I. Villalibre-Valderrey,
E. Calvo-Ferrándiz, C. Gutierrez-Martín, J.L. Vicario (Madrid,
Oviedo, ES)

Evaluation of CSF melanin-concentrating hormone concentration in the patients with narcolepsy or various diseases
F. Takemura, T. Kanbayashi, W. Ito, T. Takemura, M. Sato, Y. Sagawa,
S. Nishino, T. Shimizu (Akita City, Daisen City, JP; Stanford, US)

Observation of narcoleptic patients in Hungary
A. Terray Horvath, Z. Szakacs (Budapest, HU)

Motor behaviour during REM sleep of narcoleptic with cataplexy patients: a systematic classification
C. Franceschini, L. Ricotta, R. Ferri, C. Cipolli, S. Vandi,
P. Montagna, G. Plazzi (Bologna, Troina, IT)

Complementary and synergistic control of wakefulness by orexins and histamine, demonstrated using a double knockout mouse model
C. Anaclet, K. Ouk, G. Guidon, C. Buda, J.P. Sastre, H. Ohtsu,
M. Yanagisawa, P. Franco, J.S. Lin (Lyon, FR; Sendai, JP; Dallas, US)

Cognitive behavioural treatment of insomnia: 5-session group training and change in sleep and sleep effort measures
T. Hion, B. Aumeste, M. Taevik, K. Veevåli on behalf of the Insomnia Network
Daytime function and health-related quality of life after cognitive behavioural therapy for primary insomnia: clinical significance and predictors of outcomes
L. Van Houdenhove, O. Van den Bergh, L. Gabriëls, B. Buyse (Leuven, BE)

Quantitative measurement of sleep quality using cardiopulmonary coupling analysis: a retrospective comparison of individuals with and without primary insomnia
P. Schramm, R. Thomas, B. Feige, D. Baker, K. Spiegelhalder, D. Riemann (Broomfield, Boston, US; Freiburg, DE)

Erectile dysfunction and insomnia in Portuguese male prison guards
M.O. Amaral, C. Pereira, N. Veiga (Viseu, PT)

The role of polysomnography in the evaluation of chronic insomnia
M. Moura, T. Paiva (Lisbon, PT)

Heart rate acceleration from EEG arousals in insomnia patients and controls
M. Bonnet, D. Arand (Dayton, US)

Psychometric properties of the Portuguese version of the Pre-Sleep Arousal Scale

Is insomnia in late pregnancy a risk factor for postpartum depression?

Waking EEG in primary insomnia
D. Wolynczyk-Gmaj, W. Szelenberger (Warsaw, PL)

Concomitant sleep disorder in patients with generalized anxiety disorder: treatment effects of pregabalin
M. Brasser (Berlin, DE)

Reliability and validity of the Polish version of the Athens Insomnia Scale
M. Fornal-Pawlowska, D. Wolynczyk-Gmaj, W. Szelenberger (Warsaw, PL)

Cognitive behavioural therapy for insomnia
M. Fornal-Pawlowska, M. Skalski, W. Szelenberger (Warsaw, PL)
P480 Objective and subjective determinants of neuropsychological function in primary insomnia

P481 The reverse first night effect in insomnia: does it really exist?
V. Hirschler, T. Unbehauen, B. Feige, K. Spiegelhalder, C. Nissen, D. Riemann (Freiburg, DE)

P482 Treatment satisfaction and most helpful components perceived by insomnia patients treated by group CBT
V. Castronovo, M. Anelli, L. Giarolli, S. Marelli, M. Zucconi, A. Oldani, M. Maconi, L. Ferini-Strambi, T. Kuo (Milan, IT; Redwood City, US)

P483 The cognitive arousal: an underlying factor in different types of insomnia
S. Baiardi, C. Fonti, C. La Morgia, S. Mondini, F. Cirignotta (Bologna, IT)

P484 Brain reactivity to sleep-related cues in patients with primary insomnia
K. Spiegelhalder, C. Baglioni, C. Nissen, B. Feige, D. Riemann (Freiburg, DE)

P485 Effects of physical exercise on sleep quality, mood and quality of life in patients with chronic primary insomnia
G.S. Passos, D. Poyares, M.G. Santana, S. Tufik, M.T. Mello (São Paulo, BR)

P486 First night effect and burnout
H. Petersen, P. D’Onofrio, A. Perski, G. Kecklund, T. Åkerstedt (Stockholm, SE)

P487 Insomnia complaints and disability pensions: a register-based follow-up study of public sector employees
T. Lallukka, P. Haaramo, E. Lahelma, O. Rahkonen (Helsinki, FI)

P488 Contribution of age, gender and insomnia subtypes to the microstructure of sleep
D.R. Ouellet, I. Turcotte, G. St-Jean, J. Carrier, C.H. Bastien (Québec, Montreal, CA)

P489 Nonorganic insomnia in the elderly and associated characteristics
Factors influencing the efficacy of non-pharmacological treatment of psychophysiological insomnia
H. An, J. Park, E.S. Jang, S. Chung (Seoul, KR)

The influence of personality and dysfunctional beliefs toward sleep on the severity of insomnia
J. Park, H. An, E.S. Jang, S. Chung (Seoul, KR)


Evaluation of the role of biomarkers for prediction of cardiovascular risk in patients with obstructive sleep apnoea and dyslipidaemia
M.C. Feres, C. Rizzi, P. Lorenzon, T. Risso, F. Cintra, S. Tufik, D. Poyares (São Paulo, BR)

Circadian pattern of exhaled nitric oxide in a group of obstructive sleep apnoea patients and healthy subjects
A.R. Dias, C. Martinho, J. Teixeira, A. Oliveira, P. Pinto, C. Bábarba, T. Paiva (Lisbon, PT)

What do you think about continuous positive airway pressure? A questionnaire survey
J.W. Cho, D.J. Kim, S.M. Lee, J. Lee, S.J. Han, J.H. Kim (Yangsan, Busan, Gunpo, Cheonan, KR)

Mouth opening during sleep may be a critical predictor of surgical outcome after uvulopalatopharyngoplasty for obstructive sleep apnoea

Research conducted in a federal university, São Paulo, Brazil related to the treatment of obstructive sleep apnoea with acupuncture
A. Freire, S. Tufik, L. Mello, S. Togeiro (São Paulo, BR)

Obstructive sleep apnoea is a determinant condition of insulin resistance in non-obese men
S.M. Togeiro, M. Maues, G. Carneiro, F.F. Ribeiro Filho, M.T. Zanella, S. Tufik (São Paulo, BR)
P499  Isolated sleep paralysis as a presenting feature of obstructive sleep apnoea  
G. Leschziner, R. Howard, C. Kosky, A. Williams (London, UK)

P500  Neuropsychological effects of nCPAP treatment in patients with sleep apnoea  

P501  The use of local anaesthesia+sedation in multilevel somnoplasty in the treatment of obstructive sleep apnoea syndrome  
A. Labra, R. Haro-Valencia, F. Sanchez-Narvaez, A. Huerta-Delgado (Mexico City, MX)

P502  Sleep architecture and sleep-disordered breathing differences in patients with type I Chiari malformation and patients with and without syringomyelia  
A. Ferre, M. Poca, M. De la Calzada, E. Solana, O. Romero, J. Sahuquillo (Barcelona, ES)

P503  Sleep-disordered breathing in acute haemorrhage stroke  
A. Ferre, M. Ribó, D. Rodriguez-Luna, C. Molina, O. Romero, J. Alvarez-Sabin (Barcelona, ES)

P504  Rapid eye movement – related obstructive sleep apnoea  
F. Viveiros, A. Castro, I. Esteves (Vila Nova de Gaia, PT)

P505  Diagnostic value of oxygen fluctuation index in obstructive sleep apnoea syndrome  
E. Hacikamiloglu, S. Firat Guven, B. Ciftci, T. Ulukavak Ciftci, Y. Erdogan (Ankara, TR)

P506  Sleep disorders and quality of life questionnaires in idiopathic pulmonary fibrosis patients with obstructive sleep apnoea syndrome  
L. Kolilekas, K. Vlami, E. Manali, C. Triantafillidou, D. Markoukaki, P. Lyberopoulos, S. Gytopoulos, C. Sotiropoulos, A. Karakatsani, S. Papiris (Athens, GR)

P507  Variability of sleep structure in patients with obstructive sleep apnoea/hypopnoea syndrome  
A. Chikadze, I. Burduladze, L. Khuchua, R. Shakarishvili, T. Chikadze, A. Sagura, N. Mitagvaria (Tbilisi, GE)

P508  Correlation between smoking history, smoking status and severity of sleep apnoea syndrome and chronic obstructive pulmonary disease  
S. Mihaicuta, O. Deleanu, V. Tudorache, F. Mihaltan (Timisoara, Bucharest, RO)
A Norwegian population-based study on the risk and prevalence of obstructive sleep apnoea. The Akershus sleep apnoea project
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P544  **Association study of circadian gene polymorphisms with circadian sleep disorders in Japanese population**  

P545  **Dim light melatonin onset is not related to sleep timing or diurnality in a group of working-age adults**  

P546  **Circadian analysis of the amino acid tryptophan in human milk during breastfeeding**  
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P556  Effects of blue-enriched and control white light on activity levels and timing in older people living in care homes
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P573  Interleukin-1 microinjection into the ventrolateral periaqueductal grey inhibits REM sleep  
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P578  Clonidine suppresses REM sleep: new evidence from combined EMG, EOG, EEG analyses  
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P647 Excessive sleepiness and inadequate sleep in Portuguese higher education students
M. Meira e Cruz, A.P. Cunhal, T. Paiva (Torres Vedras, Seia, Lisbon, PT)

P648 Relation between subjective quality of sleep, burnout, stress and job satisfaction.
O. Guglielmi, C. Díaz-Piedra, G. Saez-Roca, S. Lopez-Ortiz, G. Buela-Casal (Granada, ES)

P650 Effects of night meal on security guards’ sleepiness
P. Nehme, M.A. Ulhoa, M.A. Codarin, E. Moulatlet, C.R. Moreno (São Paulo, BR)

P651 Sleep and metabolic syndrome in lorry drivers
E.C. Marqueze, M.A. Ulhoa, C.R. Moreno (São Paulo, BR)

P652 Sleep, general health and work-life. Results from the Austrian Federal Chamber of Labour (BAK Study)
G. Kloesch, B. Holzinger, P. Hoffmann (Vienna, AT)

P653 Sleep and burnout – Results from the Austrian Federal Chamber of Labour (BAK Study)
B. Holzinger, G. Klösch, P. Hoffmann (Vienna, AT)

P654 Emotion dysregulation predicts poor sleep, eating disorder symptoms and their relationship in female university students
C. Lombardo, G. Battagliese, C. Baglioni, C. Violani, D. Riemann (Rome, IT; Freiburg, DE)

P655 High correlation between sleep disorders and driving safety in Taiwan
C.H. Lin, Y.S. Chen, Y.S. Yen, L.F. Chen (Taichung, Hsinchu, Taipei City, TW)

P656 Screening applicants for professional driving license for sleep-disordered breathing
O. Tzicshinsky, R. Epstein, Y. Ribbak, G. Pillar, D. Traister-Efrat, P. Lavie (Emek Yezreel, Haifa, Tel Aviv, IL)

P657 Sleepy drivers and others suffering from sleep attacks. Characterization of the disorder and treatment
K. Virring Soerensen (Viborg, DK)
Posters

P658  Work schedules, sleep complaints, weight gain and health in workers from the metallurgic industry
S. Noel, M. Blesch, D. Delahaigue, M. Doyen, F. Duboutay, B. Gelle, J. Godron, M. Rohm, M. Oblin, C. Paquette, J. Van Damme, K. Zouaoui, M. Kerkhofs (Montigny-le-Tilleul, BE; Florange, Montataire, FR; Liège, Charleroi, BE; Basse-Indre, Dunkerque, FR; Chatelet, BE; Le Creusot, FR)

P659  Sleepiness complaints and sleep debt in women working in metallurgical industry
M. Kerkhofs, S. Noel, D. Delahaighe, M. Blesch, M. Doyen, F. Duboutay, J. Godron, M. Oblin, C. Paquette, J. Van Damme, K. Zouaoui (Montigny-le-tilleul, BE; Paris, Hagondange, FR; Liège, Charleroi, BE; Dunkerke, FR; Chatelet, BE; Le Creusot, FR)

