

# NEWSLETTER

June 2008





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**HOMEPAGE:** <http://www.esrs.eu>



## LETTER FROM THE PRESIDENT

Dear colleagues,

The most important information in this issue of the ESRS newsletter is on the upcoming 19<sup>th</sup> congress of the ESRS to be held in Glasgow from September 9 to 13 this year. Due to the tremendous efforts of the local organizing committee, the scientific committee and the ESRS board an exciting program is close to be finalized which in its present draft stage can be seen at [www.esrs2008.com](http://www.esrs2008.com). In terms of scientific contributions this is likely to become the biggest congress the society has organized so far, and I would like to stimulate anybody who not yet has registered to join us in Scotland. Colin Espie from the LOC reports more in this issue.

The ESRS-EU Marie Curie project “Training in sleep research and sleep medicine” has seen the second edition of the already famous training course in Bertinoro. Roberto Amici, being in charge of the program reports in this issue on the particularities and further plans.

The new Journal of Sleep Research editor, Peretz Lavie, gives a short account on his first months in this position and the favorable development of our Journal, while the secretary, Diego Garcia-Borreguero gives you an update on the development of the web-page including some unforeseen troubles.

Importantly, the annual meeting of the ESRS board with the presidents of the national sleep societies happened from May 9 to 11, in Split Croatia. The respective report in this issue of the newsletter comes from Dirk Pevernagie, the chairperson of the Executive Committee (EC) of the Assembly of National Sleep Societies. Notably, the EC has 2 new members, Poul Jennum from Danmark and Zoran Dogas from Croatia. I would like to thank very much Jean Krieger and Neil Stanley for the tremendous amount of work they have put into this committee during the last years.

In addition, I would like to draw your attention to the call for candidates for the ESRS board and the scientific committee which both are to be elected during the ESRS business meeting in Glasgow. And, finally, we are in search for a congress location for the 2012 congress, while the preparations for the 20<sup>th</sup> ESRS congress to happen in 2010 in Lissabon are already starting.

With kind regards and looking forward to seeing all of you in Glasgow,

Yours,

Thomas Pollmächer  
ESRS president



## AN UPDATE ON THE 2008 ESRS CONGRESS IN GLASGOW



Dear Colleague,

ESRS2008 is fast approaching! If you have not already done so it's time to log on at [www.esrs2008.com](http://www.esrs2008.com), have a look at the program and register for the meeting. It's going to be a special congress not only for science but also for spending relaxing time with colleagues 'old' and new!

We are pleased to report that we have broken the ESRS records for both the number of scientific abstracts submitted and for levels of industry sponsorship. So, in addition to internationally acclaimed keynote speakers, you will see on the website that we have a wide range of scientific and clinical symposia, oral abstract sessions, interactive poster sessions, debates and video discussions, and industry sponsored events, as well as hosting the 9th ESST meeting, a Young Scientists Symposium and the ESRS Training Course, with the additional bonus feature of trainee breakfast sessions. The Exhibition Hall will serve as the conference hub and we promise entertainment to help you remember Glasgow for a long time to come!

Come along, bring your team, and spread the news.

See you in Glasgow in September!



Chair, Local Organising Committee: ESRS2008  
Colin A. Espie



## **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 program for 2008 is in progress. As for 2007, the call for candidates was very successful, since 79 applications were submitted. Forty trainees from 19 different countries were selected by following strict criteria, largely suggested by EU, aimed at assuring a widespread participation of trainees in terms of either their nationality or the institution in which they are working at present. Thus, unfortunately, some very good applications could not be taken into account. The quality of candidates was assessed by three independent scorers. Priority was given to early stage trainees who obtained their degree giving access to a PhD Program within the last four years, to ESRS members, to citizens of European countries, and to citizens of countries with a less strong tradition in Sleep Research/Sleep Medicine. A maximum of four candidates who were nationals of the same country and a maximum of two candidates coming from the same laboratory/clinic were accepted. The names of the selected candidates has been posted in the “Training & Courses” section on the ESRS website ([www.esrs.eu](http://www.esrs.eu)).

