This year the Sleep Medicine Summer School will offer an intense scientific program on the topics of chronobiology and circadian disorders, hypersomnia and in particular hypersomnolence in neurological disorders, insomnia and mental health, sleep and psychiatry, sleep and neurologic disorders with a specific focus on epilepsy, movement disorders, parasomnias and disorders of arousals, and sleep related breathing disorders with a specific focus on personalized medicine. In those tough pandemic times, keynote lectures will bring to the audience the last evidence on the broad impact of the pandemic on sleep and circadian rhythms.

Each module will include regular lessons, keynote lectures, case discussions and practical exercititation. Highlights of the Summer School are the keynotes on Cancer Chronotherapeutic, Diagnosis of Primary CNS Hypersomnolence Disorders: A reappraisal, Sleep, insomnia and depression, REM Sleep Behavior Disorder and Phenotypes and pathophysiology of central breathing disturbances given by five scientists with an internationally respected reputation in their field of expertise: Prof. Dr. Francis Levi (Paris-Saclay University), Prof. Dr. Gert Jan Lammers (Leiden University Medical Centre), Prof. Dr. Dieter Riemann (Universitätsklinikum Freiburg), Prof. Dr. Alex Iranzo (Universitat de Barcelona), Prof. Dr. Winfried Randerath (University of Cologne, Solingen, Germany).

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

The program also includes 10 lectures dedicated to the CAS (Certificate of Advanced Studies) students. Lectures are marked on each day program with the followin icon: 📊CAS lecture
DAY 1 - MONDAY, 5th JULY 2021

08.15 Official Welcome and introduction to the School

PHYSIOLOGY AND CHRONOBIOLOGY

COORDINATORS: J. Gaucher (FR), G. Asher (IL)

SESSION 1 - THE BIOLOGY OF TIME • E. Challet (FR)

08.40 Introduction to Chronobiology • J. Gaucher (FR)

09.10 Circadian Clock and Metabolism • G. Asher (IL) • CAS lecture

09.40 Pathological Consequences of Clock Perturbations • H. Duez (FR)

10.10 Coffee break

SESSION 2 - CIRCADIAN RHYTHMS IN HEALTH AND DISEASE • G. Asher (IL)

10.40 Circadian Oscillators in Thirst and Hunger • E. Challet (FR)

11.10 Nutrition and Circadian Timing System • A. Kalitsbeek (NL)

11.40 Chronomedicine and Circadian Health • H. Oster (DE)

12.10 Lunch

SESSION 3 - MEDICAL IMPLICATIONS OF BIOLOGICAL TIMING • E. Challet (FR)

13.30 Keynote lecture: Cancer Chronotherapeutic • F. Levi (FR)

14.30 Coffee break

SESSION 4 - CIRCADIAN ARCHITECTURE OF SLEEP • H. Oster (DE)

15.00 Biological Clock and Sleep • S. Brown (CH)

15.30 Introduction on Practical Scoring • J. Verbraecken (BE)

16.30 Practical SCORING exercitation • PSG Scoring • J. Verbraecken (BE)

18.15 End of the day

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BAUD MAXIME, Switzerland
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coordinators: J. Gaucher (FR), G. Asher (IL)

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coordinators: J. Gaucher (FR), G. Asher (IL)
DAY 2 - TUESDAY, 6th JULY 2021

CNS HYPERSONOMOLENCE DISORDERS

COORDINATORS: C. Bassetti (CH), Y. Dauvilliers (FR)

SESSION 1 - PRIMARY CHD

L. Ferini-Strambi (IT)
08.30 Primary CNS Hypersomnolence Disorders, Clinical features and Diagnosis
C. Bassetti (CH)
09.00 Primary CNS Hypersomnolence Disorders, Etiology - L. Dauvilliers (FR)
09.30 Primary CNS Hypersomnolence Disorders, Treatment - U. Kalweit (DE)
10.00 Coffee break

SESSION 2 - SECONDARY CHD

U. Kalweit (DE)
10.30 Secondary CNS Hypersomnolence, In neurodegenerative disorders (Parkinson, Alzheimer…) - L. Ferini-Strambi (IT)
11.00 Secondary CNS Hypersomnolence, In non-neurodegenerative disorders (Stroke, Trauma, Infection, MS, Paraneoplastic…) - C. Bassetti (CH)
11.30 CNS Hypersomnolence, Case Studies, Diagnostic and management difficulties Y. Dauvilliers (FR), L. Ferini-Strambi (IT)
12.00 Lunch

SESSION 3 - KEY-NOTE LECTURE

C. Bassetti (CH)
13.30 Keynote lecture: Diagnosis of Primary CNS Hypersomnolence Disorders: A reappraisal G.J. Lammers (NL)
14.45 Coffee break

SESSION 4 - CNS HYPERSONOMOLENCE - PRACTICAL SESSION

Y. Dauvilliers (FR)
15.15 CNS Hypersomnolence, Ongoing research projects - L. Barateau (FR)
15.45 Introduction on instrumental evaluation of vigilance - F. Pizza (IT)
16.15 Practical SCORING exerction – MWT MLST Scoring F. Pizza (IT), CAS lecture
18.00 End of the day

DAY 3 - WEDNESDAY, 7th JULY 2021

INSOMNIA - CIRCADIAN DISORDERS - PSYCHIATRY

COORDINATORS: C. Nissen (CH), D. Riemann (DE)

