Dear Scientists,

We are very pleased to invite you to the 1st Sleep Medicine Summer School (SMSS), the former Alpine Sleep Summer School (ASSS) that was initiated in 2011 and run every other year. The event will take place in Lugano at the Università della Svizzera Italiana from July 1st to July 5th 2019.

The Sleep Medicine Summer School is part of the Academy of Sleep and Consciousness (ASC) founded from a joint effort of the University of Bern and the Università della Svizzera Italiana. The academic mission of the school is to provide a high-quality postgraduate educational course in sleep and consciousness.

The Sleep Medicine Summer School is one of the modules of the ASC educational program with a strong focus on clinics and basic research.

This year the Sleep Medicine Summer School will offer an intense scientific program on the topics of sleep, wakefulness, consciousness, chronobiology, sleep and cognition, insomnia, circadian disorders, hypersomnia, disorders of consciousness, sleep and neurologic disorders, parasomnias, sleep and epilepsy, movement disorders, sleep breathing disorders.

Each module will include regular lessons, keynote lectures, case discussions and practical exercitations.

Highlights of the Summer School are the keynotes on Neuroimaging of the sleeping brain, Sleep, insomnia and mental health, Genetics of neurological sleep disorders, REM Behavior Disorder, Biomarkers in sleep apnoea given by five scientists with an internationally respected reputation in their field of expertise:

Prof. Dr. Dieter Riemann (Universitätsklinikum Freiburg), Prof. Dr. Mehdi Tafti (University of Lausanne), Prof. Luigi Ferini-Strambi (Ospedale San Raffaele, Milano), MD PhD Jean-Louis Pepin (CHU de Grenoble).

Attendees will also have the opportunity to meet many outstanding speakers recognized worldwide for their intellectual contribution in the field of sleep medicine.

We are looking forward to an educational and inspiring Sleep Medical Summer School and for you to join.

Warm Regards,
Prof. Claudio Bassetti | Prof. Mauro Mancon
FROM SLEEP PHYSIOLOGY TO SLEEP SCORING: INTRODUCTION TO SLEEP AND SLEEP MEDICINE

DAY 1 - MONDAY, 1st JULY 2019

08.30 Official welcome - C Bassetti, M Manconi

MODERATOR: F ZUBLER

08.40 Sleep as a phenomenon of the integral organism - A Silvani

10.00 Coffee break

MODERATOR: A SILVANI

10.30 Basics of EEG for sleep medicine - F Zubler

11.00 Ontogenesis of Sleep - S Miano

11.30 Introduction to sleep medicine: overview to ICSD classification - M Schmidt

12.00 Lunch

13.30 KEYNOTE LECTURE

Genetics of neurological sleep disorders - M Tafti

14.30 Introduction to sleep scoring - S Fulda

15.00 Coffee break

MODERATOR: A SILVANI

Scoring special events during sleep (apnoeas, leg movements, REM sleep without atonia, epileptic spikes): guidelines and practical exercises - S Fulda, S Miano, F Zubler

18.00 Concluding remarks - A Silvani, F Zubler

CHAIRS:

A Silvani, F Zubler

FACULTY

A. Silvani  Biomedical and Neuromotor Sciences Dept., University of Bologna
K. Weller  Neurology and Neurophysiologist Dept., University Medical Centre Ljubljana

P. Achermann  Psychiatry Dept., The KEY Institute for Brain-Mind Research, University Hospital of Zurich
A. Adamantidis  Experimental Neurology, Bern University Hospital
C. Bassetti  Neurology Dept., Bern University Hospital
C. Baumann  Neurology Dept., University Hospital Zurich
S. Fulda  Sleep & Epilepsy Center, EOC Lugano
R. Heinzner  Sleep Research Dept., Lausanne University Hospital
R. Khatami  Sleep Research and Epileptology, Klinik Barmelweid
M. Manconi  University of Bern, Università della Svizzera Italiana, Neurocentro della Svizzera Italiana, Ospedale Regionale di Lugano
J. Mathis  Neurology Dept., Bern University Hospital
S. Miano  Neurocenter of Southern Switzerland Dept., Civil Hospital of Lugano
C. Nissen  Psychiatry and Psychotherapy Dept., Bern University Hospital
S. Ott  Pneumology Dept., Clnical Hospital Basel
K. Schindler  Neurology Dept., Bern University Hospital
M. Schmidt  Neurology Dept., Bern University Hospital
M. Tafti  Physiology Dept., University of Lausanne
A. Wirz-Justice  Chronobiology Dept., Psychiatric Hospital of the University of Basel
F. Zubler  Neurology Dept., Bern University Hospital
C. Baglioni  Psychiatry and Psychotherapy Dept., University Medical Center Freiburg
T. Pöllmächer  Psychiatry and Psychotherapy Dept., Klinikum Ingolstadt GmbH
W. Randerath  Pneumology Dept., Hospital Bethanien gGmbH, Solingen
D. García-Borreguero  Neurology and Treatment Dept., Sleep Research Institute Madrid
J. Hedner  Internal Medicine Dept., University of Gothenburg
W. McNicholas  Respiratory and Sleep Medicine Dept., University College Dublin
L. Dolenc-Grošelj  Neurology and Neuropsychologist Dept., University Medical Centre Ljubljana
F. Fanfula  Pneumology Dept., ICS Maugeri of Pavia
L. Ferini-Strambi Luigi  Sleep Disorders Center Dept., IRCCS Ospedale San Raffaele, Milan
L. Nobili  Neurosciences Dept., Centre of Sleep Medicine Niguarda Hospital, Milan
F. Proveni  Biomedical and Neuromotor Sciences Dept., University of Bologna
S. Sarasso  "L. Sacco" Biomedical and Clinical Sciences Dept., University of Milan
A. Silvani  Biomedical and Neuromotor Sciences Dept., University of Bologna
D. García-Borreguero  Neurology and Treatment Dept., Sleep Research Institute Madrid
J. Hedner  Internal Medicine Dept., University of Gothenburg
W. McNicholas  Respiratory and Sleep Medicine Dept., University College Dublin
J.L. Pépin  CNU Nord de Grenoble, Hospital Albert Michallon

