

# NEWSLETTER

March 2014





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## LETTER FROM THE PRESIDENT

Dear ESRS and ANSS members, Dear Colleagues and Friends,

One year ago at this same period, I was telling you that if the few months following our traditional ESRS congress were once upon a time a quiet period, the content of the March 2013 newsletter's edition clearly demonstrated how the ESRS teams are working hard to the benefit of our society. Approaching now the 2014 edition of our biannual congress, I am sure that this March 2014 edition will convince you even more that we are working harder than ever, not only to make the Tallinn meeting a big success, but also to make your sleep society worth your confidence by improving its actions and efficiency!

But first of all, let us welcome our 38 newly accepted members, listed at the end of this newsletter. Many thanks for joining us in the ESRS community! You will soon be joined by the more than 80 sleep scientists who also recently applied for ESRS membership. As explained previously, applicants' names are published in the members-restricted section of the ESRS website (please login to view the list at [www.esrs.eu/membership-services/applicants-list.html](http://www.esrs.eu/membership-services/applicants-list.html)), and they will become automatically ESRS members two months after publication unless an objection is raised by ESRS members.

It is also a renewed pleasure to congratulate the recipients of the ESRS Travel Grants 2014 (to view their names click [here](#)), a continued initiative of the ESRS Research Networking Committee (RNC). We have received many candidatures this year, demonstrating the success of the operation. The RNC and the Scientific Committee (SC) have closely collaborated to select the successful recipients amongst a series of excellent applications, and our only regret is not having been able to support more of them. Besides, the RNC continues working hard to develop opportunities to promote sleep research and interactions between sleep researchers in Europe. In this respect, I am especially pleased to announce the launch of an ESRS Young Researchers Network in Tallinn, a novel initiative coordinated by the RNC and our Icelandic member Erna Sif Arnardottir.

Preparations are now accelerating for our next ESRS meeting to be held in Tallinn, September 16-20th. It is now the right time to start submitting your best studies as the **deadline for abstract submission is April 23th**. As usual, the Scientific Committee will review and rate all abstracts for the oral and poster communication sessions, which will be published in a supplement of the Journal of Sleep Research. And if you are still a young scientist, you have a chance to see your work selected for presentation in the opening session of the congress during our prestigious Young Scientist Symposium, so do not hesitate to apply! Importantly, we have also decided to give a quick review to the poster sessions, which will now be held at the end of the day after the oral sessions. This will avoid any concurrent activities and make for a

good preparation for lively discussions over dinner in the evening. I can also promise some nice surprises to make these poster sessions a truly pleasant and fruitful moment for scientific interactions!

To further stimulate your appetite, the scientific program of the congress is now available on the congress website ([www.esrs-congress.eu/esrs2014/scientific-programme.html](http://www.esrs-congress.eu/esrs2014/scientific-programme.html)). I am very proud to tell that we have an excellent and well-balanced selection of symposia, thanks to the work of the Scientific and Organizing Committees, and four outstanding and stimulating Keynote speakers with Professors Richard Morris, Allison Harvey, Jim Krueger and Jan Hedner. Also, do not forget our Teaching courses on September 16th, which will cover a wide variety of clinical and basic domains including updates on sleep medicine, pharmacology of the sleep-wake cycle and drug development, CBT-I across the life span, circadian and homeostatic regulation of sleep, and the spectrum of current therapies in sleep disordered breathing.

And finally, Tallinn will witness the organization of the first regular examination for European somnologists. This examination is directed to physicians, psychologists and scientists who are willing to receive the ESRS European certification in sleep medicine. Furthermore, we are organizing the first grandparents' certification in sleep medicine for sleep technologists, in cooperation with the European Sleep Technologist Association. Like the 122 sleep specialists who have obtained the ESRS grandfather certification in sleep medicine, these grandparent sleep technologists are expected to take the lead in the development of sleep medicine technology in Europe, and we are looking forward to welcome them. For those two examinations, be aware that the **deadline for submitting your application is April 3rd**, so take your chance now!

Hence, there are many reasons for you to come to Tallinn and be part of the best meeting to hear about the last advances and share experiences in sleep research and sleep medicine in a friendly atmosphere. And in the meantime, you are also welcome to join us July 4th in Milan for the ESRS satellite meeting "Understanding Sleep: Novel Perspectives in Neurosciences", organized at the 9th FENS Forum of Neuroscience (click [here](#)).

You will find also in this newsletter updates about the other meetings organized by the ESRS, and of course about the numerous activities conducted by the ESRS Committees and networks.

I wish you a pleasant reading of this 2013 March newsletter. Sleep well and live well, we are looking forward to seeing you soon!

