

NEWSLETTER

April 2016





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LETTER FROM THE PRESIDENT

Dear ESRS and ANSS members, Colleagues and Friends,

I was mentioning in the December 2015 letter that we are living in a difficult world exposed to various threats, including shocking terrorist attacks. Unfortunately this is not an obsolete statement. More terrorist attacks took place in several countries in the past months, and I express, here, my sincere sympathy to all of you who were directly or indirectly affected by these events. Also, we cannot forget the people in more distant countries who are exposed to unacceptable threats on nearly a daily basis, yet only barely attract the attention of the media. We are a scientific community of sleep specialists, and in this respect, we all know how much sleep can be disrupted after emotionally distressing events, and how, in turn, sleep disruptions can impact mood and mental health and impede recovery. To better understand sleep and its functions and promote a better state of health by addressing sleep disruptions and their consequences, both in the physical and mental domains, remain a major challenge for the European Sleep Research Society. This is why we must aim at constructive actions. I hope you will agree with me that this April 2016 newsletter shows that we are working in the right direction.

First of all, a warm welcome to the [151 newly accepted ESRS members](#) since December! This record number of affiliations shows the continued attractiveness of the ESRS community for sleep scientists and clinicians from Europe and abroad.

As per the day I am writing, we are only 151 days before the opening of our [23rd ESRS congress in Bologna](#) (September 13-17, 2016). Thanks to the dedicated work of the scientific and organizing committees, we have excellent keynote speakers and a very attractive selection of symposia (see the [congress web site](#)). Importantly, it is now up to you to contribute to making the ESRS congress an exceptional scientific event by presenting your best work for oral and poster sessions. Thus, do not miss the [abstract submission deadline](#) on Wednesday 20 April! As well, save money to enjoy the numerous temptations of Bologna by [registering](#) before 28 April. As usual, mind-enhancing teaching courses are organized in different sleep domains on the Tuesday before the opening session (this you should not miss, surprises are on their way).

A novelty in Bologna is also the promising half-day **early career training workshop** organized by the Early Career Research Network (ECRN) of the ESRS. This dedicated workshop is complimentary to you if you are an ECRN member, i.e. if you are an ESRS student or researcher/clinician member up to 10 years post Ph.D. I would also like to take this opportunity to congratulate the [recipients of the ESRS Travel Grants](#), an initiative aimed at supporting visits and longer term stays for early career scientists in affiliated ESRS laboratories. A propos, the ESRS Research Networking Committee reminds you to submit (and update) your laboratory in the

ESRS database (<http://www.esrs.eu/membership-services/>) to gain visibility and be an eligible destination for these travel grants.

Important for the future and development of sleep science and sleep medicine, the Bologna meeting will also witness the [5th ESRS Examination of Certification in Sleep Medicine](#) and the [3rd ESRS Examination of Certification in Sleep Medicine for Sleep Technologists](#). Deadline for applications is now over, and the ESRS board is incredibly pleased to announce a record number of more than **200** applications for this examination. This will be the biggest examination ever organized by the ESRS, and the [ESRS Education Committee](#). Examination committees are working hard with the ESRS Sleep Medicine Examinations Office to assess the eligibility of these applications and organize these examinations in the best conditions, in the prestigious settings of the University of Bologna.

The annual meeting of the ESRS [Association of National Sleep Societies](#) (ANSS) will take place in Bruxelles at the end of this month, kindly hosted by the [Belgian Association for Sleep Research and Sleep Medicine](#) (BASS) in April of 2016. Aside from fruitful discussions and exchanges between the ESRS board and the presidents of the national sleep societies, this meeting also features an exceptional [European Sleep meets the European Union symposium](#) organized at the initiative of the ESRS EU Committee. In this symposium, representatives of the European Union Directorate-General Mobility and Transport and of Directorate-General Research and Innovation will discuss the topic of "*Measuring sleepiness: the need for common European rules*". We also continue, in this newsletter, our spotlight focus on National Sleep Societies with an [Interview with the President of the Italian Association of Sleep Medicine \(AIMS\), Dr. Raffaele Ferri](#).

As for future events, the ERS and the ESRS are already working on the 4th edition of the joint ERS-ESRS Sleep & Breathing conference in April 2017 in Marseille, France. Given the learning focus of this event, it has been decided to align at least part of the meeting programme with the educational curriculum of both Societies. Prior to this event, is the organisation of the second ESRS Satellite Symposium ([From Basic Neuroscience To Clinics](#)) at the [10th FENS Forum of Neuroscience](#) on the first of July, jointly organized by the ESRS and the Danish Society for Sleep Medicine. Another very close event is the first meeting of the "Sleep and Epilepsy Task Force" that will be held the 13-14th of May 2016 in Abano Terme (Italy) and will involve researchers belonging to the ESRS, the European Academy of Neurology and the European Chapter of the International League against Epilepsy. Finally and in order to better coordinate basic and clinical research as well as education in sleep medicine, the EAN is looking for a strong alliance with the ESRS. For coordination of joint activities, the EAN kindly invites ESRS members interested in the neurological field to attend the [EAN congress 2016](#) in Copenhagen with a [large number of sleep activities](#) and to join the business meeting of the EAN Scientific Panel "Sleep" on Sunday, 29 May 2016, 17:00 - 19:00.

