

NEWSLETTER

March 2017





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LETTER FROM THE PRESIDENT

Dear colleagues and friends,

As we enter springtime, it is timely to look forward to plans and events for the coming year. The next event directly involving ESRS is the bi-annual [Sleep and Breathing Conference](#), which will be held in Marseilles between April 6-8. This educational meeting, jointly organized by ESRS and ERS, has now become a regular feature in the meeting calendar, and the Marseilles Conference is the Fourth in the series. A strong international faculty is in place, and a record number of abstracts have been submitted. The conference should particularly appeal to those involved in the clinical assessment and management of sleep disorders with a special focus on sleep/breathing disorders.

The ESRS Board will meet with the Assembly of National Sleep Societies (ANSS) over two days in Reykjavik, May 5-6. This annual meeting is an important event in the annual calendar, and provides an opportunity to interact with the leadership of National Societies to promote shared objectives such as the promotion of sleep topics at EU level in Brussels, joint projects relating to consensus statements, and other research initiatives. The ESRS Board is actively working with the ANSS to promote sleep as a topic for inclusion in Horizon 2020.

Arrangements are progressing well for the first Sleep Science School to be held in Frejus, France during October and applications are now being evaluated for participation. This basic science school complements other more clinically-focussed European educational initiatives relating to sleep such as the Alpine Sleep Summer School.

Initial planning has already commenced for the next [ESRS Congress in Basel in 2018](#). The great success of the 2016 congress in Bologna will be a hard act to follow, but I believe the organizing committee is eager to meet the challenge!

A handwritten signature in black ink, appearing to read 'W.M. McNicholas', enclosed in a thin black rectangular border.

Walter McNicholas
ESRS President



UPDATE ON SLEEP AND BREATHING CONFERENCE 2017



ERS and ESRS organise the 4th Sleep and Breathing Conference

Over 3 intense days, delegates will have the opportunity to choose among over **40 sessions** of the [programme](#). Over **55 experts** will discuss their latest findings and present key updates on all sleep disorders and sleep breathing disorders. **100 abstracts** were accepted for presentation providing interesting and new data from around the world in the sleep and respiratory medicine and research fields.

The focus is on professional development and education, while attendance at the conference will give you the opportunity to update your knowledge and skills, network with other sleep professionals and earn continuing medical education (up to **18 CME**) credits, provided by both EBAP and UEMS accreditation boards.

The Conference Chairs, Prof.s Anita Simonds and Walter McNicholas, would like to particularly thank the organising Committee members who contributing in putting in place this outstanding programme:

- Vice Chairs Maria Bonsignore and Lino Nobili
- Committee Members Tiina Paunio, Jean-Louis Pépin, Winfried Randerath, Renata Riha and Johan Verbraecken

This year's programme places a spotlight on sleep and breathing disorders including sleep-related areas of paediatrics, obesity, cardiovascular disorders, diabetes, psychology, psychiatry and neurology. A keynote lecture will be given by **Prof. Matthew Naughton** covering heart failure and central sleep apnoea: current concepts on aetiology, diagnosis and therapy, taking place on the first day of the conference programme.

As the second largest city in France, **Marseille** is the ideal host for this year's conference. Marseille boasts an excellent reputation in culture and sport, ensuring there is plenty for you to explore outside of the busy conference schedule.



REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Members (2016 – 2018):

Raphaëlle Winsky-Sommerer (Chair; United Kingdom), Gianluca Ficca (Italy), Ludger Grote (Sweden), Birgit Högl (Austria), Reto Huber (Switzerland), Poul Jennum (Denmark), Christoph Nissen (Germany), Gilles Vandewalle (Belgium), Giovanna Zoccoli (Italy)

Following the ESRS conference in Bologna, the Scientific Committee reviewed comments and suggestions provided by participants to members of the Scientific Committee. A number of points relevant to the organisation of the Basel congress were also discussed (e.g., programme overview; guidelines for abstract submission) and suggestions will be submitted for consideration to the ESRS Board in the upcoming months.

