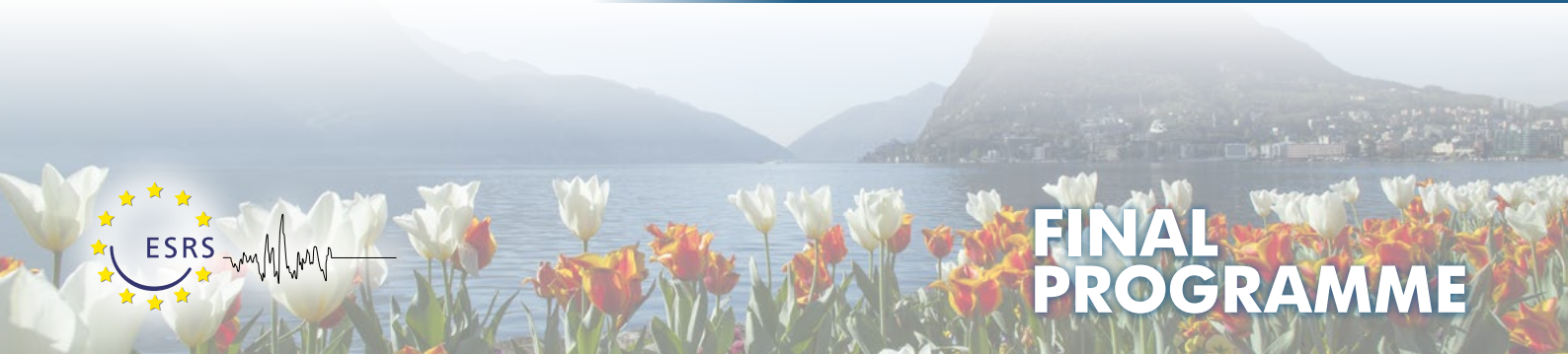




ASSS
Alpine Sleep Summer School

4th Alpine Sleep Summer School (ASSS)
European course in sleep medicine

03.07-07.07.2017 Lugano, Switzerland



**FINAL
PROGRAMME**

| Topics | Physiology-Pharmacology Sleep, wakefulness, consciousness, Chronobiology | Sleep and cognition, Insomnias, Circadian disorders, Sleep and psychiatric disorders | Hypersomnias, Disorders of consciousness, Sleep and neurological disorders | Parasomnia-Movement Disorders-Epilepsy | Sleep breathing disorders, Sleep and cardiologic disorders |
|----------------------|--|--|---|---|---|
| Chairs | Adamantidis, Luppi, Brown | Pollmächer, Peigneux, Riemann | Bassetti, Massimini | Manconi, Schindler, Ferini-Strambi | Randerath, Heinzer |
| 08:30 - 09:00 | Cellular physiology of clocks and sleep S Brown | Insomnia - basic concepts and diagnosis D Riemann | Primary CNS hypersomnias C Bassetti | Sleep and Epileptogenesis K Schindler | Obstructive Sleep Apnoea: Controversies in epidemiology, definition and comorbidities R Heinzer |
| 09:00 - 09:30 | | Disturbed sleep in psychiatric disorders T Pollmächer | Diagnostic work-up of primary CNS hypersomnias C Baumann | Nocturnal Frontal and not Frontal Lobe Epilepsy L Nobili | Different treatments for different OSA phenotypes R Heinzer |
| 09:30 - 10:00 | EEG, Sleep-wake states and neural circuits C Gutierrez Herrera | Sleep and Neuroplasticity C Nissen | Management of primary CNS hypersomnias (European Guidelines) U Kallweit | NREM Parasomnia (Arousal Disorders) R Khatami | Medicolegal aspects of driving? W McNicholas |
| 10:00 - 10:30 | Coffee Break | | | | |
| 10:30 - 11:00 | Brain-Body physiology during sleep M Schmidt | Circadian regulation and sleep wake disorders C Cajochen | Hypersomnia/EDS and parasomnias secondary to neurological disorders C Baumann | Restless Legs Syndrome (epidemiology, diagnosis, pathophysiology) L Ferini-Strambi | Central Sleep Apnoea: Recognition and differentiation of phenotypes W Randerath |
| 11:00 - 11:30 | Sleep & the Glymphatic system S Host | The hippocampus, learning and sleep K Henke | Genetics of neurological sleep disorders M Tafti | RLS Treatment: Long-term Treatment and Augmentation D Garcia | Crossing the border: Sleep related hypoventilation – chronic respiratory failure JL Pepin |
| 11:30 - 12:00 | Sleep & Cognition A Adamantidis | OSA and cognition V Castronovo | Diagnostic work-up/management of sleep-wake disorders secondary to neurological disorders L Dolenc | Recognizing and scoring sleep related motor events M Manconi | Central sleep apnoea and hypoventilation syndrome: Therapeutical algorithms. W Randerath |
| 12:00 - 13:30 | Lunch | | | | |
| 13:30 - 14:30 | KEYNOTE LECTURE REM Sleep Behaviour Disorder: from circuits to pathology PH Luppi | Sleep and cognition P Peigneux | Disorders of consciousness: Neurophysiological aspects M Massimini | Update on REM Behavior Disorder J Santamaria | Obstructive sleep apnoea: Impact on metabolism, cardiovascular morbidity and mortality J Hedner |
| 14:30 - 15:00 | REM sleep & consciousness PH Luppi | Consequences of disturbed sleep on mental and neurological health C Nissen | Disorders of consciousness: Clinical and neuroimaging aspects C Bassetti | Sleep Disorders in Parkinson Disease L Ferini-Strambi | Interactive Case Discussion JL Pepin |
