

# NEWSLETTER

February 2009





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## LETTER FROM THE NEW PRESIDENT

Dear ESRS Members, dear Colleagues and Friends,

I want to express my deep gratitude to you all for having chosen me as your new president. This is a great honour and privilege. Together with the strong board elected in Glasgow, I will do my best to promote sleep medicine, research and knowledge in Europe.

Over the entire world our field faces tremendous challenges in terms of growth, recognition, coordination, and support. The multidisciplinary and translational nature of sleep is of great actuality and attractivity. Also, sleep medicine and sleep research have proven on multiple occasions their relevance and impact.

The competition is however increasing and the resources are limited.

Fortunately, the ESRS has already been “vigilant and active” for many years. In this respect, I wish to thank in particular Thomas Pollmächer and Diego García Borreguero for their tremendous work and dedication. Many important actions and changes for our society were initiated by the past ESRS president and his board. With the local organizers (chaired by Colin Espie) and the British Sleep Society they succeeded in making Glasgow not only one of the largest but also one of the most scientifically attractive and overall memorable meetings in the history of our society.

The new ESRS board and committees have had a few occasions to interact and to discuss the main objectives for the near future. Let me summarize these first reflections as follows:

1) **Sleep Medicine** should become a recognized medical subspeciality in other European countries in addition to Germany.

The newly constituted ESRS Sleep Medicine Committee (chaired by Dirk Pervernagie) will work on this goal. The main actions will be to create a sleep medicine fellowship, identify European teaching centers (for sleep medicine), offer European homologation and certification procedures, and establish a European sleep medicine examination.

The executive committee of the Assembly of the National Society (chaired by Jürgen Fischer) will facilitate communication and interaction between the ESRS board and the national sleep societies on this as well as other activities of the society.

2) **Sleep Research** in Europe must grow in size and quality.

The ESRS Sleep Research Committee (chaired by Roberto Amici) will define criteria to support research networks, identify European teaching centers, and support individual researchers (travel grants, scientific prizes).

The ESRS Scientific Committee (chaired by Malcolm von Schantz) will be involved (more than in the past) in the choice of the scientific content of the bi-annual meeting and,

through two of his members, will also participate in the work of the Sleep Research Committee.

The newly constituted ESRS EU Committee (chaired by Tarja Porkka-Heiskanen) will promote interactions between the society and the EU and facilitate recognition and support by the EU for sleep research (and medicine).

The strong and fruitful interaction between the ESRS board and the Journal of Sleep Research will be further intensified by the selection, decided by the board and Peretz Lavie, of a deputy editor for JSR.

3) High-quality **teaching activities** have characterized the ESRS for many years. Under the coordinating lead of Debra Skene we plan to further increase our support of pre- as well as postgraduate sleep courses. The successful ESRS-EU Marie Curie Training programme, which was started in 2007 and will be attended by 160 students, will continue with a course in Bertinoro (May) in 2009 and with a 3-day final symposium in 2010. Sleep medicine courses have been scheduled for 2009 already in Edinburgh (March) and Prague (April).

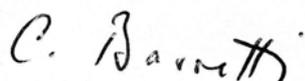
4) In order to favour the growth and recognition of our field the ESRS board have decided to actively search for scientific, clinical and teaching interactions with **other medical and scientific societies**. In 2009 the ESRS will co-organize a joint scientific symposium with the European Biological Rhythms Society (Strasbourg, August). Discussions on possible joint activities in 2010 have been started with other European and extra-European societies.

5) The **financial situation** of the ESRS is healthy with an increased balance of over 250'000 EUR in the last six years. Nevertheless, costs for the multiple activities planned for the near future have motivated the board to create an ESRS Fund Raising Committee (chaired by Patrick Lévy) to optimize the society's incomes and relationships with potential sponsors.

6) The ESRS has undergone over the last few years a stronger organization and **professionalization**. Maria Wiechmann has been joined by Brigitte Knobl, who assists the work of both the JSR and the ESRS board. Following the choice of AKM as the company that will assist the society with the organization of the bi-annual meetings (AKM), the board decided to create an ESRS Meeting Management Committee (chaired by Dieter Riemann) to guarantee the most efficient collaboration between the ESRS and AKM.

With enthusiasm the new board and the different committees of the ESRS have started their work.

Please lend us your support, advice and - if necessary - criticism.



Claudio Bassetti  
ESRS President



## LETTER FROM THE PAST PRESIDENT

Dear Colleagues,

After four years of ESRS presidentship it is my very pleasure to shortly look back and to thank all those who have tremendously supported me. Before becoming ESRS president, I had the privilege to already serve the society as treasurer. Hence, I was familiar with the previous board and with many aspects of the work to be done. Still, however, it was more than helpful to have Fabio Cirignotta and Roberto Amici with me as more experienced colleagues and to be able to always contact the past president Irene Tobler, who certainly was happy to be relieved from her duties for the society after more than 10 years of active board involvement, but was always available for help and references to the earlier times and history of the society.

With Roberto, Claudio Bassetti and Diego García-Borreguero, who all were with me for both terms of my presidentship we made up a real, tight and strong team, which was further enriched and enforced by Debra Skene in 2006 and Dirk Pevernagie in 2007. This team was actually more than effective in professional terms, it was a team of respect and friendship.

One of our goals was to get European national sleep societies into ESRS as associate society members and by this to enable exchange, interaction and networking in sleep medicine and sleep research Europe-wide. We advanced very much into this direction which would have been impossible without the active and strong support from 25 countries and the presidents of their sleep societies organized within the Assembly of National Sleep Societies. The support of national sleep societies was also crucial for the avenue towards homologation of European sleep medicine, resulting so far in the publication of 2 guideline papers in Journal of Sleep Research.

