

NEWSLETTER

November 2014





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LETTER FROM THE PRESIDENT

Dear ESRS and ANSS Members, Colleagues and Friends,

Our **22nd ESRS Congress** was a huge success offering an ideal combination of high-level scientific quality in sleep research and clinical domains and extensive opportunities to network while discovering the beautiful city of Tallinn. I warmly thank the Estonian Sleep Medicine Association (ESMA) and both current and past presidents, Erve Sõõru and Tuuliki Hion, for their enthusiastic support and kind hospitality. The ESMA also organized a stunning display of hundreds of Estonian children's drawings on the topic of sleep, that I invite you to appreciate on the [website](#) (see below for an excerpt), and we were honoured by the participation of the Minister of Health and Labour of Estonia at the Opening Ceremony, demonstrating the rising interest in the field of sleep in this Baltic country. I was also privileged to present **Alexander Borbély** with the [European Sleep Science Award](#), created by the ESRS to recognize members who have made outstanding contributions to the field of sleep research (past awardees were Michel Jouvet in 2010 and Elio Lugaresi in 2012). Alexander Borbély is the perfect recipient for this award. He not only provided us with an enduring theoretical framework to reflect the complex relationships between circadian and homeostatic regulation processes, but also tirelessly contributed to the development of the sleep and chronobiological fields over more than 40 years. He was also the 6th ESRS President (1988-1992) and initiated the now traditional ESRS Young Scientists' Symposium aimed at bringing greater attention to "new blood" in the field of European sleep research. The success and high scientific quality of the Tallinn meeting are also the result of the dedicated work of the ESRS Scientific Committee chaired by Simon Archer, in collaboration with the Local Organizing Committee and the ESRS Board, who were efficiently supported by Congrex. We anticipate an even more successful 23rd ESRS Congress in 2016 with the support of the Italian Sleep Medicine Society and local organizer Roberto Amici, in Bologna, a town renowned in the field of sleep medicine. Roberto Amici was also the organizer and referee of the traditional [ESRS football match](#) in Tallinn, won by the Blues despite the presence of both past and current ESRS presidents in the team. Many, many thanks to all those of you who made the ESRS Congress a possible, unique and pleasurable event!



I am also glad to announce that the 24th ESRS meeting will be held in 2018 in Basel. In the meantime, we sincerely hope to meet you at the upcoming [3rd ERS-ESRS Sleep and Breathing](#) conference in Barcelona (April 16-18, 2015) and at [Worldsleep Sleep and Health 2015](#), the 7th World Congress of the World Sleep Federation which will be hosted by the ESRS in Istanbul (October 31 – November 3, 2015).

The **biannual ESRS business meeting** also took place in Tallinn. Members were elected/re-elected by vote to the Board and the Scientific Committee. As ESRS President, it will be a great pleasure to work with a Board comprising Clinical and Basic Vice-Presidents Walter McNicholas and Pierre-Herve Luppi, Secretary and Assistant-Secretary Lino Nobili and Tiina Paunio, Treasurer Dieter Riemann, ANSS Representative Marta Gonçalves, and Past President Claudio Bassetti. Debra Skene has left the Basic Vice-Presidency after many years of enthusiastic and constructive contribution to the ESRS Board, but she will continue as an active member of the ESRS Research Networking Committee. We are also lucky to keep re-elected members of the Scientific Committee, ensuring continuity in the tradition of excellence. The new Co-Chairs of the Scientific Committee are Tom de Boer and Renata Riha, seconded by John Axelsson, Gianluca Ficca, Birgit Högl, Poul Jennum, Mayumi Kimura, Gilles Vandewalle and Raphaëlle Winsky-Sommerer. We offer our deepest appreciation to the departing members: Alex Iranzo, Raffaele Manni, Sophie Schwartz, Tiina Paunio and last but not least, past Chair Simon Archer. In this issue and on the ESRS website, you will find the minutes of the business meeting, the revised bylaws and the new composition of all ESRS Committees. The business meeting is an important event in the life of the society and I am glad to see that you continue being many and enthusiastic in your participation; a sure sign of democracy and of the health of the association.

An important decision made during the business meeting was to **modernize the ESRS membership system**. From now on, there is no waiting period for membership application, and members' rights and advantages are contingent upon payment of the membership fee for the corresponding period. The ESRS assembly also approved a biennial membership fee, which will prevent a drop in membership payments for the year between two congresses or activities of interest. Thus, you will receive (or have already received) an invitation to pay your affiliation for the two coming years. Please note that the annual amount has not increased, keeping the ESRS membership fee at a very affordable level. Do not forget that being an ESRS

member gives you access to the biggest European sleep research and sleep medicine community, with substantial advantages including a reduced price for ESRS publications and full access to the Journal of Sleep Research, preferential registration fees at meetings organized or co-organized by the ESRS, travel grants for early career researchers, full membership of the Federation of European Neuroscience Societies (FENS) with all associated advantages including full access to the European Journal of Neuroscience, etc. It also offers unique opportunities to interact with your colleagues in a dynamic and multidisciplinary environment aimed at promoting all domains of sleep research and sleep medicine. Welcome to our 41 new ESRS members - we are glad that you have decided to join us!

The Tallinn meeting also witnessed the launch of an **ESRS Early Career Researcher Network**. Over 80 people participated in the launch meeting. Discussions were undertaken regarding the future of this network, whose main purpose will be to give a stronger voice to early career researchers within the ESRS, and offer opportunities to meet and exchange ideas with other researchers in the early stages of their careers. We are looking forward to cooperating with this group, which represents the future of our society, and thank Debra Skene and Erna Sif Arnardottir for organising this event.

The ESRS continues to offer **Travel grants** (deadline 31 December 2014) allowing early career researchers to visit the research sleep laboratories of ESRS members for educational purposes and to make novel, transnational connections ([click here](#)). The ESRS Board is committed to developing its continued support of sleep research by creating novel opportunities in the sleep field and by making the word "sleep" a hot topic of interest in scientific calls at a European level, with the help of the newly restructured ESRS European Union Committee headed by Roberto Amici, and of the Research Networking Committee.

Education and Certification in Sleep Medicine is an important goal for the ESRS. After the successful certification of 123 Grandparent European Expert Somnologists in Paris (2012) and Berlin (2013), the first regular examination for ESRS somnologists and the first grandparents' examination for sleep technologists were held in Tallinn during the ESRS congress. In this newsletter we list the 106 members who passed the 2014 ESRS Examination in Sleep Medicine and obtained certification as Expert Somnologists. Additionally, you will find the names of 38 members representing 12 different countries who obtained "Grandparent" certification as Expert Somnologist - Technologists. The ESRS Board congratulates all these experts and wishes them success in their professional, clinical and scientific activities.

The **4th Examination of the Certification in Sleep Medicine and the 2nd Examination of the Certification in Sleep Medicine for Grandparents Sleep Technologists** will take place on Wednesday 15 April, 2015 at the joint ERS-ESRS [Sleep and Breathing Congress in Barcelona, Spain](#). The deadline for applications is 11 December, 2014 - still time for you to apply! Examinations are organized and supervised by the ESRS Sleep Medicine Committee, chaired by Thomas Penzel who was central to the successful development of the ESRS sleep medicine examinations and is now exploring processes for certifying sleep medicine centres. The ESRS Education Committee, now chaired by Tiina Paunio, will support the SMC in the organization of sleep medicine examinations. We thank Zoran Dogas for his work and inspired input as past Chair of the Education Committee that was created in 2012.

For the first time, the examination will be based on the ESRS [Sleep Medicine Textbook](#) (Editors-in-Chief Claudio Bassetti, Zoran Dogas and Philippe Peigneux), that 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 an European basis for sleep medicine education, and represents the knowledge-base for the ESRS-endorsed sleep medicine examinations. Displayed for inspection and offered in pre-sale format during the Tallinn congress, the Sleep Medicine Textbook is now in press and will be shipped to all contributors and buyers in the first week of December. If you have not yet acquired your exemplar of this must-have book, an order form is available in [this newsletter](#) and on the [ESRS website](#). As a courtesy on behalf of the ESRS and a small token of our esteem, we are offering all members of the [Associate National Sleep Societies](#) (ANSS) the reduced ESRS member price.

This presidential letter is already too long, but still leaves me with the feeling that I have forgotten important actions and persons, and I apologize in advance for any such omission. I express my sincerest gratitude to all of you who have enabled ESRS actions and imbued them with success, for all of your hard work and commitment, and for continuing to serve the society. Together with those who have been, still are or have now become members of the Board and the ESRS Committees, I extend my deepest thanks to our dedicated administrative staff. I also extend my gratitude to all members of the ESRS and/or of an affiliated national sleep society.

Last but not least, I would like to cordially thank Renata Riha for proofreading and editing the English version of this newsletter as language editor.

I invite you to enjoy this November 2014 edition of the ESRS Newsletter. Do not forget to visit the [ESRS website](#), which is continuously updated.

Do not hesitate to contact me, or any member of the new board with any remarks and suggestions, which will be most welcome.

Sleep well and keep safe!

Sincerely yours,

Philippe Peigneux
ESRS President



ESRS 2014: SUMMARY

ESRS 22nd Congress, Tallinn, Estonia, 16 -20 September, 2014

I am very pleased to provide a summary on behalf of the outgoing Scientific Committee of the highly successful 22nd ESRS Congress held in Tallinn, Estonia in September. The congress was attended by 1,568 participants from 66 countries. The Scientific Committee received 876 submitted abstracts, from which 125 oral and 743 poster presentations were selected. There were 21 symposia and 4 well attended keynote sessions (e.g., 800 at the Richard Morris presentation), in addition to a mix of case discussions, video sessions, teaching courses, joint symposia etc. The Scientific Committee took the decision to revise the schedule of the congress to try to minimise the number of overlapping parallel symposia and to try to maximise the opportunity to attend sessions of interest for all participants. We think this worked well. For example, the sessions immediately following the Opening Ceremony were attended by over 1,000 people. Finally, we all enjoyed very much the wonderful hospitality of the Estonian people and the beautiful city of Tallinn. I would like to thank all members of the previous Scientific Committee for their hard work in putting together the scientific content of the meeting and I wish the current Scientific Committee all the best for the next meeting in Bologna 2016.

