

NEWSLETTER

December 2015





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LETTER FROM THE PRESIDENT

Dear ESRS and ANSS members, Colleagues and Friends,

We are living in a difficult world exposed to various threats ranging from horrific terrorist attacks to dramatic climate changes, threats relayed and amplified by modern mass media. All these situations require pondered and appropriate decisions that neither underestimate nor overemphasize the problems at stake. As we all know in the sleep research and sleep medicine community, a well-rested individual makes far better decisions than a sleep-deprived one, whose brain efficiency is altered. As a European Sleep Research Society, our main aims are to better understand sleep and its functions, promote a better state of health and advocate the optimized treatment of sleep disorders in the general and clinical populations. We should probably also take further actions to promote a sleep-respectful lifestyle for the decision makers that are shaping the future of our societies. It is our responsibilities here to contribute to popularize the sleep field and our knowledge, and to try to give sleep the right place it deserves as the state that occupies close to one third of our lifetime!

We are now at the gates of the winter holiday season, with its traditional series of gifts and aspirations. The ESRS board offers its warmest wishes to all of you for a peaceful and successful 2016. And since nobody can avoid being aware of the last Star Wars movie release, let's be in the mood. May The Sleep Be With You!

As usual, the European Sleep Research Society has been very active since our last [newsletter](#).

First, we have organized the "Sleep and Health" [WorldSleep 2015](#) meeting hosted by the ESRS. In spite of the Election Day in Turkey, and unfavorable rumors, more than 1100 participants gathered in the beginning November in the beautiful city of Istanbul for a successful and scientifically high-level meeting. We warmly thank here all those of you who make the tremendous contributions that helped in making this meeting a memorable event. We especially thank the Turkish Sleep Medicine Society and its Board for their warm welcome. This meeting effectively finalizes the long-term challenge accepted by the ESRS nearly five years ago, with the organization of what became, in the meantime, the last world meeting of the World Sleep Federation. A new world society is now forming, gathering the World Sleep Federation and the World Association of Sleep Medicine. The ESRS wishes this new World Sleep Society good luck and success in its future activities.

The WSF2015 meeting just concluded, no leisure time is allowed. Indeed, we concentrate now on the organization of the main ESRS event, the [23rd Congress of the European Sleep Research Society](#) in Bologna, Italy. It will be held 13-16 September 2016; mark the date! To prepare for this meeting, the Scientific Committee, the Local Organizing Committee with the Italian Association of Sleep Medicine, and the ESRS Board met in Bologna at the end of November. Capitalizing

on lessons from past meetings, we have finalized a state-of-the-art program with parallel tracks that will ensure a fair representation of all sleep domains and make sure that your interest will be kept alive all throughout the day! Proving again the scientific dynamism of ESRS members, we received 55 excellent Symposia proposals, out of which only 26 could be accepted. As usual, it means pleasure for the speakers accepted in the Symposia but some degree of frustration for others. Please be aware that all proposals were much appreciated and that a refusal does not represent in any way a lack of interest in your work. Rather, we sincerely hope to receive your abstracts for consideration in the oral and poster sessions. And if you were present in the Tallinn or Istanbul meetings, you should by now be aware that our attractive snacks-and-drinks poster sessions are both enjoyable and scientifically productive!

Abstract submission and registration for Bologna will open soon, and the call for [travel grants](#) is already in this newsletter. Travel grants are aimed at helping early career researchers to participate in scientific events, gain knowledge and last but not least create new relationships with colleagues. You must know that amongst other activities, the [Early Career Research Network](#) initiated at the Tallinn 2014 meeting organizes a promising Early Career Day in the Bologna 2016 meeting, where all early career scientists are invited. Recognizing the important role that this group should and will play in our Society, I also invited a representative of the ECRN executive committee to chair with me the now traditional Young Scientist Symposium, which will take place at the Opening Ceremony.

Other very important events for the future and development of sleep science and sleep medicine are the upcoming [5th Examination of the Certification in Sleep Medicine](#) and [3rd Examination of Certification in Sleep Medicine for Sleep Technologists](#), to be held during the Bologna meeting. The organization of the sleep medicine examinations is now taken over by the [ESRS Education Committee](#), headed by the ESRS assistant secretary Tiina Paunio, while the [Sleep Medicine Committee](#), chaired by Thomas Penzel, now works on other missions toward the recognition of Sleep Medicine and accreditation of sleep medicine centres in Europe. The ESRS board wants to take the opportunity here to express its gratitude and deepest thanks to Thomas Penzel for his tremendous work over the past years and the exemplary way he set up and developed the ESRS Sleep Medicine examination. With 342 ESRS somnologists now certified at the European level, we demonstrate the unity and coherence needed to promote the recognition of sleep medicine in all European countries. Another way you can push the sleep domain further is to register yourself as [an expert evaluator](#) for the evaluation of the projects funded by the European Commission projects. Not only will you gain better insights on how to make a successful proposal, but you will also be in a good position to promote sleep-related projects, so do not hesitate!

As for future events, it is also my pleasure to inform you that the ERS and ESRS decided to organize a 4th edition of the joint ERS-ESRS Sleep & Breathing conference in the March-April 2017 period (location to be determined). After the success of the Prague, Berlin and Barcelona meetings, the ERS and ESRS recognize the utmost scientific and educational interest of this joint meeting, and we are glad to continue this collaboration.

And in a few months, already before the Bologna meeting, we will hold the annual meeting of the ESRS [Association of National Sleep Societies](#) (ANSS) in Bruxelles in April of 2016. As usual, this meeting will generate fruitful discussions and exchanges between the ESRS board and the presidents of the ANSS. It will also be the opportunity for a meeting with EU officers, organized by the [ESRS EU Committee](#) and its chair, Roberto Amici. We also continue in this newsletter our spotlight focus on National Sleep Societies with an interview of Dr [Michaela Gjerstad](#), president of the Norwegian Sleep Association (NSA).

