

NEWSLETTER

July 2016





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LETTER FROM THE PRESIDENT

Dear ESRS Members,

Many of you may already be on vacation or preparing departure for a hammock-related area, while others have elected to hold the fort and continue working in the lab or the clinic. Whatever your state and circumstances of activity, I wish you the best and hope you will find some time to read your summer ESRS newsletter.

First of all, welcome to the [88 newly accepted ESRS members](#) since our last newsletter! I hope you will find solace in your sleep society, and the ESRS board is looking forward to meeting you in Bologna.

In this newsletter, you will actually discover two reports about the last meeting of the Assembly of National Sleep Societies within ESRS, held this year (29-30 April 2016) in Brussels despite alas again the dramatic context of terrorist attacks. This did not stop the assembly from having a very rich and productive ANSS meeting in Brussels, with a very good representation of the NSS Presidents and a perfect organisation and support from the Belgian Association for Sleep Research and Sleep Medicine (BASS). The meeting was also coupled with an important [European Sleep meets the European Union](#) symposium organized by Roberto Amici (head of the EU ESRS Committee) with representatives from the EU Commission to advocate the importance of the sleep domain in research and healthcare. As to emphasize the richness and importance of this cooperative meeting, we decided to include in this newsletter a report written by Liborio Parrino, head of the executive committee of the ANSS, together with a perspective written by Pierre-Herve Luppi on behalf of the board of the ESRS.

In the meantime, the Danish Society for Sleep Medicine (DSSM) organized a satellite event with the ESRS at the [10th FENS Forum of Neuroscience](#) on the topic [From Basic Neuroscience To Clinics](#) (July 1). The program was scientifically excellent, and the local organizers must really be commended for their perfect organization.

Also, I am delighted to announce that Pierre Maquet was given the Pisa Award for his outstanding contributions to the field of sleep. Our warmest congratulations for joining the list of prestigious sleep scientists who have been awarded this prestigious prize!

Besides, and highly important for the life of your favourite society, you will find in this newsletter the call for nominations to the ESRS Board and Scientific Committee. Although several positions can be renewed, others have to step down after having served 4 years in their current position. It is important to carefully consider nominations of dedicated and capable members, as there are many challenges for the sleep domain out there, meaning proactive actions and hard work continue to be necessary. Please remember that only full ESRS members can be proposed and propose nominations, and that the nominees should also agree in writing to be nominated. The absolute deadline for receiving nominations is August 31, 2016. We warmly thank you for

participating in the development of ESRS by nominating the colleagues that you think are best suited for the successful future of our society!

We also continue in this newsletter our spotlight focus on National Sleep Societies with an interview of Dr Raphael Heinzer, president of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSRSMC).

And finally, you should have already received notifications of the acceptance of abstracts and selection of oral presentations for the Bologna meeting, thanks to the hard and careful work of the Scientific Committee and the support of our PCO Congress. Once again, we will have an excellent and diversified scientific content, while heading toward records of participation at the meeting!

With this I wish you to sleep well and keep safe, and I am looking forward to meeting you at the 23rd Congress of the European Sleep Research Society!

Sincerely

A handwritten signature in black ink, appearing to read 'P. Peigneux', with a stylized flourish at the end.

Philippe Peigneux
ESRS President



CALL FOR NOMINATIONS TO THE ESRS BOARD AND SCIENTIFIC COMMITTEE

In the course of the upcoming Business Meeting at the ESRS congress in Bologna, 15 September 2016, 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 President and the Vice-President Clinical) were re-elected in 2014, while the Vice-President Basic, the Secretary and the Assistant-Secretary were newly elected. The current Treasurer decided to step down. In addition, since 2006, a representative of the ANSS is a regular member of the Board as an ex officio member.

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

President
Vice-President Clinical
Treasurer

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 **August 31, 2016**. Publication of the list of the candidates will be included in the newsletter distributed one week prior the Business Meeting at the Bologna 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 to the particular position on 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, Lino Nobili (secretary@esrs.eu), no later than **August 31, 2016**. 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:

| | |
|--|--------------------------|
| Tom de Boer (Basic Animal) | since 2012, renewed 2014 |
| Renata Riha (Clinical) | since 2012, renewed 2014 |
| John Axelsson (Basic Human and Clinical) | since 2012, renewed 2014 |
| Gianluca Ficca (Basic Human) | since 2014 |
| Birgit Högl (Human Clinical) | since 2014 |
| Poul Jennum (Basic Human and Human Clinical) | since 2014 |
| Mayumi Kimura (Basic Animal) | since 2012, renewed 2014 |
| Gilles Vandewalle (Basic Human) | since 2014 |
| Raphaelle Winsky-Sommerer (Basic Animal) | since 2014 |

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 2016, 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 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, 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, Lino Nobili (secretary@esrs.eu), no later than **August 31, 2016**. 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.



