Dear colleagues, patients, guests and friends,

Welcome to the 3rd edition of the Sleep Medicine Summer School, a 5 days international course on sleep physiology and sleep disorders. This year the school will offer an intense scientific program organized in 5 modules, each on the following topic: 1) sleep physiology and chronobiology; 2) insomnia, mental health and circadian disorders; 3) hypersomnia and neurological disorders; 4) sleep related movement disorders, parasomnia and epilepsy; 5) sleep related breathing disorders. Outstanding internationally recognized speakers will guide you through the discipline by presenting the most updated advances on diagnosis and management of sleep medicine. The school will be held in presence in the wonderful frame of Lugano city, but a remote virtual attendee will be possible.

Regular theoretical lectures will be delivered in the morning, while in the afternoon the topic of the day will be treated by keynote lectures, pediatric sessions, satellite sponsored lectures on new medications, practical exercitation on scoring sessions, case discussion, apero with the experts, and question and answers session in preparation of the European sleep expert certification. Leading experts fully available to a profitable intellectual exchange compose the scientific committee with the attenders. The school is aimed to any professionals interesting in sleep and sleep medicine, in particular to physicians of different specialties (neurologists, pulmonologists, psychiatrists, ENT, dentists), physiologists and researchers, psychologists, technicians, nurses and experts in drug development. We ardently hope that your large presence contributes to the success of the event.

The 3rd Sleep Medicine Summer School (SMSS) is part of the INTERNATIONAL MASTER IN SLEEP MEDICINE.
MONDAY, 10TH JULY 2023

PHYSIOLOGY/CHRONOBIOLOGY SLEEP STAGING

- Coordinators: A. Silvani (IT), A. Adamantidis (CH), C. Peyron (FR)

08.30 Official welcome - C. Bassetti (CH), Giovanni Pedrazzini (CH), Mauro Manconi (CH)

08.50 Sleep, the brain, and the body - A. Silvani (IT)

09.30 Sleep circuits and regulations - C. Peyron (FR)

10.10 Coffee break

10.40 EEG Oscillations in different sleep states: genesis & function - A. Adamantidis (CH)

11.20 Chronobiology and its impact on sleep - M. Münch (CH)

12.00 Lunch

13.00 The glymphatic system and its relationship to sleep - I. Lundgaard (SE) online

14.20 "INTERNATIONAL MASTER IN SLEEP MEDICINE" Presentation - C. Bassetti (CH)

15.20 Coffee break

15.40 "PEDIATRIC SESSION" Sleep from birth to young adult - R. Huber (CH)

16.30 Practical exercitation - All

18.00 Apero with the experts - All

20.00 Speakers dinner

13.40 KEY NOTE LECTURE

Sleep and dreaming - F. Siclari (CH)
**TUESDAY, 11TH JULY 2023**

### INSOMNIA CIRCADIAN DISORDERS

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.30</td>
<td>Insomnia - the basics - D. Riemann (DE)</td>
<td>D. Riemann (DE)</td>
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<tr>
<td>09.10</td>
<td>On the question of sleep perception in insomnia - A. Castelnovo (CH)</td>
<td>A. Castelnovo (CH)</td>
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<tr>
<td>09.50</td>
<td>Circadian rhythm disorders - C. Garbazza (CH)</td>
<td>C. Garbazza (CH)</td>
</tr>
<tr>
<td>10.30</td>
<td>Coffee break</td>
<td></td>
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<tr>
<td>11.00</td>
<td>CBT-I for insomnia: state of the art - V. Castronovo (IT)</td>
<td>V. Castronovo (IT)</td>
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<tr>
<td>11.40</td>
<td>Sleep and cognition - M. Schabus (AT)</td>
<td>M. Schabus (AT)</td>
</tr>
<tr>
<td>12.20</td>
<td>Lunch</td>
<td></td>
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<tr>
<td>13.30</td>
<td><strong>KEY NOTE LECTURE</strong> Sleep and psychiatry: current situation and perspectives - C. Nissen (CH)</td>
<td>C. Nissen (CH)</td>
</tr>
</tbody>
</table>

