

# Pisa Sleep Award – 13<sup>th</sup> edition

## 11 Minutes of Sleep – 3<sup>rd</sup> edition

15-16 June 2018

Ex Monastero delle Benedettine – Lungarno Sonnino 18, Pisa

### Rational

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The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo and Professor Luigi Murri, is an established and solid tradition in the sleep field, first established in 1994, and sponsored every two years by the School of Medicine, Pisa University.

The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career has been devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine.

### Schedule

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The unique format of “11 MINUTES OF SLEEP” Symposium offers the opportunity for a straightforward debate on some of the core topics of basic and clinical sleep research, framing the Pisa Sleep Award Ceremony. All speakers are invited to raise and address the most provocative and controversial topics in the field, strictly within an 11 minutes slot. After each presentation, there will be a 9-minute discussion between the speaker and the members of the panel, along with the moderators.

### 15<sup>th</sup> June 2018

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**Moderators:** Roberto Amici, Vladyslav Vyazovskiy

*Speakers:*

15:00-16:20 **SESSION 1 - NEW PERSPECTIVES ON SLEEP FUNCTIONS**

15:00-15:20 **Sleep regulation: a role for basal ganglia**, *Patricia Bonnavion*

15:20-15:40 **Does sleep consolidate memory?** *Penny Lewis*

15:40-16:00 **Sensory disconnection: is the brain offline during sleep?** *Yuval Nir*

16:00-16:20 **Studying sleep in the wild**, *Niels Rattenborg*

16:20-16:40 *Coffee Break*

**Moderators:** Fabio Cirignotta, Raffaele Ferri

16:40-18:00 **SESSION 2 - CIRCADIAN ENTRAINMENT OF SLEEP**

*Speakers:*

16:40-17:00 **Orexin in neurodegenerative diseases**, *Claudio Liguori*

17:00-17:20 **Melatonin: effect on the brain-heart axis**, *Lino Nobili*

17:20-17:40 **Epigenetics of sleep and circadian rhythms**, *Valter Tucci*

17:40-18:00 **Adenosine: a proposed link between process S and process C**, *Aarti Jagannath*

## 18:00-18:10 PISA SLEEP AWARD

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*Introduction: L. Murri, P. Salzarulo*

## 18:10-19:00 KEYNOTE LECTURE

**Sleep homeostasis - adenosine revisited, *Tarja Porkka-Heiskanen***

19:00 *Welcome Cocktail*

## 16<sup>th</sup> June 2018

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*Moderators: Luigi Ferini Strambi, Liborio Parrino , Oliviero Bruni*

### 9:00-10:40 SESSION 3 – INSOMNIA: A TRANSLATIONAL VIEW

09:00-09:20 **Restricted and disrupted sleep affect brain plasticity: implications for psychiatric disorders,** *Peter Meerlo*

09:20-09:40 **Treatment of chronic insomnia in children and adolescents with neurodevelopmental disabilities,** *Oliviero Bruni*

09:40-10:00 **Insomnia and depression: a clinical focus,** *Chiara Baglioni*

10:00-10:20 **Treatment of insomnia in depression,** *Andrea Fagiolini*

10:20-10:40 **Management of nocturnal and diurnal symptoms in narcolepsy,** *Giuseppe Plazzi*

10:40-11:00 *Coffee Break*

### 11:00-12:40 SESSION 4 – TREATMENT IN SLEEP BREATHING DISORDERS

*Moderators: Alberto Braghiroli, Antonio Sanna, Marisa Bonsignore*

11:00-11:20 **Treatment of OSAS in Parkinson disease,** *Michele Terzaghi*

11:20-11:40 **New treatment in central sleep apnea,** *Alberto Giannoni*

11:40-12:00 **Ventilatory treatment and gender,** *Rosalia Silvestri*

12:00-12:20 **CPAP and driving,** *Marisa Bonsignore*

## List of Speakers and Moderators

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<b>Roberto Amici</b>	University of Bologna
<b>Chiara Baglioni</b>	University of Freiburg
<b>Patricia Bonnavion</b>	University of Brussels
<b>Marisa Bonsignore</b>	University of Palermo
<b>Alberto Braghiroli</b>	IRCCS "Salvatore Maugeri" Research Institute- Veruno
<b>Oliviero Bruni</b>	University of Rome
<b>Fabio Cirignotta</b>	University of Bologna
<b>Andrea Fagiolini</b>	University of Siena
<b>Raffaele Ferri</b>	IRCCS Oasi Research Institute-Troina
<b>Alberto Giannoni</b>	Fondazione Toscana G. Monasterio - Cardiovascular Medicine- Pisa
<b>Aarti Jagannath</b>	University of Oxford
<b>Penny Lewis</b>	Cardiff University
<b>Claudio Liguori</b>	Università di Rome
<b>Peter Meerlo</b>	University of Groningen
<b>Yuval Nir</b>	Tel Aviv University
<b>Lino Nobili</b>	Niguarda Hospital, Milan - ESRS Representative
<b>Liborio Parrino</b>	University of Parma
<b>Giuseppe Plazzi</b>	University of Bologna
<b>Niels Rattenborg</b>	Max Planck Institute – Munich
<b>Antonio Sanna</b>	Operative Unit of Pneumology -Health Authority -Pistoia
<b>Rosalia Silvestri</b>	University of Messina
<b>Luigi Ferini Strambi</b>	University of Milan - San Raffaele
<b>Michele Terzaghi</b>	IRCCS "C. Mondino" Neurological Institute - Pavia
<b>Valter Tucci</b>	University of Genoa
<b>Vladyslav Vyazovskiy</b>	University of Oxford

### Conference Chairs:

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Ubaldo Bonuccelli, Enrica Bonanni

### Organizing Committee

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Paola d'Ascanio, Monica Fabbrini, Ugo Faraguna, Angelo Gemignani, Michelangelo Maestri, Laura Palagini, Vladyslav Vyazovskiy

**Organizing Secretary**

Daniela Caruso, Luca Carnicelli, Fabio Cignoni, Marco Di Galante, Umberto Moretto, Francesco Tramonti.

**Scientific Committee:**

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S. Berrettini, C. Blandizzi, M. Brunetto, R. Ceravolo, G. Cioni, A. Cristaudo, L. Dell'Osso, S. Del Prato, M. Emdin, A. Iudice, F. Monzani, F. Mosca, A. Palla, M. Petrini, P. Pietrini, G. Privitera, F. Sartucci, G. Siciliano, T. Simoncini, S. Taddei, R. Zucchi

**Information**

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