The Scientific Committee also reviewed applications for the ESRS short-term research fellowships, ESRS meetings and courses fellowships, and ESRS two-week training grant, and made recommendations to the Board.

Raphaëlle Winsky-Sommerer (on behalf of the Scientific Committee)

ESRS Sleep Medicine Committee (SMC)

Members (2016 – 2018):

Thomas Penzel (Coordinator), Tiina Paunio (Vice-Coordinator), Erna Sif Arnardóttir (EC ECRN and ANSS Representative), Marie-Pia d'Ortho, Colin Espie, Diego García-Borreguero, Lino Nobili, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck

The SMC focuses on the recognition of Sleep Medicine as a medical subspecialty in Europe. The SMC coordinates activities for the accreditation of sleep medicine centers. The current plan is that the ESRS has an umbrella role helping national sleep societies to implement national accreditation. In order to consent rules on this a SMC meeting is planned for 2017. This activity is aligned with the national sleep societies, and the ERS as the most important stakeholder. The development of standards of practice papers and clinical guidelines will come next. Over the winter months the SMC held no meeting and no teleconference.

Thomas Penzel

ESRS Education Committee (EduCom)

Members (2016 – 2018):

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

A survey for feedback for the Somnologist Examination in Bologna, 2016, as well as for the ESRS Textbook, from the participants for the 2016 Somnologist examination was performed. There were altogether 67 participants so that the participation rate was 1/3.

Most of the examinees (84%) had got the information about the examination from the ESRS website or colleagues. 90% rated the online application process as good, very good or excellent, and the corresponding rates for the transparency of the contents and themes of the examination was 93%, and 90% for the professional quality of the questions and the given answers. 80% considered that the professional quality of the ESRS Textbook was good, very good or excellent, while 17% considered it was fair and 2% as poor. 91% considered that the textbook was helpful for the preparation of the examination.

The feedback for the Textbook was discussed among the EduCom at a teleconference in December 2016. While it was acknowledged that the general responses regarding the examination were good, some issues, such as those related to equalizing the quality inside the different chapters, and repetition of some of the topics within and between chapters, were discussed. The first edition of the Textbook is almost sold out. A reprint of 1000 copies was ordered and already delivered to the ESRS.

The next Somnologist examination will be organized in Marseille on the 8th April, 2017. There were 74 applications, out of which 67 were considered as eligible for the examination. For the Somnologist – technician examination, there are 20 applications, all eligible for the examination.

Tiina Paunio

ESRS ANSS EU Committee

Report on the activities: November 2016 – March 2017

Members (2016 – 2018):

Roberto Amici (Coordinator), Diego Garcia Borreguero (Vice-Coordinator), Liborio Parrino (EC ANSS Chair), Damien Leger, Pierre-Hervé Luppi, Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene, Johan Verbraecken

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.

The activity of the EU Committee in the past months has been aimed at elaborating

new strategies in order to put forward, at the level of the EU Commission, “Sleep and Sleep Disorders” as a topic for the Horizon 2020 upcoming call 2018-20. At the end of 2016, in collaboration with the Assembly of the National Sleep Societies (ANSS), a document has been finalized (please find it at: www.esrs.eu/committees-networks/esrs-anss-eu-committee/documents.html) and sent by every NSS President to the National Contact Points of the pillar Health of the DG “Research and Innovation”, in order to provide the National Members of the Advisory Board who is in charge to finalize the Horizon Health 2020 call for 2018-20 with the document. The outcomes of this initiative will be discussed in the forthcoming meeting of the ANSS, which will be held in Reykjavík, Iceland, 5 to 7 May 2017.

Roberto Amici



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

The European Insomnia Network held its fourth meeting in Amsterdam from December 15 to 16, 2016. Eus van Someren and his group had arranged a terrific programme covering many aspects of insomnia including more than 20 clinicians and researchers from all over Europe. The meeting was a huge success and will be repeated next year at a different location, maybe in Oxford.

