

# NEWSLETTER

March 2010





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**HOME PAGE:** [www.esrs.eu](http://www.esrs.eu)



## LETTER FROM THE PRESIDENT

Dear ESRS members, dear colleagues and friends,

In the Newsletters of February 2009 the reflections of the new board and the planned actions were presented.

One year later it is time to review what has been achieved and what will be the next actions for the coming months.

### **Sleep Medicine**

The ESRS wants to promote Sleep Medicine as a medical subspeciality in Europe (in addition to Germany).

The newly constituted ESRS Sleep Medicine Committee (chaired by Dirk Pevernagie) is finalizing a “catalogue of knowledge and skills” which will constitute the base of the ESRS Sleep Medicine fellowship. The next step will be to create a point system according to the contents of this catalogue and to ask European teaching centers to develop fellowship programs according to this catalogue/point system, which will be eligible for accreditation by the ESRS.

### **Sleep Research**

A key priority of ESRS is to maintain the very high quality and standards of Sleep Research in Europe and to promote international scientific interactions.

In line with this, 4 European Research Networks have been invited to present their activities and work at our next ESRS Meeting in Portugal. In addition, joint scientific activities have been scheduled with the European Biological Rhythms Society, the Portuguese and Chinese Sleep societies, as well as the World Sleep Federation.

The ESRS Sleep Research Committee (chaired by Roberto Amici) has created a web page through which Sleep Research Laboratories in Europe will be identified and characterized. The next step will be to establish criteria to be fulfilled by different sleep labs in order to be part of the European Network of Sleep Teaching Centres (a continuation and extension of the Network of the current ESRS-EU Marie Curie Project).

Two members of the ESRS Scientific Committee (Malcolm von Schantz and Lino Nobili) attended a meeting in Lisbon in which the scientific contents of the bi-annual meeting were selected. Two members of the SC also actively participated in the work of the research committee.

The ESRS has nominated Patrick Levy, Colin Espie and Mehdi Tafti to represent Europe in Special Interest Groups in Sleep and Breathing, Insomnia and Genetics, created by the World Sleep Federation to promote and coordinate research internationally.

## Journal of Sleep Research

Since 2010 JSR has a new Chief editor. In the current Newsletter Derk Jan Dijk shortly reports his first reflections and actions, including the choice of four internationally renowned scientists as new deputy editors (Pierre-Herve-Luppi, Pierre Maquet, Colin Espie and Patrick Levy).

## National Sleep Societies

The interaction between the board and the National Sleep Societies has been facilitated by the executive committee of the Assembly of the National Societies (ANSS, chaired by Jürgen Fischer) and the ESRS Newsletter that is now sent to all members of the National societies which provided their mailing lists.

From April 30 til May 2, a meeting of the ANSS and the ESRS board with the presidents of the national societies will take place in Antalya, hosted by the Turkish Sleep Society (and his president Sadik Ardiç). Three new members of the ANSS (in a board of five people) will be elected.

## Teaching Activities

The ESRS-EU Marie Curie Training programme, which was started in 2007 and is attended by 160 students, has continued successfully in Bertinoro last week (March 6-8). A special thank to Roberto Amici and his team for a wonderful organization. A 3-day final symposium will take place in Seeon (Germany) the first week of July 2010.

May 14-16 a joint ESRS-Georgian Teaching course will take place in Tbilisi to celebrate the recent foundation of the Georgian Sleep Research and Sleep medicine Society (GSSS).

After intense and fruitful interactions, the ESRS and the European Respiratory Society (ERS) are finalizing the agreements for the organization of a joint teaching event ("Sleep and Breathing: An international conference organised by the ERS and the ESRS") in Spring 2011.

## ESRS Meeting in Lisbon

After few initial difficulties, the preparation of the biannual meeting has been proceeding extremely well thanks to the excellent work of Julia Bicher of Congrex (the ESRS PCO since 2009), the Portuguese National Society (chaired by Marta Goncalves) and the local committee (chaired by Teresa Paiva).

A record number of over 950 abstracts were received and will be reviewed by the SC in Paris next month. We hope that the high attendance of Glasgow 2008 (a total of 1430 delegates) will be exceeded!

The board has decided together with the ESRS research and scientific committees to award in Lisbon (during the opening ceremony) for the first time the European Sleep Science Award.

## ESRS Meetings 2012 and 2014

Versailles in France was chosen as the venue for the ESRS 2012 congress. First preparations to organise the congress (which will coincide with the 40<sup>th</sup> birthday of our society) have already started.