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (BRUSSELS, 28-30 APRIL 2016)

I am writing to thank you, one and all, for an outstanding ANSS meeting in Brussels. The agenda, presentations and dialogue were important and productive..... We received thoughtful and insightful feedback from both the Executive Committee and the full Assembly and learned much by attending the sessions and interacting with the presidents.

Thank you all for this great (and safe) meeting in Brussels. Thank you to the BASS, especially Johan, for the organisation. Thank you to the ESRS. I believe we had a great meeting and that the ANSS will also have great future meetings. A lot of new ideas have turned up and our group is very active. I wish you all and the ANSS the very best and – as Liborio would say - “may the force be with you.”

Thanks to everybody for the wonderful atmosphere and for such a productive meeting. I would like to thank the EC of ANSS, the ESRS board, especially Johan and Liborio and of course all of you for this great meeting, accompanying hard work with pleasure!!!

Many, many thanks to Dr. Verbraecken, Liborio and to everyone for this important meeting. Really impressive the level of work and being able to share.

I echo the congratulations of others, and particularly thank Johan and Liborio for an excellent meeting and the convivial nature of the discussions. The co-operation between ANSS and ESRS is a core element in the development of sleep medicine and research in Europe, and I hope this can continue to grow in future years.

Dear Johan,

I want to thank you and the BASS for the magnificent meeting you have put together!

Also I want to thank Liborio for his great gifted way he coached us through the tough programme!

The outcome was very productive and gives us the necessary boost in the coming months and years for reaching common “somnology” goals in Europe!

The atmosphere was perfect hence all fantastic more and less private pictures!

Thanks all for the great spirit!

Thank you very much for an excellent ANSS 2016 meeting. I am sure that efforts in introducing Sleep Medicine as medical subspecialty in EU countries will solve many recent problems. We will change the paradigm.

Many thanks to our host for a very pleasant meeting, accommodation and entertainment.

Many thanks to EC of ANSS and to president of EC for all of their efforts in pushing things ahead.

Many thanks to ESRS for their support and commitment.

Congratulation to our very active colleagues who will implement the old but new great ideas.

Congratulations to the new members of EC.

It was an honour and a pleasure for me to share with all of you, members of ANSS and ESRS, these moments.

Let me join the unanimous jubilant echo from the meeting in Bruxelles.

I will certainly have very warm memories about that brief encounter with the foremost sleep people in Europe. Needless to say, first prize goes to Johan and Liborio (tied).

Thank you very much, indeed.

I would like to echo the idea of assigning a prize to Johan and to Liborio. They actually deserve it for the excellent organization, heading and hosting of the meeting.

Thanks to Erna and to all of the other ANSS, ESRS, and EU elements for the commitment, the excellent meeting and the warm atmosphere.

Thanks also to Philips for the news and for the enjoyable companionship.

It was a real pleasure to share this meeting with all of you, and I hope to meet you again in Bologna.

I join the many expressions of intense thankfulness that have been addressed to Johan and Liborio so far. It was an unforgettable meeting that may pave the way to taking new steps in the domain of Sleep Medicine. All participants have made important contributions. It was a privilege for me to have had the opportunity to attend and to assist in the ongoing work.

It is great to read all your impressions and see how positively we all reflect on such a successful meeting in Bruxelles.

I fully agree we had great and very productive discussions, and we have reached consensus on how to achieve several important goals in full synergy. I look forward to the future of sleep medicine in Europe. Thank you Johan for being such a great host, and thanks to the EC led by Liborio for bringing another dose of enthusiasm to the group. Hope to see you all again in Bologna.

These are only some of the messages full of satisfaction and generous appreciation received after the ANSS meeting.

There certainly was something special in the sky above Bruxelles. In spite of the tragic events in March that risked jeopardizing the event, Presidents and representatives from all of Europe arrived, participated and enjoyed being there and sharing common projects and authentic enthusiasm.

Johan was an exceptional host and coordinator and an excellent dinner was offered by the Belgian Association for Sleep Research and Sleep Medicine.