In this newsletter, you will also find reports of the [European Insomnia Network](#) and of the [European Narcolepsy Network](#). We are glad see that both are dynamic and in good shape!

And last but not least, I welcome here the [54 new members](#) who joined us since the last newsletter. You are more than welcome, and I sincerely hope you will find interest and support in your novel society!

I invite you to enjoy this December 2015 issue of the ESRS Newsletter. And do not forget to visit the [ESRS website](#), which is continuously updated.

Do not hesitate to contact me, or any member of the board with any remarks and/or suggestions, which will be most welcome.

Sleep well and keep safe!

Sincerely yours,

Philippe Peigneux
ESRS President



REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Members (2014 – 2016):

Tom de Boer (Co-Chair), Renata Riha (Co Chair), John Axelsson, Gianluca Ficca, Birgit Högl, Poul Jennum, Mayumi Kimura, Gilles Vandewalle, Raphaelle Winsky-Sommerer

Since the previous report, the Scientific Committee has received and reviewed all the submitted symposium proposals for the forthcoming congress in Bologna. The Scientific Committee also proposed nominations for keynote speakers, speakers for the joint EBR/ESRS symposium, and subjects and speakers for teaching courses. On the 27th of November Tom de Boer met with the Board, Congrex and the Local Organizing Committee in Bologna to build the framework of the Scientific Program of the conference. We think that we ended up with a well-balanced and exciting program to which we all can look forward. We would like to thank all the members of the Scientific Committee for their hard work with this task. In addition, the Committee continues to provide input into the Research Networking Committee.

Tom de Boer, Renata Riha

ESRS Sleep Medicine Committee (SMC)

Members (2014 – 2016):

Thomas Penzel (Coordinator), Walter McNicholas (Vice-Coordinator), Erna Sif Arnardottir, Simone de Lacy, Marie-Pia d'Ortho, Colin Espie, Diego Garcia-Borreguero, Lino Nobili, Tiina Paunio, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck, Marco Zucconi

The Sleep Medicine Committee organized the fourth examination for ESRS somnologists and the second grandparent examination for sleep technologists in Barcelona during the ESRS / ERS Sleep and Breathing congress on the 15th of April 2015. Most people passed the exam. Now, the exam has been passed over to the Education Committee, and there it will be further developed.

The Sleep Medicine Committee is continuing to work toward the recognition of Sleep Medicine as a medical subspecialty in Europe. It is also continuing the activity in developing a strategy for the accreditation of sleep medicine centers. Different categories of sleep centers (training and research centers, multi-discipline centers, single-discipline centers) should be developed. The role of the ESRS is more of an umbrella role by helping national sleep societies rather than doing accreditation in person. This activity is aligned with other committees, national sleep societies, with the ERS as the most important stakeholder.

Thomas Penzel

ESRS Education Committee (EduCom)

Members (2014 – 2016):

Tiina Paunio (Coordinator), Roberto Amici, Claudio Bassetti, Oliviero Bruni, Colin Espie, Ludger Grote, Pierre-Hervé Luppi, Liborio Parrino, Thomas Penzel, Dirk Pevernagie

The EDU committee met during the WSF2015 in Istanbul as a joint meeting with the SMC. The discussion focused on planning and developing the ESRS Somnologist and Technologist examinations, to be organized next time at the ESRS meeting in Bologna on Sept. 13, 2016. The composition of the ESRS Examination Subcommittee is established as follows: Somnologist examination: Oliviero Bruni, Diego Garcia-Borreguero, Ludger Grote, Colin Espie, Tiina Paunio (Chair), Thomas Penzel (Deputy chair) and Dirk Pevernagie; Technologist examination: Simone de Lacy and Lizzie Hill. The organization of the examination is handled inside the ESRS with additional support.

The examination subcommittee has defined the basic credentials for the Somnologist and Technologist examination (see: [basic credentials](#)). They are compatible with the earlier credentials.

The Sleep Medicine Textbook ([ESRS Sleep Medicine Textbook](#), eds. C.L. Bassetti, Z. Dogas and P. Peigneux), which provides a comprehensive basis for teaching in sleep medicine, remains the core reading material for the examinations.

The geographical distribution of the textbook since its publication in December 2014 is specified in the following table:

Country	Distribution of ESRS textbooks incl. specimen copies by country	Country	Distribution of ESRS textbooks incl. specimen copies by country
Australia	5	Italy	30
Austria	7	Japan	1
Belgium	32	Malaysia	1
Bosnia and Herzegovina	1	Montenegro	1
Bulgaria	6	Norway	8
Canada	1	Poland	1
Costa Rica	1	Portugal	23
Croatia	17	Romania	6
Czech Republic	5	Russia	5
Denmark	5	Saudi Arabia	2
Egypt	1	Serbia	1
Estonia	1	Slovakia	3
Finland	10	Slovenia	5
France	24	Spain	17
Germany	36	Sweden	8
Greece	11	Switzerland	75
Hongkong	1	Taiwan	1
Iceland	1	The Netherlands	53
India	3	Turkey	3
Iran	1	United Kingdom	40
Ireland	5	USA	8
Total			466

Aside from the activity related to examination, the EDU committee has been evaluating proposals for ESRS endorsement on Sleep Training Courses (see: [ESRS endorsed training courses](#)).

Tiina Paunio
ESRS Education Committee Coordinator

ESRS EU Committee

Report on the activities of the EU Committee: March 2015 – November 2015

Members (2014 – 2016):

Roberto Amici (Chair), Diego Garcia Borreguero (Co-Chair), Marta Gonçalves, Damien Léger, Pierre Hervé Luppi; Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene

The main aims of the Committee are: i) to bring the topics of “sleep” and “sleep disorders” to the attention of the EU in order to receive support for research and teaching activities; ii) to promote sleep-related issues from a political point of view at a European and National level.

