INTRODUCTION

The XI Hot Topics in sleep apnea syndrome is focused on the most current aspects of sleep disordered breathing. As in previous editions, its goal is the communication of knowledge in an interactive manner between speakers and professionals attending the meeting. To ensure the quality of the discussion, several speakers have been selected who will deliver their personal vision on the different aspects related to sleep apnea. After each presentation, there will be enough time to allow the participants to take part in the discussion. All sessions will be accessible online through the internet and will be interactive, allowing the possibility to ask questions to the speakers from any place in the world.

SPEAKERS

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ON-LINE ATTENDANCE

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Session I. OSA and Hypertension

09'15 - 10'00 Chairman: F. Capote (5')
Speaker: F. Campos
State of the art (20')
Discussion: (20')

10'00 - 10'15 Speaker: J. Duran
New insights: CPAP as treatment for hypertension (20')
Discussion: (50')

Session II. Determinants of Sleepiness

10'45 - 11'35 Chairman: JM. Montserrat (5')
Speaker: A. Barceló
Metabolism and sleepiness (25')
L. Lecea
Optogenetic control of sleep/wake cycle (25')
Discussion: (45')

Session III. OSA and Stroke

11'35 - 12'15 Chairman: J. M. Marin (5')
Speaker: M. A. Martínez
State of the art (20')
O. Parra
New data from the Spanish cohort (20')
Discussion: (45')

Session IV. When Should be Treated Non-Sleepy Patients?

14'45 - 15'45 Chairman: F. Series (5')
Speaker: F. Barbe
General overview (25')
R. Durán
Spanish cohort of non-sleepy patients (25')
Discussion: (45')

Session V. Downstream Effects of OSA

09'15 - 10'00 Chairman: F. García-Rio (5')
Speaker: W. McNicholas
Signaling pathways during intermittent hypoxia (20')
Speaker: M. Ip
Oxidative stress and systemic inflammation (20')
Discussion: (45')

Session VI. Action Linked Projects in Sleep Apnea

10'45 - 11'00 Chairman: J. F. Masa (5')
Speaker: J. Teran
Determinants of road accidents (25')
D. Rodenstein
Drive regulations in Europe (25')
Discussion: (45')

Closing Remarks

13'30 - 13'35 F. Barbe (5')

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