P660  Quantitative roadside testing of driver sleepiness – a pilot study
P. Forsman, E. Hæggström (Spokane, US; Helsinki, FI)

13:00 – 14:30  Obstructive sleep apnoea II

P661  Assessing adherence to obstructive sleep apnoea treatment with two group educational interventions
D. Bartlett, E. Moy, D. Richards, K. Wong, P. Cistulli, C. Espie, R. Grunstein (Sydney, AU; Glasgow, UK)

P662  Floppy eyelid syndrome: association with sleep apnoea

P663  Short-lived oxygen desaturation during sleep in non-obstructive sleep apnoea subjects and abnormal metabolic status
L. Palombini, L. Bittencourt, C. Guilleminault, M.G. Oliveira, R.P. Ramos, R. Santos-Silva, L.S. Castro, S. Tufik (São Paulo, BR; Redwood City, US)

P664  Hormonal effects on oxygen desaturation during sleep not related to OSA
L. Palombini, C. Guilleminault, R. Santos-Silva, L.S. Castro, H.C. Hachul, L. Bittencourt, S. Tufik (São Paulo, BR; Redwood City, US)

P665  Predictive value of systematic physical exam of the upper airways and facial skeleton in diagnosing obstructive sleep apnoea in an adult population of São Paulo, Brazil
M.C. Soares, F.L.M. Haddad, L.C. Gregorio, J.A. Taddei, R. Santos-Silva, S. Tufik, L. Bittencourt (São Paulo, BR)
Comparisons of the upper airway and facial skeleton of an adult population in the city of São Paulo with and without obstructive sleep apnoea

Assessment of orofacial motricity in obstructive sleep apnoea patients: a comparison between patients with and without nasal alterations
G. Diaféria, F.L. Haddad, S. Bommarito, R. Santos-Silva, S. Tufik, L. Bittencourt (São Paulo, BR)

Sleepiness and blood inflammatory markers in OSA subjects from the São Paulo Epidemiologic Sleep Study
S. Garbuio, L.S. Castro, A.A.L. Souza, R. Santos-Silva, S. Tufik, L. Bittencourt (São Paulo, BR)

Situations influencing partners’ support to CPAP-treated patients with obstructive sleep apnoea syndrome
M. Elfstrom, S. Karlsson, P. Nilsen, E. Svanborg, A. Brostrom (Jonkoping, Linkoping, SE)

Everyday life for spouses of untreated patients with OSAS: in-depth interviews
A. Stalkrantz, D. Malm, J. Wiberg, E. Svanborg, A. Brostrom (Jonkoping, Linkoping, SE)

Is there an association between body composition, basal metabolic rate, and sleep in elderly patients with and without obstructive sleep apnoea syndrome?
R.A. Boscolo, V.A. Viana, V. Grassmann, M. Santana, S. Tufik, M.T. De Mello (São Paulo, BR)

Diagnosis of obstructive sleep apnoea in children: a systematic review
P. Brockmann, M. Urschitz, A. Poets, C. Schaefer, C. Poets (Tübingen, DE)

Sleep microstructure in patients with gastroesophageal reflux and OSAS
M. Maestri, E. Bonanni, V. Quaranta, M. Fabbrini, E. Di Coscio, M. Parisi, M. Rossi, L. Parrino, M. Terzano, L. Murri (Pisa, Parma, IT)

15-year follow-up after uvulopalatopharyngoplasty in obstructive sleep apnoea patients
P. Nerfeldt, N. Browaldh, E. Svanborg, H. Larsson, D. Friberg (Stockholm, SE)
P675 Obstructive sleep apnoea syndrome (OSAS) in women and men: gender-related differences
R. Condurso, I. Arico’, G. Serra, G. Mento, R. Silvestri (Messina, IT)

P676 Autonomic nervous system analysis during sleep in obstructive sleep apnoea with heart failure

P677 Obstructive sleep apnoea and sleep bruxism symptoms in a dentist’s office

P678 Management of OSA patients in Italy: a regional survey of the public health service in Emilia-Romagna
L. Parrino, M. Bosi, S. Mondini, F. Provini, L. Ballerin on behalf of the Regione Emilia-Romagna OSAS Group

P679 The impact of android obesity and severe obstructive sleep apnoea on metabolic syndrome
Z. Szakacs, M. Gyorfi (Budapest, HU)

P680 Nonobese military patients at high risk for obstructive sleep apnoea syndrome, an unexpected sleep laboratory finding
I. Bernath, Z. Szakacs (Budapest, HU)

P681 The effect of CPAP therapy on blood pressure upon awakening in patients with severe sleep apnoea
K. Pozsegovits, Z. Szakacs (Budapest, HU)

P682 Occurrence of autonomic arousals during sleep in patients with obstructive sleep apnoea and in healthy volunteers
M. Glos, W. Klaus, D. Buck, C. Garcia, I. Fietze, G. Baumann, T. Penzel (Berlin, DE)

P683 An association between age and compliance to CPAP treatment of obstructive sleep apnoea: a controlled study
E. Mendonça, L. Mello-Fujita, F. Cintra, L. Bittencourt, R. Merique-Neto, C. Rizzi, D. Poyares, S. Tufik (São Paulo, BR)

P684 Does singing or playing a wind instrument have any impact on snoring or OSA?
G. Bader, A. Bodden, H. Ullrich (Gothenburg, SE)

P685 The effect of weight reduction on pharyngeal fat in overweight patients with mild OSA
G. Smirnov, H. Tuomilehto, J. Seppä, A. Ikonen (Kuopio, FI)
P686  **Self-reported sleep duration, obesity, mood and gender in patients with sleep-disordered breathing**  
T. Saarensranta, E. Koskela, U. Anttalainen (Turku, FI)

P687  **Continuous positive air pressure treatment for obstructive sleep apnoea patients: effects on sleep quality and quantity as measured by actigraphy**  
A.J. Filtness, L.A. Reyner (Loughborough, UK)

P688  **Gender differences in presentation and response to treatment in Greek patients with severe obstructive sleep apnoea before and after therapeutic intervention**  
L. Kolilekas, S. Koutsoumpou, V. Tsara, S.A. Papiris, V. Polychronopoulos, A. Amfilochiou (Haidari-Athens, Athens, Thessaloniki, GR)

P689  **OSA-18 questionnaire has low sensitivity when compared to polysomnography in paediatric obstructive sleep apnoea**  
D. Friberg (Stockholm, SE)

P690  **Impact of obstructive sleep apnoea on HDL levels in obesity**  
K. Nitsche, L. Morselli, M. Balbo, K. Spiegel, B. Mokhlesi, H. Whitmore, E. Van Cauter, R. Leproult (Chicago, US; Lyon, FR)

P691  **Obstructive sleep apnoea predicts insulin resistance and reduced glucose tolerance in non-diabetic subjects**  
L. Morselli, E. Tasali, M. Balbo, R. Leproult, F. Chapotot, O. Van Reeth, E. Van Cauter, K. Spiegel (Chicago, US; Brussels, BE; Lyon, FR)

P692  **Non-REM and REM sleep microstructure in OSAS patients**  
E.S. Rodrigues, J.A. Rodrigues, T. Paiva (Santarém, Lisbon, PT)

P693  **Gender differences in OSAS sleep microstructure**  
J.A. Rodrigues, E.S. Rodrigues, T. Paiva (Santarém, Lisbon, PT)

P695  **Sleep-disordered breathing in TIA/ischaemic stroke: effects on short- and long-term outcome and CPAP treatment efficacy: an open, observational, clinical, multicentre trial with a randomized arm (SAS CARE study)**  
P696  Arterial stiffness in OSA with metabolic syndrome is strongly associated with insulin resistance

P697  Risk factors for Cheyne-Stokes respiration
C. Lopes, C. Coelho, P. Correia, M. Matos (Coimbra, PT)

P698  Sleep quality and effects of position on sleep apnoea in East Asian children

P699  Effect of obstructive sleep apnoeas-hypopnoeas on haemodynamic parameters during a short period of stable sleep
R. Staats, S. Moreira, J. Valença, D. Escaleira, P. Rodrigues, M. Aguiar, I. Claro, L. Moita, T. Paiva, A. Bugalho de Almeida (Lisbon, PT)

P700  Increased prevalence of urolithiasis in the obstructive sleep apnoea patients

P701  A convenient expiratory positive airway pressure device is effective for the treatment of sleep apnoea in many patients non-adherent with positive airway pressure
J. Walsh, K. Griffin, E. Forst, H. Ahmed, R. Eisenstein, D. Curry, J. Hall, P. Schweitzer (Chesterfield, US)

P702  The impact of type D personality on side-effects during oral appliance treatment for sleep-disordered breathing
D. Van den Bosch, O. Vanderveken, K. Wouters, J. Denollet, M. Braem, J. Verbraecken (Edegem, BE)

P703  The differences in anthropometric features of patients with pathologic obesity diagnosed for obstructive sleep apnoea syndrome

P704  Serum levels of MMP-9, sRAGE, hsCRP and Cu can be used as predictive biochemical parameters related to oxidative stress in obese patients with obstructive sleep apnoea
J. Volná, M. Kalousová, D. Kemlink, K. Sonka (Prague, CZ)
P705  Effectiveness of mandibular advance splints in the treatment of obstructive sleep apnoea syndrome assessed by split night polysomnography  
E. Garcia-Campos, A. Labra, L. Galicia-Polo,  
F. Sanchez-Narvaez, R. Haro-Valencia (Mexico City, MX)

P706  Serum uric acid levels in patients with moderate to severe obstructive sleep apnoea syndrome  
P. Caetano Mota, M. Drummond, J.C. Winck, A.C. Santos,  
J. Almeida, J.A. Marques (Porto, PT)

P707  The influence of the nose in joining the compliance of positive airway pressure in patients with obstructive sleep apnoea syndrome  
F.L. Haddad, T. Vidigal, L. Fujita, F. Cintra, D. Poyares,  
L.C. Gregório, S. Tufik, L. Bittencourt (São Paulo, BR)

P708  The association of obesity with insulin resistance in male patients with obstructive sleep apnoea syndrome in Korea  

P709  Nasal CPAP adherence rate and common complaints using nasal CPAP in Korean OSA patients  
J.H. Kim, S.M. Lee, J.I. Kim, G.H. Lee (Cheonan, KR)

P710  REM sleep dominant OSA – data from the Skara Sleep Cohort  
D. Eskandari, D. Eder, D. Zou, Y. Peker, U. Lindblad,  
K. Bengtsson, J. Hedner, L. Grote (Gothenburg, Skövde, SE)

P711  Differences in sleep fragmentation according to age in patients with obstructive sleep apnoea  
J.S. Lee, J.W. Kim, G.S. Chung, D.U. Jeong (Seoul, KR; Sydney, AU)

P712  Sexual dysfunction in pre-and post-menopausal women with obstructive sleep apnoea syndrome  
C. Stavaras, C. Pastaka, M. Papala, G. Seitanidis, V. Tsolaki,  
K. Gourgoulianis (Larissa, GR)

P713  Investigation of apnoea-related cardiovascular changes: a new method  
B. Faludi, G. Stefanits, I. Hernádi (Pécs, Budapest, HU)
13:00 – 14:30  Restless legs syndrome

P714  Symptomatic restless legs syndrome (RLS) in patients with multiple sclerosis is not associated with the known common genetic RLS variants
J. Vavrova, D. Kemlink, K. Sonka, E. Havrdova, B. Müller-Myhsok, J. Winkelmann (Munich, DE; Prague, CZ)

P715  Open-label study of the long-term efficacy and safety of ASP8825 in patients with primary restless legs syndrome
Y. Inoue, N. Uchimura, K. Kuroda, K. Hirata, N. Hattori (Tokyo, Kurume, Sakai, Mibu, JP)

P716  Restless legs syndrome negatively impacts quality of life of patients after ischaemic stroke and acute coronary syndrome
M. Sieminski, K. Chwojnicki, A. Ossowska, L. Wierucki, T. Zdrojewski, B. Wyrzykowski, W.M. Nyka (Gdansk, PL)

P717  Restless legs syndrome (RLS) in end-stage kidney disease patients undergoing long-term haemodialysis therapy: the role of peripheral neuropathy, residual renal function and positive family history of RLS
F. Pizza, E. Persici, G. La Manna, C. Campieri, G. Plazzi, E. Carretta, M.L. Cappuccilli, B. Ferri, S. Stefoni, P. Montagna (Bologna, IT)