Those people should not go without notice who organized with and for the ESRS the biannual congresses. In both instances, these were huge teams as to be expected for conferences with 1200-1400 people. However, pars pro toto I will mention two of them, Birgit Högl for Innsbruck 2006 and Colin Espie for Glasgow 2008, who both were pivotal for conferences presenting European sleep research and sleep medicine in a brilliant shape.

Moreover, the work we have done would not have been possible without support from behind the scenes, coming from Maria Wiechmann in Regensburg being the all-purpose ESRS weapon since more than a decade, from Brigitte Knobl who joined us last year as full-time ESRS assistant and, last but not least, from Margot Mittermeier, my personal assistant in Ingolstadt, without whom I would never have been able to manage the job.

Finally, I would like to thank the entire ESRS membership for trust and support. I wish the very best to our society for the future and will further try to help when needed and desired.

A handwritten signature in black ink, appearing to read 'Pollmächer'.

Thomas Pollmächer  
ESRS Past President



## ESRS COMMITTEES

As announced in the letter from the new president, the ESRS board has established several committees in charge of the development of specific activities for the life and future of the society. Here follows a brief description of the aims and composition of each of these committees.

### ESRS Sleep Research Committee

The main tasks of the ESRS Sleep Research Committee are:

- 1) Definition/identification of sleep research laboratories in Europe
- 2) Support of research networks in Europe
- 3) Definition/identification/support of teaching centres in sleep research in Europe (*continuation of the Lab Network activities of the ESRS-EU Marie Curie Project*)
- 4) Definition of criteria for the ESRS research prize/travel grants and evaluation of candidates for ESRS research prize

Coordinator is Roberto Amici (ESRS Vice-President Basic).

Other members are:

Patrick Lévy (Vice-President Clinical)  
Philippe Peigneux (Secretary)  
Debra J. Skene (Assistant Secretary; and coordinator of teaching activities)  
Malcolm von Schantz (Head of the Scientific Committee)  
Joan Santamaria (representative of the Scientific Committee)  
Tarja Porkka-Heiskanen (Coordinator of the EU Committee)  
Peretz Lavie (Chief Editor of the JSR)

### ESRS Scientific Committee

The members of the ESRS Scientific Committee have been elected in Glasgow (2008). Its main tasks are:

- 1) Proposals of ESRS scientific activities (including those of the biannual meeting)
- 2) Selection of abstracts and travel grants for the biannual ESRS meeting
- 3) Participation in the finalization of the ESRS biannual meeting (on site)
- 4) Assessment of scientific quality of the ESRS biannual meeting
- 5) Interactions with ESRS Research Committee

Coordinator is Malcolm von Schantz

Other members are:

Colin Espie  
Paul Franken

Lino Nobili  
Thomas Penzel  
Christelle Peyron  
Joan Santamaria

### **ESRS Sleep Medicine Committee**

Proposals for this committee have been launched at the meeting of the Assembly of National Sleep Societies (ANSS) last year, and were discussed during subsequent meetings of the board of the ESRS, as well as the Executive Committee (EC) of the ANSS. The tasks of the ESRS Sleep Medicine Committee are:

- 1) Creation of a Sleep Medicine Fellowship (point system)
- 2) Definition/identification of teaching centres in sleep medicine (where a fellowship can take place)
- 3) European accreditation of sleep medicine centres and certification of sleep specialists (EU certificate)\*
- 4) European homologation of sleep teaching programs (both university or high school courses and courses initiated by NSS), sleep medicine centres and professionals in sleep medicine (those already certified at national level) \*
- 5) Creation of a European Sleep Medicine Examination ("sleep boards")

\* based on ESRS guidelines of accreditation of sleep centres (JSR 2006), and ESRS guidelines on certification of sleep professionals (to be published in JSR soon)

Coordinator is Dirk Pevernagie<sup>°^</sup>.

Other members are:

Debra Skene (coordinator of teaching activities)  
Patrick Lévy  
Thomas Pollmächer  
Diego García-Borreguero  
Teresa Paiva<sup>^</sup>  
Pierre Philip<sup>°</sup>  
Sören Berg<sup>^</sup>  
Zoran Dogas<sup>^</sup>  
Fabio Cirignotta<sup>°</sup>  
Colin Espie<sup>°</sup>  
Andrea Rodenbeck<sup>^</sup>

Advisory member: Simone de Lacy, president of the European Society for Sleep Technologists (ESST).

<sup>°</sup>on behalf of ESRS

<sup>^</sup>on behalf of National Sleep Societies

### **Executive Committee (EC) of the Assembly of National Sleep Societies (ANSS)**

The EC-ANSS is officially working since September 2006, following approval of its foundation by the ESRS and the inclusion of its operational framework in the bylaws of the society. Main tasks of the EC-ANSS are:

- 1) To promote interaction and passing on information between National Sleep Societies (NSS) and the ESRS
- 2) To implement other actions, as described in the constitution and standard operational procedures of the ANSS

Coordinator is Jürgen Fischer.

Other members are:

Dirk Pevernagie (co-chair and secretary)  
Sören Berg  
Poul Jennum  
Zoran Dogas

### **ESRS EU Committee**

The main tasks of the ESRS EU Committee are:

- 1) Promotion of interaction with EU commission to inform about sleep medicine and research (incl. lobbying to get sleep topics in the 7th Frame Work Program)
- 2) Education of ESRS members/societies about possibilities to get EU funds
- 3) Creation of information packages about sleep medicine/research to be used at national/European level (incl. EU parliament)

Coordinator is Tarja Porkka-Heiskanen.

Other members are:

Diego García Borreguero  
Irene Tobler

### **ESRS Fund Raising Committee**

The ESRS Fund Raising Committee is in charge of raising funds to improve the ability of the ESRS to support by all possible means the development of sleep research and medicine.

