



# ISMC 2019

Cardiff | 4<sup>th</sup> - 7<sup>th</sup> February

## International Sleep Medicine Course

Monday 4 <sup>th</sup> February 2019	
09:00-09:45	<b>REGISTRATION</b>
09:45-10:00	<b>Welcome &amp; Course Overview</b> <i>Dr Tim Quinnell (UK); Dr Lizzie Hill (UK)</i>
10:00-10:30	<b>Neurological Basis of Sleep</b> <i>Dr Simon Durrant (UK)</i>
10:30-11:00	<b>Effects of Sleep Deprivation</b> <i>Dr Anna Weighall (UK)</i>
<b>11:00-11:30</b>	<b>Refreshment Break - EXHIBITION AREAS</b>
11:30-12:00	<b>Homeostatic and Circadian Regulation of Human Sleep</b> <i>Prof Derk-Jan Dijk (UK)</i>
12:00-12:30	<b>Age &amp; Gender Differences in Sleep</b> <i>Alex Perkins (UK)</i>
12:30-13:00	<b>Classification of Sleep Disorders</b> <i>Prof Dr Johan Verbraecken (BE)</i>
13:00-13:30	<b>Circadian Rhythm Sleep Disorders</b> <i>Prof Derk-Jan Dijk (UK)</i>
<b>13:30-14:30</b>	<b>Lunch- EXHIBITION AREAS</b>
14:30-15:00	<b>Subjective Measures of Sleep and Sleepiness</b> <i>Prof Dirk Pevernagie (NL)</i>
15:00-15:30	<b>Objective Measures of Sleep and Sleepiness</b> <i>Dr Lizzie Hill (UK)</i>
15:30-16:00	<b>Sleep-Related Breathing Disorders in Children</b> <i>Dr Stijn Verhulst (BE)</i>
16:00-16:30	<b>Non-respiratory Sleep Disorders in Children</b> <i>Dr Stijn Verhulst (BE)</i>
16:30	<b>Q&amp;A session</b> <i>Chairs: Dr Tim Quinnell (UK), Dr Lizzie Hill (UK)</i>
<b>17:00</b>	<b>CLOSE</b>
<b>17:00</b>	<b>WELCOME RECEPTION</b>



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Tuesday 5 <sup>th</sup> February 2019				
09:00-09:30	<b>Taking a Sleep History</b> <i>Dr Jose Thomas (UK)</i>			
09:30-10:00	<b>The Physiological Basis of Ventilation During Sleep</b> <i>Dr Michelle Ramsay (UK)</i>			
10:00-10:30	<b>Obstructive Sleep Apnoea</b> <i>Prof Dr Johan Verbraecken (BE)</i>			
10:30-11:00	<b>Central Sleep Apnoea</b> <i>Dr John O'Reilly (UK)</i>			
<b>11:00-11:30</b>	<b>Refreshment Break</b> - EXHIBITION AREAS			
11:30-12:00	<b>Treatment of SRBD - CPAP</b> <i>Dr Alison McMillan (UK)</i>			
12:00-12:30	<b>Treatment of SRBD - non-CPAP</b> <i>Professor Joerg Steier (UK)</i>			
12:30-13:00	<b>Cardiovascular Aspects of SRBD</b> <i>Dr Ari Manuel (UK)</i>			
13:00-13:30	<b>Endocrine aspects of SRBD</b> <i>Dr Brian Kent (UK)</i>			
<b>13:30-14:30</b>	<b>Lunch</b> - EXHIBITION AREAS			
14:30-17:25 Attend all 4 workshops (40min per session + 5min turnaround)	<b>Workshop 1: Polysomnography &amp; Sleep Staging</b> <i>Samantha Briscoe (UK)</i>	<b>Workshop 2: Cardiorespiratory Polygraphy &amp; Scoring Respiratory Events</b> <i>Andrew Morley (UK)</i>	<b>Workshop 3: Actigraphy</b> <i>Dr Stephen Emegbo (UK)</i>	<b>Workshop 4: MSLT/MWT</b> <i>Rachel Pickersgill (UK)</i>
17:25	<b>Q&amp;A session</b> <i>Chairs: Dr Tim Quinnell (UK), Dr Lizzie Hill (UK)</i>			
<b>17:45</b>	<b>CLOSE</b>			
<b>19:30</b>	<b>Gala Dinner</b>			



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Wednesday 6 <sup>th</sup> February 2019				
09:00-09:30	<b>Narcolepsy</b> <i>Dr Paul Reading (UK)</i>			
09:30-10:00	<b>Other Hypersomnias of Central Origin</b> <i>Prof An Mariam (BE)</i>			
10:00-10:30	<b>Treatment of Narcolepsy and Hypersomnias of Central Origin</b> <i>Gert-Jan Lammers (NL)</i>			
10:30-11:00	<b>Epilepsy and Sleep</b> <i>Dr Viviane Van Kasteel (NL)</i>			
<b>11:00-11:30</b>	<b>Refreshment Break</b> - EXHIBITION AREAS			
11:30-12:00	<b>Restless Leg Syndrome and Movement Disorders During Sleep</b> <i>Dr Kirstie Anderson (UK)</i>			
12:00-12:30	<b>Overview of Parasomnias - REM</b> <i>Dr Paul Reading (UK)</i>			
12:30-13:00	<b>Overview of Parasomnias - non-REM</b> <i>Dr Viviane Van Kasteel (NL)</i>			
13:00-13:30	<b>Sleep in Neurodegenerative and Psychiatric Disorders</b> <i>Dr Kirstie Anderson (UK)</i>			
<b>13:30-14:30</b>	<b>Lunch</b> - EXHIBITION AREAS			
14:30-17:25 Attend all 4 workshops (40min per session + 5min turnaround)	<b>Workshop 5: CPAP/NIV</b> <i>Dr Vicky Cooper (UK)</i>	<b>Workshop 6: Mandibular advancement and non-CPAP therapies</b> <i>Dr Tim Quinnell (UK)</i>	<b>Workshop 7: Behavioural sleep interventions</b> <i>Dr Anna Weighall (UK)</i>	<b>Workshop 8: Treatment of circadian rhythm disorders</b> <i>Dr Alexander Nesbitt (UK)</i>
17:25	<b>Q&amp;A session</b> <i>Chairs: Dr Tim Quinnell (UK), Dr Lizzie Hill (UK)</i>			
<b>17:45</b>	<b>CLOSE</b>			



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Thursday 7 <sup>th</sup> February 2019	
10:00-10:30	<b>Overview of Insomnia</b> <i>Prof Jason Ellis (UK)</i>
10:30-11:00	<b>Assessment and Treatment of Insomnia</b> <i>Dr Megan Crawford (UK)</i>
<b>11:00-11:30</b>	<b>Refreshment Break</b> - EXHIBITION AREAS
11:30-12:00	<b>Sleep and Driving</b> <i>Dr Peter Venn (UK)</i>
12:00-12:30	<b>Medico-legal Aspects of Sleep</b> <i>Dr Chris Idzikowski (UK)</i>
12:30-13:00	<b>Preparing for the ESRS Somnologist / Somnologist-Technologist Exam</b> <i>Dr Lizzie Hill (UK)</i>
13:00-13:30	<b>Q&amp;A Session</b> <i>Chairs: Dr Tim Quinnell (UK), Dr Lizzie Hill (UK)</i>
<b>13:30-14:30</b>	<b>Lunch</b> - EXHIBITION AREAS
14:30-16:30	<b>Practice Exam</b>
<b>16:30</b>	<b>CLOSE</b>