

FUNDACIÓN RAMÓN ARECES

International Symposium

Sleep disorders: from Neurobiology to Systemic Consequences

Madrid, Spain, Jan 18-19,2018

Chairs:

Diego García-Borreguero, Instituto del Sueño, Madrid

Joaquín Terán, Hospital Universitario de Burgos

on behalf of the Spanish Sleep Society.

Ramón Aceres Foundation Assembly Hall, c/Vitruvio 5, 28006 Madrid

Free entrance until completion.

For registration, [Click Here](#)

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|-------------|---|
| 9:30-9:40 | Introduction. <i>D. Garcia-Borreguero, Instituto del Sueño, Madrid, Spain</i> |
| 9:40-10:20 | Basic neural mechanisms involved in the initiation and maintenance of sleep. <i>Miguel Garzón, Univ. Autónoma, Madrid, Spain.</i> |
| 10:20-11:00 | The role of hypocretins and other activating systems in the regulation of wakefulness. <i>Luis de Lecea, Stanford University, Stanford, CA, USA</i> |
| 11:00-11:20 | <i>Coffee</i> |
| 11:20-12:00 | Systems genetics of sleep Homeostasis. <i>Paul Franken, Center for Integrative Genomics, University of Lausanne, Lausanne, Switzerland.</i> |
| 12:00-12:40 | Involvement of circadian rhythms and and other factors in insomnia. <i>Eus van Someren, Netherlands Institute for Neuroscience, Amsterdam, Netherlands.</i> |
| 12:40-13:20 | Hyperarousal and sleep fragmentation. <i>Diego Garcia-Borreguero, Instituto del Sueño, Madrid, Spain</i> |
| 13:20-14:00 | <i>Roundtable: Sleep, Neurobiology and Genetics. What's next? M. Garzón, L. de Lecea, P. Franken, E. Van Someren. Chair: Diego Garcia-Borreguero.</i> |
| 14:00-16:00 | <i>Lunch</i> |

- 16:00-16:40 Towards an integration of the neurobiology of insomnia with CBT. New CBT-based treatment approaches. *Sean Drummond, Monash Institute of Cognitive and Clinical Neurosciences, Monash University, Clayton, Australia*
- 16:40-17:20 Sleep and memory. *Susanne Diekelmann, Univ. Tübingen, Germany*
- 17.20-17:40 *Pausa-café*
- 17:40-18:20 Systemic and metabolic consequences of sleep deprivation. *A. Barceló, Hospital Universitario Son Espases, Mallorca, Spain.*
- 18:20-19:00 The case for early intervention: Preventing the life-long complications of childhood sleep disorders
Dennis Rosen, Harvard Medical School and Boston Children's Hospital, Boston, USA

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- 9:30-10:10 Narcolepsy, an autoimmune disorder? *Thomas E. Scammell, Harvard Medical School, Boston, USA*
- 10:10-10:50 Sleep: A window into neurodegeneration? *A. Iranzo, Univ. Barcelona, Barcelona, Spain*
- 10:50-11:10 *Pausa-café*
- 11:10-11:50 Genetics, brain iron and neurocircuitry in Restless Legs Syndrome. *R. Allen, Johns Hopkins University, Baltimore, USA.*
- 11:50-12:30 Sleep apnea as a health problem. *Joaquín Terán, Hospital Universitario de Burgos, Burgos, Spain.*
- 12:30-13:10 Systemic consequences of sleep disorders. *Joaquín Durán-Cantolla, Universidad del País Vasco, Vitoria, Spain.*
- 13:10-14:00 Sleep disorders and mortality. *F. Barbé, Hospital Universitari Arnau de Vilanova, Lleida, Spain.*
- 14:00-16:00 *Lunch*
- 16:30-17:00 Roundtable: can sleep be considered a relevant health parameter? *J. Durán, J. Terán, JM Montserrat.*

- 17:00-18:10 *Animal models in sleep medicine. JM Montserrat, Univ de Barcelona and R. Allen, Johns Hopkins University.*
- 18.10-18:15 *Coffee*
- 18:15-19:00 *The future of Sleep Medicine: Individualized diagnosis and biomarkers. Ron Grunstein, Woolcock Institute of Medical Research, University of Sydney and Royal Prince Alfred Hospital, Sydney, Australia.*
- 19:00 *Closing remarks. Joaquín Terán, Hospital Universitario de Burgos, Burgos, Spain.*