Sincerely



Philippe Peigneux  
ESRS President



## REPORTS OF THE ESRS COMMITTEES

### ESRS Research Networking Committee (RNC)

#### Members (2012-2014):

Coordinator, Debra J. Skene; vice-coordinator, Walter McNicholas; members, Roberto Amici, Simon Archer, Zoran Dogas, Pierre-Hervé Luppi, Lino Nobili, Renata Riha

The RNC continues to facilitate the Networking of Sleep Researchers. On 13<sup>th</sup> December, 2013 the Co-ordinators of the European Networks (Forum for Women in Sleep Research; EIN; EU-NN; ESADA) were asked to circulate a letter encouraging their members to become ESRS members as well register their Laboratory in our [European Sleep Research Database](#). As a result of these efforts, we currently have 94 Laboratories registered, with another 19 Laboratories pending approval. Unapproved submissions are partly incomplete and submitters are kindly asked to check the completeness of their application (for submission guidelines, click [here](#).)

The annual ESRS Travel Grant scheme (2014) for young researchers has been completed. We received a wide range of applications with candidates from across Europe. Simon Archer, Pierre-Hervé Luppi and I had a difficult task selecting 10 awardees. These trainees and the Laboratories that will host them are detailed [here](#).

I am also pleased to announce that Erna Sif Arnardottir (Iceland) has agreed to assist in co-ordinating the launch of the ESRS Young Researchers Network. A special session for Young Researchers will be held at the forthcoming ESRS Congress in Tallinn (Friday 19<sup>th</sup> September 2014, 12.30-14.00). Please spread the word about this exciting initiative!

With thanks for your continued support

Debra J. Skene

### ESRS Scientific Committee (SC)

#### Current Members (2012 – 2014):

Simon Archer (chair), John Axelsson, Tom de Boer, Alex Iranzo, Mayumi Kimura, Raffaele Manni, Tiina Paunio, Renata Riha, Sophie Schwartz.

Since the previous report of activity, the symposium sessions for the Tallinn meeting have been finalised and the Scientific Committee has scheduled these within the Scientific Programme. The Committee has made some changes to the programme schedule with respect to the Paris format to reduce the number of parallel symposia and so minimise potential clashes. The resulting symposium schedule is exciting and full of great scientific content. The meeting schedule can now be viewed at the

website. Our next task will be to review the submitted abstracts after the April deadline and to schedule the Oral Session content for the programme. We encourage you and your colleagues to submit your excellent work for presentation at the Tallinn meeting. The Committee continues to provide input into the Research Networking Committee via its two nominated members and recently helped to evaluate applications for travel grants.

Simon Archer

### **ESRS Sleep Medicine Committee (SMC)**

#### **Current Members (2012 – 2014):**

Ludger Grote, Simone de Lacy, Marie-Pia d'Ortho, Zoran Dogas, Colin Espie, Diego Garcia-Borreguero, Walter McNicholas, Lino Nobili, Dirk Pevnagie, Thomas Pollmächer, Andrea Rodenbeck, Marco Zucconi, Thomas Penzel (Chair)

The Sleep Medicine Committee is working towards the next examinations which will take place at the beginning of the next ESRS congress 2014 in Tallinn, on 16th September 2014. Currently ESRS members can submit their applications. The deadline for submission is 3rd April 2014.

The examinations will be for physician, psychologist, scientist a regular exam, and a grandparents examination for sleep technologists in cooperation with the European Sleep Technologist Association. We are looking forward to a great attendance and are currently preparing the questions and the suggested reading material. The suggested reading material will be announced to all applicants shortly after the deadline for submissions.

The [Catalogue of knowledge and skills for sleep medicine](#), first published online as Early View article, has now appeared as final-published article in the April 2014 issue of the [Journal of Sleep Research](#). The catalogue is the basis for sleep medicine education courses and for a textbook covering all aspects of sleep medicine required to pass the examination successfully. The Sleep Medicine Committee is working on the update of the sleep centre accreditation publication together with the European Respiratory Society (ERS). The update will include technical issues and propose different types of sleep centres (training centres, comprehensive centres, specialized centres) currently discussed in Europe. The alignment with the ERS, more specifically the HERMES program for respiratory sleep medicine is continued. A new meeting with ESRS and ERS delegates is planned for spring this year.

Thomas Penzel

## **ESRS EU Committee**

*December 2013 – March 2014*

### **Current Members (2012 – 2014):**

Roberto Amici (Chair), Diego Garcia Borreguero (Co-Chair), Marta Gonçalves, Damien Leger, Philippe Peigneux, Dieter Riemann

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

Following the big achievements of 2013 (Wake-up bus project, Meeting at the EU Parliament in Brussels, Meeting “Networking to Understand Sleep Functions and Dysfunctions -The European Basic and Clinical Sleep Research Towards Horizon 2020”, within the EU “Month of the Brain” program) the organization and duties of the Committee are under revision in order to make a further step forward in the relationship between the ESRS and the EU.

