

NEWSLETTER

June 2014





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CONTENTS

| | |
|--|----|
| LETTER FROM THE PRESIDENT | 3 |
| CALL FOR NOMINATIONS TO THE ESRS BOARD AND SCIENTIFIC COMMITTEE | 4 |
| REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS) | 7 |
| UPDATE ON ESRS 2014 CONGRESS | 10 |
| LAUNCH OF THE ESRS YOUNG RESEARCHER NETWORK | 11 |
| SATELLITE SYMPOSIUM OF THE EUROPEAN SLEEP RESEARCH SOCIETY | |
| "UNDERSTANDING SLEEP: NOVEL PERSPECTIVES IN NEUROSCIENCES" | 12 |
| ESRS EVENTS | 14 |
| ESRS SPONSORED EVENTS AND ENDORSED TRAINING / COURSES | 15 |
| OTHER TRAINING & COURSES | 16 |
| EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES | 17 |
| FUTURE MEETINGS | 18 |
| NEW MEMBERS | 19 |
| JOB OPPORTUNITIES | 28 |
| EUROPEAN SLEEP RESEARCH SOCIETY OFFICERS OF THE ESRS BOARD .. | 29 |
| SCIENTIFIC COMMITTEE | 30 |



LETTER FROM THE PRESIDENT

Dear ESRS Members,

Soon is coming the longest day of the year and with this light supply many of you already feel the perfume of well deserved vacations. Before enjoying sun, naps and fresh cocktails while finalizing pending manuscripts (or thinking about), please find enclosed a short intermediate version of the ESRS newsletter.

In this newsletter, you will discover with the report of the last meeting of the Assembly of National Sleep Societies within ESRS the composition of the new ANSS Executive Committee, with some new members that I am glad to welcome. I am looking forward to cooperate with this partially renewed Executive Committee, but I want also to address many thanks to those who had to leave this committee for the very positive spirit of cooperation with which we have succeeded to work together, leading to exciting achievements like for instance the now memorable Wake-Up Bus!

Besides, and importantly 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 within 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, thus 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 to receive nominations is **September 3rd, 2014**. We warmly thank you for participating in the development of ESRS by nominating the colleagues that you think best suited for the successful future of our society!

Also, we are very excited with the launch of a Young Sleep Researchers network during the Tallinn congress (see the announcement in this newsletter), an event that we hope will contribute to help our young researchers to better know each other and initiate novel actions and co-operations for mutual benefit and enjoyment in research.

And finally, you will receive soon, if not yet done, notifications of the acceptance of abstracts and selection of oral presentations for the Tallinn meeting, thanks to the careful work of the Scientific Committee. One again, we will have an excellent and diversified scientific content, and I am looking forward to meet you at the 22nd Congress of the European Sleep Research Society!

Sincerely yours,

A handwritten signature in black ink, appearing to be 'P. Peigneux', is located below the text 'Sincerely yours,'.

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 Tallinn, 18 September 2014, new members for the Board and the Scientific Committee will need to be elected.

Nominations to the ESRS Board

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

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

The Vice-President Basic
The Assistant-Secretary

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

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

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

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

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

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

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

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

Nominations to the Scientific Committee

The composition of the present Scientific Committee is:

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

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

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

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

Nominations for the Scientific Committee should include:

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

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

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



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

April 2014 to June 2014

The EC of the ANSS met in association with the ANSS meeting in Graz (May 2014) and had frequent contacts via e-mail and telephone conferences (April 2014). Our activities can be summarized as follows:

The main activity during the past 3 months was the organization of the Annual ANNS meeting in Graz, Austria, together with the ESRS Board and relevant ESRS committees. Attendance was all time high with 28 (out of total 30) National Sleep Societies represented and the attendance of the entire ESRS Board. We had intense and fruitful discussions on a large variety of topics: Education, certification, current developments, reimbursement, development of research networks, and the impact of sleep disorders on traffic safety. All activities of the ESRS were presented and the interaction of ESRS and national sleep societies were highlighted. In this context, the different dimensions of the Wake up Bus project and its outcome were presented and discussed. Regarding sleep research, a mapping of research activities in the different ANSS countries was introduced including a publication ranking between European countries. The results will be presented at the Tallinn meeting. We would like to express our gratitude to Wolfgang Mallin and the Austrian Sleep Society for hosting us and the perfectly organized meeting.

