

NEWSLETTER

July 2018





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LETTER FROM THE PRESIDENT

Dear Colleagues and Friends,

I hope members are enjoying a relaxing summer and fine weather as a welcome change from the past winter.

The programme for the ESRS Congress in Basel next September is now almost complete. I attended the abstract selection meeting in Basel two weeks ago and was very impressed by the high quality of basic and clinical science abstracts submitted and we will clearly enjoy a very high standard of original research at the meeting. Registrations for Basel are also very encouraging, and we anticipate a strong attendance in line with the continuing growth of our Congress that has been evident over recent meetings.

I strongly encourage all members present in Basel to attend the ESRS Business meeting on Thursday evening. During this meeting, very important decisions will be made by members' vote that will include election of the ESRS Board for 2018-2020, choice of venue for our congress in 2022, and election of new members to the Scientific Committee.

Together with several members of the ESRS Board, I attended the ANSS meeting in Parma during May. We had stimulating discussions during the two days and very positive proposals were made for the future development and success of our Society. ANSS represents a very important body within our Society, especially from the clinical perspective.

I congratulate Dirk Pevernagie on his new role as Chair of the Sleep Medicine Committee. Dirk has exciting plans for future development of the committee and I wish him every success. I also thank Thomas Penzel for his work as previous Chair.

Under the leadership of the Society Web Coordinator, Bogdan Voinescu, we continue to make progress in redeveloping the ESRS website. A commercial web developer has been appointed and the new website should be ready to launch by the end of this year.

On a more sombre note, I refer to the recent passing of Prof. Joaquin Teran Santos, who was internationally recognised and respected as an outstanding clinical scientist who made important contributions to sleep research, especially in the topic of driving safety. I extend my deepest sympathies to his family, colleagues, and many friends.

I look forward to meeting you in Basel in September!

Sincerely,

A handwritten signature in black ink, appearing to read 'Walter McNicholas', written in a cursive style.

Walter McNicholas
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 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.



EARLY CAREER RESEARCHER NETWORK (ECRN): UPDATE AND CALL

The Early Career Researcher Network (ECRN) of the ESRS is excited to announce the focus of the Early Career Day to be held in Basel will be 'Selling your Science'. We have science documentary maker Nelleke Koop and TV producer Wiesje Kuijpers lined up to talk about 'selling your science to the public' and Erna Sif Arnardottir giving a talk on 'Selling your science to scientists'. The event is free for all early career ESRS members (students and those within 10 years of finishing a PhD/MD) – but please sign up on the congress registration system.

Currently we are searching for two new members of the executive committee of the ECRN. If you are interested to join the executive committee, please send your CV to Kate at kate.porcheret@ndcn.ox.ac.uk before **September 1, 2018**.



UPDATE ON ESRS CONGRESS ACTIVITIES



ESRS 2018

With 866 submitted abstracts from 33 countries, we would like to sincerely thank all authors! 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. All accepted abstracts will be published in online supplement of the [Journal of Sleep Research](#) (Wiley) as well as on the website of the 24th Congress of the European Sleep Research Society. The final programme will be published the soonest on the congress website www.esrs-congress.eu.

For this year, there are new, innovative session formats, which allow more time for interaction and less temporal overlaps. Extended duration of poster sessions during lunchtime and professional guided poster tours will give posters the importance and visibility they deserve.

We are proud to have Emmanuel Mignot (“Sleep analytics and BioMarkers”), Charalambos P Kyriacou (“Molecular analysis of biological clocks. Beyond circadian rhythms”), Susan Redline (“Sex and gender differences in sleep apnea: A window into understanding disease susceptibility”) and Wen-Biao Gan (“Learning and sleep-dependent dendritic spine plasticity and maintenance”) as keynote speakers at ESRS 2018.

For the first time, there will be two evening talks on Wednesday, 26 September 2018, accessible to the general public. Topics will be insomnia and sleep apnea, the event free of charge. Further information will be available in August 2018 on the congress website.

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

The beautiful city of Basel will offer the perfect surrounding to spend 4 exciting days. Make sure to attend the Networking Event on Tuesday, 25th September in the evening at the congress centre.

After a first exciting day of science and education at the congress, it is time to enjoy a relaxed atmosphere to network with your colleagues and friends.