The grateful comments must be extended also to the entire ANSS Executive Committee (EC), where a fundamental role was played by Erna, Marta and Michaela. And now that we have two new entries in the EC (Marielle and Barbara), the team will be enriched by additional fresh female energy.

A special gratitude must be addressed also to Philips: thanks to the sponsor's bountiful support and forward-looking capacity to see the big-picture, they are really helping ANSS to feel at ease and encourage us towards ambitious goals.

During the ANSS meeting a special session, coordinated by Roberto Amici, *European Sleep meets the European Union "Measuring sleepiness: the need for common European rules"* offered an excellent framework for exploring the different facets of OSAS and safety driving and identifying common strategies and potential opportunities, which may be achieved by appropriately exploiting the EU resources. More extensive details on the European Summit are available in the ESRS Board report and in the Press Release (prepared by Johan) focused on the impact of sleep disorders on traffic safety.

In Bruxelles, a number of ANSS task forces were proposed to promote a major European involvement in the field of sleep, starting from basic science and clinical relevance to validation against clinical outcomes:

1. Sleep medicine as a speciality and sub-speciality (Chair: Dirk Pevernagie),
2. Horizon 2020 (Chair: Roberto Amici),
3. Sleepiness (Michaela D. Gjerstad),

4. Beyond the AHI. New biomarkers/diagnostic methods for sleep disordered breathing (Chair: Erna Sif Arnardottir),
5. Implementation of European guidelines within the different countries (Chair: Zoran Dogas)
6. New methods for scoring of sleep architecture and microstructure (Chair: Liborio Parrino)

An additional task force on Shift work and OSAS, which requires relevant financial support, is under discussion.

Research proposals and member composition of the ANSS task forces will be submitted to the ESRS Board for comments and integrations in order to promote a coordinated action.

If the time is ripe for change for some of dominating sleep paradigms, we must be aware that this can become a potential source of conflict. Every time somebody tries to change the conventional rules, many others immediately raise their arms to fight and restore the ongoing cultural and political settlement. And even if our paradigm can really improve the knowledge of sleep functions, demonstrative evidence will be a difficult task. The challenge is tough, but this makes the game fascinating, exciting and unmissable.

For these and several other factors, including funny jokes, priceless awards, chocolate letters and especially for the Star Wars atmosphere, the 2016 ANSS meeting in Bruxelles will remain unforgettable.

Next year the ANSS meeting will take place in Reykjavik where another famous movie or story (suggestions are welcome) will be adopted to characterize the event in Iceland. For the moment, let's remain in the Galaxy of our wonderful adventure in Bruxelles and repeat together: May the Force be with Us!

Liborio Parrino
Chair Executive Committee ANSS



REPORT ON THE ANSS MEETING (BRUSSELS, 29-30 APRIL 2016) - THE ESRS BOARD PERSPECTIVE

Tiina Paunio, Lino Nobili, Walter McNicholas, Marta Gonçalves and Pierre-Hervé Luppi were the members of the ESRS Board present at the ANSS meeting. The president Philippe Peigneux was excused for medical reasons. Roberto Amici was also present as the head of the EU Committee and the organizer of the meeting with the EU representatives. The board was pleased to see that most presidents from all European sleep societies were present or represented.

EU meeting

Tina Kobilsek, Ivan Lukac (Road safety unit) and Mark Goldammer (Project officer, Neuroscience unit) were the EU representatives.

The discussion went well, and Mark Goldammer brought interesting numbers on the number of sleep projects funded by FP7 and Horizon 2020: 73 million Euros were granted in FP7 for 51 sleep related projects and 55 million in Horizon 2020 for 29 sleep related projects. The audience found the high amounts reported quite surprising and far from our feelings. More details were asked but it was apparently difficult to provide them. Mark Goldammer also made the same answers than those provided by Catherin Berens (head of Neuroscience unit, EU) when we met her previously, i.e. that Horizon 2020 is very much open to all fields and that we should apply more and propose more expert evaluators to the EU. Although this might be partially true, our feelings remain that we need, at least, to advocate more in parallel the need for a call on sleep. One way to do this is to contact the national representatives from all countries. To that purpose, a document to be submitted by NSS presidents to their EU national contacts was proposed. Roberto Amici presented this project to the NSS presidents, who were positive. The document was then revised collegially, and all presidents agreed to submit it to their national representatives. This action was viewed as an important step, although we might also need to ask an EU specialist to look over and correct our document for best efficiency. There is also the need to have people lobbying in EU circles, an issue that will be discussed in future board meetings.