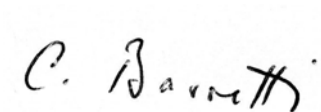
The ESRS Board has issued a call for applications to host the ESRS 2014 congress (a bid manual for applications is presented in this Newsletter).

### **1st European Narcolepsy Day**

The ESRS has given a patronage to the 1st European day which was promoted by the European Narcolepsy Network (chaired by Gert Jan Lammers) and will take place simultaneously in over 25 European countries on March 18 2010.

I look forward to your ongoing support and to meeting you all soon in Lisbon.

Kind regards

A handwritten signature in black ink, appearing to read "C. Bassetti". The signature is written in a cursive style with a small dot above the 'i'.

Claudio Bassetti  
ESRS President



## ACTIVITY REPORTS OF THE ESRS COMMITTEES

### Research Networking Committee

Aims of the Research Networking Committee (RNC: coordinator, R. Amici; vice-coordinator, P. Lévy; members, P Lavie, P. Peigneux, T. Porkka-Heiskanen, D.J. Skene, M. von Schantz, J. Santamaria) are: i) to support sleep research and sleep teaching networks in Europe, by the definition/identification of sleep research laboratories and teaching centres in Europe as a first step; ii) to establish new criteria for the assignment of ESRS research and travel grants.

In 2009, the activity of the Committee consisted of three conference calls in which new criteria for the identification of Sleep Research Laboratories in Europe were established and a form which is aimed at collecting information from different laboratories was finalized. This form will be posted on the ESRS website during next Spring. The researchers in charge of the different labs will have the opportunity not only to describe the lab and its research domain, but also to publish information on present and past laboratory members, on technical capabilities and areas of expertise of the lab, on short and long-term training possibilities, and on current and completed grants. After the approval of the RNC, protected online access to the form, by means of an i.d. and password, will be allowed to the researcher in charge of each lab for the direct updating of the information.

Goals for 2010 will be: i) to establish criteria to be fulfilled by different sleep labs in order to be part of the European Network of Sleep Teaching Centres, which is considered to be the continuation and the extension of the Network of the current ESRS-EU Marie Curie Project; ii) to define new modalities for the assignment of travel grants to young sleep researchers visiting the labs of the network around Europe (continuation and extension of the ENSTL program).

R. Amici

### ESRS Scientific Committee

Following a number of telephone conferences, the Scientific Committee will be meeting in Paris in April in order to finalise the scientific programme. The Committee will also agree a proposed press and embargo policy for the meeting, and finalise plans for an improved ESRS website.

Malcolm von Schantz

### **ESRS Sleep Medicine Committee**

The SMC has been working on the catalogue of knowledge and skills for professionals in sleep medicine. This product should be finalized by the forthcoming ESRS congress.

Dirk Pevernagie

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

The committee met at the Kempenhaeghe Foundation in Heeze, The Netherlands on Januari 22-24. The meeting of the ANSS in Antalya (April 30 – May 2) was prepared. An invitation was sent to the presidents of the national sleep societies (NSS). A proposal for standard operational procedures in accredited Sleep medicine Centres in Europe was written. A questionnaire on the state of implementation of the Accreditation and Certification guidelines in the different countries was drafted. Also, the state of graduate and postgraduate Sleep Medicine teaching in the different countries was queried in this document. The questionnaire was subsequently filed to the presidents of the NSS. Results will be presented in Antalya.

Dirk Pevernagie

### **ESRS EU Committee**

Members

Tarja Porkka-Heiskanen (chair)

Diego Garcia-Borreguero

Damien Leger

Dieter Riemann

John Shneerson

Irene Tobler

The aim of the committee is to promote relationships with the European Union with specific emphasis on promoting funding opportunities within sleep research and sleep medicine and promote European legislation to develop professions within sleep medicine.

Two actions are on our immediate agenda:

#### **1. “Sleep” as a topic on FP7 programs**

For future EU funding of projects related to sleep, it is essential that the word “sleep” appears on the titles of the FP7 programs which the EU announces. The most effective way to reach this aim is to act through national political EU organs who are in charge of preparing the proposals for the final program meeting in Brussels (usually in autumn). We recommend that the national societies make proposals to their representatives in each country, preferably on similar or related topics of sleep (key-note wording of priority topics), because this will carry more weight.

