

NEWSLETTER

March 2015





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LETTER FROM THE PRESIDENT

Dear ESRS and ANSS Members, Colleagues and Friends,

Spring returns to Europe with this newsletter, a good omen if there ever was one! With it also comes the renewed pleasure of watching migratory birds return to nest in their unique habitats, preparing the future of the species. I remain amazed at the thought that they fly over such vast expanses, capable of sleeping with one cerebral hemisphere at a time - a feat in itself if we consider the complexity of the brain mechanisms underlying that most simple of actions: *sleeping*.

If sleeping/resting is what we share with animal species, the monosyllabic word *Sleep* is the topic that binds together our scientific and clinical communities. I am extremely happy to see a growing number of young and advanced sleep scientists deciding to nest within the ESRS. First of all, a warm welcome to our [88 new ESRS members](#) since the November 2014 ESRS newsletter! May you find your new society both interesting and supportive! Your presence will increase our dynamism and as well as our attractiveness.

Dynamism in a society also implies new blood. I am pleased to inform you of the launch of the [ESRS Early Career Researcher Network](#) during the Tallinn meeting. The main purpose of the ECRN is to give a stronger voice to early career researchers within the ESRS, and this new group is now fully operational with an elected Executive Committee. Recognizing the importance of the ECRN as integral to the future of the ESRS, the ESRS board has invited Erna Sif Arnardottir, head of the ECRN Executive Committee, to participate in future ESRS board meetings and discussions. In a similar vein, it gives me great pleasure to congratulate the recipients of the [ESRS Travel Grants 2015](#), a continued initiative of the ESRS Research Networking Committee (RNC). Once again, the RNC received the input of the Scientific Committee (SC) in selecting the successful recipients. The RNC and SC will now work together on revising the eligibility criteria for the next calls to ensure that knowledge exchange and learning remain its key focus in addition to fostering links between sleep researchers in Europe. The ESRS board and committees are also continuously on the lookout for novel initiatives to ensure that young scientists in the field are offered adequate opportunities to develop their career.

Only 7 months ago, we gathered in Tallinn for a highly successful 22nd ESRS Congress. Yet we are already extremely busy with the next major ESRS event: the [3rd Sleep and Breathing conference](#) in Barcelona (April 16-18, 2015). This event is jointly organized by the ESRS and the European Respiratory Society (ERS). With a strong educational and professional focus, this conference is the only meeting to offer an integrated approach to the investigation and treatment of sleep disorders. At this meeting, sleep practitioners will find State-of-the-Art lectures targeting the latest developments in sleep and breathing disorders, delivered by a first-class faculty.

Registration is still open, so please have a look at the outstanding program and do not be the last to join us in Barcelona!

The Barcelona Sleep and Breathing Conference will also act as the venue for the **4th Examination of the Certification in Sleep Medicine** (68 applicants) and the **2nd Examination of the Certification in Sleep Medicine for Grandparent Sleep Technologists** (33 applicants). All applications have now been received and validated. Most importantly, the Sleep Medicine Examination Committee headed by Thomas Penzel has now assembled a new pool of examination questions, based for the first time on the recently published [ESRS Sleep Medicine Textbook](#). This publication written by experts in the field provides a comprehensive educational material (527 pages) structured around the Catalogue of Knowledge and Skills for Sleep Medicine (Penzel et al. 2014, Journal of Sleep Research). Like the ESRS did in the past for the *ERS Handbook of Respiratory Sleep Medicine*, the [ESRS Sleep Medicine Textbook](#) is also officially endorsed by the ERS. If you have not yet acquired your exemplar of this must-have book, it will be for sale at the Barcelona meeting, saving you the expedition costs. Alternatively, it can of course be easily ordered through the ESRS website. I also remind you that as a courtesy on behalf of the ESRS and a token of our esteem, we are offering all members of the Associate National Sleep Societies (ANSS), the European Biological Rhythms Society (EBRS) and the European Respiratory Society (ERS) the ESRS Sleep Medicine Textbook at the reduced ESRS member price. ESRS members have also access to the *ERS Handbook of Respiratory Sleep Medicine* at ERS member price.

