

NEWSLETTER

August 2018





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LETTER FROM THE PRESIDENT

Dear Fellow Members,

We are now rapidly approaching the dates of our Congress in Basel and all indications are that this will be a highly successful meeting. The registration statistics indicate that we are on track to approximate the record attendance at our last Congress in Bologna and the Scientific Programme promises a highly rewarding and varied content.

The poster sessions have been substantially restructured for this year when compared to recent Congresses. These will be scheduled in the late morning each day and will all be congregated in the same general area of the Congress Centre. Furthermore, posters will be grouped into topics and each group will be assigned to a Discussion Leader who will lead a group discussion at each poster during the session. This approach is designed to improve the interaction between the poster presenter and those in attendance. There will, of course, remain ample time for one-to-one interaction between the presenter and individual participants.

The Business Meeting is an important component of the Congress and I encourage all members attending the Congress to participate. Important decisions will be made by members' votes and only those in attendance can participate in the voting.

I look forward to welcoming you to Basel and encourage those yet undecided to register.

Best wishes

A handwritten signature in black ink, appearing to read 'W.M. McNicholas', with a large, stylized flourish at the end.

Walter McNicholas
ESRS President



AN UPDATE ON THE ESRS 2018 CONGRESS IN BASEL



With already 1'300 booked participants from 62 countries, we are looking forward to a high-qualitative and international congress. Currently, Switzerland, Portugal and the Netherlands are leading the list of countries of origin. Registration is still possible, and we encourage everyone to take advantage of this great opportunity for learning about the latest research results on sleep research and sleep medicine.

For 2018 there are five teaching courses planned, expanding your professional knowledge. All teaching courses can be booked via the online registration on the congress website: www.esrs-congress.eu.

- Teaching Course: Year in review – Sleep mechanisms and functions
- Teaching Course: Year in review - Clinical
- Teaching Course: Without sleep but during sleep – the dilemma of cardio-respiratory polygraphy. A practical scoring course.
- Teaching course: Digital Sleep: Internet and Smartphone Application for Sleep
- Teaching Course: Techniques in sleep research and medicine

The scientific programmes includes furthermore keynote lectures, symposia, round tables and case discussions as well as oral and poster presentations. The scientific programme can be found at the congress website www.esrs-congress.eu.

There will be lovely events, which allow global networking among a pleasant atmosphere.

It starts with the Networking Event on Tuesday, 25 September, in the evening at the congress centre. On Wednesday, 26 September the traditional soccer match will combine perfectly sport, fun and networking. The Networking Get-together on Thursday, 27 September, in the historical building of the "Alte Markthalle" will be the

highlight: enjoy great food, music and a relaxed atmosphere. Don't miss this unique occasion and book your ticket no at www.esrs-congress.eu.

Blacklane, the official ground transportation company will make sure that you arrive relaxed in the city of Basel. More information about the booking of your airport transfer can be found as well on the congress website ("organiser your attendance").



AGENDA OF THE ESRS BUSINESS MEETING

Date: 27 September 2018, 18:00 – 20:00

Venue: Room Montreal, Congress Center Basel, Switzerland

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 2018 issue of the ESRS newsletter)
10. ESRS Congress 2022 (Proposal and Voting)
11. 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 Basel, 27 September 2018, 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, which can be renewed without limitation. Two of the six current ESRS Board members (that is, the Vice-President Basic and the Secretary) were re-elected in 2016, while the President, the Vice-President Clinical, the Assistant-Secretary and the Treasurer were newly elected. The current Vice-President Basic will run for Secretary and the current Assistant-Secretary will run for Vice-President Basic in the next election. In addition, since 2006, a representative of the ANSS is a regular member of the Board as an ex officio member.

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

Assistant-Secretary

The Board asks you to become active, to meet and discuss with your colleagues and to help 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 12, 2018**. Publication of the list of the candidates will be included in the newsletter distributed one week prior the Business Meeting at the Basel 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, 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 to the particular position on the ESRS Board.

This information will be published in the September ESRS newsletter.

Your proposal should be received by the secretary of the ESRS, Lino Nobili (secretary@esrs.eu), no later than **September 12, 2018**. 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 this date.

