SLEEP AND EPILEPSY:
from clinical research to European statements for clinical practice

April 19th and 20th, 2018
Relais Bellaria Hotel & Congressi
Via Altura 11 bis, Bologna, Italy

CONFERENCE PRESIDENT
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SLEEP AND EPILEPSY: from clinical research to European statements for clinical practice
Sleep and epilepsy are close bedfellows and exert an impact on each other. The circadian rhythm seems to play a role in epilepsy. Indeed, many studies have shown a 24-h rhythmicity in seizure occurrence, depending on the origin (frontal or temporal) and type of seizures (focal or generalized). Moreover, some epilepsy syndromes are strongly or exclusively associated with sleep (the so-called Sleep related Epilepsies, SRE). These include the Benign Epilepsy with Centro Temporal Spikes, the Panayiotopoulos Syndrome, the Juvenile Myoclonic Epilepsy, the Idiopathic Generalized Epilepsy with Generalized Tonic Clonic seizures on awakening, the Sleep-related Hypermotor Epilepsy (formerly defined as Nocturnal Frontal Lobe Epilepsy), the Lennox-Gastaut Syndrome, the West Syndrome, the Electrical Status Epilepticus during Sleep and the Landau-Kleffner Syndrome. There are no standardized criteria regarding the procedures to be adopted for the diagnosis (and differential diagnosis) of these epileptic conditions. There is indirect evidence that subjects with the suspicion of one of these disorders may undergo different, and even inappropriate diagnostic tests across different labs in Europe. Finally, recent data suggest that the presence of a comorbid sleep disorders is a frequent finding in these patients, with a potential negative impact on seizure control and a role in reducing the quality of life. Objective of this workshop is to 1) present a document, focused on the standard procedures for the diagnostic pathway of SRE, developed by a Task Force on Sleep and Epilepsy (with members belonging to the European Sleep Research Society, The European Academy of Neurology and the European Chapter of the International League against Epilepsy 2) give a general overview of the pathophysiological mechanisms correlating sleep and circadian rhythms with epilepsy and discussing possible therapeutic implications 3) present the guidelines on the methodology for video-polysomnographic recordings 4) discuss the pathophysiological mechanisms of Electrical Status Epilepticus during Sleep, its impact on children cognitive functions and the therapeutic options for this syndrome 5) make a comprehensive overview of the Sleep Hypermotor Epilepsy, including the differential diagnosis with parasomnias and the treatment of these disorders. The target of the workshop are epileptologists, neurologists, child neurologists and physician involved in sleep medicine.
Thursday, April 19th

14:00  Registration of the participants

14:30 - 18:30  SLEEP AND EPILEPSY OPEN MEETING
Chairpersons: S. Eriksson | L. Nobili | L. Vignatelli

14:30  Greetings from authorities

14:45  Standard Procedures for the diagnostic pathway of sleep-related epilepsies: an EAN, ESRS and EC-ILAE consensus review (L. Nobili, L. Vignatelli)

15:30  EPILEPSY AND CIRCADIAN RHYTHMS
Homeostatic and circadian regulation of sleep and the effects on brain excitability (R. Khatami)
The influence of the circadian rhythm on epileptic seizures. A study of clinical and EEG aspects and their relation to parameters of the biological clock (A. de Weerd, W. Hofstra)
Is there a rationale for chronotherapy for epileptic patients? (R. Manni)

16:30  Coffee break

17:00  EEG
Assessing seizures within the 24 hour time-spam: past and future (S. Beniczky)

17:30  ELECTRICAL STATUS EPILEPTICUS DURING SLEEP (ESES)
Thalamo-cortical networks and ESES (P. Halasz)
ESES as a model of slow wave sleep pathology in the developmental age (G. Rubboli)

18:10  Open discussion
Friday, April 20th

09:00 - 12:30 SHE AND DIFFERENTIAL DIAGNOSIS
Chairpersons: B. Högl | P. Tinuper

09:00 SHE
Clinical, genetic and structural features in SHE (F. Bisulli)
Presurgical and surgical approach to drug-resistant SHE (L. Nobili)

10.00 Coffee break

10.30 PARASOMNIAS ROUND TABLE
Differential diagnosis of SHE (C. Derry)
Are there specific motor patterns of arousal disorders? (F. Provini)
Clinical patterns of RBD manifestations (J. Santamaria)
Sexsomnia and sleep-related violence (G. Plazzi)
Diagnostic and therapeutic approach to RBD (B. Högl)
Treatment of parasomnias (S. Eriksson)

12.30 LECTURE
Paroxysmal behaviour during sleep (C.A. Tassinari)

13.00 Closing remarks
Sleep and Epilepsy task force

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GENERAL INFORMATION

CONFERENCE VENUE
Relais Bellaria Hotel & Congressi
Via Altura, 11bis - Bologna, Italy
Phone 051 453 103 - http://www.hotelrelaisbellaria.com

HOW TO REGISTER
Please send an e-mail with all your details: name, surname, affiliation and profession, no later than April 11th at the following e-mail address:
Maura.Stella@ptsroma.it
A confirmation e-mail will be provided.

OFFICIAL LANGUAGE
The official language of the workshop is English.
No simultaneous translation will be provided.

CME (FOR ITALIAN ATTENDEES ONLY)
NO CME accreditation has been required.

CERTIFICATE OF ATTENDANCE
A certificate of attendance will be issued at the end of the Conference for all the participants.

HOTEL ACCOMMODATION
For reservation you can apply to the organizing secretariat.

With the contribution of
EUROPEAN ACADEMY OF NEUROLOGY (EAN)
EUROPEAN SLEEP RESEARCH SOCIETY (ESRS)