ESRS activities

The board discussed with the NSS presidents the possibility of a shared membership. The idea that NSS members could become ESRS members with full access for a moderate sum was appreciated. Another discussed possibility was to give access to JSR (without becoming a full member) to NSS members for an additional fee. These options should be checked in the context of the recently renewed contract with Wiley, the publisher of JSR.

The ESRS board proposed to make proposals to the ANSS executive committee that will be evaluated before communicating to the assembly of the NSS presidents.

Tiina Paunio (head of the Education Committee) presented an update of the ESRS Somnologist and Technologist examinations and the related processes. There are now, altogether, approximately 200 applicants for the Bologna examination in September, which is a record number and shows the wide interest for recognition of sleep medicine at the European level. The examination is held in English, which might be one factor limiting the participation of technologists. Representatives from national committees suggested that for the Technologist examinations, the questions could be translated from English to different languages and back-translated at the request (and at the cost) of the relevant national sleep society. The translation process should however be coordinated by the Examination committee, which represents additional work for this Committee. Tiina Paunio will raise the issue at the next Examination Subcommittee meeting.

Finally, the ANSS proposed the creation of several task forces aimed at producing to-be-published guidelines on different topics (note that mentioned denominations are not restrictive and are given for future discussions)

- 1) Sub-specialties in sleep medicine (Dirk Pevernagie,)
- 2) Horizon 2020 (EU committee involved)
- 3) Sleepiness: definition, measurement and clinical algorithms (Lino Nobili, Marku Partinen)
- 4) Shiftwork (Hans Hamburger).
- 5) Scoring rules for sleep architecture and microstructure (Liborio Parrino, Zoran Dogas, Copenhagen group)
- 6) New biomarkers/diagnostic method for sleep breathing disorders, beyond AHI, (Walter McNicolas) strongly linked to ESADA group
- 7) Implementation in all countries of European Guidelines (Zoran Dogas)

The ESRS board reminds us that it is important to keep the integration with already existing networks. It was agreed that official proposals for ANSS committees should be approved by the ESRS board. It was also agreed that the ESRS and the ANSS should clearly define:

- 1) Standard Operating Procedures (SOPs) for the development of Guidelines (alone or in collaboration with other societies)
- 2) Potential financial supports (and rules for their obtainment) for such activities
- 3) A place on the ESRS web site where an overview on these activities (and their update) is provided

After the meeting, other existing task forces were mentioned that are ready to join the process:

- 1) Sleep and Epilepsy Task Force (working group involving people from the EAN, the ESRS and the European chapter of the ILAE; Lino Nobili).
- 2) Narcolepsy (with the EAN and the EU-NN)
- 3) Sleep and Stroke (with the ERS, EAN, ESO; Claudio Bassetti)
- 4) European Insomnia Guidelines (Dieter Riemann)



UPDATE ON ESRS 2016 CONGRESS



With a new record of submitted abstracts for the ESRS congress in Bologna and already 1,000 registered participants, the meeting promises to become the biggest ESRS congress ever.

We would like to sincerely thank all authors who had submitted an abstract for the congress. The Scientific Committee was impressed with the high quality of many abstracts, and it made it very hard for the Committee to choose the best ones for oral presentation. Unfortunately, with a new record for the number of submitted abstracts and limited space, a number of rejections were inevitable, but we sincerely hope that all authors will take the opportunity to contribute to the ESRS congress through their attendance.

The continuously updated scientific programme can be found at www.esrs-congress.eu.

We are proud to have with Prof. Atul Malhotra, Prof. Liborio Parrino, Prof. Joan Santamaria, Prof. Anita Lüthi and Prof. Eus van Someren as 5 outstanding keynote speakers. The scientific programme will also include symposia, teaching courses, video and case discussion sessions, round table discussions, oral and poster sessions and a network session for Young European Sleep Researchers.

According to ESRS tradition, this meeting will provide a congenial atmosphere for everyone to learn, exchange ideas and observe the latest developments in sleep medicine and sleep research.

The beautiful city of Bologna will offer the perfect surrounding to spend 4 exciting days. Make sure to attend the Networking Event on Tuesday, 13th September in the evening at the congress centre. Enjoy Italian food and chat with your colleagues. Towards the end of the congress, on Thursday evening, there will be time to cut back a little bit on sleep by attending the ESRS Network Get-together at La Scuderia, a great location to party.

