Annual Meeting Swiss Society for Sleep Research, Sleep Medicine and Chronobiology SSSSC 2017

May 11 & 12, 2017
Lugano
Dear Colleagues

We are pleased to invite you to the 2017 Annual Meeting of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC) to be held in Lugano, May 11-12.

The 2017 meeting in Lugano provides evidence-based education to advance the science and clinical practice of sleep medicine and sleep physiology, disseminates cutting-edge sleep, epilepsy and circadian research, promotes the translation of basic science into clinical practice and fosters the future of the field by providing young clinicians and researchers to present their findings in data flash sessions as well as to discuss in video-case presentations.

Renowned national and international speakers will provide comprehensive updates, educational workshops, and insights into novel scientific topics covering various areas of sleep medicine.

Special emphasis is given to the field of sleep apnea, chronobiology, insomnia, narcolepsy and restless legs syndrome.

A data-flash- and a poster session will allow for the presentation of latest results of current research. Beside symposia, workshops and keynote lectures, a morning "meet the professor" session will give the participants an exclusive chance to discuss personally about interesting topics. Most importantly, the meeting should provide ample opportunities to bring together people, to engage in discussions and planning of clinical cases and scientific projects.

We are looking forward to an exciting, inspiring and collaborative meeting and we welcome you in Lugano, enjoying the Italian flair on the sunny side of Switzerland.

PD Dr. med. Raphael Heinzer
President SSSC

Prof. Dr. med. Ramin Khatami
Head of scientific committee

Prof. Dr. med. Mauro Manconi
Head of local organizing committee
Program Day 1, Thursday, May 11, 2017

10:00  Arrival / Registration
11:00  First round workshops

**Workshop 1**  Oral appliances
N. Lukic

**Workshop 2**  Driving new recommendations
J. Mathis

**Workshop 3**  Assessment and treatment of circadian disorders
C. Cajochen & C. Garbazza

12:00  Second round workshops

**Workshop 1**  Oral appliances
N. Lukic

**Workshop 2**  Driving new recommendations
J. Mathis

**Workshop 3**  Assessment and treatment of circadian disorders
C. Cajochen & C. Garbazza

13:00  Light lunch

13:45  Welcome

14:00  Keynote lecture: Sleep disordered breathing in the elderly
M. Morell, London (UK)

15:00  Main Session  ADHD in Children
Chair: M. Bianchetti & B. Goeggel Simonetti
R. Huber  HD-EEG in ADHD
S. Miano  Sleep phenotypes in ADHD
S. Vella  Effects of ADHD’s therapy on sleep

**Symposium**  Restless Legs Syndrome, new treatment guidelines
Chair: A. Kaelin
L. Ferini-Strambi  Long term pharmacological management
J. Winkelman  Iron supplementation in RLS when/how
M. Manconi  Management of RLS during pregnancy

16:00  Coffee break

16:30  Main Session  The circadian component of sleep
Chair: U. Albrecht
S. Brown  Exploring the network architecture of circadian timing
C. Dibner  Circadian timing of metabolism in mouse models and humans
C. Schmidt  Cerebral correlates underlying the impact of circadian and sleep homeostatic processes on cognition
P. Franken  A systems genetic approach to sleep homeostasis

**Video case session**  B1
Chair: M. Zucconi & J. Haba-Rubio

**Sponsored symposium Philips: Advances in the management of sleep-disordered breathing**  B2
Chair & Introduction: T. Lee-Chiong
T. Lee-Chiong  Clinical models of care in sleep disordered breathing
V. Castronovo  Role of telemedicine in the management of sleep disordered breathing

17:30  General assembly SSSSC

19:00  LAC guided tour (reservation necessary)
19:30  Social event, LAC Lugano
20:00  Gala dinner, with snooze ball
### Program Day 2, Friday, May 12, 2017

**8:00** Meet the professor, breakfast included  
*How to write the perfect grant*  
M. Tafti

**9:00**  
**Main Session**  
Chair: C. Baumann  
C. Bassetti  
M. Tafti  
C. Baumann  
**Update on narcolepsy**  
**New insights on etiology**  
Genetics of narcolepsy  
Update on treatment

**Main Session**  
Chair: W. Schmitt  
F. Siclari  
S. Kyle  
M. Gerstenberg  
**Update on insomnia**  
Sleep misperception in insomnia  
What are the mechanisms of actions of CBT for insomnia  
Sleep in early psychosis

**Main Session**  
Chair: R. Heinzer & Z. Zhang  
J. Thomas  
C. Liguori  
A. Mensen  
Cleaning the brain during sleep  
Sleep deprivation and Alzheimer \'s pathology  
Beta-amyloid in CSF is normalised in OSAS patients under CPAP treatment  
The occurrence of individual slow waves in sleep are predicted by heart beat

**10:00**  
Coffee Break

**10:30**  
**Keynote lecture : Optogenetic dissection of sleep circuits and functions**  
A. Adamantidis, Bern (CH)

**11:30**  
**Data-flash presentations (3+2 minutes each)**  
Chair: M. Schmidt  
Chair: S. Brown  
Clinical research  
Basic research

**12:30**  
Lunch

**13:30**  
**Poster viewing (guided tour)**  
C  
Chair: J. Mathis & P. Achermann

**13:30**  
**Sponsored Symposium ResMed: Update on sleep apnea treatment**  
Chair: A. Azzola  
M. Morrell  
S. Ott  
R. Heinzer  
The effect of CPAP treatment on neurocognitive function  
OSA treatment as prevention for cardiovascular diseases  
OSA who should be treated?

