

NEWSLETTER

Jan 2008





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Homepage: <http://www.esrs.eu>



LETTER FROM THE PRESIDENT

Dear colleagues,

I hope very much that you had the opportunity to enjoy some relaxing holidays and that you started well and curiously into the new year! We have, as usual, a number of news for you and two of them seem to me of particular importance.

First of all, Peretz Lavie took over the responsibility as Editor of the Journal of Sleep Research by January 1, 2008. I am very happy that we could convince Peretz, a scientist of extraordinary clinical and scientific achievements, to accept this extremely important and labor-intensive position in the society. Those of you who know him as a person being able to deliver results faster than you can ask him for something will not be surprised that he already started to newly shape the leadership structure of the Journal by introducing a number of additional Associate Editors, and by making attempts to speed up the review and publication process. I would like to take this opportunity to wish Peretz good luck with this new job, but also to once more thank Jim Horne for his outstanding accomplishments and for his willingness to further support Peretz during the transition period. I also would like to acknowledge the important contributions made by those Associate Editors who will not continue to work in this position for the JSR.

The second important news is that the website for submission of abstracts and registration for the societies 19th biannual congress to be held from September 9 to 13, 2008 in Glasgow, Scotland, is open. During the upcoming days you will receive separately more detailed information!

Let me wish to you and those who are important to you a healthy, successful and exciting New Year!

Yours,

Thomas Pollmächer
ESRS president



AN UPDATE ON THE 2008 ESRS CONGRESS IN GLASGOW



By the time you read this we will probably have started the New Year, which means that the 19th Congress of the European Sleep Research Society congress is fast approaching!

I do hope that you have the dates 9 - 13th September in your diary. If not, then there's no time like the present! Check out the details of the meeting on our congress website at <http://www.esrs2008.com>.

You will see the second announcement, call for abstracts, and registration information on the web. If you are thinking of submitting a paper, the deadline is 7 March. Also, I suggest you take advantage of the Early Registration fees which have a deadline of 30 April. For those of you who are students, technologists or trainees, there are attractive reduced rates and also some scholarships that you can apply for.

We will also keep you up-to-date with other news on the web-site, so why not save it to your internet favourites box, and check it from time to time.

We promise you an excellent and varied scientific programme, a first-class conference venue and a vibrant host city.

Happy New Year!

See you all in Glasgow!!

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

Colin Espie
Chair: Local Organising Committee for ESRS2008





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 2008 program will be posted on the ESRS website and will be sent by e-mail to all members within January 15th.

The 2007 program, which was “clinically” oriented and aimed towards young sleep researchers/clinicians who are interested in the basic and clinical aspects of sleep medicine, was very successful. Forty young trainees from 23 different countries and twenty teachers participated in the 3-day residential training course that was held in Bertinoro, at the Residential Centre of the University of Bologna on July 19-21. Subsequently, the trainees spent one week for practical training in one of the ten laboratory/clinics belonging to the network that has been specifically constituted for the project.

The 2008 program will be “basic research” oriented and aimed towards young researchers/clinicians who are interested in human and animal basic sleep research. For 2008, the training course will be held in Bertinoro, at the Residential Centre of the University of Bologna in late April, while the practical training periods will be carried out in late spring or early summer.

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.

We think that this project represents a very relevant step forward for the visibility and the importance of Sleep Research and Sleep Medicine in Europe and we ask all members to support the project and to spread information about it as best they can.

Roberto Amici
ESRS Vice President



ESRS COURSE IN SLEEP MEDICINE-BARCELONA, OCT 2007

The Vth ESRS course on Sleep Medicine and Sleep Research took place during October 2007 in Barcelona. The program included a full day course on REM sleep (Hot Topics on REM sleep - October 3, full day) and two international symposiums, one on REM sleep behavior disorder – October 4, full day) and another on Cardiovascular consequences of sleep apnea – October 5, half day). There were 27 speakers from Europe and North America that lectured following an extensive teaching program covering many of the hot topics in these areas and that included also a practical section on scoring and quantifying EMG activity in REM sleep. There were 220 attendees from Spain and the rest of Europe, including 11 young investigators that were sponsored with an ESRS grant. The participants were satisfied with the teaching and scientific level of the course.

A remarkable fact is that the ESRS course was celebrated for the first time in conjunction with the annual meeting of a national sleep society.

J. Santamaria
Local organizer



NEWS FROM THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES

The former steering committee (SC) of the ESRS has become the executive committee (EC) of the ANSS according to the new bylaws of the ESRS. The EC has had a first meeting in Düsseldorf, on October 12-14, 2007. The EC did some further work on current matters.