Another very important activity of the European Insomnia Network is the **European Guideline for the Diagnosis and Treatment of Insomnia**, a task force group supported by the ESRS board and chaired by Dieter Riemann from Freiburg. A group of 21 researchers and clinicians from more than 15 European countries will meet on March 31 in Frankfurt in order to finalize the guideline. It is planned to have the guideline published in the [Journal of Sleep Research](#) by the end of 2017. The guideline will be endorsed by the board of the European Sleep Research Society and by the executive committee of the Association of National Sleep Societies.

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

European Narcolepsy Network (EU-NN)



EUROPEAN NARCOLEPSY NETWORK

In the past half year, the number of members has grown to 32. Presently, sleep laboratories and members from 16 European countries are participating in the network.

The board of the EU-NN and the database committee have decided to change the provider and will use Redcap as a new system. The change will take place in April 2017. Members will receive new access codes.

R. Khatami and Z. Zhang from Barmelweid/Switzerland have provided the quality control of the database which presently comprises 1228 validated and 412 non-validated datasets. A new publication about a machine learning approach to differentiate between NT1, NT2 using the database material is in preparation.

The homepage has been updated with the help of our members. We focused on legal issues like driving. We recently added information about new articles on narcolepsy

and its related fields. The literature update will be provided every three months. Movies about narcoleptic features will be available for our members, and movies made by European Narcolepsy Groups for publicity purposes will be available for the public.

Proposals for improvement of the homepage are welcome. The homepage is presently run by Prof. M. Tafti/ the University of Lausanne. As it is presently not possible to change contents for persons who are not members of the university of Lausanne we will probably change the provider within this year. We thank Prof. Tafti for his input and efforts for the maintenance of the homepage.

In collaboration with the European Academy of Neurology and the ESRS, the EU-NN is participating in the preparation of a new European Narcolepsy Guideline. The first meeting has been organized by C. Bassetti and U. Kallweit from Bern, and M. Manconi invited the participants to Lugano. The results of the Lugano meeting will now be submitted to the different organizations for approval.

The 8th European Narcolepsy Day under the motto „Together for better care“ will take place in Palma de Mallorca from March 18 to 19. The programme is available under www.uibcongres.org/narcolepsy2017/ficha.en.html. The European Narcolepsy Day is organized by our member Dr. F. Canellas and the Spanish Narcolepsy Association. We invite everyone interested in the field of narcolepsy and hypersomnolences in Europe and the rest of the world to join us to make this conference a step forward in the care of patients with narcolepsy and hypersomnolences in Europe and worldwide. We are happy to announce that the „Young Scientist Award“ of the EU-NN goes to L. Barateau from Montpellier/France for her work „Comorbidity between central disorders of hypersomnolence and immune-based disorders“.

The Board of EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

At the end of January 2017, the ANSS Executive Committee met in Frankfurt to prepare the programme of the annual ANSS meeting. This will take place in Reykjavik (Iceland) from May 5th, starting at 18:00, to early hours of May 7th.

The agenda will start with the presentation of the National Sleep Societies. This will allow us to draw a picture on how things are moving in the different countries, and verify whether ANSS can contribute to overcome critical issues removing obstacles and promoting official support to local initiatives.

A special session will be dedicated to the work in progress of the ESRS-ANSS task forces: Horizon 2020, Beyond AHI, Sleep medicine as subspecialty, the European Guideline for the Diagnosis and Treatment of Insomnia, Implementation of the ESRS guidelines.

Other sessions will focus on models for sleep medicine organization and on how driving regulation in patients with OSAS and sleepiness is applied in the different countries. A specific expert contribution will describe the available technical opportunities to monitor vigilance and attention at the wheel.

The results of two surveys - one on Patient Organizations and one Follow-up Questionnaire for Sleep Medicine as a subspecialty - will be updated and discussed. ANSS sponsors will have the opportunity to share with the ANSS members new proposals and perspectives, while ESRS and ANSS activities will be assessed in specific business meetings.

A general discussion on future projects will close the meeting. All NSS Presidents have been invited to submit proposals ranging from a research project, to a survey or awareness campaign challenge or a discussion of challenges within a specific field of sleep research/medicine.

