



The Swiss Narcolepsy Network (SNaNe)  
The Swiss Narcolepsy Society (SNaG)  
Kantonsspital St.Gallen (KSSG)  
Are happy to invite you to the:

# 9<sup>th</sup> SWISS NARCOLEPSY DAY

24<sup>th</sup> OCTOBER 2024  
St. Gallen, Switzerland



## Dear Colleagues

Asleep during the day! A growing number of people within the normal population suffers severely from daytime sleepiness. In some cases, this is caused by narcolepsy - a rare and compromising, still underdiagnosed and not well understood disorder.

The **9<sup>th</sup> Swiss Narcolepsy Day** offers opportunities to address clinical aspects of narcolepsy and the narcoleptic borderland and to report on clinical and scientific progress in disease management.

Together with the Swiss Narcolepsy Network ([www.snane.ch](http://www.snane.ch)) our goal is to find innovative new strategies that support the improvement of the patient's medical care.

Warm Regards,

### Prof. Dr. Claudio Bassetti

Head of the Department of Neurology ,  
Inselspital Bern, President Swiss  
Narcolepsy Network

### Dr. med. Sigrid von Manitius

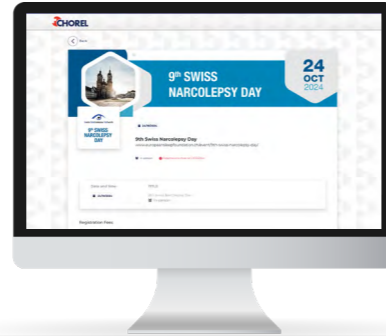
Senior Physician, Department of Neurology  
and Psychosomatic Medicine  
St.Gallen Cantonal Hospital

### Prof. Dr. Gian Marco De Marchis

Head of the Department of Neurology  
St. Gallen Cantonal Hospital

## HOW TO REGISTER

Participation to the 9<sup>th</sup> Swiss Narcolepsy Day is free of charge. Please note: online registration is mandatory to join the meeting.



**REGISTER NOW!**

Click [HERE](#) or scan the QR code for registration.

🇬🇧 Official Language is **English** except for a speech (German). Simultaneous translation will not be provided.

## PROGRAM | 24<sup>th</sup> OCTOBER 2024

14.00 Welcome  
*Gian Marco De Marchis, St. Gallen (CH),  
Sigrid von Manitius, St. Gallen (CH)*

14.05 SNaNe: Update 2024  
*Claudio Bassetti, Bern (CH)*

### PART I: Narcolepsy - Orexin - damage and/or therapeutic hope? Moderator: Esther Werth, Zurich (CH)

14.20 Orexin loss - mechanisms of cataplexy  
and REM sleep propensity  
*Markus Schmidt, Bern (CH)*

14.40 Orexin Agonists - a new chance  
in treating narcolepsy?  
*Ramin Khatami, Bern (CH)*

15.00 Treatment of narcolepsy and narcoleptic  
borderland  
*Silvia Miano, Lugano (CH)*

15.20 ☕ **Pause**

### PART II: Narcolepsy biomarkers and comorbidities Moderator: Silvia Miano (CH)

15.50 SPHYNCS progress, update and database  
*Elena Wenz, Bern (CH),  
Jan Warncke, Bern (CH),*

🇩🇪 Talks in german (slides in english).

16.10 Disturbed night sleep, RLS and PLMS  
and narcolepsy  
*José Haba-Rubio, Lausanne (CH)*

16.30 Psychiatric comorbidities in narcolepsy  
and narcoleptic borderland- the importance  
of treatment and resilience  
*Sigrid von Manitius, St. Gallen (CH)*

16.50 Young investigator session -  
New Swiss Research Data  
  
New markers to distinguish narcolepsy  
type-2 from narcoleptic borderland

17.20 🍷 **Pause**

### 18.00 Talks in collaboration with the Swiss Society of Narcolepsy (SNaG) 🇩🇪 *Open for public*

18.00 Tagesschläfrigkeit bei Kindern  
und Teenager 🇩🇪  
*Bigna Bölsterli, St. Gallen (CH)*

18.25 Gruppentherapie bei Narkolepsie-eine  
Möglichkeit zur Verbesserung der Resilienz 🇩🇪  
*Cornelius Gehrig, St. Gallen (CH)  
Sigrid von Manitius, St. Gallen (CH)*

18.55 Closing remarks  
*Sigrid von Manitius, St. Gallen (CH)*

## CALL FOR ABSTRACTS

We would like to invite attendees of the 9th Swiss Narcolepsy Day (St. Gallen, 24<sup>th</sup> October 2024) to submit abstracts for the **Young Investigator Oral Session**.