MODERATORS:

F. Zubler  - DAY 1

A. Silvani  - DAY 2

M. Tafti  - DAY 3

S. Fulda  - DAY 4

M. Schmidt  - DAY 5

A. Silvani  - DAY 6

F. Zubler  - DAY 7

A. Silvani  - DAY 8

F. Zubler  - DAY 9

M. Tafti  - DAY 10

S. Fulda  - DAY 11

M. Schmidt  - DAY 12

A. Silvani  - DAY 13
DAY 2 - TUESDAY, 2nd JULY 2019
SLEEP, INSOMNIA AND MENTAL HEALTH
Including cognitive and circadian aspects

08.30 What is insomnia? Basic concepts and diagnosis - D Riemann
09.00 Aspects of disturbed sleep in mental disorders - the role of insomnia and hypersomnia - T Pollmächer
09.30 Circadian rhythms, sleep and mental health - A Wirz-Justice
10.00 Coffee Break

DAY 3 - WEDNESDAY, 3rd JULY 2019
HYPERsomnias, SLEEP in NEUROlogical DISORDERS, DISORDERS of CONsciouness

08.30 Primary CNS hypersomnias - C Bassetti
09.00 Diagnostic work-up of primary CNS hypersomnias - C Baumann
09.30 Management of primary CNS hypersomnias (European Guidelines) - C Bassetti
10.00 Coffee Break

MODERATOR: C BASSETTI
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10.00 Coffee Break

MODERATOR: T POLLMÄCHER
12.00 Lunch

MODERATOR: C BASSETTI
13.30 KEYNOTE LECTURE
Sleep, insomnia and mental health - a synthesis - D Riemann
14.30 Cases of insomnia and hypersomnia in psychiatry - diagnostic and therapeutic aspects - T Pollmächer

MODERATOR: C NISSEN
10.30 Emotion regulation, sleep and sleep disorders - C Baglioni
11.00 Insomnia as a predictor of somatic and mental health - C Baglioni
11.30 Aspects of cognition and neuroplasticity to understand the relationship of sleep and mental illness - C Nissen
15.15 Coffee Break

MODERATOR: D RIEMANN
15.45 Pharmacotherapy of insomnia and hypersomnia in psychiatry - C Nissen
16.15 Cognitive behavioral therapy of insomnia - nuts and bolts - D Riemann
17.00 Chronotherapies for affective and sleep disorders - A Wirz-Justice
12.00 Lunch

MODERATOR: L FERINI-STRAMBI
13.30 KEYNOTE LECTURE
Sleep physiology: lessons from optogenetics - A Adamantidis
14.30 Disorders of consciousness: Clinical and neuroimaging aspects - C Bassetti
15.00 Coffee Break

MODERATOR: L FERINI-STRAMBI
15.30 Primary CNS hypersomnias: Case discussion - L Ferini-Strambi
16.00 Hypersomnias/Insomnia secondary to neurological disorders: Case discussion - L Dolenc-Grozel, L Ferini-Strambi
16.30 PSG, MSLT/MWT, actigraphy in hypersomnias: Pitfalls - J Mathis
17.00 Fitness to drive in neurological/sleep disorders - J Mathis
**DAY 4 - THURSDAY, 4th JULY 2019**