As a final note, the President of Iceland has officially invited the ANSS participants to a one-hour reception at Bessastadir, the presidential residence, the evening of May 5th: quite an honor for the European sleep community!

Liborio Parrino
Chair, on behalf of the EC ANSS



NEW EDITOR-IN-CHIEF OF THE JOURNAL OF SLEEP RESEARCH

Dear Members of the European Sleep Research Society,

I would like to introduce myself as the new Editor in Chief of the [Journal of Sleep Research](#) starting my term in 2017. As some of you may have realized, I already was on board for several months in a “transitional capacity” taking over the function of Chief Editor from Derk-Jan Dijk. I would like to express my utmost gratitude and heartfelt thanks to Derk-Jan Dijk, who has done a terrific job as Chief Editor of JSR over the last 6 years and has made it easy for me to grow into this new position. With Derk-Jan Dijk, the scientific reputation of JSR has grown steadily over the years and stabilized on a high level. I do wish Derk-Jan all the best for the future.

As JSR is the official organ of the European Sleep Research Society I will pay special attention to official publications coming from the Society - this will apply to position papers, papers relating to procedures in sleep medicine or guideline publications. Further changes which will become effective immediately will be the possibility to submit unsolicited reviews from the scientific community with the aim to have one review per issue of JSR in the future. Reviews should give an accurate and precise state-of-the- science overview of a given topic; meta-analyses as well as theoretical or conceptual papers discussing important topics in sleep medicine and sleep research will be welcome as well. Another novelty will be the introduction of “fast track” papers, which are also meant to be short papers, but which should include “hot off the press” new research - we will aim at reviewing and publishing exciting new data as quickly as possible. Some changes have already been made with respect to Deputy and Associate Editors of the journal. Sadly, Avi Sadeh passed away prematurely last year - we miss him sadly as a colleague and excellent Associate Editor. Jan Hedner and Pierre Maquet asked to retire at the end of last year and were replaced by Silke Ryan from Dublin (respiratory sleep medicine) and Isabelle Arnulf (clinical neuroscience / neurology) from Paris. Angelika Schlarb from Bielefeld, a specialist in child and adolescent sleep medicine came on board for Avi Sadeh. Further changes will take place during the course of this year. I want to thank all Deputy and Associate Editors for their hard work in the past and future – without them, JSR would not be possible. The same applies for all those who have reviewed, and hopefully will, review new submissions to JSR in the future – we all know that our journal would not function without the tireless efforts our reviewers put into their work.

Many thanks also go to Brigitte Knobl, our editorial assistant. Without her tremendous help and guidance I would not have been capable to grow into my new position so smoothly and uncomplicated.

I would also like to thank our publisher, Wiley, who is located in Oxford, UK. I am sure that we will be able to keep our relations on a highly productive and amicable level - I

would like to mention personally Silvana Losito whom I want to thank very much for her support and understanding. We will now have the possibility that members of the ESRS can use the “open access” function for an exclusive fee of 1000 USD (www.esrs.eu/media/journal-of-sleep-research.html).

It is my aim further to enhance the visibility and the attractiveness of the Journal of Sleep Research for scientists and clinicians who have interesting data to present - we will work tirelessly to reduce the time between submission and acceptance. I think we owe it to our submitting authors to work on the submissions as quick as possible.

Looking forward to your manuscript submissions!

Dieter Riemann



NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the Czech Sleep Research and Sleep Medicine Society, Dr. Jana Vyskočilová, and Dr. Ondřej Ludka, Committee Member

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

Physicians: week-long theoretical course, theoretical test, if the success rate greater than 70%, then theoretical oral examination, if not, it must be repeated, maximum three times, practical examinations (scoring PSGs and PGs).

Technicians: week-long theoretical and practical course, theoretical and practical examination.

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

Physicians and technicians.

Do you also have an accreditation procedure for sleep centers?

Yes.