According to this, the possibility to enlarge the Committee, giving to every member a precise responsibility in strengthening the relationship between the different ESRS Committees and the four major pillars of interest for ESRS within the EU (i.e. Health, Research, Education, and Road Safety) will be discussed in the next ESRS Board meeting. Furthermore, new modalities of interaction between the EU Committee and the National Sleep Societies will be proposed during the forthcoming ANSS meeting in order to better homogenize and synchronize the efforts aimed at increasing the visibility of sleep research and sleep medicine in Europe.

Roberto Amici



## REPORTS OF THE EUROPEAN NETWORKS

### European Insomnia Network (EIN)

Already in 2013, the European Insomnia Network had applied for funding with the so-called EU Cost Action. Cost actions do not serve to directly fund research work, but they are aimed at supporting networking between researchers and clinicians Europe-wide. Furthermore, they serve to support young researchers to seek exchanges between laboratories across Europe. Unfortunately, our first application did not make it to the second round, i.e. it was rejected. Based on this experience and on advice from the German national contact point, the European Insomnia Network now has submitted a revised and strongly improved application for the Cost Action Programme in 2014. First decisions will be published in May, so we are looking forward and expecting the best.

Furthermore, the European Insomnia Network will be present at the Tallinn Meeting on the one hand with a symposium reflecting some of its work presented by young speakers from various European countries. Furthermore, a case seminar on therapy refractory insomnia will be held.

Dieter Riemann, Ph.D.  
Freiburg, March 10, 2014

### European Narcolepsy Network (EU-NN)



EUROPEAN NARCOLEPSY NETWORK

The 5th European Narcolepsy Day (END) was held in Copenhagen, March 14-16, chaired by Dr. Prof. P. Jennum (see [welcomehome.dk/ENN-2014/HOME.aspx](http://welcomehome.dk/ENN-2014/HOME.aspx)).

The EU-NN annual assembly was held the day before, on March 14th. An audience of around 100 people from Europe followed the scientific meeting. The speakers presented state of the art presentation and/or hot topics concerning pathogenesis: genetics and autoimmunity; autonomic functions; neurobiology of REM sleep and cataplexy; comorbidities and treatment. The Day of the Patient was another feature of the meeting. Patients met with representatives from various European countries. A new website was presented.

The 2014 winner of the EU-NN Young Investigators Award was Dr. Armand Mensen with the article entitled "Humour as a Reward Mechanism: Event-Related Potentials in the Healthy and Diseased Brain", *A Mensen, R Poryazova, S Schwartz, R Khatami*, Plos One, 2014.

During the EU-NN Assembly two board members stepped down: M Tafti and R Khatami. G Mayer, GJ Lammers and R Riha were (re)elected as members of the Board.



R Peraita-Adrados and M Partinen will remain for one additional year. The Assembly participants elected G. Mayer as the new president of the EU-NN.

EU-NN 2014 grants for young scientists and for senior investigators were selected for five applicants for collaborative projects (1-2 months) within different sleep centres in Europe.

More than 680 new cases have been entered in the EU-NN database in 2012-2014. Data quality algorithms classify as validated cases according to EU-NN predefined standards. These data qualify for further prospective studies. The design of the children DB is finished and it will be available at the end of the 2nd quarter. We thank the contributing centres for their effort.

As of 1st March 2014, 27 full members of 28 centres from 14 different European countries join the EU-NN. Besides the publication on the retrospective database, there have been two other recent publications on behalf of the EU-NN.

The European Network Session - European Narcolepsy Network is scheduled on: Wednesday, 17 September 2014, 17.00-18.30 in Tallinn (Estonia).

For more information, including a list of affiliated laboratories, see our website: <http://www3.unil.ch/wpmu/eunn/>.

Gert Jan Lammers, President of the EU-NN

## The European Sleep Apnea Database (ESADA)



– a progress report for the ESRS newsletter

### News from the ESADA sleep apnea network

The European Sleep Apnea Database – ESADA – was started in 2006 as a collaborative database effort between more than 27 European sleep centres. During 2013 the new centre in Hamburg, Germany (Dr. Holger Hein) has been included into the network (centre no 27). By March 20 2014, 15 956 patients have been enrolled into the database and data from 5 313 follow up visits are available.

The annual ESADA network meeting 2013 was hosted by Renata Riha and her team in Edinburgh, UK, on 19-20th of April 2013 and for 2014 the meeting will take place between March 27 and March 30 in Mandranova, Sicily, Italy, with Marisa Bonsignore as our host.