The committee will prepare a “help package” to be delivered to the national sleep research societies, including contact information of the national organs that prepare the proposals and a model letter that can be modified according to the needs of each national society

## **2. EUROCORES**

To increase visibility of sleep and sleep medicine, EUROCORES is an important, researcher-initiated activity (call is presently open till May 2010) where applications regarding sleep research and sleep medicine should be applied for by colleagues of different institutions/countries. Our committee took an initiative to inform all ESRS members about EUROCORES with a personal contact letter as well as provide relevant information on the ESRS web page. We sincerely hope that a large number of proposals will be submitted, despite the upcoming deadline.

In order to promote networking among European sleep researchers, the committee will propose to the ESRS board that a list of all EU-funded, sleep-related projects during the last 5 years would be published on ESRS web page with relevant contact information.

A workshop regarding EU-relations will be organized at the Lisbon meeting on Tuesday, 14 September 2010 at 17.15 – 18.15, where everyone is welcome to attend.





## **NEW EDITOR-IN-CHIEF OF THE JOURNAL OF SLEEP RESEARCH**

Dear ESRS Members,

We are grateful to Peretz Lavie who for two years was Editor-in-Chief of JSR, and with the publication of a double March 2010 issue says goodbye in an impressive manner. No doubt he will continue to be very busy in his role as President of Technion - Israel Institute of Technology, Haifa. Thank you Peretz for all your hard work for JSR and good luck in your role as President!

As the Editor of JSR, I am pleased to announce that Pierre-Hervé Luppi, Pierre Maquet, Colin Espie and Patrick Lévy have agreed to act as Deputy Editors to cover basic animal, basic human and clinical research.

I am very much committed to reduce the workload of the Associated Editors and Reviewers and have therefore, after consultation with, and the support of the Board of ESRS decided to send out fewer papers for full peer review. The process is as follows: I, together with a Deputy Editor, or Associate Editor (AE), assess every submission and decide whether or not it is likely that the manuscript can meet the standards for publication in JSR. If not, there will be no assignment to an AE and consequently no full peer review. I am confident that this will ease the burden on the AEs and reviewers and at the same time improve the review process and reduce the lag between submission and decision as well as the gap between submission and publication of accepted papers.

In the next newsletter I will update you on other changes, but for now two requests:

1) Could all members of the ESRS who are willing to act as reviewer please let Brigitte Knobl know ([esrs.bk@online.de](mailto:esrs.bk@online.de)) that they consent to sharing their ESRS membership information with ScholarOneManuscripts? We need more enthusiastic reviewers to spread the burden and improve the review process.

2) Please submit your best research to JSR!

Best regards,

Derk-Jan Dijk



## UPDATE OF THE ESRS CONGRESSES 2010, 2012, and 2014

### ESRS 2010

Preparations for the ESRS 2010 meeting in Lisbon, 14-18 September 2010 are going well and we look forward to an exciting meeting.

The Preliminary Programme is online at [www.congrex.ch/esrs2010/](http://www.congrex.ch/esrs2010/). We are proud to have with Prof. Jacques Montplaisir, Prof. Derk-Jan Dijk, Prof. Irene Tobler and Prof. John Stradling 4 outstanding keynote speakers. The scientific programme will also include symposia, teaching courses, “Meet the Professor” sessions, video and case discussion sessions, round table discussions as well as oral and poster sessions.

You may like to start with your preparation for the congress:

The **early registration deadline is on 28 April 2010**. Don't miss the deadline to save considerably on the registration fees. Registration can be done online at the congress website [www.congrex.ch/esrs2010/](http://www.congrex.ch/esrs2010/) through the online booking system or the pdf registration form.

**Discounted early bird ESRS congress air fares** to Lisbon are also now available at the congress website. As a registered participant, you (plus one accompanying person) are automatically granted a discount of up to 20% on Star Alliance Member Airlines.

### ESRS 2012

Versailles in France has been chosen as the venue for the ESRS 2012 congress. First preparations to organise the congress have already started and the ESRS Board is looking forward to holding the congress in a charming location just next to the famous Château Versailles.

### ESRS 2014

The ESRS Board has issued a call for applications to host the ESRS 2014 congress. Please refer to the [bid manual](#) for all further information.



## NEWS FROM THE ESRS FORUM FOR WOMEN IN SLEEP RESEARCH



Raphaëlle Winsky-Sommerer

At the forthcoming 20th Congress of the European Sleep Research Society, Dr Raphaëlle Winsky-Sommerer will be officially replacing Dr Tracey Sletten as coordinator of the ESRS Forum for Women in Sleep Research. We would like to thank Tracey for an enthusiastic and dynamic management of the Forum since 2006. Raphaëlle Winsky-Sommerer recently joined the University of Surrey (Guildford, UK) as a Lecturer in Sleep and Circadian Rhythms. Her research interests focus on the mechanisms underlying the physiology and pharmacology of sleep using animal models. Prior to this, Raphaëlle was a post-doctoral fellow in the group of Prof. Irene Tobler at the University of Zurich, investigating the involvement of several neurotransmitter systems in sleep-wake regulation in mice.