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

Yes. We have 3 different types of accreditation: Comprehensive center of diagnosis and treatment of sleep disorders, Centre for diagnosis and treatment of sleep-disordered breathing, Monitoring and treatment unit of sleep-disordered breathing (only PG, not PSG).

Is sleep medicine officially included in academic programmes?

Yes.

Do you organize accredited sleep medicine courses?

Annually for physicians and also for technicians.

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

Yes, but still unsuccessfully.

Is basic research in the sleep field represented in the Czech Sleep Research and Sleep Medicine Society activities?

Yes.

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

Lino Nobili



CALL FOR ESRS WEB COORDINATOR

Role

The role of the Website Coordinator is to work with the Website Editor to ensure the successful implementation of projects, and to guide the content and future developments of the Society Website and related materials. A first step will be a major redevelopment to make the website more interactive and suitable for a wide range of functions, in particular in the area of education. The Coordinator will cooperate with the standing committees of the ESRS and with the ESRS Board in the successful implementation and development of this role. The Coordinator will chair a web committee containing representation from the ESRS Board and each of the ESRS Standing Committees.

Experience

The Website Coordinator must be aware of advancing technologies and their impact on the ESRS website and any potential benefits to users. The Website Coordinator must have some knowledge of electronic media and good IT skills. They must have a genuine interest and enthusiasm for e-communications. Specific knowledge of web design is not required. This level of development will be undertaken by a professional web designer with the Web Coordinator acting in an advisory capacity in respect of structure and content.

Financial Support

While no salary or honorarium is provided for this position, funds can be provided for specific projects relating to website development following approval by the ESRS Board.

Duration

The Website Coordinator will serve a renewable mandate of 2 years.

Selection

The Website Coordinator should be an ESRS member. All candidates need to provide a mini curriculum vitae and a statement of intent, copies of which should be forwarded to the ESRS Office (attention of: Brigitte Knobl, esrs.bk@online.de) by **31 March 2017**. Applications will be accepted via e-mail only. Candidates must not currently hold a position within the ESRS Board, and should preferably not be a member of an ESRS Standing Committee.

Terms of Office

The Website Coordinator begins her/his term of office as soon as appointment is made by the ESRS Board.



RECIPIENTS OF ESRS FELLOWSHIP, TRAINING AND MEETING GRANTS

The ESRS Board is pleased to announce that 7 ESRS Grants have been awarded for the year 2017 within the programme to support early career researchers within Europe.

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

Recipient 1 of ESRS Short-Term Research Fellowship:

Julie Christensen, PhD, Glostrup, Denmark

Host Laboratory:

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

Supervision:

Prof. Eus van Someren

Recipient 2 of ESRS Short-Term Research Fellowship:

Desana Kocevka, MSc, Rotterdam, Netherlands

Host Laboratory:

[University Children's Hospital, Child Development Center, Zurich, Switzerland](#)

Supervision:

Reto Huber, PhD

Recipient of ESRS Two-Week Training Grant:

Chiara Bartolacci, MSc, Rome, Italy

Host Laboratory:

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

Supervision:

Prof. Colin Espie, Dr. Simon Kyle

Recipient 1 of ESRS Meeting Grants:

Mohamed Ameen, Cambridge, UK

[3rd Symposium on Sleep, Cognition, and Consciousness](#) (Kaprun, Austria, 2 - 4 March 2017)

Recipient 2 of ESRS Meeting Grants:

Stefano Bastianini, Bologna, Italy

[World Sleep 2017](#) (Prague; Czech Republic, 7 – 11 October 2017)

Recipient 3 of ESRS Meeting Grants:

Amber Rogusk, Edinburgh, United Kingdom

[Sleep and Breathing 2017](#) (Marseille, France, 6 – 8 April 2017)

Recipient 4 of ESRS Meeting Grants:

Jayne Trickett, Birmingham, United Kingdom

[Sleep and Breathing 2017](#) (Marseille, France, 6 – 8 April 2017)



ESRS SLEEP SCIENCE SCHOOL "Neural Networks in Sleep"

The Sleep Science School is a new ESRS initiative aimed at gathering early career sleep scientists around different fundamental topics, allowing them to gain knowledge, share their work and experience, meet experienced researchers, develop opportunities and create novel networks of excellence.