The main achievements from the past few months were the meetings, in October 2015, of an ESRS delegation, made by Philippe Peigneux, Pierre Hervé Luppi, and Roberto Amici, with two Officers of the European Commission in Brussels.

The delegation was first received by Mr. Luca Pirozzi, who is the person in charge of the Erasmus Plus Programme within the DG Education and Culture. During the meeting, Mr. Pirozzi was informed about the initiatives and needs of the European sleep community in terms of education and training of young sleep researchers and sleep professionals. The meeting was very positive, and Mr. Pirozzi gave us several suggestions and insights about the modalities to be followed in order to increase the impact of the sleep community at EU level.

As a second step, the ESRS delegation was received by Mrs. Catherine Berens, who is in charge of the Neuroscience sector within the DG Research and Innovation. After listening to a presentation aimed at addressing the recent achievements and the major needs of the sleep-research community, Mrs. Berens warmly suggested that we invite the members of the sleep community to increase their impact on the decisions and strategies of the European Commission by registering as Experts on the website of the DG Research and Innovation at <http://ec.europa.eu/research/participants/portal/desktop/en/experts/index.html>

Both officers gave their availability to participate in the “European Sleep meets the European Union” meeting, which will be held in Brussels under the joint organization of the ESRS and the Assembly of the National Sleep Societies, during the annual ANSS meeting on April 29, 2016.

Roberto Amici
ESRS EU Committee Chair

ESRS Early Career Researcher Network (ECRN)

Members (2014 – 2016):

Erna Sif Arnardottir (Coordinator), Ashleigh Filtness (Acting Coordinator), Harald Hrubos-Strøm (Vice-Coordinator), Cátia Reis, Bogdan Voinescu

During the successful World Sleep meeting in Istanbul, the ECRN were proud to host the Early Career Scientist Symposium. The symposium comprised four speakers who were Ph.D students or within 10 years of Ph.D completion. Jelena Mrdalji, Rosa Maria Bruno, Jeffrey Hubbard and Jason Amatory all gave insightful presentations. The ECRN executive committee would like to congratulate the speakers on their excellent talks and recognise the strong caliber of the ECR abstract submissions from which the symposium speakers were selected. Thank you to everyone who came to support the symposium.

The ECRN has an active Facebook group. Everyone is welcome to join and participate in online discussions. Search for ESRS Early Career Researcher Network on Facebook and request to join the group. This online group shares information and advice relevant to ECRN members. The focus is on sharing information about professional development, e.g. presentation skills, writing advice, job advertisements, and upcoming conferences/seminars/workshops/training.

The ECRN executive committee continues to meet monthly by teleconference. The bylaws for the ECRN are now in place. The committee is working toward setting up an Early Career Day at the next ESRS conference in Bologna, 2016 and investigating the potential for more frequent online ECRN activities throughout the year.

Since the last update in March 2015, we would like to congratulate Erna Sif Arnardottir, who is currently on maternity leave from her role as ECRN Coordinator following the birth of her little boy.

Dr Ashleigh Filtness, Acting Coordinator

On behalf of the executive committee, Early Career Research Network



REPORTS OF THE EUROPEAN NETWORKS

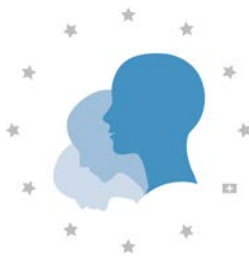
European Insomnia Network (EIN)

The last meeting of the European Insomnia Network took place from 17 September to 19 September 2015 in Freiburg, Germany. More than 20 researchers and clinicians from several European countries attended the meeting, which had a two day agenda comprised of several talks focussing on different aspects of insomnia. The focus of the meeting was more on discussion than presentation, and in summary, this aim was more than achieved.

Plans for the next meeting will be to either hold the Insomnia Network Meeting in Amsterdam or in Oxford, hosted by the local sleep and insomnia groups. There will also be a presentation at the next ESRS meeting in Bologna!

Dieter Riemann, Ph.D.
Professor of Clinical Psychophysiology
Freiburg University Medical Center

European Narcolepsy Network (EU-NN)



EUROPEAN NARCOLEPSY NETWORK

The core of the EU-NN is the database, which is growing by 20-50 new cases per month. So far, 1300 cases have been included. 858 cases had been validated by November and thus meet high quality standards. 213 prospective cases covering 2-4 visits over two years have been included so far. They show the natural course of the disease and the use of medication. Some features of the database have been updated. The Database Committee will prepare

an update on the correct use of the database. Ramin Khatami has submitted a paper on "The European Narcolepsy network (EU-NN) database," which has been accepted by JSR.

The EU-NN members are working to enhance the scientific output and have submitted several proposals to the Scientific Committee that will be discussed in January 2016. Many EU-NN members have attended the ESRS hosted Worldsleap 2015 meeting held in Istanbul in November. Members of the EU-NN had submitted two symposia that had been accepted.

The next European Narcolepsy Day, organized by Markku Partinen, will be held on 17 - 18 March 2016 in Helsinki. The program of the 7th European Narcolepsy Day will be disseminated in January. Everyone interested in narcolepsy and related fields, is invited to contribute and to come and join the EU-NN. There will be a Young Scientist

in Narcolepsy Award, for which everyone interested in narcolepsy and hypersomnolences of central origin can apply (send applications to geert.mayer@hephata.com).

Geert Mayer, President of the EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

The ANSS Executive Committee (EC) is preparing next year's agenda. The main details will be defined during a dedicated meeting in Oporto (January 2016), but city and dates of the next ANSS encounter have already been established (Brussels, 28-30 April 2016). The location was selected because it can offer an excellent opportunity to interact with EU officers and recover the diplomatic linkages opened by the Wake-Up-Bus experience.

The Brussels event will be preceded by an interaction with all the ANSS Presidents to discuss the material prepared by Dirk Pevernagie and his "dream team" to screen official procedures for certifying professionals in sleep medicine in the different European countries and explore the possibility to define an official (sub)speciality in sleep medicine.

