

NEWSLETTER

August 2014





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AN UPDATE ON THE ESRS 2014 CONGRESS IN TALLINN

The ESRS 2014 congress in Tallinn is just around the corner!

We have an outstanding programme which is always up-to-date on the congress website www.esrs-congress.eu (> Scientific Programme). Put together your own schedule in advance by using the interactive programme, chose the sessions you want to attend or print the whole programme as a PDF.

We are proud to host Prof. Richard Morris, Prof. Allison Harvey, Prof. Jim Krueger and Prof. Jan Hedner, four internationally recognised keynote speakers. The scientific programme does also include symposia, teaching courses, orals, video and case discussion sessions as well as round table discussions and a new network session for Young Sleep Researchers.

Don't miss the poster sessions which are taking place in the evenings from Wednesday to Friday.

In a pleasant atmosphere you will have the opportunity to learn and share visions for the future of sleep research and sleep medicine. Make sure you book your ticket for an unforgettable ESRS Networking Event, which will take place at the "Lennusadam", a unique museum in the historic Seaplane Harbour in Tallinn.

If you have not yet registered for the congress, it is now time! Bring your team and colleagues along with you and join the meeting - please click [here](#) to register online.

See you soon in Tallinn!



AGENDA OF THE ESRS BUSINESS MEETING

Date: 18 September 2014, 18:00 – 20:00

Venue: Lecture Hall B, Solaris Tallinn, EE

1. Opening by the President of the ESRS
2. Determination of the Election Assistance
3. Acceptance of the Minutes of the Previous Business Meeting
4. Report of the Activities of the ESRS
5. Report of the Treasurer
6. Discharge of the Board
7. Election of the Members of the Board of Officers
8. Election of the Scientific Committee
9. Proposal and Voting of ESRS Bylaws Amendment
(published in the August issue of the ESRS newsletter)
10. Future Congresses (2015 & 2016)
11. ESRS Congress 2018 (Proposal and Voting)
12. Miscellaneous (Results of election)



REMINDER: CALL FOR NOMINATIONS TO THE ESRS BOARD AND SCIENTIFIC COMMITTEE

In the course of the upcoming Business Meeting at the ESRS congress in Tallinn, 18 September 2014, new members for the Board and the Scientific Committee will need to be elected.

Nominations to the ESRS Board

According to the bylaws, members of the ESRS Board are elected for a period of two years, and only one additional two-year renewal in a particular position is possible, with the exception of the Treasurer position that can be renewed without limitation. Three of the six current ESRS Board members (that is, the Vice-President Basic, the Treasurer and the Assistant-Secretary) were re-elected in 2012, while the President, the Vice-President Clinical and the Secretary were newly elected. In addition, since 2006 a representative of the ANSS is a regular member to the Board as an ex officio member.

Hence, the following positions must be filled in any case:

The Vice-President Basic
The Assistant-Secretary

The Board asks you to become active, to meet and discuss with your colleagues and help to ensure the development of the ESRS by nominating dedicated colleagues best suited for the successful future of our society. The Board is looking forward to receiving nominations from the membership no later than **September 3, 2014**. Publication of the list of the candidates will be included in the newsletter distributed one week prior the Business Meeting at the Tallinn congress.

All ESRS members are invited to nominate candidates for the Board positions according to the following rules established by the bylaws:

- both the proposer and the candidate must be regular ESRS members in standing order
- he/she should have his/her residence in a European country or in Israel
- re-election after 2 two-year terms (i.e. after 4 years) in a particular position is not possible, except for the Treasurer.

Any nominations for the Board should include a short accompanying letter specifying:

- name, title, position, institute, department, nationality, address, phone, fax, and email of the nominated candidate
- name and affiliation of the nominator
- expertise (basic animal, basic human, or human clinical) and field(s) of interest (2-5 key words) of the candidate

- previous activities of the candidate in the ESRS
- acceptance in writing that the candidate agrees to be nominated (an acceptance email from the candidate to the secretary is valid)
- a statement for which position of the Board the person is being nominated
- a short curriculum with information relevant for the particular position in the ESRS Board.

This information will be published in the early September ESRS newsletter.