The focus of the first edition of the ESRS Sleep Science School will be "Neural Networks in Sleep". It will be held in Frejus, a city located on the Mediterranean sea (France), **16 - 21 October 2017**. Pierre-Hervé Luppi and Philippe Peigneux will coordinate this edition.

Both animal and human research will be addressed. The programme will include communications by international sleep experts on specific topics (see below) but also workshop interactive sessions aimed at writing research grants and proposals and stimulate in-depth exchanges between young and experienced researchers. The faculty members will be present during the entire week and available for theoretical and practical discussions with young researchers.

Neural networks in sleep refer to the neurophysiological and neuroanatomical organization of populations of neurons responsible for generating the sleep-waking cycle or implicated in the functions of sleep. It can be investigated both in human and animal using classical approaches such as electrophysiology and neuroanatomy but also new ones like optogenetic or MEG. All these methods are necessary for an in-depth understanding of the mechanisms regulating sleep and to determine how these mechanisms are potentially modulated by daytime experience and/or disrupted in pathological conditions, and subserve or cohere with crucial cognitive functions.

A maximum number of 40 participants will be accepted to the ESRS Sleep Science School.

The ESRS Research Networking Committee will rank the applications, received by 24 February 2017, both to participate and to get funded.

Philippe Peigneux and Pierre-Hervé Luppi
Organizers of the School

Lino Nobili
ESRS Secretary

Programme

Monday, 16.10.2017: Arrival and get-together

- 19.30 – 20.30 Dinner
 20.30 – 22.30 Poster hanging and get-together session

Tuesday, 17.10.2017: Day 1

- 09.00 General programme overview, participants' and faculty presentation, constitution of small groups for workshop activities
 09.30 – 10.30 **Lecture 1:**
 Vlad Vyazovskiy - Local and global dynamics of sleep regulation: focus on the use of advanced electrophysiological methods
 11.00 – 12.30 **Lecture 2:**
 Anita Lüthi - Mechanisms and functions of thalamo-cortical activities: "in vitro" versus "in vivo" approaches
 12.30 – 13.30 Lunch
 13.30 – 15.00 Social (free time, games and sport activities)
 15.00 – 16.00 "Meet a Faculty" (meetings in small groups, 5 participants maximum with a member of the faculty, for a free exchange period) or Social (free time)
 16.00 – 17.30 **Lecture 3:**
 Hans-Peter Landolt - Sleep EEG fingerprints, biomarkers and the genetics underlying (human) sleep phenotypes
 17.30 – 19.30 Walking Poster Presentation 1 (6 minutes + 4 min discussion/poster; n = 12 posters)
 19.30 – 20.30 Dinner
 20.30 – 22.00 Night Sleep Game

Wednesday, 18.10.2017: Day 2

- 09.00 – 10.30 **Lecture 4:**
 Patricia Bonnavion – A review and critic of the new genetic methods applied to the study of sleep networks
 10.45 – 12.45 Walking Poster Presentation 2 (6 minutes + 4 min discussion/poster; n = 12 posters)
 12.45 – 13.45 Lunch
 13.45 – 16.00 Trekking on the sea shore by small groups with informal discussion

- with the faculty
- 16.00 – 18.00 Workshop activity 1 - Winning Grant and Proposals
- 16.00 – 16.30 Lecture "How to write a successful grant?"
- 16.30 – 18.00 Development of scientific proposals to be presented at the end of the week (by small groups, with partial moderation of faculty members)
- 18.00 – 19.30 **Lecture 5:**
Victor Spoormaker - fMRI/EEG advantages and pitfalls to study brain networks in sleep and their significance
- 19.30 – 20.30 Dinner
- 20.30 – 21.30 The Pros and The Cons Contest Session 1*

* For Pros and Cons Contest sessions, attendees will be assigned in advance [before the school week] papers holding divergent positions. They will have 20 minutes per contest to try convincing the other part (3 participants in each camp per contest)