Last but not least, you will find in this newsletter a [call for nominations for the position of Editor-in-Chief](#) of our Society's flagship publication, the [Journal of Sleep Research \(JSR\)](#). The Editor-in-Chief is the steward of the scientific content of the Journal and, as such, is responsible for the publication of the highest quality and authoritative work in the field of sleep research and sleep medicine. He or she thus plays a crucial role to represent the Society's best interests and image in the scientific

world. The Editor-in-Chief must have scientific stature, be responsive and have a vision for the further development of the JSR. In the past five years, the journal has markedly and positively evolved under the direction of Editor-in-Chief Derk-Jan Dijk, with an increase in the number of published articles and issues as well as in the number of citations and impact factor (see [The Journal of Sleep Research: Where are we now?](#)), in spite of an ever more competitive environment. Such positive outcomes could not have been achieved without the hard and dedicated work of Derk-Jan Dijk, his team of Deputy and Associate Editors and Reviewers, and the support of his editorial assistant, Brigitte Knobl. The ESRS is grateful for the excellence of their actions and their dedicated willingness to serve on the JSR editorial board. In particular, the ESRS Board sincerely thanks Derk-Jan Dijk for his Editorial action, and his rigorous attention to maintaining an appropriate balance between the basic and clinical sleep research domains, while promoting the JSR as a leading journal in the field.

Do not forget that the *Journal of Sleep Research* is your journal and can only be as good as the articles you submit. The JSR is a perfect place to be read and discussed by people in your field, and we thank, here, all the authors who contributed to JSR since 1992.

As usual, you will also find reports in this newsletter of ESRS Committees and associates showing how numbers of individuals are giving their time and energy to make our society alive and dynamic. I express here my deepest gratitude to all those who enable these ESRS actions for their hard work and commitment, and for continuing to beautifully serve the society.

With this, I wish you all the best and a pleasant reading of this 2016 April newsletter. Sleep well and keep safe, and do not hesitate contacting me, or any member of the new board with your remarks and suggestions. They will be most welcome.

Sincerely yours,

Philippe Peigneux
ESRS President



REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Members (2014 – 2016):

Tom de Boer (Co-Chair), Renata Riha (Co Chair), John Axelsson, Gianluca Ficca, Birgit Högl, Poul Jennum, Mayumi Kimura, Gilles Vandewalle, Raphaele Winsky-Sommerer

Since the previous report, the selection of the symposium sessions for the Bologna meeting has been finalised, and the symposia have been scheduled within the Scientific Programme. The programme schedule was kept similar to the one in Tallinn in 2014 in order to reduce the number of parallel symposia, thereby minimising potential clashes between competing areas of interest. We believe that the resulting symposium schedule will prove stimulating and full of exciting scientific content with much to hold the interest of a broad audience. Keynote speakers have been proposed and invited. The meeting schedule can now be viewed on the conference website. At the end of April, our next task will be to review the submitted abstracts and to schedule the Oral Session content for the programme. We encourage you to submit your best work for presentation at the meeting in Bologna.

Those of you who applied for short and longer-term exchange fellowships will discover the outcome of your application in this newsletter. There were far fewer applications in 2016 compared to previous years, but we hope that this will improve in the coming years.

In addition, the Committee continues to provide input into the Research Networking Committee via its two nominated members.

Tom de Boer and Renata Riha

ESRS Sleep Medicine Committee (SMC)

(28 March 2016)

Members (2014 – 2016):

Thomas Penzel (Coordinator), Walter McNicholas (Vice-Coordinator), Erna Sif Arnardottir, Simone de Lacy, Marie-Pia d'Ortho, Colin Espie, Diego Garcia-Borreguero, Lino Nobili, Tiina Paunio, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck, Marco Zucconi

The Sleep Medicine Committee passed the preparation of the examination for ESRS somnologists and sleep technologists over to the Education committee. With this transition, many members of the Sleep Medicine Committee became members of the

Education committee and are busy in the preparation of the examination which is no longer managed by Congrex.

The Sleep Medicine Committee is still focusing on the recognition of Sleep Medicine as a medical subspecialty in Europe. Due to limited resources, no meetings took place, and planning was delayed. Still, the SMC coordinates activities for the accreditation of sleep medicine centers. The current plan is that the ESRS has more of an umbrella role in helping national sleep societies than in doing accreditation in person. This activity is aligned with the national sleep societies, with the ERS (European Respiratory Society) as the most important stakeholder.

Thomas Penzel

ESRS Education Committee (EduCom)

Members (2014 – 2016):

Tiina Paunio (Coordinator), Roberto Amici, Claudio Bassetti, Oliviero Bruni, Colin Espie, Ludger Grote, Pierre-Hervé Luppi, Liborio Parrino, Thomas Penzel, Dirk Pevernagie

The Somnologist examination has now been further processed by the Examination Subcommittee. The examination for Somnologists and Technologists will be kept in Bologna on September 13th. The online application was open from 1 February – 31 March 2016. Altogether, 205 applications were obtained by the deadline. The Examination Subcommittee will go through the applications in order to confirm eligibility of the applicants, who will be given information on their eligibility by mid-June 2016. The [Sleep Medicine Textbook](#), published in December 2014 (ESRS SLEEP MEDICINE TEXTBOOK, eds. CL Bassetti, Z Dogas and P Peigneux), will provide the theoretical basis for the examination. The textbook has now been distributed to over 40 countries and totalling 661 copies. Ludger Grote will be the representative of ESRS in charge of harmonizing and changing information between ESRS and WSS examinations.

