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 exercitation. Highlights of the Summer School are the keynotes on Cancer Chronotherapeutics, 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.
PHYSIOLOGY AND CHRONOBIOLOGY
DAY 1 - MONDAY, 5th JULY 2021

08.15 Official Welcome and introduction to the School

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)

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 Introduction to Chronobiology
J. Gaucher (FR)

09.10 Circadian Clock and Metabolism
G. Asher (IL)

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

10.10 Coffee break

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
A. Kramer (DE)

15.00 Biological Clock and Sleep
S. Brown (CH)

15.30 Introduction on Practical Scoring
A. Kramer (DE)

16.30 Practical Scoring - PSG
A. Kramer (DE)

18.15 End of the day

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

FACULTY

ASHER GAD, Israel
BAGLIONI CHIARA, Germany
BARATEAU LUCIE, France
BASSETTI CLAUDIO, Switzerland
BAUD MAXIME, Switzerland
BROWN STEVEN, Switzerland
CAJOCHEN CHRISTIAN, Switzerland
CHALLET ETIENNNE, France
CHARLEY-MONACA CHRISTELLE, France
DAUVILLERS YVES, France
DELEANU OANA, Romania
DUEZ HELENE, France
FANFULLA FRANCESCO, Italy
FERINI-STRAMBI LUIGI, Italy
GAGNADOUX FREDERIC, France
GAUCHER JONATHAN, France
GEOFFROY PIERRE ALEXIS, France
HEINZER RAPHAEL, Switzerland
IRANZO ALEX, Spain
KALLWEIT Ulf, Germany
KALSBEEK ANDRIES, Netherlands
KHATAMI RAMIN, Switzerland
KRAMER ACHIM, Germany
LAMMERS GEERT JAN, Netherlands
LEVI FRANCIS, France
LOPEZ REGIS, France
MANCONI MAURO, Switzerland
MICOULAUD-FRANCHI JEAN-ARTHUR, France
NISSEN CHRISTOPH, Switzerland
NOBILI UNO, Italy
PEPIN JEAN LOUIS, France
PROVINI FEDERICA, Italy
RANDERATH WINFRIED, Germany
RIEMANN DIETER, Germany
TAMISIER RENAUD, France

11.40 Chronomedicine and Circadian Health
A. Kramer (DE)

12.10 Lunch

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

14.30 Coffee break

15.00 Biological Clock and Sleep
S. Brown (CH)

15.30 Introduction on Practical Scoring
A. Kramer (DE)

16.30 Practical SCORING exercitation - PSG
A. Kramer (DE)

18.15 End of the day
DAY 2 - TUESDAY, 6th JULY 2021

CNS HYPERSONOMNOLENCE 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 - Y. Dauvilliers (FR)
09.30 Primary CNS Hypersomnolence Disorders, Treatment - U. Kallweit (DE)
10.00 Coffee break

SESSION 2 - SECONDARY CHD
U. Kallweit (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)
14.30 Neuro-Covid-19 and its effects sleep-wake functions - U. Kallweit (DE)
14.45 Coffee break

SESSION 4 - TBD
Y. Dauvilliers (FR)
15.15 CNS Hypersomnolence, Ongoing research projects - L. Baratteau (FR)
15.45 Introduction on instrumental evaluation of vigilance - tbd
16.15 Practical SCORING exercitation - MWT MLST Scoring - tbd
18.00 End of the day

DAY 3 - WEDNESDAY, 7th JULY 2021

INSOMNIA - WEDNESDAY - 7th JULY 2021

COORDINATORS: J.A. Micoulaud-Franchi (FR), D. Riemann (DE)

SESSION 1 - INTRODUCTION TO INSOMNIA AND CIRCADIAN DISORDERS
C. Cajochen (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 Circadian rhythms, sleep and mental health - C. Cajochen (CH)
10.00 Coffee break

SESSION 2 - EMOTION REGULATION, NEUROPLASTICITY AND SOMATIC AND MENTAL HEALTH
R. Lopez (FR)
10.30 Emotion regulation, sleep and sleep disorders - C. Baglioni (IT)
11.00 Insomnia as a predictor of somatic and mental health - C. Baglioni (IT)
11.30 Aspects of cognition and neuroplasticity to understand the relationship of sleep and mental illness - C. Nissen (CH)
12.00 Lunch