Next but not least in our list of events comes [Sleep & Health 2015](#), the **7th World Congress of the World Sleep Federation hosted by the ESRS** in Istanbul (October 31 – November 3, 2015). The program is now [online](#) ! I am certain you will fully agree with us that WorldSleep 2015 promises to be a major 2015 event, with **exceptional keynote speakers and symposia** in the basic, clinical and translational areas of sleep. The [call for abstracts](#) is now open with a submission deadline of May 14th, 2015, giving you ample time to prepare your submission. Please, share your latest findings with the community! We are committed to making the oral and poster presentations the key events of this congress.

Sleep & Health 2015 is a must-go for 2015, but it also a nice way to keep our minds active while waiting for our biannual ESRS meeting! The **23rd Congress of the European Sleep Research Society** (September 13-17, 2016) will be held in Bologna, an historical centre for the development of sleep research and sleep medicine. Preparations are already underway to make this ESRS congress an exceptional event. However, we would like to ask *you* about the **ideal duration of the ESRS congress**. Indeed, despite an exceptional attendance at the Tallinn conference (> 1570 participants), only about 200 participants attended the Saturday (last) morning sessions. This is frustrating for speakers allotted this time slot, but also means organisational expenses for a supplementary day of meeting that is underutilised.

Therefore we are wondering whether a better format is not having a 4-day event, with the first day reserved as usual for educational courses and satellite events, then followed by 3 days (instead of 3^{1/2} days) with the scientific program, of course without any concession on quality, ending the last day at a reasonable time to catch late-

evening flights. This is actually the format planned for WorldSleep 2015, please have a look at the [Istanbul program](#) for an overview.

We want *your* opinion on this and to this end have created an **online survey** that you can access [here](#) until the April 13th to note your preference and leave comments. The survey will take 10 seconds or your time, so please register your preference and opinion!

In this newsletter, you will also find the **reports of the ESRS Committees and associates**, which document the activities of the individuals who are giving their time and energy to keeping our society alive as well as facing the challenges of the future, for instance in the fields of certification and recognition of sleep medicine centres at the European and national levels, or the professional education of sleep scientists and sleep practitioners. My deepest gratitude to all of you who fulfil and enable these ESRS actions - for your hard work, your commitment, and for your service. We are also fortunate in receiving outstanding administrative support from Maria Wiechmann, Brigitte Knobl and our organisational partners.

Finally, in this newsletter we launch the [National Sleep Society Highlight Series](#), aimed at better understanding the activities of one particular National Sleep Society in interview format. In line with our current preoccupations regarding accreditation and education, we had the pleasure of interviewing Professor Joaquin Terán Santos, President of the Spanish Sleep Society, about Spanish initiatives in the domain of accreditation procedures for sleep medicine experts and sleep centres, and the education of sleep professionals. The ESRS board will join the Presidents of the Assembly of National Sleep Societies and its Executive Committee headed by Liborio Parrino, to discuss some of these matters in Prague (May 2-3, 2015).

Last but not least, I thank Renata Riha for proofreading and editing the English version of this newsletter as language editor, any remaining misspelling is mine!

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

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

Sleep well and keep safe!

Sincerely yours,

Philippe Peigneux
ESRS President



REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Current Members (2014 – 2016):

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

Not much has happened since the previous report. Some of us have worked with the board and the local organizing committee on choosing symposia for the scientific program of the Worldsleep 2015 meeting in Istanbul. The two co-chairs also advised the board on recipients of the 2015 ESRS travel grant. The Committee continues to provide input into the Research Networking Committee via its two nominated members.

Tom de Boer, Renata Riha

ESRS Sleep Medicine Committee (SMC)

Current Members (2014 – 2016):

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

The Sleep Medicine Committee is currently preparing the second regular examination for ESRS somnologists and the second grandparent's examination for sleep technologists in Barcelona to take place during the ESRS / ERS Sleep and Breathing congress on 15th April 2015. We received 68 applications for the Somnologist examination and 33 for the Technologist examination. The new ESRS textbook on sleep medicine was published just in time and serves as the primary text of the exam. All questions were checked in the context of the information provided in the book and edited accordingly.