In the meanwhile, the manuscript "Variability in recording and scoring of respiratory events during sleep in Europe: a need for uniform standards" has been published in the *Journal of Sleep Research* (Arnardottir ES et al. 2015; Sep 14. doi: 10.1111/jsr.12353. [Epub ahead of print]). Highlighting the successful continuity between the previous and the current ANSS EC, the paper underlines the necessity of a more solid integration on the scoring procedures of respiratory events during sleep and encourages further joint-collaborations among the European countries.

Finally, we are glad to announce that a 90 minute slot has been assigned to the ANSS during the 2016 ESRS Congress, where we can share our activities with the Congress attendees.

So please start booking your trip to Bologna!

Liborio Parrino
Chair, ANSS Executive Committee



5th ESRS EXAMINATION IN SLEEP MEDICINE

The European Sleep Research Society (ESRS) Board is pleased to announce the **5th Examination of the Certification in Sleep Medicine.**

Please find the requirements and basic credentials as well as information about the application process below.

Time and Place

Tuesday 13 September 2016 from 13:00 – 14:30

The [23rd Congress of the European Sleep Research Society](#) in Bologna, Italy.

The Examination

The examination will be a written test consisting of 75 multiple-choice questions to be completed on-site. The pass mark is 50%.

Requirements

Physicians, Psychologists and Sleep Scientists (with a Master's degree in science, e.g. biology, physics or other relevant areas) who wish to take the examination should meet the following requirements (please prepare the mentioned documents before starting with the application).

A. Practical Experience

* The candidate will be required to provide written declaration from the Sleep Medicine Centre (SMC) Director where the greater part of the training was completed. The declaration must specify satisfactory and independent performance of the following:

1. A minimum of 12 months full-time (or equivalent duration if part-time) spent in the SMC. If the applicant has worked in more than one SMC, a minimum period of 6 months must have been spent at one of the centres.
2. The applicant should have extensive experience within his/her specialised field with sufficient experience across other sleep-wake disorders to ensure safe and competent practice. This includes specialised evaluation and clinical care of at least 100 patients from the different disciplines of sleep medicine (incl. sleep-breathing disorder, insomnia disorder, hypersomnia, movement disorder, circadian disorder).
3. In relation to the assessment and follow-up of sleep disorders, experience should comprise a range of procedures including:
Physicians: Clinical interviewing, use of diagnostic criteria and classification systems, use of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring
Psychologist: Clinical interviewing, use of sleep diaries, questionnaires and

rating scales, psychometric evaluation as well as physiological monitoring
Sleep Scientist: Interpretation of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring

4. The applicant should have experience of actigraphy and polysomnography (with hook-up, night-time surveillance and scoring, interpretation and reporting of studies), ambulatory cardio-respiratory recording, and Multiple Sleep Latency Testing (MSLT) or Maintenance of Wakefulness Testing (MWT) procedures.
5. In relation to treatment, the applicant (except Sleep Scientist) should have generic skills, including patient education, treatment delivery, progress review, provision of motivation and support.
6. The applicant should have knowledge of how to work as part of a multidisciplinary team, including, for example, sleep technologists and nurses.
7. The applicant should also have extensive experience within his/her professional discipline. Accordingly, it is recognised that experience with treatment modalities will vary (e.g. Physician – pharmacotherapy, CPAP; Psychologist – cognitive behavioural therapy, other related therapeutic procedures; Sleep Scientist – author in peer-reviewed articles on sleep).
8. It is expected that, of the minimum 100 cases evaluated, at least 75% will involve active management of a treatment episode or episodes and monitoring of patient progress and outcome. This consideration applies to both physicians and psychologists.
9. It is recognised that Sleep Scientists may not have a clinical licence, or may have different roles within a SMC. Nevertheless, equivalent levels of experience and expertise in sleep medicine should be demonstrated in the application and letter of support.
10. It should be noted that some of the above mentioned experience and competencies may be demonstrable through periods of formal study and training on approved Sleep Medicine courses which have a practical component. Such experience and/or qualification should be specified by the applicant.

B. Theoretical Knowledge

The applicant must demonstrate knowledge of the topics specified in the Catalogue of Knowledge and Skills. This may be achieved by a record of attended courses, or through a university or national sleep medicine degree or certification. Alternatively, a detailed reference letter from another ESRS Somnologist may be submitted.

Further details can be found in:

- Pevernagie et al. EU Guidelines for the Certification of Professionals in Sleep Medicine: Report of the Task Force of the ESRS. *J. Sleep Research* (2009) 18, 136-141
- Penzel et al. Catalogue of knowledge and skills. *J. Sleep Research* (2014) 23, 222-238

The [ESRS Textbook](#) is the main recommended reading for this examination. Additional readings may be provided in advance by the Examination committee.

C. In addition the applicant must:

- Provide names and email addresses of 2 referees, preferably from another European country
- *Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates
- Be a current ESRS member (if you are not an ESRS member please visit www.esrs.eu/membership-services/join-now.html)
- Pay the examination fee (payment will be made by using a credit card that is recognised and accepted by Paypal or your personal Paypal account)

(*Please prepare the above-mentioned documents before starting the application. The documents can be uploaded as PDF-files or JPEG-files within the Online Application. The name of the PDF-file must include the name of the applicant and the content of the document. We recommend putting all documents in one pdf-file. The size of the PDF-file should not exceed 1 MB)

Other candidates that feel they may fulfill the eligibility criteria, please contact: axel.wiechmann@esrs-examination.eu

D. The Qualification

The successful candidate will have the ESRS qualification title of “Somnologist” with one of the following specifications:

- Somnologist – in Sleep Medicine
- Somnologist – in Behavioural Sleep Medicine
- Somnologist – Sleep Scientist

E. Examination Fee

The examination fee is € 350.- (included is a non-refundable € 90.- application fee, payable on submission of the application).