Tiina Paunio
ESRS Education Committee Coordinator

ESRS EU Committee

(November 2015 - March 2016)

Members (2014 – 2016):

Roberto Amici (Chair), Diego Garcia Borreguero (Co-Chair), Marta Gonçalves, Damien Léger, Pierre Hervé Luppi; Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene

The main aims of the Committee are: i) to bring the topics of “sleep” and “sleep disorders” to the attention of the EU in order to receive support for research and teaching activities; ii) to promote sleep-related issues from a political point of view at a European and National level.

A major achievement over the past few months was the finalization, in collaboration with the Assembly of the National Sleep Societies (ANSS), of a document aimed at proposing “Sleep and Sleep Disorders” as a topic for Horizon 2020 upcoming call 2018-19.

The document will be presented to relevant EU officers from DG Research and Innovation and DG Mobility and Transport during a meeting entitled, “European Sleep meets the European Union: Measuring Sleepiness, the Need for Common European Rules.” This meeting will be held in Brussels, under the joint organization of the ESRS and the Assembly of the National Sleep Societies, during the forthcoming annual ANSS meeting on April 29. After the formal approval of the Presidents of the European NSS, the document will be sent to the Horizon 2020 Committee which is in charge of finalizing the 2018-19 call.

During the April 29 meeting, the EU officers will be addressed on the risks of insufficient sleep and sleepiness and on the need of developing new tools for the assessment of sleepiness. Furthermore, the need of more funding for education programs on sleep and sleepiness in Europe will be claimed. The finalized program of the meeting for invited participants is provided below.

Roberto Amici
ESRS EU Committee Chair



European Sleep meets the European Union

"Measuring sleepiness: the need for common European rules"

Annual Meeting of the ANSS in the European Sleep Research Society

Marivaux Hotel Congress & Seminar Centre Boulevard Adolphe Maxlaan 98 – 1000 Bruxelles/Brussels
Friday, April 29, 2016 - 11.00h - 13.00h

Participants

Coordinators

Philippe Peigneux, President of the European Sleep Research Society

(ESRS) Roberto Amici, Chair of the EU Committee of the ESRS

Liborio Parrino, Chair of the Executive Committee of the Assembly of the European Sleep Research Societies (ANSS)

European Sleep

Board, EU Committee, and Education Committee of the

ESRS Executive Committee of the ANSS

Presidents of the European National Sleep Societies

European Union

DG Mobility and Transport:

Tina Kobilsek, Road Safety Unit, Driving Licences and Qualifications for Professional Drivers

Ivan Lukač, Policy Officer, Road Safety Unit, Driving Licences and Infringement Procedures

Espen Rindedal, Road Safety Unit, Driving Licences and Qualifications for Professional Drivers

DG Research and Innovation:

Catherin Berens, Scientific Officer, Head Sector Neuroscience

Mark Goldammer, Project Officer, Neuroscience Unit

Preliminary Program

Chair: Philippe Peigneux, ESRS President (Brussels), Ivan Lukač (Policy Officer, Road Safety Unit, DG Mobility and Transport)

11.00h - *Philippe Peigneux, ESRS President (Brussels)*

Welcome and addressing notes

11.10h - *Roberto Amici, ESRS EU Committee Chair (Bologna,) and Marta Gonçalves, ESRS Board (Oporto)*

The “Wake-up bus”: The first European awareness campaign -

11.25h - *Liborio Parrino, ANSS Chair (Parma)*

Insufficient sleep and sleepiness: a public health and social problem

11.35h - *Walter Mc Nicholas, ESRS Board (Dublin)*

The need for new population-based studies on sleepiness in Europe

11.45h - *Dirk Pevernagie, ESRS Education Committee (Kempenhaeghe)*

The need for more education on sleep and sleepiness in Europe

11.55h - *Pierre Hervé Luppi, ESRS Board (Lyon)*

Sleep and sleepiness towards HORIZON 2020

12.05h - *Catherin Berens (Scientific Officer, Head Sector Neuroscience, DG Research and Innovation)*

Horizon 2020 and Brain Research

12.15h - *Ivan Lukač (Policy Officer, Road Safety Unit, DG Mobility and Transport)*

Concluding Remarks

12.20h - **Open Discussion**

13.00h - **Lunch**

ESRS Early Career Researcher Network (ECRN)

Members (2014 – 2016):

Erna Sif Arnardottir (Coordinator), Harald Hrubos-Strøm (Vice-Coordinator), Ashleigh Filtiness, Cátia Reis, Bogdan Voinescu

The ECRN is excited to announce the program for the first Early Career Day to be held at the next ESRS conference in Bologna, 2016. Please remember to sign up for this event at the ESRS, free for all early career ESRS members. The preliminary program for the event is shown below which will take place on Tuesday, September 13 from 12.30 – 16.30. The event will focus on the skills needed for all early career researchers – with talks related to professional development and presentation skills. Also, we will be providing feedback on the presentations and posters for the conference to those who are interested. We will end the event with an election for two new members of the executive committee of the ECRN, so please send your CV to Erna at ernasif@landspitali.is if you are interested in joining the executive committee for the next 4 years.