Simon Archer
Chair Scientific Committee 2012 - 2014



ESRS 2014: STATISTICAL REPORT

The 22nd meeting of the ESRS was attended by a record 1'568 participants. The majority of sessions was well attended which attests to the high quality of the scientific programme and the wide interest in the field of Sleep Research.

The highlights of the meeting included:

- The 3rd European Sleep Science award ceremony (the prize was awarded to Alexander Borbély);
- The four key-note lectures: Richard Morris from Edinburgh, GB, Allison Harvey from Berkeley, US, James Krueger from Spokane, US, Jan Hedner from Gothenburg, SE
- Three joint symposia of the ESRS with the ERS (European Respiratory Society), the EAN (European Academy of Neurology) and the EBRS (European Biological Rhythms Society)
- Four European Sleep Research Networks sessions; European Insomnia Network, ESADA (European Sleep Apnea Database), European Narcolepsy Network and the EURLSSG (European Restless Legs Syndrome Study Group)
- Twenty-one selected symposia covering the latest developments in the field and all areas of sleep research and sleep medicine
- Lively and interactive “Science, drinks and snacks” poster sessions !



The great work of the ESRS board and the ESRS scientific committee, as well as the generous support of the local organising committee (Erve Sõõru and Tuuliki Hion) must be acknowledged.

Visit the Photo Galleries on the [ESRS website](#) and the [ESRS 2014 congress website](#) to see pictures of the meeting in Tallinn!



Scientific Programme



876 abstracts
(125 orals, 743 posters, 8 rejected)



4 Keynote Lectures
5 Teaching Courses
21 2-hour Symposia
3 Joint Symposia
4 European Network Sessions
16 Oral Sessions
6 Round Table Discussions
2 Case Discussions
2 Video Sessions
2 Satellite Symposia



Exhibition & Sponsoring



211.00m2 Exhibition and 24 exhibitors
5 Sponsors



Attendance



1'568 Total participants from 66 countries

Participants per country

(sorted by number of participants)

Country	No. Of delegates
Finland	123
France	99
Switzerland	96
Portugal	92
Netherlands	84
Germany	80
Italy	78
United Kingdom	76
Belgium	69
Greece	62
USA	54
Korea, Rep. of South	53
Norway	49
Sweden	46
Spain	45
Australia	44
Estonia	41
Canada	40
Japan	40
Russia	37
Denmark	23
Austria	21
Bulgaria	20
Slovakia	19
Brazil	12
Czech Republic	10
Israel	10

Romania	10
Slovenia	10
Turkey	10
Georgia	9
Iceland	9
Lithuania	9
China	8
Croatia	7
Hungary	7
Mexico	7
Poland	5
Taiwan	5
Hong Kong	4
Ireland	4
Singapore	4
Armenia	3
Latvia	3
Saudi Arabia	3
Chile	2
Iran, Islamic Republic of	2
Luxembourg	2
New Zealand	2
Qatar	2
Serbia	2
Ukraine (CIS)	2
Uruguay	2
Colombia	1
Cyprus	1
French Polynesia	1
Gabon	1
Guadeloupe	1
India	1
Lebanon	1
Moldova	1
Morocco	1
Nigeria	1
Oman	1
UAE	1

Total number of participants **1568**



THANK YOU NOTE TO ESRS

Dear ESRS members and Board,

I would like to thank the ESRS membership for the opportunity you gave me to serve as an ESRS board member for the past 8 years, first as Assistant-Secretary (2006-2010) and then as Vice-President (Basic), 2010-2014. It has been a pleasure working with the Board and being part of the many new initiatives. In particular, I will treasure the opportunity I had to meet so many early career sleep researchers, both as part of the EU-ESRS Marie Curie programme and beyond ([ESRS Travel Grants](#) and the recently launched [ESRS Early Career Researcher Network](#)).

Finally a big thank you for the gift I received in Tallinn. As President-Elect of the European Biological Rhythms Society (EBRS), a clock could not have been more perfect!

With warm wishes
Debra J. Skene





REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Current Members (2014 – 2016):

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

Previous Members (2012 – 2014):

Simon Archer (Chair), John Axelsson, Tom de Boer, Alex Iranzo, Mayumi Kimura, Raffaele Manni, Tiina Paunio, Renata Riha, Sophie Schwartz

The meeting in Tallinn was in general a great success. Credit should go to the members of the previous Scientific Committee for achieving this success. We would like to thank those Committee members that left us after Tallinn for their hard work and contribution. The new Scientific Committee has already begun to analyse the comments and suggestions from the Tallinn conference so that the next meeting can improve even further. In the course of the coming months, the Committee will work closely with the Board, the conference team, and the local organisers to ensure that the next ESRS conference in Bologna in 2016 is also highly successful. Additionally, members of the Committee will collaborate with the Research Networking Committee to help achieve their aims.

Tom de Boer, Renata Riha

ESRS Sleep Medicine Committee (SMC)

15 November 2014

Current Members (2014 – 2016):

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

Previous Members (2012 – 2014):

Thomas Penzel (Coordinator), Ludger Grote, Simone de Lacy, Marie-Pia d'Ortho, Zoran Dogas, Colin Espie, Diego Garcia-Borreguero, Walter McNicholas, Lino Nobili, Dirk Pevernagie, Thomas Pollmächer, Andrea Rodenbeck, Marco Zucconi

The Sleep Medicine Committee has successfully managed the first regular examination for ESRS somnologists and the first grandparents' examination for sleep technologists in Tallinn. A little over 100 people sat for the Somnologist examination and fewer than 10 failed to pass the multiple choice questionnaire. For the

technologist exam, 38 people sat for both parts - a multiple choice questionnaire on the first day and a scoring examination on the second day - all of whom passed. The names of the successful candidates are listed on the ESRS website and published in [this newsletter](#).

The next ESRS somnologist examination will take place on 15th April 2015 in Barcelona during the Sleep and Breathing conference co-organized by the ESRS and the ERS. The second grandparent examination for sleep technologists will be held on this occasion as well. The internet application site is now open and will close on 11th December 2014.

The examinations will comprise the regular examination for physicians, psychologists, and scientists and a grandparents' examination for sleep technologists in cooperation with the European Sleep Technologist Association. We are looking forward to a high attendance and are currently preparing the questions. The suggested reading material is now the new ESRS book on sleep medicine. This is available to everyone sitting the exam and other interested parties as well.

The composition of the committee has changed slightly on the suggestion of the ESRS board. The committee wants to thank both Ludger Grote and Zoran Dogas who are demitting for their engagement and hard work over the past two years.

Currently, the main activity of the Sleep Medicine Committee is the updating of the sleep center accreditation criteria. Initially, this will be undertaken as a strategic discussion and decision-making process, centering around which sleep centres should be accredited by the ESRS and which should be accredited by the national sleep societies. Categories of sleep centres are being considered: training and research centres, multidisciplinary centres, single-discipline centres.

Alignment with the ERS, and their educational and accreditation activities (HERMES) continues to be an important activity undertaken by this committee and members of the ESRS board.

Thomas Penzel

ESRS EU Committee

Report on the activities of the EU Committee: March 2014 – November 2014

Current Members (2014 – 2016):

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

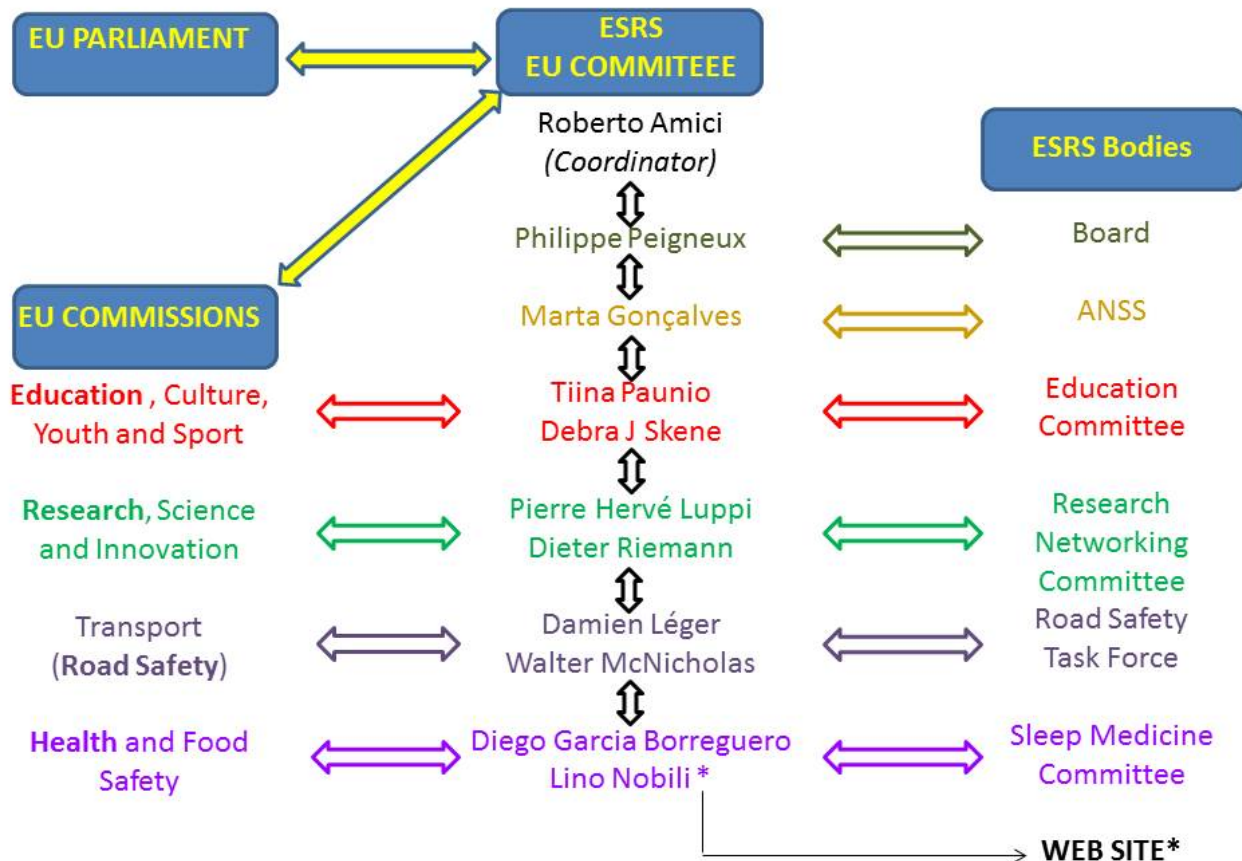
Previous Members (2012 – 2014):

Roberto Amici (Coordinator), Diego Garcia Borreguero (Vice-Coordinator), Marta Gonçalves, Damien Leger, Philippe Peigneux, Dieter Riemann

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.