Raphaëlle can be contacted via: [r.winsky-sommerer@surrey.ac.uk](mailto:r.winsky-sommerer@surrey.ac.uk) .

The next gathering of the Forum will take place on 14 September 2010, prior to the Welcome Reception of the ESRS congress in Lisbon. We invite everyone to register early and attend the meeting of the Forum.

# March 18<sup>th</sup> 2010: 1<sup>st</sup> European Narcolepsy Day

Sleep experts in over 27 European countries will ask local and national media to pay a special attention on Narcolepsy on March 18<sup>th</sup> 2010.

The 1<sup>st</sup> European Narcolepsy Day is an initiative of the European Narcolepsy Network and it's supported by the European Sleep Research Society. The European Network will add lustre to this day with the release of an *art book* as well as a *cartoon* on narcolepsy in 5 languages, both created and coordinated by Neurocenter of Southern Switzerland, in Lugano, available on DVD and soon on YouTube.

Additional information about narcolepsy and the European Narcolepsy Network (EU-NN) can be found below and local experts will be happy to provide any further explanation if required.

Narcolepsy is characterized by excessive daytime sleepiness, attacks of muscle weakness induced by emotions, and a disturbed nocturnal sleep. It is a devastating disorder that usually starts during adolescence. Its early diagnosis and treatment can prevent detrimental psychosocial consequences for individual patient and their families. This is the main reason to ask the attention for this disorder by the 1<sup>st</sup> European Narcolepsy Day.

Excessive daytime sleepiness has been recognized as a major hazard to public health. It has a profound impact on quality of life, causes impairment of sustained attention, hampering school achievements and bearing an increased risk for road and work accidents.

The European Narcolepsy Network (EU-NN), founded in 2008, consists of a group of European clinical and scientific experts narcolepsy field. The objectives of the EU-NN are the promotion of European scientific research in narcolepsy and its borderland, and the optimization of medical care in this field in the broadest sense.

Narcolepsy is a rare (5 : 10.000 inhabitants), but important disorder from scientific as well as from clinical point of view. The discovery that it's caused by a selective loss of hypocretin-producing neurons has shed a complete new light on physiological sleep regulation. It has also opened new research avenues concerning interactions between sleep, metabolism, endocrine and the autonomic nervous system functions.

Europe, and the individual European centres, can achieve a leading position in this field through only thanks to a close international collaboration. Experts, clinicians as well as basic researchers, are spread all over Europe. On their own they see too few patients or may have too limited facilities to perform research with significant impact. Sufficient patients number and application of cutting-edge techniques, can only be realized through a close international cooperation.

The EU-NN provides the opportunity to solve these issues and facilitates 'cross fertilisation' and synergistic collaboration. The core tools are the available database and biosample bank. Guidelines for the entry of data guarantee its standardisation and quality, and its modular structure enables the collection of prospective data.

The database will also be formally launched on March 18.

**The current EU-NN board members are:**

Dr. Gert Jan Lammers, president  
Prof. Claudio L. Bassetti, vice president  
Prof. Geert Mayer, secretary  
PD Dr. Ramin Khatami, treasurer  
Prof. Yves Dauvilliers  
Prof. Mehdi Tafti  
Prof. Thomas Pollmächer