Currently, the Sleep Medicine Committee is working towards recognition of Sleep Medicine as a medical subspecialty in Europe. Another important activity is developing a strategy for the accreditation of sleep medicine centres. We are discussing the establishment of different types of sleep centres (training and research centres, multi-disciplinary centres, single-discipline centres). The role of the ESRS may be more that of an umbrella organisation, assisting and guiding national sleep societies rather than accrediting centres in person. Most important will be the establishment of sleep medicine training centres. In order for this to occur, alignment with the other committees, national sleep societies, and the ERS is needed. Other certification activities occurring throughout Europe, like stroke centre certification and

HERMES respiratory centre certification will be studied in order to create a meaningful ESRS sleep centre certification.

Thomas Penzel

ESRS Education Committee (EduCom)

Current Members (2014 – 2016):

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

The Sleep Medicine Textbook has been published ([ESRS Sleep Medicine Textbook](#), eds. CL Bassetti, Z Dogas and P Peigneux), and provides a comprehensive basis for teaching in sleep medicine. The textbook will be the basis of the ESRS Examination in Sleep Medicine. Those specialists in sleep medicine, who contributed to the textbook, have been invited to participate in the process of expanding the examination question pool.

The next Examination in Sleep Medicine (4th examination of certification in Sleep Medicine and 2nd Examination of Certification in Sleep Medicine for Sleep Technologists) will take place during the 2015 Sleep & Breathing Congress in Barcelona, Spain (15 April). Until now, the examination has been organized by the Sleep Medicine Committee (SMC), but this duty will be progressively transferred to the Education Committee. The Education committee will meet during the Sleep & Breathing congress in Barcelona to explore different actions for promoting education in sleep research and sleep medicine.

Tiina Paunio
ESRS Education Committee Coordinator

ESRS EU Committee

Report on the activities of the EU Committee: November 2014 - March 2015

Current Members (2014 – 2016):

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

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

Following the achievements of recent years, the decision was taken to enlarge the Committee and potentiate its activity. Thus, every member has been given the responsibility of operating individually in order to strengthen the relationship between one of the four major pillars of interest for the ESRS within the EU (i.e. Health, Research, Education, and Transport) and the respective ESRS Committee. Furthermore, the interaction between the EU Committee and the Assembly of the

National Sleep Societies will be increased in order to better homogenize and synchronize efforts aimed at increasing the visibility of sleep research and sleep medicine in Europe.

Following the renewal of the EU Parliament and Commissions, new contacts have been or are going to be established with EU Officers from the different pillars of interest. A meeting of the members of the EU Committee, aimed at evaluating and discussing the different feed-back from the EU Officers with a view to promoting new initiatives will be held in Barcelona on April 15th, and will be followed by a meeting with the Presidents of the National Sleep Societies in Prague on May 2.

Roberto Amici
ESRS EU Committee Coordinator

ESRS Research Networking Committee (RNC)

Current Members (2014-2016):

Pierre-Hervé Luppi (Coordinator), Walter McNicholas (Vice-Coordinator), Roberto Amici, Simon Archer, Lino Nobili, Tiina Paunio, Renata Riha, Debra Skene

Research networking committee (RNC) membership was renewed after election of the new board in Tallinn.

The first major task was to select grantees for the ESRS call for visiting European laboratories. Several members of the RNC were also involved in the organization of the World Sleep Meeting in Istanbul November 2015, in particular its scientific programme. In the future, the objective of the RNC will be to improve support for sleep research at a European level, to foster collaboration between European sleep researchers and to attract young researchers to our field. Actions will be planned throughout 2015.

Pierre-Hervé Luppi

ESRS Early Career Researcher Network (ECRN)

Current Members (2014 – 2016):

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

The need for an ESRS Early Career Researcher Network (ECRN) was discussed at the Assembly of National Sleep Societies (ANSS) meeting in Prague in May 2014, based on discussions between the ESRS board and representatives of the 28 national sleep societies present at the meeting. The (ECRN) was launched at the 22nd congress of the ESRS in Tallinn, Estonia in September 2014. Over 80 early career researchers participated.

