MONDAY 6TH JUNE 2016		
Times	**ISMC**	**BSS Hands-on Meeting**
09:00-09:45	**ISMC REGISTRATION**	
09:45-10:00	**Welcome & Course Overview** *Prof Mary Morrell, Dr Melissa Hack* ROOM: AZZURRO 2	
10:00-10:30	**Neurological Basis of Sleep** *Dr Ivana Rozenweig* ROOM: AZZURRO 2 Learning Objectives: - Define the main mechanisms and brain regions believed to be involved in waking state. - Define the main mechanisms and brain regions believed to be involved in non-rapid eye movement (nREM) sleep. - Define the main mechanisms and brain regions believed to be involved in REM sleep.	
10:30-11:00	**Effects of Sleep Deprivation** *Dr Paul Reading* ROOM: AZZURRO 2 Learning Objectives: - To be aware of the difficulties in determining the average ideal sleep time across the ages - To appreciate the neuropsychological consequences of acute sleep deprivation - To be aware of the numerous adverse health consequences of chronic sleep deprivation	
11:00-11:30	**Refreshment Break** - EXHIBITION AREAS	
11:30-12:00	**Homeostatic and Circadian Regulation of Human Sleep (Part 1)** ROOM: AZZURRO 2 *Prof Derk-Jan Dijk* Learning Objectives: - Sleep-wake regulation is influenced strongly by circadian rhythmicity as well as sleep homeostasis. - The circadian master clock is located in the suprachiasmatic nucleus of the hypothalamus and drives the rhythms of many physiological, endocrine and behavioural variables. - The melatonin rhythm is closely associated with the circadian rhythm of sleep propensity and the melatonin rhythm can be disrupted by light.	
12:00-12:30	**Homeostatic and Circadian Regulation of Human Sleep (Part 2)** *Prof Derk-Jan Dijk* ROOM: AZZURRO 2	
12:30-13:00	**Subjective Measures of Sleep and Sleepiness** *Dr Adrian Kendrick* ROOM: AZZURRO 2 Learning Objectives: - Understand the differences between sleepiness, tiredness and fatigue - Understand what questionnaires are measuring and their limitations - Understand the relationship between subjective and objective measures of sleepiness	
13:00-13:30	**Objective Measures of Sleep and Sleepiness** *Dr Adrian Kendrick* ROOM: AZZURRO 2 Learning Objectives: - Understands the limitations and strengths of subjective measures of sleepiness - Understands the differences between MSLT and MWT/OSLER tests - Understands how these tests relate to the real world	

13:30-14:30	**Lunch**- EXHIBITION AREAS	
14:30-16:30 Attend both workshops – please see your badge for details of your times.	**Workshop 1: Taking a Sleep History** *Dr Neil Ward* ROOM: AZZURRO 2 Learning Objectives: - Outline the key problems to be identified when taking a sleep history - Describe the typical details to be addressed as part of a sleep history - Apply the information obtained from the sleep history to formulate a differential diagnosis to help select an appropriate sleep study **Workshop 2: Setting up a Sleep Service** *Dr Melissa Hack* ROOM: BIANCO Learning Objectives: - To learn the main recommended components for developing a successful sleep service and to consider them in the context of local requirements. To be able to discuss the pros and cons of these components when setting up a sleep service in different countries. - To consider the multi-disciplinary team approach to managing sleep disorders and setting up a sleep service, and to appreciate any limitations of service provision. - To understand the European Sleep Research Society requirements for the accreditation of sleep professionals and sleep centres.	