On behalf of the board,  
Gert Jan Lammers, president

## Overview of activities: 1<sup>st</sup> European Narcolepsy Day, March 18, 2010

Country	Name of main local contact(s)	Main Activities 2010
Austria	Birgit Högl	Local manifestations
Belgium	Dirk Pevernagie, Robert Poirrier, Sebastiaan Overeem	Local manifestations
Brazil	Flávio Alóe, Geraldo Rizzo	Press release, press conference, broadcasting of Alice and Narcolepsy cartoon in local TV
Croatia	Zoran Dogas	Public lecture and round table (during Brain Awareness Week 2010), press release, tv/radio
Czech Republic	Karel Sonka, Sona Nevšimalová	Cartoon Alice and Narcolepsy will be presented on press conference linked to 1 <sup>st</sup> European Narcolepsy Day and World Sleep Day. 45 minutes program in TV (patients' stories, discussion, short view in sleep lab, etc), with cartoon broadcasting too.
Denmark	Poul Jennum	Scientific Symposium in Lugano. Press release and conference, 2 days meeting patients, video via patients' organization
Finland	Markku Partinen	Press release, presentations in local meetings in different hospitals run by child neurologists. 28.3-3.4.: official "Vigilance Week". Cartoon Alice and Narcolepsy shown in local meetings. Symposium for neurologists of Southern Finland about evaluation of sleepiness and narcolepsy (MP). Articles about narcolepsy in the Finnish Sleep Federation newsletter.
France	Yves Dauvilliers, Damien Leger, Philippe Peigneux, Pierre Philip	National sleep day in 50 sleep centers organized by the "Institut du Sommeil et de la Vigilance". Day of Narcolepsy included in this manifestation. For Hotel Dieu Sleep Center, a sleep village on the Place de l'Hôtel de Ville in Paris with press conference and several focuses will be established during the day. One on narcolepsy with the help of our rare disease hypersomnia center. French version of Alice and Narcolepsy cartoon will be broadcasted on TV. Website <a href="http://www.je-dors-trop.fr">www.je-dors-trop.fr</a> .
Germany	Dirk Hermann, Ulf Kallweit, Geert Mayer, Wolfgang Oertel, Thomas Pollmächer, Thomas Penzel, Peter Geisler	Local manifestations
Greece	Nikolas-Tiberio Economou, Periklis Ktonas, Constantin R. Soldatos	Press release/conference, TV info, Alice and Narcolepsy cartoon in greek/video broadcasting (all during the whole week), 2 booklets/ flyers.
Hungary	Zoltán Szakács	Press release, press conference on narcolepsy and the world sleep day (organized by the Hungarian Sleep Society, contact with national TV channels and important newspapers, symposia for MD (credit course about EDS for neurologist, child neurologist and GP. Start to establish the Hungarian narcolepsy patient group on the occasion of this event.
Israel	Peretz Lavie	Local manifestations
Italy	Luigi Ferini-Strambi, Raffaele Ferri, Giuseppe Plazzi, Fabio Pizza	Scientific symposium in Lugano. Press release through the Italian Narcolepsy Association(web site <a href="http://www.narcolessia.it">www.narcolessia.it</a> ) based on the material produced in the previous years and launching a new awareness campaign with "Lupo Alberto" cartoon.

		Patients' meeting in Bologna. Press Release on the hot topics of narcolepsy. New media campaign with Lupo Alberto Cartoon ( <a href="http://www.narcolessia.it/">http://www.narcolessia.it/</a> ). Facebook group link <a href="http://www.facebook.com/?ref=home#!/group.php?gid=316035311023">http://www.facebook.com/?ref=home#!/group.php?gid=316035311023</a>
Lithuania	Vanda Liesiene, Sapiega Hospital	Press release, press conference on local TV/radio. Scientific symposia. Swiss Alice and Narcolepsy cartoon will be sent to Child Neurologists, to be shown on local meetings
Montenegro	Slavica Vujisic, Ljiljana Radulovic	Press release, meeting patients. Presence in morning program at national TV (talk about Narcolepsy) as well as talk at Clinical center
Netherlands	Claire Donjacour , Gert Jan Lammers	Participation in Scientific Symposium in Lugano, press release, broadcasting of Alice and Narcolepsy cartoon in dutch on local TV, Youtube and gmail.com accounts. YouTube username:EUNNnl . Google Account email address:EUNNnl@gmail.com
Norway	Per Egil Hesla, Michael Lensing	Broadcast information on local TV. Scientific program including seminar at the local hospital. Information desk in "Paradestrasse Oslo". Co-operation with patients' organizations, state health organization and Oslo University Hospital, Ullevål. Motto 2010 "Children and adolescents with narcolepsy - do they exist?" Expected Norwegian version of Alice and Narcolepsy.
Portugal	Marta Gonçalves, Teresa Paiva	Press release, press conference, information TV/radio high media involvement including patients' testimonies. Portuguese flyer for patients. Expected Portuguese version of Alice and Narcolepsy Cartoon, to be presented on ESSR congress in Lisbon.
Romania	Stefan Mihaicuta	Local manifestations
Russia	Alexander Kalinkin, Vladimir M. Kovalzon	Scientific Symposia. Information via National Sleep Society. <a href="http://www.sleep.ru">www.sleep.ru</a> Expected Russian version of Alice and Narcolepsy Cartoon.
Serbia	Slavko Jankovic, Zoran Martinovic	Lecture on narcolepsy at the Institute of Neurology. Article in local press. 1 hour broadcasting on Art channel in February, commenting on narcolepsy and sleep diseases in general. Via Media Center of the Belgrade Clinical Center, organization of a short TV broadcasting to comment on narcolepsy.
Slovenia	Leja Dolenc, Maja Vovk	Press release, press conference, local meetings with patients, scientific symposia, patients' brochure, local book for GP's, neurologists and medical students, broadcasting of Alice and Narcolepsy Cartoon in English with subtitles.
Spain	Rosa Pereita, Joan Santamaria, Javier Puertas, Alex Iranzo	Organized by Spanish Sleep Society. Documentaries about sleep disorders on Odissey channel, information about narcolepsy and sleep disorders in Europe and Spain in press release. On march 18th, extended information on public Spanish TV. Contact and extended informations to local tv/press by "Asociación Española de Narcolepsia" (AEN), <a href="http://www.narcolepsia.org">www.narcolepsia.org</a> . On line interview on Revista de Neurología with European experts .
Sweden	Ludger Grote, Lena Leissner	Local manifestations
Switzerland	Claudio Bassetti, Monika Raimondi, Fiammetta Bornatico, Ramin Khatami, Johannes Mathis, Esther Werth, Andrea Rossetti, Mehdi Tafti, Thomas C. Wetter, Stanley Zagury, Christian	Scientific symposium in Lugano for 3 <sup>rd</sup> Swiss Narcolepsy Day. Creation in Lugano of Alice and Narcolepsy cartoon in Italian/English, German,French, Spanish and it's diffusion to all countries participating. Creation of Narcolepsy and Art booklet sent to all Narcolepsy Day participants. Creation of Swiss Italian Patients' association with patients' flyer in Italian.