Following the launch of the network, an advertisement for interested executive committee members was sent out and a committee finalized in January 2015. We believe that the five board members represent the different countries of Europe, different research areas as well as including PhD students, postdoctoral researchers

and clinicians to representing different career interests. Information about the new committee members can be found on the ESRS website (<http://www.esrs.eu/committees-networks/early-career-researcher-network-ecrn.html>).

The executive committee now has monthly teleconference meetings and is generating the bylaws for the network, setting up the structure for an Early Career Day at the next ESRS conference in Bologna 2016 as well as starting a forum on Facebook for online discussions. These actions will be discussed with the ESRS board in upcoming meetings and hopefully launched soon.

Dr. Erna Sif Arnardottir, Coordinator, on behalf of the Executive committee, Early Career Researcher Network

ESRS Forum for Women in Sleep Research

Coordinator: Raphaelle Winsky-Sommerer

Following the ESRS Forum for Women symposium in Tallinn, a number of junior scientists, based in and outside Europe, became involved and have contributed to consolidating the Forum.

Some actions taken forward will be to expand the advertisement of open positions including PhD studentships, post-doctoral fellow positions and academic positions via our email list. In addition, information about research grants will be circulated with an emphasis on early-career re-integration research grants for young researchers who have been working outside Europe.

Some young researchers with the support of the coordinator are driving the establishment of local hub groups to develop local networks, support each other and share information on their research.

In addition, we have contacted a number of sleep researchers belonging to the US Sleep Research Society and the Australasian Sleep Association to strengthen the women's network to facilitate contacts for young scientists looking to pursue their career in sleep research. We will pursue our efforts to reactivate links with women in sleep research belonging to the World Federation of Sleep Research & Sleep Medicine Societies to expand our network.

Raphaelle Winsky-Sommerer



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

The next meeting of the European Insomnia Network will take place in Freiburg from September 17 to 19, 2015 at the Centre for Mental Disorders. The meeting will include a rather informal two day program with talks and lectures about the most pertinent topics in the insomnia field. All interested colleagues are asked to send an email to dieter.riemann@uniklinik-freiburg.de either indicating that they want to participate or give a presentation.

Freiburg, February 12, 2015

Dieter Riemann, Ph.D.
Professor of Clinical psychophysiology
For the European Insomnia Network

European Narcolepsy Network (EU-NN)



EUROPEAN NARCOLEPSY NETWORK

The EU-NN has extended its prospective database and members have included more than 1000 patients with narcolepsy and other disorders of hypersomnolence. Preliminary data will be presented at the 6th European Narcolepsy Day in Münster March 14-15th. A children's database was recently added and data collection has commenced. The database provides a multitude of possibilities for collaborative studies, which have been adopted

during the Board and Scientific Committee Meeting held in Amsterdam on 6th February, 2015. These studies will focus on families with several affected patients, phenotyping HLA negative patients, sleep structure and better differentiation of hypersomnolence and validation of the Brighton Collaboration definition of narcolepsy. Further studies will be launched to identify risk factors for developing narcolepsy, including studies of patients who have had H1N1 infection.

The number of EU-NN members has increased to 27 full members.

We are currently preparing for the 6th European Narcolepsy Day conference to be held in Münster, Germany, from the 14th – 15th March. This unique conference welcomes both clinical and scientific professional working in the field of narcolepsy as well as patients, their families and representatives of narcolepsy patient associations throughout Europe. During the meeting the most important health provision gaps for patients with narcolepsy will be discussed and identified. We plan to create a Task Force that will prepare a white book on the most urgent issues to be submitted to the

European Union. Elections for Board membership will take place, as some members will be demitting office at this time. We are hoping for a solid turnout and look forward to some lively discussion.

Geert Mayer, President of the EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

The Wake-Up Bus journey across the European countries with final arrival at the European Parliament in Bruxelles was a great success, thanks to the previous ANSS Executive Committee. The [related survey on sleepiness and driving](#) is now a publication in the Journal of Sleep Research.

The new ANSS Executive Committee met in Frankfurt on February 20-22 to continue this positive experience and prepare the annual ANSS meeting, to be held in Prague on May 1-3, 2015.