Thursday, 19.10.2017: Day 3

- 09.00 – 10.30 **Lecture 6:**
Philippe Peigneux: Can we identify the neural networks subtending sleep-learning and sleep-dependent memory consolidation mechanisms in human?
- 10.45 – 12.45 Walking Poster Presentation 3 (6 minutes + 4 min discussion/poster; n = 12 posters)
- 12.45 – 13.45 Lunch
- 13.45 – 15.00 Social (free time, games and sport activities)
- 15.00 – 16.00 "Meet a Faculty" (meetings by small groups, 5 participants maximum with one member of the faculty, for a free exchange time period) or Social (free time)
- 16.00 – 18.00 Workshop activity writing project/grant - continued
- 18.00 – 19.30 **Lecture 7:**
Pierre-Hervé Luppi: Which animal models and methods to study paradoxical sleep functions, genesis and pathologies?
- 20.30 – 21.30 The Pros and The Cons Contest Session 2

Friday, 20.10.2017: Day 4

- 09.00 – 10.30 **Lecture 8:**
Raphaëlle Winsky-Sommerer – Is pharmacology a dead end to study sleep and treat its pathologies?
- 10.45 – 12.45 **Lecture 9:**

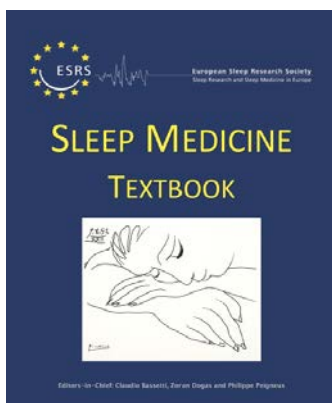
	Alain Destexhe – Can we model the neural networks of sleep?
12.45 – 13.45	Lunch
13.45 – 16.00	Social (free time, games and sport activities)
16.00 – 18.00	Workshop activity - Projects Presentation (15 min/project + 15 min discussion)
18.00 – 19.30	Open discussion on how to find postdoc, next steps, career planning
19.30 – 20.30	Dinner
20.30 – 21.00	Debriefing and feedback session
21.00 –	Dance party

Saturday, 21.10.2017: Departure

Breakfast and group picture



SLEEP MEDICINE TEXTBOOK



Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux

Publisher: European Sleep Research Society (ESRS)

Regensburg, 2014

ISBN: 9781119038931

The Sleep Medicine Textbook provides comprehensive, all-in-one educational material (550 pages) structured around the [Catalogue of knowledge and skills for sleep medicine](#) (Penzel et al. 2014, [Journal of Sleep Research](#)). Written by experts in the field and published by the ESRS, it provides a European approach to sleep medicine education, and represents the knowledge base for the ESRS-endorsed sleep medicine examinations.

Endorsed by ERS

Download free sample chapter: [B.1. Classification of sleep disorders](#)

ESRS Members* ESRS Early Career Research Network (ECRN) Non-Members**

Price per copy	€ 140	€ 120	€ 155
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* As a courtesy of ESRS, members of the [Associate National Sleep Societies](#) (ANSS), the [European Biological Rhythms Society](#) (EBRS) and the [European Respiratory Society](#) (ERS) benefit from the reduced price.

** ECRN members benefit from the student price (see conditions).

BOOK ORDER

Fax/ email this form to Maria Wiechmann (ESRS Office) +49 941 29080975 / maria.wiechmann@esrs.eu

I hereby order _____ copy/ copies of the

Sleep Medicine Textbook (Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux) at copy price

€ 140 (ESRS, ANSS, EBRS and ERS members) € 120 (ECRN members) € 155 (non-members)

I am a member of:

ESRS ANSS* EBRS* ERS*

* Please include a membership certificate.

ESRS-ECRN **

** Reduced price for ESRS members during studentship and 5 years after having received a degree as PhD or MD. Please include appropriate certificates.