During the last year major achievements have been reached:

1. Recruitment of new patients is ongoing and proportionally more follow up visits are registered.
2. Publication of results from the ESADA are soon available to the public:

Sleep apnoea severity independently predicts glycaemic health in non-diabetic subjects: the ESADA study.

Brian D. Kent, Ludger Grote, Marisa Bonsignore, Tarja Saaresranta, Johan Verbraecken, Patrick Levy, Pawel Sliwinski, Ruzena Tkacova, John-Arthur Kvamme, Ingo Fietze, Jan Hedner, Walter T. McNicholas on behalf of the European Sleep Apnoea Database collaborators.

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Three manuscript are submitted and under revision. One additional manuscript is under submission.

3. Several prospective studies are ongoing.

Ludger Grote on behalf of the ESADA group



*Group Photo from the ESADA network Meeting in Edinburgh, 2013*



## REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

*November 2013 to March 2014*

The EC of the ANSS has met in Valencia (March 2014) and had frequent contacts via e-mail and telephone conferences (December 2013 and February 2014). The activities can be summarized as follows:

Our main activity is the ongoing preparation for the Annual ANNS meeting in Graz, Austria, together with the ESRS board and relevant ESRS committees. **All presidents or representatives of the National Sleep Societies - please register for the meeting on Friday the 2nd of May until Sunday the 4th of May 2014 and inform Stefan Mihaicuta ([stefan.mihaicuta@umft.ro](mailto:stefan.mihaicuta@umft.ro)) and Wolfgang Mallin ([mallinw@aon.at](mailto:mallinw@aon.at)).** The detailed programme will be available on the ESRS website.

Our second focus is on the finalization of several status reports regarding education, certification and reimbursement of sleep medicine services in Europe. For the reimbursement project we have involved a health economist at the University of Stavanger, Norway. This work is in progress and we plan to present the most recent data at the ANSS Graz meeting in May 2014.

Further activities: The sleep study results are presented at meeting and a manuscript is under preparation (MG). The Wake Up Bus Project and the structure and achievements of the ANSS within the ESRS were presented at the regional meeting of 12 Eastern and Central European countries in Belgrade (February 2014, LG). The update of the ANSS information on the ESRS webpage with regard to the ANSS has been further processed (MDG, JP). The major developments will be presented on the website.

New ANSS member: Slovakia has been accepted as a member of the ANSS and we welcome the Sleep Society of Slovakia with its president Professor Imrich Mucska!

Michaela D Gjerstad, Marta Goncalves, Stefan Mihaicuta, Javier Puertas, Ludger Grote  
Executive Committee, Assembly of National Sleep Societies



*ANSS meeting in Copenhagen 2013*



## UPDATE ON ESRS CONGRESS ACTIVITIES AND EXAMINATIONS

### ESRS 2014

Preparations for the ESRS 2014 meeting in Tallinn, 16 - 20 September 2014 are going well and we look forward to an exciting meeting.

The Preliminary Programme is online at [www.esrs-congress.eu](http://www.esrs-congress.eu). We are proud to have with Prof. Richard Morris, Prof. Allison Harvey, Prof. Jim Krueger and Prof. Jan Hedner 4 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 new network session for Young European Sleep Researchers

The oral and poster sessions are a very important part of the congress and we would like to encourage you to submit an abstract for the congress. Please visit [www.esrs-congress.eu](http://www.esrs-congress.eu) for further details. The **abstract submission deadline is on 23 April 2014**.

The **early registration deadline is on 29 April 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](http://www.esrs-congress.eu).

ESRS has designated event-travel specialist Congrex Travel to serve as the official agent for travel. Please visit the congress website for the hotel and flights offers.

### ESRS 2016

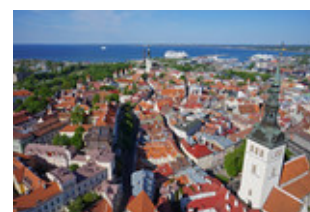
Bologna in Italy has been chosen as the venue for the ESRS 2016 congress. First preparations to organise the congress have already started and the ESRS Board is looking forward to holding the congress in this great Italian city.

### ESRS 2018

The ESRS Board has issued a call for applications to host the ESRS 2018 congress. Please refer to the [bid manual](#) for all further information.



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## Sleep & Breathing 2015

The third international congress organized by the European Respiratory Society (ERS) and (ESRS) will be held in Barcelona from 16-18 April 2015.

The Sleep and Breathing conference is the largest pan-European meeting of its type and the only meeting offering an integrated approach to the investigation and treatment of sleep disorders.