P718  Periodic leg movements in sleep and restless legs syndrome in young patients with schizophrenia
A. Wichniak, W. Jernajczyk, T. Taflinski, J. Chojnacka, A. Wierzbicka, T. Jakubczyk, M. Jarema (Warsaw, PL)

P719  Effect of pramipexole therapy on heart rate changes during periodic leg movements in patients with restless legs syndrome
Z. Vida, Z. Szakacs (Budapest, HU)

P720  Restless legs syndrome in women in southern Italy: the experience of a Sicilian sleep medicine centre
I. Aricò, R. Condurso, G. Vita, R. Silvestri (Messina, IT)

P721  Long-term follow-up of the pregnancy-related restless legs syndrome
M. Manconi, E. Cesnik, I. Casetta, V. Bottasini, V. Govoni, E. Granieri, L. Ferini-Strambi (Milan, Ferrara, IT)

P722  Autonomic dysfunction in restless legs syndrome with periodic leg movements: effect of dopamine-agonist treatment
M. Manconi, R. Ferri, M. Zucconi, V. Bottasini, A. Oldani, L. Ferini-Strambi (Milan, Troina, IT)
P723  Restless legs syndrome and other sleep disorders in dialysis and pre-dialysis patients  
M. Fabbrini, E. Bonanni, M. Maestri, E. Di Coscio, D. Perini, S. Beati, S. Paolletti, V. Panichi, G. Barsotti, L. Murri (Pisa, Lido di Camaiore, IT)

P724  Relationship between discomfort, pain and motor activity associated with restless legs syndrome during the suggested immobilization test  
S.E. Kerr, W. McKinon, A. Bentley (Johannesburg, ZA)

P725  Iron infusion in restless legs syndrome in pregnancy  
J. Schneider, A. Krafft, E. Werth, A. Bloch, A. Hübnner, M. Rai-mondii, C. Baumann, C. Bassetti (Zurich, Lugano, CH)

P726  Polysomnography in children with restless legs syndrome: a case series  
H. Sander, A. Eckeli, A. Passos, R. Fernandes (Ribeirao Preto, BR)

P727  Periodic limb movement symptoms and characteristics according to the concomitant presence of insomnia  
M. Guerra, C. Teixeira, E. Ramos, M. Gonçalves (Porto, PT)

P728  Where is the core of the volcano? The undetermined origin of primary restless legs syndrome  

P729  Neurophysiological approach to the complex organization in spine: a study on F-wave duration and cutaneous silent period in primary restless legs patients  

P730  Living with restless legs syndrome: the patient’s perspective  
L. Abraham, K. Lasch, J. Patrick, E. Piault, S. Tully, M. Treglia (Sandwich, UK; Boston, New London, US)

P731  Acute dopamine-agonist treatment in restless legs syndrome: effects on sleep architecture and non-REM sleep instability  

P732  Frequency and severity of restless legs syndrome after blood donation: a case-control study  
S. Allard, J. Haba-Rubio (Ambilly, FR; Lausanne, CH)

P733  How does affected sleep influence health-related quality of life in women with restless legs syndrome?  
J. Wesström, S. Nilsson, I. Sundström-Poromaa, J. Ulfberg (Falun, Uppsala, SE)
P734  Safety and efficacy of long-term treatment with transdermal rotigotine in patients with idiopathic restless legs syndrome: a 12-month open-label extension study
L. Ferini-Strambi, H. Benes, D. Garcia-Borreguero, W. Oertel, A. Fichtner, E. Schollmayer, C. Trenkwalder on behalf of the SP791 study group

P735  Rotigotine reduced impairment of daily activities due to pain in patients with idiopathic restless legs syndrome
D. Garcia-Borreguero, K. Stiasny-Kolster, C. Trenkwalder, L. Bauer, F. Grieger, E. Schollmayer, R. Kohnen on behalf of the SP790 study group

P736  Functional change of dopamine system in restless legs syndrome

P737  Prospective survey on the natural course of restless legs syndrome symptom with 2 years interval on a closed cohort
T. Kagimura, T. Nomura, M. Kusumi, K. Nakashima, Y. Inoue (Tokyo, Tottori, JP)

P738  A multicentre Italian Sleep Study: hypertension in peri- and post-menopausal women is strongly related to sleep quality, RLS and mood alteration

13:00 – 14:30  Sleep in children II

P740  Daytime physical activity and sleep in children

P741  The relation between sleep and pain among a non-clinical sample of young adults
S. Brand, J. Beck, M. Gerber, U. Pühse, E. Holsboer-Trachsler (Basel, CH)

P742  Association between self-reported mood disturbance and sleep in young patients with psychiatric disorders
Posters

P743  Sleep problems and mental health problems in school-aged children (7 – 12 years): a longitudinal population-based study
H.E. Fosse, K.M. Stormark, S. Pallesen, I.H. Nordhus, B. Bjorvatn (Bergen, NO)

P744  Heart rate variability remains unchanged in children with sleep-disordered breathing

P745  Changes in brain connectivity across adolescent development: insights from the sleep EEG
L. Tarokh, M.A. Carskadon, P. Achermann (Providence, US; Zurich, CH)

P746  Comparing sleep-wake patterns in young patients with bipolar disorder and attention-deficit hyperactivity disorder
N. Rogers, B. Whitwell, I. Hickie, D. Hermens (Camperdown, AU)

P747  Effects of sleep-disordered breathing severity on blood pressure in primary school children

P748  Sleep-wake patterns in children with (versus without) autistic spectrum disorders
T. Aparas, A. Allen Gomes, V. Clemente, M. Azevedo (Tondela, Aveiro, Coimbra, PT)

P749  Sleep disturbances are related to school performance and academic motivation in teenage girls and boys
F. Michaud, G. Forest, I. Green-Demers (Gatineau, CA)

P750  Sleep problems and behaviour in children: result from TOON sleep study
Y. Oka, F. Horiuchi, S. Sakurai, I. Saito, T. Tanigawa (Ehime, JP)

P751  Evaluation of sleep architecture in children based on ECG
S. Eyal, Y. Fuxman, C. Cahan, A. Baharav (Yehud, Jerusalem, IL)

P752  Effectiveness of an age-appropriate sleep hygiene programme, developed with youths, on sleep hygiene and daytime somnolence
E. Tan, B. Galland, P. Cleland, C. Lobb (Dunedin, NZ)
Posters

Friday, 17 September 2010

P753 Self-perception, routines and information about sleep in adolescents. Development and administration of a new questionnaire
T. Rebelo Pinto, J. Morgado, H. Rebelo Pinto, T. Paiva (Lisbon, PT)

P754 Study for sleep pattern of adolescent and school performance, using Korean version of Pediatric Daytime Sleepiness Scale in South Korea

P755 Snoring children continue to report poorer sleep habits and experience more sleep problems than non-snoring children over 24 months. A community-based longitudinal study

P756 Sleep and maternal bond of Brazilian children with visual impairments

P757 Sleep disorders in Brazilian children with visual impairment

P758 Relationship between sleep and oesophageal impedance-pH monitoring in neonates
D. Djeddi, M. Ammari, A. Léké, D. Delanaud, E. Stephan-Blanchard, V. Bach, F. Telliez (Amiens, FR)

P759 Central apnoea syndrome in children: clinical aspects and therapy
R.A. van den Bossche, A. de Weerd (Zwolle, NL)

P760 Melatonin and sleep in typically developing children and children with Williams syndrome
A. Sniecinska, S. Butler, R. Iles, R. Bayford, B. Burczynska, D. Annaz (London, UK)

P761 Agreement between subjective and objective daytime sleepiness in children and adolescents

P762 Compliance and feasibility of the pupillographic sleepiness test in children and adolescents
P763  Sleeping habits and sleep disorders prevalence in infants aged 6 and 15 months in Cuenca (Spain)
C. Soria Bretones, M. García Bellón, M. García Jiménez, E. de las Heras Martínez (Cuenca, ES)

P764  Sleeping habits and sleep disorders prevalence in children aged 4 – 11 years in Cuenca, Spain
C. Soria Bretones, M. García Bellón, M. García Jiménez, E. de las Heras Martínez (Cuenca, ES)

P765  Night-time sleep patterns and eating in the absence of hunger in adolescents
C. Algarín, P. Peirano, S. Reyes, R. Burrows, M. Reyes, S. Gahagan (Santiago de Chile, CL; La Jolla, US)

P766  Short and disturbed sleep, associations with childhood obesity
M. Ekstedt, G. Nyberg, C. Marcus (Stockholm, SE)

P767  A developmental approach for the treatment of children’s sleep problems: changes in children’s sleep behaviour, behaviour problems and parental sleep quality
H. Werner, P. Hunkeler, C. Benz, O. Jenni (Zurich, CH)

P768  Primary snoring and cardiovascular function in younger children

P769  Variations in electroencephalograms during sleep through the year: an observational study in 42 children of 4 – 6 years old
M. Diaz-Sardi, I. Dolz, E. Gil, P. Laguna, J.M. Vergara (Zaragoza, ES)

P770  Sleep habits among adolescents
M. Gonçalves, D. Vieira, P. Sousa, E. Ramos, C. Guilleminault (Porto, PT; Redwood City, US)

P771  Sleep problems in children with autism spectrum disorder. A longitudinal population-based study
B. Sivertsen (Bergen, NO)

P772  Broken sleep is associated with body mass index in 2- to 5-year-old children in high risk of developing overweight
N. Olsen, M. Pihlsgaard, J. Giese, T. Buch-Andersen, L. Oestergaard, C. Seeger, B. Heitmann (Copenhagen, DK)

P773  The role of sleep investigation in epilepsy diagnosis in children
L. Khuchua, A. Chikadze, R. Shakarishvili, I. Burduladze, A. Ivaniadze, T. Chikadze (Tbilisi, GE)
13:00 – 14:30  Sleep and health

P774 The utility of interdisciplinary paediatric sleep centres
M. Merino-Andreu, C. Martinez-Carrasco, J. Casas-Rivero, A. Martinez-Bermejo (Madrid, ES)

P775 Slow-wave sleep is increased in hypophysectomized patients
M. Kluge, C. Sievers, J. Rümmler, J. Schopohl, G. Stalla, A. Steiger (Munich, DE)

P776 High testosterone levels are associated with larger amounts of slow-wave sleep in middle-aged men
Z. Sekerovic, C. Lord, S. Frenette, C. Reinhardt, A. Jacob-Lessard, J. Carrier (Montreal, CA)

P777 Sleep problems and weight gain: a prospective study
P. Lyytikäinen, T. Lallukka, E. Lahelma, O. Rahkonen (Helsinki, FI)

P778 The impact of disability and old age retirement on sleep duration and sleep problems
O. Rahkonen, T. Lallukka, M. Laaksonen, S. Arber, E. Lahelma (Helsinki, FI; Guildford, UK)

P779 Effects of carotid occlusion on sleep-wake activity in rats
Z. Lelkes, B. Bodosi, A. Institóris, E. Mracskó, M. Hugyecz, F. Bari (Szeged, HU)

P780 Sleep disorders in an experimental model of chronic kidney disease
C. Hirotsu, M. Andersen, C. Bergamaschi, N. Tenorio, P. Araujo, S. Tufik (São Paulo, Santos, BR)

P781 Sleep-dependent daily changes in blood pressure in leptin-deficient obese mice
V. Lo Martire, S. Bastianini, C. Berteotti, C. Franzini, P. Lenzi, L. Lumachi, A. Silvani, G. Zoccoli (Bologna, IT)

P782 Sleep and metabolism: sleep regulation in a USF1 knockout mouse model
K.M. Rytkönen, H. Ollila, V. Rantanen, T. Porkka-Heiskanen (Helsinki, FI)

