

# NEWSLETTER

June 2009





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**HOME PAGE:** [www.esrs.eu](http://www.esrs.eu)



## LETTER FROM THE PRESIDENT

Dear ESRS Members, dear Colleagues and Friends,

In the first months after its election the new ESRS board and the new committees of our society have been very active. The chairs of the ESRS committees will give a first report of their activities in the newsletters of January 2010.

Few weeks ago Professor Peretz Lavie was elected new president of the Technion-Israel Institute of Technology in Haifa. This prestigious election honours him, the sleep field and the ESRS. Through different information channels, including mails, homepages, Journal of Sleep Research and other sleep journals the ESRS board has placed a call for the search of a new Chief editor of our journal. He or she is expected to take over the duties at the end of 2009.

Members of the board have been in Lisbon to have an update on the preparations of the ESRS in September 2010 from the board of the Portuguese Sleep Society (chaired by Dr. Marta Gonçalves) and the local committee (chaired by Professor Teresa Paiva). New ideas concerning contents and formats of scientific and teaching activities to further increase the attractivity of the meeting were discussed and are sketched in the first announcement. The scientific committee was also asked to make suggestions and was invited to be present during the next meeting in Lisbon scheduled for November 2009.

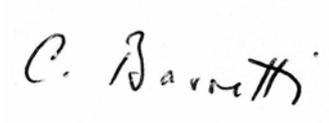
The choice of the venue for the 2012 ESRS meeting in Paris will be taken during a visit of members of the board together with the PCO of our society (Congrex) this summer.

The board discussed with other European professional societies the possibility of organizing joint scientific and teaching events. We hope to be able to present within the next few months first concrete suggestions for such a joint meeting.

The annual meeting of the presidents of the National sleep societies with the executive committee of the Assembly of National Societies and the ESRS board took place in Valencia, perfectly organized by the local host Dr. Javier Puertas. The board, the new committees of the ESRS and future activities and strategies of the society were presented. Educational programmes at national level and the European guidelines for the certification of professionals in sleep medicine recently published in JSR were discussed among other topics.

The ESRS - EU «Marie Curie » - PENS Training Programme took place in Bertinoro (May 13-18) with great success of participation and excellent scientific level of scientific activities. A special thank goes to Prof. Roberto Amici, the ESRS vice president basic, for the tremendous work done to coordinate this event.

I wish you a pleasant summer time and restful holidays

A handwritten signature in black ink, appearing to read "C. Bassetti". The signature is written in a cursive style with a small dot at the end.

Claudio Bassetti  
ESRS President



## CALL FOR SYMPOSIA PROPOSAL LISBON MEETING

### 20<sup>th</sup> Congress of the European Sleep Research Society September 14 - 18<sup>th</sup>, 2010

#### Call for Symposia

*DEADLINE FOR RECEIPT OF PROPOSALS IS OCTOBER 31<sup>ST</sup> 2009*

The success of our next ESRS Congress in Lisbon will be strongly influenced by the symposia topics. With this **call for symposia** all members of ESRS are invited to contribute to the programme by proposing a symposium for the 20<sup>th</sup> ESRS congress.

The following criteria and procedures will apply:

Symposia should be clearly different from an oral presentation session, in that they should have an integrative nature. This should apply to the topic of the symposium, but preferably also to the integration of clinical, basic human and animal work. We especially encourage proposals for such integrative symposia. Note that only symposia which meet the formal requirements shall be considered.

Symposia proposers must be ESRS members and willing to chair the symposium. The co-chair will be nominated by the board. The same person cannot chair two symposia. At least 50% of the speakers in the symposium must be ESRS members. Each speaker can only participate in one symposium. If the final selection of symposia includes two or more contributions by the same speaker, the board will contact the respective chairpersons to solve this problem.

The duration of each symposium is 2 hours. There should be no more than 4 speakers, so that there is time for a short introduction and a comprehensive, final discussion. Note that speakers proposed for your symposium should have agreed to participate.

No financial support is provided by the ESRS to symposium participants, and their congress registration fee is not waived.

Please send your proposals by email to the ESRS secretary, **Philippe Peigneux** at [secretary@esrs.es](mailto:secretary@esrs.es)

Your proposals should arrive per email at his office **before October 31st, 2009**. No other way of delivery, other than electronically, will be accepted. Each submission will be acknowledged by return email. If you have not received such confirmation within 24 hours of your proposal, please fax immediately Philippe Peigneux at +32 2 650 2209.



**20<sup>th</sup> Congress of the European Sleep Research Society**  
**September 14 - 18<sup>th</sup>, 2010**

**Symposium Proposal**

*DEADLINE FOR RECEIPT OF PROPOSALS IS OCTOBER 31<sup>ST</sup> 2009*

*Note: this form can be downloaded in MS-Word format on the ESRS website ([www.esrs.eu/](http://www.esrs.eu/))*

Title:

Summary of intention and reasons why the symposium should be considered:

Chairperson: Name:

Affiliation:

**Speaker 1:** Title of contribution:

Name:  Consent:  Yes

Affiliation:

**Speaker 2:** Title of contribution:

Name:  Consent:  Yes

Affiliation:

**Speaker 3:** Title of contribution:

Name:  Consent:  Yes

Affiliation:

**Speaker 4:** Title of contribution:

Name:  Consent:  Yes

Affiliation:

**Proposer:**

Name and Full address:

e-mail:

Date:

Signature of the proposer:

Send per email to: Philippe Peigneux, ESRS secretary at [secretary@esrs.eu](mailto:secretary@esrs.eu)

Your proposals should arrive **before October 31st, 2007**. No other way of delivery, other than electronically, will be accepted!

Each submission will be acknowledged by return email. If you have not received such confirmation within 24 hours of your proposal, please fax immediately Philippe Peigneux at +32 2 650 2209.



## CALL FOR AN EDITOR-IN-CHIEF FOR THE JOURNAL OF SLEEP RESEARCH

### EDITOR IN CHIEF - THE JOURNAL OF SLEEP RESEARCH

The Journal of Sleep Research, founded in 1991, owned by the European Sleep Research Society (ESRS) and being a prestigious and internationally recognized journal in the field of sleep research and sleep medicine is looking for a new

#### Editor-in-Chief

He or she should

- be an internationally recognized basic and/or clinical sleep researcher
- preferably have experience in editorial activities
- be willing and able to allocate sufficient time for the editorial tasks
- be proficient in written English
- be an ESRS member

He or she is expected to take over the duties from the present editor, Professor Peretz Lavie, at the end of 2009. Professor Lavie will support the new Editor-in-Chief to ensure a smooth and stepwise transition.

Close collaboration with a deputy editor (to be elected at the beginning of 2010) is expected.

The Editor-in-Chief will be allocated editorial assistance and an allowance for expenses.