Nominations to the Scientific Committee

The composition of the present Scientific Committee is:

Raphaelle Winsky-Sommerer (Basic Animal)	since 2014, renewed 2016
Gianluca Ficca (Basic Human)	since 2014, renewed 2016
Ludger Grote (Human Clinical)	since 2016
Birgit Högl (Human Clinical)	since 2014, renewed 2016
Reto Huber (Basic Human and Animal Sleep Research)	since 2016
Poul Jennum (Basic Human and Human Clinical)	since 2014, renewed 2016
Christoph Nissen (Basic Human and Clinical Sleep Research)	since 2016
Gilles Vandewalle (Basic Human)	since 2014, renewed 2016
Giovanna Zoccoli (Basic Animal)	since 2016

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 5 new members of the Scientific Committee during the upcoming Business Meeting in September 2018, whereas 4 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 the selection of the symposia, and on the 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, 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, Lino Nobili (secretary@esrs.eu), no later than **September 12, 2018**. 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 this date.



ESRS 2018 FOOTBALL MATCH, BASEL

Dear ESRS Members,

As a tradition of the ESRS congresses, the football match will take place in Basel, on Wednesday, 26th September 2018, starting at 20.00h.

As a team, you will drive together to the football field, located in the beautiful suburb Riehen.

By tram it's just a 15-minutes' drive.



Let's continue the World Cup in Basel and help your team to bring the ESRS soccer trophy 2018 home. You decide if you play for the "North" or the "South" team, depending on whether you associate with the North or the South of Europe (... or of the World).

If you are interested in participating in this great event as player, send your reply to ESRS@congrex.com and indicate your preferred team.

You don't want to play actively but would like to support your team? No problem, supporters are highly welcome.

We are also looking for a couple of "reliable" referees. Any volunteers?

We are looking forward to meeting you soon in Basel.

*Your Congress Secretariat of
24th Congress of the European Sleep Research Society (ESRS) 2018*



ESRS SLEEP SCIENCE SCHOOL 2019

2nd ESRS Sleep Science School "Sleep & Aging" to be held September 29-October 4, 2019

After the success of the 1st ESRS Sleep Science School "Neural Networks in Sleep" organized in October 2017, the ESRS board has decided to continue supporting the organization of thematic schools aimed at gathering early career sleep scientists around different fundamental topics, allowing them to gain knowledge, share their work and experience, meet experienced researchers, develop opportunities and create novel networks of excellence.

The second edition of the ESRS Sleep Science School will focus on "Sleep and Aging", and will be held again at the Villa Clythia in the city of Frejus at the Mediterranean Sea (South France), from **29 September to 4 October 2019**. ESRS board members Philippe Peigneux, Pierre-Herve Luppi, Lino Nobili and Tom de Boer will coordinate this 2nd edition.

The programme will be highly proactive and aimed at a maximal involvement of participants. It will include communications by international sleep experts on Sleep and Aging topics (both human and animal work), but also presentation and discussion of the participants' own research, workshop interactive sessions aimed at writing research grants and proposals, and in-depth exchanges between early career and experienced researchers. Importantly, all faculty members will be present during the entire week, participate in the group activities, and be available for theoretical and practical discussions with early career researchers.

Currently confirmed faculty members are international sleep experts Julie Carrier (CA), Debra Skene (UK), Tarja Stenberg (FI), Lino Nobili (IT), Tom de Boer (NL), Pierre-Hervé Luppi (FR) and Philippe Peigneux (BE).

Like for the first edition, a limited number of ESRS grants will be offered to support participation opportunities for all researchers within Europe and abroad. Further information on the application procedures and a detailed scientific programme will be provided after the upcoming 24th ESRS meeting in Basel.

On behalf of the school organizing committee,

Philippe Peigneux



JOURNAL OF SLEEP RESEARCH NEWS



When do you drink yours?