P783 Sleep changes after prolonged high-fat diet delivery in the rat
M. Luppi, R. Amici, M. Cerri, D. Denti, S. Laudadio, D. Martelli, M. Mastrotto, E. Perez, D. Tupone, G. Zamboni (Bologna, IT)
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<td>P784</td>
<td>Altered sleep quality indexes in migraine: gender differences</td>
<td>G. Gervasi, R. Grugno, F. Cordici, R. Condurso, I. De Santi, I. Aricò, P. Bramanti, R. Silvestri (Messina, IT)</td>
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<td>P785</td>
<td>Sleep in older chronic pain patients: a comparative polysomnographic study</td>
<td>T. Blågestad, S. Pallesen, L. Lunde, B. Sivertsen, I. Nordhus, J. Grønli (Bergen, NO)</td>
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<td>P786</td>
<td>Psychomotor vigilance task performance in people with neurodegenerative disorders</td>
<td>D. Pandit, S. Naismith, I. Hickie, T. Ip, B. Whitwell, N. Rogers (Camperdown, AU)</td>
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<td>P787</td>
<td>Fatal familial insomnia (FFI) versus metastatic brain tumour in a 47-year-old man with a family history of FFI</td>
<td>I. Serrano, R. Cambrodí, M.J. Jurado, A. Ferré, O. Romero (Barcelona, ES)</td>
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<td>Nasal and oral breathing ratio in horizontal position affecting quality of life in patients with rhinologic problems</td>
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P794  Heart rate variability by Wavelet™ spectral analysis during sleep in morbid obese patients undergone bariatric surgery  

P795  Relationship between inflammatory markers and sleep efficiency in kidney-transplanted patients  

P796  Higher nocturnal blood pressure in healthy subjects underestimating their sleep duration  
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P797  Daytime sleepiness and rapid eye movement sleep characteristics in myotonic dystrophy: a case-control study  
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P798  Rapid eye movements sleep evaluation in the follow-up of patients with hepatic cirrhosis  
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P799  Oximeter-based autonomic state indicator algorithm for cardiovascular risk assessment  
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P800  Characteristics of the Pittsburgh Sleep Quality Index in a large sample of patients with chronic fatigue syndrome  
A. Mariman, D. Vogelaers, I. Hanoulle, L. Delesie, D. Pevernagie (Ghent, BE/Heeze, NL)

P801  Sleep bruxism is associated with blood pressure surges  

P802  The effectiveness of a walking programme, supervised exercise programme and usual physiotherapy on sleep disturbance in chronic low back pain: 3-month results of a feasibility randomized controlled trial  
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P805  Sleep protects against chemotherapy-induced emesis
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P808  Sleep EEG in patients with cirrhosis and induced hyperammonaemia
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P809  Self-reported sleep quality and associated symptomatology in individuals with chronic fatigue syndrome
M. Arroll, V. Senior (London, Guildford, UK)

P810  Sleep quality disorders, insulin resistance and the autonomic nervous system
A. Perciaccante, A. Fiorentini, R. Valente, A. Paris, C. Donada, L. Tubani (Gorizia, Montefiascone, Rome, IT)

P811  SDB and daytime napping are associated with higher glucose levels in pregnant women

P812  Quality of sleep in clinically stable patients with sickle cell anaemia (HbSS)
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P813  Sleep or breath: a night dilemma for Duchenne patients
V. Martins, G. Lopes, C. Guimarães, J. Moita (Coimbra, PT)

P814  The amount of deep sleep is inversely related to daytime systolic blood pressure in patients with chronic kidney disease
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R. Debs, A. Aranda, P. Cintas, M.C. Arne Bes, M. Tiberge (Toulouse, FR)

**P816**  Hypersomnia and coeliac disease
D. Neutel, P. Pita Lobo, T. Mestre, R. Peralta, C. Bentes (Lisbon, PT)

**P817**  Cyclic alternating pattern in congenital deaf quantitative and topographic analysis
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**P818**  Sleep and vigilance disorders in myotonic dystrophy type 1
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**P819**  Sleep duration and body mass index in university students

**P820**  Sleep, daily PER2 expression and melatonin secretion levels: findings from patients and healthy controls
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**P821**  The impact in self-care sleep and rest experienced by person with chronic disease
A. Mendes (Lisbon, PT)

**P822**  Sleep loss and acute drug abuse can induce DNA damage in multiple organs of mice

**P823**  Weight loss rate during sleep
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**P824**  Is working memory performance impaired in older adults with insomnia?
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**P825**  Co-occurrence of sleep problems and insomnia with emotionality
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P827  Instrumental conditioning of brain oscillations – a non-pharmacological alternative for the treatment of insomnia?  
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P828  CHICs – a scale to follow subjective symptoms of chronic sleep deficit  
H. Oginska, M. Fafrowicz, T. Marek, J. Mojsa-Kaja (Krakow, PL)

P829  The effects of caffeine given in timed doses before bed as measured objectively in the home  

P830  High prevalence of restless legs syndrome in Czech patients with multiple sclerosis  
D. Kemlink, J. Vavrova, K. Sonka, E. Havrdova (Prague, CZ)

P831  New light on leg movements without restless legs syndrome in insomnia: coincidence or useful information?  
W.C. Arends, A. de Weerd, R. Ferri (Zwolle, NL; Troina, IT)

P832  Early Alzheimer’s disease does not affect non-REM slow-wave oscillations  

P833  Sound stimulation during sleep in tinnitus patients provokes changes in the electroencephalographic waves power spectra  
M. Pedemonte, D. Pol-Fernandes, D. Drexler (Punta del Este, UY)

P834  Sleep and temperature in Alzheimer’s disease and healthy controls  
E. Most, S. Aboudan, E.J.W. van Someren (Amsterdam, NL; Florence, IT)

P835  Subjective sleep reports in early-stage Alzheimer’s patients fail to detect their compromised sleep  
E. Most, S. Aboudan, S. de Wit, E.J. van Someren (Amsterdam, NL; Florence, IT; Utrecht, NL)

P836  Sleep disturbances and complaints of fatigue in university students with children  
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P837 Lack of sleep in managers: state of the world economy to blame?
R.J. Raymann (Eindhoven, NL)

P838 The influence of pre-sleep cognitive arousal on sleep onset processes
J. Wuyts, V. Verhaert, A. Bulckaert, G. De Bruyne, V. Exadaktylos, D. Berckmans, B. Haex, J. Verbraecken, E. De Valck, N. Pattyn, M. Vandekerckhove, R. Cluydt (Elsene, Leuven, Antwerp, BE)

P839 Selective processing of sleep-related words in psycho-physiological insomnia: a novel eye-tracking study
H. Cleland Woods, K.A. Ross, C. Scheepers, S.M. Biello, C. Espie (Glasgow, UK)

P840 Variation of sleepiness levels related to morning cognitive tasks in insomnia sufferers
S. Ropars, G. St-Jean, I. Turcotte, C.H. Bastien (Quebec, CA)

P841 Further evidence for the hyperarousal concept of primary insomnia: increased EEG sigma and beta activity during NREM sleep in primary insomnia
C. Nissen, B. Feige, K. Spiegelhalder, H. Piosczyk, J. Holz, D. Riemann (Freiburg, DE)

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P843 The role of the actigraphy in the assessment of insomnia
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P844 Deconstructing insomnia: an empirical study on the concurrent validity of ICSD-2 insomnia subtypes
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P845 Severe insomnia and treatment of hypertension among individuals older than 40 years of age

P846 Comparison of subjective insomnia symptoms and quantitative criteria of sleep: a longitudinal study of a community sample of older adults
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P847 Insomnia and depressive symptoms in acute psychiatric patients
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P849  Preliminary validation of the Romanian translation of the Pittsburgh Insomnia Rating Scale  
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P851  Group and individual approach of insomnia treatment in a cognitive behavioural perspective  
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P852  Treating insomnia in primary care: a randomized controlled study of effectiveness and dissemination  
K. Bothelius, K. Kyhle, C. Espie, J.-E. Broman (Uppsala, SE; Glasgow, UK)

P853  Clinical profile of objective insomnia: a population-based study  
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P856  Ten-year trends in insomnia prevalence in Norway  
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P857  Gender differences in insomnia  
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P858  Insomnia: characteristics and consequences in a Portuguese population  
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P859  Treatment of chronic insomnia in occupational health services  
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**Prevalence of insomnia complaints in an urban-rural primary health care centre and its consequences on quality of life**
E. Antunes, T. Paiva (Figueiró dos Vinhos, Lisbon, PT)

**Self-help treatment for insomnia: a meta-analysis**
A. van Straten, P. Cuijpers (Amsterdam, NL)

**The effect of cognitive behavioural therapy for insomnia versus neurofeedback on subjective sleep in insomnia patients: an exploratory study**
A. Cortoos, S. De Weerdt, N. Pattyn, E. De Valck, R. Cluydts, W. Vincken (Brussels, BE)

**Non-pharmacological intervention in primary insomnia**
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**Ambulatory blood pressure monitoring in patients with narcolepsy and obstructive sleep apnoea: a controlled study**

**High prevalence of sleep apnoea syndrome in patients with acromegaly**
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**Ambulatory blood pressure monitoring in patients with obstructive sleep apnoea after effective CPAP and sham treatments**
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**The role of endothelial dysfunction and oxidative stress in the pathogenesis of erectile dysfunction in obstructive sleep apnoea-hypopnoea syndrome patients**
V. Papadimitriou, F. Sofras, I. Bouloukaki, E. Vlachaki, N. Malliaraki, A. Margioris, N. Tzanakis, N. Siafakas, S. Schiza (Heraklion, GR)

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P880 Obstructive sleep apnoea in idiopathic pulmonary fibrosis patients: correlations of sleep characteristics with parameters of disease severity and outcome
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P881 Cognitive performance in obstructive sleep apnoea patients with normal body mass index
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P882 Association of Framingham risk score and sleep: São Paulo Epidemiological Sleep Study
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P883 Factors influencing severity of both pathologies in a population with obstructive sleep apnoea and chronic obstructive pulmonary disease

P884 Factors influencing adherence to continuous positive airway pressure therapy in a population with obstructive sleep apnoea
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Pulse transit time: a useful technique to better classify central apnoeas in a routine setting

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Mandibular advancement splints in the treatment of obstructive sleep apnoea – a retrospective analysis
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P896 **Nasal flow disturbances as a risk factor for sleep apnoea syndrome**  

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P898 **Comparison of two methods for assessment of residual Apnoea-Hypopnoea Index**  
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P899 **Validation of a cardio-respiratory device for the diagnosis of obstructive sleep apnoea in patients with chronic obstructive pulmonary disease – preliminary results**  

P900 **The attitudes to CPAP treatment inventory (ACTI): the development and initial validation of a new tool for measuring attitudes to CPAP treatment**  
A. Brostrom, M. Ulander, P. Nilsen, E. Svanborg, K. Franzén Arestedt (Linköping, SE)

P901 **Sleep-disordered breathing in community-dwelling elderly: associations to cardiovascular disease, impaired systolic function and mortality. A six-year follow-up**  

P902 **Assessment of anatomic parameters on lateral cephalogram in patients with obstructive sleep apnoea symptoms and comparison with the healthy population**  
S. Al Faqih (Baghdad, IQ)

P903 **The potential role of obstructive sleep apnoea in heart preconditioning**  
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P904 **The influence of apolipoprotein E polymorphisms on sleep parameters in obstructive sleep apnoea syndrome**  
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P917  Does chronic sleep loss increase risk behaviour in adolescents?  
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P919  Effects of 24-h sleep deprivation on the components of attention  
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P920  Effects of 24-h sleep deprivation on the indices of sustained attention  
C. Ramírez, D. Juárez, L. Arroyo, A. Flores, J. Cortez, J. Talamantes, A. García, P. Valdez (Monterrey, MX)

P921  Mood and REM sleep effects of a 6-day 4-h sleep restriction protocol in healthy female subjects  

P922  Sleep deprivation suppresses the increase of rapid eye movements across sleep cycles  
C. Marzano, E. De Simoni, D. Tempesta, M. Ferrara, L. De Gennaro (Rome, L’Aquila, IT)

P923  Consecutive days of sleep restriction and sleep displacement disrupt glucose metabolism  

P924  The effects of sleep deprivation on the attentional networks: an event-related functional magnetic resonance imaging fMRI study  
V. Muto, A. Shaffii-Le Bourdiec, L. Matarazzo, F. Collette, P. Maquet (Liège, BE)

P925  Effects of 40 hours of sleep deprivation on sleepiness, performance and inflammatory cytokines  

P926  A source localization study of the effect of sleep deprivation on slow oscillations  
A. Bersagliere, R.D. Pascual-Marqui, P. Achermann (Zurich, CH)
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P927 Antioxidant enzymes expression in male offspring of sleep-deprived mice
B.F.A. Calegare, M.S. Marques, L. Fernandes, S. Tufik, V. D’Almeida (São Paulo, BR)

P928 Sleep deprivation alters gene expression and antioxidant enzyme activity in mice splenocytes
M.S. Marques, L. Lungato, M. Gazarini, S. Tufik, V. D’Almeida (São Paulo, BR)

