The Problem
The female gender has a specific complexity due to the corresponding hormonal and life cycles. As a direct result, the gender differences concerning females, in humans and animals, are insufficiently known. The present social and cultural challenges faced by women further potentiate the negative impact upon their sleep.

Objectives
To improve the knowledge concerning female sleep, while discussing and analysing the corresponding problems
To evaluate the influence of biologic, psychological, societal, cultural and lifestyles upon women sleep at all ages.
To evaluate and discuss gender differences within the scope of Sleep Medicine and beyond.
To involve clinicians, scientists, citizens, public and private entities in the discussion and solution of the main deleterious issues.

Organizers
CENC – Center of Sleep Medicine
FCH - Faculdade de Ciências Humanas, Universidade Católica Portuguesa
Centro de Estudos de Promoção e Educação para a Saúde/ FMH/Universidade de Lisboa

Organizing Committee
Teresa Paiva, Paulo Gaião, Cátia Reis, Gabriela Videira, Teresa Rebelo Pinto, Dulce Neutel, Sara Madeira, Mariana Chaves, Ana Santa Clara, Joana Vaz Castro, Ana Viegas, Vera Ramos
Helena Rebelo Pinto, Rita Francisco, Joana Carneiro Pinto, Ana Rita Goes, Carolina Maruta
Margarida Gaspar de Matos, Emmanuelle Godeau, Tânia Gaspar

Supporting entities (confirmed)
FMUL - Faculdade Medicina Univ. Lisboa
FMH – Faculdade de Motricidade Humana
ENSP - Escola Nacional de Saúde Pública
ESTeSL – Escola Superior de Tecnologias da Saúde de Lisboa
APS - Associação Portuguesa de Sono
Ordem dos Farmacêuticos
Ordem dos Nutricionistas
Hospitais Mello Saúde – Academia CUF
Aventura Social
SPN - Sociedade Portuguesa de Neurologia
SPR - Sociedade Portuguesa de Reumatologia
SPDOF – Sociedade Portuguesa de Dor Orofacial
Scientific Committee (confirmed)

CENC - Richard Staats – President
ENSP - Isabel Loureiro
FMUL – Isabel Pavão Martins
FMUP – ICBAS – António Martins da Silva
OM – Competência em MS - Moutinho dos Santos
FP-UC – Ana Allen Gomes
FCH-UCP – Augusta Gaspar
Aventura Social - Tânia Gaspar
Academia CUF - Susana Varela
APS – Maria Helena Estevão
SPDOF - Gabriela Videira
CENC - Cátia Reis
ESTeSL – Joana Pires

Industry Sponsors (confirmed)

Angelini
Resmed
Vitalaire
Linde Saúde
Merck
Praxair
Vivisol Sonocare
Philips

Local Organizer

Alive Portugal
Rua Professor Fernando da Fonseca
Edifício Visconde de Alvalade, 1º Piso
Lisbon, Portugal
Contact – Helena Mendes
**LISBON SLEEP SUMMIT – Sleep in Women**

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<tr>
<td>9h – 9h30 keynote</td>
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<tr>
<td>Sleep, genes and depression in women</td>
<td>Do female and male clocks tick differently?</td>
<td>Sleep in female adolescents</td>
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<td>9h30 – 10h30 – Panel discussion Neurobiology of women’ sleep</td>
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<td>Objective and Subjective Sleep metrics in Men and Women</td>
<td>Early in life: sleep prevention and education</td>
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<td>Women, success and sleep</td>
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<td>Sleep disorders in females</td>
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<td>14h30h– 15h30 - Panel discussion The three companions: Pain, Fatigue and dyssomnia</td>
<td>14h30 – 15h30 - Panel discussion Breathing, sleep and females</td>
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<td>Women and stress</td>
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<td>16h30- 17h30 – Panel discussion Late in life: Risks, preservation and quality</td>
<td>16h30 – 17h30 - Panel discussion</td>
<td>The magic triangle: Sleep, Nutrition, Exercise</td>
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<td>18h – 20h Oral communications and posters</td>
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Preliminary Program*

16th May

17h Opening session

President Portuguese Republic, Minister of Science and Technology, Minister of Health, Minister of Work and Social Security, Rector Catholic University, Teresa Paiva

17h30 Keynote –Life Challenges and Sleep

Marisa – Fado Singer
Isabel Mota – President of Gulbenkian Foundation
Joana Vasconcelos – Plastic Artist
Assunção Esteves – Former President of the Portuguese Parliament

