

THE 50TH ANNIVERSARY OF PARADOXICAL SLEEP DISCOVERY

Basic and Clinical Perspectives

A joint ESRS/WASM international symposium



7-10 JANUARY 2009

Cité Centre de Congrès, Lyon, France



PRESIDENT'S WELCOME ADDRESS



In 1959, Michel Jouvet devised the term Paradoxical Sleep to describe sleep in which brain activity resembles that of waking while the body is nearly paralysed. This represented the final step of an extraordinary scientific discovery that also emerged with the accidental description of Rapid Eye Movements during sleep in Nathaniel Kleitman's laboratory in 1952 and was followed by the study of the relationship between Rapid Eye Movements and dreaming with the major contributions of Eugene Aserinsky and Bill Dement. Since then, Michel Jouvet has established in Lyon one of the most creative research structures in neurophysiology world-wide. Basic mechanisms of sleep and particularly paradoxical sleep have been extensively studied. It has led to many of the concepts that underlie our contemporary understanding of sleep and its functions. Nowadays, the research fellows of Michel Jouvet have pursued his scientific objectives and are currently top scientists leading the field of sleep research.

Thus, holding a scientific symposium to celebrate the full description of Paradoxical Sleep appeared as a unique occasion. This was the idea of the WASM and ESRS officers and they have asked us to organise this event that will take place in January 2009 in the Lyon Convention Centre. At this event, all aspects of Paradoxical Sleep will be reviewed, from basic mechanisms to various aspects of sleep physiology and pharmacology, the most recent advances in narcolepsy and hypersomnia, or sleep-disordered breathing. All these fields will be covered from a basic and clinical scientific perspective.

We will be very pleased to welcome you to Lyon. Sleep research and sleep medicine have become major scientific areas. Fully understanding Paradoxical Sleep is still a major goal for further scientific achievements. Thus WASM, ESRS and SFRMS in the hope of keeping going in the direction that was so brilliantly established by the pioneers in sleep research, are very proud to honour Michel Jouvet and to promote this symposium.

See you in Lyon, 7-10 January, 2009.



Patrick Levy,
Chairman of "the 50th anniversary of paradoxical sleep discovery",
a symposium to be held on behalf of WASM, ESRS and SFRMS

Congress President
Professor Patrick LEVY

Congress Vice Presidents
Doctor H el ene BASTUJI
Doctor Pierre-Herv  LUPPI
Professor Jean-Louis PEPIN

KEY TOPICS WHICH WILL BE ADDRESSED DURING THE CONGRESS

- Basic mechanism of REM Sleep
- Pharmacology
- Mental diseases
- Memory and cognitive function
- Sleep Apnea
- Obesity hypoventilation
- Neuromuscular disorders
- Non-invasive ventilation
- Narcolepsy, other hypersomnia
- REM sleep-related movement disorders
- Neurological diseases

NB. English-French translation will be provided for key plenary sessions/une traduction anglais-français sera disponible pour les sessions plénières.

PRELIMINARY PROGRAMME

Wednesday 7 January 2009

Afternoon:

Arrival and registration of participants
Satellite symposia

Evening:

Welcome cocktail reception

Thursday 8 January 2009

Morning:

Arrival and registration of participants
Plenary sessions
Coffee break and visit to exhibition stands & posters
Plenary/Parallel sessions
Satellite symposium

Afternoon:

Plenary/Parallel sessions
Coffee break and visit to exhibition stands & posters
Plenary/Parallel sessions
Satellite symposium
Lunch

Friday 9 January 2009

Morning:

Arrival and registration of participants
Plenary sessions
Coffee break and visit to exhibition stands & posters
Plenary/Parallel sessions
Satellite symposium
Lunch

Afternoon:

Plenary/Parallel sessions
Coffee break and visit to exhibition stands & posters
Plenary/Parallel sessions
Satellite symposium

Evening:

Congress Gala Dinner

Saturday 10 January 2009

Morning:

Workshops
End of Congress

WELCOME TO LYON!

LYON, A CITY IN THE HEART OF EUROPE

The second-largest city in France, Lyon is the capital of the Rhône-Alpes region (over 5 million people).

Born of a time-honoured tradition of international exchange since the time of Renaissance, Lyon is located along the main traffic corridor linking northern and southern Europe. With over 2000 years of architectural history, Lyon is a proud member of the Unesco World Heritage listing. Lyon, situated between the Rhône and the Saône rivers, is a city of traditions with its Basilica on the Fourvière hillside, the Vieux-Lyon –old Renaissance district of Lyon– the Roman theatres, the “Traboules” (typical ancient passages of some districts of Lyon) from the middle-ages, and, of course, the Croix Rousse area, well known for the silk industry.

Lyon is also the capital of French gastronomy with its famous “Bouchons Lyonnais” (typical restaurants of Lyon) and the great Chef Paul Bocuse.

This wonderful city is looking to the future and modernity. By focussing its efforts on industry, innovation, education and research (24,000 researchers and engineers in the Rhône-Alpes region), the City of Lyon is setting the pace for technology in many fields including the pharmaceutical, chemical and computer industries.



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PRACTICAL INFORMATION



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Congress venue

Cite Centre de Congrès - Cité Internationale
50, quai Charles de Gaulle - 69006 LYON - France

Important dates to remember

May 2008: second announcement

September 2008: third announcement – email only

October 2008: deadline for hotel reservations

October 2008: deadline for abstract submission
and reduced-rate registration

CONTACTS

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