Attention will focus on recent developments in the National Sleep Societies, on the viewpoint of the medical specialties, on what is happening in the different fields and on the problems that can be solved from a European perspective.

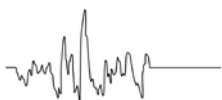
Sleep educational programs in the different countries, exploitation of the new ESRS Sleep Medicine Textbook, availability of other sleep handbooks, and accreditation procedures of sleep certificates and sleep centres will be discussed.

We undertake to promote the Early Career Researcher Network and define common European guidelines for the diagnosis and treatment of sleep disorders.

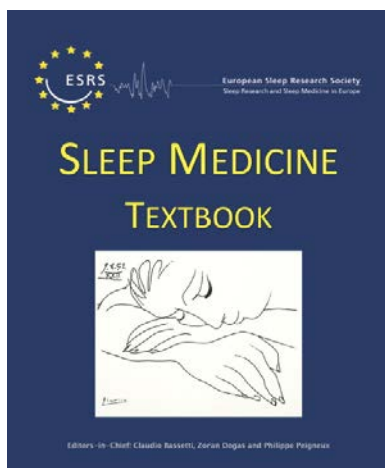
Finally, international surveys on specific sleep pathologies and new awareness campaigns on sleep and health will be planned.

The ANSS Executive Committee wishes to preserve the close and fruitful collaboration with ESRS initiatives and to be recognized as a representative network for the interests of the different European countries in increasing knowledge of sleep medicine, both among the general public as well as sleep professionals. We are dedicated to making sleep expertise an officially recognized professional skill.

Liborio Parrino
Chair, ANSS Executive Committee



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

	ESRS Members*	Non-Members
Price per copy	€ 140 Buy now via PayPal <i>Please login for Members' price</i>	€ 155 Buy now via PayPal

* 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.

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) € 155 (non-members)

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SLEEP AND BREATHING 2015

Be part of the largest European Sleep and Breathing Conference

Registration is now open for the 2015 Sleep and Breathing Conference, the largest pan-European meeting of its kind, which will be held in Barcelona from April 16-18.

Building on the success of the previous Sleep and Breathing conferences, the next meeting will continue to address the knowledge deficit relating to this relevant and highly important area of clinical practice; the 2015 conference will bring in key leaders and experts to provide comprehensive updates and to further relevant education and professional development. The conference is jointly organised by the ESRS and the ERS.

During Barcelona 2015, the focus remains predominantly on sleep and breathing disorders and the programme will also cover sleep-related areas in paediatrics, psychology, psychiatry and neurology. Sleep issues in obesity, cardiovascular disorders and diabetes will also be discussed.

The Sleep and Breathing conference is the only meeting offering an integrated approach to the investigation and treatment of sleep disorders.

The conference will provide a State-of-the-Art review of the latest developments in sleep and breathing Disorders and thus provide a comprehensive update that should benefit all practitioners in the area of Sleep Medicine.

Registration can be found under: www.sleepandbreathing.org

SLEEP and BREATHING

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

16-18 April 2015 Barcelona

Be part of the largest European meeting of its kind

www.sleepandbreathing.org





WORLDSLEEP 2015

7th World Congress of the World Sleep Federation Congress

Call for abstracts

Abstract submission for the 7th World Congress of the World Sleep Federation is now open.

Don't miss the opportunity to present your work at this unique international event for sleep research and sleep medicine.

[Submit your abstract now!](#)

New Abstract Submission Deadline: **14 May 2015**

Scientific Programme

The state-of-the-art scientific and educational scientific programme is continuously being updated on the [congress website](#).

Registration

Registration is now open. First registration deadline: **3 June 2015**.

To benefit from a reduced registration fee, please register online. For group registrations please contact the Administrative Secretariat:

registration.worldsleep@congrex-switzerland.com

Accommodation in Istanbul at hotels of various price categories have been reserved. Prices and further information are available on the [congress website](#).

Sponsorship and exhibition opportunities – showcase your activities and expertise, further information and a request form can be found on the [congress website](#).



