

4th Clinical Update Sleep™

“AUXOSLEEP WORKSHOP”

Milan - 18th May 2019

Preliminary program

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 Forli (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 Penzo - 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