After the achievements of the past years, the decision was taken to enlarge the Committee and potentiate its activity. Every member will now be given responsibilities to strengthen the relationship between one of the four major pillars of interest for the ESRS within the EU (i.e. Health, Research, Education, and Transport) and the paired ESRS Committee. Furthermore, the interaction between the EU Committee and the Assembly of the National Sleep Societies will be increased in order to better homogenize and synchronize efforts aimed at increasing the visibility of sleep research and sleep medicine in Europe.

The Committee will operate as shown in the diagram.



Roberto Amici
ESRS EU Committee Coordinator

Launch of the ESRS Early Career Researcher Network

During the 22nd congress of the ESRS in Tallinn, Estonia, the ESRS Early Career Researcher Network was launched. Over 80 people participated in the launch with discussion regarding the future of this network.

The purpose of the network:

- Opportunity to meet and exchange ideas with other researchers in their early careers.
- Stay connected and updated between meetings.
- Voice of early career researchers to be stronger within the ESRS
- Discuss the support early career researchers would like to have from the ESRS, e.g. the type of educational and social programs at future ESRS meetings.

The program for the launch was the following (Sep 19, 2014):

- Debra J. Skene. Opening remarks (5 minutes).
- Erna Sif Arnardottir. Ideas for the purpose and future of the ESRS Young Researcher Network (5 minutes).
- Roundtable discussions by all attendees (15 minutes).
- A representative from each table will present the ideas from the roundtable discussion to the whole group (30 minutes).
- Closing remarks.



The results of the roundtable discussions were as follows:

- 1) The majority voted that the name of the network should be “the ESRS Early Career Researcher Network” (ESRS EC) instead of “the ESRS Young Researcher Network”.
- 2) The network is to include all MSc and PhD students as well as postdoctoral researchers or clinicians who obtained their PhD or MDs <10 years ago (same structure as for Marie-Curie grants and ESRS early career travel grants).
- 3) Requests for an EC Day - a training day with workshops and teaching courses on the first day of the ESRS conference specifically focused on this group. Aim to get industry sponsorship for this day so that it can be free of cost for attendees.

- a. Topics: Both basic and clinical research as well as grant/abstract writing, media interaction, the transition from PhD to Postdoc and from Postdoc to the next level etc.
 - b. This day should include student presentations to provide practice of presentation skills (to include more than those chosen to present at the opening ceremony).
 - c. Social events for this group early in the conference – for increased networking with peers and the senior researchers who are involved in organizing the EC training day. (Free food and wine if possible).
 - d. Look at the possibilities of including a career development fair (as per Sleep conference in US, for example) where research groups looking for PhD students/Postdocs advertise their labs and possible projects.
- 4) General ESRS conference remarks:
- a. Include a PhD symposium (with prize) in the general program for those who have finished their PhD since the last ESRS conference.
 - b. Include more early career researchers in the general conference program and have one early career researcher as co-chair of sessions where ESRS chooses 2 chairs (one senior and one junior).
 - c. Price of networking dinner too high for early career researchers.
 - d. Include more travel grants for early career researchers if possible.
- 5) Advertise network well on homepage/newsletters/all ESRS national sleep societies so all early career researchers know of the network and possibility of joining the EC.
- 6) Have an online forum for early career scientist discussion on the ESRS website. Everyone can enter their research interests, techniques used, stage in career etc as well as contact information.
- 7) New residential training course – based on Marie Curie project but not as exclusive.
- 8) Request that a member of the EC is a representative on the ESRS board. Should at a minimum have formal discussions with the ESRS board regarding the requests and wishes of the EC researchers.

Next steps

- 9) Need to advertise for representatives in the executive committee – total of 5 people. Interested candidates should send their 1-page CV to Erna Sif Arnardottir, ernasif@landspitali.is **before Dec 31, 2014**. The CV should include a paragraph explaining why candidates are interested in joining the executive committee and their potential contribution to the network.
- 10) The executive committee together with the ESRS board need to generate bylaws for the network.
- 11) Set up a structure for an Early Career Day for the next ESRS meeting.
- 12) Create an online forum.

Dr. Erna Sif Arnardottir
Coordinator, Launch of the ESRS Early Career Researchers Network



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

The European Insomnia Network (EIN) held a symposium at the ESRS Congress in Tallinn, which was well attended. The next activity of the EIN will be a meeting in Freiburg, Germany, from September 17 to September 19, 2015. The meeting will take place at the Department of Psychiatry and Psychotherapy where the sleep group of Professor Riemann is located. Interested colleagues please get in touch with Dieter Riemann (dieter.riemann@uniklinik-freiburg.de).

Dieter Riemann, Ph.D.
Professor of Clinical psychophysiology
For the European Insomnia Network

European Narcolepsy Network (EU-NN)

November 2014



EUROPEAN NARCOLEPSY NETWORK

At the 2014 European Narcolepsy Day in Copenhagen a new EU-NN board was elected. Photos and biosketches of Geert Mayer (president), Gert Jan Lammers (vice president), Rosa Peraita-Adrados (member at large), Renata Riha (secretary) and Markku Partinen (treasurer) can be found on the EU-NN and ESRS homepage. Due to the change in Treasurer, the bank account will be transferred in the near future.

At a meeting of the Board and Scientific Committee in Schipol on May 23rd, 2014, future studies and publications were discussed.

A session showcasing the Network's achievements and ongoing protocols was organised for September 17th, in Tallinn. An audience of around 100 people attended the meeting, chaired by Gert Jan Lammers. The main focus of the discussion was on a number of potential new projects. Much of the meeting was spent discussing a (pre)proposal for improving our understanding of the phenotypes of central hypersomnolence and the 'narcoleptic borderland'. There was animated debate regarding this topic and input from participants will be used to improve the proposal.

The EU-NN 2014 Senior Investigator Grant Award recipients, Fabio Pizza and Gianina Luca, presented the results of studies performed during their stay in the Sleep Laboratory of Yves Dauvilliers in Montpellier.

Markku Partinen who coordinated the Horizon 2020 call on behalf of the EU-NN presented a short summary of the pre-proposal submitted on behalf of the EU-NN:

“Understanding common immunological, environmental and OMICAL mechanisms of hypocretin cell loss: beyond narcolepsy” (NarOmi).

The next European Narcolepsy Day will be held 14.-15.03.2015 in Münster, Germany. The focus will be on improving interaction between clinicians, scientists and patient groups who are active in promoting narcolepsy and hypersomnolence of central origin within Europe. The meeting will be hosted by the president of the EU-NN together with the president of the German Narcolepsy Society, Mrs. C. Schitto and Prof. Young from the University of Münster (coordination B. Edge: secretariat-schlaf-muskel-epi@ukmuenster.de). An EU-NN Assembly meeting will be held at this time. The vice-president, Gert-Jan Lammers will step down (as per the bylaws), and two of the current members will require re-election in order to continue as Board members: Rosa Peraita-Adrados and Markku Partinen. At least one new member needs to be elected. The Board calls on all members to consider candidacy for Board membership.

As of Oct 2014, 939 cases of narcolepsy had been included in the EU-NN database, indicating that the major goal for 2014 to acquire 1000 cases will most likely be achieved. Data quality algorithms classify 666 of these 939 as validated cases according to EU-NN predefined standards. All the participating centres have approval from their institutional Ethical Committees. The Child database has been set-up recently and will be accessible in the near future.

As of 14th November, 27 full members in 26 centers in 14 different European countries have joined the EU-NN. Two new applications from Portugal and Germany have been approved.

Narcolepsy Centres throughout Europe are invited to join the EU-NN in the interests of research and improving the clinical management of patients with narcolepsy.

For more information, including a list of affiliated laboratories, see our website: <http://www3.unil.ch/wpmu/eunn/>.

Prof. Geert Mayer
President of the EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

During the ESRS Congress in Tallinn, colleagues of the ANSS Executive Committee asked me to assume the role of Chair – a daunting task indeed. Stepping up as successor to Ludger Grote is ‘Mission Impossible’!. With his distinguished and gentlemanly style, he personified modern and effective leadership. He moulded a cooperative team from the Executive Committee members, powered by the energy and wisdom of Stefan Mihaicuta and Javier Puertas.

Together with the new entries Erna Sif Arnardottir – offering vitality and enthusiasm - and Johan Verbraecken – securing tradition in research and education - we are fortunate that the Vice-Chair, Marta Gonçalves and the Secretary, Michaela Gjerstad will continue to preserve an atmosphere of friendship and hospitality.

The program of the new ANSS Executive Committee (EC) will be based on three fundamental keywords: continuity, collaboration, connection.