F. Online Application

The online application will be open from 1 February – 31 March 2016.

G. Acceptance of your application

You will be notified regarding the acceptance of your application by mid-June 2016.

For any further questions please contact:

Axel Wiechmann
ESRS Sleep Medicine Examinations Office
Andreasstr. 4, 93059 Regensburg, Germany
Email: axel.wiechmann@esrs-examination.eu
Phone: +49 94169633419



3rd ESRS TECHNOLOGIST EXAMINATION IN SLEEP MEDICINE

The European Sleep Research Society (ESRS) Board is pleased to announce the **3rd Examination of Certification in Sleep Medicine for Sleep Technologists.**

Please find the requirements and basic credentials as well as information about the application process below.

Time and Place

Tuesday September 13 2016, 13:00 – 14:15 and 17:00 – 20:00

The [23rd Congress of the European Sleep Research Society](#) in Bologna, Italy.

The Examination

The examination will consist of two components.

The **first part** will be a written test, consisting of 50 multiple-choice questions to be completed on-site.

The [ESRS Textbook](#) and **2015 AASM Scoring Manual Version version 2.2** are the recommended reading for this examination.

23 questions will be related to chapter **B (Sleep Diagnostics)** and the other **27 questions** will be related to topics from chapters **A, C-J of the ESRS Textbook.**

The pass mark is 50%.

The **second part** of the examination will focus on practical skills. This part will involve sleep staging, event scoring and interpreting 2 excerpts from PSG recordings and also a full MSLT recording. All consecutive 30-second epochs will be printed on paper. Successful candidates must achieve an 85% concordance with the panel of experts.

Both parts must be successfully passed in order to qualify for certification.

Requirements

Technologists, nurses, and other sleep professionals that wish to take the examination should:

- Possess one of the following: a degree in science, psychology, nursing or similar; RPSGT qualification or equivalent national qualification/registration. Applicants who do not match these criteria must provide formal evidence of training, qualifications and professional development activities equivalent to degree/RPSGT level (e.g. diploma, professional certification, course certificates).
- Have at least 5 years post graduate experience in performing, scoring and analysing polysomnography and Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT) procedures, polygraphy and actigraphy studies.

- Have experience in the diagnostic procedures and management of a full range of sleep disorders
- Have a very good knowledge of sleep physiology and pathophysiology obtained through recognised and accredited sleep education courses and meetings, particularly those recognised and accredited by national and international sleep societies.

Please note, the examination and instructions will be in English, therefore candidates must have a good command of English.

In addition applicants should:

- *Be proposed for eligibility for the exam by the clinical director of their sleep centre or a member in good standing with the ESRS who can vouch for their experience.
- *Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates as above.
- Be a current ESRS member (if you are not an ESRS member please visit www.esrs.eu/membership-services/join-now.html)
- Pay the examination fee (payment will be made by using a credit card that is recognised and accepted by Paypal or your personal Paypal account)

(*Please prepare the above-mentioned documents before starting the application. The documents can be uploaded as PDF-files or JPEG-files within the Online Application. The name of the PDF-file must include the name of the applicant and the content of the document. We recommend putting all documents in one pdf-file. The size of the PDF-file should not exceed 1 MB)

Other candidates that feel they may fulfil the eligibility criteria, please contact: axel.wiechmann@esrs-examination.eu

The Qualification

The successful candidates will have the ESRS qualification title of "Somnologist – Technologist" conferred on them.

Examination Fee

The examination fee is €375.- (included is a non-refundable €90.- administration fee, payable on submission of the application).

Online Application

The online application will be open from 1st February – 31st March 2016.

Acceptance of your application

You will be notified about the acceptance of your application by mid June 2016.

For any questions please contact:

Axel Wiechmann
ESRS Sleep Medicine Examinations Office
Andreasstr. 4, 3059 Regensburg, Germany
Email: axel.wiechmann@esrs-examination.eu
Phone: +49 941 69633419



CALL 2016 FOR ESRS FELLOWSHIP AND ESRS TRAINING GRANT APPLICATIONS

The ESRS Board has established a fund to support early career researchers within Europe. In 2016, a maximum of seven projects will be financed. The deadline for applications is **31 January 2016**.

ESRS Short-term Research Fellowship (Two Fellowships per annum)

This Fellowship is for 3 months and has the following aims:

1. The promotion of training applied to sleep research in Europe and supporting the exchange in Europe of scientists/investigators as well as clinicians actively involved in research in sleep medicine
2. Contributing to the transfer and implementation of new research techniques or methodologies in sleep medicine throughout Europe
3. Supporting career development and in particular supporting more junior candidates in the early stages of their career in sleep research
4. The Fellowships are available to scientists, investigators, clinicians, allied health professionals, nurses to develop, acquire, apply and carry out basic, translational or clinical research projects and to develop, acquire and apply new skills, advanced research procedures and techniques in the area of sleep medicine
5. The Fellowships are not granted for purely clinical and educational training. Therefore, it is mandatory that projects include a significant research component and lead to research activities and development of research after return of the candidate to the home institution.
6. Fellowships are not granted for undergraduate studies, workshops, courses, lectures, meetings, conferences, congresses or for visiting institutions without a clear research project to be completed.

Conditions:

- All candidates must be members of the ESRS at the time of application
- Training will be pursued in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see ESRS website for [list of Sleep Research Laboratories](#));
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.