Your proposal should be received by the secretary of the ESRS, Pierre-Hervé Luppi (secretary@esrs.eu), no later than **September 3, 2014**. We encourage you to send any nominations by email and, in order to ensure its reception, request a confirmation. Note that no further nominations shall be accepted after that date.

Nominations to the Scientific Committee

The composition of the present Scientific Committee is:

Simon Archer (Basic Human)	since 2010, renewed 2012
John Axelsson (Basic Human and Clinical)	since 2012
Tom de Boer (Basic Animal)	since 2012
Alex Iranzo (Clinical)	since 2010, renewed 2012
Mayumi Kimura (Basic Animal)	since 2012
Rafaelle Manni (Clinical)	since 2010, renewed 2012
Tiina Paunio (Basic Human and Clinical)	since 2012
Renata Riha (Clinical)	since 2012
Sophie Schwartz (Basic Human)	since 2010, renewed 2012

The members of the Scientific Committee are elected for 2 years and can be re-elected for an additional two-year term. Thus, we need to elect 4 new members of the Scientific Committee during the upcoming business Meeting in September 2014, whereas 5 members can be re-elected.

The main task of the Scientific Committee is to help the Board with the scientific organization of the ESRS congresses. In practice, this means that the Scientific Committee advises the Board on selection of the symposia, and on selection of the poster and oral presentations after reviewing the submitted abstracts. Note that since sleep is a very broad field, it is necessary that the Scientific Committee represents a wide range of expertise covering all main areas of sleep research and sleep medicine.

Like being a member of the ESRS Board, being a member of the Scientific Committee is not a small task. The selection of abstracts and assessment of symposia, in particular, constitutes a major task that requires hard work under time pressure.

Nominations for the Scientific Committee should include:

- name, title, position, institute, department, nationality, address, phone, fax and email of the candidate
- name and affiliation of the nominator

- expertise (basic animal, basic human or human clinical) and field of interest (2-5 key words) of the candidate
- acceptance, in writing, that the candidate agrees to be nominated.

Your proposal should be received by the secretary of the ESRS, Pierre-Hervé Luppi (secretary@esrs.eu), no later than **September 3, 2014**. We encourage you to send any nominations by email and, in order to ensure its reception, request a confirmation. Note that no further nominations shall be accepted after that date.



INVITATION TO THE TRADITIONAL FOOTBALL MATCH, ESRS 2014 CONGRESS, TALLINN



Football match, ESRS Congress 2012, Paris

Dear ESRS Members,

As a tradition of the ESRS congress, the football match is again planned to take place in Tallinn on Wednesday, 17th September 2014, at 20:00. The football pitch is located only 10 minutes away from the congress centre by bus transfer.

Due to my well-established expertise in the last 25 years as either a player or a coach, I have been put in charge to advertise the event and to start to recruit the players, who can freely decide to play for the "North" or for the "South" team, according to their feeling to belong to the North or the South of Europe (or of the World).

Thus, I ask who is interested in participating in the event, as either a player or a supporter (extremely drunk hooligans not admitted), to send your reply to roberto.amici@unibo.it with a copy to nastasia.mouttet@congrex-switzerland.com . Players are kindly asked to also select their team.

Looking forward to meeting you in Tallinn,

Roberto Amici



11.06.2014

Hereby please find our offer for the participants of the 22nd European Sleep Research Society Congress in Tallinn 16.09-20.09.2014

- Special discount of 30 % from one-way regular price.

Special discount will be valid on below mentioned Tallink and Silja Line routes:

- Stockholm (Terminal - Värtahamnen) – Tallinn (Terminal - D) and Tallinn - Stockholm
- Stockholm (Terminal - Värtahamnen) – Helsinki (Terminal – Olympia) and Helsinki - Stockholm
- Helsinki (West Terminal) – Tallinn (Terminal - D) and Tallinn – Helsinki

For bookings during: 11.06-21.09.2014

For travelling during: 13.09.-21.09.2014

Bookings in On-line:

STO-TAL/ TAL-STO

<https://booking.tallink.com/?voyageType=ROUTETRIP&withVehicle=false&from=sto&to=tal&adults=1&children=0&juniors=0&youths=0&date=2014-09-13&locale=en>

HEL-TAL/ TAL-HEL

<https://booking.tallink.com/?voyageType=SHUTTLE&withVehicle=false&from=hel&to=tal&adults=1&children=0&juniors=0&youths=0&date=2014-09-13&locale=en>

On-line booking steps:

1. Please select route, date and time of departure
2. Then on the right-hand box cost of the trip is reflected
3. Under the box «I have a voucher» please enter discount code **82728** which provides a new price with the discount
4. After that please fill in your contact and passenger details
5. If you agree then press «Buy» button and you can pay for the booking

Another possibility is to book via Call Centre.

