Dear Scientists,

We are very pleased to invite you to the 1st Sleep Medicine Summer School (SMSS), the former Alpine Sleep Summer School (ASSS) that was initiated in 2011 and run every other year. The event will take place in Lugano at the Università della Svizzera Italiana from July 1st to July 5th 2019.

The Sleep Medicine Summer School is part of the Academy of Sleep and Consciousness (ASC) founded from a joint effort of the University of Bern and the Università della Svizzera Italiana. The academic mission of the school is to provide a high-quality postgraduate educational course in sleep and consciousness.

The Sleep Medicine Summer School is one of the modules of the ASC educational program with a strong focus on clinics and basic research.

This year the Sleep Medicine Summer School will offer an intense scientific program on the topics of sleep, wakefulness, consciousness, chronobiology, sleep and cognition, insomnia, circadian disorders, hypersomnia, disorders of consciousness, sleep and neurologic disorders, parasomnias, sleep and epilepsy, movement disorders, sleep breathing disorders.

Each module will include regular lessons, keynote lectures, case discussions and practical exercitations. Highlights of the Summer School are the keynotes on Neuroimaging of the sleeping brain, Sleep, insomnia and mental health, Genetics of neurological sleep disorders, REM Behavior Disorder, Biomarkers in sleep apnoea given by five scientists with an internationally respected reputation in their field of expertise:

- Prof. Dr. Dieter Riemann (Universitätsklinikum Freiburg)
- Prof. Dr. Mehdi Tafti (University of Lausanne)
- Prof. Luigi Ferini-Strambi (Ospedale San Raffaele, Milano)
- MD PhD Jean-Louis Pepin (CHU de Grenoble)

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

We are looking forward to an educational and inspiring Sleep Medical Summer School and for you to join.

Warm Regards,

Prof. Claudio Bassetti  |      Prof. Mauro Manconi
SCIENTIFIC COMMITTEE

Claudio Bassetti
Ramin Khatami
Mauro Manconi
Christoph Nissen
Frédéric Zubler
Francesco Fantulla
Luigi Ferini-Strambi
Marcello Massimini
Alessandro Silvani
Winfried Randerath
Dieter Riemann
Walter McNicholas
Leja Dolenc Groselj
Jean-Louis Pepin

DAY 1 - MONDAY, 1st JULY 2019
FROM SLEEP PHYSIOLOGY TO SLEEP SCORING:
INTRODUCTION TO SLEEP AND SLEEP MEDICINE

08.30 Official welcome - C Bassetti, M. Manconi
08.40 Sleep as a phenomenon of the integral organism - A Silvani
09.20 Circadian and homeostatic control of sleep - P Achermann
10.00 Coffee break
10.30 Basics of EEG for sleep medicine - F Zubler
11.00 Ontogenesis of Sleep - O Bruni
11.30 Introduction to sleep medicine: overview to ICSD classification - M Schmidt
12.00 Lunch
13.30 KEYNOTE LECTURE
Genetics of neurological sleep disorders - M Tafti
14.30 Introduction to sleep scoring - S Fulda
15.00 Coffee break
15.30 Scoring special events during sleep (apnoeas, leg movements, REM sleep without atonia, epileptic spikes): guidelines and practical exercises - O Bruni, S Fulda, F Zubler
18.00 Concluding remarks - A Silvani, F Zubler
### DAY 2 - TUESDAY, 2nd JULY 2019
**SLEEP, INSOMNIA AND MENTAL HEALTH**
Including cognitive and circadian aspects

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08.30</td>
<td>What is insomnia? Basic concepts and diagnosis - D Riemann</td>
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<tr>
<td>09.00</td>
<td>Aspects of disturbed sleep in mental disorders - the role of insomnia and hypersomnia - T Pollmächer</td>
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<tr>
<td>09.30</td>
<td>Circadian rhythms, sleep and mental health - A Wirz-Justice</td>
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<td>10.00</td>
<td>Coffee Break</td>
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<td>10.30</td>
<td>Emotion regulation, sleep and sleep disorders - C Baglioni</td>
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<tr>
<td>11.00</td>
<td>Insomnia as a predictor of somatic and mental health - C Baglioni</td>
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<td>11.30</td>
<td>Aspects of cognition and neuroplasticity to understand the relationship of sleep and mental illness - C Nissen</td>
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<tr>
<td>12.00</td>
<td>Lunch</td>
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<tr>
<td>13.30</td>
<td><strong>KEYNOTE LECTURE</strong> Sleep, insomnia and mental health - a synthesis - D Riemann</td>
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<tr>
<td>14.30</td>
<td>Cases of insomnia and hypersomnia in psychiatry - diagnostic and therapeutic aspects - T Pollmächer</td>
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<td>15.00</td>
<td>Coffee Break</td>
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<tr>
<td>15.30</td>
<td>Pharmacotherapy of insomnia and hypersomnia in psychiatry - C Nissen</td>
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<td>16.00</td>
<td>Cognitive behavioral therapy of insomnia - nuts and bolts - D Riemann</td>
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<td>17.00</td>
<td>Chronotherapies for affective and sleep disorders - A Wirz-Justice</td>
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### DAY 3 - WEDNESDAY, 3rd JULY 2019
**HYPERSOMNIAS, SLEEP IN NEUROLOGICAL DISORDERS, DISORDERS OF CONSCIOUSNESS**