- Candidates must have an agreement with the host institution where their Fellowship will be carried out at time of application.
- Candidates must have adequate fluency in a language that permits effective communication at the host institution.
- Candidates must return to their home institution to apply the newly acquired research skills, or to continue to develop their research on completion of their visit.
- Candidates are responsible for identifying a research project at the host institution as well as a suitable supervisor.
- The duration of the Fellowship may not be reduced or split.
- The Fellowship is not intended to be used as supplementary or 'top up' funding for a research project already in place by either the Host or Home institutions.
- The visit must commence after the funding decision date, allowing for sufficient time to complete travel, visa, and passport and housing formalities. The visit must be started within 1 year from notification of a successful grant application.
- The Fellowship must be carried out on a full-time basis.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe and provide money to live on during the 3-month research period. **A maximum amount of 3,000 EUR will be awarded.** The receiving laboratory and/or the candidate are expected to finance additional living expenses during the stay if it exceeds the size of the ESRS contribution. Agreements between the laboratory and the candidate must be specified in the application letter.
- A maximum of two grants per year will be financed;

In order to apply, the following are required:

- Deadline: 31 January 2016;
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- A [list of Sleep Research Laboratories](#) in Europe to host early career researchers is available on the ESRS website.
- Supporting statement on the purpose of undertaking research at the host institution, outline of the novel research project to be undertaken and any skills that will be acquired and how this will enhance the applicant's development and contribute to the host institution, whether it is in the clinical or experimental sleep medicine fields.
- Candidate's CV
- Work plan description
- Home supervisor's release form
- Home supervisor's training background and CV
- Host supervisor's acceptance form
- Host supervisor's training background and CV
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of travel, accommodation and projected subsistence costs at host institution.

- On completion of the visit, the candidate will be required to write a summary report of the visit with a description of research outcomes (~1000 words) to be forwarded to the ESRS executive committee.

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary

ESRS Two-week Training Grant (Five Grants per annum)

The ESRS two-week training grant enables members of the ESRS in the early stages of their careers in sleep research or sleep medicine to visit a host institution in a European country other than their own to learn a skill or procedure not available at their home institution. The training should benefit the home institution when the successful applicant returns there.

- All candidates must be members of the ESRS at the time of application
- Training will be pursued in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see [ESRS website for list of Sleep Research Laboratories](#));
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.
- Candidates must have an agreement with the host institution where their grant will be carried out at time of application.
- Candidates must have adequate fluency in a language that permits effective communication at the host institution.
- Candidates must return to their home institution to apply the newly acquired skills on completion of their visit.
- Candidates are responsible for identifying a skill or procedure at the host institution as well as a suitable supervisor. The skill or procedure needs to be transferrable to their home institution.
- The duration of the grant may not be reduced or split.
- The visit must commence after the funding decision date, allowing for sufficient time to complete travel, visa, and passport and housing formalities. The visit must be started within 1 year from notification of a successful grant application.
- The training grant must be carried out on a full-time basis.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe and provide enough money to live on during the two-week training period. **A maximum amount of 1400 EUR will be awarded.**
- A maximum of five grants per year will be financed.

In order to apply, the following are required:

- Deadline: 31 January 2016;
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);

- The ESRS Research Networking Committee will rank the grant applications;
- A [list of Sleep Research Laboratories](#) in Europe to host early career researchers is available on the ESRS website.
- Supporting statement on the purpose of the visit, the transferable skill or procedure to be acquired and how this will enhance the applicant's training and the host institution, whether it is in clinical sleep medicine or in a specific field of sleep research.
- Candidate's CV
- Candidate's learning path
- Work plan description
- Home supervisor's release form
- Home supervisor's training background
- Host supervisor's acceptance form
- Host supervisor's training background
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of travel, accommodation and projected subsistence costs at host institution.
- On completion of the visit, the candidate will be required to write a short summary report of the visit (maximum 1000 words) which will be forwarded to the ESRS

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary



UPDATE ON THE ESRS 2016 CONGRESS (BOLOGNA, SEP 13 - 16, 2016)



Preparations for the ESRS 2016 meeting in Bologna, 13-16 September 2016 are going well and we look forward to an exciting meeting.

We received a good number of 55 Symposia out of which 26 could be accepted: 20 as Symposia, 1 as a Joint Symposium and 5 as Round Tables Sessions. We would like to thank all Symposia Submitters for their support in the field of sleep research and medicine.

The **Preliminary Programme** will be online, shortly, at www.esrs-congress.eu. We are proud to invite 5 outstanding keynote speakers who will be visible in the programme once confirmed. The preliminary scientific programme will also include the symposia, teaching courses, video and case discussion sessions, round table discussions and a new network session organised by the Early Career Research Network.

The **registration** and **abstract submission** will open mid-January 2016. Further information on the deadlines will follow in due time. They will be published on the congress website and also communicated by newsletter.



REPORT ON THE WSF 2015 CONGRESS (ISTANBUL, OCT 31 – NOV 3, 2015)



Dear Friends and Colleagues,

WorldSleep2015, hosted by the European Sleep Research Society, is over, and we wish to personally thank all of you for your tremendous contribution in making this "Sleep and Health" meeting a true success.

In spite of the Election Day, and unfavourable rumours, nearly 1100 participants had gathered in Istanbul to meet, exchange experiences and learn about the latest news and state-of-the-art knowledge in sleep research and sleep medicine. Five parallel tracks ensured that there was a keynote, a symposium, a teaching course and an oral, video or poster session worth attending for each one of you at each hour of the day. Also, the beautiful city of Istanbul has been welcoming as ever, with many opportunities to enjoy.

A big thank you to all for attending this meeting and helping the European Sleep Research Society achieve the last official meeting of the World Sleep Federation.

What makes the success of a scientific meeting is the quality of the participants and, even more so, of those who generously share their knowledge. Warmest congratulations to all speakers and poster presenters, and a special mention must be made here for all of you who have accepted, often at very short notice, to replace a missing speaker, and consistently came up with first-class quality material. We are incredibly proud to count such supporting players among us and that the ESRS can rely on so many friends.

We also thank the Turkish Sleep Medicine Association for their hospitality, and last but not least, our PCO Congrex for their excellent and hard work.

As one meeting had hardly finished, we are already preparing the next one. We are quite sure that it will be even more attractive and enjoyable. Please mark your calendar now and join us for the 23rd Congress of the European Sleep Research Society, to be held from 13th to 16th of September 2016 in the superb city of Bologna.