Coordinator is Patrick Lévy.

Other members are:

Diego García-Borreguero  
Dieter Riemann  
Sabine Adam (representative AKM)

### **ESRS Meeting Management Committee**

The ESRS Meeting Management Committee is in charge of the coordination and organization of the ESRS biannual meeting with AKM.

Coordinator is Dieter Riemann.

Other members are:

Thomas Pollmächer  
Sabine Adam (AKM).



## GLASGOW MEETING REPORT

### ESRS Teaching Course, Glasgow, 2008

The 19th Congress of the European Sleep Research Society held in Glasgow (9-13th September, 2008) was again preceded by a Teaching Course organised by the ESRS Board (Co-ordinator Prof Debra Skene). The full day course (9th September, 2009) was attended by over 200 registered participants. In the morning session, trainees had the option of registering for either Hot Topics in Sleep Research or Professional Development. Hot Topics covered were Circadian Rhythms (Prof. Christian Cajochen); Imaging (Prof. Pierre Maquet) and Genetics (Dr Paul Franken). Areas covered in professional development were Career Development (Dr Tarja Porkka-Heiskanen), Grant Writing (Prof Debra Skene) and Working in Industry (Dr Emma Braithwaite). In the afternoon a Hot Topics in Sleep Medicine session was held and areas addressed were Hypocretin/orexin and Narcolepsy (Prof. Claudio Bassetti); Insomnia (Prof Colin Espie) and REM sleep behaviour disorder (RBD) (Dr. Isabelle Arnulf). There was also a session for Trainees of the ESRS-EU Marie Curie Programme "Training in Sleep Research and Sleep Medicine, 2007-2010" (Co-ordinator Prof Roberto Amici) [www.esrs.eu/cms/front\\_content.php?idcat=109](http://www.esrs.eu/cms/front_content.php?idcat=109).

The lectures and the teaching course overall was very well evaluated by the trainees. Suggested subjects areas for future training courses were also received.

As an additional programme, eight free Breakfast Sessions were offered, over three mornings. These were each limited to 12 attendees to encourage an opportunity for informal discussion. Speakers presented sessions on topics within the themes 'Sleep and Disease' (Sameer Zuberi, Mary Harrington, Claudio Bassetti); Sleep through the lifespan (Greg Stores, Sara Arber, Kevin Morgan) and Sleep and wellbeing (Michael Perlis, Jim Horne). Despite the early start, these were fully subscribed and provoked lively participation from delegates. Delegates reported that the opportunity to learn about cutting edge research in a small-group environment, from internationally renowned experts, was both stimulating and informative.

#### Acknowledgements

The ESRS Board designed the Teaching Course (Co-ordinator Debra Skene) and the British Sleep Society organised the Breakfast sessions (Co-ordinators: Cathy Hill and Jason Ellis). Thank you to Brigitte Knobl, Maria Wiechmann and Jane Houston and her team for the administrative work. And finally a big thanks to all the speakers.

Debra Skene

Assistant Secretary, ESRS, Education and Training Co-ordinator

## Meeting Report

The European Sleep Research Society hosted a very successful biannual meeting in Glasgow in September. The ESRS meetings are well known for their high standard of scientific presentations, and this year was no exception. Indeed, this 19th Congress broke all records. The highest attendance rate at over 1,400 people, coming from 54 different countries, and also the largest number of scientific abstracts submitted, almost 800. Thus, the ratio of abstracts to attendees was extremely high.

As one might expect, the programme comprised invited lecturers, symposia, and interactive poster sessions, as well as industry sponsored satellite meetings. Topics covered spanned the full range from the basic science of sleep to sleep medicine practice. This year's keynotes were

State of the Art of Sleep Research as told by a Glaswegian  
*Allan Pack (USA)*

Cardiovascular impacts of sleep apnoea  
*Virend Somers (USA)*

RLS-PLMS Genetics  
*Juliane Winkelmann (Germany)*

Insomnia: Symptom vs Disorder  
*Michael Perlis (USA)*

Also in the programme were sessions taking the form of discussion meetings, video-based case presentations, and debates. A novel feature this year was the inclusion of a Datablitz session, where presenters had one minute and one slide to present some central aspect of their research. This was both entertaining and informative, and facilitated with wine and canapés!

Abstracts from the ESRS meeting are published in the Journal of Sleep Research, and were made available at the meeting in a CD-Rom.

As well as the scientific programme, the City of Glasgow offered many social highlights. The Scottish Exhibition & Conference Centre itself sits on the banks of the River Clyde and the opening reception was held across the river in the Glasgow Science Centre. There was a ceilidh party on the Renfrew Ferry, which is berthed at the quayside, and a congress gala night in the Kelvingrove Art Gallery & Museum. Many delegates took the opportunity to see the fine architecture in the city and some participated in pre and post congress events including walking trips on the West Highland Way and rounds of golf.

Professor Colin Espie of the University of Glasgow Sleep Centre who chaired the Organising Committee for ESRS 2008 said:

*"I am delighted to say on behalf of the British Sleep Society and the ESRS that the Glasgow meeting went extremely well. It is great to see so many advances in our field, and the opportunity to meet with so many colleagues from across the world was stimulating and encouraging. We now look forward to the next ESRS meeting in Lisbon in 2010."*



*Colin Espie, Chair of the Local Organising Committee of the 19<sup>th</sup> Congress of the European Sleep Research Society*



*Allan Pack, USA, keynote speaker*



*Virend K. Somers, USA, keynote speaker*



*Juliane Winkelmann, Germany, keynote speaker*



*Michael Perlis, USA, keynote speaker*



*Thomas Pollmächer, ESRS Past President*



*Claudio Bassetti, ESRS President, Teresa Paiva, organizer of the 2010 ESRS Congress, and Colin Espie, organizer of the 2008 ESRS Congress*



## JOURNAL OF SLEEP RESEARCH (JSR) REPORT

Dear ESRS Member,

The following is a summary of the activity in the JSR editorial office during November 2007 to November 2008. As you can see from the data the acceptance rate of JSR is approximately 30% and the average time from submission to final acceptance is 3 months. About half of the accepted papers needed at least 2 revisions before final acceptance. I should also note that JSR is truly an international journal as papers were submitted from 38 countries and reviewers came from 24 countries.