Continuity: all the tremendous work and effort that has been undertaken to date will require consolidation through initiatives and projects. The striking success of the Wake-Up Bus is the latest such endeavour in a long, productive story. We are also proud to announce that the Wake Up Bus paper was accepted for publication in the Journal of Sleep Research on 4 November 2014.

Collaboration: the ESRS is the beacon for all ANSS activities. Therefore, a continued operational interaction with the ESRS President, ESRS Board and ESRS Committees is mandatory in order to achieve shared goals.

Connection: networking between the Presidents of individual national sleep societies needs to be supported in order to raise novel ideas and focus attention on problems in sleep medicine and research across Europe.

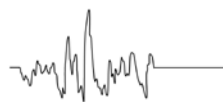
The ANSS 2015 meeting will be hosted by the [Czech Sleep Research and Sleep Medicine Society](#) in Prague where all the national Presidents will highlight achievements and share their experience and outlook on difficult issues affecting sleep medicine and research in their respective countries.

Erna Sif Arnardottir is completing the analysis of scoring methods and rules from the European scoring questionnaire on sleep disordered breathing, while Michaela Gjerstad is working on a draft paper focused on reimbursement for the diagnosis and treatment of sleep disorders in Europe. The latter complies with the ESRS’ request for a paper on the cost of sleep disorders in Europe.

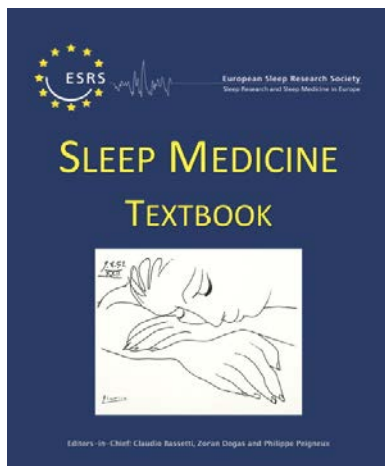
Finally, the inclusion of ANSS EC members on ESRS Committees is as follows: Marta Gonçalves (ESRS Board as EC Vice-Chair and EU Committee), Erna Sif Arnardottir (Sleep Medicine Committee), Liborio Parrino (Education Committee).

New ideas and proposals are starting to flourish within the EC and we are always delighted to receive thoughts and suggestions on improving the awareness of sleep medicine and research throughout Europe.

Liborio Parrino
Chair of the ANSS Executive Committee



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.

	ESRS Members*	Non-Members
Price per copy	€ 140 Buy now via PayPal Please login for Members' price	€ 155 Buy now via PayPal

* As a courtesy of ESRS, members of the [Associate National Sleep Societies](#) (ANSS) benefit from the reduced price. Please use the order form below and include a membership certificate.

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 and ANSS members) ☐ € 155 (non-members)

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The book should be sent to the following address:



THE PISA SLEEP AWARD – ELEVENTH EDITION

Dear ESRS Members,

We are happy to announce that we have received notification from the Scientific Board of the Pisa Sleep Award 2014 that the winner of the eleventh edition of the Award is Professor Pier Luigi Parmeggiani.

Professor P. L. Parmeggiani was the fourth President of our Scientific Society from 1984 to 1988. During his illustrious scientific career he was a pioneer in the field of sleep and thermoregulation, inspiring researchers all over the world.

Congratulations!

Lino Nobili
ESRS Secretary

Pisa, 1 September 2014

THE PISA SLEEP AWARD - ELEVENTH EDITION

The Pisa Sleep Award, inaugurated in 1994, has now reached its eleventh edition. The Board proposed P. L. Parmeggiani for the prize (five proposals and therefore, a majority). Professor Pier Luigi Parmeggiani, Professor Emeritus and Past Director of the Department of Human and General Physiology, University of Bologna, made outstanding contributions to the development of sleep medicine. Prof. Parmeggiani will give his Magistral Lecture at the University of Pisa on November 7th, 2014.

The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo and Professor Luigi Murri, is awarded every two years and is sponsored by the School of Medicine, Pisa University.

The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career was devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine.

Previous recipients have been: Michel Jouvet (1994), Elio Lugaresi (1996), Alexander Borbély (1998), David Parkes (2000), Torbjorn Akerstedt (2002), Peretz Lavie (2004), Giulio Tononi (2006), Irene Tobler (2008), Claudio Bassetti (2010), Mario Giovanni Terzano (2012).

Members of the Scientific Board of the Pisa Sleep Award 2014

Luigi Murri, Honorary President

Philippe Peigneux, President European Sleep Research Society, Bruxelles

Liborio Parrino, President Italian Association of Sleep Medicine, Parma

Roberto Amici, Research Coordinator of the Italian Association of Sleep Medicine,
Bologna

Piero Salzarulo, Cofounder of the Pisa Sleep Award

Mario Petrini, Director of the Department of Clinical and Experimental Medicine,
University of Pisa

Enrica Bonanni, Director of the Sleep Centre, University of Pisa



CALL 2015 FOR TRAVEL GRANT APPLICATIONS

The ESRS Board has established a fund to support travel and living expenses for early career researchers within Europe. In 2015, a maximum of ten projects will be financed and the deadline for applications is **31 December 2014**.

ESRS Network of Sleep Research Laboratories

General principles:

1. to promote travel of early career researchers in order to learn a specific technique or methodology in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see ESRS website for list of Sleep Research Laboratories (<http://www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html>));
2. training can be undertaken in any aspect of sleep research;
3. support will be provided to travel from the home laboratory to any laboratory of the network; the most economical mode of travel should be chosen;
4. a maximum contribution of 1,400 EUR for accommodation and living expenses (no more than 100 EUR/day) to finance the living-expenses will be provided. Visits would typically be up to two weeks, although the duration of the stay may exceed two weeks (up to the 1,400 EUR limit). The receiving laboratory is expected to finance the living-expenses during the stay, at least partially, if it exceeds the size of the ESRS contribution;
5. a maximum of ten grants per year will be financed;
6. the ESRS will support only trips within Europe and applicants should be ESRS members;
7. eligible applicants are early career researchers:
 - postdoctoral researchers or clinicians who obtained their PhD or MD less than ten years ago
 - PhD or Master students

Application:

1. deadline: **31 December 2014**;
2. the application (consisting of a short curriculum vitae with the applicant's age, affiliation, position, publication list and congress participation, project to be developed during the stay, letter of acceptance of receiving laboratory, certification of enrolment in a PhD/ Master programme, and dates of the visit) should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
3. the ESRS Research Networking Committee will rank the grant applications;
4. a list of Sleep Research Laboratories in Europe to host early career researchers is available on the ESRS website (<http://www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html>).

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary



4th ESRS EXAMINATION IN SLEEP MEDICINE

The European Sleep Research Society (ESRS) Board is pleased to announce the fourth examination of the certification in sleep medicine which will take place on:

Wednesday 15 April, 2015 from 13:00 – 14:15

at the [Sleep and Breathing Congress in Barcelona, Spain.](#)

The examination will be a written test consisting of 50 multiple-choice questions to be completed on-site. The pass mark is 50%.

Doctors, Physicians, and Psychologists who wish to take the examination should meet the following requirements (please prepare the mentioned documents before starting with the application).

A. Practical Experience

The candidate will be required to provide written declaration from the Sleep Medicine Centre (SMC) Director where the greater part of his/ her training was completed. The declaration must specify satisfactory and independent performance of the following:

1. A minimum of 12 months full-time (or equivalent duration if part-time) spent in the SMC. If the applicant has worked in more than one SMC, a minimum period of 6 months must have been spent at one of the centres.
2. Applicants should have extensive experience within their specialised field with sufficient experience across other sleep-wake disorders to ensure safe and competent practice.
3. As a recommended minimum, therefore, applicants should have been closely involved with the specialised evaluation and clinical care of at least 100 patients, preferably including adults and children. Specialised in this context refers to the interaction of sleep specialisation and professional specialisation.
4. More detailed and minimum levels of experience for physicians, therefore, should include sleep-breathing disorder (40 cases), insomnia disorder (10), hypersomnia, movement disorder, circadian disorder (20). Experience for psychologists should include insomnia disorder (40), sleep-breathing disorder, hypersomnia, movement disorder, circadian disorder (30).
5. In relation to assessment, experience should comprise a range of procedures including clinical interviewing, use of diagnostic criteria and classification systems, use of sleep diaries, questionnaires and rating scales, psychometric evaluation (minimum of) as well as physiological monitoring.
6. Whereas many of these assessment procedures are generic, minimum levels of actigraphic experience (20 for physicians; 40 for psychologists) and psychometric/ neuropsychological evaluation (40 for psychologists) are recommended.

7. Polysomnography (PSG) skills for physicians should include hook-up, night-time surveillance (30), and scoring, interpretation and reporting of studies (100). These applicants should also have experience in ambulatory cardio-respiratory recording (20), and Multiple Sleep Latency Testing (MSLT) or Maintenance of Wakefulness Testing (MWT) procedures (10). PSG and other monitoring skills for psychologists should also cover the above range of procedures in at least 20 patients.
8. In relation to treatment, applicants should have generic skills including patient education, treatment delivery, progress review, provision of motivation and support, and knowledge of how to work as part of team, including for example sleep technologists and nurses.
9. Applicants should also have extensive experience within their professional discipline (physician, clinical psychologist, sleep scientist). Accordingly it is recognised that experience with treatment modalities will vary (e.g. physician – pharmacotherapy, CPAP; psychologist – CBT, health behaviour change).
10. It is expected that, of the minimum 100 cases evaluated, at least 75% will involve active management of a treatment episode or episodes and monitoring of patient progress and outcome. This consideration applies to both physicians and psychologists.
11. It is recognised that sleep scientists may not have a clinical license, or have different roles within a SMC. Nevertheless, equivalent levels of experience and expertise in sleep medicine should be demonstrated in the application and letter of support
12. It should be noted that some of the above experience and competencies may be demonstrable through periods of formal study and training on approved Sleep Medicine courses which have a practical component. Such experience and/or qualification should be specified by the applicant.