Finally, three new members of the Executive Committee of the Assembly of National Sleep Societies were elected:

We congratulate Liborio Parrino (Italy), Erna Sif Arnardottir (Iceland), and Johan Verbraecken (Belgium) on election to their new positions. The official exchange of committee members will take place at the Tallinn congress in September.

In addition, the ANSS-EC finalized the following activities:

- I. [Reimbursement of Sleep Procedures across Europe](#) (M. Gjerstad et al.)
- II. [Development of education, certification and accreditation in sleep medicine](#) by National Sleep Societies in Europe during 2010 – 2013 (S. Mihaicuta et al.)
Those two reports are based on information collected from the National Sleep Societies via the ANSS network.
- III. Sleepiness at the wheel across Europe: a survey of 19 countries
The results of the Wake Up Bus Sleep Study have been analysed by Raquel Lucas and Marta Goncalves (Oporto). A manuscript has been prepared in cooperation with the ESRS appointed sleep expert panel for submission by the end of Q II 2014.

IV. Update of the ANSS webpages: We changed the wording of the ANSS webpages and included the recent developments. We ask all presidents and board members to update the information about their National Sleep Society. Please contact Brigitte Knobl (esrs.bk@online.de) for any changes to be implemented.

We wish you all a wonderful summer vacation.

Michaela D Gjerstad, Marta Goncalves, Stefan Mihaicuta, Javier Puertas, Ludger Grote.

Executive Committee, Assembly of National Sleep Societies

Attachments:

- [Protocol ANSS meeting in Graz](#)
- [Report 1: Reimbursement of Sleep Procedures across Europe](#)
- [Report 2: Development of education, certification and accreditation in sleep medicine by National Sleep Societies in Europe during 2010 – 2013](#)
- Two pictures reflecting the wonderful atmosphere at the Annual ANSS meeting in Graz:



The ANSS presidents, the ESRS board and the ANSS executive committee at the famous GRAZ Clock Tower – a guided tour organized by Wolfgang Mallin from the Austrian Sleep Society.



Philippe Peigneux presented the work and structure of the ESRS and its different committees to the Presidents of the National Sleep Societies.



UPDATE ON ESRS 2014 CONGRESS

The ESRS 2014 congress in Tallinn is fast approaching. The updated scientific programme is available online at www.esrs-congress.eu (> Scientific Programme) and promises to be of outstanding scientific content.

We are proud to have with Prof. Richard Morris, Prof. Allison Harvey, Prof. Jim Krueger and Prof. Jan Hedner, 4 world known keynote speakers. The scientific programme will also include symposia, teaching courses, video and case discussion sessions as well as round table discussions and a new network session for Young European Sleep Researchers. The orals and posters are currently being evaluated and will be online shortly.

The meeting will not only provide a pleasant atmosphere for everyone to learn but will also offer a basis for sharing visions for the future of sleep research and sleep medicine. Don't forget to book your ticket for the ESRS Networking Event, which will take place at the "Lennusadam", a museum in a historic Seaplane Harbour in Tallinn.



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The **intermediate registration deadline is on 29 July 2014**. Don't miss the deadline to save considerably on the registration fees. Registration can be done online at the congress website www.esrs-congress.eu. On the congress website you can also book your hotel room and your flight.



LAUNCH OF THE ESRS YOUNG RESEARCHER NETWORK

We are pleased to announce the Launch of the ESRS Young Researcher Network. All early career sleep researchers are invited to attend a **lunchtime session at the forthcoming ESRS Congress in Tallinn (12:30 – 14:00 Friday 19th September)**. This will be for all young researchers to meet and network. How best the ESRS can meet the needs of junior sleep researchers will be discussed. All are very welcome to attend this session and be part of this exciting initiative.