Don't forget to book your ticket for both events when you register. The next registration deadline will be on **28th July** and will still allow you to considerably save on the registration fees.

There are also 5 great teaching courses for which you can register. Registration can be done online at the congress website www.esrs-congress.eu.



NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSRSMC), Dr. Heinzer

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

In Switzerland, we recently reviewed the requirements for obtaining the sleep medicine certificate of the SSSSC. Pulmonologists, neurologists and psychiatrists need to work full time for 6 months in a “teaching sleep center” recognized by our society on top of their specialty certificate. They also need to perform a catalogue of various sleep investigations and consultations, under supervision, in the different areas of sleep medicine.

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

There is also a “somnologist” certificate for psychologists and PhD’s with its own requirements. It allows these scientists to perform and interpret sleep studies and to see patients in collaboration with MD’s

Do you also have an accreditation procedure for sleep centers?

Yes, we do. The government asked our society to define structural and quality criteria for Sleep centers to be accredited. This accreditation is needed to receive reimbursement from health insurances.

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

No, we only have one type of sleep center, which needs to demonstrate that they are able to diagnose and treat the whole spectrum of sleep disorders. However, pulmonologists (and recently otorhinolaryngologists) are allowed to perform respiratory polygraphy for the diagnosis of sleep disordered breathing, even though they are not part of an accredited sleep laboratory

Is sleep medicine officially included in academic programs?

Each university offers a various number of lectures on sleep and sleep disorders for medical students, but sleep is not recognized as a specific academic field.

Do you organize accredited sleep medicine courses?

Each university provides postgraduate courses. There is also the Alpine Sleep Summer School (The European course in sleep medicine) organized in Lugano every second year.

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

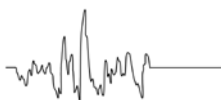
This would be the ultimate goal! Our Certificate is recognized by our government but not officially yet by the Swiss medical association. This would be the first step for us.

Is basic research in the sleep field represented in the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology activities?

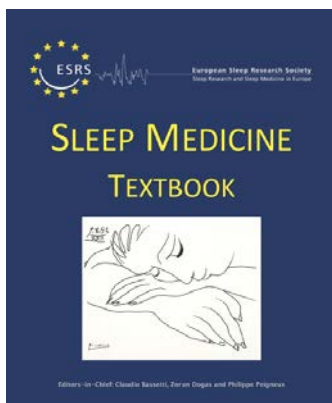
Yes of course! We have a large number of PhD members in our society. We always manage to include symposia about chronobiology and basic science in our annual meetings, and many of our past presidents were PhD's in basic science (Prof Borbély was one of them).

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

Lino Nobili



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 |
|-----------------------|-------|-------|-------|

* 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

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Credit cards: will be debited at the time of expedition only

PayPal option: a link will be sent to your email address to go the PayPal webpage and proceed to payment

Delivery costs (to be added to the net price):

€ 8,90 (inside Europe*) € 15,90 (outside Europe)

€ 13,99 (with [shipment tracking](#) inside Europe*) € 28,99 (with [shipment tracking](#) outside Europe)

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THE PISA SLEEP AWARD – TWELTH EDITION

Dear ESRS Members,

We are happy to announce that the winner of the Pisa Sleep Award 2016 is Professor Pierre Maquet. Our hearty congratulations for such a prestigious achievement that recognises his important contribution to the field of sleep research and neuroscience.

Thank you for your continued and precious contribution to the sleep research field!

Lino Nobili
ESRS Secretary

Pisa, 24 June 2016

THE PISA SLEEP AWARD – TWELFTH EDITION

The twelfth edition of the Pisa Sleep Award has been held the 24th of June in Pisa. The members of the Scientific Board of the Pisa Sleep Award proposed Professor Pierre Maquet for the prize.

From 2004 to 2008 Professor Pierre Maquet has been a member and successively the chair of the Scientific Committee of our scientific society.

Professor Pierre Maquet was a pioneer in the application of functional neuro-imagery techniques for the study of sleep physiology and other modified state of consciousness. With his group, he conducted seminal studies on the relationship between sleep and memory functions. More recently, he is focusing his research activity on the evaluation of the combined effects of the homeostatic sleep pressure and the circadian sleep propensity on brain functions.

His publications in the most important scientific journals are now considered milestones in the field of sleep research and neuroscience.