Chairperson: Helena Rebelo Pinto (FCH-UC)

19h00 Welcome reception

17th May

9h – 9h30 Keynote - Sleep, genes and depression in women - Tiina Paunio (Finland)
Chairperson: Margarida Gaspar de Matos (FMH-UL)

9h30 – 10h30 – Panel discussion - Neurobiology of females` sleep

Chairperson: Irene Tobler (Switzerland)

The Brain – FH Lopes da Silva (The Netherlands)
Hormones – Helena Hachul (Brazil)
Psyche and Lifestyles – Castro Caldas (FCH-UC)

Discussion

10h30 – 11h - Coffee break

11h – 11h30 - Keynote - Women, work and success – Rosario Palma Ramalho (FD-UL, Portugal)
Chairperson: Teresa Fragoso (CIG, Portugal)

11h30 – 12h30 - Panel discussion - Mothers’ sleep

Chairperson: Rosa Peralta Adrados (Spain)

Pregnancy - Rosalia Silvestri (Italy)
Childbirth and Breastfeeding - Maria do Céu Machado (FM-UL, Portugal)
The mother and the family – Teresa Ribeiro (FP-UL)
Motherhood – Carla Bentes (CHLN, Portugal)

Discussion

12h30 Lunch time and Posters presentation

14h – 14h30 - Keynote - Sleep disorders in females – Ferini-Strambi (Italy)
Chairperson: Carla Bentes (CHLN, Portugal)

14h30- 15h30 - Panel discussion: The three companions: Pain, Fatigue and dyssomnia

Chairperson: Maria Elisa Domingues (Portugal)

Gender sleep and pain -Helene Bastuji (France)
Fatigue in females – Helena Canhão (FCM-UN, Portugal)
Resisting pain and tiredness – Elsa Frazão Mateus (EUPATI-Portugal)
Fibromyalgia and Rheumatic disorders – Jaime Branco (FCM-UN, Portugal)

Discussion

15h30 - 16h - Coffee break

16h – 16h30 - Keynote - Insomnia in Females – Eus van Someren (The Netherlands)
Chairperson: Birgit Högl (Austria)

16h30- 17h30 – Panel discussion - Late in life: Risks, preservation and quality

Chairperson: Ana Rita Peralta (FM-UL)

Sleep in elderly women – Marta Gonçalves (CUF, Portugal)
Sleep and Excessive Medication – Ema Paulino (OF, Portugal)
Sedentarism in the elderly – Fátima Batista (FMH, Portugal)

Discussion

18h – 20h - Oral communications and posters (Chairpersons: Tânia Gaspar, Rita Francisco, Joana Carneiro Pinto, Cátia Reis, Ana Santa Clara, Joana Castro)
18th May

9h – 9h30 - Keynote Do female and male clocks tick differently? – Till Roenneberg (Germany)
Chairperson: Castro Caldas (FCH-UC)

9h30 – 10h00 - Keynote – Objective and Subjective Sleep metrics in Men and Women– Elizabeth Klerman (USA)
Chairperson: Isabel Pavão Martins (FM-UL)

10h00 – 10h30 - Keynote – Strange things women may do at night– Isabelle Arnulf (France)
Chairperson: Maria Isabel Loureiro (ENSP- UN)

10h30 – 11h - Coffee break

11h – 11h30 - Keynote - Violence, women and sleep - Teresa Paiva (CENC, Portugal)
Chairperson: Marlene Matos (FP-UM, Portugal)

11h30 – 12h30 - Panel discussion: Sleep in the context of aggression
Chairperson: Margarida Pinto Correia (F EdP, Portugal)

12h30 Lunch time and Posters presentation

14h - 14h30 – Keynote - The snoring woman - Marisa Bonsignore (It)
Chairperson: Cristina Bábarara (FM-UL)

14h30 – 15h30 - Panel discussion - Breathing, sleep and females
Chairperson: Óscar Dias (FM-UL)

OSAS comorbidities in females- Erna Arnardóttir (Iceland)
CPAP in females - Joaquim Moita (APS, Portugal)
Dental appliances in females – Marc Braem (Belgium)
ENT strategies in females – Marc Blumen (France)

15h30 - 16h - Coffee break

16h – 16h30 - Keynote – Women, stress and memory – Luisa Lopes (IMM, Portugal)
Chairperson: Raquel Seruca (IPATIMUP)

16h30 – 17h30 - Panel discussion: The magic triangle: Sleep, Nutrition, Exercise
Chairperson: João Carlos Winck