12:30 – 13:00 Lunch

13:00 – 13:05 Welcome and introduction

13:05 – 13:45 Session 1: Professional development - Debra Skene. Title TBA

13:45 – 14:45 Session 2: Presentation skills – David Tomlinson. Title TBA

14:45 – 15:15 Coffee Break

15:15 – 16:00 Session 2 (continued): Presentation skills – David Tomlinson

16:00 – 16:30 Presentation feedback, election and closing

Dr. Erna Sif Arnardottir, Coordinator

on behalf of the executive committee, Early Career Researcher Network



REPORTS OF THE EUROPEAN NETWORKS

European Narcolepsy Network (EU-NN)



EUROPEAN NARCOLEPSY NETWORK

EU-NN has been growing since 2015 and counts 43 members from 17 European countries. Together with these members, the database – the heart of EU-NN – has been growing to up to more than 1400 prospective cases. Twenty to fifty new cases and follow-up cases are entered into the database monthly. Ramin Khatami has submitted a publication about “The European Narcolepsy network (EU-NN) database,” which has been accepted by JSR. A

second publication is in progress. A handbook will be prepared on the correct use of the database.

Recently the 7th European Narcolepsy Day was held in Helsinki under the umbrella of the Finnish Narcolepsy Society. Markku Partinen had organized a program for patients and scientists in a wonderful historic building. For the first time, children and adolescents were invited. The program was split into a scientific program and a patients’ program, with the focus on “patient related outcome measures.”

During the Assembly of the EU-NN, Michel Billiard from Montpellier, France was nominated as an honorary member. The Young Scientist Award went to Alexander Lind, Sweden, for his work “A/H1N1 antibodies and TRIB2 autoantibodies in narcolepsy patients diagnosed in conjunction with the Pandemrix vaccination campaign in Sweden 2009-2010.” Some of the by-laws of the EU-NN were changed, which now allow basic researchers to become members. Four board members were elected. Geert Mayer, Germany, was elected president, Markku Partinen, Finland, treasurer, Aleksandra Wierzbicka, Poland, member at large and Rolf Fronczek, The Netherlands, secretary. Thanks go to Rosa Peraita, Spain, who has served the EU-NN for many years and has organized the 4th European Narcolepsy Day in Madrid and to Renata Riha, Scotland, who has served the board as secretary throughout the last two years. The funding committee will be run by Tatiana Kharkevitch, Belgium, and the EU-NN vice president Claudio Bassetti, Switzerland. The Assembly decided that the 8th European Narcolepsy Day will take place in March 2017 in Palma de Mallorca hosted by Francesca Canellas, Spain.

The Narcolepsy Think Tank (organized by the ASSS/BENESCO) was held with the participation of the President, Vice-President and several members of the SC EU-NN. In 2015, the board has met several times with the scientific committee and launched several scientific projects, which will make use of the EU-NN database. The homepage will be improved and more patient information is planned, with focuses on pregnancy, driving and other “hot topics.” The collaboration with the European

Narcolepsy Associations will be strengthened. The annual meetings are a good place to exchange local activities and plan activities on a European level. This year, the EU-NN will present its activities for the first time at the EURORDIS conference in Edinburgh in May 2016. At this years' ESRS conference in Bologna, we will have an EU-NN session to which everyone is invited. An update of the European narcolepsy guideline will be prepared together with the European Academy of Neurology Sleep Panel.

Geert Mayer, President of the EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

The Annual Meeting of the ANSS will take place in Brussels, Belgium (April 28-30 2016). The meeting will take place at the Marivaux Hotel.

Despite the negative international events, the ESRS Board and the ANSS Executive Committee unanimously decided to keep the meeting in Brussels as planned. The decision has been extensively approved by all European Presidents (or their representatives) who have booked and confirmed their attendance (so far, the local organizer Johan Verbraecken has collected a total of 35 participants).

The program includes a number of qualifying issues, including a session dedicated to the Sleep medicine sub-specialty. Thanks to Dirk Pevernagie and his dream team, the opinions and suggestions of the ANSS members will be exposed and discussed to point out possible strategies for obtaining an official recognition of a professional/academic sleep expert profile throughout Europe and in individual European countries.

How different countries deal with the EU directive on driving licenses in the NSS will be explored using an appropriate questionnaire prepared by Marta Gonçalves and completed by the national Presidents.

The opportunity to establish European sleep scoring rules and new research opportunities will be also discussed as well a shared Horizon 2020 project and the freshest news on the upcoming ESRS Congress in Bologna.