With our warmest regards, and looking forward to see you soon again,

Philippe Peigneux
ESRS President

Lino Nobili
ESRS Secretary, Chair of the WorldSleep 2015 Host Organising Committee

Pierre-Herve Luppi
ESRS Basic Vice-President, Chair of the WorldSleep 2015 Host Programme Committee

Abstract book

The abstract book can be downloaded [here](#).

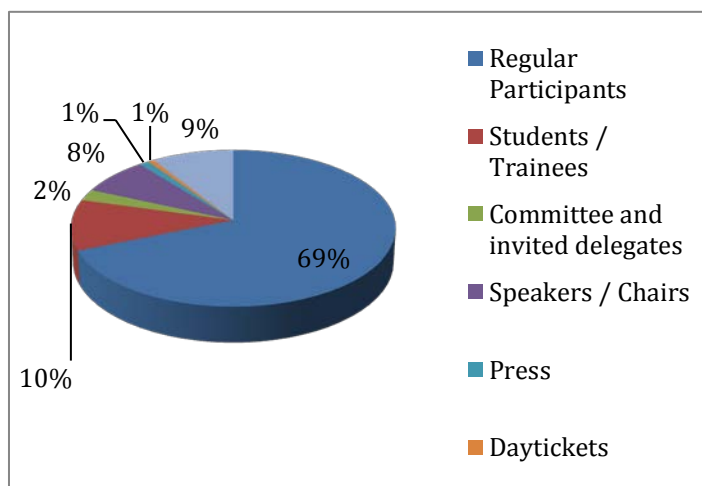


Statistical summary

Participants

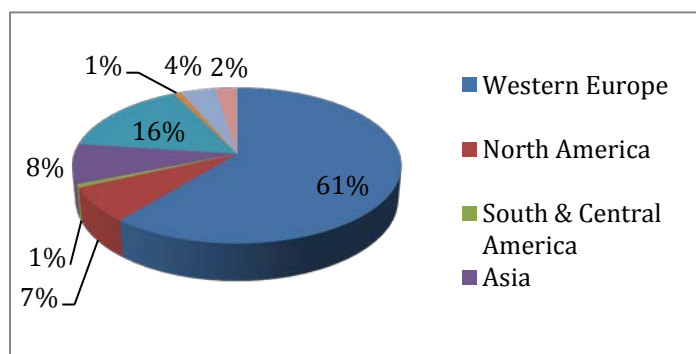
Registration Category

Category	Number
Regular Participants	761
Students / Trainees	116
Committee and invited delegates	26
Speakers / Chairs	84
Press	12
Daytickets	7
Total Participants	1006
Exhibitors	100
Total Attendees	1106



Participants per continent

continent	Number	%
Western Europe	613	61%
North America	73	7%
South & Central America	7	1%
Asia	83	8%
Eastern Europe	157	16%
Africa	8	1%
Australia & New Zealand	40	4%
Middle East	25	2%
Total	1006	



Speakers and chairs per country

The following tables include the speakers in the following sessions (excluding cancelled speakers):

- Keynote Lectures
- Teaching Courses
- 2-hour Symposia
- Joint Symposia
- Round Table Discussions
- Video Sessions
- Opening & Closing Sessions
- Earlier Career Scientists Symposium

Country	No. of speakers & chairs
United States	15
United Kingdom	12
Italy	9
Australia	5
France	5
Germany	5
Switzerland	5
Sweden	4
Canada	3
Belgium	2
Brazil	2
Israel	2
Netherlands	2
Norway	2
Spain	2
Austria	1
Chile	1
China	1
Denmark	1
Finland	1
Hungary	1
New Zealand	1
Portugal	1
Singapore	1
Total no. of speakers/chairs	84

Speakers and chairs by gender

Gender	No. of speakers & chairs
Male	44
Female	40

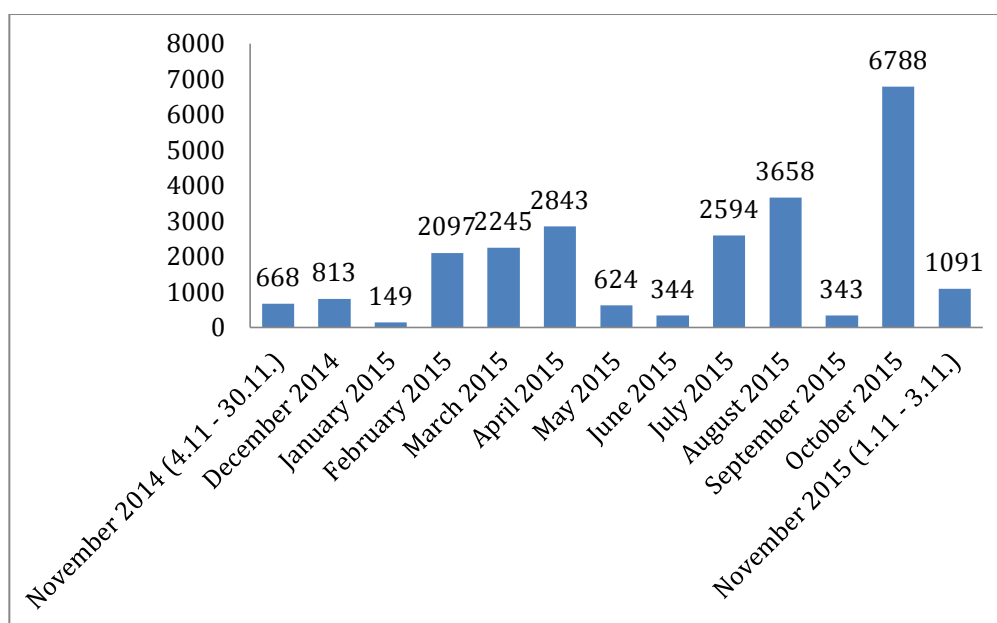
Abstracts

Submitted & allocated abstracts

	No. of Abstracts	%
Oral	121	22.2
Young Scientists Symposium	4	0.7
Poster	339	62.1
Withdrawn	79	14.5
Reject	3	0.5
Total	546	100