In Barcelona 2015, the focus remains predominantly on sleep breathing disorders and the programme will cover as well other sleep-related areas of paediatrics, obesity, cardiovascular disorders, diabetes, psychology, psychiatry and neurology.

### Organising Committee

Chairs: Prof. Walter McNicholas, Prof. Anita Simonds

Vice Chairs: Prof. Claudio Bassetti, Prof. Johan Verbraecken

Committee: Prof. Stefan Andreas, Prof. Wilfried De Backer, Prof. Lino Nobili, Prof. Javier Puertas, Prof. Josep M Montserrat, Prof. Joan Santamaria

Visit the [official website](#) for more details and important information.

### Register now for Examinations in Tallinn

Registration for the two upcoming examinations for certification in sleep medicine closes **on 3 April, 2014**. Do not delay, apply online now.

Please find information and instructions on the application process below.

#### **The 3rd Examination of the Certification in Sleep Medicine:**

**Tuesday, 16 September 2014 at 17:30 – 18:45 at the ESRS Congress in Tallinn**

The examination will be a written test consisting of 50 multiple-choice questions to be completed on-site. Cut-off for successfully passing the examination is 50% correct answers.

Doctors, Physicians, and Psychologists that wish to take the examination must be current members of the ESRS and should have a minimum level of experience in sleep medicine as outlined in the [application announcement](#) .

#### **The 1st Examination of the Certification in Sleep Medicine for Sleep Technologists:**

**Tuesday, 16 September, 17:30 – 18:45 and Wednesday, 17 September, 17:00 – 20:00 at the ESRS/ESST Congress in Tallinn**

This will be the first technologist examination directed exclusively at "grandfathers" and "grandmothers". "Grandparenting" is a procedure which applies to professionals with wide experience in sleep technology, medicine and research. It is envisioned by the ESRS that the "grandparents" in this context may take the lead in future European and National activities to promote sleep medicine professionals.

The examination will consist of two components. The first part will be a written test consisting of 50 multiple-choice questions to be completed on-site. A suggested reading list will be provided. Cut-off for successfully passing this part of the examination is 50% correct answers. The second part of the examination will focus

on practical skills. This part will involve sleep staging, event scoring and interpreting 2 excerpts from PSG recordings and also a full MSLT recording. Both parts must be successfully passed in order to qualify for certification.

Technologists, nurses, and other sleep professionals that wish to take the examination must be current members of the ESRS and should meet the application criteria as specified on the [application announcement](#) .



## RECIPIENTS OF ESRS TRAVEL GRANTS 2014

The [ESRS Research Networking Committee](#) is pleased to announce that ten ESRS Travel Grants have been awarded for the year 2014 within the programme developed to promote travel of young sleep researchers in order to learn a specific technique or methodology in an experienced laboratory belonging to the [ESRS Network of Sleep Research Laboratories](#).

We congratulate the recipients and cordially thank the supervisors and teams of the host laboratories for their support and cooperation in this endeavour.

The ten ESRS Travel Grant recipients (in alphabetical order) are:

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Recipient 1:	Gabriel Rona Davies, Mancheser, United Kingdom
Host Laboratory:	<a href="#">Center for Sleep Research and Sleep Medicine, University Medical Center, Department of Psychiatry &amp; Psychotherapy, Freiburg, Germany</a>
Supervision:	Prof. Dieter Riemann

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Recipient 2:	Simone Duss, Bern, Switzerland
Host Laboratory:	<a href="#">Center for Sleep Research and Sleep Medicine, University Medical Center, Department of Psychiatry &amp; Psychotherapy, Freiburg, Germany</a>
Supervision:	Prof. Dieter Riemann

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Recipient 3:	Elisabeth Hertenstein, Freiburg, Germany
Host Laboratory:	<a href="#">Sleep, Health &amp; Society: Biochemical Research &amp; Epidemiology, University of Warwick, United Kingdom</a>
Supervision:	Prof. Michelle A. Miller, Dr. Nicole Tang

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Recipient 4:	Samson Khachatryan, Yerevan, Armenia
Host Laboratory:	<a href="#">Sleep &amp; Epilepsy Center, Neurocenter of Southern Switzerland, Civic Hospital (EOC) of Lugano, Switzerland</a>
Supervision:	Prof. Mauro Manconi