The climax of the meeting will be achieved in a special session, "European sleep meets the European Union, Measuring sleepiness: the need for common European rules." EU officers (belonging to DG Mobility and Transport, Road Safety Unit, Driving Licences and Qualifications for Professional Drivers, Research and Innovation Neuroscience Unit) will discuss leaders the positive impact of awareness campaigns, the effects of excessive sleepiness and insufficient sleep, the need for new educational projects on sleep in Europe and the future perspectives towards Horizon 2020 with ANSS and ESRS.

We wish to thank the Belgian Association for Sleep Research and Sleep Medicine (BASS) for hosting the meeting, and Philips Respironics for the supportive collaboration.

Liborio Parrino
Chair, EC ANSS



CALL FOR NOMINATIONS: EDITOR-IN-CHIEF OF THE JOURNAL OF SLEEP RESEARCH

The ESRS board of the European Sleep Research Society is calling for nominations for the position of Editor-in-Chief of the Society's flagship publication, *Journal of Sleep Research (JSR)*. This appointment will officially begin January 1, 2017 for one five-year term after a transition period organized between the current and new Editor-in-Chiefs. The Editor-in-Chief will be allocated editorial assistance and an allowance for expenses.

The mission of the *JSR*, founded in 1991 and owned by the European Sleep Research Society (ESRS), is to publish the highest quality work in the field of sleep research and sleep medicine. Papers published in the Journal should be of general interest to all sleep researchers and beyond.

The Editor-in-Chief is the steward of the scientific content of the Journal and, as such, must have a broad understanding of sleep as an evolving discipline. The Editor-in-Chief must have scientific stature, be responsive, be able to make timely decisions and be firm when necessary.

The Editor-in-Chief is responsible for carrying out the editorial policies established by the ESRS, and for the following duties:

1. Establish and maintain the scientific standards of the Journal; ensure uniformity of scientific standards across Journal sections; increase the visibility and the impact factor of the Journal.
2. Recruit and submit Deputy and Associate Editor Board Member nominations to the ESRS board (Editorial Board terms are staggered, five-year terms, renewable once).
3. Lead and mentor the *JSR*'s Editorial Board, chair the bi-annual Editorial Board meetings, and develop processes to increase the efficiency, quality and uniformity of the editorial processes.
4. Resolve scientific and other conflicts as they arise.
5. Encourage the submission of high-quality manuscripts; recruit manuscripts at conferences; publish guidelines and authoritative reviews, commission special issues and guest editors.
6. Write editorials that discuss issues pertinent to the *JSR*.
7. Respond to all reports of potential breaches of publication ethics and all allegations of scientific misconduct.
8. Work with the *JSR* office staff on the day-to-day editorial management of the *JSR*.
9. Work with the *JSR*'s publisher, Wiley, on innovations in journal content and new editorial features.

10. Work with the ESRS board on strategic matters affecting the *JSR* and the Society.
11. Meet with and report at least annually to the ESRS board.

Application Process

Interested individuals should prepare and submit an application via e-mail. The application must include the following items:

- **Letter of Application** (250-300 words) that describes your qualifications for the role of Editor-in-Chief of the *JSR*, such as past experience as an editor or member of an editorial team, history of scholarship in the field and demonstrated capacity to manage deadlines and to attract and retain contributors to projects.
- **Vision Statement** (800-1,000 words) that provides a clear description of your vision for the *JSR* under your leadership. The statement should include a critique of the existing journal format and content and should set forth your goals and plans for the content of the Journal.
- **Vita or Resume** that accurately portrays your experience, indicates your current affiliations and lists your current contact information.
- **Evidence of Institutional Support**, which may be a letter of support or other documentation from your employer that describes the level of support available (release time and/or general office support), should you be selected for the position.

Applications will be reviewed by the ESRS board immediately after the submission deadline. Preliminary interviews will be conducted by phone or video-conference. The selected candidate will be expected to disclose any potential conflicts of interest prior to appointment and annually thereafter throughout his or her term of service.

Applications will be accepted via e-mail only. Send applications and attachments to Lino Nobili, ESRS Secretary at secretary@esrs.eu by **Friday, June 3, 2016**.



RECIPIENTS OF ESRS TRAVEL GRANTS 2016

The [ESRS Research Networking Committee](#) is pleased to announce that one ESRS Short-term Research Fellowship (fellowship for three months) and two ESRS Two-Week Training Grants have been awarded for the year 2016 within the programme developed to promote the travel of young sleep researchers in order to learn a specific technique or methodology in an experienced laboratory belonging to the [ESRS Network of Sleep Research Laboratories](#).

We congratulate the recipients and cordially thank the supervisors and teams of the host laboratories for their support and cooperation in this endeavour.

Recipient of ESRS Short-term Research Fellowship:

Tristan Martin, PhD, Caen, France

Host Laboratory:

[Human Chronobiology, Inserm U846, Department of Chronobiology, Bron-Lyon, France](#)

Supervision:

Prof. Claude Gronfier

Recipient 1 of ESRS Two-Week Training Grant:

Esther Afolalu, Coventry, United Kingdom

Host Laboratory:

[Center for Sleep Research and Sleep Medicine, University Medical Center, Department of Psychiatry & Psychotherapy, Freiburg, Germany](#)

Supervision:

Prof. Dieter Riemann

Recipient 2 of ESRS Two-Week Training Grant:

Michelle Magee, Cranbourne, Australia

Host Laboratory:

[Surrey Sleep Research Centre, Faculty of Health and Medical Sciences, University of Surrey, Guildford, United Kingdom](#)

Supervision:

Prof. Simon Archer



UPDATE ON ESRS CONGRESS ACTIVITIES

ESRS 2016



Preparations for the ESRS 2016 meeting in Bologna, 13 - 16 September 2016 are going well, and we look forward to an exciting meeting.