RECIPIENTS OF ESRS TRAVEL GRANTS 2015

The [ESRS Research Networking Committee](#) is pleased to announce that ten ESRS Travel Grants have been awarded for the year 2015 within the programme developed to promote the 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:

Recipient 1: Flavia Del Vecchio, Bologna, Italy

Host Laboratory: [Sleep Team Helsinki, Institute of Biomedicine, University of Helsinki, Finland](#)

Supervision: Prof. Tarja Porkka-Heiskanen (Stenberg)

Recipient 2: Shanez Diessler, Lausanne, Switzerland

Host Laboratory: [Chronobiology, University of Surrey, Faculty of Health and Medical Sciences, Guildford, United Kingdom](#)

Supervision: Prof. Debra J. Skene

Recipient 3: Giulia Gaggioni, Liège, Belgium

Host Laboratory: [Sleep-Wake-Centre Inselspital, University Hospital, Dept of Neurology, Bern, Switzerland](#)

Supervision: Prof. Claudio Bassetti

Recipient 4: Anna Johann, Freiburg, Germany

Host Laboratory: [University of Oxford Sleep Research Centre, University of Oxford, Nuffield Department of Clinical Neurosciences, Oxford, United Kingdom](#)

Supervision: Prof. Colin Espie

Recipient 5: Xinha Liu, Paris, France

Host Laboratory: [Neuroenergetic and Cellular Dynamic Laboratory - Sleep team, EPFL, Brain Mind Institute, Lausanne, Switzerland](#)

Supervision: Prof. Jean-Marie Petit

Recipient 6: Viviana Lo Martire, Bologna, Italy

Host Laboratory: [Sleep & Epilepsy Center, Neurocenter of Southern Switzerland, Civic Hospital \(EOC\) of Lugano, Switzerland](#)

Supervision: Prof. Mauro Manconi

Recipient 7: Marc André Michalzyk, Düsseldorf, Germany

Host Laboratory: [Unitat de Son \(US\), Hosp. Unv. Arnau de Vilanova - Hosp. Santa Maria, Respiratory Department, Lleida, Spain](#)

Supervision: Prof. Ferran Barbé

Recipient 8: Shawnda Morrison, Ljubljana, Slovenia

Host Laboratory: [Le laboratoire du sommeil, CHU de Grenoble, France](#)

Supervision: Dr. Jean-Louis Pépin

Recipient 9: Kai Spiegelhalter, Freiburg, Germany

Host Laboratory: [Sleep, Cognition and Health, Karolinska Institute, Clinical Neuroscience, Stockholm, Sweden](#)

Supervision: Dr. John Axelsson

Recipient 10: Enzo Tagliazucchi, Kiel, Germany

Host Laboratory: [Netherlands Institute for Neuroscience, Sleep & Cognition, Amsterdam, The Netherlands](#)

Supervision: Prof. Eus JW Van Someren



NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with Professor Joaquin Terán Santos, President of the Spanish Sleep Society

Dear Professor Terán Santos, which is the status of the accreditation procedures for sleep medicine experts? Can you explain how the procedure works?

The professional accreditation process in Sleep Medicine was developed in Spain after an agreement of the main Scientific medical societies involved in the Sleep Medicine field: Spanish Respiratory Society (SEPAR), Spanish Neurological Society (SEN), Spanish Psychiatric Society, Spanish ENT Society and Spanish Sleep Society. These societies have constituted the Spanish Accreditation Committee of Sleep Medicine (CEAMS). The accreditation is performed at the same time by all the different societies involved in the diagnosis and treatment of the sleep diseases. The accreditation procedure is performed for a broad spectrum of sleep-disorders and not only focused on respiratory sleep medicine or pediatric sleep medicine. Despite the fact that physicians with more than 10 years experience in sleep medicine are allowed to directly attend the accreditation process, the procedure has two general requirements. First, 30 European credits are needed for admission into the evaluation process. Second, successful attendance to a 3 days course (12 h/day) where the major sleep diseases, methodologies of sleep evaluation and the different procedures are discussed is required. The course is divided into three parts: theoretical knowledge, case discussion and practical hands-on. Finally, passing an exam with both theoretical and practical sections is required.