### PEDIATRIC SESSION

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>14.10</td>
<td><strong>PEDIATRIC SESSION</strong> The role of the circadian system in child and adolescent mental health - L. Tarokh (CH)</td>
<td>L. Tarokh (CH)</td>
</tr>
<tr>
<td>14.50</td>
<td>Sponsored Symposium</td>
<td></td>
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<tr>
<td>15.30</td>
<td>Coffee break</td>
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</tr>
<tr>
<td>16.00</td>
<td>Practical exercitation - All</td>
<td>All</td>
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<tr>
<td>17.30</td>
<td>Apero with the experts - All</td>
<td>All</td>
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**WEDNESDAY, 12TH JULY 2023**

### HYPERSOMNIA DRIVING

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>08.30</td>
<td>Introduction into hypersomnolence disorders - R. Fronczek (NL)</td>
<td>R. Fronczek (NL)</td>
</tr>
<tr>
<td>09.10</td>
<td>Narcolepsy - L. Barateau (FR)</td>
<td>L. Barateau (FR)</td>
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<tr>
<td>09.50</td>
<td>Hypersomnias - U. Kallweit (DE)</td>
<td>U. Kallweit (DE)</td>
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<tr>
<td>10.30</td>
<td>Coffee break</td>
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<tr>
<td>11.00</td>
<td>Fatigue and hypersomnia associated with psychiatric disorders - A. Heidbreder (AT)</td>
<td>A. Heidbreder (AT)</td>
</tr>
<tr>
<td>11.40</td>
<td>Driving in hypersomnolence disorders - G.J. Lammers (NL)</td>
<td>G.J. Lammers (NL)</td>
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<tr>
<td>12.20</td>
<td>Lunch</td>
<td></td>
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<tr>
<td>13.30</td>
<td><strong>KEY NOTE LECTURE</strong> Hypersomnolence in neurological disorders - C. Bassetti (CH)</td>
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<tbody>
<tr>
<td>14.10</td>
<td><strong>PEDIATRIC SESSION</strong> An update on Kleine Levin Syndrome - Y. Dauvilliers (FR)</td>
<td>Y. Dauvilliers (FR)</td>
</tr>
<tr>
<td>14.50</td>
<td>Sponsored Symposium</td>
<td></td>
</tr>
<tr>
<td>15.30</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>16.00</td>
<td>Practical exercitation - All</td>
<td>All</td>
</tr>
<tr>
<td>17.30</td>
<td>Apero with the experts - All</td>
<td>All</td>
</tr>
<tr>
<td>20.00</td>
<td><strong>Social event (tbd)</strong></td>
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</tbody>
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**KEY NOTE LECTURE**

- **Hypersomnolence in neurological disorders** - C. Bassetti (CH)
- **Sleep and psychiatry: current situation and perspectives** - C. Nissen (CH)
THURSDAY, 13TH JULY 2023

PARASOMNIA MOVEMENT DISORDERS

08.30 Motor dysregulation during sleep - R. Khatami (CH)
09.10 SHE and did with DOA - P. Proserpio (IT)
09.50 RBD - P. Bargiotas (CY)
10.30 Coffee break
11.00 Restless Legs Syndrome - F. Provini (IT)
11.40 Periodic Limb Movements and other motor events - M. Manconi (CH)
12.20 Lunch
13.30 KEY NOTE LECTURE
Sleep disorders and parkinson disease
L. Ferini-Strambi (IT)
14.10 PEDIATRIC SESSION
09.10 Alternative therapeutic targets from muscle to brain to manage upper airways and outcomes - R. Heinzer (CH) online
09.50 The role of digital health in SBD (What did we learn and what to expect from big data bases, from adherence to compliance, role of digital health) - R. Tamisier (FR)
10.30 Coffee break
11.40 More than snoring: SBD in respiratory and neuromuscular disorders - D. Testelmans (BE)
12.20 Lunch
13.30 KEY NOTE LECTURE
Central sleep apnoea: phenotypes, relevance, and evolving therapeutical options - W. Randerath (DE)
14.10 PEDIATRIC SESSION
Continuous positive airway pressure and non-invasive ventilation in obstructive sleep apnoeas in children - M. Pavone (CH)
14.50 Sponsored Symposium
15.30 Coffee break
16.00 Practical exercitation - All
17.30 Apero with the experts - All