I am very grateful to our reviewers; half of them completed their assignment within the requested 2 weeks, and approximately 75% within three weeks.

All of us should thank them for their dedicated work on behalf of JSR.

The following are the highlights for 2008.

### Acceptance/rejection

Two hundred and twenty nine papers were handled by the editorial office during the period November 2007 to November 2008. They were submitted from 38 countries around the world. Of these, 63 (27.5%) were accepted, 10 (4.3%) were returned for major revision and are still under consideration and 5 (2.1%) were returned for minor revision; 151 (65.9%) were rejected.

### Type of accepted papers

From the 63 accepted papers, 46 (73%) were original/research papers and the rest were short papers, notes, fast track papers, and letters to the editor. Only one review was accepted during this period. Accepted manuscripts were submitted from 19 countries.

### Time to acceptance

The average time between date of submission to final acceptance of a research/original paper was 115.4 days (median=107). Twenty-four of the accepted papers were revised once, 18 were revised twice and 4 were revised 3 times.

### Rejected papers

One hundred and twenty eight of the 151 (84.7%) rejected papers were original/research papers, the rest were case reports, short papers, letters etc.

### Reviewers

Two hundred and ninety five reviewers from 24 countries participated in the evaluation process. The average time for the first review cycle was 16.4 days (median=14 days). The distribution was as follows: 50% of the reviewers completed their assignment within 14 days, 21.0% between 14 and 21 days, 15.9% between 21 and 30 days, and 11.8% of the reviewers completed their review in more than 30 days. Thus, close to three quarters of the reviewers completed their assignment within 21 days.

Peretz Lavie  
Editor in Chief, Journal of Sleep Research



## ESRS FORUM FOR WOMEN IN SLEEP RESEARCH

*Co-ordinator: Dr Tracey Sletten (Monash University, Australia, formerly University of Surrey, UK).*

During the recent ESRS Congress in Glasgow a meeting of the ESRS Forum for Women in Sleep Research was held. Thank you to all who attended and thanks to the organisers of the Glasgow Congress for providing us with the room for our meeting. The meeting began with an informative presentation from Delphine Poiré from the European Platform of Women Scientists ([www.epws.org/](http://www.epws.org/)) which seeks to support the work of national and regional networks of women scientists. Delphiné described the aims of the Platform including:

- provide a link between women scientists and research policy makers
- ensure women's interests are taken into consideration when setting political agenda
- strengthen contacts and collaborations among women scientists
- identify funding and support opportunities.

Delphiné discussed several benefits of being a member of the Platform as provision of know-how and updated information on EU affairs, visibility at the EU level, advice in the creation and management of networks, and support in projects (administration and logistics). It became clear that our ESRS Forum needs to become a legal entity in order to become a member of the Platform.

Attendees also heard interesting presentations from Dr. Myriam Kerkhofs (University of Brussels) and Dr. Renate Wehrle (University of Zurich) drawing on their personal experiences in science. Myriam spoke of the scientific requirements for career progression and the need for networking and gaining support, in addition to the non-scientific skills that are essential (communication, leadership, presenting yourself, management, dealing with competition). Renate spoke of the barriers that she has experienced and the importance of support from mentors and colleagues and the ability to refocus your work attention during difficult stages. Thank you again to our speakers.

During the meeting we discussed means to move forward with the ESRS Forum and to develop its structure and success. Initial proposals for increasing the exposure of the Forum and its membership included:

- development of a section on the ESRS website dedicated to the Forum
- make regular contributions to the ESRS newsletter
- contact European National Sleep Societies to send information on the Forum to their members
- establish regular contact with the ESRS Board via the Assistant Secretary (Prof Debra Skene)

It is hoped that in the next year these actions will be achieved. Prof Debra Skene agreed to raise these matters with the ESRS Board.

If you would like to become a member of the Forum or have queries or suggestions, please contact our current Chairperson, Dr. Tracey Sletten:  
([tracey.sletten@med.monash.edu.au](mailto:tracey.sletten@med.monash.edu.au)).

In addition, the Forum will be seeking nominations from individuals located in Europe to coordinate the ongoing activities of the ESRS Forum. There will be a formal call in the next ESRS Newsletter. The roles for the Co-ordinator will include the maintenance of email contact and updates with members, facilitation of contact with the European sleep societies and coordination of meetings at ESRS congresses and other events. For more information or to register your interest please contact Tracey Sletten.



## **ESRS-EU MARIE CURIE PROJECT 2007-2010: TRAINING IN SLEEP RESEARCH AND SLEEP MEDICINE**

Dear Members,

The Program Committee of the ESRS-EU Marie Curie Project “Training in Sleep Research and Sleep Medicine” is pleased to inform you that the final announcement and the application form for the 2009 program was posted on the ESRS website and sent by e-mail to all members.

The great new for 2009 is that the first event of the Program, i.e. the “Training Course”, will be also part of the Programme of European Neuroscience Schools (PENS, <http://fens.mdc-berlin.de/pens>). PENS is a collaboration between the Federation of European Neuroscience Societies (FENS) and the International Brain Research Organization (IBRO). We think that this sponsorship represents a very relevant step forward for the visibility and the importance of both our Program and Sleep Research and Sleep Medicine in Europe. For this reason, for 2009 the program will be also aimed to young neuroscientists not specifically active in the field of sleep research and a special topic, i.e. “Sleep and Memory” will be addressed in the training course.