Exercise and Sleep – José Carlos Ribeiro (FADEUP)
Nutrition and Sleep – Mariana Chaves (CENC)
Sleep in female athletes: Maria Raquel Silva (FUFP, Portugal)
Sleep drawbacks in athletes – Susana Costa (Portugal)

18h – 20h - Oral communications and posters (Chairpersons: Augusta Gaspar, Gabriela Videira, Dulce Neutel, Carolina Maruta, Ana Rita Goes, Sara Madeira)

19th May

9h – 9h30 - Keynote: Sleep in adolescents: gender matters – Margarida Gaspar de Matos (FMH, Portugal)
Chairperson: Maria de Belém Roseira (PP-Portugal)

9h30 – 10h30 - Panel discussion: Early in life: sleep prevention and education
Chairperson: Helena Rebelo Pinto (FCH -UC)

Sleep and Development – Patricia Franco (France)
Programs on Sleep Education – Teresa Rebelo Pinto (CENC)
Games as education tools – Katie Almondes (UFRGS, Brazil)
European perspectives - Emmanuelle Godeau (France)

10h30 – 11h - Coffee break
LSS
11h – 12h - Key note - My Life, My Sleep and I
Paula Rego - Painter
Maria João Pires - Pianist
Chairperson: Teresa Paiva (CENC, Portugal)

12h Closing session
Mayor of Lisbon, Presidents of Professional Associations, Scientific Committee, Organizing Committee

14:30h Boat trip in Tagus River

- Confirmed speakers and chairpersons are marked with ✅

Registration and Abstracts

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<th>Middle 15th Mar 2018</th>
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*Official confirmation required

Conference proceedings

The conference presentations (keynote presentations, discussion panel presentations, oral communications and posters) will be published as minipapers (maximal of 5000 words, with bibliography and legends included), in a special number of Sleep Science (https://www.journals.elsevier.com/sleep-science/)

The co-editors will be the organizers together with the president and other members of the Scientific Committee

Abstracts for oral communications and posters must be submitted at this website according to the deadlines. The number of accepted communications is limited. Selection is made by the Scientific Committee

The minipapers must be received until the 30th April.

Confirmed Speakers

Alexandre Castro Caldas - FCH - Faculdade de Ciências Humanas, Universidade Católica Portuguesa –Portugal
Carla Bentes – Hospital Santa Maria, Faculdade de Medicina, Universidade de Lisboa – Portugal
Elizabeth Klerman – Harvard Medical School - USA
Elsa Frazão Mateus – EUPATI - Portugal
Ema Paulino – Ordem dos Farmacêuticos – Portugal
Emmanuelle Godeau - Médecin conseiller de la Rectrice de l’académie de Toulouse – France
Erna Sif Arnardóttir - Early Career Researcher Network (ESRS/ECRN), Landspitali University Hospital – Iceland
Eus van Someren – Netherlands Institute for Neuroscience – The Netherlands
Fátima Baptista – Faculty of Human Kinetics, FMH/Universidade de Lisboa – Portugal
Fátima Lopes – TVI – Televisão Independente - Portugal
Fernando Lopes da Silva – University of Amsterdam – The Netherlands
Helena Canhão - NOVA Medical School and National School of Public Health, NOVA University – Portugal
Helena Hachul – Instituto do Sono, São Paulo - Brazil
Helena Rebelo Pinto - FCH - Faculdade de Ciências Humanas, Universidade Católica Portuguesa –Portugal
Helene Bastuji - University of Lyon - France
Isabelle Arnulf - SERVICE DES PATHOLOGIES DU SOMMEIL, Pitié-Salpêtrière, Paris - France
Jaime Branco – NOVA Medical School, NOVA University – Portugal
Joaquim Moita – President of Portuguese Sleep Association, Centro Hospitalar Coimbra, Univ de Coimbra – Portugal
LSS