Web

Visitors per month





EXPERT EVALUATORS FOR EUROPEAN COMMISSION PROJECT EVALUATIONS

Invitation to insert new sleep-oriented profiles into the expert database of the DG Research and Innovation of the European Union

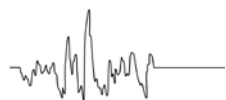
Dear Members,

During the recent visit of an ESRS delegation to Brussels, Dr Catherine Berens, who is the Head of the Neuroscience sector of the DG Research and Innovation, and her collaborator, Dr Mark Goldammer, warmly invited us to encourage ESRS members to insert their profiles into the DG Research and Innovation Expert database.

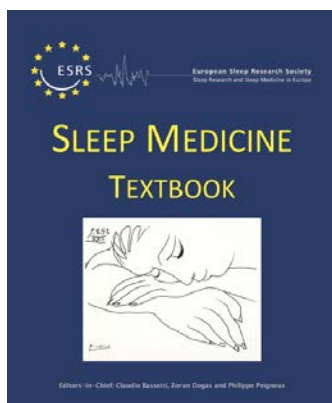
These experts are appointed by the European Commission as peer reviewers to assist in the evaluation of proposals and monitoring of actions. In addition, they are involved in the preparation, implementation or evaluation of programmes and design of policies. This includes the Horizon 2020 Advisory Groups.

The presence of sleep experts within this database is crucial for providing a focused and unbiased evaluation of sleep research and sleep medicine-related projects and to favour the presence of sleep-related topics within the forthcoming Horizon 2020 Work Programmes.

You will find detailed information regarding registration as an expert evaluator at:
<http://ec.europa.eu/research/participants/portal/desktop/en/experts/index.html>



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

Endorsed by ERS

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.

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NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the Norwegian Sleep Association (NSA), Dr. Michaela Gjerstad

Dear Dr. Gjerstad, what is the status of the accreditation procedures for sleep medicine experts? Can you explain how the procedure works?

We are following the ESRS accreditation system i.e. no national sleep examination/accreditaion. The ESRS accreditation is endorsed.

There are two national competency centres for sleep disorders (sleep disorders in general and a separate centre for narcolepsy). Both centres support research and teach as well as distribute information to patients and health personal.

Such an accreditation procedure is planned only for physicians or also for other professional figures like psychologists, technicians etc.?

No national accreditation for physicians or psychologist planned. The ESRS accreditation is endorsed.

ESRS accreditation for technicians is endorsed, though national accreditation is currently discussed due to possible language issues.

Do you also have an accreditation procedure for sleep centers?

Not currently.

Do you have accreditation procedures for centers with different characteristics (multidisciplinary, respiratory specific, pediatrics etc)?

Not currently.

Is sleep medicine officially included in academic programs?

No extensive national guidelines. Depending on the University, basic sleep medicine education is included in medicine studies, as well as for psychologists.

Do you organize accredited sleep medicine courses?

The national competency centre for sleep disorders offers several annual and biannual sleep medicine courses, including scoring courses. These are nationally recognized for continuing education.

The national sleep society offers biannual hypersomnia courses that are recognized for continuing education. We are currently planning to expand with courses for paediatric sleep as well as sleep in the aging.

Are you working toward achieving the recognition of sleep medicine as a medical sub-specialty?

Yes. But currently no active engagement.

Is basic research in the sleep field represented in the Norwegian Sleep Association activities?

Yes. The NSSRSM (Norwegian Society for Sleep Research and Sleep Medicine) has as a goal to represent most areas of expertise involved in sleep medicine/research. Currently the EC consists of a neurologist, ENT, neurophysiologist, psychiatrist, pulmonologist, psychologist and a basic researcher.

Thank you, Dr. Gjerstad, for participating in this interview.

Lino Nobili



ESRS EVENTS

23rd Congress of the European Sleep Research Society

Date: September 13 – 16, 2016

Venue: Bologna, Italy

Website: www.esrs-congress.eu/esrs2016





ESRS ENDORSED TRAINING, COURSES & EVENTS

Edinburgh Sleep Medicine Course

Date: March 14 - 18, 2016
Venue: Edinburgh, Scotland, United Kingdom
Flyer: www.esrs.eu/.../Sleep_Course_Flyer_2016.pdf

International Sleep Medicine Course - ISCM 2016

Date: June 6 - 9, 2016
Venue: Cardiff, United Kingdom
General Information: <https://.../ismc-and-hands-on-spring-meeting/>

British Sleep Society (BSS) Hands on Spring Meeting

Date: June 7 - 8, 2016
Venue: Cardiff, United Kingdom
General Information: <https://.../ismc-and-hands-on-spring-meeting/>

Balkan / South European Congress on Sleep Research

Date: July 1 - 3, 2016
Venue: Athens, Greece



FUTURE MEETINGS

International Conference: Clinical Update Sleep 2016

Date: February 26, 2016
Venue: London, United Kingdom
General Information: www.esrs.eu/.../Clinical_Update_Sleep_2016.pdf

1st International Conference on Sleep Spindling

Date: May 12 - 14, 2016
Venue: Budapest, Hungary
Website: www.sleepspindles.com/
Abstract submission information: www.sleepspindles.com/.../abstract...information

Abstract submission deadline: **January 15, 2016**

10th FENS Forum of Neuroscience

Date: July 2 - 6, 2016
Venue: Copenhagen, Denmark
Website: forum2016.fens.org/



World Sleep 2017

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

Date: October 7 - 11, 2017
Venue: Prague, Czech Republic
Website: www.worldsleepcongress.com/



NEW MEMBERS

The Society welcomes the following new members:

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