Welcome: Prof. Gianfranco Parati
9.00-9.20 Keynote Lecture: Sleep disorders and famous people: a historical survey
Dr. Michele Riva - University of Milano Bicocca, Monza (Italy)

Session 1: Sleep Disordered Breathing
Chairs: Prof. Thomas Penzel, Dr. Carolina Lombardi
9.20-9.40 Epidemiology and diagnosis of OSA: new perspectives on phenotyping and progress in technology  Prof. Walter McNicholas - St. Vincent's University Hospital, Dublin (Ireland)
9.40-10.00 Upper airways anatomy and function in sleep related breathing disorders: update on diagnosis and treatment  Prof. Claudio Vicini – University Hospital of Forlì (Italy)
10-10.20 Gender medicine and OSA  Prof. Maria Rosaria Bonsignore - University of Palermo, Palermo (Italy)
10.30-11 coffee break

Chair: Dr. Antonio Foresi and Prof. Pietro Cortelli
11-11.20 Circadian patterns and cardiovascular changes at night in OSA. Impact on Cardiovascular risk.
Prof. Gianfranco Parati - Istituto Auxologico Italiano
11.20-11.40 Pros and cons: OSA treatment to lower blood pressure.
Prof. Krzysztof Narkiewicz - Medical University of Gdansk (Poland) (PROS) and Dr Martino Pengo - Istituto Auxologico Italiano (CONS)
11.40-12 How to improve CPAP compliance: focus on new and old predictors.
Prof. Patrick Levy - Université Grenoble Alpes, Grenoble (France)
12-12.20 Alternative treatment for OSA: invasive and non-invasive electrical stimulation.
Prof. Joerg Steier - Guy’s & St. Thomas’ Hospital, London (UK)
12.30 light lunch
Hypersomnia and Parasomnia

Chairs: Dr Marco Zucconi and Prof. Vincenzo Silani

13.40-14.00 Update on Non REM parasomnias and epileptic seizure during sleep
Dr. Federica Provini - University of Bologna (Italy)

14.00-14.20 Hypersomnia of central origin
Prof. Guy Leschziner - Guy's & St. Thomas’ Hospital, London (UK)

14.20-14.40: Spectrum of REM Sleep Behavior Disorders: new evidence on motor activities during REM.
Dr. Mauro Manconi, Osp. Civico di Lugano, Lugano, CH

15.00 coffee break

15.30 Introducing our Multidisciplinary Sleep Center.
Dr.ssa Paola Mattaliano, Istituto Auxologico Italiano

Insomnia

Chairs: Dott. Raffaele Manni , Prof. Liborio Parrino

15.40-16.00 Insomnia and psychiatric disorders: pathophysiological link or comorbidity?
Dr. Hugh Selsick - The Royal London Hospital, London, UK

16.00-16.20 Treatment of insomnia: drugs and CBT
Dr. Laura Palagini - University of Pisa (Italy)

16.20-16.40 Future trends in hypnotics
Prof. Luigi Ferini-Strambi - IRCCS San Raffaele Scientific Institute, Milan (Italy)

17.00 Summary and Close