Interested colleagues should address their application including a CV and a Case for Support letter addressing the issues mentioned above and outlining their vision for the further development of the journal no later than **July 15th, 2009** to the ESRS President:

Claudio Bassetti, MD  
Neurologische Universitätsklinik  
Frauenklinikstrasse 26  
CH-8091 Zürich, Switzerland  
E-mail: [claudio.bassetti@usz.ch](mailto:claudio.bassetti@usz.ch)



## A WORD FROM PERETZ LAVIE, CURRENT JSR EDITOR

Dear ESRS member,

In March 2007, when I assumed the position of the editor in chief of Journal of Sleep Research, I was certain that I will complete at least an 8-year term as an EIC. However, no one can foresee the future. Sometime, life events lead to unexpected changes in plans and priorities, and such a change has just took place in my life; I was elected as the next president of the Technion – Israel Institute of Technology, starting October 1<sup>st</sup>, 2009.

Thus, I am writing this explanatory note with the reasons why I am leaving the EIC position with mixed feelings. I feel sadness to leave the position of EIC which I have learnt to enjoy, but on the other hand, I feel deeply honored and excited to be elected as the next academic leader of one of the top scientific-technological universities in the world. The 85-year old Technion with its 18 science, engineering and medical faculties, 600 faculty members and 12,500 students, has been my academic home since 1975. My entire career in sleep research has been flourished in this institute that provided me with constant encouragement and support, but I have never dreamt that one day I will become the president of this magnificent University.

No person is without replacement and I am confident that a new capable and dedicated EIC will be soon found. He/she will lead the Journal and bring it to new heights. Prof. Basseti, ESRS president and his board have started looking for the new editor. I will continue to edit the Journal until the end of 2009, the last issue that will carry my name as a chief editor will be that of March 2010.

I hope that you will continue to support JSR, remember this is our Journal and its success is not dependent only on the EIC and the Associate Editors, but on every one of you.

Best regards

Peretz Lavie  
Editor in Chief, Journal of Sleep Research



## PRESENTATION OF THREE ESRS NETWORKS

- a) **European Insomnia Network (Dieter Riemann)**
- b) **European Narcolepsy Network (Geert Lammers)**
- c) **Sleep Apnea Network / European Sleep Apnea DATA base – ESADA (Ludger Grote)**

### a) **European Insomnia Network**

**First Call April 2009**

In the last years the ESRS has already established the European networks on narcolepsy and sleep related breathing disorders. The most recent activity in that field is now a call sent out by Dieter Riemann to all members of the ESRS in order to establish a European Insomnia Network. This is a timely and important approach as insomnia afflicts in a chronic fashion probably more than 10% of the European population and probably is the most frequent sleep disorder per se. In comparison to other sleep disorders like sleep related breathing disorders, restless legs syndrome and narcolepsy much less progress has been made in the insomnia field and even for many experienced clinicians and researchers insomnia treatment is equal with just the prescription of hypnotics.

The European Insomnia Network aims at European clinicians and researchers who deal with the topic of insomnia.

What are the purposes of the European Insomnia Network?

1. Get an overview how many ESRS members are actively involved in clinical or research insomnia work
2. Improve the exchange between European insomnia clinicians and researchers
3. Establish a structure for an insomnia network as basis for teaching, clinical and research activities at the EU level
4. Organization of a meeting of European insomnia clinicians and researchers in order to specify and coordinate activities
5. Establish insomnia as a research target on the EU level

So far, just one week after the first call was sent out per mail more than 70 ESRS members coming from more than 15 different European countries have answered and declared their interest to participate in the insomnia network. It is assumed that within 14 days after the first call more than 100 interested colleagues will show their interest in participating. In so far, a basis for successful work within the European Insomnia Network

seems to be given and we will inform you in the future newsletters about the progress we make.

Dieter Riemann, Freiburg

### **Second Call May 2009**

Dear colleagues,

Approximately two weeks have passed since I have issued my first call for the European Insomnia Network.

In the meantime I have been able to collect more than 70 answers from the membership of the European Sleep Research Society who are interested in participating in the Insomnia Network. I think that is a tremendous response which demonstrates that insomnia is an important research and clinical topic also within the framework of the ESRS. Responses came practically from all European countries spanning Russia in the East to Portugal in the West. We have basic researchers who are interested, clinicians from the fields of psychiatry, neurology, internal medicine and other disciplines of medicine and, as expected, a large number of psychologists who work in the field. This, to my opinion, reflects the present situation in the insomnia field in Europe.

What will be our next steps?

1. First of all, I am thinking about establishing a steering committee encompassing 5 colleagues who have answered my call. I thought about a composition of a steering committee with 2 psychologists, a neurologist, a psychiatrist and a basic researcher. Let me know what you think of that.
2. own work in the insomnia field with each other. Please find attached 2 papers from my group which are just in the status of "in press" in Sleep Medicine Reviews (see ESRS homepage, members' section).
3. I think it a very important issue to improve the teaching situation for young researchers and clinicians from the ESRS concerning insomnia. I thought about following the example of the Bertinoro Training Meetings which are sponsored by the EU and gave 40 young scientists the chance to learn from experienced researchers and clinicians in the field. I would like to repeat this experience with a 3 day session focussing on insomnia. In that case I will in a first step contact several pharmaceutical companies who operate Europe-wide and ask them if they are interested to provide educational grants to promote such an enterprise. The idea would be to have 3 days of training for 30-40 young researchers and clinicians in the insomnia field under the age of 35 yrs. and maybe a faculty of 10 teachers. The focus would be solely on insomnia and would cover all aspects of insomnia from basic research to epidemiology, pathophysiology, diagnostics and different clinical issues like pharmacotherapy and cognitive behavioural therapy for insomnia.
4. Please find attached some information on Eurocores (see ESRS homepage, members' section) which is an activity supported by the European Science Foundation. Eurocores every year collects suggestions for topics which should be funded by the EU. One of our main activities could be to write an application for

insomnia in order to introduce insomnia as a research topic in Europe. Eurocores also would fund small meetings in order to prepare such an activity. This is something of utmost importance and about which I also would like to hear your opinion. Furthermore, if you are interested in working in a core group trying to establish insomnia as a research topic in Europe on that level, please let me know.

5. I am preparing a questionnaire which I will send to you at the end of June after returning from the APSS meeting in Seattle in order to ask you some questions about the insomnia situation (health care, clinical practice, research) in your country in order to get an overview about what's going on in Europe. I would be grateful if you have the time to answer all the questions I am going to prepare for you.
6. Anyway, we will have an European Insomnia Network Meeting at the next ESRS congress in Lisbon in 2010. Nevertheless, I would really love to get the European Insomnia Network moving already in the meantime in order to further support and develop the topic of insomnia in basic research, clinical medicine and psychology in Europe.

Dieter Riemann, Freiburg

P.S. If you are interested in joining, please mail me: [dieter.riemann@uniklinik-freiburg.de](mailto:dieter.riemann@uniklinik-freiburg.de)

#### **b) European Narcolepsy Network (EU-NN)**

We are very pleased to inform you that the European Narcolepsy Network (EU-NN) has been founded and registered on the 28<sup>th</sup> of May 2008.

The objectives of the EU-NN are the promotion of European scientific research of narcolepsy and its borderland, and the optimization of medical care for in this field in the broadest sense.