	Baumann, Rositsa Poryazova Neumann, Barbara Tettenborn	Local manifestations in Lugano, Bern, Zurich, St. Gallen, Lausanne and other regions, including broadcasting on local TV's of Alice and Narcolepsy Cartoon in national languages, patients' meetings. Presentation in local tv (cartoon, patients' testimonies, interview with experts) and local press. YouTube-login:EUNNch E-mail address for Google-account:EUNNch@gmail.com
Turkey	Derya Karadeniz	Turkish Sleep Medicine Society prepared posters about Narcolepsy send to all hospitals to make awareness of both medical staff and also the public coming to hospitals for any reason. The advertisement on 18h March in local press/radio. The information about narcolepsy will be shown, included Alice and Narcolepsy Cartoon on main national TV
U.K.	John M. Shneerson	Local manifestations, press and TV release.



## ESRS SPONSORED EVENTS

### Sleep Course in Edinburgh

Date: March 22 - 26, 2010  
 Venue: Edinburgh, United Kingdom  
 Web site: [www.sleep.scot.nhs.uk/education.html](http://www.sleep.scot.nhs.uk/education.html)

This annual course aims to provide up-to-date information on the theory and practice of sleep medicine including practical experience in the technological aspects of measuring and monitoring sleep. The course is aimed at all professionals involved in the diagnosis and treatment of sleep disorders. This course is open to applicants from all countries. Competence in understanding spoken English is required.

### 1st ESRS – GSSS Training Course on Sleep Disorders



With the support of the ESRS, the Georgian Sleep Research and Sleep Medicine Society (GSSS) will organize a Teaching Course on Sleep Disorders to be held 14-16<sup>th</sup> May, 2010 at the Hotel Vere Palace, Tbilisi, Georgia.

Invited speakers will include Professors Claudio Bassetti (Switzerland); Thomas Pollmaecher (Germany) and Birgit Hogl (Austria) and topics covered will include: *Insomnia*: Diagnosis and Treatment; *Narcolepsy*: Pathophysiology and Etiology; *Restless Legs Syndrome*: Diagnosis, Pathophysiology and Genetics; *Periodic Limb Movements*: Scoring criteria, Consequences on the Sleep Structure.

The full programme is available on the ESRS website ([Download PDF](#)).  
 ESRS members are welcome to attend.

Please contact *Dr. Lia Maisuradze* for an application form. The deadline for applications is 12 April, 2010.