The first event of the 2008 program was the Training Course that was held in Bertinoro, Italy, at the Residential Centre of the University of Bologna ([www.ceub.it](http://www.ceub.it)), from April 25<sup>h</sup> to April 27<sup>th</sup>. Since the 2008 program is “basic research” oriented, the course consisted of a series of lectures aimed towards young researchers/clinicians who are interested in human and animal basic sleep research. In addition, a special “Communicating about sleep” session was held, in which each trainee was asked to make a brief oral presentation aimed to spread information amongst a general audience about the social and scientific relevance of his/her own work in sleep research/medicine. The faculty consisted of 20 senior researches and clinicians from all over Europe. As for 2007, the course was extremely successful and very well received from every point of view. Of course, particularly appreciated were the wonderful sight from the medieval castle in which the Course was held and the very informal dinners in the traditional restaurants in Bertinoro. The Program of the Course has been posted in the “Training & Courses” section on the ESRS website ([www.esrs.eu](http://www.esrs.eu)).

The Training Course has to be followed by a one week practical training period, to be carried out in one of the eleven sleep research laboratories/sleep clinics of the network that has been specifically established for the project, from late May to early November. The site for training has been assigned to each participant by the Program Committee, as far as possible according to the participant’s preference. Further information on the training at the different sites can be found in the “Training & Courses” section at the ESRS website ([www.esrs.eu](http://www.esrs.eu)). We are still waiting for trainees’ evaluation, but, based on

the feedback for the 2007 program, we expect the event to be very successful in each of the different training sites.

We look forward to meeting you in one of the future ESRS-EU “Marie Curie” teaching and training events.

With kind regards,

Members of the Program Committee of the ESRS-EU Marie Curie Project “Training in Sleep Research and Sleep Medicine”.



## **NEWS FROM THE JOURNAL OF SLEEP RESEARCH**

### **Journal of Sleep Research – Progress Report 1.1-08 to 1.6-08**

The change in the editorial board of JSR was completed smoothly without any difficulties. I am grateful to Jim Horne and his associate editors, particularly Hartmut Schulz, for their help and support during this period. Since 1.1.08, 133 manuscripts were submitted to JSR, a rate of almost a manuscript per day. The review process was completed for 71 manuscripts, of which 11 were accepted and 60 were rejected; 62 manuscripts are still under review. The average number of days from start to final decision was 34.3 (median 25 days).

In view of the increase in the number of submissions, we will examine the possibility of increasing the annual number of issues from 4 to 6. This will be discussed with our publisher, Wiley- Blackwell, and with the ESRS board, that will meet in Glasgow in September.

Peretz Lavie  
Editor in Chief, JSR



## ANSS MEETING IN SPLIT

### Report of the meeting of the Assembly of National Sleep Societies (ANSS) in Split (HR) on May 9-11, 2008.

The following people attended the meeting:

Members of the Executive Committee (Sören Berg, Jürgen Fischer – chair, Dirk Pevernagie – secretary, Neil Stanley), members of the ESRS board (Roberto Amici – vice-president, Claudio Bassetti – treasurer, Diego Garcia-Borreguero – secretary, Dirk Pevernagie – co-opted member from ANSS, Thomas Pollmächer – president), invited speaker (Tarja Porkka-Heiskanen), delegates of national sleep societies (Roberto Amici – Italian Sleep Research Society, Harriet Akre – Norway, Sadik Ardiç – Turkey, Claudio Bassetti – Switzerland, Sören Berg – Iceland, Zoran Dogas – Croatia, Leja Dolenc – Slovenia, Ludger Grote – Sweden, Melissa Hack – United Kingdom, Poul Jennum – Denmark, Wolfgang Mallin – Austria, Geert Mayer – Germany, Stefan Mihaicuta – Romania, Teresa Paiva – Portugal, Antigone Papavasiliou – Greece, Dirk Pevernagie – Belgium, Javier Puertas – Spain, Tarja Saaresranta – Finland, Zoltán Szakács – Hungary.