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ESRS Vice-President (basic)
Coordinator, Research Networking Committee
d.skene@surrey.ac.uk

Erna Sif Arnardottir
Coordinator, Launch of the ESRS
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9th Federation European Neurosciences Societies (FENS) Forum of Neuroscience
July, 4th 2014

Satellite Symposium of the European Sleep Research Society
"Understanding Sleep: novel perspectives in Neurosciences"



8.30-10.00 Understanding Sleep Functions

Chairs: Philippe Peigneux, Lino Nobili

Tarja Porkka-Heiskanen: Sleep regulatory factors

Roberto Amici: Sleep and bodily functions

Philippe Peigneux: Sleep and memory: emerging concepts and new approaches

10.00-11.30 The impact of sleep deprivation on human-health

Chairs: Luca Imeri, Tarja Porkka-Heiskanen

Luca Imeri: The link between sleep and immune response

Peter Meerlo: Metabolic and neurobiological consequences of chronically disrupted sleep

Nicola Montano: Short and long-term effects of sleep deprivation on the autonomic control

11.45-13.15 REM sleep alterations and brain diseases

Chairs: Pierre-Hervé Luppi, Raffaele Manni

Mayumi Kimura: REM sleep alterations and depression

Pierre-Hervé Luppi: Animal models of REM dysfunctions: what they tell us about the cause of narcolepsy and Rapid Eye Movement (REM) behavior disorder.

Luigi Ferini-Strambi: Rapid Eye Movement (REM) behavior disorder as a marker of degenerative disorders

14.30-16.00 Global and local regulation of sleep

Chairs: Marcello Massimini, Vlad Vyazovskiy

Maurizio Mattia: Cellular and network mechanisms of sleep slow oscillations

Vlad Vyazovskiy: Local and global dynamics of brain activity during sleep

Simone Sarasso: Coupling and uncoupling of cortical and sub-cortical activity during human sleep



Location: Palazzo Pirelli, Sala Gonfalone, Via Fabio Filzi, 22, Milano.

Short description, topic and purpose

Sleep is a fundamental biological function, crucial for physical and mental health. However, we still don't know what sleep is for. Sleep has been identified as a state able to optimize the consolidation of newly acquired information in memory, but the reasons for this are still a mystery. Performances, skills, immune and vegetative functions are deeply impaired after sleep loss, but we still don't know which are the substrates of this impairment at brain level.

Traditionally, sleep has been considered as a global behavioral phenomenon, orchestrated by central specialized neuronal networks modulating the whole-brain activity; nevertheless, recent studies suggest that sleep might be regulated at a local level in the brain. Finally, very recent intracerebral electrophysiological studies in humans have also shown that sleep and wakefulness are not mutually exclusive; the human brain can be characterized by the coexistence of wake-like and sleep-like activities in different cortical areas. These observations open new perspectives in the interpretation of the substrates underlying behavioral states of vigilance.

Aims of the symposium is to give an overview of the recent research on the physiological basis of the nature of sleep and its functions and on the consequences of sleep deprivation and sleep alterations on brain and bodily functions. Due to the integrated multidisciplinary approach the symposium may be of interest for neuroscientists from within and outside the sleep research community.

Speakers:

Philippe Peigneux: Neuropsychology and Functional Neuroimaging Research Unit, Université Libre de Bruxelles. Bruxelles, Belgium

Tarja Porkka-Heiskanen: Institute of Biomedicine/Physiology. Biomedicum Helsinki, University of Helsinki, Finland.

Roberto Amici: Department of Biomedical and NeuroMotor Sciences - Physiology, Alma Mater Studiorum, University of Bologna, Italy

Peter Meerlo: Department of Behavioral Physiology, Center for Behavior and Neurosciences, University of Groningen, the Netherlands

Luca Imeri: Department of Human Physiology and Giuseppe Moruzzi Centre for Experimental Sleep Research, University of Milan Medical School, Milan, Italy.

Nicola Montano: Division of Medicine and Pathophysiology, Department of Biomedical and Clinical Sciences "L. Sacco," L. Sacco Hospital, University of Milan Milan,

Mayumi Kimura: Max Planck Institute of Psychiatry, Munich, Germany.

Pierre-Herve Luppi: INSERM, CNRS, Lyon Neuroscience Research Center, University Lyon 1, Lyon, France

Luigi Ferini-Strambi: Sleep Disorders Center, Università Vita-Salute San Raffaele, Milan, Italy.

Maurizio Mattia: Istituto Superiore di Sanità, ISS, Roma, Italy.