P929 Paradoxical sleep deprivation as an animal model of mania in a successful combined therapy with tamoxifen and lithium
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V. Kahan, D.A. Ribeiro, M. Andersen, T.A. Alvarenga, S. Tufik (São Paulo, BR)

P931 Sleep deprivation does not accelerate the inhibitory effects of acute hypoglycaemia on pituitary-gonadal and -thyroid axis activity in healthy men
K. Jauch-Chara, S.M. Schmid, M. Hallschmid, K.M. Oltmanns, B. Schultes (Lübeck, DE; Rorschach, CH)

P932 Disturbed glucoregulatory response to food intake after moderate sleep restriction in the presence of reduced circulating glucagon and unaltered ACTH, cortisol and interleukin-6 concentrations
S.M. Schmid, K. Jauch-Chara, M. Hallschmid, B. Willms, H. Lehnert, B. Schultes (Lübeck, DE; Rorschach, CH)

13:00 – 14:30 Negative effects of sleep deprivation

P933 Chronic sleep disturbance in rats reduces vulnerability of the brain to NMDA excitotoxicity
A. Novati, H.J. Hulshof, I. Granic, P. Meerlo (Haren, NL)

P934 Evaluation of the interleukin-6 involvement in memory impairment induced by sleep deprivation
L. Esumi, B. Palma, V. Gomes, J. Machado, S. Tufik, D. Hipólide (São Paulo, BR)

P935 Sleep-wake cycle in male offspring of sleep-deprived mice
B.F.A. Calegare, L. Fernandes, S. Tufik, V. D’Almeida (São Paulo, BR)
Evaluation of mechanisms responsible for leukocytes alterations after paradoxical sleep deprivation
L.D. Guariniello, K.S. Lee, S. Tufik (São Paulo, BR)

Can sex differences influence the hyperalgesia induced by sleep loss in mice?
P. Araujo, M. Andersen, R. Mazaro-Costa, S. Tufik (São Paulo, Goiania, BR)

Sleep restriction during pregnancy: hypertension and renal abnormalities in young offspring rats
B. Palma, J. Thomal, B. Ponzio, M. Franco, F. Zaladek-Gil, Z. Fortes, S. Tufik, G. Gomes (São Paulo, BR)

Chitotriosidase as a marker of macrophage activation after paradoxical sleep deprivation
L. Lungato, M. Del Bosco Rodrigues, M. Gazarini, S. Tufik, V. D’Almeida (São Paulo, BR)

Influence of sleep deprivation on cardiovascular parameters in female Zucker obese and lean rats
N.M. Tenorio, M. Andersen, C. Bergamaschi, R.R. Campos, F. Cintra, S. Tufik (São Paulo, BR)

Sleep deprivation changes the gene expression of skin allograft immune response in mice
F.S. Ruiz, M. Andersen, C. Guindalini, A. Zager, J.D. Lopes, S. Tufik (São Paulo, BR)

Paradoxical sleep deprivation induces DNA damage in female rats: role of hormones
T.A. Alvarenga, M. Andersen, D.A. Ribeiro, A. Silva, P. Araujo, A. Zager, N.M. Tenório, S. Tufik (São Paulo, BR)

Nocturia, ageing and sleep disturbance: strategies and behaviours
S. Venn, S. Arber (Guildford, UK)

CSF hypocretin-1 (hcrt-1) levels are decreased in symptomatic Kleine-Levin patients
G. Mayer, M. Otto, B. Schade (Schwalmstadt, Ulm, DE)

Prevalence and types of insomnia in patients after ischaemic stroke
M. Sieminski, K. Chwojnicki, A. Ossowska, L. Wierucki, T. Zdrojewski, B. Wyrzykowski, W.M. Nyka (Gdansk, PL)
P946 Perceptual and attentional visual function in parkinsonian patients and idiopathic rapid eye movement sleep behaviour disorder
L. Plomhause, K. Dujardin, M. Boucart, V. Herlin, M. Delliaux, L. Defebvre, P. Derambure, C. Monaca (Lille, FR)

P947 Coherence analysis between motor cortex and basal ganglia during sleep in Parkinson's disease

P948 Sleep disorders 10 years after bacterial meningitis
E. de Bruín, W. Hofman, B. Schmand, D. van de Beek (Amsterdam, NL)

P949 Cortical effective connectivity across the sleep-wake cycle: an intracerebral study in humans
A. Pigorini, C. Szymanski, S. Casarotto, M.C. Rosanova, A. Girardi Casali, G. Lo Russo, M. Mariotti, L. Nobili, M. Massimini (Milan, IT)

P950 Fast rhythms coalescence with the sleep slow oscillation
D. Menicucci, A. Piarulli, A. Landi, P. d’Ascanio, R. Bedini, A. Gemignani (Pisa, IT)

P951 Stress-related sleep slow oscillation changes in the simulation of the human flight to Mars
A. Gemignani, A. Piarulli, G. Rota, E. Garbella, P. d’Ascanio, A. Benassi, A. Pingitore, A. L’Abbate, R. Bedini, D. Menicucci (Pisa, IT)

P952 Synaptic downscaling during sleep: evidence from K-complex analysis
G. Gruber, P. Anderer, S. Parapatics, A. Moreau, M. Ross, G. Dorffner (Vienna, AT)

P953 Subthalamic nucleus activity and periodic limb movements during sleep in humans

P954 Functional dissociation of lateral and medial pain systems during sleep. A study with intracranial recordings in humans
H. Bastuji, S. Mazza, C. Perchet, M. Frot, F. Mauguiere, M. Magnin, L. Garcia-Larrea (Bron, FR)

P955 Sleep-related myoclonus – an electrophysiological study
S. Tartarotti, A. Mensen, R. Fiechter, R. Khatami (Barmelweid, CH)
P956 Clinical features associated with REM sleep behaviour disorder symptoms in the early stages of Parkinson’s disease
P. Bugalho, J. Alves da Silva, B. Neto (Lisbon, PT)

P957 Occlusal splint in sleep bruxism to release time of sign and symptoms in temporomandibular dysfunction: long-term follow-up

P958 Olfactory function in patients with dopamine and/or hypocretin deficit and in patients with excessive daytime sleepiness
E. Ghielmini, R. Poryazova, C. Bassetti (Zurich, Lugano, CH)

P959 Evolution of slow-wave activity and sleep spindles after paramedian thalamic stroke
R. Poryazova, R. Huber, R. Khatami, E. Werth, P. Brugger, C. Bassetti (Zurich, Barmelweid, Lugano, CH)

P960 REM sleep increase after acute deep-brain stimulation of the subgenual cingulate gyrus in patients with treatment-resistant depression
C. Durant, A. Malizia, N. Patel, L. Paterson, D. Nutt, S. Gill, S. Wilson (Bristol, UK)

P961 Unihemispheric sleep in domestic chicks (Gallus gallus): effects of pre-hatching asymmetric light stimulation and monocular occlusion
D. Bobbo, A. Quercia, C. Nelini, G.G. Mascetti (Padua, IT)

P962 REM sleep and slow-wave sleep in the most “ancient” birds: an electrophysiological study of sleep in ostriches and tinamous
J.A. Lesku, L.C.R. Meyer, A. Fuller, S.K. Maloney, G. Dell’Omo, A.L. Vyssotski, N.C. Rattenborg (Seewiesen, DE; Johannesburg, ZA; Perth, AU; Rome, IT; Zurich, CH)

P963 Sleep spindles show different age-related changes across brain topography
N. Martin, G. Poirier, R. Robillard, M. Lafortune, J. Carrier (Montreal, CA)

P964 The reciprocal interaction between spindles activity and cyclic alternating pattern in normal sleep stage 2
L. Novelli, O. Bruni, E. Finotti, M. Del Pozzo, M. Forlani, R. Ferri (Rome, Padua, Troina, IT)

P965 Sleep patterns in moderate Alzheimer’s disease patients prior and during first-time treatment with cholinesterase inhibitors
E. Cussans, G.K. Wilcock, R.G. Foster, K. Wulff (Oxford, UK)
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P966 Transcranial sonography in Parkinson’s disease and restless legs syndrome

P967 Re-evaluation of the role of sleep deprivation in the diagnosis of epilepsy: correlations with syndrome and neuroimaging
E. Bonanni, D. Perini, F. Giorgi, C. Pizzanelli, A. Caserta, M. Maestri, V. Pelliccia, A. Iudice, L. Murri (Pisa, IT)

P968 Italian multicentric study on sleep disorders in mild cognitive impairment and dementias

P969 Electroencephalograms and complex partial seizures during sleep and wakefulness
V. Ivetic, M. Drazetin, M. Maksimovic (Novi Sad, RS)

P970 Differences in polysomnographic macrostructure between amnestic mild cognitive impairment and Alzheimer’s disease patients
N.T. Economou, A. Bonakis, A. Kyrozis, I. Kritikou, P. Ktonas, P. Theodoropoulou, D. Dikaios, N. Kalfakis, G. Papadimitriou, T. Paparigopoulos, S.G. Papageorgiou (Lugano, CH; Athens, GR)

P971 Sleep disruption in quadriplegia – exploring whether 3mg melatonin induces sleep
J. Spong, G. Kennedy, D. Brown, D. Berlowitz (Melbourne, AU)

P972 Improved computation of the Atonia Index in normal controls and patients with different forms of REM sleep behaviour disorder

P973 Evaluation of previously validated screening tools in the detection of rapid-eye-movement behaviour disorder in patients with Parkinson’s disease
I. Morrison, L.I. Stirrat, R.L. Riha (Glasgow, Edinburgh, UK)

P974 The profile of subjective sleep disturbances in patients with moderate stage of Parkinson’s disease
M. Boczarska-Jedynak, M. Smilowski, B. Jasinska-Myga, G. Opala (Katowice, PL)
P975  Associations between sleep disturbance and primary headaches. The third Nord-Trøndelag Health Study.
S.S. Ødegård, M. Engstrøm, T. Sand, L.J. Stovner, J.A. Zwart, K. Hagen (Trondheim, NO)

P976  Impact of Bioceramic™ mattress on sleep of patients with post-polio syndrome and periodic leg movement. A randomized controlled study

P977  Sleep disorders in Wilson’s disease
S. Nevsimalova, J. Buskova, R. Bruha, D. Kemlink, K. Sonka, J. Skibova (Prague, CZ)

P978  The clinical significance of periodic leg movements in REM sleep behaviour disorder
T. Sasai, Y. Inoue (Tokyo, JP)

P979  Sleep disturbances in untreated Parkinson’s disease
J. Bušková (Prague, CZ)

P980  Stage 2 K-complexes density in adults with Asperger syndrome
S.M. Duplan, J. Dufresne Bastien, É. Limoges, É. Chevrier, L. Mottron, R. Godbout (Montreal, CA)

P981  How important is disturbed sleep for the patient with Parkinson’s disease?
M. Louter, M.A. van der Marck, D. Pevernagie, M. Munneke, B.R. Bloem, S. Overeem (Heeze, Nijmegen, NL)

P982  Heart rate variability as a marker of autonomic function during sleep in Parkinson’s disease
J. Zeitlhofer, S. Schaller, G. Klösch, I.H. Machatschke, P. Anderer, A. Schlögl (Vienna, Graz, AT)

P983  Natural history of sleep-disordered breathing in patients with multiple system atrophy
H. Nakayama on behalf of the Niigata MSA study group

P984  The relationship between obstructive sleep apnoea and carotid artery atherosclerosis
J.W. Cho, D.J. Kim, J. Lee, S.J. Han, S.M. Lee (Yangsan, Busan, Gunpo, KR)

P985  Associated factors for the occurrence of excessive daytime sleepiness in patients with periodic limb movements during sleep
K. Sakuta, Y. Komada, I. Okajima, M. Nakamura, Y. Inoue (Tokyo, JP)
P986 Electroencephalographic slowing heralds mild cognitive impairment in idiopathic REM sleep behaviour disorder

P987 Study of quality of life in nocturnal frontal lobe epilepsy
R. Manni, A. Repetto, P.L. Ratti, L. Ferrari, M. Terzaghi (Pavia, IT)

P988 The influence of frontal cognitive dysfunction on dream content in early stage Parkinson's disease
P. Bugalho, T. Paiva (Lisbon, PT)