**PARASOMNIA-MOVEMENT DISORDERS-EPILEPSY**

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<td>08.30</td>
<td>Motor control during sleep - R Khatami</td>
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<td>09.00</td>
<td>Sleep and Epileptogenesis - K Schindler</td>
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<tr>
<td>09.30</td>
<td>Nocturnal Frontal and not Frontal Lobe Epilepsy - L Nobili</td>
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<tr>
<td>11.30</td>
<td>NREM Parasomnia (Arousal Disorders) - R Khatami</td>
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<td>11.00</td>
<td>Restless Legs Syndrome - D Garcia-Borreguero</td>
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<tr>
<td>11.30</td>
<td>Recognizing and scoring sleep related motor events - M Manconi</td>
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<td>Propriospinal Myoclonus, Oromandibular Myoclonus and Hypnagogic Jerks - F Provini</td>
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<td>Obstructive sleep apnoea (OSA): pathophysiology and consequences - J Hedner</td>
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<td>An integrated approach to definition and diagnosis of OSA: symptoms, AHI, and comorbidities - W Randerath</td>
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<td>15.30</td>
<td>RLS Difficult case management - D Garcia-Borreguero, M Manconi</td>
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<td>16.30</td>
<td>Video-Session/Scoring - M Manconi, D Garcia-Borreguero, L Nobili</td>
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<td>17.00</td>
<td>Video-Session/Scoring - M Manconi, R Khatami, L Nobili</td>
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<td>Definition of respiratory events: breathing related sleep events (Arousal, LM, crisis) - S Ott</td>
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<td>Respiratory events during spontaneous breathing and during mechanical ventilation - F Fanfulla</td>
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<td>Titration of mechanical ventilation (any type): tips and tricks - F Fanfulla</td>
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**MODERATOR: M MANCONI, R Khattami**

**MODERATOR: F Fanfulla, W Randerath**

**CHAIRS:**

- M Manconi, R Khatami
- F Fanfulla, W Randerath
CONGRESS VENUE
USI - Università della Svizzera Italiana
Via Giuseppe Buffi, 13
CH-6900 - Lugano
Switzerland

USI (literally University of Italian Switzerland) is a public University founded in 1996 as academic reference point for the Italian-speaking population of Switzerland. The University is located in the heart of Lugano, just a few steps from the beautiful Parco Civico and the charming longlake area with its wonderful view on Lugano Lake and surrounding mountains.

EVENING DINNER CRUISE
WEDNESDAY, 3RD JULY 2019
To enrich your stay in Lugano, the Sleep Medicine Summer School (SMSS) has organized a special excursion on the Lake. You will discover a romantic and paradisiac landscape and have a special dinner. Participation to the event is reserved to those participants who flagged the event on the Online Registration Form. We invite you to check on your Registration Confirmation to be regularly enrolled. For information please contact the Hospitality Desk.

PROGRAM
19.00 Meeting at the Pickup Point “Lugano Centrale”, Riva Vincenzo Vela
19.30 Departure
22.30 End of the Cruise and return to the Pickup Point

CREDITS
- Certificate in Advanced Studies (CAS) <Sleep, Consciousness, and related disorders>: 3 ECTS credits
- Swiss Neurological Society (SNG): 8 credits per day
- Swiss Society for Clinical Neurophysiology (SGKN/SNSC):
  - MONDAY 3 credits, THURSDAY 3 credits
- Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SGSSC):
  - MONDAY 6,5 credits, TUESDAY 7 credits, WEDNESDAY 6,5 credits, THURSDAY 6 credits, FRIDAY 6 credits

EACCME® CREDITS
The Sleep Medicine Summer School, Lugano, Switzerland, 01/07/2019-05/07/2019 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 30 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity. Each participant can only receive the number of credits he/she is entitled to according to his/her actual participation at the event once he/she has completed the Evaluation Form.

EVALUATION FORM
Your opinion is very important for our improvement process! We kindly ask 2 minutes of your precious time to answer some easy and fast questions related to the quality of the event.

WITH THE UNCONDITIONAL SUPPORT OF:
SCIENTIFIC COMMITTEE

C. Bassetti  Neurology Dept., Bern University Hospital
R. Khatami  Sleep Research and Epileptology, Klinik Barmelweid
M. Manconi  University of Bern, Università della Svizzera Italiana, Neurocentro della Svizzera Italiana, Ospedale Regionale di Lugano
C. Nissen  Psychiatry and Psychotherapy Dept., Bern University Hospital
F. Zubler  Neurology Dept., Bern University Hospital
W. Randerath  Pneumology Dept., Hospital Bethanien gGmbH, Solingen
D. Riemann  Psychiatry and Psychotherapy Dept., University Medical Center Freiburg

F. Fanfulla  Pneumology Dept., ICS Maugeri of Pavia
L. Ferini-Strambi Luigi  Sleep Disorders Center Dept., IRCCS Ospedale San Raffaele, Milan
M. Massimini  "L. Sacco" Biomedical and Clinical Sciences Dept., University of Milan
A. Silvani  Biomedical and Neuromotor Sciences Dept., University of Bologna
L. Dolenc-Grošelj  Neurology and Neurophysiologist Dept., University Medical Centre Ljubljana
W. McNicholas  Respiratory and Sleep Medicine Dept., University College Dublin
J.L. Pepin  CHU Nord de Grenoble, Hôpital Albert Michallon

LOCAL ORGANIZER

Prof. Dr. med MAURO MANCONI
University of Bern, Università della Svizzera Italiana, Neurocentro della Svizzera Italiana, Ospedale Regionale di Lugano

ORGANIZING SECRETARY

ANDREA BARZAGO
andrea.barzago@europeansleepfoundation.ch
www.europeansleepfoundation.ch

For more information:
www.europeansleepfoundation.ch