**FUNDACIÓN RAMÓN ARECES**

**International Symposium**
**Sleep disorders: from Neurobiology to Systemic Consequences**

**Madrid, Spain, Jan 18-19,2018**

**Chairs:**
Diego García-Borreguero, Instituto del Sueño, Madrid  
Joaquín Terán, Hospital Universitario de Burgos  
on behalf of the Spanish Sleep Society.

Ramón Aceres Foundation Assembly Hall, c/Vitruvio 5, 28006 Madrid  
Free entrance until completion.

**For registration, Click Here**

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<th><strong>Jan 18, 2018</strong></th>
<th>9:30-9:40</th>
<th>Introduction. <em>D. Garcia-Borreguero, Instituto del Sueño, Madrid, Spain</em></th>
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<tbody>
<tr>
<td></td>
<td>10:20-11:00</td>
<td>The role of hypocretins and other activating systems in the regulation of wakefulness. <em>Luis de Lecea, Stanford University, Stanford, CA, USA</em></td>
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<td>11:00-11:20</td>
<td>Coffee</td>
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<td>11:20-12:00</td>
<td>Systems genetics of sleep Homeostasis. <em>Paul Franken, Center for Integrative Genomics, University of Lausanne, Lausanne, Switzerland.</em></td>
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<td>12:00-12:40</td>
<td>Involvement of circadian rhythms and and other factors in insomnia. <em>Eus van Someren, Netherlands Institute for Neuroscience, Amsterdam, Netherlands.</em></td>
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<td>12:40-13:20</td>
<td>Hyperarousal and sleep fragmentation. <em>Diego Garcia-Borreguero, Instituto del Sueño, Madrid, Spain</em></td>
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<td>14:00-16:00</td>
<td>Lunch</td>
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16:00-16:40 Towards an integration of the neurobiology of insomnia with CBT. New CBT-based treatment approaches. Sean Drummond, Monash Institute of Cognitive and Clinical Neurosciences, Monash University, Clayton, Australia

16:40-17:20 Sleep and memory. Susanne Diekelmann, Univ. Tübingen, Germany

17:20-17:40 Pausa-café

17:40-18:20 Systemic and metabolic consequences of sleep deprivation. A. Barceló, Hospital Universitario Son Espases, Mallorca, Spain.

18:20-19:00 The case for early intervention: Preventing the life-long complications of childhood sleep disorders Dennis Rosen, Harvard Medical School and Boston Children’s Hospital, Boston, USA

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9:30-10:10 Narcolepsy, an autoimmune disorder? Thomas E. Scammel, Harvard Medical School, Boston, USA

10:10-10:50 Sleep: A window into neurodegeneration? A. Iranzo, Univ. Barcelona, Barcelona, Spain

10:50-11:10 Pausa-café

11:10-11:50 Genetics, brain iron and neurocircuitry in Restless Legs Syndrome. R. Allen, Johns Hopkins University, Baltimore, USA.

11:50-12:30 Sleep apnea as a health problem. Joaquin Teran, Hospital Universitario de Burgos, Burgos, Spain.


13:10-14:00 Sleep disorders and mortality. F. Barbe, Hospital Universitari Arnau de Vilanova, Lleida, Spain.

14:00-16:00 Lunch

16:30-17:00 Roundtable: can sleep be considered a relevant health parameter? J. Duran, J. Teran, JM Montserrat.
17:00-18:10  Animal models in sleep medicine. **JM Montserrat, Univ de Barcelona and R. Allen, Johns Hopkins University.**

18:10-18:15  Coffee

18:15-19:00  The future of Sleep Medicine: Individualized diagnosis and biomarkers. **Ron Grunstein, Woolcock Institute of Medical Research, University of Sydney and Royal Prince Alfred Hospital, Sydney, Australia.**

19:00  Closing remarks. **Joaquín Terán, Hospital Universitario de Burgos, Burgos, Spain.**