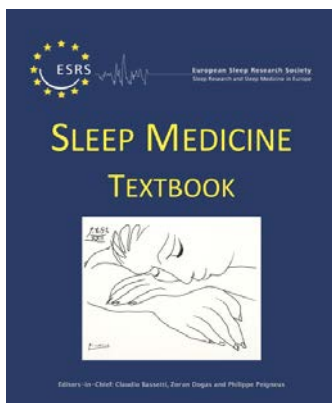
The Open Access article [Caffeine dosing strategies to optimize alertness during sleep loss](#) from [Francisco G. Vital-Lopez](#), [Sridhar Ramakrishnan](#), [Tracy J. Doty](#), [Thomas J. Balkin](#) and [Jaques Reifman](#), explaining the best time to drink coffee for optimal alertness, has featured in over 50 news articles and over 250 Tweets from all over the world.

Congratulations to all the Authors!

Do keep sharing!



SLEEP MEDICINE TEXTBOOK



Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux

Publisher: European Sleep Research Society (ESRS)

Regensburg, 2014

ISBN: 9781119038931

The Sleep Medicine Textbook provides comprehensive, all-in-one educational material (550 pages) structured around the [Catalogue of knowledge and skills for sleep medicine](#) (Penzel et al. 2014, [Journal of Sleep Research](#)). Written by experts in the field and published by the ESRS, it provides a European approach to sleep medicine education, and represents the knowledge base for the ESRS-endorsed sleep medicine examinations.

Endorsed by ERS

Download free sample chapter: [B.1. Classification of sleep disorders](#)

ESRS Members* **ESRS Early Career Research Network (ECRN)**** **Non-Members**

Price per copy	€ 140	€ 120	€ 155
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* As a courtesy of ESRS, members of the [Associate National Sleep Societies](#) (ANSS), the [European Biological Rhythms Society](#) (EBRS) and the [European Respiratory Society](#) (ERS) benefit from the reduced price.

** ECRN members benefit from the student price (see conditions).

BOOK ORDER

Fax/ email this form to Maria Wiechmann (ESRS Office) +49 941 29080975 / maria.wiechmann@esrs.eu

I hereby order _____ copy/ copies of the

Sleep Medicine Textbook (Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux) at copy price

€ 140 (ESRS, ANSS, EBRS and ERS members) € 120 (ECRN members) € 155 (non-members)

I am a member of:

ESRS ANSS* EBRS* ERS*

* Please include a membership certificate.

ESRS-ECRN **

** Reduced price for ESRS members during studentship and 5 years after having received a degree as PhD or MD. Please include appropriate certificates.

Payment method

Master Card Am. Exp. Visa Diners Bank Transfer

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Card No. _____

Date of expiration _____

Date: _____ Signature: _____

Name in block letters: _____

Email address: _____

The book should be sent to the following address:



ESRS EVENTS

24th Congress of the European Sleep Research Society

Date: September 25 – 28, 2018
Venue: Basel, Switzerland
Website: www.esrs-congress.eu/2018.html

Click [here](#) to register



Sleep and Breathing 2019

Date: April 11 – 13, 2019
Venue: Marseille, France
Website: <https://sleepandbreathing.org/>

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



Important dates:

Late August 2018: Abstracts submission opens
31 October 2018: Abstracts submission deadline
3 September 2018: Registration opens
22 January 2019: Early bird registration closes



ESRS ENDORSED TRAINING, COURSES & EVENTS

XXVIII Congresso Nazionale AIMS

organized by the Italian Sleep Medicine Society / Associazione Italiana di Medicina del Sonno (AIMS)

Date: October 4 – 6, 2018

Venue: Taormina, Italy

Website: www.avenuemedia.eu/event/xxviii-congresso-nazionale-aims/

Programme: www.esrs.eu/uploads/tx_mnmesrscal/Programma_AIMS_2018.pdf

Project "Sleep & Psyche"