Narcolepsy is a rare but important disorder from scientific as well as clinical points of view. The discovery of a selective loss of hypocretin-producing cells has led to exciting new insights regarding the regulation of sleep, and has opened new research avenues concerning interactions between sleep, metabolism, endocrine function and the autonomic nervous system. It may potentially also shed light on the relation between sleep and the immune system and/or autoimmune mechanisms that can cause brain disorders.

Europe, and the individual European centres, can only achieve a leading position in this field through close collaboration. Experts, clinicians as well as basic researchers, are spread all over Europe. On their own each sees too few patients' populations or may have too limited facilities to perform research with significant impact. Adequate patient numbers, and application of cutting-edge techniques, can only be realized through collaboration. Up to now such collaboration has been hampered by the lack of guidelines for standardised assessment of clinical phenomena, and for standardized procedures to collect and store biosamples.

The EU-NN provides the opportunity to solve these issues and facilitates 'cross fertilisation' and synergistic collaboration, which will also increase the chance of funding. The core tools are the available database and biosample bank. Guidelines for the entry of

data guarantee its standardisation and quality, and its modular structure enables the collection of prospective data.

Close collaboration is also important from a clinical point of view, as it facilitates the timely and smooth implementation of relevant new findings in patient care.

Membership of the EU-NN is open to all who agree with the objectives of the association and are willing to participate actively which includes contributing patient data and biosamples, according to the defined guidelines. Applications are subject to board review.

Since the goals of the EU-NN are in line with the mission of the ESRS, we hope and expect that our Network may serve as an example for others within the sleep community.

The members of the current board are:

Gert Jan Lammers, president

Claudio Bassetti, vice president

Geert Mayer, secretary

Ramin Khatami, treasurer

Yves Dauvilliers

Mehdi Tafti

Thomas Pollmächer

On behalf of the board,

Gert Jan Lammers, president

### **c) Sleep Apnea Network / European Sleep Apnea DAta base – ESADA**

The core of the ESADA was started as a joint project within the European Union COST action B26 network of nationally appointed sleep apnea experts in 2007. To date (June 2009) there are 25 participating centers across Europe and in the excess of 4700 patients have been enrolled. Monthly inclusion rate is approximately 200 new patients. In some countries national patient registries are used for data generation within the ESADA network.

The overall aim of the ESADA project is

1. To build the largest existing database of patients with sleep and breathing disorders.
2. To collect patient information from a network of European sleep centers.
3. To execute cross-sectional, prespective, interventional or long-term follow-up studies based on information in the data base.

**ESADA**  
European Sleep Apnea Database

"Our goal is to generate a Pan European Sleep Laboratory Database for cross-sectional and outcome research in sleep apnea"

The Esada project uses a web based platform for collection of clinical data from patients referred to European sleep laboratories. Specific subcohort protocols linked to the database deal with pathophysiology, genetic mechanisms, neurocognitive impairment and cardiovascular disease in obstructive sleep apnea.

**ESADA Login**  
Username:   
Password:

**Participating Sites / Planned Sites:**

- Belgium  
Site: **Antwerp**  
Web:
- Spain  
Site: **Barcelona**  
Web: <http://www.hospitalclinic.org...>
- Israel  
Site: **Beer-Sheva**  
Web:
- Germany  
Site: **Berlin**  
Web:
- Belgium  
Site: **Brussels**  
Web:
- Spain  
Site: **Cáceres**  
Web:
- Denmark  
Site: **Copenhagen**  
Web:
- Ireland  
Site: **Dublin**  
Web:
- United Kingdom  
Site: **Edinburgh**  
Web:
- Norway  
Site: **Førde**  
Web:

**COST**

## ESADA - design

Patients recruited in the ESADA have been referred to a sleep center due to suspected obstructive sleep apnea (OSA). Enrolment is consecutive and the inclusion criteria enable essentially all new untreated patients independent of comorbidity, concomitant medication and degree of sleepiness.

A unique feature of the ESADA is a specifically designed web-based data collection format constructed for transfer of data to a central database located and coordinated at the Gothenburg University. A uniform clinical report format (CRF) module containing some 8 pages is used for registration of clinical data including anthropometrics, medical history, sleep data, clinical symptoms, limited clinical chemistry and medication. Recruited patients will generate a *base cohort* representing the various participating European Sleep Centres.

All patients referred to the participating laboratories are considered for inclusion into the cohort. Data from patients fulfilling all inclusion criteria are consecutively transferred to the centralized data base by use of a web based clinical report format (CRF) module.

A patient included into the data base is labelled only by a unique patient identification number. A detailed patient identification log is established at each study site. Blood samples for a future joint genetic analysis are kept under coded conditions at the discretion of each participating center. The CRF uses predefined modules in order to enable repeated entries into the data base for registration of consecutive follow up data, gathered according to local clinical routines. The ESADA also enables new and specific

CRF modules for specific substudy (eg. specific patient groups, interventional trials, health economy evaluations) that may be initiated by initiatives between various centers within the network. These specific CRF modules are only accessible by those centres opting to participate in a specific substudy protocol

ESADA has appointed study monitors in order to provide education and instructions related to completion of the CRF modules. The monitors are responsible for continuous quality assurance of data entered into the data base and provide feed back to centres not complying with the minimal standard of study data entry. The initial term of the monitors is at least one year and has included at least one initiating site visit at each of the participating centres. Data are collectively owned by all participating and contributing centres. A joint study group consisting of 2 appointed representatives from each centre constitute the board of the foundation. Additional adjunct members from the different centres, without the right to vote at the board meeting, may be appointed by the board pending the specific research issues to be addressed. The ESADA network has received support from the COST action B26 and seeding grants from the CPAP industry for establishment of the organisation and the data base. The intention is to seek further economical support for the maintenance and expansion of the cohort from the European Framework Program (FP7).

The first cross sectional analysis was planned at approximately 3,500 patients and a final recruitment goal is set at 7,000 patients with sleep disordered breathing. Beside the scientific opportunities offered, the ESADA will generate possibilities to achieve local and cross national sleep laboratory standardization within the EU, improvement of quality of care as well as increased scientific and clinical exchange of ideas and practices between different European sleep centers.

### **ESADA – Specific study targets and objectives**

The overall objective is to generate a database useful for multiple scientific protocols

#### Base cohort

##### 1. Primary objective:

- to generate cross sectional data on anthropometrics, sleepiness measures and comorbidity in European patients with various degree of OSA severity.

##### 2. Secondary objectives:

- to measure the incidence of cardiovascular disease (hypertension, stroke, ischemic heart disease).
- to prospectively explore the cardiovascular and overall mortality in OSA and its relation to OSA severity and cardiovascular risk factors.
- to explore the effect of different OSA treatment modalities like CPAP, oral devices or surgery on hemodynamic and metabolic parameters (e.g. blood pressure, HbA1c, lipid status) as well as on cardiovascular morbidity, metabolic disorder and sleepiness.

### 3. Tertiary objectives:

- to explore the dose-response relationship between OSA severity and hypertension, hyperglycemia, cardiovascular morbidity, metabolic disorder and sleepiness.
- to assess the effect of age, gender, domicile as well as cardiovascular and metabolic comorbidity on cardiovascular endpoints in sleep apnea patients.
- to assess the value of various sleep laboratory procedures in terms of diagnostic and treatment routines on outcome in sleep apnea patients.
- to assess the safety, tolerability and compliance with long-term CPAP treatment, oral devices and surgery (safety and tolerability).