| 15:00 - 15:30 | Coffee Break | | | | |
| 15:30 - 16:00 | Pharmacogenetics of sleep-wake states S Host | Insomnia and hypersomnia in psychiatry - difficult cases T Pollmächer | Primary CNS hypersomnias: Case discussion U Kallweit | Difficult cases Discussion J Santamaria, L Ferini-Strambi | Scoring Exercises: PSG interpretation – Detection and differentiation of RERA S Ott, F Fanfulla |
| 16:00 - 16:30 | Optogenetic dissection of sleep-wake states A Adamantidis | | Hypersomnias/EDS secondary to neurological disorders: Case discussion L Dolenc | Video-Session M Manconi, L Nobili R Khatami, K Schindler | Scoring Exercises: PSG interpretation – Obstructive and central hypopnoeas S Ott, F Fanfulla |
| 16:30 - 17:00 | Omics approach in experimental sleep research S Brown | CBT for insomnia - cases and practical issues D Riemann | Fitness to drive in neurological / sleep disorders J Mathis | Video-Session M Manconi, L Nobili R Khatami, K Schindler | Scoring Exercises: PSG interpretation – SAS phenotypes S Ott, F Fanfulla |
| 17:00-17:30 | Round-table discussion All faculty | Circadian sleep disorders Cases and practical issues C Cajochen | PSG, MSLT/MWT, actigraphy, pupillography in hypersomnias: Pitfalls J Mathis | Video-Session M Manconi, L Nobili R Khatami, K Schindler | Scoring Exercises: PSG interpretation – SAS phenotypes S Ott, F Fanfulla |



4th Alpine Sleep Summer School (ASSS) European course in sleep medicine

This year the Alpine Sleep Summer School will offer four modules on the topics of physiology-pharmacology, sleep, wakefulness, consciousness, chronobiology, sleep and cognition, Insomnia, circadian disorders, sleep and psychiatric disorders, hypersomnia, disorders of consciousness, sleep and neurologic disorders, parasomnias, sleep and epilepsy, movement disorders, sleep breathing disorders, sleep and cardiologic disorders.

Each module will include regular lessons, 5 key-note lectures, case discussions, workshops and practical sessions. Participants can choose to attend the entire school or single modules.

Accommodation and participation to the official dinner are available but not included in the basic course fee. Reduced fees for students (travel awards) are available.



Social event of the ASSS: Wednesday, 05.07.2017

Official dinner of the ASSS: Thursday, 06.07.2017

VENUE

USI - Università della Svizzera Italiana
Via Giuseppe Buffi, 13
CH-6900 - Lugano
Switzerland

REGISTRATION FEES

Participants can choose to attend the entire school or just single modules. Participation in the entire school provides a special rate.

| Single Module | Within 15.04.2017 | After 15.04.2017 |
|-------------------------------|-------------------|------------------|
| Participant | 150 € | 200 € |
| Student | 100 € | 150 € |
| Full Congress (5 days) | | |
| Participant | 500 € | 600 € |
| Student | 400 € | 500 € |

REGISTRATION FEE INCLUDES:

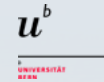
- Participation to the Summer School
- European CME credits (n° to be defined)
- Conference materials
- 2 coffee breaks per day
- Lunches
- Social Event on July 5th



ADDITIONAL INFORMATION & REGISTRATION

www.sleep-summer-school.ch

IN COLLABORATION WITH:



WITH THE UNCONDITIONAL SUPPORT OF:



LOCAL ORGANIZER:



asss@chorel.eu

+41 (0)91 9676803