Dr. Lia Maisuradze, Vice-President of GSSS

E-mail: [liamais@postmaster.co.uk](mailto:liamais@postmaster.co.uk)

GSSS secretariat:

E-mail: [GSSSge@gmail.com](mailto:GSSSge@gmail.com)





## FUTURE MEETINGS

### **ATS 2010 - International Conference of the American Thoracic Society**

Date: May 14 - 19, 2010  
Venue: New Orleans, U.S.A.  
Web site: [www.thoracic.org/](http://www.thoracic.org/)

At ATS 2010 in New Orleans, more than 400 sessions will provide a comprehensive review of the latest information on the diagnosis and treatment of respiratory diseases, critical illnesses and sleep disorders. In addition, more than 5,000 original research abstracts will be presented, giving attendees new perspectives on the clinical, basic science and translational discoveries that will shape the future of adult and pediatric respiratory care. For the first time, clinical case reports, as well as scientific abstracts, will be presented during the conference. Among the many topics to be covered are asthma, COPD, lung cancer, obstructive sleep apnea, pulmonary hypertension, cystic fibrosis, ARDS, and sarcoidosis.

For more information, please contact the ATS International Conference Department at [conference@thoracic.org](mailto:conference@thoracic.org).

Registration is free, but an email with affiliation details should be sent to [rcluydts@vub.ac.be](mailto:rcluydts@vub.ac.be).

### **Aging and Sleep**

Date: June 25 - 26, 2010  
Venue: Lyon, France  
Web site: [www.aging-sleep.com/](http://www.aging-sleep.com/)

This meeting will focus on diagnostic and therapeutic processes that have, or will have, real clinical use in the elderly. The expert faculty will discuss the best use of main diagnostic tools and therapeutic strategies in your clinical practice.

Key topics include:

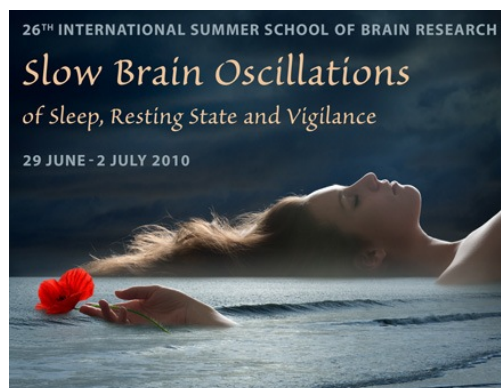
- Falls and sleep disorders
- Central sleep apnea in the elderly
- Anaesthesia and sleep in the elderly
- Therapeutic perspectives in sleep medicine
- Age related sleep changes and sleep recordings in the elderly
- Obstructive sleep apnea and cardiovascular morbidity
- Clinical research perspectives in the elderly
- Sleep apnea management in the elderly

- Memory, dementia and sleep
- Late life insomnia

### **26th Summer School of Brain Research: Slow Brain Oscillations of Sleep, Resting State and Vigilance**

Date: June 29 - July 2, 2010  
Venue: Amsterdam, The Netherlands  
Web site: [www1.nin.knaw.nl/summerschool/](http://www1.nin.knaw.nl/summerschool/)

Official pre-FENS satellite organized by the Netherlands Institute for Neuroscience (NIN), the VU University (VU), the University of Amsterdam (UvA) and the Leiden University Medical Center (LUMC).



### **7th FENS Forum of European Neuroscience**

Date: July 3 - 7, 2010  
Venue: Amsterdam, The Netherlands  
Web site: [fens2010.neurosciences.asso.fr/](http://fens2010.neurosciences.asso.fr/)

### **Harvard Biomarkers of Sleepiness Conference**

Date: September 21 - 22, 2010  
Venue: Boston, U.S.A.  
Web site: [sleep.med.harvard.edu/what-we-do/biomarkers-conference](http://sleep.med.harvard.edu/what-we-do/biomarkers-conference)

### **8th IBRO World Congress of Neuroscience**

Date: July 14 - 19, 2011  
Venue: Florence, Italy  
Web site: <http://www.ibro2011.org/>

Organized by the Italian Society of Neuroscience (SINS) and the International Brain Research Organization (IBRO)

The deadline for submitting symposium and Workshop proposals is April 30, 2010.



## **JOB OPPORTUNITIES**

Job opportunities can be accessed through the ESRS website at:

[http://www.esrs.eu/cms/front\\_content.php?idcat=124](http://www.esrs.eu/cms/front_content.php?idcat=124)



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# BID MANUAL

**For the European Sleep Research  
Society (ESRS) 2014 Congress**



## 1. Introduction and General Congress Overview

The ESRS Board together with Congrex Switzerland Ltd. (official PCO of the ESRS Congress 2014) cordially invites European national sleep research societies wishing to host the ESRS 2014 congress to present an attractive bid document to the ESRS. 1.200 – 1.500 people are expected to participate in this meeting. The following Bid Manual outlines the main requirements for the national societies and cities intending to submit their bid. Please read this manual carefully, prior to your document preparation.