#### European sleep laboratory clinical process evaluation

- to assess the regional differences across sleep laboratories in Europe regarding patient populations, treatment allocations, diagnostic work up, as well as adherence to therapy.
- to transfer know-how and to unify procedures as well as to generate minimum standards between different European sleep laboratories by the use of a standardized data acquisition procedure.
- to generate a data base to be used for future health economical assessments in sleep apnea patients in relation to the various national health care systems.

#### Substudy protocols to be generated from the joint database

- to create a network of scientifically active sleep centres and a joint database to be used for specific patient recruitment in future collaborative studies (e.g. specific cardiovascular, metabolic, genetic and treatment protocols).



## **NEWS FROM THE ESRS FORUM FOR WOMEN IN SLEEP RESEARCH**

Co-Ordinator: Dr Tracey Sletten (Monash University, Australia).

### 1. New forum pages on ESRS website

The ESRS Forum for Women in Sleep Research is now featured on the website of the European Sleep Research Society. Access to the Forum pages can be gained from the main ESRS home page ([www.esrs.eu](http://www.esrs.eu)). The website features sections related to the aims and history of the Forum, previous meetings, and related web links of interest. In the short time it has been active the website has been very successful in increasing exposure of the Forum and gaining the interest of new members. We thank Debra Skene and Brigitte Knobl for their assistance in getting this site active.

### 2. Call for new Forum co-ordinator

The Forum is formally seeking nominations from individuals located in Europe to coordinate the ongoing activities of the ESRS Forum. The roles for the Co-ordinator will include the maintenance of email contact and updates with members, facilitation of contact with the National European Sleep Societies and coordination of meetings at ESRS congresses and other events. For more information or to register your interest please contact Tracey Sletten ([tracey.sletten@med.monash.edu.au](mailto:tracey.sletten@med.monash.edu.au)). Please submit your nomination (CV and case) by 31 July 2009 to Tracey.



Programme of  
European  
Neuroscience  
Schools



## ESRS-EU MARIE CURIE PROJECT 2007-2010: TRAINING IN SLEEP RESEARCH AND SLEEP MEDICINE

Dear Members,

The Program Committee of the ESRS-EU “Marie Curie” Project “Training in Sleep Research and Sleep Medicine” is pleased to inform you that the program for 2009 is in progress. As you probably already know, the program for 2009 has the privilege to be part of the **Programme of Neuroscience European Schools (PENS)**. PENS is a collaboration between the Federation of European Neuroscience Societies (FENS) and the International Brain Research Organization (IBRO). For this reason, for 2009 the program has also been aimed at young neuroscientists not specifically active in the field of sleep research. As for 2007 and 2008, the call for candidates was very successful, since almost 100 applications were submitted. Forty-five trainees from 20 different countries were selected by following strict criteria, suggested by both EU and PENS, aimed at assuring a widespread participation of trainees in terms of either their nationality or the Institution in which they are working at present. Thus, unfortunately, some very good applications could not be taken into account. The quality of candidates was assessed by three independent scorers. Priority was given to high quality trainees who were citizens of European countries and citizens of countries with a less strong tradition in Sleep Research/Sleep Medicine. A maximum of five candidates who were nationals of the same country and a maximum of three candidates coming from the same laboratory/clinic were accepted. The names of the selected candidates have been posted in the “Training & Courses” section on the ESRS website ([www.esrs.eu](http://www.esrs.eu)).

The first event of the 2009 program was the Training Course that was held in Bertinoro, Italy, at the Residential Centre of the University of Bologna ([www.ceub.it](http://www.ceub.it)), from May 8<sup>h</sup> to May 13<sup>th</sup>. Thanks to PENS sponsorship, the duration of the event was lengthened from three days to five. The course consisted of a series of lectures aimed at young researchers/clinicians who are interested in human and animal basic sleep research, and a special topic, “Sleep and Memory” was addressed. In addition, a special “Communicating about science” session was held, in which each trainee was asked to make a brief oral presentation aimed at spreading information amongst a general audience about the social and scientific relevance of his/her own work in research. Furthermore, a special “working in groups” session was held, in which six groups of trainees had to discuss a hot topic in sleep research and finally address the audience during a 1-h session. The faculty consisted of 20 senior neuroscientists, sleep researchers and clinicians from all over Europe. As for 2007 and 2008, the course was extremely successful and very well received from every point of view. Of course, the wonderful sight from the medieval castle in which the Course was held and the very informal dinners in the traditional restaurants in Bertinoro were particularly appreciated.

The Program of the Course has been posted in the “Training & Courses” section on the ESRS website ([www.esrs.eu](http://www.esrs.eu)).

The Training Course is followed by a one-week practical training period, to be carried out in one of the eleven sleep research laboratories/sleep clinics of the network that has been specifically established for the project, from September to November. The site for training will be assigned to each participant by the Program Committee, as far as possible according to the participant’s preference. Further information on the training at the different sites can be found in the “Training & Courses” section at the ESRS website ([www.esrs.eu](http://www.esrs.eu)). Based on the feedback for the 2007 and 2008 program, we expect the event to be very successful in each of the different training sites.

We look forward to meeting you in one of the future ESRS-EU “Marie Curie” teaching and training events.

With kind regards,

Members of the Program Committee of the ESRS-EU Marie Curie Project “Training in Sleep Research and Sleep Medicine”.



## ESRS TRAINING EVENTS

*Report by Debra Skene, Assistant Secretary, ESRS, Education and Training Co-ordinator*

### Sleep Medicine Course – Royal Infirmary of Edinburgh

The annual Sleep Medicine Course organised by Dr Renata Riha was held in Edinburgh 16-20th March, 2009 at the Chancellor's Building, University of Edinburgh, Royal Infirmary Site, Little France, Edinburgh.

The course was well attended (over 40 trainees) and very positively evaluated. The ESRS sponsored scholarships for 2 UK candidates (Dr Mikail Yasso; Mr Tom Carlisle) and 2 candidates from countries outside of the UK (Dr Peter Fsadni; Ms Nevin Zaki).

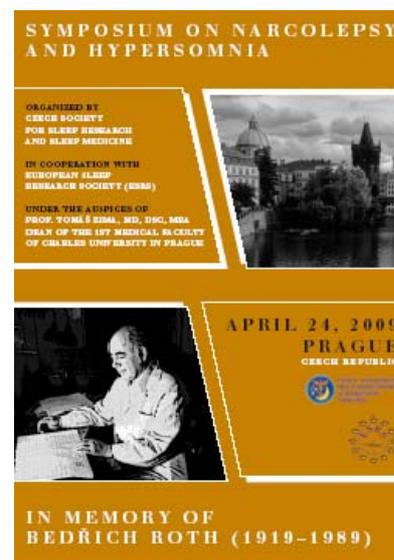
The course will be run again next year (22-26th March 2010).