Towards the end of the congress, on the evening of Thursday 27th September, the Networking Get-together will take place in the historical "Alte Markthalle" of Basel. A wide variety of food from Argentina, Afghanistan, Thailand, India, Caribbean, Greece and Local food, to name just a few options, are served here.

Don't forget to book your ticket for both events when you register. The next registration deadline will be on **15th August** and will still allow you to considerably save on the registration fees.

There are also 5 great teaching courses and Natus Clinical PSG/PG Scoring & Interpretation workshop for which you can register. Registration can be done online at the congress website www.esrs-congress.eu.

ESRS 2020

Seville in Spain has been chosen as the venue for the ESRS 2020 congress. Initial preparations to organise the congress have already started, and the ESRS Board is looking forward to holding the congress from 22 - 25 September 2020 in this cultural city.

ESRS 2022

Many interesting venues have submitted their bid for ESRS 2022 congress. The shortlisted venues will be announced in the September issue of the ESRS newsletter and presented during the ESRS 2018 congress in Basel.



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (PARMA, 4-5 MAY 2018)

The Annual Meeting of the ANSS in the ESRS was held in Parma, Italy on May 4 and 5, 2018.

The event was preceded by the ANSS-ESRS “Beyond AHI” Task Force chaired by Erna Sif Arnardottir.

After the warm welcome of local authorities, an overview by Barbara Strazisar on the information collected from all the ANSS countries introduced the presentation of the single sleep societies who illustrated the single most important topics achieved in their nation.

Michaela Gjersted and Marta Gonçalves chaired the session on “Sleep medicine as a subspecialty”. After the update of Dirk Pevernagie, the assembly followed and discussed the achievement and perspectives of the French post-specialization model (Damien Leger) and the Romania competency model (Oana Deleanu).

The program continued with a session entitled “Pending Opportunities”. The results of a survey conducted on GPs in Italy were presented by Chiara Gado, followed by a lecture by Roberto Manfredini on chronobiology in honor of the 2017 Nobel Prize assigned to the Circadian Rhythms. Barbara G. Stražišar explained the pros and cons of daylight saving time while the great majority of the ANSS members voted in favor of a European initiative to abolish the time changes every 6 months.

In the session on “Big Data – 4th Industrial Revolution”, chaired by Johan Verbraecken and Barbara G. Stražišar, deep learning potential was described by the computer expert Jacky Mallett, while Raffaele Ferri proposed to arrange a sleep recording digitalized platform for Europe.

The final part of the program, chaired by Walter McNicholas and Oana Claudia Deleanu, was dedicated to the ESRS activities where special emphasis was focused on the new organization and goals of the Sleep Medicine Committee (Dirk Pevernagie) and on the innovative projects of the Web Committee (Bogdan Voinescu).

A lively discussion took place during the session dedicated to sponsors (Philips, Bioprojet), when Philips shared information on the available and pipeline tools for sleep medicine and sleep health.

Finally, the ANSS business meeting established that the next annual events will be held in St. Petersburg (Russia) in 2019 and in Ljubljana (Slovenia) in 2020.

Three new EC members were elected: Lyudmila Korostovtseva (Russia) Samson Khachatryan (Armenia), Ysbrand van der Werf (The Netherlands). Erna Sif Arnardottir, Liborio Parrino and Johan Verbraecken ended their 4-year term and will serve for the next two years as Advisory Members of the EC ANSS. We wish to thank Michaela Gjersted and Marta Gonçalves for their keen and professional commitment dedicated to all the ANSS activities in the last 6 years.

The meeting was accompanied by fair weather and excellent food especially served during the Welcome dinner at the Angiol D'Or Restaurant (illuminated by the magic vision of the Duomo and the Baptister) and at the amazing Labirinto della Masone where the Gala dinner, offered by the Italian Association of Sleep Medicine, was enjoyed at the prestigious Spigaroli Restaurant. Before the farewell toasts, awards were assigned to the winners of the best national presentations: Russia (1st prize), Portugal (2nd prize), Estonia (3rd prize).

The positive mood of all attendees made the meeting a memorable event. In a dark period in which European countries show more conflicts than agreements, the ANSS model remains a powerful example of how affairs and issues should be conducted among nations that share a common culture and a common land.