16:30-17:00	**Classification of Sleep Disorders** *Prof Johan Verbraecken* ROOM: AZZURRO 2 Learning Objectives: - To build a flexible mental approach to the understanding and classification of sleep disorders. - To understand the concepts of chronic and short-term insomnia, excessive daytime sleepiness and parasomnias and the main headings of the ICSD classifications of 2014. - To be able to interpret these concepts in terms of underlying pathophysiology. - To be able to apply these ideas to individual cases	
17:00-17:30	**Q&A session** *Chairs: Prof Mary Morrell, Dr Melissa Hack* ROOM: AZZURRO 2	
19:30	**WELCOME RECEPTION** – FILINI BAR	

TUESDAY 7TH JUNE 2016		
Times	**ISMC**	**BSS Hands-on Meeting**
09:00-09:30	**Age & Gender Differences in Sleep** *Prof Mary Morrell* ROOM: AZZURRO 2 Learning Objectives: - Outline the impact of healthy aging on sleep patterns and circadian rhythm - Describe the gender differences in healthy sleep patterns - Understand how aging can lead to specific sleep disorders	**BSS Hands-On Registration**
09:30-10:00	**Circadian Rhythm Sleep Disorders** *Dr Marcel Smits* ROOM: AZZURRO 2 Learning Objectives: - To gain insight in individual chronobiological differences and the consequences for daily functioning - To gain insight in the methods to determine the optimal timing and dose of light and/or melatonin on an individual basis - Understand the pitfalls of melatonine treatment.	
10:00-10:30	**The Physiological Basis of Ventilation During**	**Welcome & Course Overview**

	Sleep. *Prof Mary Morrell* ROOM: AZZURRO 2 Learning Objectives: - Explain the changes in the neural control of breathing that occur at sleep onset - Outline the sleep-related changes in chemo-sensitivity - Discuss how sleep reduces upper airway muscle activity	*Lizzie Hill* ROOM: BIANCO
10:30-11:00	**Obstructive Sleep Apnoea** *Prof Dirk Pevernagie* ROOM: AZZURRO 2 Learning Objectives: - Obstructive sleep apnoea (OSA) refers to recurrent episodes of sleep-disordered breathing due to partial/ complete obstruction of the upper airway (UA). Both anatomic and nonanatomic factors are important in the pathogenesis of OSA. - Systemic effects of OSA include cardiac arrhythmias, hypertension, cardio-vascular disease, oxidative stress and inflammation. - Severity of OSA comprises three arbitrarity defined classes, based on AHI scores. The operational definition of OSA in ICSD-3 is problematic. Diagnostic treatment is an important concept in the OSA 'syndrome'	**Diagnosis and Treatment of Obstructive Sleep Apnoea in Children** *Dr Hazel Evans* ROOM: BIANCO Learning Objectives: - What is obstructive sleep apnoea and what conditions predispose children to obstructive sleep apnoea - How is obstructive sleep apnoea diagnosed - Management of obstructive sleep apnoea
11:00-11:30	**Refreshment Break**- EXHIBITION AREAS	
11:30-12:00	**Central Sleep Apnoea** *Dr Amit Benjamin* ROOM: AZZURRO 2 Learning Objectives: - Correct classification of CSA can help guide treatment - ASV should not be used in CSA with heart failure - CSA is still poorly understood and present guidelines are continually changing	**Central Sleep Apnoea in Children** *Dr Hazel Evans* ROOM: BIANCO Learning Objectives: - What is central sleep apnoea and what conditions predispose children to central sleep apnoea - How is central sleep apnoea diagnosed - Management of central sleep apnoea
12:00-12:30	**Treatment of SRBD - CPAP** *Dr Renata Riha* ROOM: AZZURRO 2 Learning Objectives: - Identify the reasons for using CPAP in the treatment of the obstructive sleep apnoea/hypopnoea syndrome (OSAHS) - Understand that CPAP may improve long-term morbidity in OSAHS - Be aware of the limitations of CPAP in the treatment of sleep disordered breathing	**Snoring & Upper Airways Resistance** *Dr John O'Reilly* ROOM: BIANCO Learning Objectives: - To understand the physiology of inspiratory flow limitation. - To differentiate isolated snoring from upper airway resistance and obstructive sleep apnoea. - To understand appropriate treatment options.