### ESRS Sleep Course on Excessive Daytime Sleepiness

An ESRS Course on Excessive Daytime Sleepiness was held in Prague, Czech Republic on 23rd April, 2009. [www.conference.cz/TC2009](http://www.conference.cz/TC2009). Teachers included P. Geisler (Germany), P. Jennum (Denmark), D. Karadeniz (Turkey), J. Mathis (Switzerland), M. Partinen (Finland) and K. Šonka (Czech Republic).

The teaching course (attended by 31 trainees) preceded the Symposium on Narcolepsy and Hypersomnia in memory of Bedrich Roth, held on 24<sup>th</sup> April at the same venue ([www.conference.cz/narcolepsy-hypersomnia2009](http://www.conference.cz/narcolepsy-hypersomnia2009)).

The Teaching Course was financially supported by the ESRS and travel grants (200 euros) were awarded to 7 young scientists from across Europe.



### ESRS Support of Sleep Training Courses

ESRS members are reminded that the ESRS Board will consider support of international sleep training courses. The ESRS can provide various levels of support (advertising on ESRS website and Newsletter; ESRS endorsement; or an ESRS sleep training course).

Initial enquiries should be made to Debra Skene, Assistant Secretary, ESRS, Education and Training Co-ordinator ([d.skene@surrey.ac.uk](mailto:d.skene@surrey.ac.uk)).



## REPORT ON CAREER DEVELOPMENT SUPPORTED BY ESRS GRANTS

### European Career Opportunities in Sleep Research: A Personal Experience (by Chiara Baglioni)

The European Sleep Research Society (ESRS) offers a number of grants for PhD students and for post-docs in order to give them the possibility to visit other sleep laboratories in Europe for training purposes or to attend courses about sleep research and sleep medicine or sleep-related conferences. The European Commission offers different long-term grants for different levels of career, from the end of the PhD to the professorship.

I have personally experienced some of these grants during my PhD period and now during my post-doc period. I have conducted my PhD in Rome at the Department of Psychology of the “Sapienza” University of Rome, in the Sleep Laboratory directed by Prof. Cristiano Violani. During the second year of my PhD I applied for and received the ENSTL (European Network of Sleep Training Laboratories) grant from the ESRS to spend a period of two weeks in the University of Glasgow Sleep Laboratory directed by Prof. Colin A. Espie for training purposes for both research and clinical aspects related to insomnia and to specific PhD interests. During my third year of PhD I have taken part to the 1<sup>st</sup> ESRS Training in Sleep Research and in Sleep Medicine. This training is directed to people who are at the beginning of a possible career in sleep research. It provides both a theoretical training which takes place in Bertinoro (Italy) and a practical training in one of the sleep laboratories spread in Europe which participate to the program. For my practical part of the training I have been to Munich at the Max Planck Institute for Psychiatry Sleep Clinic directed by Prof. Thomas Wetter. We were a group of six trainees from different parts of Europe. We were offered a full week program of training in clinical aspects of treatment of sleep disorders and we were shown research aspects and instrumentations evaluated and used in the institution. This was a very rich experience, both for what learned during the training and for the opportunity to have an exchange of interests. Moreover, through another ESRS grant, I could be able to take part to the ESRS course which took place in Barcelona in September 2007 during the Spanish Sleep Society Meeting.

Last summer I have applied for a post-doc grant of the duration of 2 years offered by the European Commission through the 7<sup>th</sup> Framework Programme. The grant I applied for is called Intra-European Fellowship (IEF) and is included in the Marie Curie PEOPLE Program.

An applicant together with a Scientist in Charge can send a project including both a research project and a training program. I have applied together with Prof. Dieter Riemann (Department of Psychiatry & Psychotherapy, Freiburg University Medical Center) as Scientist in Charge, and our proposal was positively evaluated, so since April I have started working in Germany, in Freiburg. I believe that previous ESRS grants helped a lot in being successful with respect to the IEF grant, since I already had some

skills in writing grant proposals. Moreover, experiences in other institutions for training or for collaboration are positively considered by the European Commission and reported also as evaluation criteria. Insofar I want to thank the ESRS for the several training opportunities I received and I can highly recommend the programmes I attended to other young researchers.

Chiara Baglioni, PhD  
Chiara.baglioni@uniklinik-freiburg.de  
Freiburg, May 2009



## ANNOUNCEMENTS

- a) Erratum
- b) Support L'Aquila University Sleep Laboratory
- c) Special Issue of European Journal of Neuroscience (Hans-Peter Landolt)
- d) 5<sup>th</sup> Edition of Hospes International Sleep Award
- e) Job Opportunities on the Web

### a) Erratum

The ESRS Newsletter February 2009 contained an error. On page 27 the venue of the 21st Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR) was announced as:

Turku, Finland

It should have read:

**Berlin, Germany**

The online version had been corrected immediately.

### b) Support L'Aquila University Sleep Laboratory

Dear Colleagues,

You all know about the dramatic earthquake that has devastated on April 6th the city of L'Aquila in Italy. We have been all shocked and deeply saddened by the natural catastrophe that has brought so many human losses and so much destruction to this beautiful, historical town. Some of you already know that this destruction also includes the Laboratory of Sleep Psychophysiology headed by Dr Michele Ferrara, one well known colleague and friend of many of us.

Besides all the sympathy we are willing to express to him and his colleagues in such difficult moments, the ESRS board has decided to offer a tangible sign of support and solidarity in providing help for the reconstruction of the Laboratory of Sleep Psychophysiology. We are sure that many of you will be willing to get involved in this initiative, to the extent of your possibilities. To this end, please find hereunder the coordinates of the ESRS bank account where donations can be received up to July 31st,

after which date this sum will be used to support the Sleep Laboratory of the University d'Aquila for purchasing specific instruments.

On behalf of the board of the ESRS, we thank you in advance for your solidarity and support.

Philippe Peigneux  
ESRS Secretary

#### Bank Account of the ESRS

Account holder: ESRS e.V., Prof. Dr. Claudio Bassetti, Prof. Dr. Dieter Riemann  
Name & address of the bank: Sparkasse Regensburg, Ziegetsdorfer Str. 30,  
Regensburg, Germany  
IBAN: DE04 7505 0000 0290 4511 03  
SWIFT-Code: BYLADEM1RBG

Please use the following communication "**SUPPORT L'AQUILA UNIVERSITY SLEEP LAB**"

#### c) Special Issue of European Journal of Neuroscience (Hans-Peter Landolt)

On the occasion of last years FENS Forum 2008 in Switzerland with a satellite symposium entitled "Approaches towards the roles for sleep in neuronal functions".the European Journal of Neuroscience has now published a special issue, which includes nine "state-of-the-art" reviews covering topics that were discussed at the symposium. This special issue is now on-line and can be downloaded under:  
<http://www3.interscience.wiley.com/journal/118542297/home>

#### d) 5<sup>th</sup> Edition of Hospes International Sleep Award

SUEÑOS

Announcement 5th Edition  
**Hospes Sueños 2009 International Award**



The prestigious Hospes Infinite Places luxury and design hotel collection, in collaboration with the Sociedad Española del Sueño – Spanish Sleep Association (SES), the leading exponent in research and development of Sleep Medicine in Spain, announces **for fifth consecutive year** The Hospes Sueños International Award to the best scientific study on sleep habits.