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>08.30</td>
<td>Primary CNS hypersomnias - C Bassetti</td>
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<tr>
<td>09.00</td>
<td>Diagnostic work-up of primary CNS hypersomnias - C Baumann</td>
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<tr>
<td>09.30</td>
<td>Management of primary CNS hypersomnias (European Guidelines) - U Kallweit</td>
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<td>10.00</td>
<td>Coffee Break</td>
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<tr>
<td>10.30</td>
<td>Hypersomnia/Insomnia secondary to neurological disorders - L Ferini-Strambi</td>
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<tr>
<td>11.00</td>
<td>Diagnostic work-up/management of sleep-wake disorders secondary to neurological disorders - L Dolenc-Groselj</td>
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<tr>
<td>11.30</td>
<td>Disorders of consciousness: Neuropsychological aspects - M Massimini</td>
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<tr>
<td>12.00</td>
<td>Lunch</td>
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<tr>
<td>13.30</td>
<td><strong>KEYNOTE LECTURE</strong> Sleep physiology: lessons from optogenetics A Adamantidis</td>
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<tr>
<td>14.30</td>
<td>Disorders of consciousness: Clinical and neuroimaging aspects - C Bassetti</td>
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<tr>
<td>15.00</td>
<td>Coffee Break</td>
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<tr>
<td>15.30</td>
<td>Primary CNS hypersomnias: Case discussion - U Kallweit</td>
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<tr>
<td>16.00</td>
<td>Hypersomnias/Insomnia secondary to neurological disorders: Case discussion L Dolenc-Groselj, L Ferini-Strambi</td>
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<td>16.30</td>
<td>PSG, MSLT/MWT, actigraphy in hypersomnias: Pitfalls - J Mathis</td>
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<tr>
<td>17.00</td>
<td>Fitness to drive in neurological/sleep disorders - J Mathis</td>
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DAY 4 - THURSDAY, 4th JULY 2019
PARASOMNIA-MOVEMENT DISORDERS-EPILEPSY

08.30 Motor control during sleep - R Khatami
09.00 Sleep and Epileptogenesis - K Schindler
09.30 Nocturnal Frontal and not Frontal Lobe Epilepsy - L Nobili
10.00 Coffee Break
10.30 NREM Parasomnia (Arousal Disorders) - C Bassetti
11.00 Restless Legs Syndrome - D Garcia
11.30 Recognizing and scoring sleep related motor events - M Manconi
12.00 Lunch
13.30 KEYNOTE LECTURE
REM Behavior Disorder - L Ferini-Strambi
14.30 Propriospinal Myoclonus, Oromandibular Myoclonus and Hypnagogic Jerks - F Provini

DAY 5 - FRIDAY, 5th JULY 2019
RESPIRATORY DISORDERS

08.30 Physiology of breathing during sleep - W McNicholas
09.00 Obstructive sleep apnoea (OSA): pathophysiology and consequences - J Hedner
09.30 An integrated approach to definition and diagnosis of OSA: symptoms, AHI, and comorbidities - W Randerath
10.00 Coffee Break
10.30 Personalized treatment of OSA: CPAP and more - J Hedner
11.00 Clinical phenotypes and pathophysiology of central sleep apnoea - R Heinzer
11.30 Treatment of central sleep apnoea and hyperventilation: Who, how and why? - W Randerath
12.00 Lunch
13.30 KEYNOTE LECTURE
Biomarkers in sleep apnoea: From bench to bedside? - JL Pepin
14.30 Interactive case discussion - R Heinzer
15.00 Coffee Break
PRACTICAL EXCERCITATION
15.30 Definition of respiratory events; breathing related sleep events (Arousal, LM, crisis) - S Otter
16.30 Respiratory events during spontaneous breathing and during mechanical ventilation - F Fanfulla
17.00 Titration of mechanical ventilation (any type): tips and tricks - F Fanfulla
CONGRESS VENUE
USI - Università della Svizzera Italiana
Via Giuseppe Buffi, 13
CH-6900 - Lugano
Switzerland

USI (literally University of Italian Switzerland) is a public University founded in 1996 as academic reference point for the Italian-speaking population of Switzerland. The University is located in the heart of Lugano, just a few steps from the beautiful Parco Civico and the charming longlake area with its wonderful view on Lugano Lake and surrounding mountains.

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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<th>Within 15.04.2019</th>
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<tr>
<td><strong>Participant</strong></td>
<td>150 €</td>
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<tr>
<td><strong>Student</strong></td>
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**Full Congress** (5 days)

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<tr>
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<td><strong>Student</strong></td>
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REGISTRATION FEE INCLUDES:
- Participation to the Summer School
- European CME credits (n° to be defined)
- Conference materials
- 2 coffee breaks per day
- Lunches
- Social Event on July 3rd

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.- CHF maximum for accommodation and meals or travel expenses

CREDITS
Certificate in Advanced Studies "Sleep, Consciousness, and related disorders":
- 3 ECTS

Swiss Neurological Society (SNG):
- 8 CREDITS PER DAY

Swiss Society for Clinical Neurophysiology (SGKN/SSNC):
- MONDAY 3 CREDITS - THURSDAY 3 CREDITS
An application has been made to EACCME® (The European Accreditation Council for CME) N° TO BE DEFINED

ONLINE REGISTRATION
www.europeansleepfoundation.ch/events/
LOCAL ORGANIZER

Prof. Dr. med MAURO MANCONI
University of Bern
Università della Svizzera Italiana
Neurocentro della Svizzera Italiana
Ospedale Regionale di Lugano

ORGANIZING SECRETARY

ANDREA BARZAGO
andrea.barzago@europeansleepfoundation.ch
www.europeansleepfoundation.ch

For more information:
www.europeansleepfoundation.ch