SESSION 3 - INSOMNIA AND DEPRESSION
C. Nissen (CH)
13.30 Keynote lecture: Sleep, insomnia and depression - D. Riemann (DE)
14.30 Keynote lecture on Covid-19 and its effects on clinical practice/real life - C. Baglioni (IT)
14.45 Coffee break

SESSION 4 - CLINICAL ASPECTS: TREATMENT
J.A. Micoulaud-Franchi (FR)
15.15 Insomnia and hypersomnia: case reports R. Lopez (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)
17.15 Chronotherapies for affective and sleep disorder - C. Cajochen (CH)
17.45 End of the day

COORDINATORS:
J.A. Micoulaud-Franchi (FR), D. Riemann (DE)
DAY 4 - THURSDAY, 8th JULY 2021

**EPILEPSY-PARASOMNIAS- SLEEP RELATED MOVEMENT DISORDERS**

**COORDINATORS:** L. Fenni-Strambi (IT), C. Charley-Monaca (FR)

**SESSION 1 - SLEEP AND EPILEPSY**

**C. Charley-Monaca (FR)**
- 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**

**L. Fenni-Strambi (IT)**
- 10.30 Disorders of Arousal - L. Ferini-Strambi (Italy)
- 11.00 Restless Legs Syndrome - C. Charley-Monaca (FR)
- 11.30 Recognizing and scoring sleep-related motor events - M. Manconi (CH)
- 12.00 Lunch

**SESSION 3 - REM SLEEP BEHAVIOUR DISORDER AND NEURODEGENERATION**

**L. Fenni-Strambi (IT)**
- 14.30 Coffee break

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

**L. Fenni-Strambi (IT), C. Charley-Monaca (FR)**
- 15.00 Propriospinal myoclonus and hypnagogic jerks - F. Provini (IT)
- 15.30 RLS: problems in differential diagnosis - F. Provini (IT), C. Charley-Monaca (FR)
- 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**

**J.L. Pépin (FR)**
- 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 DISTURBANCES: DIFFERENTIAL DIAGNOSIS AND CONSEQUENCES**

**W. Randerath (DE)**
- 10.30 Cardiometabolic comorbidities, looking above OSA: impact of sleep and lifestyle on CV diseases - J.L. Pepin (FR)
- 11.00 Smile, things could be worse: Obesity hypoventilation - R. Tamisier (FR)
- 13.30 Keynote lecture: Sleep at the time of COVID-19 - J.L. Pepin (FR)
- 14.30 Coffee break

**SESSION 3 - CASES, PRACTICE AND INTERPRETATION**

**R. Tamisier (FR)**
- 15.00 Interactive case discussion - O. Deleanu (RO)
- 15.30 Definition of respiratory events and breathing related sleep events (Arousal, LM) - O. Deleanu (RO)
- 16.00 Respiratory events during spontaneous breathing and during mechanical ventilation - F. Fanfulla (CH)
- 16.30 Titration of mechanical ventilation (any type): tips and tricks - F. Fanfulla (CH)
- 17.00 End of the day
REGISTRATION FEE INCLUDES:
• Participation to the Summer School
• European CME credits (n° to be defined)
• Conference materials
• Coffee breaks
• Lunches
• Social Event on July 8th

ADDITIONAL INFORMATION:
Students must prove their student status with the official document from their university.
Accommodation is available but not included in the basic course fee.

GRANTS FOR STUDENTS:
3 Travel Awards available for students:
• < 35 years old
• Coming from the following countries:
  - Albania, Belarus, Bosnia-Herzegovina, Bulgaria, Croatia, Macedonia, Moldova, Montenegro, Romania, Serbia, Ukraine.
The grant includes:
• Free registration
• Refund of 400,- € maximum for accommodation and meals or travel expenses

REGISTRATION FEES
Participants can choose to attend the entire school or just single modules. Participation in the entire school provides a special rate.

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PRE-REGISTER FOR FREE!
In consideration of the current pandemic situation, this is a non-binding free pre-registration.

The Organizing Secretary will contact you to reconfirm it once the event format will be defined (hybrid, in-person etc.).

Click HERE or scan the QR code.

SOCIAL EVENT
A social event is scheduled for 8th July 2021. Further information will follow.

CREDITS
TO BE DEFINED
WITH THE UNCONDITIONAL SUPPORT OF:

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Professor, Clinical Physiology,
UGA - Université Grenoble
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For more information:
www.europeansleepfoundation.ch/event/sleep-medicine-summer-school-2021