## Publications

The papers going in for the award must be publications on sleep habits studying the influence of medical, scientific, psychological, environmental, nutritional, cultural, social or others aspects on population sleeping quality.

## The award

Three papers will be awarded: First position – 5.000 €; Second position - 2.000 €; Third position - 1.000 €. The winning paper will be selected by a jury chosen by Hospes Infinite Places and the SES together.

## Winners of previous editions

Winners 2008:

First position: Dra. Évelyne Touchette, Montreal (Canada). Publication title: *Associations between sleep duration patterns and behavioral/ cognitive functioning at school entry.*

Second Position: Dr. Patricio Peirano, Santiago de Chile (Chile). Publication title: *Iron deficiency anemia in infancy is associated with altered temporal organization of sleep states in childhood.*

**Third position:** Dr. Oscar Sans Capdevila, Barcelona (Spain). **Publication title:** *Metabolic alterations and systemic inflammation in obstructive sleep apnea among nonobese and obese prepubertal children.*

## Application Requirements

01 All studies must have been published or accepted for their publication during the year 2007 and/or 2008.

02 The studies must be submitted in Spanish or English.

03 All studies must include compulsorily a 3 to 5 page **divulgative** abstract (DIN A1, Arial 12 and spacing 1,5). Two figures maximum may be included.

04 The works submission implies the authorization for their subsequent publication in a compilation book. An authorization for the total or partial work publication must be included.

05 Each author may submit a maximum of two works.

06 Papers submitted in previous editions for the present award will not be accepted.

07 Original papers will be highly considered.

## Deadline

Works must be sent before September 15th 2009.

## Submission requirements

An author's CV specifying his/her professional as well as academic development, his/her contact data and subject: **Sueños Award** must be included.

Papers must be sent by e-mail ([suenos@hospes.es](mailto:suenos@hospes.es)) in PDF format.

More information: [hospes.es](http://hospes.es) / [fuenso.com](http://fuenso.com)

## e) Job Opportunities on the Web

Job opportunities can be accessed nowadays through the ESRS website at:

[www.esrs.eu/cms/front\\_content.php?idcat=124](http://www.esrs.eu/cms/front_content.php?idcat=124)



## ESRS SPONSORED EVENTS

### XI. Congress of the European Biological Rhythms Society

Date: August 22-28, 2009  
 Venue: Strasbourg, France  
 Web site: <http://ebrs2009.u-strasbg.fr/>

First the first time a Joint Symposium between the ESRS and the European Biological Rhythms Society (EBRS) will be held at the EBRS's forthcoming Congress in Strasbourg (22-28 August, 2009). The Presidents of both Societies will Chair the Joint Symposium entitled, *Clocks and Sleep* which has been co-financed by the two Societies.

The Joint Symposium will take place on Tuesday 25 August, 2009. The programme is outlined below:

#### LUNCHEON WORKSHOP: **Clocks and Sleep**

Joint workshop between the EBRS and ESRS

Chairmen: C. Bassetti (Switzerland) and H.W. Korf (Germany)

- P. Franken (Switzerland): *Genetics and sleep*
- C. Cajochen (Switzerland): *Circadian and homeostatic regulation of human sleep*
- N. Zisapel (Israel): *Melatonin, sleep and sleep disturbance*
- F. Scheer (USA): *Sleep, circadian timing and cardiovascular functioning*

**XI. Congress of the European Biological Rhythms Society**

Strasbourg, France  
 August 22-28, 2009

In association with  
 the Japanese Society for Chronobiology

**International Scientific Committee:**  
 Paul Pévet, Chairman (Strasbourg, F), Shizufumi Ebi-  
 hara (Nagoya, J), Carolina Escobar (Mexico DF, M), Rus-  
 sell Foster (Oxford, UK), Ken-ichi Honma (Hokkaido, J),  
 André Kobayashi (Amsterdam, NL), David Kennaway  
 (Adelaide, A), Horst-Werner Korf (Frankfurt/Main, G),  
 Hiroshi Okamura (Kobe, J), François Rouyer (Gif sur  
 Yvette, F), William Schwartz (Worcester, USA), Shigeno-  
 bu Shibata (Tokyo, J), Rae Silver (New York, USA),  
 Debra Skene (Guildford, UK), Jörg H. Stehle (Frankfurt/  
 Main, G), Alena Sumova (Praha, Czech Republic).

**Local Organising Committee:**  
 Paul Pévet (Chairman), Patrice Bourgin,  
 Béatrice Bothorel, Etienne Challet,  
 Marie-Paule Felder-Schmittbuhl, David Hicks,  
 Mireille Masson-Pévet, Valérie Simonneau.

Information on Strasbourg: [www.st-strasbourg.com](http://www.st-strasbourg.com) and information on Alsace: [www.louisiane-alsace.com](http://www.louisiane-alsace.com)



## FUTURE MEETINGS

### **Complex Dynamics in Large-Scale Interacting Brain Systems: Towards Physical Models of Sleep and Consciousness**

Date: International Seminar: June 8-25, 2009  
 Integrated Workshop: June 21 - 25, 2009  
 Venue: Max Planck Institute for the Physics of Complex Systems, Dresden, Germany  
 Web site: [www.pks.mpg.de/~codybs09/](http://www.pks.mpg.de/~codybs09/)  
 Scientific Coordinators:  
 Peter Achermann (University Zürich, Switzerland)  
 Eckehard Olbrich (MPI for Mathematics in the Sciences, Leipzig, Germany)  
 Thomas Wennekers (University of Plymouth, U.K.)  
 Organisation:  
 Claudia Pönisch (MPIPKS Dresden, Germany)

For further information please e-mail to: [codybs09pks.mpg.de](mailto:codybs09pks.mpg.de).

### **Circadian Disruption and Cancer**

Date: June 19, 2009  
 Venue: New York, U.S.A.  
 Web site: [www.nyas.org/cancercircadian](http://www.nyas.org/cancercircadian)

### **21st Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR)**

Date: June 24-27, 2009  
 Venue: Berlin, Germany  
 Web site: [www.sltbr.org](http://www.sltbr.org)

The 21st Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR) will be held in Berlin, Germany from June 24th-June 27th, 2009. SLTBR's meeting is an official satellite to that of the World Federation of Societies of Biological Psychiatry (WFSBP), which will convene in Paris, France immediately following the conference. Our 2009 international meeting will feature a CME course on chronobiology, cutting-edge research presented in oral and poster sessions, and 3 symposia featuring leading experts in the field:

- "Sleep Deprivation, Light Therapy, Phase Advance: Chronotherapeutic Adjuncts to Medications in Major Depression"
- "EUCLOCK: Entrainment in Humans and Animals"
- "Lighting and Architecture: What can Chronobiology Offer Architects and Lighting Designers?"

Additional meeting information can be found at [www.sltbr.org](http://www.sltbr.org). Meeting inquiries should be sent to [sltbrinfo@gmail.com](mailto:sltbrinfo@gmail.com).