Liborio Parrino
Chair, EC ANSS



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (PARMA, 4-5 MAY 2018) - THE ESRS BOARD PERSPECTIVE

The Assembly of National Sleep Societies took place this year in Parma, the home of Liborio Parrino, Chair of the Executive Committee. It was very well attended by most of the national Presidents and board members.

As in the recent years, it has been very successful to bring together all elected leaders around Europe representing the sleep field. It is indeed a unique occasion to set up and exchange on current and future projects taking place in sleep research and medicine in European countries. It was in particular the first occasion for Dirk Pevernagie to present the new objective of a renewed Sleep Medicine Committee (see the [corresponding report](#)).

Bogdan Voinescu, the new ESRS Web coordinator presented the project under development of the new ESRS website. He showed that the new website will integrate the latest technical progresses to enhance communication between ESRS members and provide an outstanding presentation of the society.



UPDATE ON ESRS SLEEP MEDICINE EXAMINATION

The 7th Examination of Certification in Sleep Medicine and the 5th Examination of Certification in Sleep Medicine for Sleep Technologists will take place on 25 September 2018 in Basel (football stadium FC Basel, St Jakobs-Strasse 395). The Examination Subcommittee approved 108 participants for the Somnologist examination and 38 for the Technologist examination. The examination for Somnologists will now comprise two parts, an extended theoretical part and another one focusing on practical skills and knowledges. Moreover, additional reading covering topics on sleep and pediatrics has been provided to the Somnologist candidates. The examination for Technologists will comprise, as earlier, both theoretical and practical parts. Both parts must be successfully passed in order to qualify for certification.

The 2019 ESRS Examination in Sleep Medicine will be held in Marseille, France, in April, alongside the Sleep and Breathing Conference. The online-application will start on 1 October and close on 30 November 2018.

A round table “Education and accreditation procedures for Sleep Medicine: meeting the needs” will be organized during the ESRS meeting in Basel on Friday, 28 September 2018. The discussion will involve the topic of ESRS examination.



JOURNAL OF SLEEP RESEARCH NEWS



1. Great news!

Journal of Sleep Research has increased its Impact Factor score by 5% to 3.433. The journal now ranks 60/197 in Clinical Neurology which is 2 points up from last year.

2. The article [Sleep duration and mortality - Does weekend sleep matter?*](#) has been picked up by hundreds of news outlets and further shared on Twitter hundreds of times, potentially reaching millions of people.

This is the highest score for an article in the journal. The Altmetric score continues to increase daily, with a current score of [1808](#), which is fantastic! This places the article in the top 5% of all research outputs scored by [Altmetric](#).

To add to this, so far, the article has been downloaded over 1200 times. The article is available [FREE to view here!](#)

Lead Author, Torbjörn Åkerstedt, has been an ESRS member since 1985.

*Authors: Torbjörn Åkerstedt, Francesca Ghilotti, Alessandra Grotta, Hongwei Zhao, Hans-Olov Adami, Ylva... Trolle-Lagerros, Rino Bellocco, Åkerstedt, Torbjörn, Ghilotti, Francesca, Grotta, Alessandra, Zhao, Hongwei, Adami, Hans-Olov, Trolle-Lagerros, Ylva, Bellocco, Rino, Hans-Olov Adami, Ylva Trolle-Lagerros



NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the of the Portuguese Sleep Association, Dr. Joaquim Moita

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

In Portugal certification in Sleep Medicine Competency has been approved by the Portuguese Medical Association in June 2012. Physicians of some specialities have been certified for Sleep Medicine Competency in 2015, as godfathers, based on their curriculum vitae.

Afterwards, on a second phase, candidates must prove to have a level of expertise and knowledge on the sleep medicine area, based on a full 12-month training time in a sleep medical center before they are submitted to an examination. If their speciality had already a specific sleep training period, the 12-month training may be reduced. There are predetermined practical requisites, on clinical and laboratory sleep medicine practice, which have to be fulfilled for submission to examination for accreditation in sleep medicine. The first examination is being prepared.

Although the accreditation procedure has been upthrust by Portuguese Sleep Association, it is now carried on by the Portuguese Association of Medical Doctors, namely by the College of Sleep Medicine Competency.