P989 A high basal sympathetic activity increases the occurrence of cortical arousal in response to nociceptive stimuli during sleep in healthy volunteers
F. Chouchou, V. Pichot, C. Perchet, V. Legrain, J.-C. Barthélémy, L. Garcia Larrea, F. Roche, H. Bastuji (Bron, Saint-Etienne, FR; Brussels, BE)

P990 Overlap in different sleep disorders in the São Paulo Epidemiologic Sleep Study
R. Santos-Silva, L. Bittencourt, S. Tufik (São Paulo, BR)

P991 Is quality of life altered by sleep perception in patients with sleep disorders?
C. Lopes, A. Esteves, G. Passos, M.T. De Mello, S. Tufik (São Paulo, BR)

P992 A bird's perspective on the function of mammalian sleep: slow-wave sleep without a mammalian hippocampal – 'prefrontal cortex' dialogue
N.C. Rattenborg, D. Martinez-Gonzalez, T.C. Roth II, V.V. Pravosudov (Seewiesen, DE; Reno, US)

P993 Servoventilation in central apnoeas: four case reports
A. Oliveira, S. Carreira, A. Alves, A. Feliciano, A. Dias, C. Martinho, P. Pinto, C. Bárbara (Lisbon, PT)

P994 Hypocretin-1 deficiency in a girl with rapid-onset obesity with hypoventilation, hypothalamic and autonomic dysregulation syndrome
K. Dhondt, P. Verloo, G.J. Lammers, S. Overeem (Ghent, BE; Leiden, Nijmegen, NL)

P995 Sleep in disorders of consciousness
M. Schabus, V. Cologan, K. Weilhart, N. Chwala, C. Pelikan, K. Hoedlmoser, W. Klimesch, P. Maquet, S. Laureys (Salzburg, AT; Liège, BE)
From Florence to Lisbon. Sixteen years of experimental development of the “visceral” hypothesis of sleep
I. Pigarev (Moscow, RU)

Is obstructive sleep apnoea associated with REM-sleep behaviour disorder in patients with idiopathic Parkinson’s disease?

Cerebral perfusion patterns in sleep-bound hypermotor seizures
R. Khatami, F. Siclari, L. Nobili, G. Lo Russo, E. Werth, C. Baumann, A. Buck, C. Bassetti (Zurich, CH; Milan, IT; Lugano, CH)

Predicting day-to-day variation in sleep duration and sleep quality
T. Åkerstedt, J. Axelsson, N. Orsini, G. Kecklund (Stockholm, SE)

Actigraphy assessment of sleep and activity in obesity hypoventilation syndrome
P. Murphy, A. Williams, M. Polkey, N. Hart (London, UK)

Actigraphy and sleep diaries in healthy subjects
S.C. Santos, S. Rebocho, T. Paiva (Torres Vedras, Lisbon, PT)

A mixture distribution model to describe actigraphy data during sleep and wakefulness states
O. Adamec, A. Domingues, S. Santos, J. Sanches, T. Paiva (Lisbon, PT)

Cell phone-based sleep electronic diary
J. Sanches, P. Pires, T. Paiva (Lisbon, PT)

Actigraphy data classification during sleep and wakefulness states
A. Domingues, O. Adamec, J. Sanches, S. Santos, T. Paiva (Lisbon, PT)

Validation of the ActiWave mini polysomnogram (associated with Embletta Gold) versus complete polysomnography
M. Elbaz, D. Leger, M. Purday, G. Rouffet, M. Raffray (Paris, FR)

Personalization of Falling-asleep and Wake-up Enhancement Programmes: pilot study
M. Elbaz, C. Gauriau, S. Pelletier, F. Duforez, T. Raffray (Paris, FR; Providence, US)

Sleepiness on task can be detected using heart rate fluctuations
G. Dorfman Furman, C. Cahan, A. Baharav (Tel Aviv, Jerusalem, IL)
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P1009  Autonomic responses to obstructive respiratory events during sleep through time-frequency heart rate variability analysis
F. Chouchou, V. Pichot, J.-C. Barthélémy, H. Bastuji, F. Roche
(Bron, Saint-Etienne, FR)

P1010  Mathematical modelling supports the hypothesis that sleep alters the integration between the arterial baroreflex and central autonomic commands in human subjects
A. Silvani, E. Magosso, P. Lenzi, M. Ursino (Bologna, IT)

P1011  A novel detection algorithm of autonomic activation in sleep disorders using photoplethysmography
D. Sommermeyer, D. Zou, J. Hedner, L. Grote (Karlsruhe, DE; Gothenburg, SE)

P1012  Differential item functioning in the Epworth Sleepiness Scale using two psychometric approaches
M. Ulander, K. Franzén Årestedt, E. Svanborg, P. Johansson, A. Broström (Linköping, Jönköping, SE)

P1013  Comparison of subjective Epworth Sleepiness Scale with objective polysomnographic evidences

P1014  Relation between pupillography and polysomnographic parameters

P1015  Comparison between measures of excessive daytime sleepiness: pupillography versus sleepiness scales
S. Moreira, R. Staats, J. Valença, F. Caeiro, N. Marçal, P. Rodrigues, D. Correia, L. Moita, T. Paiva, A. Bugalho de Almeida (Lisbon, PT)

P1016  Pupillography does not correlate with different measures of sleepiness in patients with complaints of excessive daytime sleepiness or fatigue
C. Roth, M. Gugger, B.F. Oswald, J. Mathis (Bern, CH)

P1017  Relationship between STOP questionnaire, Epworth Sleepiness Scale, and demographic characteristics in the adult Dalmatian population
Z. Dogas, V. Dogas (Split, HR)

P1018  Is nocturnal polysomnography necessary in adult patients presenting with sleepwalking?
R. Muza (London, UK)
P1019 Video-polysomnography in apparent life-threatening event syndrome

P1020 Does genetic information contribute to sleep disorders diagnosis?

P1021 The value of sleep endoscopy as predictor of sleep surgery

P1022 Fast-track home sleep testing programme evaluation
M. Hirshkowitz, A. Sharafkhaneh (Houston, US)

P1023 Outcome of a structured peer-reviewed assessment of process quality in sleep laboratories
A. Rodenbeck, A. Blau, L. Utte on behalf of the Board of the German Sleep Society

P1024 Clinical audit of polysomnography outcomes at a healthcare sleep centre, London
L.K. Hartley, G.L. Twigg, I. Ioannou, A.R. Cummin, G.E. Wilson, R. Ghiassi (Hammersmith, UK)

P1025 Stress vulnerability and the effects of moderate daily stress on sleep polysomnography and subjective ratings

P1026 Multiple sleep latency testing in the United Kingdom and Europe: 5-year follow-up
A. Pataka, C.H. Yoon, A. Poddar, R.L. Riha (Edinburgh, UK)

P1027 Success rate of salivary dim light melatonin onset measurements
H. Keijzer, T. Peeters, C. Niederberger, C. Looman, S. Endenburg, M. Smits, J. Klein Gunnewiek (Ede, NL; Schönenbuch, CH; Rotterdam, NL)

P1028 Changes in alpha carrier frequency phase relations in the wake and drowsy states in humans
A. Kalauzi, T. Bojic, A. Vuckovic, L. Rakic (Belgrade, RS; Glasgow, UK)

P1029 Event-related brain activity during a psychomotor vigilance task: a new measure for sleep pressure
K. Hoedlmoser, H. Griessenberger, R. Fellinger, R. Freunberger, W. Gruber, W. Klimesch, M. Schabus (Salzburg, AT)
P1030  **Characteristics of near skin temperatures in bed**  
T.E. Weysen, D.A. Chestakov, R.J. Raymann (Eindhoven, NL)

P1031  **Do complex artificial intelligence-based entities also need to sleep?**  
D. Neu, O. Sentissi, V. Gizzi (Brussels, BE; Geneva, CH)

P1032  **The relationship between sleep, mood, alertness and cognitive function**  
E.K. Keenan, B. Tiplady, C.M. Priestley, P.J. Rogers (Bristol, Edinburgh, Coleford, UK)

P1033  **Perceived occupational performance in obstructive sleep apnoea, chronic insomnia and normal sleep**  
E. Kucharczyk, K. Morgan, A. Hall (Loughborough, Leicester, UK)

P1034  **The Netherlands Sleep Registry: an online questionnaire and computer-based test tool**  
J.S. Benjamins, E.J.W. Van Someren (Amsterdam, NL)

P1035  **Advanced signal processing tools for automated detection of polysomnographic patterns: sleep spindles in children**  
L. Causa, J. Causa, C.M. Held, P.A. Estévez, C.A. Perez, R. Chamorro, M. Garrido, C. Algarín, P. Peirano  
(Santiago de Chile, CL)

P1036  **Sleep-analyser: a comprehensive toolbox for polysomnographic recording analysis**  
J. Causa, L. Causa, C.M. Held, P.A. Estévez, C.A. Perez, R. Chamorro, M. Garrido, C. Algarín, P. Peirano  
(Santiago de Chile, CL)

P1037  **Applying expert criteria for automated detection of polysomnographic patterns: rapid eye movements in children**  
C.M. Held, J. Causa, L. Causa, C.A. Perez, P.A. Estévez, M. Garrido, R. Chamorro, C. Algarín, P. Peirano  
(Santiago de Chile, CL)

P1038  **Scoring of microsleep during Maintenance of Wakefulness Test markedly change conclusions regarding objective sleepiness of obstructive sleep apnoea patients**  
S. Perrig, E. Claudel, F. espa, J.P. Janssens, J.L. Pepin (Geneva, CH; Grenoble, FR)

P1039  **Comparison of visual sleep stage classification according to AASM and Rechtschaffen & Kales rules**  
S. Devuyst, T. Dutoit, T. Ravet, P. Stenuit, M. Kerkhofs (Mons, Montigny-le-Tilleul, BE)
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<td>P1040</td>
<td>Development of a non-invasive EEG recording technique for recording sleep in barn owls (Tyto alba pratincola)</td>
<td>M.F. Scriba, W.M. Harmening, A.L. Vyssotski, H. Wagner, N.C. Rattenborg (Seewiesen, Aachen, DE; Zurich, CH)</td>
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<td>P1041</td>
<td>The added value of dim light melatonin onset in diagnosing delayed sleep phase syndrome</td>
<td>W. Kruithof, M. Smits, L.L. Teunissen (Utrecht, Ede, Nieuwegein, NL)</td>
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<td>P1042</td>
<td>Developing algorithms for sleep-wake rhythms through sleep diary information</td>
<td>T. Unbehaun, B. Feige, S. Landmann, V. Hirscher, D. Riemann (Freiburg, DE)</td>
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<td>P1043</td>
<td>Adopting a user-centred design approach to design a product that informs parents of their baby's sleep</td>
<td>M. de Vries, H. van Vugt (Eindhoven, NL)</td>
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<td>P1044</td>
<td>Detection of the increased inspiratory effort during sleep with Emfit™ movement sensor</td>
<td>M. Tenhunen, E. Rauhala, J. Virkkala, A. Saastamoinen, O. Polo, S.-L. Himanen (Tampere, Pori, Helsinki, FI)</td>
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<td>P1045</td>
<td>Estimation of sleep onset latency in narcoleptics via detrended fluctuation analysis</td>
<td>H.B. Shin, J.W. Kim, P. Robinson, E.J. Kim (Seoul, KR; Sydney, AU)</td>
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<td>P1046</td>
<td>The utility of 2-night recording of home overnight pulse oximetry in the evaluation of patients with possible obstructive sleep apnoea</td>
<td>L. Wallberg, S. de Lacy, P. Murphy, R. Muza, C. Kosky, P.J. Rees, A.J. Williams (London, UK)</td>
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<td>P1047</td>
<td>Weekly variation in foetal movement during pregnant women's sleep monitored with a newly developed home-monitoring system</td>
<td>K. Nishihara, S. Horiuchi (Tokyo, JP)</td>
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P1050  **Inter-hemispheric spectral coherence reduction in sleep spindle frequency activity in patients with cognitive decline associated with amnesic mild cognitive impairment and Alzheimer’s disease**  
N.T. Economou, A. Kyrozis, I. Kritikou, P. Ktonas, A. Bonakis, D. Dikaios, P. Theodoropoulos, N. Kalfakis, G. Papadimitriou, T. Paparigopoulos, S.G. Papageorgiou (Lugano, CH; Athens, GR)