SESSION 1 - INTRODUCTION TO INSOMNIA AND CIRCADIAN DISORDERS

C. Caochen (CH), D. Riemann (FR)
08.30 What is insomnia? Basic concepts and diagnoses D. Riemann (DE)
09.00 Disturbed sleep in mental disorders - the role of insomnia and hypersomnia P.A. Geoffroy (FR)
09.30 Aspects of cognition and neuroplasticity to understand the relationship of sleep and mental illness - C. Nissen (CH)
12.00 Lunch

SESSION 2 - EMOTION REGULATION, NEUROPLASTICITY AND SOMATIC AND MENTAL HEALTH

P.A. Geoffroy (FR)
12.30 Emotion regulation, sleep and sleep disorders - C. Baglioni (DE)
13.00 Insomnia as a predictor of somatic and mental health - C. Baglioni (DE)
14.30 Keynote lecture on Covid-19 and its effects on clinical practice/real life - C. Baglioni (DE)
14.45 Coffee break

SESSION 3 - CLINICAL ASPECTS: TREATMENT

C. Nissen (CH)
15.15 Insomnia and hypersomnia: case reports J. Maruani (FR)
15.45 Pharmacotherapy of insomnia and hypersomnia in psychiatry - C. Nissen (CH)
16.15 Cognitive behavioral therapy of insomnia: nuts and bolts D. Riemann (DE), CAS lecture
17.15 Chronotherapies for affective and sleep disorder - C. Caochen (CH), CAS lecture
17.45 End of the day
SESSION 1 - SLEEP AND EPILEPSY

08.30 Motor control during sleep - R. Khatami (CH)
09.00 Cycles of seizures - M. Baud (CH)
09.30 Sleep-Related Hypermotor Epilepsy - L. Nobili (IT)
10.00 Coffee break

SESSION 2 - PARASOMNIA AND SLEEP-RELATED MOVEMENT DISORDERS

10.30 Disorders of Arousal - L. Ferini-Strambi (Italy)
11.00 Restless Legs Syndrome - F. Provini (IT)
11.30 Recognizing and scoring sleep-related motor events - M. Manconi (CH)
12.00 Lunch

SESSION 3 - REM SLEEP BEHAVIOUR DISORDER AND NEURODEGENERATION

13.30 Keynote lecture: RBD - A. Iranzo (ES)
14.30 Coffee break

SESSION 4 - MOTOR MANIFESTATIONS DURING SLEEP: DIFFERENTIAL DIAGNOSIS AND MANAGEMENT

15.00 Proprioceptive myoclonus and hypnagogic jerks - F. Provini (IT)
15.30 RLS: problems in differential diagnosis - F. Provini (IT)
16.00 RLS: management of severe cases - M. Manconi (CH)
16.30 Video session: parasomnia/SHE - L. Nobili (IT)
18.15 End of the day

SESSION 1 - RATIONALE AND CLINICAL TRANSLATION OF PERSONALISED TREATMENT

08.30 Symptoms, diagnosis, and grading of obstructive sleep apnoea: limitations and perspectives - R. Heinzer (CH)
09.00 Clusters of OSA patients: diagnosis is the first step to targeted treatment - F. Gagnadoux (FR)
09.30 NOT one size fits all: Individualized treatment of OSA - scientific background and clinical evidence - J. Hedner (SE)
10.00 Coffee break

SESSION 2 - SLEEP RELATED BREATHING DISORDERS

08.30 Symptoms, diagnosis, and grading of obstructive sleep apnoea: limitations and perspectives - R. Heinzer (CH)
09.00 Clusters of OSA patients: diagnosis is the first step to targeted treatment - F. Gagnadoux (FR)
09.30 NOT one size fits all: Individualized treatment of OSA - scientific background and clinical evidence - J. Hedner (SE)
10.00 Coffee break

SESSION 3 - SLEEP RELATED BREATHING DISTURBANCES: DIFFERENTIAL DIAGNOSIS AND CONSEQUENCES

10.30 Cardiometabolic comorbidities, looking above OSAS: impact of sleep and lifestyle on CV diseases - J.L. Pepin (FR)
11.00 More than snoring: Phenotypes and pathophysiology of central breathing disturbances. Including data from recent cohorts - W. Randerath (DE)
11.30 Smile, things could be worse: Obesity hyperventilation - R. Tamisier (FR)
12.00 Lunch

SESSION 4 - CASES, PRACTICE AND INTERPRETATION

15.00 Interactive case discussion - O. Deleanu (RO)
15.30 Definition of respiratory events and breathing related sleep events (Arousal, LM)
16.00 Respiratory events during spontaneous breathing and during mechanical ventilation - F. Fanfulla (IT)
16.30 Titration of mechanical ventilation (any type): tips and tricks - F. Fanfulla (IT)
17.00 End of the day
The Grenoble Alpes University (UGA) is a public research university located in Grenoble, France, founded in 1339 and is the third largest university in France. The event will be held in the Boucherle Auditorium in the Dominic Villars pedagogic garden. The University is located just a few steps from old City town of Grenoble with its cable car.

EACCME® CREDITS
The Sleep Medicine Summer School, GRENOBLE, France, 05/07/2021-09/07/2021 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.

- 05.07.2021 - 6 CME credits
- 06.07.2021 - 6 CME credits
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- 08.07.2021 - 6 CME credits
- 09.07.2021 - 6 CME credits

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
At the end of the virtual congress you will receive the evaluation form by email, we kindly ask 2 minutes of your precious time to answer some easy and fast questions related to the quality of the event.
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