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- Recipient 5: Marta Pace, Bern, Switzerland  
Host Laboratory: [Physiopathology of the Neuronal Networks of the Sleep-Waking Cycle, UMR 5292 CNRS/U1028 INSERM, Team "Sleep", Lyon, France](#)  
Supervision: Dr. Pierre-Herve Luppi
- 
- Recipient 6: Carolin Reichert, Basel, Switzerland  
Host Laboratory: [Cyclotron Research Center, University of Liège, Belgium](#)  
Supervision: Dr. Pierre Maquet, Dr. Gilles Vandewalle
- 
- Recipient 7: Dries Testelmans, Leuven, Belgium  
Host Laboratory: [Le laboratoire du sommeil, CHU de Grenoble, France](#)  
Supervision: Dr. Jean-Louis Pépin, Dr. Renaud Tamisier
- 
- Recipient 8: Christian Thiedemann, Telgte, Germany  
Host Laboratory: [Sleep & Epilepsy Center, Neurocenter of Southern Switzerland, Civic Hospital \(EOC\) of Lugano, Switzerland](#)  
Supervision: Prof. Mauro Manconi
- 
- Recipient 9: Adrienne M. Tucker, Amsterdam, The Netherlands  
Host Laboratory: [Human Sleep Psychopharmacology Laboratory, University of Zurich, Switzerland](#)  
Supervision: Dr. Hans-Peter Landolt
- 
- Recipient 10: Antoine Viola, Strasbourg, France  
Host Laboratory: [Centre of Sleep Medicine, Centre for Epilepsy Surgery "C. Munari", Niguarda Hospital, Milan, Italy](#)  
Supervision: Dr. Lino Nobili, Dr. Nicola Montano
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## ESRS EVENTS

### 22<sup>nd</sup> Congress of the European Sleep Research Society

Date: September 16 - 20, 2014  
Venue: Tallinn, Estonia  
Website: [www.congrex-switzerland.com/esrs2014](http://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/](http://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](http://www.congrex-switzerland.com/worldsleep2015)





## **ESRS SPONSORED EVENTS AND ENDORSED TRAINING / COURSES**

### **Alpine Sleep Summer School (ASSS)**

Expert Meeting on Neurology and Psychiatry: Priorities for the next decade in sleep research and medicine

Date: June 19 - 21, 2014

Venue: Verbania, Italy

### **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](http://www.epilepsystockholm2014.org/.../special-sessions.705.html)

### **Understanding Sleep: Novel Perspectives in Neurosciences**

Date: July 4, 2014

Venue: Milan, Italy

Programme: [www.esrs.eu/uploads/tx\\_mnmesrscal/FENS\\_Milano.pdf](http://www.esrs.eu/uploads/tx_mnmesrscal/FENS_Milano.pdf)

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

To reserve your space at the Satellite Symposium, please send an email to

[esrs@congrex-switzerland.com](mailto:esrs@congrex-switzerland.com) .

### **9th FENS Forum on Neuroscience**

Date: July 5 - 9, 2014

Venue: Milan, Italy

Website: [fens2014.neurosciences.asso.fr/](http://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.*



## OTHER TRAINING & COURSES

### **Sleep Medicine Crash Course: Differential Diagnosis. Hands on class with clinical cases (in German)**

Date: April 4 - 5, 2014  
 Venue: Regensburg, Germany  
 Flyer: [www.esrs.eu/uploads/.../Schlafmedizin\\_intensiv\\_2014 - Programm.pdf](http://www.esrs.eu/uploads/.../Schlafmedizin_intensiv_2014_-_Programm.pdf)

### **Pulmonary Hypertension and Pulmonary Vascular Disease**

Date: June 5 –7, 2014  
 Venue: Lausanne, Switzerland  
 Read more: [www.esrs.eu/fileadmin/.../meetings/ERS\\_School\\_Course\\_2014.pdf](http://www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf)  
 Website: [www.ersnet.org/education/courses.html](http://www.ersnet.org/education/courses.html)

### **Hermes Summer School of Adult Respiratory Medicine**

Date: June 11 –14, 2014  
 Venue: Barcelona, Spain  
 Read more: [www.esrs.eu/fileadmin/.../meetings/ERS\\_School\\_Course\\_2014.pdf](http://www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf)  
 Website: [www.ersnet.org/education/courses.html](http://www.ersnet.org/education/courses.html)

### **Online Course Respiratory Epidemiology**

Date: June 17 –July 3, 2014  
 Read more: [www.esrs.eu/fileadmin/.../meetings/ERS\\_School\\_Course\\_2014.pdf](http://www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf)  
 Website: [www.ersnet.org/education/courses.html](http://www.ersnet.org/education/courses.html)

### **Oxford Circadian Neuroscience Summer School**

Date: June 24 - 29, 2014  
 Venue: Oxford, UK  
 Flyer: [www.esrs.eu/fileadmin/.../meetings/SCNISummerSchoolFlyer.pdf](http://www.esrs.eu/fileadmin/.../meetings/SCNISummerSchoolFlyer.pdf)

### **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](http://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](http://www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf)  
 Website: [www.ersnet.org/education/courses.html](http://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](http://www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf)