12:30-13:00	**Treatment of SRBD - non-CPAP** *Dr Tim Quinnell* ROOM: AZZURRO 2 Learning Objectives: - Be aware of the lifestyle interventions that can help treat OSA - Know the indications and evidence for mandibular advancement devices in OSA - Understand the factors that might influence MAD effectiveness - Be aware of other non-CPAP interventions including positional therapy, surgery and hypoglossal nerve stimulation	**New Technologies in Sleep Monitoring: Sleep Apps** *Prof Paul Gringras* ROOM: BIANCO Learning Objectives: - The size and potential of the smartphone, smartwatch and body-worn device market - The regulatory pitfalls and risks to clinicians and patients - Distinction between 'subjective' apps, 'objective' apps and internal and external measurement data (with reference to obstructive sleep apnoea and insomnia)
13:00-13:30	**Cardiovascular Aspects of SRBD** *Dr Sonya Craig* ROOM: AZZURRO 2 Learning Objectives: Why OSA is implicated in cardiovascular disease and could increase risk The confounders and pitfalls in current research evidence The latest advice to give patients and which should be offered treatment to reduce cardiovascular risk.	**New Technologies in Sleep Monitoring: Telemedicine** *Phyllis Murphie* ROOM: BIANCO Learning Objectives: - Gain an understanding of Telehealth in the field of Sleep Medicine therapy - Gain an understanding of telemonitoring in Sleep Medicine therapy - Gain an understanding of teleconsultation in Sleep Medicine therapy
13:30-14:30	**Lunch**- EXHIBITION AREAS	
14:30-15:00	**Endocrine aspects of SRBD**	

	Dr Sophie West ROOM: AZZURRO 2 Learning Objectives: - To appreciate which aspects of sleep disordered breathing pathophysiology affect the endocrine system - To explore the evidence regarding insulin resistance and sleep disordered breathing - To understand links between sleep disordered breathing and testosterone		
15:00-17:00 You are booked into 2 workshops – please see your delegate badge	**Workshop 1: Polysomnography & Sleep Staging** *Lizzie Hill* ROOM: AZZURRO 2	**Workshop 2: Cardiorespiratory Sleep Studies & Scoring Respiratory Events** *Andrew Morley* ROOM: BIANCO	**Workshop 3: Actigraphy & Circadian Rhythm Disorders** *Dr Steve Emegbo* ROOM: ROSSO
17:00-17:30	**Team quiz** *Chairs: Prof Mary Morrell, Lizzie Hill* ROOM: AZZURRO 2		
19:30	**GALA DINNER** - AZZURRO 2		

WEDNESDAY 8th JUNE 2016		
Times	**ISMC**	**BSS Hands-on Meeting**
09:00-09:30	**Narcolepsy** *Dr Paul Reading* ROOM: AZZURRO 2 Learning Objectives: - To understand the latest theories on aetiology and the underlying biology of narcolepsy - To appreciate the clinical spectrum of narcolepsy and its adverse effects on quality of life - To realise that narcolepsy can be mimicked by structural and inflammatory pathologies, usually involving the hypothalamus	**Abstract Writing for Beginners** *Phyllis Murphie* ROOM: BIANCO Learning Objectives: - Gain an understanding of how to construct a good abstract - Gain and understanding of how to produce/compile a good abstract - Gain confidence in wring and submitting abstracts of your research for national and international meetings.