The Scientific Programme is online at www.esrs-congress.eu. We are proud to have Prof. Anita Luthi, Atul Malhotra, Prof. Liborio Parrino, Prof. Joan Santamaria and Prof. Eus van Someren as 5 outstanding keynote speakers. The scientific programme will also include symposia, teaching courses, video and case discussion sessions, round table discussions, oral and poster sessions and a new network session for Early Career European Sleep Researchers

The oral and poster sessions are a very important part of the congress, and we would like to encourage you to submit an abstract for the congress. Please visit www.esrs-congress.eu for further details. The **abstract submission deadline is on 20 April 2016**.

The **early registration deadline is 28 April 2016**. Don't miss the deadline in order to save considerably on the registration fees. There are also 5 great teaching courses for which you can register, additionally. Registration can be done online at the congress website www.esrs-congress.eu.

ESRS has designated event-travel specialist Congrex Travel to serve as the official travel agent. Please visit the congress website for the hotel and flights offers.

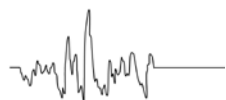
ESRS 2018

Basel in Switzerland has been chosen as the venue for the ESRS 2018 congress. Initial preparations to organise the congress have already started, and the ESRS Board is looking forward to holding the congress in this charming Swiss city.

ESRS 2020

The ESRS Board has issued a call for applications to host the ESRS 2020 congress. Please refer to the bid manual for all further information.

www.esrs.eu/fileadmin/user_upload/forms/Bid_Manual_ESRS_2020.pdf



SLEEP MEDICINE TEXTBOOK



Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux

Publisher: European Sleep Research Society (ESRS)

Regensburg, 2014

ISBN: 9781119038931

The Sleep Medicine Textbook provides comprehensive, all-in-one educational material (550 pages) structured around the [Catalogue of knowledge and skills for sleep medicine](#) (Penzel et al. 2014, [Journal of Sleep Research](#)). Written by experts in the field and published by the ESRS, it provides a European approach to sleep medicine education, and represents the knowledge base for the ESRS-endorsed sleep medicine examinations.

Endorsed by ERS

Download free sample chapter: [B.1. Classification of sleep disorders](#)

ESRS Members* ESRS Early Career Research Network (ECRN) Non-Members**

Price per copy	€ 140	€ 120	€ 155
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* As a courtesy of ESRS, members of the [Associate National Sleep Societies](#) (ANSS), the [European Biological Rhythms Society](#) (EBRS) and the [European Respiratory Society](#) (ERS) benefit from the reduced price.

** ECRN members benefit from the student price (see conditions).

BOOK ORDER

Fax/ email this form to Maria Wiechmann (ESRS Office) +49 941 29080975 / maria.wiechmann@esrs.eu

I hereby order _____ copy/ copies of the

Sleep Medicine Textbook (Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux) at copy price

€ 140 (ESRS, ANSS, EBRS and ERS members) € 120 (ECRN members) € 155 (non-members)

I am a member of:

ESRS ANSS* EBRS* ERS*

* Please include a membership certificate.

ESRS-ECRN **

** Reduced price for ESRS members during studentship and 5 years after having received a degree as PhD or MD. Please include appropriate certificates.

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NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the Italian Association of Sleep Medicine (AIMS), Dr. Raffaele Ferri

Dear Dr. Ferri, what is the status of the accreditation procedures for sleep medicine experts? Can you explain how the procedure works?

Since 1997, AIMS has appointed the accreditation of “Sleep Medicine Expert” to doctors that pass a careful exam, held annually the day before the beginning of the annual Congress, and consisting of three parts: 1) a questionnaire composed by 50 questions on basic Sleep sciences, cardiorespiratory Sleep medicine, hypersomnias, insomnia and circadian rhythm disorders, sleep-related movement disorders and parasomnias; 2) a practical test on reading and scoring PSG for staging, phasic event detection and quantification, analysis of cardio-respiratory signals and analysis of other PSG features, such as neurovegetative and motor events; and 3) the discussion of a clinical case proposed by the candidate and by the examiners.

The candidates must pass the questionnaire by correctly answering at least 37/50 questions in order to sustain the following step.

Such an accreditation procedure is planned only for physicians or also for other professional figures like psychologists, technicians etc.?

We also admit psychologists to the exam.

Do you also have an accreditation procedure for sleep centers?

We first established an accreditation procedure for Sleep Centers in 1995, which have been regularly updated over the years and include criteria for the first accreditation and the subsequent maintenance of the status. In particular, we verify and certify the clinical competence of the staff of the Center and the appropriateness of the clinical procedures and of the equipment available for a correct diagnostic and therapeutic management of patients with sleep disorders.