Were excused:

Franco Ferrillo – Italian Sleep Medicine Society, Thorarinn Gislason – Iceland, Birgit Högl – Austria, Gerard Kerkhof – Netherlands, Vanda Liesiene – Lithuania, Maurizio Mariotti – Italian Sleep Research Society, Johannes Mathis – Switzerland, Walter McNicholas – Ireland, José Mouthino Dos Santos – Portugal, Pierre Philip – France, Constantin Soldatos – Greece, Karel Sonka – Czechia.

The meeting was hosted by Zoran Dogas, president of the Croatian Sleep Society. The Saturday meeting was opened by the chairman of the Executive Committee (EC), who welcomed the president and other members of the ESRS Board, the speakers and the delegates of the National Sleep Societies (NSS). The programme started with the presentation of new developments in the different NSS by their respective presidents or delegates. The secretary of the EC showed the current version of the 'European guidelines for the certification of professional sleep societies'. The final draft of this paper was subsequently sent to the president of the ESRS for further handling and submission to the Journal of Sleep Research. Sören Berg summarized how accreditation is currently being implemented by a joint action in the Nordic countries.

The secretary of the EC then presented the report of the EC, including past meetings, achievements, ongoing work and future perspectives. The 'Constitution of the ANSS' and the 'Standard Operational Procedures (SOP) for the EC' were reviewed by the Assembly and approved after making some adjustments. The past work of the EC was approved unanimously by the Assembly. Two new members were elected to replace Jean Krieger and Neil Stanley. Five candidates were proposed, among whom Poul Jennum and Zoran Dogas were elected. The chair of the EC committed the former members of the EC for



their hard work and substantial contributions to the output of the group. The Assembly suggested that the new EC should focus on the production of educational material, health technology assessment material and quality assurance guidelines, updating of the ESRS webpage (ANSS section), reimbursement issues in different countries.

The Sunday session started with the presentation of the president of the ESRS who enlightened the vision of the ESRS on its policy towards the further development of Sleep Medicine in the society. The secretary of the ESRS showed that the website of the society has been substantially updated in the recent past. The special page for 'Professional' affairs has now been turned into 'Assembly of National Sleep Societies'. This page must be further updated and should include information on constitution, minutes, guidelines, forms, documents, members, quality control, courses etc. Dirk Pevernagie agreed to provide this input between now and the Glasgow meeting. Opportunities for funding and networking in sleep research were explained by Tarja Porkka-Heiskanen, past secretary of the ESRS. Emphasis was put on scientific evidence for efficacy of therapeutic regimens for sleep, multidisciplinary strategy, attracting young professionals into the field, creating a positive public image and learning 'EU language' if one wants to apply for a EU grant. The grants of the 7th framework have been upgraded. Increased availability of research funding at the EU level, however, comes at the expense of national financial resources. The vice-president of the ESRS explained the EU grant obtained for the Marie Curie Project "Training in Sleep Research and Sleep Medicine". Experience with the first and second edition of this ESRS course, as well as the future developments were discussed. Opportunities for exchanging educational programmes between the NSS were explained by Sören Berg. In addition to the request from the ESRS to identify centres of excellence for clinical education and research, some more work has to be done by the NSS. The European Union is in demand for a few thousands of sleep specialists, most of whom have still to be trained. The chair of the EC formulated the concluding remarks and closed the meeting at noon. The date and place for the next meeting of the ANSS was fixed on May 1-3, 2009 in Valencia (Spain) by courtesy of Javier Puertas, President of the Spanish Sleep Society.

