



## 2<sup>nd</sup> Alpine Sleep Summer School (ASSS) an introductory course in Sleep Medicine

<http://www.sleep-summer-school.ch/2013>

26 - 30.08.2013  
Ljubljana, Slovenia

	Monday August 26, 2013	Tuesday August 27, 2013	Wednesday August 28, 2013	Thursday August 29, 2013	Friday August 30, 2013
<b>Lectures</b> <b>Coordinators</b>	<b>Sleep, Basics</b> <b>Luppi/Achermann</b>	<b>Sleep and Psychiatry</b> <b>Pollmächer/Riemann</b>	<b>Sleep and Respiratory Medicine</b> <b>Pepin/Levy</b>	<b>Sleep and Neurology</b> <b>Bassetti/Nobili</b>	<b>Sleep and Pediatrics</b> <b>Bruni/Kerbl</b>
09.00–9.30	<b>P.H. Luppi</b> Neurobiology of wake, SWS, REM sleep	<b>T. Pollmächer</b> Alterations of sleep-wake cycle in psychiatric disorders: an overview	<b>W. Randerath</b> The Obstructive Sleep Apnea Syndrome	<b>C. Bassetti</b> Narcolepsy	<b>O. Bruni</b> Age-related sleep features in children
09.30–10.00	<b>H.P. Landolt</b> Neurochemistry of sleep-wake systems	<b>D. Riemann</b> Nosology and Pathophysiology of insomnia	<b>P. Levy</b> Clinical and Pathophysiology of CSA	<b>L. Dolenc-Groselj</b> Idiopathic Hypersomnia	<b>O. Bruni</b> Sleep and cognitive functions in children
10.00–10.30	<b>C. Cajochen</b> Light and Circadian regulation of sleep	<b>M. Manconi</b> Sleep features in insomniac patients	<b>J.L. Pepin</b> Sleep Apnea and cardiovascular diseases	<b>J. Mathis</b> Hypersomnia and neurological disorders	<b>O. Bruni</b> Insomnia
<b>Break</b> 10.30–11.00					
11.00–11.30	<b>P. Achermann</b> Homeostatic regulation of sleep	<b>T. Pollmächer</b> Mental and physical consequences of insomnia	<b>C. Bassetti</b> Sleep Apnea and Stroke	<b>L.Ferini-Strambi</b> REM sleep behavior Disorder	<b>G. Plazzi</b> Hypersomnia
12.00–12.30	<b>H.P. Landolt</b> Genetic determination of sleep-wake regulation	<b>D. Riemann</b> Non-pharmacological treatment of insomnia	<b>L.Ferini-Strambi</b> Sleep Apnea and cognitive alterations	<b>L. Nobili</b> Sleep and Epilepsy	<b>L. Nobili</b> Non Rem Parasomnias
12.00–12.30	<b>Z. Dogas</b> Sleep and respiratory control	<b>T. C. Wetter</b> The pharmacological treatment of insomnia	<b>W. Randerath</b> Different approaches on Sleep Apnea treatment	<b>M. Manconi</b> Restless Leg Syndrome	<b>R. Kerbl</b> Sleep Apnea
<b>Lunch</b> 12.30–13.30					

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<b>Lecture</b> <i>Coordinators</i>	<b>Sleep, Basics</b> Dolenc-Groselj/Dogas	<b>Sleep and Psychiatry</b> Pollmächer/Manconi	<b>Sleep and Respiratory Medicine</b> Penzel/Högl	<b>Sleep and Neurology</b> Ferini-Strambi/Mathis	<b>Sleep and Pediatrics</b> Kerbl/Bruni
<b>Special lecture</b> 13.30–14.30	<b>P.H. Luppi</b> Title tbd	<b>D. Riemann</b> Title tbd	<b>P. Levy</b> Sleep Apnea as a model of systemic disease	<b>L. Nobili</b> Sleep from the deep: what does intracerebral recordings tell us about sleep?	<b>R. Kerbl</b> Title tbd
<b>Practical sessions</b>					
14.30–15.00	<b>L. Dolenc-Groselj</b> Approach to sleep-wake disorders, Sleep questionnaires	<b>T. C. Wetter</b> Clinical diagnosis of insomnia-I	<b>T. Penzel</b> Diagnostic methods in sleep research	<b>L. Dolenc-Groselj</b> The assessment of EDS: different approaches	<b>B. Gnidovec Stražičar</b> The assesment of sleep-wake disorders in children
15.00–15.30	<b>Z. Dogas</b> Instrumental assesment of sleep and sleep disorders	<b>T. C. Wetter</b> Clinical diagnosis of insomnia-II	<b>J.L. Pepin</b> Respiratory scoring Practical session: case studies	<b>L. Ferini-Strambi</b> Excessive sleepiness: Practical session: case studies (a)	<b>O. Bruni</b> Sleep scoring in children
<b>Break</b> 15.30–16.00					
16.00–16.30	<b>L. Dolenc-Groselj</b> PSG-scoring (rules/pitfalls)	<b>D. Riemann</b> Cognitive-behavioral insomnia treatment Practical session: case studies	<b>B. Högl</b> Sleep scoring Practical session: case studies	<b>J. Mathis</b> Excessive sleepiness: Practical session: case studies (b)	<b>G. Plazzi</b> Narco-cataplexy in children: Practical session: video cases
16.30–17.00	<b>P. Achermann</b> Quantitative methods of sleep evaluation	<b>T. Pollmächer</b> Insomnia and hypersomnia as symptoms of mental disorders Practical session: case studies	<b>P. Levy</b> PAP treatment of Sleep Apnea Practical session: case studies (a)	<b>B. Högl</b> Movement disorders during sleep Practical session: case studies s	<b>O. Bruni</b> Insomnia treatment: Practical session: case studies
17.00–17.30	<b>Z. Dogas</b> Standard procedures for adults in accredited sleep medicine centers	<b>M. Manconi</b> PSG evaluation of sleep in insomnia before and after treatment: Practical session: case studies	<b>J.L. Pepin</b> PAP treatment of Sleep Apnea: Practical session: case studies (b)	<b>L. Nobili</b> Epileptic paroxysmal events: Practical session: video cases	<b>open</b> Circadian sleep disorders: Practical session: case studies
<b>Evening</b>		<b>Social event</b> Evening cultural event in the Old Town of Ljubljana 	<b>Social event</b> Dinner hosted by Philips	<b>Social event</b> Sightseeing of Bled & Conference Dinner 	