Professor Pierre Maquet is the Director of the Neurological Department of the University Hospital of Liege, and he has set up a Unit of Chronobiology at the Cyclotron Research Centre of Liege.

The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo and Professor Luigi Murri, is awarded every two years and is sponsored by the School of Medicine, Pisa University.

The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career has been devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine.

Previous recipients have been: Michel Jouvet (1994), Elio Lugaresi (1996), Alexander Borbély (1998), David Parkes (2000), Torbjorn Akerstedt (2002), Peretz Lavie (2004), Giulio Tononi (2006), Irene Tobler (2008), Claudio Bassetti (2010), Mario Giovanni Terzano (2012), Pier Luigi Parmeggiani (2014).

Members of the Scientific Board of the Pisa Sleep Award 2016

Luigi Murri, Honorary President

Philippe Peigneux, President European Sleep Research Society, Bruxelles

Raffaele Ferri, President Italian Association of Sleep Medicine, Enna

Roberto Amici, Research Coordinator of the Italian Association of Sleep Medicine,
Bologna

Piero Salzarulo, Cofounder of the Pisa Sleep Award

Mario Petrini, Director of the Department of Clinical and Experimental Medicine,
University of Pisa

Enrica Bonanni, Director of the Sleep Centre, University of Pisa



ESRS EVENTS

23rd Congress of the European Sleep Research Society

Date: September 13 – 16, 2016

Venue: Bologna, Italy



Website: www.esrs-congress.eu/esrs2016

Intermediate Registration Fee Deadline: **28 July 2016**



OTHER TRAININGS AND COURSES

International School of Human Chronobiology and Working Life

Date: August 8 - 12, 2016
 Venue: Stockholm, Sweden
 Flyer: www.esrs.eu/.../Kursblad_ISoHCaWL.pdf
 Web link: www.idear-net.net/ssc/..human-chronobiology-and-working-life

Course coordinators:

Arne Lowden (arne.lowden@su.se)
 Claudia Moreno (crmoreno@usp.br)

Welcome to this year's summer course in Stockholm! We have put together a program that includes the most inspiring, competent and well-known teachers within the field of chronobiology and working life. The lectures will span from molecular clockworks to study designs. The course is held at the campus of Stockholm University, School of Public Health and Stress Research Institute. The course will be based on seminars with rich opportunities to meet professors and PhD students close to or within the field of chronobiology, but also in an informal way so as to enjoy the summer season.

Interdisciplinary Late-Summer School on Non-Invasive Brain Stimulation

Date: October 12 - 16, 2016
 Venue: Freiburg, Germany
 Flyer: www.esrs.eu/uploads/tx_mnmesrscal/FlyerNIBS2016.pdf
 Website: www.uniklinik-freiburg.de/fbi/meetings-and-education/nibs2016.html

INTERDISCIPLINARY LATE-SUMMER SCHOOL ON NON-INVASIVE BRAIN STIMULATION

12.10. - 16.10.2016



UNIVERSITÄTS
KLINIKUM
FREIBURG





EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

24th Annual Meeting of the German Sleep Society

Date: December 1 - 3, 2016

Venue: Dresden, Germany

Website: www.dgsm-kongress.de/

Main topic: Sleep medicine – Crossing borders and innovation



FUTURE MEETINGS

Aging and Sleep 2016 - 4th International Meeting

Date: July 22 - 23, 2016
 Venue: Istanbul, Turkey
 Flyer: www.esrs.eu/.../Flyer_Aging_and_Sleep_2016.pdf

Sleep and Chronobiology Summer School

Date: July 24 - 29, 2016
 Venue: Oxford, United Kingdom
 Announcement: www.esrs.eu/.../Announcement_letter_2016_.pdf
 Programme: www.esrs.eu/.../timetable_outline_wo_speakers.pdf

Chinese University of Hong Kong (CUHK) Sleep 2016 Conference

Date: October 12 - 16, 2016
 Venue: Hong Kong, China
 Website: www.pae.cuhk.edu.hk/SLEEP2016/index.html

Society for Neuroscience (SfN): 46th Annual Meeting 2016

Date: November 12 - 16, 2016
 Venue: San Diego, CA, U.S.A.
 Website: www.sfn.org/annual-meeting/neuroscience-2016

XV European Biological Rhythms Society Congress

Date: July 30 – August 3, 2017
 Venue: Amsterdam, The Netherlands
 Flyer: www.esrs.eu/.../Henk-EBRSC12new.pdf
 Website: www.nin-meeting.nl/



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/



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