This report has been drafted by Dirk Pevernagie on behalf of the members of the EC. ([PevernagieD@Kempenhaeghe.nl](mailto:PevernagieD@Kempenhaeghe.nl))



## NEWS FROM THE WEB PAGE

The web page is undergoing further improvements before the Congress in Glasgow in September 2008. First, new and more updated information is being included regarding the main international Meeting in the English language that take place in Europe. Also, the web page has updated the Scientific section and will also include in the coming weeks a list of basic and clinical sleep research facilities in Europe. Participation in this list was made recently offered to the members on a voluntary basis. The decision on which centers are finally selected is currently being taken by the ESRS Research Committee. Further, new improvements can be seen in the section dedicated to the ANSS that reflect the development in Sleep Medicine regarding common guidelines for certification of somnologists across Europe.

During the week of June 16th, 2008, the web page underwent several attacks by hackers and had to be put out of function several times. These problems were finally solved several days later. We are currently working the company that provides technical service to the ESRS in order to make the web page less vulnerable to such events in the future.

Finally, a members section will be created at the ESRS web site. In order to access this area, you need personal identifiers, i.e. user name and password, that will be sent in the coming weeks to each member. As we will send this information according to the email list contained in our database, and some email addresses might not be updated, we would kindly ask you to contact the secretary ([esrs@esrs.eu](mailto:esrs@esrs.eu)) if you do not receive the codes by July 31, 2008.

Diego Garcia-Borreguero  
ESRS secretary



## CALL FOR NOMINATIONS TO THE ESRS BOARD AND SCIENTIFIC COMMITTEE

In the course of the upcoming Business Meeting in Glasgow, new members for the Board and Scientific Committee will need to be elected.

### **Nominations to the ESRS Board:**

According to the bylaws, members of the ESRS Board are elected for a period of two years, and only one additional two-year renewal is possible. Two of the five current ESRS Board members (that is, President, Treasurer, Secretary) were reelected in 2006, while the vice-president and the assistant secretary were newly elected in 2006. In addition, in 2006 a representative of the ANSS was added as a regular member to the Board as an ex officio member. Moreover, the new bylaws include 2 vice-president positions (clinical and basic). Hence, the following positions must be filled in any case:

The president;  
The vice president – clinical;  
The secretary.

The Board asks you to become active, meet and discuss with your colleagues, and help to ensure the development of ESRS by nominating colleagues best suited for a successful future of our society. The board is looking forward to receiving nominations from the membership no later than **August 1, 2008**. Publication of the results and policy statements of the candidates will be included in the upcoming newsletter.

All ESRS members are invited to nominate candidates according to the following rules established by the bylaws:

- both the proposer and the candidate must be regular ESRS members
- he/she should have his/her residence in a European country or in Israel
- with the exception of the treasurer, reelection after 2 two-year terms (i.e., 4 years) will not be possible

Any nominations for the Board should include:

- name, title, position, institute, department, nationality, address, phone, fax, and email of the nominated candidate
- name and affiliation of the nominator
- expertise (basic animal, basic human, or human clinical) and field of interest (2-5 key words) of the candidate
- previous activities in the ESRS
- acceptance in writing that the candidate agrees to be nominated
- a statement for which position of the Board the person is being nominated
- a short curriculum with information relevant for the particular position in the ESRS Board.

This information will be published in the upcoming ESRS newsletter.

Your proposal should be received by the secretary of the ESRS, Diego Garcia-Borreguero ([esrs@esrs.eu](mailto:esrs@esrs.eu)), no later than **August 1, 2008**. We encourage you to send any nominations by email and, in order to ensure the reception, request a confirmation.

Note that no further nominations shall be accepted after that date.

### **Nominations for the Scientific Committee:**

The composition of the present Scientific Committee is:

C. Cajochen, Switzerland	(since 2004, renewed 2006)
C. Gonfier, France	(since 2004, renewed 2006)
H.P. Landolt, Switzerland	(since 2004, renewed 2006)
P. Levy, France	(since 2004, renewed 2006)
D. Riemann, Germany	(since 2004, renewed 2006)
P. Peigneux, Belgium	(since 2006)
M. von Schantz, UK	(since 2006)

The members of the scientific committee are elected for 2 years and can be re-elected for an additional two-year term. Thus, *we need to elect 5 new members of the Scientific Committee during the upcoming business Meeting in September 2008, whereas 3 members can be reelected.*

The main task of the scientific committee is to help the board with the scientific organization of the ESRS congresses. In practice, this means that the scientific committee advises the board on the selection of symposia, and on the selection of poster and oral presentations after reviewing the submitted abstracts. Since sleep research is a very broad field, it is necessary that the scientific committee represents a broad field of expertise. Being a member of the scientific committee is not an honorary task. The selection of abstracts, in particular, constitutes a major task that requires hard work under time pressure.