As for 2007 and 2008, the training course will be held in Bertinoro, at the Residential Centre of the University of Bologna in early May, and will be followed by a one-week practical training period that will be carried out in one of the eleven Practical Training Sites which are part of the ESRS-Marie Curie Network.

We remind you that at the end of the fourth year of the project, the 160 trainees who participated in the program will be invited to a three-day final symposium in which they will have the opportunity to attend different workshops and to show and discuss the results of their own research activity with experienced researchers. A diploma of participation in the “Sleep Research and Sleep Medicine Education Program” will be given to trainees who participate in each of the three events.

As usual, we ask all members to support the project and to spread information about it as best they can.

Roberto Amici  
ESRS Vice-President Basic



## WORLD SLEEP FEDERATION (WFS) REPORT



## WORLD SLEEP FEDERATION

WORLD FEDERATION OF SLEEP RESEARCH & SLEEP MEDICINE SOCIETIES

Dear ESRS Colleagues,

The WFS held its Governing Council meeting in Glasgow last September together with a planning workshop. This followed another meeting of the Governing Council in Baltimore in June 2008 at which we decided to use the abbreviated name of World Sleep Federation instead of our full but perhaps media unfriendly name of World Federation of Sleep Research and Sleep Medicine Societies.

The WFS Governing Council is the ruling group made up of delegates from our member societies ESRS, ASA, ASRS, SRS, AASM, CSS and FLASS. The Governing Council therefore represents over 10,000 researchers and clinicians involved in the sleep field worldwide. The Glasgow planning workshop focused discussions on structure and mission for the WFS. In its current structure, the World Sleep Federation is essentially a voluntary organisation and it was decided to work towards building the Federation to a point that it would have an employed secretariat assisting the Executive. In this way, we would be following the path of similar organisations such as the International Association for the Study of Obesity and International Association for the Study of Pain. In order to clarify our mission from other groups wanting to represent the field of sleep internationally, the WFS will be principally involved in activities that will foster both basic and clinical sleep and relevant chronobiological research by promoting educational activities such as our quadrennial congress and development of special interest groups that would work across all the member societies. Currently Allan Pack, our Secretary-General is working on the initial special interest group proposals in 3 areas - sleep and breathing, insomnia and sleep and genetics. We have also proposed to work collaboratively with the International Pediatric Sleep Association and will not develop a separate pediatric special interest group. The plan is to thus establish steering committees for these groups and to hold interim workshops/meetings of these groups in between the quadrennial world Federation in meeting.

Incidentally, plans are well developed for the next WFS Congress in Kyoto, Japan meeting in October 2011. The Congress will be hosted by the Asian Sleep Research Society. A website has been established [www.worldsleep2011.jp/](http://www.worldsleep2011.jp/) and it is planned that the Call for Symposia will occur in early 2010. Scientific and program committees are

being established and any suggestions for the Congress are welcome from the WFS membership.

Another role proposed for the Federation is the development of international guidelines related to research or clinical practice and promotion of through WFS-affiliated journals and the international media. Although many of our member societies develop guidelines for local reference, these documents may not necessarily reflect practice in different academic or health systems. In this way, it has been refreshing to see collaborative international thinking in the role of sleep loss or sleep disorders in road and transport safety. I have had the pleasure in participating in two meetings in Europe in the past 18 months discussing these issues – one in Brussels chaired by Daniel Rodenstein with the EU COST action group and the other in Burgos, Spain also chaired by Joaquin Teran-Santos. This latter meeting brought together unions, government and judicial groups to discuss the link between sleep disorders and traffic accidents with a plan to develop a more robust regulatory framework against a background of examining international experience in this area. The WFS can play a strong role in fostering this sort of activity by better networking amongst membership and careful use of limited funds. In the future, we hope to use our special interest groups to develop research or clinical practice guidelines.

We welcome your ideas and involvement in the WFS and assure you our executive is working towards growing the organisation in a positive way representing the member societies. We hope to have an information session on the WFS at the APSS meeting in Seattle and have also proposed a WFS session in the conference programme. Please contact any of the executive membership through our website [www.wfsrsm.org/](http://www.wfsrsm.org/) .

Best wishes,

Ron Grunstein  
President,  
World Sleep Federation



## RELATIONS WITH OTHER SOCIETIES: EBRS

A positive action has been the recent discussions between the ESRS and the European Biological Rhythms Society (EBRS) ([www.ebrs.info](http://www.ebrs.info)). It has been agreed that a Joint ESRS-EBRS Symposium, chaired by the Presidents of both Societies, will be held at the next EBRS Congress in Strasbourg, 22-28th August, 2009 (see <http://ebrs2009.u-strasbg.fr/> for details). European scientists specialised in sleep will be invited to speak at this event.

In a reciprocal arrangement another joint ESRS-EBRS Symposium will be held at the next ESRS Congress in Lisbon in 2010. Sleep and chronobiology have many common areas of interest so it is hoped that strengthening links between these two Societies will be of mutual benefit.



## ESRS TRAINING EVENTS

*Report by Debra Skene, Assistant Secretary, ESRS, Education and Training Co-ordinator*

### **European Network of Sleep Training Laboratories (ENSTL) project, 2009**

The ENSTL project aims to promote travel of young researchers or advanced students in order to learn a specific technique/methodology in an experienced laboratory belonging to the network. The ESRS provides support for travel from the home laboratory to the network laboratory and 100 EUR/day to finance living expenses for the first two weeks of the stay. For 2009, a maximum of six projects were awarded.