E-mail booking@tallink.ee, phone + 372 6409 808



Vessels timetables:

<http://www.tallinksilja.com/en/web/int/routes-and-timetables>

Information about transfer from Helsinki Vantaa Airport to West Terminal with taxi

<http://www.finavia.fi/en/helsinki-airport/to-and-from/bus-service/>

Information about our terminals:

<http://www.tallinksilja.com/en/web/int/tallinn-d-terminal>



ESRS EVENTS

22nd Congress of the European Sleep Research Society

Date: September 16 - 20, 2014
Venue: Tallinn, Estonia
Website: www.congrex-switzerland.com/esrs2014

Deadline for abstract submission:
23 April 2014

Deadline for early registration fee:
29 April 2014

Deadline for intermediate registration fee:
29 July 2014



Sleep and Breathing

Date: April 16 - 18, 2015
Venue: Barcelona, Spain
Website: www.sleepandbreathing.org/

The third international conference organised by the European Respiratory Society (ERS) and the European Sleep Research Society (ESRS)

Worldsleep 2015 - 7th World Congress of the World Sleep Federation Congress

hosted by the ESRS

Date: October 31 – November 3, 2015
Venue: Istanbul, Turkey
Website: www.congrex-switzerland.com/worldsleep2015





ESRS SPONSORED EVENTS AND ENDORSED TRAINING / COURSES

International Consensus Conference on Nocturnal Frontal Lobe Epilepsy

Progress and challenges in an enigmatic epilepsy syndrome

Date: August 30 – September 1, 2014

Venue: Bologna, Italy

The meeting is at invitation only. Registrations are not allowed.

ISMC 2014 - International Sleep Medicine Course

Date: November 17 – 20, 2014

Venue: St. Michelsgestel, The Netherlands

Website: www.ismc2014.nl/



OTHER TRAINING & COURSES

Behavioural Sleep Medicine Course 2014

Date: October 2 - 4, 2014
Venue: Freiburg, Germany
Programme: www.esrs.eu/uploads/tx_mnmesrscal/FFAP_international_final-4.pdf

Online Course on the Value of Patient and Public Involvement (PPI) for Professionals

Date: November 4 - 20, 2014
Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf
Website: www.ersnet.org/education/courses.html

Noninvasive Ventilation: Basic Concepts

Date: November 20 –21, 2014
Venue: Hannover, Germany
Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf
Website: www.ersnet.org/education/courses.html



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

Le Congrès du Sommeil

Annual Meeting of the French Society for Sleep Research and Sleep Medicine (SFRMS)

Date: November 20 - 22, 2014
Venue: Lille, France
Website: www.lecongresdusommeil.com/

22nd Annual Meeting of the German Sleep Society

Date: December 4 - 6, 2014
Venue: Cologne, Germany
Website: www.dgsm-kongress.de/



Conference Chairs:

Dr. med. Alfred Wiater
Priv.-Doz. Dr. med. Wolfgang Galetke
Prof. Dr. med. Winfried Randerath



FUTURE MEETINGS

The 3rd European Conference on Mental Health

Date: September 10 - 12, 2014
 Venue: Tallinn, Estonia
 Website: www.evipro.fi/joomla/.../3rd-european-conference-on-mental-health

CUHK Sleep 2014 Conference and Workshop

Date: September 24 - 28, 2014
 Venue: Hong Kong, China
 Website: www.pae.cuhk.edu.hk/SLEEP2014/

24-26.09.2014: Polysomnography Workshop
 26.09.2014: Psychotherapy for Insomnia Workshop
 27-28.09.2014: Update Conference on Sleep Medicine