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

In this first phase, the process has been developed only for physician and currently is developing the program for the accreditation of psychologists technicians etc. We thought it was important to begin establishing a program for physicians because the Medicine focused on sleep disorders is rapidly evolving and advances in new diagnostic and therapeutic techniques dictate the need for increased professional education and clinical expertise that will ultimately be translated into patient care.

Do you have an accreditation procedure for sleep centers?

We have in Spain an accreditation process for sleep centers that is also based on the agreement between the aforementioned medical societies and recognizes the existence of different levels

a / Sleep Medicine Centers

a / Sleep-Disordered Breathing Units

Sleep Medicine Centers include those centers with organizational ability, technical and human resources to respond to most healthcare problems on Sleep Medicine. Furthermore, these Centers should have an accredited research and teaching program.

The activity of these centers can be for adults, children or both.

Two levels are set in the category of Sleep-Disordered Breathing Units which usually work through systems of respiratory polygraphy. The first level, sleep-disordered breathing units for adults and / or children with an organizational structure which include aspects of research and teaching and the second level, Respiratory Polygraphy units with a fundamentally care activity and this level require coordination with another unit of greater complexity.

The process is governed by the principles of accreditation of Sleep Medicine centers published by the European Sleep Research Society in 2006 and 2009. The Spanish Accreditation Committee of Sleep Medicine (CEAMS) established , that the different levels of accreditation, do not imply in any way, categories of varying rank, contributing actively to the provision of quality health service and expressing different degrees of complexity for addressing diagnosis and treatment of patients with sleep disorders

The CEAMS considers that this organizational system helps to facilitate diagnosis and treatment of sleep disordered breathing based on:

- Establish a map of technical resources, facilitating resource management
- Improve the level of care provision for our patients, ensuring a quality framework
- Encourage the development of training plans in sleep medicine at different levels of knowledge

Is sleep medicine officially included in academic programs in Spain?

In Spain sleep medicine is not included in the academic programs.

Do you organize accredited sleep medicine courses?

Every year the Spanish Accreditation Committee of Sleep Medicine organizes a accredited course in sleep disorders with the participation of 50 medical physician of different specialties

Some months before the course, the enrolled physicians receive a list of recent review papers about all sleep diseases and procedures. The distribution of the covered topics is approximately: 12% physiology and pharmacology, 20% evaluation; 30% sleep related respiratory diseases, 10% insomnia and psychiatric disorders, 9% sleep related movement disorders and parasomnias, 8% central hypersomnias, 4% circadian sleep disorders, 4% specific pediatric sleep related issues and 3% sleep in other medical disorders

The program schedule devotes enough time for discussion after each presentation, which is of most importance as it yields a lively discussion based on the experience of the participants. After a short lecture (30 minutes for each topic)

the general discussion lasts around 2 h, coordinated by two specially designated experts.

Taking together the 2013 and 2014 courses, a total of 105 candidates have obtained the accreditation. Their background medical specialties were: 57 pulmonologists, 35 clinical neurophysiologists, 6 neurologist, 5 ENT surgeons, 1 psychiatrist and 1 internist.

Are you working in order to succeed in the recognition of sleep medicine as a medical sub-specialty?

In our case, the Spanish Health Authorities are willing to officially recognize this accreditation in the next future as a so called “Specific Competence Area”. In our opinion, the key point to improve sleep medicine by means of an accreditation process is to focus on *general and basic knowledge and to establish a common background* for the main clinical specialties involved in Sleep Medicine. We think it is necessary to introduce a transitional approval process of different accreditation processes exist in Europe, since these processes are more attached to the different realities in each country.

Is basic research in the sleep field represented in the Spanish Sleep Society activities?

The participation of basic research in the Spanish Sleep Society is a growing reality and this incorporation is very productive in the field of sleep apnea in children and adults as well as in the area of chronobiology.

Thank you Prof. Terán Santos for participating in this interview.

Lino Nobili



FRENCH TRANSLATION OF THE ICSD-3

Classification internationale des pathologies du sommeil 3^{ème} version

The French translation of the "International Classification of Sleep Disorders - ICSD 3" was published by the [French Sleep Research and Medicine Society \(SFRMS\)](#).