Nominations for the scientific committee should include:

- name, title, position, institute, department, nationality, address, phone, fax and email of the candidate
- name and affiliation of the nominator
- expertise (basic animal, basic human or human clinical) and field of interest (2-5 key words) of the candidate
- acceptance, in writing, that the candidate agrees to be nominated.

Your proposal should be received by the secretary of the ESRS, Diego Garcia-Borreguero ([dgb@iis.es](mailto:dgb@iis.es)), no later than **August 1, 2008**. We encourage you to send any nominations by email and, in order to ensure the reception, request a confirmation.

Note that no further nominations can be accepted after **August 1, 2008**.



## **CALL FOR COUNTRIES TO HOST THE 2012 ESRS CONGRESS**

The ESRS is currently in the process of selection of a Professional Congress Organizer (PCO) that will serve as an official Meeting Organizer for any ESRS Congresses taking place from 2012 on. For this reason, the call for candidates to host the 2012 Congress will be sent out in mid July 2008. It is advisable that once the call is sent out, you contact the ESRS for advice on the coordination of efforts with the official ESRS PCO.

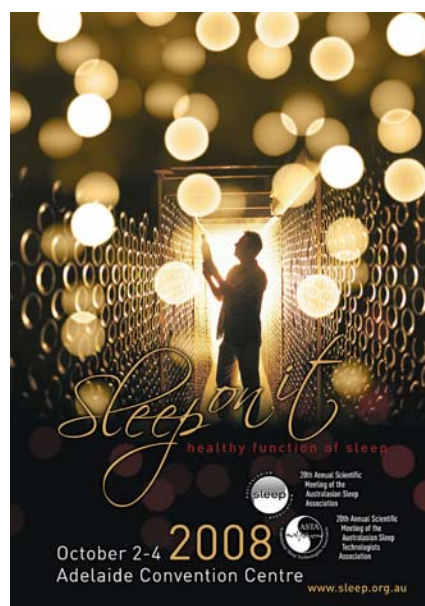


## MEETINGS AND EVENTS

### Sleep on it: Healthy functions on Sleep - 20<sup>th</sup> Annual Meeting of the Australian Sleep Association

Date: October 2-4, 2008  
 Venue: Adelaide Convention Centre, North Terrace, Adelaide, South Australia  
 Web site: [www.sleep.org.au](http://www.sleep.org.au)

The Organising Committee would like to invite you to the 2008 combined ASA & ASTA Annual Scientific Meeting "Sleep on it: healthy function of sleep". The theme will explore the importance of sleep for general health and function, as well as the impact of disease and lifestyle factors on this function.



### Symposium on Sleep-Disordered Breathing in Children

Date: November 21 – 22, 2008  
 Venue: Antwerp, Belgium  
 Web site: <http://www.ua.ac.be/sleep>

### Symposium on Narcolepsy and Hypersomnia

Date: April 24, 2009  
 Venue: Prague, Czech Republic  
 Web site: [www.conference.cz/narcolepsy-hypersomnia2009/](http://www.conference.cz/narcolepsy-hypersomnia2009/)

### 6th International Narcolepsy Meeting

Date: September 27 – October 2, 2009  
 Venue: Ascona-Monte Verità, Switzerland  
 Scientific Organizers: C. Bassetti, Ch. Baumann, T. Scammell



## APPLICANTS FOR MEMBERSHIP

Katrin Ackermann  
University of Surrey, Guildford, United Kingdom  
Sponsor: D. Skene