Payment method

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ESRS EVENTS

Sleep and Breathing 2017

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

Date: April 6 – 8, 2017
 Venue: Marseille, France
 Website: www.sleepandbreathing.org/
 Video: click [here](#)



ESRS Sleep Science School "Neural Networks in Sleep"

Date: October 16 – 21, 2017
 Venue: Frejus, France
 Programme : click [here](#)

24th Congress of the European Sleep Research Society

Date: September 25 – 28, 2018
 Venue: Basel, Switzerland
 Website: www.esrs-congress.eu/2018.html





ESRS ENDORSED TRAINING, COURSES & EVENTS

Symposium "Crossing the Watershed between Sleep and Wakefulness"

Date: June30, 2017
Venue: Amsterdam, The Netherlands
General Information: [www.esrs.eu/.../...Brain and Cogntion Summer School.pdf](http://www.esrs.eu/.../...Brain_and_Cogntion_Summer_School.pdf)
Practical Information: [www.esrs.eu/uploads/.../Practical information.pdf](http://www.esrs.eu/uploads/.../Practical_information.pdf)
Programme: [www.esrs.eu/.../TSleepin Brain including Symposium.pdf](http://www.esrs.eu/.../TSleepin_Brain_including_Symposium.pdf)



OTHER TRAINING & COURSES

Edinburgh Sleep Medicine Course

Date: March 13 - 17, 2017
 Venue: Edinburgh, Scotland, UK
 Flyer: www.esrs.eu/uploads/tx_mnmesrscal/flyer_2017.pdf

Now entering its ninth 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.

Brain Dynamics on Multiple Scales - Paradigms, their Relations, and Integrated Approaches

Date: June 19 - 23, 2017
 Venue: Dresden, Germany
 Flyer: www.pks.mpg.de/fileadmin/user_upload/MPIPKS/msbdy17_poster.pdf
 Website: www.pks.mpg.de/msbdy17/

International Workshop

Scientific Coordinators:

Peter Achermann (Zurich, CH), Eckehard Olbrich (Leipzig, DE), Thomas Wennekers (Plymouth, UK)

Sleep and Cognition

Date: July 8 – 15, 2017
 Venue: Siena, Italy
 Website: www.nsas.it/courses-workshops/advanced-courses/sleep-and-cognition/

The Advanced Course will cut across multiple fields of sleep studies and will feature dedicated sessions addressing important emerging areas. Emphasis will be placed on cutting-edge methods and hypotheses for understanding sleep and its effects on cognitive functions, and on how neurophysiological/genetic/imaging approaches can shed light on the functions of sleep and its essential role in maintaining and preserving vigilance, performance, learning and memory.

4th Annual Summer School

Date: September 3 – 8, 2017

Venue: Oxford, UK

Flyer: www.esrs.eu/.../2017_SUMMER_SCHOOL.pdf

Online registration open from March 2017



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

9th International Workshop "Sleep - a window to the world of wakefulness"

Date: March 18 - 20, 2017
Venue: Moscow, Russia
Website: project118806.tilda.ws/englishversion

17th Nordic Sleep Conference

organized by the Estonian Sleep Medicine Association

Date: May 24 - 26, 2017
Venue: Tallinn, Estonia
Website: www.nsc2017.ee/en/home/
Flyer: www.esrs.eu/.../tx_mnmesrscal/NSC_1announcement_bl3_printfail.pdf

Brighton Sleep 2017

organized by the British Sleep Society

Date: October 12 - 14, 2017
Venue: Brighton, UK
Website: www.sleepsociety.org.uk/
Flyer: www.esrs.eu/uploads/tx_mnmesrscal/Trifold_Leaflet.pdf

Important dates:

5 June 2017: Abstract & travel grant deadline
10 July 2017: Early bird deadline

[Apply for a Travel Grant](#)

[Submit an Abstract](#)

[Register for Conference](#)



FUTURE MEETINGS

XV European Biological Rhythms Society Congress

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



World Sleep 2017

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

Date: October 7 - 11, 2017
Venue: Prague, Czech Republic
Website: www.worldsleepcongress.com/





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