The book can be ordered [here](#).





ESRS EVENTS

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



[Abstract submission](#) deadline: **14 May 2015**

[Online Registration:](#)

deadline for reduced registration fee: **3 June 2015**

23rd Congress of the European Sleep Research Society

Date: September 13 – 17, 2016
 Venue: Bologna, Italy



Website: www.esrs-congress.eu/esrs2016



TRAINING & COURSES

Edinburgh Sleep Medicine Course

Date: March 16 –20, 2015

Venue: Edinburgh, Scotland, United Kingdom

Website: www.ed.ac.uk/.../sleep-research-unit/courses/sleep-medicine

Flyer: www.esrs.eu/uploads/tx_mnmesrscal/ESMC_flyer_2015.pdf

Now entering its tenth year, this annual course aims to provide up-to-date information on the theory and practice of sleep medicine including practical experience in the technological aspects of measuring and monitoring sleep. The course is aimed at all professionals involved in the diagnosis and treatment of sleep disorders. This course is open to applicants from all countries. Competence in understanding spoken English is required.



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

16th Nordic Sleep Conference and 8th Annual Congress of the Swedish Sleep Society (SFSS)

Date: May 6 - 8, 2015
Venue: Gothenburg, Sweden
Website: www.nsc2015.se/

8th International Youth Workshop “Sleep: a window to the world of wakefulness”

Date: May 14 - 16, 2015
Venue: St Petersburg, Russia
Flyer: www.esrs.eu/uploads/.../Sleep_a_window_to_wakefulness_engl.pdf

Newcastle Sleep 2015

Research meets Clinical Practice

British Sleep Society Scientific Conference

Date: Octoberber 22 - 24, 2015
Venue: Gateshead, United Kingdom
Website: www.newcastlesleep2015.co.uk/



FUTURE MEETINGS

6th World Congress on Sleep Medicine

Date: March 21 - 25, 2015
Venue: Seoul, Korea
Website: <http://wasmcongress.com/>

3rd Congress of European ORL-HNS

Date: June 7 - 11, 2015
Venue: Prague, Czech Republic
Website: www.europeanorl-hnsprague2015.com/
Facebookpage: www.facebook.com/ORLHNSPrague2015



Symposium "Sleep medicine - Quo vadis?"

Symposium "Schlafmedizin - Quo vadis?"
Die bewegte Nacht - Restless Legs und nächtliche Bewegungsstörungen

Date: June 26 - 27, 2015
Venue: Regensburg, Germany
Flyer: www.esrs.eu/.../Programm_2015_Schlafmedizin-Quo_vadis.pdf

3rd Alpine Sleep Summer School (ASSS)

A course in sleep medicine

Date: June 29 – July 3, 2015
Venue: Lugano, Switzerland
Website: www.sleep-summer-school.ch/index/
Invitation to participate: www.esrs.eu/.../ASSS_save_the_date.pdf

Sleep and Chronobiology Summer School

Date: July 20 – 24, 2015
Venue: Oxford, United Kingdom
Flyer: www.esrs.eu/uploads/.../SCNISummerSchool2015Advert.pdf

XIV European Biological Rhythms Society (EBRS) Congress and IV World Congress of Chronobiology

Date: August 2 - 6, 2015
Venue: Manchester, United Kingdom
Website: www.ebrs-online.org/



Fall Brain Conference: The Neurobiology of Sleep and Circadian Rhythm

Date: October 11 - 14, 2015
Venue: Copenhagen, Denmark
Website: www.fens.org/Meetings/Brain-Conferences/The-Neurology-of-Sleep/

World Sleep 2017

Joint congress of the World Sleep Federation (WSF) and the World Association of Sleep Medicine (WASM)
hosted by the Czech Sleep Research and Sleep Medicine Society

Date: October 6 - 11, 2017
Venue: Prague, Czech Republic
Website: www.worldsleepcongress.com/



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JOB OPPORTUNITIES

Job opportunities can be accessed through the ESRS website at:

www.esrs.eu/education-career/job-opportunities.html

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