P1051  **Topographic distribution of EEG fractal dimension changes in wake and drowsy states in humans**  
T. Bojic, A. Kalauzi, A. Vuckovic, L. Rakic (Belgrade, RS; Glasgow, UK)

P1052  **Rapid maxillary expander in snorer children with tonsil hypertrophy – a non-invasive option to adenotonsillectomy**  

P1053  **The effect of mechanical bed properties on sleep parameters in a healthy population**  

P1054  **Investigating the use of novel technology solutions for improving sleep quality among older people in residential care homes**  
B. Carey-Smith, N. Evans, R. Orpwood (Bath, UK)

P1055  **Does treating symptomatic Cheyne-Stokes respiration with adaptive servoventilation or continuous positive airway pressure improve sleepiness?**  
O. Lyons, A.A. Lwin, K.K. Lee, N. Hart, A.J. Williams, C. Kosky (London, UK)

P1056  **The effects of music and muscle relaxation therapies on sleep quality in individuals with post-traumatic stress disorder**  
I. Haimov, M. Blanaro, Z. Arnon, N. Ziv, B. Bloch, A. Reshef, L. Vadas, I. Kremer (Emek Yisreal, Afola, Afula, IL)

**13:00 – 14:30  Obstructive sleep apnoea IV**

P1057  **The effects of CPAP on cortisol, insulin resistance and inflammation in non-obese, middle-aged men**  
P1058  **Association of obstructive sleep apnoea and quality of life in renal transplant patients**  
R. Zoller, A. Lindner, M.Z. Molnar, A. Szentkiralyi, A. Dunai, M. Czira, E.P. Vamos, I. Mucsi, M. Novak (Budapest, HU; London, UK)

P1059  **Genetic characterization of ApoE in sleep disorders patients from north of Portugal**  

P1061  **Genetic ancestry and the risk of obstructive sleep apnoea syndrome**  
C. Guindalini, F.A.B. Colugnati, R. Pellegrino, R. Santos-Silva, L. Bittencourt, S. Tufik (São Paulo, BR)

P1062  **Frequency and correlates of indicator of peripheral artery disease in obstructive sleep apnoea patients: a controlled study**  
D.R. Reis, F. Cintra, M. Makdisse, L.F. Rios, E.T. Mendonça, B. Rollim, S. Tufik, D. Poyares (São Paulo, BR)

P1063  **The impact of sleep duration in obstructive sleep apnoea patients**  
T. Risso, F. Cintra, C. Rizzi, A. De Paola, D. Poyares, S. Tufik (São Paulo, BR)

P1064  **Differences in complaints and disease severity by gender in OSAS patients**  
C. Teixeira, M. Guerra, E. Ramos, M. Gonçalves (Porto, PT)

P1065  **Effects of CPAP treatment on coronary vasoreactivity measured by Rb-82 cardiac PET in obstructive sleep apnoea patients**  
R. Heinzer, V. Dunet, V. Rey, N. Beysard, A. Delaloye, J.O. Prior (Lausanne, CH)

P1066  **The effect of oxidative stress in cardiocytes injury in mouse exposed to chronic intermittent hypoxia**  
L. Gan, L. Jiannan, Z. Jiexin (Nanjing, CN)

P1067  **The impact of weight loss in patients with obstructive sleep apnoea syndrome and obesity**  
D. Grencho, J. Belo, S. Moreira, R. Staats, J. Valença, A. Bugalho de Almeida (Odivelas, PT)

P1068  **Influence of age on the incidence of central brief sleep apnoeas in children**  
F. Sanchez-Narvaez, A. Labra, R. Haro-Valencia (Mexico City, MX)
P1069 Residual sleepiness in sleep apnoea syndrome after treatment with continuous positive airway pressure
G. Silva, J. Santos (Coimbra, PT)

P1070 Hypercholesterolaemia improves with sleep apnoea treatment in diabetic and non-diabetic patients
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Audiovisual Equipment / Speakers’ Service Centre (SSC)

The Speakers’ Service Centre (SSC) is centrally located on the first floor of the congress centre.
All lecture rooms will be equipped with a computer and a data projector (beamer) for PowerPoint presentations. Presentations must be handed in via CD-Rom, DVD, USB memory stick or via your own laptop at the SSC before the lecture.

It is essential for the smooth running of the congress that all speakers hand in their PowerPoint presentations at least one hour before the beginning of the session. Speakers will have the opportunity to check their presentations on PCs available in the SSC.

Poster Sessions

Posters will be on display in four sessions. Presenters are kindly requested to stand by their poster during the Poster Session Time indicated below. The mounting and removal times are to be strictly adhered to. If the poster has not been removed by the end of the allocated removal time, it will be disposed of by congress staff. Material to mount the poster will be available in the poster area.

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<thead>
<tr>
<th>Poster Sessions</th>
<th>Presentation Day</th>
<th>Presence at Poster</th>
<th>Poster No</th>
<th>Poster Mounting Time</th>
<th>Poster Removal Time</th>
</tr>
</thead>
<tbody>
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<tr>
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<td>14:30 – 15:30</td>
</tr>
</tbody>
</table>
Welcome Reception

The Welcome Reception will take place in the Lisboa Congress Centre, which is situated in close vicinity to the beautiful Tagus River. Enjoy the pleasant view to the riverside while enjoying the culinary specialties of Portuguese cuisine. A traditional show of the “Pau-literos de Miranda” will be presented. This is a time-honoured group dance from the North of Portugal (Miranda). It used to be performed by men only because it is a dance with sticks, reminiscent of the wars the Celts brought to the Iberian Peninsula when the various tribes spread through the countries of Western Europe. The dance is full of colour, expression and life where traditional instruments such as gaita de fole, caixa bombo and the flauta pastoral are used.

All participants, exhibitors and registered accompanying persons are invited to the Welcome Reception. Costs are included in registration fee. Please wear your badge.

The Welcome Reception is supported by Praxair.

ESRS Banquet

The ESRS Banquet will be held on the coastline at the village of Cascais. A bus drive during sunset will take you to this unique location. Situated directly by the sea with breathtaking views of the Atlantic, this stylish venue makes a perfect choice for an unforgettable evening. Relax and exchange experiences with friends and colleagues while enjoying some delicious dining in true Mediterranean style.

Price per person, € 75.–

Onsite requests for the ESRS Banquet are welcome but cannot be guaranteed. Please refer to the secretariat desk.

The busses will leave from the Congress Centre at 19.30 h sharp. Please make sure to be on time!
A taste of Lisbon

We depart from the Lisboa Congress Centre for the historical quarter of Belém where some of the most remarkable monuments, such as the Monument of the Portuguese Discoveries (stop), Jerónimos Monastery (visit) – a jewel of Manueline architecture – and Belém Tower (stop) are located. The group will continue along the Tagus River towards the old quarter. At the São Jorge Castle you will have one of the most beautiful and panoramic views over the city. From here, participants will enjoy a pleasant walking tour through the narrow, typical streets of the Castle Hill. The tour will continue on foot into the Alfama quarter with its streets dating back to the 8th century, which have a distinct Arabic influence and are still very well preserved today.

After the tour, participants will return by bus to the Lisboa Congress Centre.

*Price per person, € 40.–*
Tours

The magic of Sintra and Europe’s most western point

We depart from the Lisboa Congress Centre by bus to discover the superb magical atmosphere of Sintra. This village, recognised as a Unesco World Heritage, is located about 28 km from Lisbon. Here you will find a unique environment of history and landscape which will combine to make your day very special.

Once arrived in Sintra, it is time to visit the Sintra National Palace – also known as Vila Palace. This monument is one of the most original in Portugal: the Middle Ages architecture, the small rooms with exquisitely painted ceilings, the chapel from the 13th century and of course the amazing tile collection from the 16th century which decorates the palace walls. After this visit you will have some free time in the village’s centre, the perfect occasion to taste the typical sweet pastry, the “Queijada de Sintra”. Afterwards, we will take the Sintra Range road to Cabo da Roca. This way you will have the opportunity to see the landscape, the manor houses and small palaces from the 19th century. Once arrived at Cabo da Roca – the most western point in the European Continent, it is time to stop for photos. The tour will continue towards Guincho – Cascais Coast and then return to the Lisboa Congress Centre.

Price per person, € 35.–

Note for all tours
Tours are based on a minimum of 25 participants. If a tour does not take place due to insufficient numbers, the ticket will be reimbursed in full. Otherwise, please note that tickets for excursions are non-refundable. An English-speaking guide will conduct all tours. Onsite requests for tours are welcome but cannot be guaranteed.

Meeting place for all tours
Lisboa Congress Centre at the Hotel/Tour desk.
Abstracts
All accepted abstracts are published as an electronic supplement to *Journal of Sleep Research (JSR)*, the official journal of the ESRS.

All accepted abstracts are available to the participants on CD-ROM. The CD-ROM is supported by Linde Healthcare. Please exchange the voucher, which is given to you together with the badge, for the CD-ROM at the Linde Healthcare exhibition booth during the exhibition opening hours. No printed abstract book is available.

Awards
The following prizes will be announced during the Closing Ceremony on Saturday, 18 September 2010, 15.15 h:

- **Sanofi-Aventis Research Grant**
  Sanofi-Aventis offers 4 research grants amounting to € 15’000.– each. The company supports projects dealing with the topic “Sleep maintenance difficulty in chronic insomnia”.

- **ESRS-Weinmann young investigator mobility award 2010**
  Weinmann supports 2 ESRS 2010 poster prizes with € 2’000.– each.

- **Philips Research Grant**
  Philips Consumer Lifestyle offers a research grant (or grants up to) $ 100’000.– to further the understanding of the effects of light on well being.

Badges
Access to all scientific sessions are only possible with your personal badge which you receive at the registration desk in Lisbon. Please always wear your badge! € 30.– will be charged for replacement of a lost badge.

Car Parking
Car parking is available just in front of the congress centre at a cost of € 12.80 per day.

Cloakroom
A cloakroom is available on the ground level near the main entrance during the secretariat opening hours.
General Information

Coffee Breaks
Morning and afternoon coffee breaks are included in the registration fee and are served in the exhibition area. Please refer to the “Programme Overview” for the times.

ESRS
Throughout the meeting, ESRS staff will be available at the ESRS booth to answer any questions you may have or to deal with any matters concerning the ESRS Society.
The ESRS Business meeting takes place on Thursday, 16 September 2010, 17.15 – 19.15 h in lecture hall B.

Evaluation
After the congress, you will receive an email with a request to fill in an online survey. Please take a moment to fill in the questionnaire. Your answers will be used to evaluate the scientific content of the programme in order to continuously improve it for future meetings.

Final Programme
The final programme is also available on the congress website www.congrex.ch/esrs2010.

Hotel Accommodation
Official accommodation agent:
AIMS Portugal, Congressos e Incentivos, Lda.
Rua Garrett 61, 3º
1200 – 203 Lisbon / Portugal
Phone: +351 21 324 5055
Fax: +351 21 324 5051
Email: estevao.leitman@aims-international.com

AIMS is present with a desk during the meeting. For assistance onsite, please contact the counter “Hotel” next to the secretariat.

Insurance
The meeting organiser cannot accept liability for personal injuries sustained, or for loss or damage of property, either during, or as a result of the meeting. Please check the validity of your own insurance.

Internet Corner
Several internet terminals are located in the exhibition area and are available to all congress participants during the opening hours of the exhibition.

Invitation Letter
Individuals requiring an official letter of invitation may write to the Organising Secretariat. This procedure is designed to assist participants to obtain a visa or permission to attend the meeting and does not apply to registration fees or other expenses. Please note that invitation letters can only be sent if registration and payment have been received by the Organising Secretariat.
Language
The official language of the Congress is English. No simultaneous translation will be provided. The national language of Portugal is Portuguese, although English and Spanish are widely spoken.

Local Information
For local information, please contact the “Hotel / Tours” Counter next to the secretariat.

Lounge
An APS-ESRS Lounge is available for the participants in the exhibition area during the exhibition opening times.

The Lounge is supported by VitalAire and Colunex.

Lunches
Light lunch is included in the registration fee and is served in the exhibition area. First come first serve.

Mobile Phones
Please be aware that mobile phones must be switched off during all sessions.