B. Theoretical Knowledge

The applicant must demonstrate knowledge of the topics specified in the catalogue of knowledge and skills. This may be achieved by a record of attended courses; or through a university or national sleep medicine degree or certification. Alternatively, a detailed reference letter from another ESRS Somnologist may be submitted.

Further details can be found in:

- Pevernagie et al. EU Guidelines for the Certification of Professionals in Sleep Medicine: Report of the Task Force of the ESRS. J. Sleep Research (2009) 18, 136-141
- Penzel et al. Catalogue of knowledge and skills. J. Sleep Research (2013) online DOI: 10.1111/jsr.12095

C. In addition applicants must:

- Provide names and email addresses of 2 referees, preferably from another European country
- Be a current ESRS member
- Pay the examination fee

Other candidates that feel they may fulfil the eligibility criteria please contact:
esrs@congrex-switzerland.com

The successful candidates will have the ESRS qualification title of “Somnologist” with the following specifications conferred on them:

- Somnologist – in sleep medicine
- Somnologist – in behavioural sleep medicine
- Somnologist – sleep scientist

The examination fee is € 350.- (included is a non-refundable € 90.- application fee, payable on submission of the application).

The online application will be open from 1 October – 11 December 2014.

You will be notified regarding the acceptance of your application by early February 2015.

For any questions please contact:

ESRS Sleep Medicine Examinations Office
Peter Merian-Strasse 80
4002 Basel
Switzerland

Email: esrs@congrex-switzerland.com
Phone: +41 61 686 77 02
Fax: +41 61 686 77 88



2nd ESRS TECHNOLOGIST EXAMINATION IN SLEEP MEDICINE

The European Sleep Research Society (ESRS) Board is pleased to announce the second grandparenting examination for the certification in sleep medicine for sleep technologists which will take place on

Wednesday 15 April, 13:00 – 14:15 and 17:00 – 20:00

at the [Sleep and Breathing Congress in Barcelona, Spain](#).

Please find below some information and instructions on the application process.

The examination will consist of two components. The first part will be a written test consisting of 50 multiple-choice questions to be completed on-site. The questions will be based on the content of the 10 chapters of the ESRS Catalogue of Knowledge and Skills for Sleep Medicine. 23 questions will be related to chapter B (Sleep Diagnostics) and the other 27 will be related to topics from chapters A, C-J. The ESRS Textbook is recommended reading for this examination. The pass mark is 50%.

The second part of the examination will focus on practical skills. This part will involve sleep staging, event scoring and interpreting 2 excerpts from PSG recordings and also a full MSLT recording. All consecutive 30-second epochs will be printed on paper. Successful candidates must achieve an 85% concordance with the panel of experts. Both parts must be successfully passed in order to qualify for certification.

This will be the second and final technologist examination directed exclusively at "grandfathers" and "grandmothers". "Grandparenting" is a procedure which applies to professionals with a wide experience in sleep technology, medicine and research. It is envisioned by the ESRS that the "grandparents" will take the lead in future European and National activities in promoting sleep medicine professionals.

Technologists, nurses, and other sleep professionals that wish to take the examination should:

- Possess a relevant university degree in sciences or psychology (please enclose copy of degree). Candidates who possess the RPSGT qualification will also be considered.
- Have at least 8 years post graduate experience in performing, scoring and analysing polysomnography and Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT) procedures, polygraphy and actigraphy studies.
- Have experience in the diagnosis and management of a full range of sleep disorders

- Have a very good knowledge of sleep physiology and pathophysiology obtained through recognised and accredited sleep education courses and meetings, particularly those recognised and accredited by national and international sleep societies.
- Have held either a supervisory or leadership role in a sleep facility.

Please note, the examination and instructions will be in English, therefore candidates must have a good command of English.

In addition applicants should:

- *Be proposed for eligibility for the exam by the clinical director of their sleep centre or a member in good standing with the ESRS who can vouch for their experience.
- *Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates.
- Be a current ESRS member
- Pay the examination fee

(*Please prepare the mentioned documents before starting with the application)

Other candidates that feel they may fulfil the eligibility criteria please contact:
esrs@congrex-switzerland.com

The successful candidates will have the ESRS qualification title of "Somnologist – Technologist" conferred on them.

The examination fee is € 375.- (included is a non-refundable € 90.- administration fee, payable on submission of application).

The online application will be open from 1 October – 11 December 2014.

You will be notified about acceptance of your application by early February 2015.

For any questions please contact:

ESRS Sleep Medicine Examinations Office
Peter Merian-Strasse 80
4002 Basel
Switzerland

Email: esrs@congrex-switzerland.com

Phone: +41 61 686 77 02

Fax: +41 61 686 77 88



CERTIFIED EXPERT SOMNOLOGISTS 2014

The first regular examination for Somnologists commissioned by the ESRS took place in Tallinn on 16 September 2014 during the [22nd Congress of the European Sleep Research Society](#).

The ESRS Board congratulates all those who passed the ESRS Examination in Sleep Medicine and obtained certification as [Expert Somnologists](#). The Expert Somnologists represent 30 different countries from across the world.

The link associated with the name will lead you to the laboratory where the sleep expert conducts her/his research activities.

Dr. Karin Abeler (NO)
 Dr. Reda Abo Elsoud (SA)
 Dr. María Aguilar Andújar (ES)
 Dr. Mohammed Al-abri (OM)
 Dr. Javier Albares (ES)
 Ruwan Amaratunga (CA)
 Yoaly Arana (MX)
 Dr. Erna Sif Arnardottir (IS)
[Prof. Dr. Isabelle Arnulf \(FR\)](#)
 Dr. Ola Asayed (QA)
 Dr. Antonio Atalaia (UK)
 Monika Bähr (DE)
 Dr. Gulcin Benbir (TK)
 Dr. Mikhail Bochkarev (RU)
 Dr. Wilfried Boehning (DE)
 Dr. Izolde Bouloukaki (GR)
 Prof. Jitka Buskova (CR)
 Dr. Irene Rosina Carletti Togni (CH)
 Dr. Simona Maria Ciordas (NL)
 Dr. Nathalie Coppens (BE)
 Dr. Paolo D'Onofrio (SE)
 Dr. Jonathan Dakin (UK)
 Eduard De Bruin (NL)
 Dr. Ilse De Volder (BE)
 Dr. Rafael Del Río Villegas (ES)
 Dr. Oana-Claudia Deleanu (RO)
 Dr. Panagis Drakatos (UK)
 Silvia Dumitru (GR)
 Dr. Riëm El Tahry (BE)
 Prof. Jason Ellis (UK)
[Prof. Pierre J. Escourrou \(FR\)](#)
 Marta Fernandez-Bolanos, MSc (ES)
 Prof. Julio Fernandez-Mendoza (US)
 Alex Ferre Maso (ES)
 Ines Galofre (ES)
 Georgy Gruber, MSc (AT)

Dr. Isabelle Guy (FR)
 PD Dr. Jürg Hamacher (CH)
[Dr. Hans L. Hamburger \(NL\)](#)
 Dr. Henk H. Hassing (NL)
 Dr. Harald Hrubos-Strøm (NO)
 Vincente Ibanez (CH)
 Dr. Alex Iranzo (ES)
 Dr. Hennie Janssen (NL)
 Dr. Maria-Jose Jurado (ES)
 Dr. Samson Khachatryan (AM)
 Dr. Ramin Khatami (CH)
 Dr. Stine Knudsen (NO)
 Dr. Lyudmila Korostovtseva (RU)
 Beñat Labeguerie (ES)
 Dr. Eric Laine (CH)
 Dr. Marike Lancel (NL)
 Prof. Giuseppe Liistro (BE)
 Dr. An Mariman (BE)
 Simon Merritt (UK)
 Prof. Shawnda Morrison (CA)
 Dr. Doris Moser (AT)
 Dr. Rexford Muza (UK)
 Dr. Martina Neddermann (DE)
 Alexander Nesbitt (UK)
 Dr. Daniel Neu (BE)
 Dr. Johan Newell (BE)
 Dr. Marit Otto (DK)
 Dr. Geert Peeters (NL)
 Dr. Martino Pengo (UK)
 Ana Rita Peralta, MSc (PT)
 Dr. Petar Petrov (BG)
 Dr. Radoslav Petrov (BG)
 Dr. Alexander Pincherle (IT)
 Dr. Mae Pindmaa (EE)
 Dr. Valérie Quaadvlieg (BE)
 Dr. Roselyne M. Rijsman (NL)

Dr. Gabriel Roisman (FR)
 Dr. Elisabeth Ruppert (FR)
 Dr. Pilar Santacana (ES)
 Dr. Ingvild West Saxvig (NO)
 Dr. Sonia Scaillet (BE)
 Dr. Christoph Schoebel (DE)
 Francisco Segarra Isern (ES)
 Dr. Pieter Jan Simons (BE)
 Dr. Susana Sousa (PT)
 Guadalupe Teran (MX)
 Dr. Kiril Terziyski (BG)
 Dr. Dries Testelmans (BE)
 Dr. Laurien Teunissen (NL)
 Dr. Jose Thomas (UK)
 Dr. Rumen Tiholov (BG)
 Dr. Marija Todosijevic (SI)
 Prof. Georgia Trakada (GR)
 Dr. Natascha Tröster (AT)
[Prof. Henri Tuomilehto \(FI\)](#)
 Dr. Olalla Urdanibia (ES)
 Dr. Guy Van Den Abeele (BE)
 Dr. Viviane Van Kasteel (NL)
 Dr. Nele Vandebussche (NL)
 Sopharat Vat (CA)
 Dr. Christian Veauthier (DE)
 Dr. Ingrid Verbeek (NL)
 Dr. Irina Virtanen (FI)
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 Dr. Alain Volckaert (BE)
 Prof. Siraj Wali (SA)
 Dr. Benedikte Wanscher (DK)
 Dr. Andreas Zachariades (CY)
 Dr. Irina Zavalko (RU)



CERTIFIED EXPERT TECHNOLOGISTS 2014

The first grandparenting examination of Somnologist Technologists commissioned by the ESRS took place in Tallinn on 16 and 17 September 2014 during the [22nd Congress of the European Sleep Research Society](#).