Peter Anderer  
Medical University of Vienna, Vienna, Austria  
Sponsor: B. Saletu

Ahmed S. Bahammam  
King Saud University, Riyadh, Saudi Arabia  
Sponsor: C. Bassetti

Ana-Claudia Bara  
University of Surrey, Guildford, United Kingdom  
Sponsor: S. Arber

Stefano Bastianini  
University of Bologna, Bologna, Italy  
Sponsor: G. Zoccoli

Richard Beninger  
Queen's University, Kingston Ontario, Canada  
Sponsor: H. Driver

Jacqueline Bennett  
The James Cook University Hospital, Cleveland, United Kingdom  
Sponsor: M. Morell

Jonathan Bird  
Burden Centre, Franchay Hospital, Bristol, United Kingdom  
Sponsor: M. Hack

Aleksandra Bratic  
Universität Zürich, Zurich, Switzerland  
Sponsor: P. Achermann

Kren Chardon  
School of Medicine, Amiens, France  
Sponsor: V. Bach

Allen Davey  
British Snoring & Sleep Apnea Association, Surrey, United Kingdom  
Sponsor: J. M. Shneerson

Marianne Davey  
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Sponsor: J. M. Shneerson

Judith Davidson  
Queen's University, Kingston Ontario, Canada  
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Alex Dregan  
University of Surrey, Guildford, United Kingdom  
Sponsor: S. Arber

Nicholas-Tiberio Economou  
University of Athens, Athens, Greece  
Sponsor: P. Ktonas

Katharina Ettenhuber  
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Sally Ferguson  
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Sponsor: G. Roach

Bernard Fleury  
Hôpital Saint Antoine, Paris, France  
Sponsor: M.F. Vecchierini-Blineau

Mara Gardani  
University of Glasgow, Glasgow, United Kingdom  
Sponsor: J. Ellis

Monique Goerke  
Charité - University Medicine, Institute of Physiology, Berlin, Germany  
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Felix Gradinger  
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Sponsor: R. Khatami

Roelina Hagewoud  
University of Groningen, Haren, The Netherlands  
Sponsor: P. Meerlo



Michel Hoebert  
Elisabeth Ziekenhuis, Tilburg, The Netherlands  
Sponsor: M. Smits

Mahssa Karimi  
Sleep Disorders Center, Sahlgrenska University Hospital, Gothenburg, Sweden  
Sponsor: L. Grote

Ioannis Koutsourelakis  
Medical School of Athens University, Athens, Greece  
Sponsor: E. Vagiakis

Tomohite Kubo  
Kawasaki, Japan  
Sponsor: M. Takahashi

Susan Leemburg  
University Hospital Zürich, Zurich, Switzerland  
Sponsor: C. Bassetti

John Andrew Lesku  
Max Planck Institute for Ornithology, Starnberg, Germany  
Sponsor: J. Zully

Dalia Mataciuniene  
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Sponsor: V. Lisiene

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Sponsor: S.L. Himanen

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Sponsor: P. Peigneux

Paschalis Steiropoulos  
Alexandroupolis, Greece  
Sponsor: G. Trakada

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Sponsor: H-P. Landolt

Steven Thomas  
The James Cook University Hospital, Cleveland, United Kingdom  
Sponsor: M. Morell

Pierre Tourneux  
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Sponsor: V. Bach

Hara Georgia Tsekou  
University of Athens, Athens, Greece  
Sponsor: P. Ktonas

Gillian Twigg  
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Sponsor: R. Ghiassi

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Jennifer Walsh  
QE II Medical Centre, Nedlands, Western Australia, Australia  
Sponsor: M. Morrell

Ane Bergland Wilhelmsen  
University of Bergen, Bergen, Norway  
Sponsor: B. Bjorvatn

I. W. Van Velzen  
Medisch Centrum Haaglanden, Den Haag, The Netherlands  
Sponsor: R.J. Schimsheimer



## NEW MEMBERS

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

Chiara Baglioni, PhD stud.

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