Do you have accreditation procedures for centers with different characteristics (multidisciplinary, respiratory specific, pediatrics etc)?

We have two main types of Centers:

- 1) “*Centro di Medicina del Sonno (CMS)*” that can manage and follow-up patients with all types of sleep disorders, also by collaborating, when needed, with other specialists and centers, with established and validated protocols for diagnosis/therapy. The Director of a CSM must be a neurologist with a demonstrated experience within the field of Sleep Medicine and at least one of the staff must have the AIMS Sleep Medicine Expert accreditation.
- 2) “*Centro per i Disturbi Respiratori in Sonno (CDRS)*” that can manage and follow-up patients with sleep disordered breathing, also by collaborating, when needed, with other specialists and centers, with established and validated

protocols for diagnosis/therapy. At least one of the staff must have the AIMS Sleep Medicine Expert accreditation.

Both types of Centers may be dedicated specifically to the pediatric age range.

Is sleep medicine officially included in academic programs?

No. In Italy, Sleep Medicine is not a discipline officially recognized as an academic one; however, there was a PhD program dedicated to Sleep Medicine at the University of Bologna (no longer active), which also organizes a University Master's Degree in Sleep Medicine every year, in collaboration with AIMS, with 15 colleagues getting this degree every year.

Do you organize accredited sleep medicine courses?

AIMS organizes an accredited Sleep Medicine residential course every year in Bertinoro, and this year we will have our 20th edition. It consists of lessons and practical sessions, including hands-on computer scoring of different PSG recordings and video sessions. Basic and advanced courses are organized, depending on the perceived needs, which last usually for 4-5 days and are highly attended.

Are you working toward achieving the recognition of sleep medicine as a medical sub-specialty?

This is a very difficult target, especially in the current particular global socio-economic period, and the specific academic and health system reorganization needs for the public spending review process which are taking place. These do not allow for an increase in the number of official specialties/sub-specialties. However, AIMS is continuously promoting the importance and the need of Sleep Medicine Experts, and its efforts have recently received some support from an official document of the Italian Ministry of Health about the application of the E.U. directive on driving licenses for drivers with obstructive sleep apnea, in which a specific mention of "*experts in sleep disorders*" has been repeatedly made.

Is basic research in the sleep field represented in the Italian Association of Sleep Medicine activities?

AIMS has an important and strong group of basic researchers that represent a fundamental component of the association. This importance is reflected by the presence of a specific commission dedicated to basic sleep research, and its Coordinator is, through by-laws, a component of the Society Board of Directors. Basic researchers are a very active part of AIMS who are fully embedded in the association's activities with dedicated symposia at the annual congress and specific courses and activities.

Thank you, Dr. Ferri, for participating in this interview.

Lino Nobili



NEWS FROM THE RUSSIAN SLEEP SOCIETY

Taking into account the recommendation of ANSS/ESRS to band scientific and clinical sleep societies in Russia, a group of 8 people, including Profs. Vladimir Kovalzon, Gennadiy Kovrov, Genrikh Oganessyan and Nikolay Yakhno, founded a novel non-commercial organization, Association “National Somnological Society” (Russia) and got an official paper of its registration by the Ministry of Justice on June, 8, 2015. All official Russian documents are shown on the society’s website (<http://sleepsociety.ru>). On November, 23, the board of the Russian Society of Somnologists (the Somnology Section of the Pavlovian Physiological Society under the Russian Academy of Sciences), a member of ANSS/ESRS, made the decision to merge into the National Somnological Society, so the professional somnological society, including the representatives from both fundamental science and sleep medicine, has finally been formed and obtained its legal status. We intend to hold the first business meeting of the new society at the end of January, 2016, when the new board of directors will be elected. Now, the new society is temporarily led by a working group of 9 researchers and medical doctors, among them: M.Agaltsov (Moscow), E.Verbitsky (Rostov-on-Don), V.Dorokhov (Moscow), A.Kalinkin (Moscow), L.Korosovtseva (S.-Petersburg), E.Rutskova (Moscow), Yu.Sviriyayev (S.-Petersburg), and chaired by V.Kovalzon and G.Kovrov. We decided not to change our “European name,” the Russian Society of Somnologists, and apply to accept our new society as a successor of the previous one and a member of ANSS/ESRS. Our old website www.sleep.ru is also alive and regularly updated. We continue to inform the ANSS/ESRS officials as things develop.

Vladimir M.Kovalzon, Ph.D.



OXFORD ONLINE PROGRAMME IN SLEEP MEDICINE

The Oxford Online Programme in Sleep Medicine (MSc/PGDip) is open for applications (October 2016 intake).

We are very excited to inform you that our online programme is now open, and we very much look forward to receiving applications.

Please apply [here](#) for the MSc in Sleep Medicine

- We will be holding interviews for the MSc on June 20th and/or June 21st and would ask for all completed applications to reach us by Friday May 27th.
- Applications received after this date will be considered subject to availability

Please apply [here](#) for the PGDip in Sleep Medicine

- We would ask for completed applications to reach us by Friday May 27th
- Applications received after this date will be considered subject to availability.