The constitution of the ANSS, which was presented by Jean Krieger during the Mallorca meeting and was accepted by vote, has been drafted in written text.

Further preparation has been done for the second meeting of the ANSS in Split, Croatia. The date of the meeting is confirmed on May 9-11, 2008. The local host, Zoran Dogas, has confirmed feasibility of the meeting.

The “European Guidelines on the Certification of Sleep professionals” have now been concluded. The paper was revised taking into account the remarks of the delegates of the ANSS. Originally, there were three drafts: one for medical specialists, one for PhD’s and one for nurses/technologists. These drafts have been merged into one paper, to avoid redundancy and to improve readability. The current draft has been sent to the Board of the ESRS for further review. Meanwhile, a task force is carrying out the last revision of the text. The paper will be subsequently submitted for publication and distribution among the national sleep societies. This manuscript is a companion paper to the ‘Accreditation guidelines’, published previously in JSR.

The EC wants to strengthen and optimize the relationship between the ESRS and ANSS. Efficient communication is key to this process. Furthermore, mutual expectations should be clarified and modes of operation defined. To this end, the EC has made a first draft on “Standard Operational Procedures”. This draft will be presented to the ESRS Board, as well as the national sleep societies for further comments and fine-tuning.

The national sleep societies will be reminded of their duty to pay the dues for associate membership. The national sleep societies will receive all relevant information, well in advance to the Split meeting. Furthermore, the relevant information will be integrated into a web-page on the ESRS website.

Dirk Pevernagie

Executive Committee of the Assembly of National Sleep Societies



NEW GUIDELINES TO CREATE ESRS TASK FORCES

The ESRS recognises that occasionally it will be necessary to form a ESRS Taskforce to deal with relevant issues in sleep research and sleep medicine. To this end the ESRS Board may announce the formation of a Taskforce and invite relevant people to join it.

In addition, ESRS members who wish to request the formation of a ESRS Taskforce should submit to the ESRS Board a Case using the standard proforma (stating the aims and justification for the Taskforce, proposed members and Co-ordinator, targets, budget) and signed by at least 5 full members of the ESRS from at least three different countries. The request must be approved by a majority of the ESRS Board.

Once a ESRS Taskforce has been approved by the ESRS Board, a Taskforce will be formed. The ESRS Board reserves the right to insist on the inclusion of additional Taskforce members.

The Taskforce will be encouraged to gather opinions of ESRS members and widely consult experts. An annual report will need to be submitted to the ESRS Board. All recommendations from the Taskforce will require approval by the majority of the ESRS Board. Once the Taskforce's targets have been met, the Taskforce will be dissolved.

Debra J Skene
Assistant-Secretary



NEWS FROM THE NEW EDITOR OF THE JOURNAL OF SLEEP RESEARCH

As of January 1, 2008, it will be my honor and privilege to become the second Editor-in-Chief of JSR together with a new team of associate editors. I will be replacing Jim Horne, the founding editor of JSR, who served as Chief Editor for 16 years, and together with a talented and devoted team of associate editors and a cadre of excellent scientists who helped with the peer review process, built an excellent journal. The Journal's standing for 2007 is one of the top 10 behavioral sciences journals and one of the top 25 physiology journals. We should applaud the JSR team for their impressive achievements. To accommodate the large increase in the scope of sleep research, which has become truly multidisciplinary, I have increased the number of associate editors to 16 to allow a wider representation of the various fields of sleep research. During 2008, we will also refresh the list of members on the advisory editorial board. Also, Brigitte Knobl from Marburg, Germany, will replace Maria Lahetko-Davies as the editorial assistant.

Additional changes are planned during 2008 aimed at improving the Journal and making it more attractive to readers and submitters alike.

1. Early publication: To shorten the lag between a paper's acceptance and publication, JSR will offer *online early publications*. Online early publications will be complete full-text articles published in advance of their publication in a printed issue. Therefore, articles will become available as soon as they are ready, rather than having to wait for the next scheduled print issue. They will be given a Digital Object Identifier (DOI) that will allow the article to be cited and tracked. Every effort will be made to ensure that the time lag between acceptance and online early publication will be less than eight weeks.
2. Invited reviews: The editor and associate editors will solicit state-of-the-art reviews from leading scientists. To encourage the preparation of state-of-the-art reviews, Wiley-Blackwell, the publisher, has agreed to waive payment for color figures for these papers.
3. Invited commentaries and editorials: To further enhance interest in the Journal content we will publish an "Editor's Choice" column in each issue, which will comment on high-lights in that issue of the Journal.
4. Graphic changes: I also plan to make some graphic changes in the Journal's appearance (not the cover!) to refresh its appearance.