Website: [www.ersnet.org/education/courses.html](http://www.ersnet.org/education/courses.html)



## EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

### British Sleep Society 2014 'Hands-on' Conference

Date: May 7 – 9, 2014

Venue: Eastbourne, UK

Programme: [www.sleepsociety.org.uk/.../BSS-Spring-Meeting-Programme-2014.pdf](http://www.sleepsociety.org.uk/.../BSS-Spring-Meeting-Programme-2014.pdf)

Register here: [www.sleepsociety.org.uk/registration-form.php](http://www.sleepsociety.org.uk/registration-form.php)

### ISHN 19th Annual Meeting

Date: June 30 – July 5, 2014

Venue: Brussels, Belgium

Programme: [www.bri.ucla.edu/nha/ishn/ishn2014program.pdf](http://www.bri.ucla.edu/nha/ishn/ishn2014program.pdf)

Website: [www.ishn.org/](http://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



Announcement: [www.esrs.eu/uploads/.../DGSM2014\\_Ankuendigung.pdf](http://www.esrs.eu/uploads/.../DGSM2014_Ankuendigung.pdf)

Website: [www.dgsm-kongress.de/](http://www.dgsm-kongress.de/)

#### Conference Chairs:

Dr. med. Alfred Wiater

Priv.-Doz. Dr. med. Wolfgang Galetke

Prof. Dr. med. Winfried Randerath

Abstract submission deadline: **30 June 2014**



## FUTURE MEETINGS

### CIG Symposium 2014: Rhythms in Biology

Date: June 12 - 13, 2014  
 Venue: Lausanne, Switzerland  
 Flyer: [www.esrs.eu/uploads/tx\\_mnmesrscal/afficheSymp2014.pdf](http://www.esrs.eu/uploads/tx_mnmesrscal/afficheSymp2014.pdf)  
 Website: [www.unil.ch/cigsymposium](http://www.unil.ch/cigsymposium)

Organised by Paul Franken, David Gatfield and Denis Duboule.

The symposium will gather scientists from different biological domains whose common denominator is rhythmic processes and oscillations: circadian rhythms, the cell cycle, metabolic rhythms, rhythmic developmental processes, and brain rhythms.

### Aging and Sleep 2014

Date: June 19 - 20, 2014  
 Venue: Lyon, France  
 Website: [www.aging-sleep.com/en](http://www.aging-sleep.com/en)

Organized by the International Association of Sleep Research in Gerontology (IASRG)

### 28th International Congress of Applied Psychology

Date: July 8 - 13, 2014  
 Venue: Paris, France  
 Website: [www.icap2014.com/](http://www.icap2014.com/)

Number of attendees: 5000  
 Contact: [exh@icap2014.com](mailto:exh@icap2014.com)

### Joint Congress: World Psychiatric Association Thematic Conference on Intersectional Collaboration

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

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## **JOB OPPORTUNITIES**

Job opportunities can be accessed through the ESRS website at:

[www.esrs.eu/education-career/job-opportunities.html](http://www.esrs.eu/education-career/job-opportunities.html)

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Helsinki, Finland

Dr. Renata Riha  
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Dr. Sophie Schwartz  
Geneva, Switzerland



## APPENDIX: BID MANUAL ESRS 2018 CONGRESS

The ESRS Board cordially invites European national sleep societies wishing to host the ESRS 2018 congress to present an attractive bid document to the ESRS.

Please read the attached manual carefully, prior to your document preparation.

The deadline for applications is **24 April 2014**. The final bid document in electronically format should be submitted by e-mail to the following address:

Email: [nastasia.mouffet@congrex](mailto:nastasia.mouffet@congrex)

Phone: +41 61 686 77 67

Prof. Philippe Peigneux  
ESRS President  
c/o Congrex Switzerland  
Peter Merian-Strasse 80 / PO Box  
4002 Basel / Switzerland



# BID MANUAL

**For the European Sleep Research  
Society (ESRS) 2018 Congress**



## 1. Introduction and General Congress Overview

The ESRS Board together with Congrex Switzerland Ltd. (official PCO of the ESRS Congress 2018) cordially invites European national sleep research societies wishing to host the ESRS 2018 congress to present an attractive bid document to the ESRS. 1'500 – 2'000 people are expected to participate in this meeting. The following Bid Manual outlines the main requirements for the national societies and cities intending to submit their bid. Please read this manual carefully, prior to your document preparation.