The ESRS Board congratulates all 38 members representing 12 different countries who passed the ESRS Examination and obtained certification as [Expert Somnologist - Technologists](#).

Daniela Andries, BSc, RPSGT (CH)
 Joana Belo Da Costa, MSc (PT)
 Caroline Blankvoort (NL)
 Marion Böck, MPH (AT)
 Mikaelle Bohic (FR)
 Pascal Borzèe, BSc (BE)
 Samantha Briscoe, BSc, RPSGT (UK)
 Françoise Cornette (CH)
 Patricia Correia, MSc (PT)
 James Di Pasquale, BSc (UK)
 Joana Fernandes, MSc (PT)
 Ligia Ferreira, MSc (PT)
 Sean Higgins, BSc, RGN (UK)
 Elizabeth (Lizzie) Hill, BSc, RPSGT (UK)
 Bertram Hoondert, BH (NL)
 Erik Jansen, BSc (NL)
 David Russell Jones (UK)
 Ingeborg Klinkhamer, RN, SVEPTA (CH)
 Joke Leenen-Peeters, BH (NL)
 Claudia Maldonado, MSC (UK)
 Ivana Marusic Krnic, BSc (HR)
 Kerri Melehan, MSc (AU)
 Paul Murphy, RPSGT, RPST (SE)
 Anna Maria There, RPST (SE)
 Colette Navin, BSc, RPSGT (UK)
 Marleen Neyens (BE)
 Susan Pihl (FI)
 Joana Pires, MSc (PT)
 Sofia Rebocho, MSc (PT)
 Clara Rodrigues Santos (PT)
 Barbara Schmid (DE)
 Tiina Siilak, BSc (EE)
 Herma Steinebach (NL)
 Hannah Tighe, BSc (UK)
 Renilde Van den Bossche (NL)
 Margaret Verspaandonk, BH (NL)
 Nicola Wendisch (DE)
 Marc Willemen, MSc (BE)



SLEEP AND BREATHING 2015 PROGRAMME

Advance programme

The conference is organised jointly by the ERS and ESRS and supported by other leading European societies that recognise the need for a transitional approach to the management of sleep disorders. This innovative, educational programme focuses on sleep and breathing disorders but will also provide significant insights into a wide range of related conditions.

The Sleep and Breathing Conference 2015 is the largest educational event of its kind in Europe and boasts a highly accomplished European faculty.

List of supporting societies:

- European Association for the Study of Diabetes
- European Association for the Study of Obesity
- European Paediatric Association
- European Psychiatric Association
- PanAfrican Thoracic Society
- Spanish Respiratory Society (SEPAR)
- Spanish Sleep Society (SES)

Programme Overview

Type	Session Title	Start	End
Thursday 16 April, 2015			
Opening Session	Sleep research: year in review	08:00	10:00
Specialised Symposium	Sleep apnoea across life-span	10:30	12:00
Specialised Symposium	Sleep movement disorders	10:30	12:00
Specialised Symposium	Narcolepsy and idiopathic hypersomnolence: diagnostic and management challenges	10:30	12:00
Breakout Session	Behaviour modification in obstructive sleep apnoea: a rewarding strategy	12:30	13:30
Breakout Session	So you want to be a sleep practitioner!	12:30	13:30
Thematic Poster	Posters of accepted abstracts will be manned by their authors. Faculty will coordinate the interactions between authors and delegates.	13:45	14:45
Practical Workshops	Hands-on practical training will be available to all delegates, through demonstrations led jointly by the faculty and industry materials.	13:45	14:45
Plenary Session	Screening for sleep disordered breathing	15:15	17:15
Evening Symposia	These sessions are organised by the industry	17:30	19:00
Opening Reception	The Organising Committee is inviting all delegates to join them at the Opening Reception of the 2015 Sleep and Breathing Conference!	19:00	20:30

Friday 17 April, 2015			
Specialised Symposium	Sleep in pulmonary disease: a forgotten dimension	08:00	09:30
Specialised Symposium	Upper airway surgery and stimulation in OSA	08:00	09:30
Specialised Symposium	Tired but wired: personal and population consequences of sleep deprivation	08:00	09:30
Plenary Session	State of the Art: heart disease and sleep disordered breathing	10:00	12:00
Breakout Session	Telemedicine in OSA patients	12:30	13:30
Breakout Session	Open issues in the daily management of OSA patients	12:30	13:30
Thematic Poster	Posters of accepted abstracts will be manned by their authors. Faculty will coordinate the interactions between authors and delegates.	13:45	14:45
<i>Practical Workshops</i>	<i>Hands-on practical training will be available to all delegates, through demonstrations led jointly by the faculty and industry materials.</i>	13:45	14:45
Plenary Session	Sleepiness: causes, evaluation and management	15:15	17:15
Specialised Symposium	Paediatric sleep and breathing beyond adenoid and tonsils: sleep-disordered breathing in children with abnormal respiratory control, upper airway dysfunction or lung disease	17:30	19:00
Specialised Symposium	Sleep, cognitive function and memory: what have we learnt?	17:30	19:00
Specialised Symposium	Obesity, hypoxia and sleep-disordered breathing: a complex interaction	17:30	19:00
Saturday 18 April, 2015			
Specialised Symposium	Pathophysiology of sleep-disordered breathing and neurological control of breathing: from physiology to pathology	08:00	09:30
Specialised Symposium	Noninvasive mechanical ventilation from traditional to new modes	08:00	09:30
Specialised Symposium	Chronobiology and circadian disorders: an introduction for clinicians	08:00	09:30
Plenary Session	New paradigms in insomnia	10:00	12:00
Breakout Session	Genetics in sleep apnoea	12:30	13:30
Breakout Session	Complex cases in sleep-disordered breathing and comorbidities	12:30	13:30
Specialised Symposium	Sleepiness and accidents: legal aspects and countermeasures	14:30	16:00
Specialised Symposium	Sleep-disordered breathing in neurological disorders	14:30	16:00
Specialised Symposium	Mild OSA: is it really at risk?	14:30	16:00
Closing Session	Future directions in the treatment of sleep-disordered breathing	16:15	17:15



ESRS EVENTS

Sleep and Breathing

Date: April 16 - 18, 2015
 Venue: Barcelona, Spain
 Website: www.sleepandbreathing.org/

The third international conference organised by the European Respiratory Society (ERS) and the European Sleep Research Society (ESRS)

Worldsleep 2015 - 7th World Congress of the World Sleep Federation Congress

hosted by the ESRS

Date: October 31 – November 3, 2015
 Venue: Istanbul, Turkey
 Website: www.congrex-switzerland.com/worldsleep2015



We are very happy to inform you that we have received 53 symposia proposals; a number comparable to the proposal number received in Tallinn for the ESRS congress 2014. The Preliminary Programme will be available beginning of 2015 and will include information on the scientific programme, abstract submission, registration and hotel reservation.

23rd Congress of the European Sleep Research Society

Date: September 2016
 Venue: Bologna, Italy



23rd Congress of the European Sleep Research Society
 Bologna, Italy | September 2016



Website: www.esrs-congress.eu/esrs2016



TRAINING & COURSES

Date: November 20 –21, 2014
Venue: Hannover, Germany
Read more: www.esrs.eu/fileadmin/.../meetings/ERS_School_Course_2014.pdf
Website: www.ersnet.org/education/courses.html

London Sleep Medicine Training Course 2015

Date: March 12 –13, 2015
Venue: London, United Kingdom
Website: www.mahealthcareevents.co.uk/.../detail.html?conference_uid=467

The two day conference will examine the current issues on the wide range of topics within sleep medicine. The course will bring together leading experts in sleep medicine, neurology, respiratory medicine and ENT, and will provide a unique opportunity to discuss the latest developments and practical management of a wide variety of subjects.

Edinburgh Sleep Medicine Course

Date: March 16 –20, 2015
Venue: Edinburgh, Scotland, United Kingdom
Website: www.ed.ac.uk/.../sleep-research-unit/courses/sleep-medicine
Flyer: www.esrs.eu/uploads/tx_mnmesrscal/ESMC_flyer_2015.pdf

Now entering its tenth year, this annual course aims to provide up-to-date information on the theory and practice of sleep medicine including practical experience in the technological aspects of measuring and monitoring sleep. The course is aimed at all professionals involved in the diagnosis and treatment of sleep disorders. This course is open to applicants from all countries. Competence in understanding spoken English is required.



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

Le Congrès du Sommeil

Annual Meeting of the French Society for Sleep Research and Sleep Medicine (SFRMS)

Date: November 20 - 22, 2014
 Venue: Lille, France
 Website: www.lecongresdusommeil.com/

22nd Annual Meeting of the German Sleep Society

Date: December 4 - 6, 2014
 Venue: Cologne, Germany
 Website: www.dgsm-kongress.de/



Conference Chairs:

Dr. med. Alfred Wiater
 Priv.-Doz. Dr. med. Wolfgang Galetke
 Prof. Dr. med. Winfried Randerath

8th International Youth Workshop “Sleep: a window to the world of wakefulness”

Date: May 14 - 16, 2015
 Venue: St Petersburg, Russia
 Flyer: www.esrs.eu/uploads/.../Sleep_a_window_to_wakefulness_engl.pdf

Newcastle Sleep 2015

Research meets Clinical Practice

British Sleep Society Scientific Conference

Date: October 22 - 24, 2015
 Venue: Gateshead, United Kingdom
 Website: www.newcastlesleep2015.co.uk/



FUTURE MEETINGS

Obstructive Sleep Apnea in Dentistry

Date: January 8 - 10, 2015

Venue: Tallinn, Estonia

Website: <http://heauni.ee/>

Chair of the Organizing Committee:

Dr. Heisl Vaher

Chair of the Scientific Committee:

Dr. Triin Jagomägi PhD

The seminar is organised in collaboration with Dr. Christian Guilleminault, Dr. Hiroko Tsuda, Dr. Clement Lin, Dr. Paola Pirelli and Dr. Michele Hervy.