Official Italian Agency
Italian participants requiring specific authorisation from the Italian Health Ministry are advised to contact:

AIM Group - AIM Congress
Ms Claudia Pandolfi
Via Flaminia 1068
00189 Rome / Italy
Phone: +39 06 33053 227
Fax: +39 06 3333 650
Email: c.pandolfi@aimgroup.it

Speakers’ Service Centre (SSC)
There is a centrally located SSC connected to all lecture rooms. All speakers are asked to hand in their PowerPoint presentations at least one hour before their lecture at the SSC. Please refer to page 184 for more information.
Travel Bookings
Congrex Travel is the Official Travel Agency of the ESRS 2010:

Congrex Travel Ltd
Association House
P.O. Box
4002 Basel / Switzerland
Phone: +41 61 560 7560
Fax: +41 61 690 9214
Email: businesstravel@congrex.com

Congrex Travel has appointed the Star Alliance Members Airlines as the Official Airline Network for the ESRS 2010. Book your flight on the congress website www.congrex.ch/esrs2010 and save up to 20% discount with the Star Alliance Network.

Venue
The 20th Congress of the European Sleep Research Society will take place at the Lisboa Congress Centre (www.lisboacc.pt), situated in Praça das Indústrias. Overlooking the Tagus River, in a prestigious area of the city (in Junqueira/Belém historical quarter), the Congress Centre is about 20 minutes from Lisboa International Airport and 10 minutes from the main hotels in the city. The access is easy either by tram or by bus from the city centre.

Address during the conference:
ESRS 2010
Lisboa Convention Centre
Praça das Indústrias
1300-307 Lisbon / Portugal
Phone: +351 213 601 915
Fax: +351 213 601 918

Visa Requirements
A valid passport (or identity card for European Community nationals) is required.
Visas are not necessary for citizens of EU countries. Please contact your local Portuguese Embassy, Consulate or your Travel Agency for further information. Participants who need a visa to travel to Portugal are strongly advised to make their application in their home country at least three months before the intended date of travel.
Further information: www.theschengenoffice.com/portugal_tourist_visa.html

WLAN
The Congress Centre is equipped with free wireless-LAN access, supported by Air Products/Gasin. You can get your access code at the Air Products/Gasin exhibition booth during the exhibition opening hours. The access code is changed daily.
CME Accreditation / Certificates

CME Credits
The 20th Congress of the European Sleep Research Society is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) to provide the following CME activity for medical specialists. The EACCME is an institution of the European Union of Medical Specialists (UEMS), www.uems.net.

The 20th Congress of the European Sleep Research Society is designated for a maximum of 28 hours of European external CME credits. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity. The EACCME credit system is based on 1 ECMEC per hour with a maximum of 3 ECMECs for half a day and 6 ECMECs for a full-day.

EACCME credits are recognized by the American Medical Association towards the Physician’s Recognition Award (PRA). To convert EACCME credit to AMA PRA category 1 credit, contact the AMA.

Certificates
Certificates of attendance indicating the CME credits are available as from Friday, 17 September 2010, in the afternoon. They can be printed from self-service stations in the pre-registration area, using the barcode printed on your name badge.

Please note that the certificates for teaching course participants are only handed out during the respective course and cannot be issued afterwards.
Registration Information

Registration Fee Scientific Programme

<table>
<thead>
<tr>
<th></th>
<th>Up to 28 April 2010</th>
<th>As from 29 April to 28 July 2010</th>
<th>As from 29 July 2010</th>
</tr>
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<tbody>
<tr>
<td>ESRS Member*</td>
<td>€ 300.–</td>
<td>€ 400.–</td>
<td>€ 450.–</td>
</tr>
<tr>
<td>ESST Member</td>
<td>€ 250.–</td>
<td>€ 350.–</td>
<td>€ 400.–</td>
</tr>
<tr>
<td>Non-member</td>
<td>€ 400.–</td>
<td>€ 500.–</td>
<td>€ 550.–</td>
</tr>
<tr>
<td>Student / Trainee**</td>
<td>€ 200.–</td>
<td>€ 250.–</td>
<td>€ 300.–</td>
</tr>
<tr>
<td>Accompanying person***</td>
<td>€ 20.–</td>
<td>€ 25.–</td>
<td>€ 30.–</td>
</tr>
</tbody>
</table>

* ESRS member registration is valid for full individual members only. Associate individual members of national sleep societies are not eligible for the reduced fee.

** Students/Trainees will need to provide proof (written certification from employer confirming the trainee status)

*** The fee for accompanying person includes: Welcome Reception on 14 September 2010 and free admission to the exhibition.

Registration Fee Teaching Courses

<table>
<thead>
<tr>
<th></th>
<th>Up to 28 April 2010</th>
<th>As from 29 April 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Student/Trainee</td>
<td>€ 25.–</td>
<td>€ 35.–</td>
</tr>
<tr>
<td>Non-Student/Non-Trainee</td>
<td>€ 40.–</td>
<td>€ 50.–</td>
</tr>
</tbody>
</table>

Registration is limited and on a “first come – first served” basis.

Meet the Professor/Morning Sessions

Participation at the Meet the Professor/Morning Sessions is free of charge. For administrative reasons, however, we kindly ask you to register in advance. Registration is limited and on a “first come – first served” basis.

Registration fees include

- Attendance at all scientific sessions
- Congress documentations
- Welcome Reception
- Light lunch & coffee breaks

Opening hours Secretariat and Registration

All documents will be given out to registered participants during the following opening hours:

- Tuesday, 14 September 2010, 8.00 – 18.45
- Wednesday, 15 September 2010, 7.00 – 17.30
- Thursday, 16 September 2010, 7.15 – 17.30
- Friday, 17 September 2010, 7.15 – 16.30
- Saturday, 18 September 2010, 7.15 – 15.30

Onsite registrations will be accepted but cannot be guaranteed to receive all congress documents.
Responsibility
The participant acknowledges that he/she has no right to lodge damage claims against the organisers, should the holding of the Meeting be hindered or prevented by political events (such as acts of terrorism, danger of hostility, war etc.) or by unexpected economic events or generally by force majeure, or should the non-appearance of speakers or other reasons necessitate programme changes. With registration, the participant accepts this proviso.

Cancellation/Name change
Refund of fees, less 25% administrative charges, can be applied for in writing up to 30 July 2010. After this date no refund will be possible. Substitutions of attendees can be made at any time. For any change of names, a fee of € 30.– will be charged. Onsite changes of name badges due to incorrect submission of names and/or address data will be charged € 10.–.
Useful Information about Lisbon

Climate
Lisbon has a Mediterranean climate that is strongly influenced by the Gulf Stream, giving it one of the mildest climates in Europe. Summer lasts until the end of September and the weather during this period is therefore pleasantly warm. Average temperatures: 17 – 26°C (62 – 79°F). Light clothing is suitable with somewhat warmer clothing for the evening.

Currency
The official currency of Portugal is the Euro (€). Major credit cards are accepted in most hotels, shops and restaurants. Traveler’s cheques and currency can be changed at hotels or at a bank – these are open Monday to Friday from 8.30 to 15.00. Automatic changing and cash dispensing machines linked to international networks are also widely available.

Electricity
European type 2 pin sockets with 220 volts AC at 50 cycles are used. Three phase 380 volt current is normally available in meeting and exhibition rooms.

Lisbon
Lisbon is a fascinating city, built on 7 hills overlooking the River Tagus. It is a centre of tourism and culture with over 20 centuries of history. The charm of Lisbon derives from its strong links to the past, reflected in magnificent churches, impressive castles and palaces. Diverse neighbourhoods with decorative facades and narrow medieval streets and its people, who by longstanding tradition offer visitors a warm welcome, distinguish this capital uniquely from other European capitals. A mix of the old and new, Lisbon is overflowing with events, music, museums, and sights that display this diversity. Lisbon is also known as the White City, thanks to the special luminosity which emanates from its streets and buildings, transforming it into a sunshine mirror of a thousand colours.
Useful Information about Lisbon

Restaurants
Breakfast is normally served between 7.30 and 10.00 h, lunch from 12.30 to 15.00 h, and dinner from 19.30 to 22.00 h. Due to the city’s proximity to the sea, the local gastronomy includes delicious fish and shellfish dishes.

Shopping
The commercial centre in Lisbon is called “Baixa” and here shops are open from 09.00 to 13.00 and from 15.00 to 19.00 (working days). On Saturdays, most of the shops close at 13.00. Fine leather goods, lead crystal ware, porcelain, vintage wines, golden and silver filigree, pottery and specialist textiles are considered excellent buys in Portugal.

Tax / Tipping
Tipping is optional, but normally 10% is customary in taxis, restaurants and bars.

Time Zone
Mainland Portugal is 1 hour behind European Standard Time [CET].
Arriving by plane
Portela International Airport (LIS) is located 7 kilometres north of the city centre. Regular Aerobus services (No. 91) link the airport to downtown Lisbon (every 20 minutes from 7.00 to 21.00). The ticket may be purchased from the driver upon boarding the bus. A ticket costs € 3.50. From downtown Lisbon you can take the subway to Cais do Saldé and tram No. 15E to get to the Lisboa Congress Centre. Taxi service is available outside the terminal. A regular taxi ride to the congress centre will cost you around € 15.– (+ extra charge for luggage) and will take 15 – 20 minutes. We recommend buying a taxi voucher from the Turismo de Lisboa counter in the terminal building in order to ensure paying a fixed price. Car hire is also available, with major car rental companies operating booths.

Arriving by train
Two major train stations serve central Lisbon: Santa Apolónia and Orient Station. From both stations to the conference venue and hotels there are the following choices: metro, regular bus lines and taxi (about € 5.–, + luggage tax). The nearest train stations to the LCC are Cais do Saldé and Alcântara, from where you can take tram No. 15E to the Congress Centre.

Public transport in Lisbon
The city of Lisbon has excellent infrastructure and offers inexpensive public transport facilities that service all areas of the city. The fastest way to get around is by metro, it has four lines (A – D), runs regularly, and covers most of the city. The Lisbon Metro rides costs 0.65 € for a one-way ticket and € 1.05 for a return trip, with opening times from 06.30 to 01.00 daily. There is no direct metro connection to the airport.

To access the Congress Centre from the city you can use the following public transport:
• Tram No. 15E
• Buses No. 14, 27, 28, 43, 49, 51, 56
• Trains from Cais do Saldé to Cascais and stop in Alcântara Station or Belém Station.

Taxis
To reach attractions outside the centre or to get around late at night (after 01.00 when the metro closes), take a taxi. It should not cost more than € 10.– to go anywhere within the city. We encourage delegates to agree the fare with the driver before embarking on their journey. Teletaxis: +351 21 811 1100; Autocoope: +351 21 811 1100.
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**Exhibition Dates and Hours:**

- **Wednesday** 15 September 2010 10.00 h – 15.30 h
- **Thursday** 16 September 2010 10.00 h – 16.30 h
- **Friday** 17 September 2010 10.00 h – 16.30 h
- **Saturday** 18 September 2010 10.00 h – 15.00 h
Air Products provides homecare services to over 300,000 patients in Europe, approximately 50,000 of which are provided by Gasin, the Air Products company operating in Portugal. As well as developing better products and services, our objective is to improve the quality of our chronic patients’ lives, focusing on both their therapy, their emotional and psychological needs, helping to maximise therapy outcomes.

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Contact
Air Products/Gasin Healthcare
Rua do Progresso, 53 – Perafita
Apartado 3051
4451 - 801 Leça da Palmeira
Tel: +351 22 999 83 00
Fax: +351 22 999 83 17
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Contact
Véronique Clerens
CNS Congress & Event Manager
UCB Pharma SA
60 Allée de la Recherche
1070 Brussels
Belgium
Tel: +3225599479
Email: veronique.clerens@ucb.com
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Contact
Manuëla LEURENT
Marketing Communication Manager
International Group, Philips Home Healthcare Solutions
Email: Manuela.Leurent@philips.com

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contact_espana@praxair.com
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Contact
Paulo Ramos Rodrigues
Marketing VitalAire
Email: paulo.rodrigues@airliquide.com
Rua Dr António Loureiro Borges, 4-3, Arquiparque, Mirafl ores
1495-131 Algés, Portugal
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**Contact**

Linde Healthcare  
Seitnerstrasse 70  
DE-82049 Pullach  
Germany  
www.linde-healthcare.com  
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**Contact**

Dr Patrick Meshaka  
Directeur Affaires Médicales  
Cephalon France  
20, rue Charles Martigny  
94704 Maisons-Alfort  
Tel: +33 1 49 81 11 58  
pmeshaka@cephalon.fr  
www.cephalon-europe.com
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