The ENSTL Awardees for 2009 are Ms Sarah Chellappa (Switzerland), Mr Christoph Romanowski (Germany), Ms Irina Rusakova (Russia), Ms Gianina Rusu (Romania), Dr Fabio Pizza (Italy) and Ms Sophie Wehrens (United Kingdom).

### **ESRS Sleep Course on Excessive Daytime Sleepiness**

An ESRS Course on Excessive Daytime Sleepiness will be held in Prague, Czech Republic on 23rd April, 2009. Registration: [www.conference.cz/TC2009](http://www.conference.cz/TC2009).

Teachers include P. Geisler (Germany), P. Jennum (Denmark), D. Karadeniz (Turkey), J. Mathis (Switzerland), M. Partinen (Finland) and K. Šonka (Czech Republic). The teaching course will precede the Symposium on Narcolepsy and Hypersomnia in memory of Bedrich Roth, held at the same venue ([www.conference.cz/narcolepsy-hypersomnia2009](http://www.conference.cz/narcolepsy-hypersomnia2009)).

The Teaching Course has been financially supported by the ESRS and 18 travel grants are available for researchers wishing to attend. See separate announcement and website [www.conference.cz/TC2009](http://www.conference.cz/TC2009) for registration and travel grant details.

### **Sleep medicine course – Royal infirmary of Edinburgh**

The annual Sleep Medicine Course will be held in Edinburgh 16-20th March, 2009 at the Chancellor's Building, University of Edinburgh, Royal Infirmary Site, Little France. This course aims to provide grounding in sleep technology and the science underlying the diagnosis and management of the more common adult sleep disorders.

The ESRS is sponsoring scholarships for 2 UK candidates and 2 candidates from countries outside of the UK. See [www.sleep.scot.nhs.uk/education.html](http://www.sleep.scot.nhs.uk/education.html) for registration and course details.



## NEWS FROM THE WEB PAGE

A List of Sleep Research Centres located in Europe was prepared by the ESRS and published at the web site. The purpose of this action was to provide an overview of which laboratories and clinics are currently involved in sleep research in Europe. This information is frequently requested by both the financiers of the research and researchers who seek collaborations. Participation in this list was voluntary. The decision on which centres were finally selected was taken by the ESRS Research Committee by considering the compliance of the following requirements:

- involvement in active research, basic or clinical, proved by first author publications
- location of the laboratory/clinic in Europe
- ESRS membership of the responsible researcher.

The list is available at [www.esrs.eu/cms/front\\_content.php?idart=254](http://www.esrs.eu/cms/front_content.php?idart=254) and will be updated yearly.

Furthermore, account and login information for accessing the member restricted area of the ESRS web site was sent out to all ESRS members in summer 2008. If you did not receive your account information from us, make sure you are checking the right email account. We address all our emails to the email address you have registered as ESRS member. Check you spam-filter for our email sent from "@esrs.eu". We kindly ask you to contact us ([esrs@esrs.eu](mailto:esrs@esrs.eu)) if you did not receive the personal identifiers.

Finally, a selection of pictures taken during the 19th ESRS Congress in Glasgow, September 9-13, 2008 will be presented soon on the web.

Philippe Peigneux  
ESRS Secretary



## ESRS SPONSORED EVENTS

### XI. Congress of the European Biological Rhythms Society

Date: August 22-28, 2009  
 Venue: Strasbourg, France  
 Web site: <http://ebrs2009.u-strasbg.fr/>

**XI. Congress of the European Biological Rhythms Society**

**Strasbourg, France  
August 22-28, 2009**

**In association with  
the Japanese Society for Chronobiology**

*International Scientific Committee:*  
 Paul Pévet, Chairman (Strasbourg, F), Shizufumi Ebihara (Nagoya, J), Carolina Escobar (Mexico DF, M), Russell Foster (Oxford, UK), Ken-ichi Honma (Hokkaido, J), Andries Kalsbeek (Amsterdam, NL), David Kennaway (Adelaide, A), Horst-Werner Korf (Frankfurt/Main, G), Hitoshi Okamura (Kobe, J), François Rouyer (Gif sur Yvette, F), William Schwartz (Worcester, USA), Shigenobu Shibata (Tokyo, J), Rae Silver (New York, USA), Debra Skene (Guildford, UK), Jörg H. Stehle (Frankfurt/Main, G), Alena Sumová (Praha, Czech Republic).

*Local Organising Committee:*  
 Paul Pévet (Chairman), Patrice Bourgin, Béatrice Bothorel, Etienne Challet, Marie-Paule Felder-Schmittbuhl, David Hicks, Mireille Masson-Pévet, Valérie Simonneaux.

Information on Strasbourg: [www.ot-strasbourg.com](http://www.ot-strasbourg.com) and information on Alsace: [www.tourisme-alsace.com](http://www.tourisme-alsace.com)



**If you are interested in participating and would like to receive more information, please contact:**  
 Dr. P. Pévet - Department of Neurobiology of Rhythms, Institute for Cellular and Integrative Neurosciences - U236/NR7105 CHRIS and University Louis Pasteur, 5 rue Batale France, Strasbourg, France  
 e-mail: [pevet@unistra.fr](mailto:pevet@unistra.fr) Phone: (33) 3 88 45 60 00 Fax: (33) 3 88 45 65 54.  
 For further information, see also: [www.ebrs2009.u-strasbg.fr](http://www.ebrs2009.u-strasbg.fr)



## ESRS Sleep Course on Excessive Daytime Sleepiness

Prague, April 23, 2009

### Programme:

09.00 – 09.45	M. Partinen (Finland): Epidemiology of sleepiness
10.00 – 10.45	D. Karadeniz (Turkey): Pathophysiology of excessive daytime sleepiness
11.00 – 11.45	P. Geisler (Germany): Evaluation of vigilance and daytime sleepiness
12.00 – 13.30	Lunch
13.30 – 14.15	P. Jennum (Denmark): Therapy of excessive daytime sleepiness
14.30 – 15.15	J. Mathis (Switzerland): Excessive daytime sleepiness and fitness to drive
15.30 – 16.15	K. Šonka (Czech Republic): Sleepiness in neurological diseases

Registration: [www.conference.cz/TC2009](http://www.conference.cz/TC2009)

Maximum number of the course participants is 40. The course is free of charge, participants are expected to cover their accommodation and travel costs.