### **American Society for Photobiology: Lighting, Architecture and Human Health Workshop (1)**

### **The Photobiology of Human Circadian, Neuroendocrine and Neurobehavioral Effects of Light (2)**

Date: July 9, 2009 (1), July 10, 2009 (2)

Venue: Philadelphia, U.S.A.

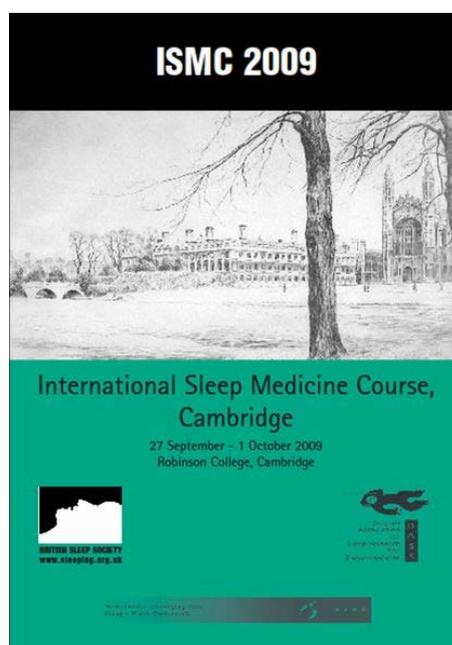
General Information: [www.esrs.eu/cms/upload/pdf/Meetings/Day\\_One\\_Workshop.pdf](http://www.esrs.eu/cms/upload/pdf/Meetings/Day_One_Workshop.pdf)  
[www.esrs.eu/cms/upload/pdf/Meetings/Day\\_Two\\_Science.pdf](http://www.esrs.eu/cms/upload/pdf/Meetings/Day_Two_Science.pdf)

### **International Sleep Medicine Course**

Date: September 27 – October 1, 2009

Venue: Cambridge, United Kingdom

Registration via the British sleep Society website  
[www.sleeping.org.uk](http://www.sleeping.org.uk) .



### **6th International Narcolepsy Symposium**

Date: September 27 – October 2, 2009

Venue: Ascona, Switzerland

Web site: [www.narcolepsy-international.org/](http://www.narcolepsy-international.org/)

Preliminary Program: [www.narcolepsy-international.org/schedule.pdf](http://www.narcolepsy-international.org/schedule.pdf)

Scientific Organizers: C. Bassetti, Ch. Baumann, T. Scammell

### **21st Annual Scientific Meeting of the Australasian Sleep Association and Australasian Sleep Technologists Association**

Date: October 8-10, 2009

Venue: Melbourne, Australia

Web site: [www.sleep.org.au/meetings.html](http://www.sleep.org.au/meetings.html)

### 6th Congress of Asian Sleep Research Society (ASRS)

### 34th Annual Meeting of Japanese Society of Sleep Research (JSSR)

### 16th Annual Meeting of Japanese Society for Chronobiology (JSC)

Date: October 24-28, 2009

Venue: Osaka, Japan

General Information: [www.asrs2009.org/](http://www.asrs2009.org/)

The conferences will be held as joint congress organized by the Asian Sleep Research Society, the Japanese Society of Sleep Research, and the Japanese Society for Chronobiology.

### 3rd International World Congress on Sleep Medicine

Date: November 7 – 11, 2009

Venue: São Paulo, Brazil

Web site: [www.wasm2009.com.br/](http://www.wasm2009.com.br/)

Organized by: World Association of Sleep Medicine (WASM)



Dear ESRS,

We are delighted to invite you to our **3<sup>rd</sup> International World Sleep Congress in Sao Paulo** from November 7-11, 2009. The congress will bring together leading experts to discuss, debate, and disseminate knowledge amongst sleep clinicians and researchers for the advancement of sleep health worldwide. November 7 and 8 will include courses with the scientific program starting on Sunday evening November 8 and concluding Wednesday evening November 11.

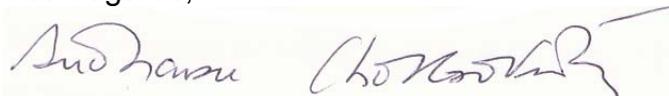
**August 1 is the abstract and symposia submission deadline.** Delegates need to first **register** for the congress to submit abstract and symposia at [www.wasmcongress.com](http://www.wasmcongress.com). Payment is not required with registration and delegates can make payment after they have received notice of content submissions. A user name and password will be assigned to each delegate during online registration. Delegates can submit abstracts and symposium content online now through August 1.

**September 1 is the registration early payment deadline.** Registration fees are US\$500 for international delegates or US\$350 for WASM members. If you are not a WASM member, the WASM member savings can still be obtained by first going to

[www.wasmonline.org](http://www.wasmonline.org) and becoming a WASM member. After delegates register, payment can be made by logging into the member only page at [www.wasmcongress.com](http://www.wasmcongress.com).

The local organizing committee chaired by Drs. Max Hirshkowitz, Sergio Tufik, and Dalva Poyares are currently planning, reviewing, and finalizing the São Paulo congress content. Keynote speakers include Drs. Colin E. Sullivan, Eve Van Cauter, Kathryn A. Lee, Alfred J. Lewy, Eric A. Nofzinger, and Stanley Fahn. The local Brazilian Sleep Society is planning several opportunities to experience the local Brazilian culture and allow our congress participants to network informally together including a Brazilian Samba dance and BBQ dinner. Please let us know if we can be of any assistance to you as additional information is on our **congress website** [www.wasmcongress.com](http://www.wasmcongress.com). And we hope to see you in São Paulo Brazil later this year.

Best regards,

A handwritten signature in black ink on a light yellow background. The signature is written in a cursive style and appears to read "Sudhansu Chokroverty".

Dr. Sudhansu Chokroverty  
President



## APPLICANTS FOR MEMBERSHIP

Gaetane **Deliens**, Université Libre de Bruxelles, Bruxelles, Belgium  
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Sponsor: T. Pollmächer

Monica **Martoni**, University of Bologna, Bologna, Italy  
Sponsor: P.C. Cicogna

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08, France  
Sponsor: K. Spiegel

Roy **Raymann**, Philips Research, Eindhoven, The Netherlands  
Sponsor: Eus van Someren

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Doina Adina **Todea**, Clinical Hospital of Pneumology "Leon Danielle", Cluj Napoca,  
Romania  
Sponsor: S. Mihaicuta

Cristina **Zunzunegui**, University Hospital of Zürich, Zürich, Switzerland  
Sponsor: C. Bassetti



## **NEW MEMBERS**

**The Society welcomes the following new members whose application was announced in the Newsletter February 2009.**

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"Agios Paulos" G.H.

