

SLEEP and BREATHING

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

11–13 April 2019 Marseille

www.sleepandbreathing.org



Programme Overview

Thursday 11 April, 2019

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| Symposium | Sleep year in review | 08:00–10:00 |
| Clinical update | Obstructive sleep apnoea | 08:30–10:00 |
| Symposium | Sleep-disordered breathing in chronic respiratory diseases | 10:30–12:00 |
| Symposium | Sleep apnoea as a risk factor for stroke and dementia | 10:30–12:00 |
| Symposium | Genetic aetiology and underlying mechanisms of sleep disorders | 10:30–12:00 |
| Meet the Expert | Non-invasive ventilation or high-flow O ₂ ? | 12:30–13:30 |
| Pro and con debate | Sleep lab or home? | 12:30–13:30 |
| Clinical update | Hypoventilation syndromes | 13:30–15:00 |
| Symposium | Prevalence, cardiovascular consequences and treatment of insomnia | 15:15–17:15 |
| Clinical update | Obstructive sleep apnoea | 15:30–17:00 |

Friday 12 April, 2019

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| Symposium | Challenges in oral appliance therapy for obstructive sleep apnoea | 08:00–09:30 |
| Symposium | Driving license and obstructive sleep apnoea: challenges and dilemmas | 08:00–09:30 |
| Hot topic | Parasomnias and sleep apnoea | 08:00–09:30 |
| Skills workshop | Continuous positive airway pressure (CPAP) and noninvasive ventilation (NIV) | 08:30–11:00 |
| Hot topic | Phenotypes and personalised treatment of obstructive sleep apnoea | 10:00–12:00 |
| Meet the Expert | Surgeries in obstructive sleep apnoea: upper airway approach and beyond | 12:30–13:30 |
| Break-out session | New organisation for follow-up and assessment of treatment efficacy in sleep apnoea | 12:30–13:30 |
| Symposium | Central sleep apnoea and hypoventilation | 15:15–17:15 |
| Skills workshop | Continuous positive airway pressure (CPAP) and noninvasive ventilation (NIV) | 14:30–17:00 |
| Symposium | Emerging insights into the diagnosis of sleep-disordered breathing | 17:30–19:00 |

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| Symposium | Management of paediatric obstructive sleep-disordered breathing in settings with limited resources | 17:30–19:00 |
| Hot topic | Big-data analyses: new avenues for understanding sleep apnoea | 17:30–19:00 |

Saturday 13 April, 2019

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| Symposium | The bidirectional relationship between medications and sleep apnoea | 08:00–09:30 |
| Symposium | Obesity-related hypoventilation | 08:00–09:30 |
| Symposium | Treating restless leg syndrome in the context of sleep disordered breathing comorbidity | 08:00–09:30 |
| Skills workshop | Diagnostic techniques for adults and children | 08:30–12:00 |
| Symposium | Update on oral appliance treatment in obstructive sleep apnoea | 10:00–12:00 |
| Break-out session | Novel diagnostic methods relevant for cardiovascular monitoring in patients with suspected sleep-disordered breathing | 12:30–13:30 |
| Case-based session | Sleepiness: beyond sleep apnoea | 12:30–13:30 |
| Skills workshop | Diagnostic techniques for adults and children | 13:30–17:00 |
| Symposium | Central sleep apnoea and hypoventilation in childhood | 14:30–16:00 |
| Hot topic | Gender differences in sleep-disordered breathing | 14:30–16:00 |
| Symposium | Oxygen during sleep: is it useful? | 14:30–16:00 |
| Symposium | Closing session: what are the big questions in sleep apnoea? | 16:15–17:15 |

Sessions organised by industry will also take place during the Conference.

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|  Clinical assessment |  Physiology and anatomy |
|  Medicolegal aspects of sleep disorders |  Respiratory conditions |
|  Non respiratory conditions |  Techniques |
|  Paediatric |  Treatment and follow up |

THE SLEEP AND BREATHING CONFERENCE

11– 13 April, 2019 (Marseille, France)

Marseille Chanot, Palais des Congrès et des Expositions – SAFIM

Attend the fifth Sleep and Breathing Conference

The Sleep and Breathing Conference is the largest pan-European meeting of its kind and the only meeting offering an integrated approach to the investigation and treatment of sleep disorders. Register to attend the Conference and join thousands of other medical professionals with an interest in respiratory sleep disorders and other related dyssomnias.

The 2019 programme will put a spotlight on sleep and breathing disorders such as obstructive sleep apnoea, central sleep apnoea, nocturnal hypoventilation, dental aspects of sleep-disordered breathing, and obesity hypoventilation syndrome.

The event is organised by the European Respiratory Society (ERS) and the European Sleep and Research Society (ESRS) and will have a strong focus on professional development and education. Attendance at the Conference will give you the option to complete part of the harmonised ERS syllabus for sleep and ESRS curriculum.

Participants in educational sessions can additionally complete Part 1 of the ERS-certified training programme in respiratory sleep medicine.

Organising Committee

Chairs

Prof. Maria Bonsignore, Prof. Walter McNicholas

Vice Chairs

Dr Lino Nobili, Prof. Anita Simonds

Committee Members

Prof. Tiina Paunio, Prof. Jean-Louis Pépin, Prof. Winfried Randerath,

Dr Sophia E. Schiza, Prof. Johan Verbraecken

Abstracts: Online submission until October 31, 2018

Note: The Organising Committee encourages submission of abstracts describing original research into all areas of respiratory sleep medicine - including those outside of the main themes of the Conference.

Registration

Registration* opens: **3 September, 2018**

Early-bird deadline: **31 January, 2019**

*Reduced fee for physiotherapists, technicians, nurses and participants who are under 40 years old.

For further information: www.sleepandbreathing.org