FRIDAY, 14TH JULY 2023

BREATHING DISORDERS

08.30 State of the Art for OSA (CPAP) - S. Schiza (GR)
09.10 Alternative therapeutic targets from muscle to brain to manage upper airways and outcomes - R. Heinzer (CH) online
09.50 The role of digital health in SBD (What did we learn and what to expect from big data bases, from adherence to compliance, role of digital health) - R. Tamisier (FR)
10.30 Coffee break
11.40 More than snoring: SBD in respiratory and neuromuscular disorders - D. Testelmans (BE)
12.20 Lunch
13.30 KEY NOTE LECTURE
Central sleep apnoea: phenotypes, relevance, and evolving therapeutical options - W. Randerath (DE)
14.50 Sponsored Symposium
15.30 Coffee break
16.00 Practical exercitation - All
17.30 Apero with the experts - All
**HOW TO ATTEND**

The meeting will be held in Hybrid format. Upon online registration process, all attendees will have the chance to select Virtual or In person participation.

**Deadline for early-registrations:** 15th May 2023

**Deadline for registrations:** 8th July 2023

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**REGISTRATION FEES**

Participants can choose to attend the entire school or just single modules. Registration for the entire course entitles you to a discount of 20%.

<table>
<thead>
<tr>
<th>Module Type</th>
<th>Within 15.05.2023</th>
<th>After 15.05.2023</th>
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<tbody>
<tr>
<td>Single Module</td>
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<tr>
<td>HCPs (HealthCare Professional)</td>
<td>150,00 €</td>
<td>200,00 €</td>
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<tr>
<td>Students</td>
<td>100,00 €</td>
<td>150,00 €</td>
</tr>
<tr>
<td>Full Congress (5 days)</td>
<td>600,00 €</td>
<td>800,00 €</td>
</tr>
<tr>
<td>HCPs (HealthCare Professional)</td>
<td>400,00 €</td>
<td>600,00 €</td>
</tr>
</tbody>
</table>

**Registration fee includes:**
- Participation to the Summer School
- European CME credits (n° to be defined)
- Conference materials

Additional information: Students must prove their student status with the official document from their university.

**REDUCED FEES AND DISCOUNTS**

In an effort to provide sleep medicine clinicians residing in developing countries with an easy access to training and education in sleep research, the European Sleep Foundation is pleased to offer reduced registration fees to potential interested attendees in all areas of the world listed below.

The geographical areas are divided into three categories, which are based on the developing countries identified by the World Bank as those with an economic standing of low to lower-middle income.

People coming from the following countries can apply for reduced registration fees by sending a formal email to smss@europeansleepfoundation.ch including:
- Short bio and motivational letter
- Copy of the ID

The application must be sent within June 1st 2023 to smss@europeansleepfoundation.ch

**LOW Income economies**


**LOWER MIDDLE Income economies**


**UPPER-MIDDLE Income economies**

- Albania, American Samoa, Argentina, Armenia, Azerbaijan, Belarus, Bahamas, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, Cameroon, Cape Verde, Cote d’Ivoire, Croatia, Dominica, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Georgia, Grenada, Guatemala, Guyana, Iceland, India, Iran, Iraq, Israel, Jordan, Kazakhstan, Kuwait, Kyrgyz Republic, Lao PDR, Lebanon, Lesotho, Lithuania, Madagascar, Malawi, Malaysia, Maldives, Marshall Islands, Mauritania, Mexico, Moldova, Mongolia, Montenegro, Namibia, Nauru, Nicaragua, Niger, Oman, Pakistan, Peru, Portugal, Qatar, Romania, Russian Federation, Saint Lucia, Saint Vincent and the Grenadines, Senegal, Serbia, Singapore, Solomon Islands, South Africa, Sri Lanka, St. Lucia, St. Vincent and the Grenadines, Suriname, Swaziland, Syria, Tajikistan, Trinidad and Tobago, United Arab Emirates, Uruguay, Uzbekistan, Vanuatu, Vietnam, West Bank and Gaza, Zambia

Visit [www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/](http://www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/) or scan the QR code for info and registration.
WITH THE UNCONDITIONAL SUPPORT OF:

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KL A U S G R A W E FOUNDATION

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Faculty of Biomedical Sciences, Università della Svizzera Italiana, Lugano, Switzerland
Department of Neurology, University Hospital, Inselspital, Bern, Switzerland

ORGANIZING SECRETARY
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smss@europeansleepfoundation.ch
www.europeansleepfoundation.ch

For more information, visit:
www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2023/