Ik. Lida-Maria Alkista II

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**Ashleigh Filtness, BSc**

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phone: +44 1509 228225, e-mail: a.j.filtness(a)lboro.ac.uk

**Bilgay Izci Balserak, PhD**

Glasgow Sleep Centre

Glasgow University

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phone: +44 786 7538 758, fax: +44 141 232 7697, e-mail: bilgay(a)yahoo.com

**Samson Khachatryan, MD PhD**

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**Stefan Mihaicuta, MD, PhD, FCCP**

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**J. C. Vis, Dr.**

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## EUROPEAN SLEEP RESEARCH SOCIETY OFFICERS OF THE ESRS BOARD

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Treasurer: Prof. Dr. Dieter Riemann  
Department of Psychiatry and Psychotherapy  
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D-79104 Freiburg, Germany

phone: +49-761-270-6919  
fax: +49-761-270-6523  
e-mail: dieter.riemann@uniklinik-freiburg.de

Member Co-opted from ANSS:  
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Sleep Medicine Centre Kempenhaeghe  
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fax: +31402279111  
e-mail: Dirk.Pevernagie@UGent.be

### Advisory Members:

*Past President:* Prof. Dr. Thomas Pollmächer  
Zentrum für psychische Gesundheit  
Klinikum Ingolstadt GmbH  
Krumenauerstraße 25  
D-85049 Ingolstadt, Germany  
phone: +498418802200  
fax: +498418802209  
e-mail: thomas.pollmaecher@klinikum-  
ingolstadt.de

### Organizer of the previous ESRS meeting:

Prof. Colin Espie  
Sleep Research Laboratory  
University of Glasgow  
1055 Great Western Rd  
Glasgow G12 0XH, Scotland, UK  
phone: +44 141 232 7860  
fax: +44 141-357 4899  
e-mail: c.espie@clinmed.gla.ac.uk

### Members at large:

Prof. Peretz Lavie  
Faculty of Medicine  
Technion-Israel Institute of Technology  
Efron Street 1  
Bat galim  
Haifa 30096, Israel  
phone: +972544706020  
fax: +97248343934  
e-mail: plavie@tx.technion.ac.il

Prof. Mary Carskadon  
Sleep Research Laboratory  
Bradley Hosp./Brown Univ. Sch. of Medicine  
1011 Veterans Memorial Parkway  
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fax: +14014533578  
e-mail: mary.carskadon@brown.edu

## SCIENTIFIC COMMITTEE

### Chair:

Dr. Malcolm von Schantz  
Guildford, Surrey, United Kingdom

### Members:

Prof. Colin Espie  
Glasgow, Scotland, United Kingdom

Dr. Paul Franken  
Lausanne, Switzerland

Dr. Lino Nobili  
Milan, Italy

Prof. Thomas Penzel  
Berlin, Germany

Dr. Christelle Peyron  
Lyon, France

Dr. Joan Santamaria  
Barcelona, Spain



# 20<sup>zzz</sup> CONGRESS

## ESRS EUROPEAN SLEEP RESEARCH SOCIETY

LISBON | 14-18 SEPTEMBER 2010

### FIRST ANNOUNCEMENT



[www.esrs2010.com](http://www.esrs2010.com)

#### IMPORTANT DATES

- |                    |  |
|--------------------|--|
| JUNE 2009          | Call for Symposia  |
| SEPTEMBER 30, 2009 | Symposia deadline  |
| DECEMBER 2009      | 2nd announcement and call for papers                                     |
| FEBRUARY 28, 2010  | Deadline abstract submission, early registrations and grant applications |
| APRIL 2010         | Notification of acceptance of abstracts                                  |
| JULY 31, 2010      | End of Pre-registration  |

#### GENERAL INFORMATION

##### ABOUT LISBON

Lisbon, a city of contrasts, a city where the past meets the future, where the light meets the water, where the continent ends and the ocean begins enabling its people to turn to other worlds. A cosmopolitan city where one can stroll along the narrow streets of the typical old quarters spreading through Lisbon's seven hills or contemplate the modern architecture of the new ones, always having a glimpse of the Tagus River which permanently woos Lisbon...

#### CONGRESS SCHEDULE

The Scientific Program starts on Tuesday morning until Saturday afternoon.

#### CONTACTS

Organizing Secretariat  
 AIMS CONGRESS  
 Rua Garrett, 61 – 3.º  
 1200-203 Lisbon – Portugal  
 Tel.: + 351 21 324 50 54/55  
 Fax: + 351 21 324 50 51  
 e-mail: [esrs2010@aims-international.com](mailto:esrs2010@aims-international.com)



# 20<sup>zzz</sup> CONGRESS

## ESRS EUROPEAN SLEEP RESEARCH SOCIETY

LISBON | 14-18 SEPTEMBER 2010



#### ORGANIZING SECRETARIAT

AIMS CONGRESS  
 Rua Garrett, 61 – 3.º  
 1200-203 Lisbon – Portugal  
 Tel.: + 351 21 324 50 54/55  
 Fax: + 351 21 324 50 51  
 e-mail: [esrs2010@aims-international.com](mailto:esrs2010@aims-international.com)



# ESRS 2010

LISBON | 14-18 SEPTEMBER 2010



**ESRS** 20<sup>ZZ</sup> CONGRESS  
EUROPEAN SLEEP  
RESEARCH SOCIETY  
LISBON | 14-18 SEPTEMBER 2010

## INVITATION

*We are delighted to invite you to participate in the 20th Congress of the European Sleep Research Society (ESRS) which will be held in Lisbon, Portugal from September 14th - 18th 2010.*

*The Portuguese Sleep Association is proud to host this meeting on behalf of the ESRS.*

*The ESRS 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, allowing a more interactive link between Sleep Research and Sleep Medicine.*

*ESRS is responsible for the publication of the Journal of Sleep Research, the organisation of scientific meetings, and 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 recognized by its unique luminosity, the vicinity with the wide extension of the river Tagus mouth, the light pink colour of the houses, the old tile panels and, most of all, by the warmth and friendly contact of 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 recognized by the high scientific and medical standards.*

*The Lisbon Congress will keep in line with such tradition, taking into account the particular evolution of the Sleep Medicine and Sleep Research at present times, and considering the relevance and impact of Sleep upon individual and societal organization.*

*The Convenor and the Local committee are strongly involved in a Congress that, by its quality, warmth and uniqueness, will remain as a good memory in your life.*

By the Local Committee  
Professor Teresa Paiva

The President of ESRS  
Professor Claudio Bassetti

## SCIENTIFIC PROGRAM

The Scientific program with high scientific standards, including cutting edge research and new trends in Sleep Research and Sleep Medicine, is organized as follows:

- Key Note Lectures
- State of Art Lectures
- Debates and Controversies
- Meet the Professor Sessions
- Video Sessions
- Joint Symposia
  - ESRS - European Neurological Society
  - ESRS - European Biological Rhythms Society
  - ESRS- Chinese Sleep Society
  - ESRS-APS-ABS
  - Euro - Latin America
  - Euro- Africa
- European Networks
  - Narcolepsy
  - Sleep Apnea
  - Restless Legs
  - Traffic accidents
  - Sleep Research
  - Insomnia
- E-learning
- Teaching Courses

## SOCIAL PROGRAM

The Social program includes the Welcome reception, the ESRS party, the Soccer game (Portugal against the rest of the world), several unexpected surprises during the event and beautiful excursions.

**Please use capitals to complete this form**

Please add me to the mailing list for further information

Prof.  Dr.  Mr.  Mrs.

Family name \_\_\_\_\_

First (and middle) name(s) \_\_\_\_\_

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I plan to submit an abstract  Yes  No

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