With the help of the team of associate editors I hope to continue and expand on the fine work of our predecessors and strengthen the leading position of JSR in our field. I would like to encourage the members of the ESRS to submit their best papers to their own official Journal.

Together with the associate editors I am wishing ESRS members a happy and successful 2008.

Peretz Lavie
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ENSTL AWARDS

It is with pleasure that the ESRS announces the names of candidates who have been awarded an ENSTL (**European Network of Sleep Training Laboratories**) grant for 2008.

The following people have received awards:

Dr. Irina Constantinescu (Romania); Dr. Nicholas Tiberio Economou (Greece); Dr. Alice Gregory (UK); Mr. Simon Kyle (UK); Ms. Elizaveta Rutskova (Russia).

Debra J. Skene
Assistant-Secretary



NEWS FROM THE WEB PAGE

Over the past months, the new ESRS web page has been filled with contents in the membership section, as well as in the scientific section. It is expected that there will be a section on sleep medicine whose content will be developed as the Assembly of National Sleep Societies creates guidelines on certification as somnologist. Further, very soon the ESRS secretary will send passwords and IDs to all members which will enable access to the restricted web area. By taking these steps, the web page will become the main mean of communication between the Board and the members. The secretary will keep you informed on these future developments.

REGISTRATION IN THE WEB PAGE

After Feb 29, 2008, any ESRS Newsletters will be sent exclusively through the email-list that we have in our web page. In order to receive future Newsletters (or any other information), you should register in our email list in the Newsletter as soon as possible.

Instructions:

Please go to the home page (www.esrs.eu) and fill in your data on the left column "Newsletter". Please fill in the following information:

1. Name (Last name, first name. Ex.: Pollmächer, Thomas)
2. Email (please fill in the email at which you want to receive future Newsletters or any information from the ESRS)
3. Select: "Subscribe"
4. Click: -Go-

Please make sure that you register before **Feb 29, 2008**.

By registering into this email list, you implicitly confirm that you are interested to receive Newsletters and regular information from the ESRS.

Diego Garcia-Borreguero
ESRS secretary



MEETINGS AND EVENTS



Cognitive Behaviour Therapy (CBT) for insomnia: Masterclass

In April 2007, we held a very successful two-day masterclass at the University of Glasgow Sleep Centre, which attracted participants from six European countries.

This year the event will be held on 21st and 22nd April 2008, in Glasgow

The course is intended for sleep professionals who have an interest in, and at least some experience of, behavioural approaches to sleep medicine, but who wish to develop more advanced skills.

The course will be led by Professor Colin Espie, Dr. Jason Ellis, and staff of the University of Glasgow Sleep Centre.

Enquiries should be addressed to Mrs. Anita McClelland, UGSC Business Manager
amc24a@clinmed.gla.ac.uk

Pricewinners from Hospes, Madrid, Oct 2007

Hospes, the luxury Spanish Hotel Group focused on customer sleep and well-being, launched 3 years ago the “Sueños” project, a not-for-profit initiative that rewards the best international scientific studies about Sleep Research, in collaboration with the SES (Spanish Sleep Society). In November 29th, the exclusive Hospes Madrid hotel hosted the 3rd Edition of the “Sueños” Awards. The winner (5,000 €) was Dr Jristen L. Knutson, from the University of Chicago (USA), for her paper “Role of Sleep Duration and Quality in the Risk and Severity of Type 2 Diabetes Mellitus”. The second finalist (2,000 €) was Dr Silvia Miano, from the Hospital Universitario San Andrea in Rome (Italy), for her investigation “NREM Sleep Instability is Reduced in Children With Attention – Deficit / Hyperactivity Disorder”. The third finalist (1,000 €) was Dr Juan Fernando Masa Jiménez, from the Instituto de Salud Carlos III (Spain), for his paper “Association Between Habitual Naps and Sleep Apnea”. Every year, HOSPES and RBA Publishing launch a book based on the best papers received on Sleep Research. The 4th Edition of the “Sueños” Awards will shortly be announced on the Hospes Website (www.hospes.com).



APPLICANTS FOR MEMBERSHIP

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Celyne Bastien
Laval University, Ste Foy, Quebec, Canada
Sponsor: C. Espie

Raluca Mihaela Bercea
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Sponsor: T. Porkka-Heiskanen

Diane Boivin
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Sean Caples
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Sponsor: C. Guilleminault

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Sinziana Lovin
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The Society welcomes the following new members whose application was announced in the Newsletter July 2007.

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