Resting States and State Dependent Information Processing in Health and Disease

Date: September 28 – October 1, 2014
 Venue: Monte Verità, Ascona, Switzerland
 Website: www.puk.unibe.ch/rsn2014
 Flyer: www.esrs.eu/uploads/tx_mnmesrscal/Resting_states_and_state.pdf

The organizing committee:

Thomas Koenig, Daniel Brandeis, Peter Achermann, Lutz Jäncke, Mara Kottlow

Joint Congress: World Psychiatric Association Thematic Conference on Intersectional Collaboration

Date: October 30 – November 2, 2014
 Venue: Athens, Greece
 Website: www.psych-relatedsciences.org/



5th European Congress of the International Neuropsychiatric Association
 2nd Interdisciplinary Congress on Psychiatry and Related Science

6th World Congress on Sleep Medicine (WASM)

Date: March 21 –25, 2015
 Venue: Seoul, Korea
 Website: wasmcongress.com/

3rd Alpine Sleep Summer School (ASSS)

Date: June 29 –July 3, 2015

Venue: Lugano, Switzerland

1st Announcement: www.esrs.eu/uploads/.../...ASSS_2015_04.08.2015.pdf

World Sleep 2017

Date: October 6 –11, 2017

Venue: Prague, Czech Republic

Website: www.worldsleepcongress.com/

Joint congress of the World Sleep Federation (WSF) and the World Association of Sleep Medicine (WASM) hosted by the Czech Sleep Research and Sleep Medicine Society



NEW MEMBERS

The Society welcomes the following new members:

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APPENDIX: BYLAWS AMENDMENT PROPOSAL

Proposed changes to the Articles of Association of the European Sleep Research Society (ESRS) e.V.

Two modifications are proposed by the ESRS Board and will be voted on by ESRS members at the ESRS Business Meeting to take place on Thursday, 18.09.2014 in Tallinn, Estonia.

The board first proposes to simplify the procedure for becoming an ESRS member, and to allow people who do not have a direct contact with a current member of the ESRS to apply without the need to find an ESRS sponsor. The board will examine each submission to ensure that unwelcomed individuals do not become ESRS members.

The second modification proposed by the board is that membership fees for the coming two years will be paid on a biennial basis. Indeed, many members pay their membership only before registration to the ESRS meeting to get a discount. As the ESRS meeting is biennial, our change in the membership status entails the risk that ESRS members do pay their fee only the year of the meeting, endangering the membership structure.

§ 3.9 Membership

Current text with proposed deletion:

Applications of individuals for membership must be made in writing to the secretary of the society ~~and supported by one full member of the society. The board of officers shall decide on admission or non-admission.~~ The name of the new member ~~applicant~~ shall be made public through publication in the ESRS newsletter. ~~The members shall have the opportunity to object to admission within two months. After the expiration of this period, the applicants will become members unless objections have been raised, in which case the board of officers shall decide on admission or non-admission.~~

Proposed amended text:

Applications of individuals for membership must be made in writing to the secretary of the society. The Board of officers shall decide on admission or non-admission. The name of the new member shall be made public through publication in the ESRS newsletter.

§ 4.4 Termination of Membership

Proposed deletion of this point which is redundant in consideration of §5:

~~Members who have not paid their fees for one year despite a reminder shall be excluded from membership by decision of the board of officers.~~

§ 5 Membership Fees

Each individual member shall pay a membership fee as set by the general assembly of members at the business meeting for the respective group (regular members, student members and supporting members). The membership fees for the coming **two years** shall be paid **on a biennial basis** prior to December 1 of the current year, and shall include the subscription to the *Journal of Sleep Research* published by the society. The members who join after October 30 shall be exempt from payment of the membership fee for the current year. Members who do not pay their fees after a reminder letter of the treasurer shall be suspended until payment.

Proposed amended text:

Each individual member shall pay a membership fee as set by the general assembly of members at the business meeting for the respective group (regular members, student members and supporting members). The membership fees for the coming two years shall be paid on a biennial basis prior to December 1 of the current year, and shall include the subscription to the *Journal of Sleep Research* published by the society. The members who join after October 30 shall be exempt from payment of the membership fee for the current year. Members who do not pay their fees after a reminder letter of the treasurer shall be suspended until payment.