09:30-10:00	**Other Hypersomnias of Central Origin** *Dr Robert Poirrier* ROOM: AZZURRO 2 Learning Objectives: - To recognize the main positive and negative features of Idiopathic Hypersomnia, in particular a) excessive daytime sleepiness, b) prolonged non-restorative nocturnal sleep, extended to the morning, 3) great difficulty waking in the morning or after daytime napping. - To go deeper into the differential diagnosis of Idiopathic Hypersomnia when OSA, narcolepsy type 1 or 2, and Behavioral Insufficient Sleep Syndrome (BISS) have already been excluded : post-traumatic hypersomnolence, hypersomnolence due to medication or illegal substance, hypersomnia associated with medical, neurological or psychatric disorders, chronic fatigue syndrome, long sleeper habitus. - Building a draft of the pathophysiology of Idiopathic Hypersomnia, based on the prevailing clinical signs (prolonged nocturnal sleep, poorly refreshing naps) and the most recent data on clock genes.	**Service user involvement: Running a Patient Support Group** *Janette Richards & service user* ROOM: BIANCO Learning Objectives: - How to get a group started - Structure of the group. - Understanding Constitution and officers roles.
10:00-10:30	**Treatment of Narcolepsy and Hypersomnias of Central Origin** *Gert-Jan Lammers (NL)* ROOM: AZZURRO 2 Learning Objectives: - State of the art treatment of narcolepsy and hypersomnias of central origin consists of a combination of facilitating acceptance of the disorder, lifestyle advices and pharmacological treatment. - The treatment goal must be improved performance and avoidance of side effects. - Even when optimal treated, excessive daytime sleepiness will never completely disappear. In contrast cataplexy, hypnagogic hallucinations and sleep paralysis may completely disappear.	**What's new in AASM V2.2?** *Andrew Morley* ROOM: BIANCO Learning Objectives: - To discuss the benefits and limitations of the AASM v2.2. scoring manual. - To review the criteria for staging infant sleep as defined by AASM V2.2, 2015. - To review the technical specifications and rules that should be applied to perform a certified Home sleep apnoea test (HSAT) as defined by AASM v2.2, 2015.
10:30-11:00	**Overview of Parasomnias - non-REM**	**CPAP v. NIV - which, when and why?**

	Dr Renata Riha ROOM: AZZURRO 2 Learning Objectives: - Define what a NREM parasomnia is and name subtypes affecting both adults and children - Understand that there may be forensic aspects of NREM parasomnias that can be problematic in some legal systems - Know what might trigger a NREM parasomnia in terms of lifestyle factors, sleep disruption and other intrinsic sleep disorders - Understand that polysomnography can play an important role in distinguishing NREM parasomnias from REM parasomnias, disorders of nocturnal dissociation and frontal lobe epilepsies that manifest at night.		*Dr Neil Ward* ROOM: BIANCO Learning Objectives: - Recognise the fundamental differences in operation between continuous positive airway pressure therapy (CPAP) and non-invasive ventilation (NIV) - Understand the physiological rationale for choosing NIV in preference to CPAP to treat sleep-disordered breathing - Outline the clinical circumstances when NIV may be used in preference to CPAP for treatment of sleep-disordered breathing.
11:00-11:30	**Refreshment Break**- EXHIBITION AREAS		
11:30-12:00	**Overview of Parasomnias - REM** *Dr Hans Hamburger* ROOM: AZZURRO 2 Learning Objectives: - What are parasomnia - How to distinguish parasomnia from other diagnosis - How to distinguish NR from REM parasomnia - How to treat NR and REM parasomnia		**Lost in Transition? Adolescent Sleep** *Lizzie Hill* ROOM: BIANCO Learning Objectives: - Understand the physiological, behavioural and social changes relating to sleep in adolescence. - Have a basic knowledge of sleep disorders which are prevalent in adolescence. - Appreciate the distinct characteristics of adolescent sleep, and how sleep differs from that in childhood and adulthood.