Vlad Vyazovskiy: University of Surrey, Faculty of Health and Medical Sciences, Department of Biochemistry and Physiology, Guildford, UK

Simone Sarasso: Department of Biomedical and Clinical Sciences 'Luigi Sacco', University of Milan, Milan, Italy.





ESRS EVENTS

22nd Congress of the European Sleep Research Society

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

Deadline for abstract submission:
23 April 2014

Deadline for early registration fee:
29 April 2014

Deadline for intermediate registration fee:
29 July 2014



Sleep and Breathing

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

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

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

hosted by the ESRS

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





ESRS SPONSORED EVENTS AND ENDORSED TRAINING / COURSES

2nd joint ILAE CEA-ESRS Symposium: Epileptic and non-epileptic sleep related paroxysmal motor events

Co-Chairs: Lino Nobili (Italy), Sofia Eriksson (UK)

Date: July 2, 2014

Venue: Stockholm, Sweden

Homepage: www.epilepsystockholm2014.org/.../special-sessions.705.html

Understanding Sleep: Novel Perspectives in Neurosciences

Date: July 4, 2014

Venue: Milan, Italy

Programme: www.esrs.eu/.../Understanding_Sleep...new.pdf

Website: fens2014.neurosciences.asso.fr/.../index2.php?sub=64&left=2&left2=2

Satellite Symposium of the European Sleep Research Society to be held during the 9th Federation European Neurosciences Societies (FENS) Forum of Neuroscience.

New venue: Palazzo Pirelli, Sala Gonfalone, Via Fabio Filzi, 22, Milano

To reserve your space at the Satellite Symposium, please send an email to esrs@congrex-switzerland.com.

9th FENS Forum on Neuroscience

Date: July 5 - 9, 2014

Venue: Milan, Italy

Website: fens2014.neurosciences.asso.fr/

International Consensus Conference on Nocturnal Frontal Lobe Epilepsy

Progress and challenges in an enigmatic epilepsy syndrome

Date: August 30 – September 1, 2014

Venue: Bologna, Italy

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

ISMC 2014 - International Sleep Medicine Course

Date: November 17 – 20, 2014

Venue: St. Michelsgestel, The Netherlands

Website: www.ismc2014.nl/



OTHER TRAINING & COURSES

Online Course Respiratory Epidemiology

Date: June 17 –July 3, 2014

Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf

Website: www.ersnet.org/education/courses.html

Behavioural Sleep Medicine Course 2014

Date: October 2 - 4, 2014

Venue: Freiburg, Germany

Programme: www.esrs.eu/uploads/tx_mnmesrscal/FFAP_international_final-4.pdf

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

Date: November 4 - 20, 2014

Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf

Website: www.ersnet.org/education/courses.html

Noninvasive Ventilation: Basic Concepts

Date: November 20 –21, 2014

Venue: Hannover, Germany

Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf

Website: www.ersnet.org/education/courses.html



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

ISHN 19th Annual Meeting

Date: June 30 – July 5, 2014

Venue: Brussels, Belgium

Programme: www.bri.ucla.edu/nha/ishn/ishn2014program.pdf

Website: www.ishn.org/

Joint meeting of the International Society for the History of the Neurosciences (ISHN) and the Belgian Association for Sleep Study & Sleep Medicine (BASS)

22nd Annual Meeting of the German Sleep Society

Date: December 4 - 6, 2014

Venue: Cologne, Germany

Website: www.dgsm-kongress.de/



Conference Chairs:

Dr. med. Alfred Wiater

Priv.-Doz. Dr. med. Wolfgang Galetke

Prof. Dr. med. Winfried Randerath



FUTURE MEETINGS

28th International Congress of Applied Psychology

Date: July 8 - 13, 2014
 Venue: Paris, France
 Website: www.icap2014.com/

Number of attendees: 5000
 Contact: exh@icap2014.com

The 3rd European Conference on Mental Health

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

CUHK Sleep 2014 Conference and Workshop

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

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

Joint Congress: World Psychiatric Association Thematic Conference on Intersectional Collaboration

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



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



NEW MEMBERS

The Society welcomes the following new members:

Muhammad Sagheer **Ahmad**, BSc
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