José Carlos Ribeiro – Faculdade de Desporto da Universidade do Porto – Portugal
Katie Almondes - Federal University of Rio Grande do Norte - Brazil
Luigi Ferini Strambi – Past President of WASM, Università Vita-Salute San Raffaele di Milano - Italy
Luís Lopes – Instituto Medicina Molecular, Faculdade de Medicina, Universidade de Lisboa – Portugal
Margarida Gaspar de Matos - Centro Estudos Promoção e Educação para a Saúde/ FMH/Univ de Lisboa – Portugal
Maria do Céu Machado – President of Infarmed, Faculdade de Medicina, Universidade de Lisboa – Portugal
Maria Raquel Silva – Universidade Fernando Pessoa, Porto - Portugal
Mariana Chaves – CENC – Center of Sleep Medicine – Portugal
Marisa Bonsignore – University of Palermo - Italy
Marc Blumen - Centre Medical Veille Sommeil (Paris, France; the ENT department of Foch Hospital (Suresnes, France)
Marc Braem - President of EADSM, Universiteit Antwerpen – Universitair Ziekenhuis Antwerpen - Belgium
Marta Gonçalves – CUF, Porto – Portugal
Patrícia Franco – Unité de sommeil pédiatrique, INSERM, Université de Lyon – France
Raquel Varela – Universidade Nova de Lisboa/IHC
Rosália Silvestri - Università degli Studi di Messina, Messina – Italy
Rosário Palma Ramalho - Faculdade de Direito, Universidade de Lisboa – Portugal
Susana Costa – Sporting Clube de Portugal
Telmo Baptista - Faculdade de Psicologia, Universidade de Lisboa – Portugal
Teresa Paiva - CENC – Center of Sleep Medicine – Portugal
Teresa Rebelo Pinto - CENC – Center of Sleep Medicine – Portugal
Teresa Ribeiro – Faculdade de Psicologia, Universidade de Lisboa – Portugal
Tiña Paunio – University of Helsinki - Finland
Till Roenneberg – Institute of Medical Psychology, Ludwig Maximilians Univ – Munich – Germany

Chairpersons

Alexandre Castro Caldas - FCH - Faculdade de Ciências Humanas, Universidade Católica Portuguesa – Portugal
Ana Rita Peralta - Hospital Santa Maria, Faculdade de Medicina, Universidade de Lisboa – Portugal
Birgit Högl - Medical University Innsbruck University Hospital of Neurology – Austria
Carla Bentes – Hospital Santa Maria, Faculdade de Medicina, Universidade de Lisboa – Portugal
Cristina Bárbara – Hospital Santa Maria, Faculdade de Medicina, Universidade de Lisboa – Portugal
Helena Rebelo Pinto - FCH - Faculdade de Ciências Humanas, Universidade Católica Portuguesa – Portugal
Isabel Pavão Martins – Faculdade de Medicina, Universidade de Lisboa – Portugal
Irene Tobler - Past President of ESRS, University of Zürich – Switzerland
João Carlos Winck - Faculdade de Medicina, Universidade do Porto – Portugal
Margarida Gaspar de Matos - Centro Estudos Promoção e Educação para a Saúde/ FMH/Univ de Lisboa – Portugal
Margarida Pinto Correia – Fundação EDP - Portugal
Maria de Belém Roseira – Parlamento Nacional - Portugal
Maria Elisa Domingues - Radiotelevisão Portuguesa – Portugal
Maria Isabel Loureiro – Escola Nacional de Saúde Publica da Universidade Nova de Lisboa - Portugal
Marlene Matos – Faculdade de Psicologia, Universidade do Minho – Portugal
Óscar Dias - Faculdade de Medicina, Universidade de Lisboa – Portugal
Raquel Seruca – IPATIMUP, Universidade do Porto – Portugal
Rosa Peraita Adrados - Hospital General Universitario Gregorio Marañón, Madrid - Spain
Teresa Fragoso - Comissão para a Cidadania e Igualdade de Género
Teresa Paiva - CENC – Center of Sleep Medicine – Portugal

Abbreviations

APS – Associação Portuguesa de Sono
CENC – Centro EEG e Neurofisiologia Clínica – Centro Medicina do Sono
CIG – Comissão para a Cidadania e Igualdade de Género
CUF – Hospitais Mello Saúde
EADSM – European Academy of Dental Sleep Medicine
ENSP-UN – Escola Nacional de Saúde Publica da Universidade Nova de Lisboa
ESRS – European Sleep Research Society
EUPATI - European Patients Academy
F EdP – Fundação EDP
FADEUP - Faculdade de Desporto da Universidade do Porto
FCH-UC – Faculdade de Ciências Humanas da Universidade Católica
FCM-UN – Faculdade de Ciências Médicas da Universidade Nova de Lisboa
FCSH-UN - Faculdade de Ciências Sociais e Humanas da Universidade Nova de Lisboa
FD-UL - Faculdade de Direito Universidade de Lisboa
FMH-UL – Faculdade de Motricidade Humana Universidade de Lisboa
FM-UL - Faculdade de Medicina Universidade de Lisboa
Contacts and information: www.lisbonsleepsummit.org
Local: Catholic University, Lisbon, Portugal