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

Certification has been implemented only for medical specialists until now, but the process for some other health professionals, as psychologists and technicians, is desired and we hope it will be on the way on a short time.

Do you also have an accreditation procedure for sleep centers?

There are several public and private sleep medicine centers across the country, although none of them is yet accredited. The accreditation for sleep centers is being prepared by the College of Sleep Medicine Competency.

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

Those specificities will be included in the accreditation procedures for sleep centers.

Is sleep medicine officially included in academic programs?

Sleep medicine have been more and more included in academic programmes, namely in medical schools.

Sleep education and sleep themes have been gaining great importance in student programmes of elementary or high schools.

Do you organize accredited sleep medicine courses?

We do organize sleep medicine courses, but they have not been accredited. Accreditation process of courses is not implemented in Portugal.

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

No, at this moment we are organizing sleep medicine as a competency, status that was recently conquered.

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

At the present moment it is not represented, but one of the aims of the Association is to include it. We are working to achieve it.

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

Lino Nobili



ESRS TRAVEL AWARDS TO ATTEND THE 2018 SLEEP GORDON CONFERENCE

The following members have been selected to receive travel awards provided by the European Sleep Research Society to promote the participation of sleep trainees to the 3rd Gordon Research Conference on Sleep Regulation and Function held from March 18-23, 2018 at the Hotel Galvez in Galveston, Texas:

- Marieke Hoekstra
- Nicolette Ognjanovski
- Jacqueline van der Meij
- Henna-Kaisa Wigren

All abstracts submitted to the meeting by trainees were scored by the Gordon Research Conference on Sleep Regulation and Function Steering Committee, and those that received the top scores were selected for this award with a support of 750 \$ to each awardee through the ESRS.



THE PISA SLEEP AWARD – THIRTEENTH EDITION

Dear ESRS Members,

We are happy to announce that the winner of the Pisa Sleep Award 2018 is Professor Tarja Porkka Heiskanen. Our warmest congratulations for such an accomplishment. We thank you for your contribution to the field of sleep research and for your active involvement in the context of education.

Lino Nobili

Pisa, 15 June 2018

THE PISA SLEEP AWARD – THIRTEENTH EDITION

The thirteenth edition of the Pisa Sleep Award has been held the 15th of June in Pisa. The members of the Scientific Board of the Pisa Sleep Award proposed Professor Tarja Porkka Heiskanen for the prize.

From 1998 to 2000 Professor Tarja Porkka Heiskanen has been a member of the Scientific Committee of our scientific society and from 2000 to 2004 she has been the Secretary.

Professor Tarja Porkka Heiskanen gave fundamental contribution in the field of sleep neurophysiology and neurochemistry, in particular, on the role of the basal forebrain and adenosine in sleep regulation. Her studies have been strongly focused on understanding how does the brain measure the duration and intensity of previous wakefulness in order to increase the duration and intensity of subsequent sleep. During her career, Prof. Porrka Heiskanen has also been very active in promoting and organizing sleep research in Europe. In particular, from 2007 to 2010 she has been a member of the leading group for ESRS Marie Curie training program “Training in sleep and sleep medicine”.

Prof. Porrka Heiskanen is adjunct professor at the Institute of Biomedicine of the University of Helsinki, Finland.

The Pisa Sleep Award is a joint initiative by Professor Piero Salzarulo and Professor Luigi Murri and is a solid tradition in the sleep field, first established in 1994, and sponsored every two years by the School of Medicine of the 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), Pierre Maquet (2016).

Members of the Scientific Board of the Pisa Sleep Award 2018

Luigi Murri, Honorary President

Walter Mc Nicholas, President European Sleep Research Society, Dublin

Raffaele Ferri, President Italian Association of Sleep Medicine, Enna

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

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

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



Research Award of the Jörg Wolff Foundation

under the patronage of the European Society for Photobiology

Arnold Rikli Award 2018

For photobiological investigations in relation to human beings, we hereby announce the awarding of the

19. Arnold Rikli Prize

in the amount of 10.000,-- Euro for the year 2018.

The prize was originally awarded by the Institute F. Wolff of Riehen, Switzerland and first established in 1989. Jörg Wolff, the brother of the former sponsor, continues this tradition. The prize has been announced by the Jörg Wolff foundation every year since 2006 and stands under the patronage of the European Society for Photobiology (ESP).