The European Sleep Research Society (ESRS) promotes all aspects of sleep research and sleep medicine. It hosts individual researchers, both Europeans and from all world regions. ESRS is responsible for the publication of the *Journal of Sleep Research*, the promotion of education and training, the dissemination of information, the establishment of fellowships and awards and the organisation of scientific meetings. These meetings take place every second year in a European city. In the past, venues such as Paris/France (2012), Lisbon/Portugal (2010), Glasgow/UK (2008), Innsbruck/Austria (2006) and Prague/Czech Republic (2004) have been selected.

## 2. Timing for ESRS Bid Process

January 2010:	Announcement of "Bid Invitation"
28 April 2010:	Deadline for submitting bids
May – September 2010:	Evaluation of bids by the ESRS Board and Congress Secretariat
14-18 September 2010:	Final selection by the ESRS Board during the annual meeting in Lisbon

## 3. Requirements for the ESRS Congress

- ✓ **City:** European city in a secure and politically stable country. The city should be well accessible (especially by plane) and have a good public transportation system.
- ✓ **Meeting month:** Beginning of September
- ✓ **Days of meeting:** Tuesday – Saturday

- ✓ **Built up and dismantling:** Sunday – Monday and Sunday
- ✓ **Congress centre:**
  - **Lecture rooms:** 1 auditorium for min. 1000 pax  
3-4 rooms for 100-400 pax  
Additional smaller meeting rooms  
min. 1000 m<sup>2</sup> (net) for industrial exhibition  
min. 350 m<sup>2</sup> for poster exhibition
  - **AV per room:** 1 beamer for single data projection  
1 screen for single data projection  
Audio  
1 lectern including microphone  
1 chairman's table including 2 microphones
- ✓ **Hotels:** Min. of 1500 hotel rooms of all categories in proximity to the congress center (0-30 minutes)
- ✓ **Social Events:** Suitable venue for welcome reception (app. 700 pax) and banquet (app. 300 pax) in the city needed.

#### 4. The Local Organising Committee

The submission has to be endorsed by the National Society of the country hosting the meeting. The ESRS foresees to have a joint symposium with the National Society of the hosting country.

The Local Organising Committee is expected to fully support the conference with its local know-how in order to guarantee the best possible input and service. This includes e.g. giving recommendations for the social programme or giving support regarding sponsor acquisition in order to ensure a high industrial participation.

#### 5. Contents Outline of the Bid

Please make sure that your bid contains the following documents:

- ✓ **Why should your society host the ESRS 2014 congress?**  
*Please present a summary (max. 1 page)*
- ✓ **Why should the city be chosen?**  
*Please present a summary (max. 1 page)*
- ✓ **Information about congress centre**  
*Lecture rooms capacities, exhibition and poster space, floor plans, facilities/services available, AV, location within the city*

✓ **2 possible dates in the required month**

✓ **Detailed breakdown of venues costs**

*Costs of congress venue for the full duration of the meeting*

*Cost of AV required for the lecture rooms*

*Services included in the total price*

✓ **Infrastructure**

*Average prices for economy flights from Europe and US to/from host city.*

*Arrival by car (possible, recommended?)*

*Arrival by train (possible, recommended)*

*Transportation within the city (access to the congress centre from the airport and the city centre)*

✓ **Accommodation**

*Hotel capacity within the city (including breakdown of categories)*

*Hotel price range (e.g. 5\*: € 200.00-250.00)*

*Hotel map*

✓ **Social Events**

*Suggestions for welcome reception and banquet*

*Major touristic attractions*

*Suggestions for tours for accompanying persons*

✓ **General Information**

*Contact persons*

Additional information can, but does not have to be added.

## 6. Evaluation Criteria

The ESRS Board will evaluate the applications and compare them paying special attention to the following criteria:

- Security
- Varied geographical coverage (to avoid repetition of cities and countries)
- Costs (congress venue, exhibition space, AV etc.)
- Accessibility (direct flights and geographical location)
- Hotel offer
- Local Organising Committee
- Special efforts made by the city council to make the venue more attractive (e.g. free local transport, hosting of welcome reception etc.)

## 7. Contact Details

Your main contact at the ESRS Congress Secretariat is Ms Julia Bicher to ensure a full understanding of the requirements and to discuss the proposed concept.

Email: [julia.bicher@congrex.com](mailto:julia.bicher@congrex.com) Phone: +41 61 686 77 11

The final bid document with 3 copies should be submitted by the deadline (28 April 2010) in written form to the following address:

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Further information on the European Sleep Research Society can be obtained from the website: [www.esrs.eu](http://www.esrs.eu)