As the number of the course participants is strictly limited, we recommend to register as soon as possible, by February 15, 2009 at the latest.

18 travel grants by the ESRS will be available for the course participants.

The teaching course precedes the Symposium on narcolepsy and hypersomnia in memory of Bedrich Roth, held in the same venue ([www.conference.cz/narcolepsy-hypersomnia2009](http://www.conference.cz/narcolepsy-hypersomnia2009)).

### The teaching course secretariat:

Conference Partners s.r.o.  
 Sokolska 26, 120 00 Prague 2, Czech Republic  
 Fax: + 420 224 261 703  
 Phone: + 420 608 408 708  
 E-mail: [conference@conference.cz](mailto:conference@conference.cz)





## OTHER EVENTS

### 9th World Congress on Sleep Apnea (WCSA 2009)

Date: March 25-28, 2009  
 Venue: Seoul, Korea  
 Web site: [www.wcsa2009.com](http://www.wcsa2009.com)

The 9th World Congress on Sleep Apnea (WCSA 2009) will be held in Seoul, Korea from March 25 (Wed) to 28 (Sat), 2009.

The Seoul Congress will bring a diverse community of professionals and specialists in the sleep field from all over the world to share their cutting-edge expertise and knowledge.

### Benelux Sleep Meeting

Date: March 27, 2009  
 Venue: Kempenhaeghe, Sterkselseweg 65, 5590 AB Heeze, The Netherlands  
 Online Registration:  
[www.kempenhaeghe.nl/page.php?m=8&h=8&page=135&submenuheader=0](http://www.kempenhaeghe.nl/page.php?m=8&h=8&page=135&submenuheader=0)

### Morning Programme

**09:30 – 12:30**

#### Parallel session 1: Sleep medicine : Sleep disordered breathing

*Chairs: Prof. Dr. Johan Verbraecken and Dr. Klaas van Kralingen*

- Complex sleep apnea [Prof. Dr. Johan Verbraecken]
- Adaptive Servo Ventilation in central sleep apnea [Prof. Dr. Helmut Teschler]
- Elevated intra-ocular pressure in obstructive sleep apnea [Prof. Dr. Veva de Groot]
- Modifiable PAP devices (APAP, biPAP, EPR) are useful in the treatment of non-hypercapnic OSAS [dr. Michiel Eijsvogel]
- Modifiable PAP devices (APAP, biPAP, EPR) are not useful in the treatment of non-hypercapnic OSAS [Prof. Dr. Dirk Pevernagie]

#### Parallel session 2 Sleep research: New developments in basic sleep research

*Chairs: Prof. Dr. Tom de Boer and Prof. Dr. Pierre Maquet*

- Sleep loss leads to a shift in learning strategy and reduces memory flexibility [Dr. Peter Meerlo]
- Sleep homeostasis and electrical activity of circadian clock neurons [Prof. Dr. Tom de Boer]
- Age and gender modulate the effects of sleep loss [Dr. Myriam Kerkhofs]
- Functional implications of sleep disruption [Dr. Eus van Someren]
- Modulation of regional brain function by sleep homeostatic and circadian factors [Prof. Dr. Pierre Maquet]

## **Lunch at Heeze Castle**

### **Main session on Sleep medicine: Diagnostics in sleep medicine – new frontiers 14:30-17:30**

Chairs: Prof. Dr. Dirk Pevernagie and Dr. Michel Krüger

- Actigraphy for the diagnosis and management of RLS/PLMD [Dr. Viola Gschliesser]
- The role of MWT in the evaluation of fitness to drive [Prof. Dr. Pierre Philip]
- Indications for and limitations of hypocretin assessment in CSF [Dr. Sebastiaan Overeem]
- Usefulness of determining dim-light melatonin onset in circadian sleep disorders [Dr. Al de Weerd]
- Monitoring of jaw-movements: a diagnostic tool for sleep-disordered breathing in children [Dr. Sylviane Raskin and Ir. Estelle Graas]

### **Annual Meeting of the Austrian Sleep Research Association (ÖGSM/ASRA)**

Date: April 24-26, 2009

Venue: Steyr, Austria

Web site: [www.schlafmedizin.at](http://www.schlafmedizin.at)

The meeting will take place from April 24 to 26 2009 in Steyr / Upper Austria, not too far away from the city of Linz in the province Upper Austria. Linz can be reached by airplane.

This year's theme is "Sleep and Working". Main speaker on Saturday, April 25, 2009, will be Prof. Ingo Fietze from Berlin. Talks will for instance be concerning shiftwork; sleep-disorders and economic costs; sleepiness and untreated sleep-disorders at the working place; sleep disorders and the ability to drive (both private and professional drivers), etc.

### **4th Congress of the Canadian Sleep Society (CSS)**

Date: April 26-28, 2009

Venue: Eaton Marriott Hotel, Toronto

Web site: [www.css-meeting.ca/](http://www.css-meeting.ca/)

The Canadian Sleep Society / Société Canadienne du Sommeil (CSS/SCS) is pleased to invite you to attend the 4th congress of the society, Waking Up to Sleep Disorders, to be held in Toronto. Pre-conference events include a CME day for physicians and public lectures on Saturday, April 25th. The program will begin on the afternoon of Sunday April 26th with sessions for technologists and students, as well as applied workshops. The scientific program on April 27-28th will include an international line-up of keynote speakers, scientific symposia, technical workshops, posters, and industry exhibits. For detailed program information please visit the website [www.css-meeting.ca/](http://www.css-meeting.ca/).