Symposium of the Clinical Research Priority Program Sleep and Health & 15th Zurich Sleep Medicine Symposium

Date: January 15 - 17, 2015

Venue: Zurich, Switzerland

Website: www.sleep.uzh.ch/agenda/symposium.html

6th World Congress on Sleep Medicine

Date: March 21 - 25, 2015

Venue: Seoul, Korea

Website: <http://wasmcongress.com/>

3rd Congress of European ORL-HNS

Date: June 7 - 11, 2015

Venue: Prague, Czech Republic

Website: www.europeanorl-hnsprague2015.com/

Facebookpage: www.facebook.com/ORLHNSPrague2015



XIV European Biological Rhythms Society (EBRS) Congress and IV World Congress of Chronobiology

Date: August 2 - 6, 2015

Venue: Manchester, United Kingdom

Website: www.ebrs-online.org/



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 6 - 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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JOB OPPORTUNITIES

Job opportunities can be accessed through the ESRS website at:

www.esrs.eu/education-career/job-opportunities.html

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APPENDIX I: MINUTES OF THE ESRS BUSINESS MEETING (TALLINN 2014)



MINUTES OF THE ESRS BUSINESS MEETING

Date: 18 September 2014, 18:00 – 20:00

Participants:

Venue: Lecture Hall B, Solaris Tallinn, EE

1. Opening by the President of the ESRS

2. Determination of the Election Assistance

Dirk Pevernagie was nominated and approved to conduct the elections of Board and Scientific Committee members.

3. Acceptance of the Minutes of the Previous Business Meeting

The minutes were accepted with no changes.

4. Report of the Activities of the ESRS

The newsletter delivers regular reports of committee actions; accordingly a very brief overview of committees, committee chairs, and their activities has been presented by the current president Philippe Peigneux. All committees are thanked for their dedication to the ESRS.

ESRS members are referred to the ESRS website www.esrs.eu to review committee actions and past and upcoming ESRS society information.

Other noticeable facts or activities were reported as follows:

Membership: we have officially 1,303 registered members, but many did not pay their annual fees, which is a problem for the Society. About 175 members of the ESRS are from countries outside of Europe.

The Tallinn congress has 1,570 participants, which is officially a new ESRS record after Lisbon in 2010. The Scientific Committee headed by Dr. Simon Archer is commended for its work and contribution to the scientific quality and attractiveness of the congress. There have also been a record number of 867 abstracts submitted.

The 3rd certification for Expert Somnologists (95 successful out of 113 candidates) and the 1st certification for Grand-Parents Expert Technologists (38 successful out of 38) took place at the Tallinn congress. Further examinations are planned for 15 April 2015 and September 2016.

The Catalogue of Knowledge and Skills published by the ESRS in the Journal of Sleep Research has served as the basis for the forthcoming (anticipated release Nov. 2014)

ESRS Textbook of Sleep Medicine. Pre-orders were taken at the congress. This book will be the basis of the next ESRS sleep medicine certifications.

ESRS is now a member of the Federation of European Neurological Societies (FENS) and is part of the FENS governing council, giving ESRS members all advantages associated with FENS membership (www.fens.org). The ESRS also organized a satellite symposium at the last FENS Forum (Milan, July 2014).

The ESRS database of European Sleep Research Labs has exceeded 100 registered labs. This database is also used as the basis for granting travel grants.

The JSR remains at an acceptance rate of approx. 24%.

5. Report of the Treasurer

Two years ago in Paris, there was a record amount of money on the Society's account. This has since changed. In 2012, spending exceeded revenues since the Paris congress did not generate a substantial profit. It is expected that the Tallinn congress will generate profit.

Membership fees are an important source of revenue generation. It is critical that all members pay their yearly membership fees.

The ESRS' accounts were always run on a mid-year schedule. This has now been changed to run the ESRS fiscal year from January – December. This aligns the ESRS accounts with the accounting system of the JSR's publisher and other service providers and creates better transparency all around.

The JSR is supported by the society to the cost of about 10,000 EUR annually. It currently generates a profit for Wiley but not for the society.

In an effort to decrease society costs, Congrex will no longer serve as administrative office support for ESRS. The society will rely on its 2 current part time employees for daily operations. Renegotiations of the JSR contract are also being discussed.

The ESRS' financial records have been through an official audit without issue. The slides containing detailed financial information which were presented in the business meeting can be found in the Members' section of the ESRS website (www.esrs.eu).

6. Discharge of the Board of Officers

The Board has been discharged without objection.

7. Election of the Members of the Board of Officers

All unopposed Board elections were approved with no objections and no abstentions.

Results:

President – Philippe Peigneux (re-elected)
Vice President Clinical – Walter McNicholas (re-elected)
Treasurer – Dieter Riemann (re-elected)
Vice President Basic – Pierre-Hervé Luppi (elected)
Secretary – Lino Nobili (elected)

Following a brief debate, the position of Assistant Secretary was voted using a paper ballot.

Results:

Tiina Paunio– 143 (elected)
Simon Archer – 87

8. Election of the Scientific Committee

The 11 candidates each presented themselves individually and then the vote was taken.

Results:

Renata Riha– 192 (re-elected)
John Axelsson – 188 (re-elected)
Mayumi Kimura – 181 (re-elected)
Tom de Boer– 175 (re-elected)
Birgit Högl – 170 (elected)
Gilles Vandewalle – 168 (elected)
Raphaelle Winsky-Sommerer – 164 (elected)
Poul Jennum – 148 (elected)
Gianluca Ficca – 141 (elected)
Vladyslav V. Vyazovsky – 134
MARIKE Lancel - 127

9. Proposal and Voting of ESRs Bylaws Amendment

(published in the August issue of the ESRs newsletter)

The first proposed change removes the waiting period for members.

The second proposed change requires payment of membership fees for 2 years at a time.

Result:

180 votes in favour of the amendment
34 votes against the amendment
1 abstention

The amendment passed.

10. Future Congresses (2015 & 2016)

Sleep & Breathing 2015

- 3rd meeting, 1,100 attendees anticipated
- This meeting is primarily educational with a scientific balance which is complementary to the ESRs meeting. The primary focus is on sleep and breathing but there is also a focus on sleep outside the breathing field
- As the meeting grows in popularity, more delegates are expected
- This is also a great opportunity to engage with the ERS, a much larger society

Worldsleep 2015 – the 7th World Congress of the World Sleep Federation

- Hosted by the ESRs in Istanbul

- Symposium proposals can be submitted until 30 October. There is a slightly different procedure than usual ESRS meetings. A symposium category must be chosen at submission.

23rd Congress of the ESRS will take place in Bologna, Italy, September 2016. Exact dates will be announced in due time.

11. ESRS Congress 2018 (Proposal and Voting)

Each city presented its offering to the members and Congrex provided an overview of costs and accessibility associated with each venue/city.

Results:

Basel – 90 (elected)
Goteburg – 88
Brussels – 45

The ESRS 2018 Congress will be located in Basel, Switzerland.

12. Miscellaneous

No further points were discussed.

J. Thomsen, 19 September 2014



APPENDIX II: ESRS BYLAWS UPDATE (TALLINN 2014)



Articles of Association of the European Sleep Research Society (ESRS) e. V.

§ 1

Name, Registered Office, Fiscal Year

1. The society which is to be registered in the association register has the name
"European Sleep Research Society (ESRS) e. V."
2. The society has its registered office in Regensburg.
1. The fiscal year of the society is the calendar year.

§ 2

Purpose, Tasks and Public Benefit

1. The purpose of the society is to promote research on sleep and related areas, to improve the care for patients with sleep disorders and to facilitate the dissemination of information regarding sleep research and sleep medicine.
2. The goal of the society is exclusively and directly to serve the public interest within the meaning of the section "Purposes subject to lower tax rates" in the Tax Code. The purpose of the articles of association shall be fulfilled through scientific and practical activities of the members in all areas of sleep research, the care for patients with sleep disorders and through the continuing education of all professional groups involved in this field. The purpose of the articles of association shall also be implemented through the holding of conferences, symposia, workshops, teaching courses and presentations in the area of sleep research and through the financing of educational visits and the setting up of grants and scholarships. This shall include a publication such as the Journal of Sleep Research (JSR).
3. The society acts on a non-profit basis; it does not pursue business purposes of its own.

4. The funds of the society may only be used for the purposes permitted by the articles of association. The members of the society or other persons shall receive funds from the society only if this is necessary to fulfil the tasks of the society (§2 paragraph 2). The amounts of the funds have to be appropriate for the tasks. The consent of the board of officers is necessary for this purpose.
5. Upon dissolution or termination of the society or if the current purpose ceases to apply, a resolution shall be passed regarding who shall receive the assets of the society. Only those recipients may be considered who will use them directly and exclusively for the public benefit. This resolution can only be carried out with the approval of the tax authorities.

§ 3

Membership

1. There are full members, student members, associate society members, associate individual members and supporting members. Only full and student members have active and passive voting rights as individuals, i.e. only full members and student members can vote during and be elected for any kind of position by the general assembly of the membership.
2. The society is in principle a society for European scientists; however, applications for membership from individuals and groups outside Europe are welcome.
3. The society encourages applications for membership from individuals, European national sleep societies and supporting legal bodies (companies or societies other than Nation Sleep Societies) who are engaged in sleep research or sleep medicine.
4. Associate society membership of European national sleep societies is particularly encouraged. These members form the assembly of national sleep societies (ANSS) made up by one representative of each National society who must be a full ESRS member. This assembly phrases its own articles based on the following principles:
(a) The ANSS meets at least every second year during the ESRS congresses. (b) The ANSS elects a committee of 5 representatives of National sleep societies which

determine a chair and a co-chair. (c) This ANSS executive committee proposes one member to the ESRS board as full board member (d) The ANSS fixes annual fees to be paid by every associate society member. These fees, paid to the ESRS treasurer, are used for expenses of the ANSS.