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ESRS EVENTS

23rd Congress of the European Sleep Research Society

Date: September 13 – 16, 2016

Venue: Bologna, Italy

Website: www.esrs-congress.eu/esrs2016





ESRS ENDORSED TRAINING, COURSES & EVENTS

International Sleep Medicine Course - ISCM 2016

Date: June 6 - 9, 2016

Venue: Cardiff, United Kingdom

General Information: <https://.../ismc-and-hands-on-spring-meeting/>

British Sleep Society (BSS) Hands on Spring Meeting

Date: June 7 - 8, 2016

Venue: Cardiff, United Kingdom

General Information: <https://.../ismc-and-hands-on-spring-meeting/>

1st Balkan / South European Congress on Sleep Research

in conjunction with the

6th Panhellenic Interdisciplinary Congress on Sleep Research

Date: June 30 – July 3, 2016

Venue: Athens, Greece

Website: www.athenssleep2016.gr/en/index.html



From Basic Neuroscience to Clinics

Satellite Symposium of the European Sleep Research Society to be held during the [10th Federation European Neurosciences Societies \(FENS\) Forum of Neuroscience](#)

Date: July 1, 2016

Venue: Copenhagen, Denmark

Programme: click [here](#)

10th FENS Forum of Neuroscience

Date: July 2 - 6, 2016

Venue: Copenhagen, Denmark

Website: forum2016.fens.org/





OTHER TRAININGS AND COURSES

International School of Human Chronobiology and Working Life

Date: August 8 - 12, 2016

Venue: Stockholm, Sweden

Flyer: www.esrs.eu/.../Kursblad_ISoHCaWL.pdf

Web link: www.idea-net.net/ssc/..human-chronobiology-and-working-life

Course coordinators:

Arne Lowden (arne.lowden@su.se)

Claudia Moreno (crmoreno@usp.br)

Welcome to this year's summer course in Stockholm! We have put together a program that includes the most inspiring, competent and well-known teachers within the field of chronobiology and working life. The lectures will span from molecular clockworks to study designs. The course is held at the campus of Stockholm University, School of Public Health and Stress Research Institute. The course will be based on seminars with rich opportunities to meet professors and PhD students close to or within the field of chronobiology, but also in an informal way so as to enjoy the summer season.



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

24th Annual Meeting of the German Sleep Society

Date: December 1 - 3, 2016
Venue: Dresden, Germany
Website: www.dgsm-kongress.de/



FUTURE MEETINGS

1st International Conference on Sleep Spindling

Date: May 12 - 14, 2016
 Venue: Budapest, Hungary
 Website: www.sleepspindles.com/

Operating on automatic pilot? Sleep and society: Confrontations with the law

Date: May 18, 2016
 Venue: London, United Kingdom
 Flyer: www.esrs.eu/uploads/tx_mnmesrscal/Flyer_RSM.pdf
 Website: www.rsm.ac.uk/events/slq03

2nd Congress of the European Academy of Neurology

Date: May 28 - 31, 2016
 Venue: Copenhagen, Denmark
 Website: www.eaneurology.org/Welcome-to-Copenhagen-2016.2122.0.html

For an overview of sleep sessions and business meetings please click [here](#).

In order to better coordinate basic and clinical research as well as education in sleep medicine, the EAN is looking for a strong alliance with the ESRS. For coordination of joint activities, the EAN kindly invites ESRS members interested in the neurological field to attend the [EAN congress 2016](#) in Copenhagen with a [large number of sleep activities](#) and to join the business meeting of the EAN Scientific Panel "Sleep" on Sunday, 29 May 2016, 17:00 - 19:00.

Aging and Sleep 2016 - 4th International Meeting

Date: July 22 - 23, 2016
 Venue: Istanbul, Turkey
 Flyer: www.esrs.eu/.../Flyer_Aging_and_Sleep_2016.pdf
 Website: www.agingandsleep2016.com/

Sleep and Chronobiology Summer School

Date: July 24 - 29, 2016
 Venue: Oxford, United Kingdom
 Announcement: www.esrs.eu/.../Announcement_letter_2016_.pdf
 Programme: www.esrs.eu/.../timetable_outline_wo_speakers.pdf

Society for Neuroscience (SfN): 46th Annual Meeting 2016

Date: November 12 - 16, 2016

Venue: San Diego, CA, U.S.A.

Website: <http://sfn2016.org/?gclid=CMnPOZ3oi8wCFagy0wodAxQKXg>

ISM slots 2016 for FENS members

ISM slots allow registered FENS members to submit an abstract without being a member of SfN and attend the annual meeting at reduced member conditions. Due to automatic FENS membership, ESRS members are profiting from these benefits.

Abstract submission deadline: 5 May 2016

XV European Biological Rhythms Society Congress

Date: July 30 – August 3, 2017

Venue: Amsterdam, The Netherlands

Flyer: www.esrs.eu/.../Henk-EBRSC12new.pdf

Website: www.nin-meeting.nl/



World Sleep 2017

Joint congress of the World Sleep Federation (WSF) and the World Association of Sleep Medicine (WASM)

Hosted by the Czech Sleep Research and Sleep Medicine Society

Date: October 7 - 11, 2017

Venue: Prague, Czech Republic

Website: www.worldsleepcongress.com/



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The Society welcomes the following new members:

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