The submitted reports should cover investigations on biological effects of optical radiation (ultraviolet, visible, and infrared radiation). The results should show new aspects for diagnostic investigation and/or therapy or provide guidelines for the practical utilization of biologic basics and/or future research with optical radiation.

Unpublished papers, or papers published after January 1, 2016 must be submitted in English language and be delivered to the office address or submitted electronically to the e-mail address mentioned below **not later than February 28, 2019**. The submission should focus on one area of speciality. An

additional abstract of no more than 300 words should outline the research and the significance of it. In the case that the submission is "in cumulo" (five studies at most) a brief explanation should be provided uniting the presentations together. It is desirable to enclose a letter of support for the award nomination.

An independent jury will evaluate the investigations and nominate the winner. The presentation of the award will take place at the 18th Congress of the European Society for Photobiology, August 25 to 30, 2019 in Barcelona (Spain).

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Research Award of the Jörg Wolff Foundation

under the patronage of the European Society for Photobiology

Arnold Rikli Sponsorship Award 2018

For photobiological investigations in relation to human beings, we hereby announce the awarding of the

2nd Arnold Rikli Sponsorship Prize

to the value of 5.000 Euro for the year 2018.

The sponsorship prize was announced for the first time in 2016 and is in addition to the annual Arnold Rikli Award from the Jörg Wolff Foundation in Stuttgart (Germany) and is intended particularly for young photobiological scientists up to 35 years old.

The prize is intended as financial support for a research project. The research will concern biological or medical effects of applied optical radiation (ultraviolet, visible, and infrared radiation) in humans. Research concerning the development of diagnostic and/or therapeutic methods or new aspects of them are preferable. The prize money may be used for travel and living expenses associated with visiting an external research laboratory to carry out the research project or for partial funding of the research project in the institution of the awardee.

Interested scientists can apply for the prize with a research plan and CV in the English language at the office or e-mail address mentioned below not later than February 28, 2019. The research emphasis must relate to one special subject area. The submission must include statements as to how the intended research

will facilitate the applicant's future career in photobiology and how the prize money will be used in detail. The research plan should be no more than three pages (approx. 10.000 words) and must be endorsed by the senior scientist responsible for the applicant in his/her institution and the hosting senior scientist if applicable.

An independent scientific jury will assess the submitted applications and will determine the prize winner. Three months after completion of the visit or of the supported project a final report signed by the prize winner and the corresponding senior scientists as well as detailed proof of expenses associated with the funds must be provided.

Office address: Dr. Peter Bocionek
c/o JW Holding GmbH
Kölner Straße 8
D-70376 Stuttgart
Germany
peter.bocionek@jw-holding.de

e-mail:



DECEASE OF DR JOAQUIN TERAN-SANTOS

Dear Friends,

On behalf of Spanish Sleep Society we are deeply sad to inform you that the immediate Past President of our society, Dr Joaquin Terán-Santos, aged 59, passed away last June 28th, after a fast oncological disease, diagnosed past November.

For the Spanish Sleep Society it is a big loss, as Joaquin gave an important drive to the interdisciplinary nature of Sleep Medicine in Spain, and for the accreditation and recognition of our field.

Many of you knew his professional excellency and his important scientific achievements, but above all, he was a warm and friendly person that we will miss.

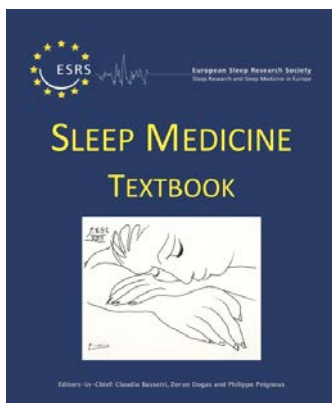
<http://ses.org.es/blog-post/fallece-el-dr-joaquin-teran-santos/>

Best regards

Javier Puertas
Vice-president of Spanish Sleep Society



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

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)

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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



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

2018 Summer School

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



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

5th International Conference on Rhinology and Otolaryngology

Date: August 1 - 2, 2018
Venue: Melbourne, Australia
Website: otolaryngology.conferenceseries.com/

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

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**.



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The Society welcomes the following new members:

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