Date: October 19 – 20, 2018

Venue: Naples, Italy

Programme: https://www.esrs.eu/.../ProgettoSonnoPsiche_Napoli.pdf

Date: October 26 – 27, 2018

Venue: Milan, Italy

Programme: <https://www.esrs.eu/.../ProgettoSonnoPsicheMilano.pdf>

Date: November 23 – 24, 2018

Venue: Rome, Italy

Date: January 25 – 26, 2019

Venue: Abano Terme (Padova), Italy

Website: <https://www.progettosonnoepsiche.it/>



OTHER TRAINING & COURSES

Oxford Chronobiology and Sleep Medicine Summer School 2018

Date: September 2 – 7, 2018

Venue: Oxford, United Kingdom

Website: www.ndcn.ox.ac.uk/.../...circadian-neuroscience-summer-schools

Announcement: www.esrs.eu/.../SCNi_2018_summer_school_announcement.pdf

ILAE VIREPA Epilepsy and Sleep – Advanced Course

Online Course, 3rd edition – 2018/2019

Date: October 12, 2018 – April 28, 2019

Website: www.ilae.org/education/virtual-epilepsy-academy-virepa

Course flyer: www.ilae.org/files/dmfile/Announce_Epi_Sleep-Adv.pdf

Course Schedule: www.ilae.org/... Course-schedule-2018---2019.pdf

Course Directors:

Dr. Al de Weerd and Dr. Lino Nobili



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

XXVIII Congresso Nazionale AIMS

organized by the Italian Sleep Medicine Society / Associazione Italiana di Medicina del Sonno (AIMS)

Date: October 4 – 6, 2018

Venue: Taormina, Italy

Website: <http://www.avenuemedia.eu/event/xxviii-congresso-nazionale-aims/>

Programme: http://www.esrs.eu/uploads/tx_mnmesrscal/Programma_AIMS_2018.pdf

26th Annual Meeting of the German Sleep Society

Date: October 11 – 13, 2018

Venue: Nuremberg, Germany

Website: www.dgsm-kongress.de/



FUTURE MEETINGS

Society for Neuroscience (SfN) Meeting

Date: November 3 - 7, 2018
Venue: San Diego, CA, U.S.A.
Website: www.sfn.org/annual-meeting/neuroscience-2018...202018

XVII Latin American Federation of Sleep Societies Congress 2018

Date: November 9 – 11, 2018
Venue: Punta del Este, Uruguay
Website: www.congresoflass.com/
Registration: www.congresoflass.com/producto/inscripcion-a-congreso-flass-2018/

Place this code - ESRS - to get a discount of 40 USD on the purchase.

Promote Code: [Use now](#)

FENS Regional Meeting

Date: July 10 - 13, 2019
Venue: Belgrade, Serbia
Website: www.fensfrm2019.rs/
Call for symposia: www.fensfrm2019.rs/symposia

Deadline for submitting proposals is **1st September 2018**.



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.

Four 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, 27.09.2018 in Basel, Switzerland.

Modification 1:

Current text:

§ 3.1 Membership

There are full members, student members, associate society members, associate individual members and supporting members. Only full and student members have active and passive voting rights as individuals, i.e. only full members and student members can vote during and be elected for any kind of position by the general assembly of the membership.

Proposed amended text:

§ 3.1 Membership

There are full members, student **and retired** members, associate society members, associate individual members and supporting members. Only full, ~~and~~ student **and retired** members have active and passive voting rights as individuals, i.e. only full, ~~members and~~ student **and retired** members can vote during and be elected for any kind of position by the general assembly of the membership.

Modification 2:

Current text:

§ 3.2 Membership

The society is in principle a society for European scientists; however, applications for membership from individuals and groups outside Europe are welcome.

Proposed amended text:

§ 3.2 Membership

The society is in principle a society for European **scientists members**; however, applications for membership from individuals and groups outside Europe are welcome.

Modification 3:

To add a new section after **§ 11. Resolutions by the General Assembly of Members at the Business Meeting:**

§ 12. Voting

Matters that require voting by the Society members shall, where possible, be decided by electronic voting via the ESRS website. Appropriate precautions will be taken to ensure that such electronic voting is limited to one vote per eligible member. The decision to initiate an electronic vote on a specific matter shall be taken by the ESRS Board.

The election of the board of officers will remain a prerogative of the business meeting.

Modification 4:

Current text:

§ 12 Scientific Committee

The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.

The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.

Proposed amended text:

§ 12 13 Scientific Committee

The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. **Membership of the Committee shall maintain a balance between basic and clinical science.** The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.

The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.