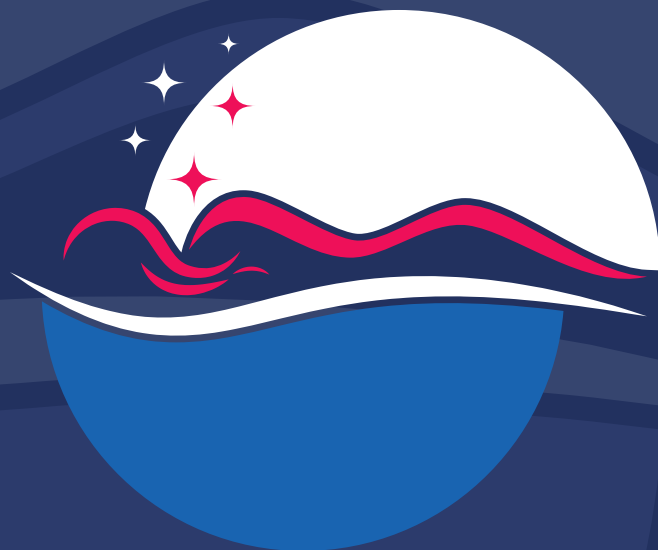


AUXO
Sleep

CLINICAL UPDATE SLEEP™



FEBRUARY 09TH, 2024

PALAZZO GIURECONSULTI, MILAN

SCIENTIFIC RATIONALE

The field of sleep medicine is still given limited attention within academic curricula; however, its significance is progressively growing in the realms of prevention, accurate diagnosis, and treatment appropriateness. Consequently, educational opportunities such as the AUXOSleep 2024 - Clinical Update Sleep hold paramount importance in facilitating the exchange of diagnostic and therapeutic approaches which play a crucial role in ensuring comprehensive patient care. Furthermore, the present course can represent a unique opportunity to contribute significantly to the enhancement of professional competencies and the optimization of healthcare expenditures.

Sleep, being a fundamental physiological necessity, plays a pivotal role in preserving the health of the central nervous system, cardiovascular system, and overall well-being of individuals. The primary objective of this course is to provide healthcare professionals with an in-depth understanding and comprehensive knowledge of such complex interactions. Moreover, it aims to offer a multidisciplinary update through insights from national and international experts on prevalent sleep pathologies, available therapies, and potential complications arising from inadequate treatment in individual patients.

CONGRESS CHAIRS

Prof. Carolina LOMBARDI

Istituto Auxologico Italiano IRCCS - Milano

Dr. Martino PENGO

Istituto Auxologico Italiano IRCCS - Milano

FACULTY

Dario Arnaldi

Marisa Bonsignore

Guido Cavaletti

Andrea De Vito

Francesco Fanfulla

Luigi Ferini Strambi

Raphael Heinzer

Samu Kainulainen

Mauro Manconi

Luigi Taranto Montemurro

Lino Nobili

Gianfranco Parati

Thomas Penzel

Jean Luis Pepin

Winfried Randerath

Ivana Rozenweig

Vincenzo Silani

Alessandro Silvani

Joerg Steier

Nicola Ticozzi

Claudio Vici

SCIENTIFIC PROGRAM

08.30 Registration desk

09.00 Introduction

Carolina Lombardi, Martino Pengo

09.10 Keynote Lecture: Sleep disturbances in cancer patients: does chemotherapy induced neuropathy have a role?

Guido Cavaletti

SLEEP DISORDERED BREATHING: FROM SIGNAL ANALYSIS TO BIG DATA

Chair: Gianfranco Parati, Thomas Penzel

09.30 Clinical evidence from trials - **Carolina Lombardi, Martino Pengo**

09.45 Experimental evidence and signal analysis - **Samu Kainulainen**

10.00 From experimental evidence to big data analysis - **Jean Luis Pepin**

10.15 OSA risk stratification beyond the apnoea-hypopnea index - **Raphael Heinzer**

10.30 Discussion

10.40 Coffee break

INSOMNIA: DIFFERENT PHENOTYPES = DIFFERENT TREATMENTS?

Chair: Alessandro Silvani, Vincenzo Silani

11.00 OSA and insomnia phenotypes: the Baveno perspective - **Winfried Randerath**

11.15 Novel treatment options for insomnia: insights on real life data - **Luigi Ferini Strambi**

11.30 Which insomnia phenotypes are at risk of cognitive decline? - **Ivana Rozenweig**

11.45 Discussion about insomnia and different phenotypes

12.00 Light lunch

SLEEP DISORDERED BREATHING: UPDATE ON NOVEL TREATMENT OPTIONS

Chair: Marisa Bonsignore, Francesco Fanfulla

13.30 Drugs for OSA: time for phase III trials? - **Luigi Taranto Montemurro**

13.45 Invasive and non-invasive electrical stimulation - **Andrea De Vito**

14.15 Residual daytime sleepiness in OSA - **Joerg Steier**

14.30 Discussion

15.00 Coffee break

NEUROLOGICAL DISORDERS AND SLEEP

Chair: Nicola Ticozzi

15.30 Update on epilepsy and sleep - **Lino Nobili**

15.45 Sleep patterns in multiple sclerosis - **Mauro Manconi**

16.00 Which RBD phenotypes are related to neurodegeneration - **Dario Arnaldi**

16.15 Discussion

16.30 Summary and Close

Carolina Lombardi, Martino Pengo

17.00 Event conclusion

Date and location of the Course

February 9th, 2024
Palazzo dei Giureconsulti
Piazza dei Mercanti, 2
20123 Milan MI

REGISTRATION AND ACCESS

To be done before or at the same time as the start of the Italian CME course (failure to register to course before the beginning of the course will compromise the possibility of completing the questionnaires)

1. Log on to: <https://res.summeet.it>
 2. In case of first access: create personal account, click on "REGISTRATION"
- In case of user already registered to FAD (Distance Learning) courses: you will be able to use the same credential
3. Find the course through the search function, entering Italian CME code **604 - 403749**
 4. Enter the following access key to register to the course: **006824**
 5. It will be possible to complete the CME questionnaire and satisfaction questionnaire within 3 days after the end of the course (the test will be considered passed with at least 75% correct answers)

HELPDESK

If you have any access issues, you may contact the help desk via email at the active mailbox: helpdesk@summeet.it

CME (Continuing Medical Education) - CME CODE 604 - 403749

Summeet Srl (Standard Provider No. 604) has included the event "AUXOSLEEP 2024 CLINICAL UPDATE SLEEP" in the CME 2024 training program by awarding No. 5 training credits. The training event is intended for No. 100 Surgeons (Disciplines: Diseases of the Respiratory System, Neurology, Neurophysiopathology, Psychiatry, Internal Medicine, Cardiology, General Medicine, Endocrinology, Otolaryngology), Psychologists, Neurophysiopathology Technicians, Nurses, Respiratory Physiotherapists, Dentistry. The issuance of credit certification is subject to: the correspondence between the participant's profession and the profession for which the event is intended, participation to the entire duration of the course, the preparation of the concluding report and fulfillment of the satisfaction questionnaire.

Training Objective: 1 - Application in daily practice of the principles and procedures of evidence-based practice (EBM - EBN - EBP)



CME Provider and Organizing Secretariat

SUMMEET

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