The deadline to submit abstracts for the general poster session, and for student and technologist prizes, is January 17, 2009.

### **13th Nordic Sleep Conference**

Date: May 7-9, 2009  
Venue: Turku, Finland  
Web site: <http://congress.utu.fi/sus2009/>

The Finnish Sleep Research Society would like to welcome you to Turku for the 13th Nordic Sleep Conference in May 7 – 9, 2009.

### **Complex Dynamics in Large-Scale Interacting Brain Systems: Towards Physical Models of Sleep and Consciousness**

Date: International Seminar: June 8-25, 2009  
Integrated Workshop: June 21 - 25, 2009  
Venue: Max Planck Institute for the Physics of Complex Systems, Dresden, Germany  
Web site: [www.pks.mpg.de/~codybs09/](http://www.pks.mpg.de/~codybs09/)

Scientific Coordinators:

Peter Achermann (University Zürich, Switzerland)  
Eckehard Olbrich (MPI for Mathematics in the Sciences, Leipzig, Germany)  
Thomas Wennekers (University of Plymouth, U.K.)

Organisation:

Claudia Pönisch (MPIPKS Dresden, Germany)

For further information please e-mail to: [codybs09pks.mpg.de](mailto:codybs09pks.mpg.de).

### **21st Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR)**

Date: June 24-27, 2009  
Venue: Berlin, Germany  
Web site: [www.sltbr.org](http://www.sltbr.org)

The 21st Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR) will be held in Berlin, Germany from June 24th-June 27th, 2009. SLTBR's meeting is an official satellite to that of the World Federation of Societies of Biological Psychiatry (WFSBP), which will convene in Paris, France immediately following the conference. Our 2009 international meeting will feature a CME course on chronobiology, cutting-edge research presented in oral and poster sessions, and 3 symposia featuring leading experts in the field:

- "Sleep Deprivation, Light Therapy, Phase Advance: Chronotherapeutic Adjuncts to Medications in Major Depression"
- "EUCLOCK: Entrainment in Humans and Animals"
- "Lighting and Architecture: What can Chronobiology Offer Architects and Lighting Designers?"

Additional meeting information can be found at [www.sltbr.org](http://www.sltbr.org). Meeting inquiries should be sent to [sltbrinfo@gmail.com](mailto:sltbrinfo@gmail.com).



## APPLICANTS FOR MEMBERSHIP

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Zwolle, The Netherlands  
Sponsor: A. de Weerd



## **NEW MEMBERS**

**The Society welcomes the following new members whose application was announced in the Newsletter September 2008.**

Vanja Hommes, Dr.  
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Arnimallee 22  
14195 Berlin, Germany  
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e-mail: amely.wahnschaffe(a)gmx.de



## JOB OPPORTUNITIES

### Papworth Hospital NHS Foundation Trust

#### Head of Sleep Laboratory Respiratory Support and Sleep Centre (RSSC)

The RSSC is based in the world renowned Papworth Hospital, 12 miles from Cambridge. It provides specialist services for patients with respiratory failure and sleep disorders in the East of England, nationally and from overseas.

The Sleep Centre is the largest in the UK with a purpose-built 6 bedded polysomnography (PSG) unit and access to the 30 beds of the RSSC. It provides a comprehensive sleep service including polysomnography and MSLTs (over 1,000 investigations per year) home polygraphy, actigraphy and video monitoring for parasomnias. The technologists work with consultants in the sleep disorders clinics and CPAP follow-up clinics caring for over 5,000 patients on CPAP at home, as well as running sleep advisory clinics for insomnia and being closely involved in our active research programme.

The post holder will have responsibility for innovation and service development, introducing new technologies and developing staff roles for the 14 members of the team. The successful applicant will work with the RSSC clinical director to develop and deliver a long term strategic plan and annual business plan for both clinical and research working within the department.

Applicants must have obtained a science related degree and have a sleep, neurology or respiratory background. Experience in line management of staff and service development is essential.

Application forms and job descriptions are available on-line at [www.papworthhospital.nhs.uk](http://www.papworthhospital.nhs.uk)

For further information or to arrange an informal visit please contact Dr Shneerson on 01480-354165.

#### Sleep Technologists, Respiratory Support and Sleep Centre (RSSC) – RSSC240 and RSSC190

Band 6 and 7

Band 6 - £24,103 - £32,653 per annum

Band 7 - £29,091 - £38,352 per annum

The RSSC is based in the world renowned Papworth Hospital, 12 miles from Cambridge. It provides specialist services for patients with respiratory failure and sleep disorders in the East of England, nationally and from overseas.

The Sleep Centre is the largest in the UK with a purpose-built 6 bedded polysomnography (PSG) unit and access to the 30 beds of the RSSC. It provides a comprehensive sleep service including PSG and MSLTs (over 1,000 investigations per year) home polygraphy, actigraphy and video monitoring for parasomnias. Alongside the performance and reporting of these investigations, the technologists work with consultants in the sleep disorders clinics and CPAP follow-up clinics caring for over 5,000 patients on CPAP at home. They run sleep advisory clinics for insomnia and are closely involved in our active research programme.

The successful applicants will primarily be involved in PSG duties but will also contribute to the delivery of the other aspects of the sleep service. They will actively engage in continuing professional development and have the opportunity to pursue research interests. Duties will include regular evening but no night shifts.

Applicants must have obtained a science related degree and have a sleep background.

Application forms and job descriptions are available on-line at [www.papworthhospital.nhs.uk](http://www.papworthhospital.nhs.uk)

For further information or to arrange an informal visit please contact Dr Shneerson on 01480-364165.

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