The European Sleep Research Society (ESRS) promotes all aspects of sleep research and sleep medicine. It hosts individual researchers, both Europeans and from all world regions. ESRS is responsible for the publication of the *Journal of Sleep Research*, the promotion of education and training, the dissemination of information, the establishment of fellowships and awards and the organisation of scientific meetings. The main ESRS meetings take place every second year in a European city. In the past, the following venues have been selected:

- Bologna/Italy (2016)
- Tallinn/Estonia (2014)
- Paris/France (2012)
- Lisbon/Portugal (2010)
- Glasgow/UK (2008)
- Innsbruck/Austria (2006)
- Prague/Czech Republic (2004)
- Reykjavik/Iceland (2002)
- Istanbul/Turkey (2000)
- Madrid/Spain (1998)
- Brussels/Belgium (1996)

## 2. Timing for ESRS Bid Process

February 2014:	Announcement of “Bid Invitation”
24 April 2014:	Deadline for submitting bids
May – September 2014:	Evaluation of bids by the ESRS Board and Congress Secretariat
16 - 20 September 2014:	Final selection by the ESRS members and the Board during the ESRS business meeting in Tallinn

### 3. Requirements for the ESRS Congress

- ✓ **City:** European city in a secure and politically stable country and conform to the Pharma Codex. The city should be well accessible (especially by plane) and have a good public transportation system.
- ✓ **Meeting month:** September
- ✓ **Days of meeting:** Tuesday – Saturday
- ✓ **Built up and dismantling:** Sunday – Monday and Sunday
- ✓ **Congress centre:**
  - **Lecture rooms:** 1 auditorium for min. 1'000 pax  
4 rooms for 200-500 pax  
Additional smaller meeting rooms  
min. 1'000 m<sup>2</sup> (net) for industrial exhibition  
min. 1'000 m<sup>2</sup> for poster exhibition
  - **AV per room:** 1 beamer for single data projection  
1 screen for single data projection  
Audio  
1 lectern including microphone  
1 chairman's table including 2 microphones
- ✓ **Hotels:** Min. of 1'500-2'000 hotel rooms of all categories in proximity to the congress center (0-30 minutes)
- ✓ **Networking Events:** Suitable venue for welcome reception (app. 900 pax) and networking event (app. 400 pax) in the city needed.

### 4. The Local Organising Committee / Chair

The submission has to be endorsed by the National Society of the country hosting the meeting. The ESRS foresees to have a joint symposium with the National Society of the hosting country.

The Local Organising Committee / Chair is expected to fully support the conference with its local know-how in order to guarantee the best possible input and service. This includes e.g. giving recommendations for the social programme or giving support regarding sponsor acquisition in order to ensure a high industrial participation.

## 5. Contents Outline of the Bid

Please make sure that your bid contains the following documents:

- ✓ **Why should your society host the ESRS 2018 congress?**  
*Please present a summary (max. 1 page)*
- ✓ **Why should the city be chosen?**  
*Please present a summary (max. 1 page)*
- ✓ **Information about congress centre**  
*Lecture rooms capacities, exhibition and poster space, floor plans, facilities/services available, AV, location within the city*
- ✓ **2 possible dates in the required month**
- ✓ **Detailed breakdown of venues costs**  
*Costs of congress venue for the full duration of the meeting*  
*Cost of AV required for the lecture rooms*  
*Services included in the total price*
- ✓ **Infrastructure**  
*Average prices for economy flights from Europe and US to/from host city.*  
*Arrival by car (possible, recommended?)*  
*Arrival by train (possible, recommended)*  
*Transportation within the city (access to the congress centre from the airport and the city centre)*
- ✓ **Accommodation**  
*Hotel capacity within the city (including breakdown of categories)*  
*Hotel price range (e.g. 5\*: € 200.00-250.00)*  
*Hotel map*
- ✓ **Networking Events**  
*Suggestions for welcome reception and networking event*
- ✓ **General Information**  
*Contact persons*
- ✓ **Complete evaluation form which is attached to this bid**

Additional information can, but does not have to be added.

## 6. Evaluation Criteria

The ESRS Board will evaluate the applications and compare them paying special attention to the following criteria:

- Security
- Pharma Codex
- Varied geographical coverage (to avoid repetition of cities and countries)
- Costs (congress venue, exhibition space, AV etc.)
- Accessibility (direct flights and geographical location)
- Hotel offer
- Local Organising Committee / Chair
- Special efforts made by the city council to make the venue more attractive (e.g. free local transport, hosting of welcome reception etc.)

## 7. Contact Details

Your main contact at the ESRS Congress Secretariat is Ms Nastasia Mouttet to ensure a full understanding of the requirements and to discuss the proposed concept.

The final bid document in electronically format should be submitted by e-mail by the deadline (24 April 2014) to the following address:

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Further information on the European Sleep Research Society can be obtained from the website: [www.esrs.eu](http://www.esrs.eu)