**14:00**  
**Main Session**  
Chair: M. Manconi  
Treating PLM in sleep PLMD entity and necessity to treat PLM?  
Pro  
Con

**Main Session**  
Chair: C. Bassetti  
Narcolepsy type 2: a real entity?  
Pro  
Con

**Main Session**  
Chair: A. Lüthi  
Infraslow oscillations in sleep  
Cellular/molecular mechanisms and the role of spindles in arousability  
Infraslow oscillations in sleep in healthy subjects  
Hemodynamic infraslow oscillations in human sleep

**Swiss Young Sleep Wake Chronobiology Network**  
A. Borbély  
My life as a scientist, sharing some insights

**C. Herrera**  
The secrets of parenthood and research

**R. Heinzer**  
How to combine a successful clinical and research career

**15:30**  
**Honorary Member Award, Awards and Closing followed by apero**  
B1
### Speakers in Alphabetical Order

<table>
<thead>
<tr>
<th>Name</th>
<th>City</th>
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<tbody>
<tr>
<td>Peter Achermann</td>
<td>Zürich</td>
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<tr>
<td>Antoine Adamantidis</td>
<td>Bern</td>
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<td>Claudio Bassetti</td>
<td>Bern</td>
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<td>Christian Baumann</td>
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<td>Alexander Borbély</td>
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<td>Steven Brown</td>
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<td>Christian Cajochen</td>
<td>Basel</td>
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<td>Vicenza Castronovo</td>
<td>Milano (IT)</td>
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<td>Charna Dibner</td>
<td>Genève</td>
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<td>Luigi Ferini-Strambi</td>
<td>Milano (IT)</td>
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<td>Paul Franken</td>
<td>Lausanne</td>
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<td>Stephany Fulda</td>
<td>Lugano</td>
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<td>Corrado Garbazza</td>
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<td>Miriam Gerstenberg</td>
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<td>Raphael Heinzer</td>
<td>Lausanne</td>
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<td>Carolina Herrera</td>
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<td>Reto Huber</td>
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<td>Ramin Khatami</td>
<td>Bern</td>
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<td>Simon Kyle</td>
<td>Oxford (UK)</td>
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<td>Sandro Lecci</td>
<td>Lausanne</td>
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<td>Teofilo Lee-Chiong</td>
<td>Denver (US)</td>
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<td>Claudio Liguori</td>
<td>Rome (IT)</td>
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<td>Nenad Lukic</td>
<td>Zürich</td>
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<td>Mauro Manconi</td>
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<td>Hannes Mathis</td>
<td>Bern</td>
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<td>Armand Mensen</td>
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<td>Silvia Miano</td>
<td>Lugano</td>
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<td>Mary Morrell</td>
<td>London (UK)</td>
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<td>Sebastian Ott</td>
<td>Bern</td>
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<td>Ulrich Reimer</td>
<td>St. Gallen</td>
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<td>Christina Schmidt</td>
<td>Liège (BE)</td>
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<td>Francesca Siclari</td>
<td>Lausanne</td>
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<td>Mehdi Tafti</td>
<td>Lausanne</td>
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<td>Jana Thomas</td>
<td>Nijmegen (NL)</td>
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<td>Silvano Vella</td>
<td>Bern</td>
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<td>John Winkelman</td>
<td>Harvard (US)</td>
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<td>Zhongxing Zhang</td>
<td>Barmelweid</td>
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### Venue

**Palazzo dei Congressi Lugano**  
Piazza Indipendenza 4  
6900 Lugano, Svizzera

**By Plane**  
**Lugano-Agno Airport** is located at Lugano-Agno, 6 km from city centre. The airport is served by a shuttle bus connection to the city center. There are also parking possibilities.  
**Milano-Malpensa International Airport** is on a 60 km distance from Lugano. The airport is conveniently served by a shuttle bus service every day.

**By Train**  
From the Lugano railway station, the Congress Hall can either be reached on foot (15 min.) or by public transportation (FFS funicular or line n°2 bus).

**Parking**  
You can either park your car in the multistorey carpark right in front of the Congress Hall (located under Piazza Castello) or in other city carparks all reachable within walking distance.

For any other information please check on www.luganoconventions.com

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Social Event

Dinner with guided tour LAC Lugano,

LAC-Piazza Bernadino
Luini 6,
6900 Lugano

How to get there from Palazzo dei Congressi:

By foot around 11 min. taking the route on the map below By bus no. 1 to Lugano Centro, until stop “Piazza Luini”, or bus no. 4 to Canobbio, Ganna, until stop “Piazza Luini”, both take around 4 minutes.

Info Lugano LAC:

The guided visit starts at 7 p.m. with Ivano Gianola, the architect of LAC.

Drinks and the dinner to follow will be served at 1st floor of LAC, starting 7.30 p.m.

During the Gala dinner, a snooze ball has been organized.

Participants at the guided tour of LAC and Gala dinner must register.

Credits

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<tr>
<th>Credits</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>SSSSC</td>
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<td>7 credits (total of 12 credits)</td>
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<td>SGP</td>
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<td>6 credits (total of 11 credits)</td>
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To collect the credits you are expected to be present for the whole day. During the registration you will receive a letter which enables you to collect the credits of the day of your attendance.

Scientific Committee

Ramin Khatami, Barmelweid; Bern
Mauro Manconi, Lugano
Raphael Heinzer, Lausanne
Wolfgang Schmitt, Bern
Silvia Miano, Lugano
Christian Clarenbach, Zürich
Anita Lüthi, Lausanne
Urs Albrecht, Fribourg

Secretariat

Universitäre Psychiatrische Kliniken Basel
Abteilung Chronobiologie
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CH - 4002 Basel

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