5. Applications of National sleep societies to become associate society members are directed toward to ESRS board who decides on an individual basis.
6. Associate individual members are members of associate societies who are not full ESRS members. They have no active or passive voting rights within the ESRS, but they will get privileged access to a wide range of ESRS material.
7. Supporting members are companies or societies other than European national sleep societies who wish to support ESRS. They do not have passive or active voting rights. The membership fee is fixed individually by the ESRS board.
8. Applications of companies or societies to become supporting ESRS members are directed towards the ESRS board who decides on an individual basis.
9. Applications of individuals for membership must be made in writing to the secretary of the society. The Board of officers shall decide on admission or non-admission. The name of the new member shall be made public through publication in the ESRS newsletter.

§ 4

Termination of Membership

1. Membership ends upon death, exclusion or resignation from the society.
2. Resignation shall occur by written notice to the board of officers.
3. A member may be excluded by a resolution of the general assembly of member, if that member culpably inflicts substantial damage on the interests of the society, or is deemed guilty of serious misconduct. For this purpose a majority of two-thirds of

the valid votes cast, or a postal ballot with a two-thirds majority, is necessary. Members' responses must be sent to the board within fifty days after the start of the postal ballot. The board shall record the valid votes received. A board member has to sign the protocol; the result shall be made public in writing.

§ 5

Membership Fees

Each individual member shall pay a membership fee as set by the general assembly of members at the business meeting for the respective group (regular members, student members and supporting members). The membership fees for the coming two years shall be paid on a biennial basis prior to December 1 of the current year, and shall include the subscription to the Journal of Sleep Research published by the society. The members who join after October 30 shall be exempt from payment of the membership fee for the current year. Members who do not pay their fees after a reminder letter of the treasurer shall be suspended until payment.

§ 6

Constituent Bodies of the Society

Constituent bodies of the society are:

1. the board of officers
2. the general assembly of members.

§ 7

Board of Officers

1. The members of board of officers of the society are elected from the group of the full members who have their residence in a European country or Israel.

The board of officers according to § 26 BGB consists of:

- a) President
- b) Vice President (clinical sleep science)
- c) Vice President (basic sleep science)
- d) Secretary
- e) Assistant Secretary
- f) Treasurer
- g) ANSS representative
- h) Editor of the Journal of Sleep Research as advisory member
- i) Past President as advisory member

The board of officers will represent the society vis-à-vis the members and third parties in both judicial and extrajudicial contexts (§ 26 BGB). Each member of the board of officers shall represent the society only together with another member of the board of officers.

The president, vice presidents, secretary, assistant secretary and treasurer shall be elected separately for the period between two business meetings. This will normally be a period of approximately two years. The election shall be decided by simple majority of the valid votes casts of the members of the society. Re-election is possible for one term of office; re-election of the treasurer is possible for an unlimited number of terms of office.

Proposals for the candidates for the board of officers must be submitted in writing and must reach the president at least two weeks in advance of the business meeting; later proposals cannot be accepted.

2. Within the society the following is decided:

- a) The president shall chair the meetings of the board of officers as well as the business meeting. The president is generally responsible for all matters which relate to the administration of the society. In cooperation with the secretary, the president is responsible for the implementation of decisions made by

voting members or by the board of officers. The president shall fulfil tasks which are important and desirable for the attainment of the goals of the society.

- b) The vice presidents shall support the president and the secretary in their duties. One of the vice presidents shall take over the duties of the president upon the latter's absence or incapacity. In case of incapacity of the president and the vice presidents, they will be replaced by another member of the board of officers.
- c) The secretary is the secretary to the members of the board of officers. Together with the president, the secretary is responsible for the implementation of decisions which were made by voting members or the board of officers. The secretary is responsible for the safekeeping of documents of the association. During the business meetings, the secretary shall supervise minutes and recording of motions, the results of the elections and, if counted, the number of votes cast for and against. The secretary shall also ensure that notes are taken from the key points of the discussion. The secretary shall disseminate information on the activities of the society. In cooperation with the president, the secretary shall prepare the ESRS newsletter and send it to all members of the society. The secretary shall foster co-operation between national sleep societies within Europe.
- d) The assistant secretary shall support the secretary and shall take over the tasks of the secretary upon the latter's absence or incapacity.
- e) The treasurer shall manage the money and the commitments of the society. The treasurer shall keep complete and accurate books on the receipts and expenditures of the society. The treasurer shall deposit all moneys and other assets on behalf of and in favour of the society in accounts designated by the board of officers. The treasurer shall make payments on behalf of the society to the extent authorized by the board of officers, and shall render account to the general assembly of members and to the meeting of the board of officers regarding the financial situation of the society.

- f) The executive committee of the ANSS shall be responsible for interaction of the ESRS board with the ANSS.
 - g) Advisory members of the board do not have the right to vote in the board of officers.
 - h) The past president shall support the board of officers through information on previous policies, procedures, etc.
- 3. The board of officers shall manage the affairs and shall decide in particular on the expenditures of the society. The board of officers shall decide by simple majority on all matters.

§ 8

General Assembly of Members= Business Meeting

- 1. Only full ESRS members and student members in attendance are entitled to vote. Each member carries one vote.
- 2. The general assembly of members is responsible for all matters as far as the articles of association do not explicitly declare the board of officers to be responsible.
- 3. The board of officers shall determine the preliminary agenda of the business meeting and shall inform the members through the ESRS newsletter. The voting members by simple majority of the valid votes cast, shall decide upon the following:
 - a) Minutes of the previous business meeting;
 - b) Election of the members of the board of officers;
 - c) Election of the scientific committee;

- d) Acceptance of the financial report of the treasurer and of an appointed accountant;
- e) Determination of the amount of the membership fees;
- f) Future conference locations.

§ 9

Convening a General Assembly of Members

1. At least every second year, a regular general assembly of members shall be held (business meeting). It shall be convened by the board of officers with at least four weeks notice in writing, along with a notification of the agenda. The notice period shall begin on the day following the sending of the invitation letter. The agenda shall be set by the board of officers.
2. Each member may apply to the board of officers in writing for an amendment to the agenda. This application must be received at least one week before the business meeting. The chair of the meeting shall make the amendment known at the beginning of the general assembly of members. The general assembly of members shall decide on applications to amend the agenda which are put before it. This does not apply to elections and to changes in the articles of association.

§ 10

Special Membership Meetings

A special membership meeting shall be called by the board of officers if required in the interest of the society or if one tenth of the members request this from the board in writing, indicating the purpose and reasons.

The notice period may be reasonably shortened, but must be at least one week.

Otherwise, § 11 applies as appropriate.

§ 11

Resolutions by the General Assembly of Members at the Business Meeting

1. The business meeting shall be chaired by the president. If no member of the board of officers is present, the assembly shall determine who is to chair the meeting. In case of elections, the direction of the meeting may be transferred to an election officer for the duration of the election and the prior discussion. In case of the absence of the board, this procedure must be followed.

The votes shall be taken by show of hands. Upon application by one third of the voting members present, the vote must be taken by written ballot. In elections of persons the vote will be by written ballot if this is requested by one or more members present at the meeting.

2. The general assembly of members shall pass resolutions by simple majority of the valid votes cast, in so far as these articles of association do not explicitly require a different majority. Abstentions will not be counted. A two thirds majority of the valid votes cast is necessary to change the articles of association.
3. The board can initiate a postal ballot on important issues (including elections) between two memberships meeting if necessary. In this case resolutions shall pass by simple majority of the valid votes counted, which have been sent to the board within fifty days after the dispatch of the postal ballot. In order to change the articles of association, a two thirds majority of the valid member received within fifty days of the dispatch of the postal ballot is necessary. The board shall minute the valid votes received and the minute shall be signed by at least one member of the board. The members must be informed of the result in writing.
4. In an election, a candidate is elected who has received more than half of the valid votes cast. If no one has received the necessary majority, a vote shall be held between the two candidates who received the most votes. The candidate who receives the most votes is then elected. In case of an equal number of votes, the chair shall have the casting vote.
5. If several posts are up for election (e.g. scientific committee, future conference locations) the vote will be carried out on the basis of a list system. The members will have one vote on each position to vote on. If there are more candidates than positions the election shall be carried out in one term. The candidates with the most votes are then elected.

6. Minutes shall be taken regarding resolutions of the general assembly of members at the business meeting. These minutes shall include the place and time of the meeting, the number of attending voting members, non-members and representatives present, as well as the results of the vote. Minutes shall be signed by the minute taker.

§ 12

Scientific Committee

The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.

The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.

§ 13

Scientific Congress

The ESRS board, represented by the president and the treasurer, is responsible for the financial organization of the congress. The congress organizing committee will be constituted of the ESRS board, the hosting national sleep society and the ESRS scientific committee. Applications to host the ESRS meeting must be submitted by affiliated national sleep societies following the ESRS bid manual. In order to ensure the economic soundness of the congress, the board may preselect the hosting candidates to be presented to the membership vote at the business meeting. If necessary, the board may deviate from the decision on the conference location taken by the assembly of members according to §8.

§ 14

Further Committees and Working Groups

Further permanent or temporary committees may be set up and dissolved by the board of officers. Their members and chairpersons shall be appointed by the board of officers. Working groups can be set up and dissolved by vote of the regular members. The chairperson of a working group shall be elected by the voting members. The chairpersons of committees or working groups shall report on their activities to the membership meeting or, if desired, to the board. Any activity of the committees or working groups outside the society needs the approval of the board.