12:00-12:30	**Epilepsy and Sleep** *Dr Chris Derry* ROOM: AZZURRO 2		**Recreational Drugs and Sleep: an overview** *Dr Claire Durant* ROOM: BIANCO Learning Objectives: - Recreational drugs change neurotransmitters involved in sleep and waking - Acute and rebound effects of recreational drugs on sleep can be profound. - Withdrawal after substance abuse can lead to sleep disturbances which are difficult to treat
12:30-13:00	**Pharmacological Aspects of Sleep** *Dr Paul Reading* ROOM: AZZURRO 2 Learning Objectives: - To learn how drugs interact with the brain's reticular activating system and sleep-promoting areas to influence behavioural state - To be aware how many sedative drugs may improve sleep quantity but not its quality - To be aware how REM sleep may be altered by a variety of pharmacological agents		**Recreational Drugs and Sleep: a case study** *Colette Navin* ROOM: BIANCO Learning Objectives: - Reviewing neurophysiology/neurochemistry of sleep - The mode of action of certain medications the case study patient was taking. - Discussing the findings of the PSG, with video. WORKSHOP: MSLT/MWT with MSLT analysis and reporting to.
13:00-13:30	**Sleep Education for Physicians** *Dr Simon Merritt* ROOM: AZZURRO 2 Learning Objectives: - To understand the importance of a formal teaching program for physicians practicing sleep medicine - To understand the importance of teaching the basics of sleep medicine in the undergraduate medical degree - To understand the importance of a formal accreditation process in sleep medicine		**Sleep Education for Technologists** *Dr Vicky Cooper* ROOM: BIANCO Learning Objectives: - The different levels of staffing and training requirements for sleep technologists /somnologists. - Why there is need for good training. - The different routes and styles of training. - Current training in the USA, Europe and the UK. - How the future direction of sleep training in the UK needs to change.
13:30-14:30	**Lunch**- EXHIBITION AREAS		
14:30-16:30 You are booked into 2 workshops – please see your delegate badge	**Workshop 1: MSLT & MWT** *Colette Navin* ROOM: AZZURRO 2	**Workshop 2: Parasomnia or Epilepsy? (interactive video session)** *Dr Renata Riha, Dr Chris Derry* ROOM: BIANCO	**Workshop 3: Mandibular advancement devices** *Dr Aditi Desai* ROOM: ROSSO
16:30-17:00	**Self-study**		**Q&A session** *Chairs: Prof Mary Morrell, Lizzie Hill* ROOM: BIANCO **Close of Conference**

THURSDAY 9TH JUNE 2016		
Times	**ISMC**	**Hands on Meeting**
09:00-10:00	**Self-study**	
10:00-10:30	**Overview of Insomnia** *Dr Simon Kyle* ROOM: AZZURRO 2 Learning Objectives: - Understand how insomnia disorder is classified in contemporary nosologies - Describe common risk factors for insomnia - Appraise the evidence for insomnia as a risk factor for future ill-health - Summarise models of insomnia development and maintenance	
10:30-11:00	**Assessment and Treatment of Insomnia** *Dr Simon Kyle* ROOM: AZZURRO 2 Learning Objectives: - To appreciate which aspects of sleep disordered breathing pathophysiology affect the endocrine system - To explore the evidence regarding insulin resistance and sleep disordered breathing - To understand links between sleep disordered breathing and testosterone	
11:00-11:30	**Refreshment Break**- EXHIBITION AREAS	
11:30-12:00	**Movement Disorders During Sleep** *Dr Hans Hamburger* ROOM: AZZURRO 2	
12:00-12:30	**Sleep and Driving** *Dr Simon Merritt* ROOM: AZZURRO 2 Learning Objectives: - Prevalence of sleep related collisions - Understand the seriousness of OSA in truck drivers. - EU driving regulations	
12:30-13:00	**Medico-legal Aspects of Sleep** *Dr Adrian Williams* ROOM: AZZURRO 2 Learning Objectives: - To know the sleep disorders associated with violent behaviour in sleep - To understand the legal criteria used to justify a defence in cases of sleep violence - To put the EU ruling on sleep driving in perspective	
13:00-13:30	**Q&A Session** *Chairs: Prof Mary Morrell, Dr Melissa Hack* ROOM: AZZURRO 2	
13:30-14:30	**Lunch**- EXHIBITION AREAS	
14:30-16:30	**ISMC Exam** ROOM: AZZURRO	
16:30	**Close of Conference**	