Abstracts should be sent by e-mail to [sigrid.vonmanitius@kssg.ch](mailto:sigrid.vonmanitius@kssg.ch) before the deadline of September 20<sup>th</sup> 2024

This year there will be an awards for:

- **Best Oral Presentation**  
(CHF 250.00 prize)

2-3 abstracts will be selected for the Short Oral Presentation in the Young Investigator Session. To be eligible for the Short Oral Presentation the presenting author should be a student, post doc, or similar levels. The job position of the presenting author should be clearly stated in the submission form.

**Application deadline postponed:  
September 20<sup>th</sup>, 2024**

## INSTRUCTION FOR ABSTRACT SUBMISSION

- Abstracts must be submitted electronically by e-mail
- Deadline for abstract submission is: **September 20<sup>th</sup> 2024**
- One single abstract per presenting author can be submitted; however, submitters can be co-authors on several abstracts.
- **Final selection:** Abstracts will be evaluated by the Scientific Committee and notification of their acceptance as oral presentation will be sent to the presenting author.

### It is mandatory including, after the abstract body:

- Name of the presenting author
- Current status of the presenting author (undergraduate student, graduate student, PhD student, Postdoctoral fellow, Assistant/Associate/ Full professor)
- E-mail and phone number of the presenting author

PLEASE NOTE: abstracts which do not follow instructions will be rejected.

*The board of the SNaNe*

## YOUNG INVESTIGATOR AWARD

The Swiss Narcolepsy Network (SNaNe) aims to promote clinical and scientific progress in the field of narcolepsy and other hypersomnias of central origin.

For the **9<sup>th</sup> European Narcolepsy Day** to be held in St. Gallen, on October, 24<sup>th</sup> 2024 the SNaNe will grant a **“Young Investigator Award”**.

If you are an early career fellow (see definition below) and have published a basic or clinical research article on narcolepsy or hypersomnolence of central origin between January 2023 and February 2024, in a key position (first or co-first author), you are invited to apply for this award. Note that the young investigator prize can be obtained only once.

The award is a prize of CHF 250 as well as an invitation to present the awarded scientific work at the 9<sup>th</sup> Swiss Narcolepsy Day in St. Gallen.

Young Investigators are defined as persons who are working in the field, who have been either awarded a doctoral degree (PhD or MD) within the past 5 years or are doing research and have less than 9 years research experience following master's degree or equivalent. Young Investigators should not hold

an appointment as faculty, academic staff or group leader in a university/research institute or in industry. Young investigators are required to have their advisor/supervisor send a letter as proof of the bona fide status of young investigator and mentioning in details the implication of the candidate in the publication.

Evaluation will be performed by the scientific committee with the help of external experts if needed to avoid conflict of interests.

Application should be addressed by e-mail to Sigrid Von Manitius [sigrid.vonmanitius@kssg.ch](mailto:sigrid.vonmanitius@kssg.ch) before the deadline of September 20<sup>th</sup> 2024.



**WITH THE UNCONDITIONAL  
SUPPORT OF:**



### **LOCAL ORGANIZERS**

**Dr. med. SIGRID VON MANITIUS**  
Senior physician/clinic for neurology  
St.Gallen Cantonal Hospital

### **MEETING VENUE**

**Kantonsspital St.Gallen**  
Rorschacherstrasse 95  
CH-9007 St. Gallen

**IN COLLABORATION WITH:**



European Sleep Foundation  
Lugano, Switzerland  
[info@europeansleepfoundation.ch](mailto:info@europeansleepfoundation.ch)  
[www.europeansleepfoundation.ch](http://www.europeansleepfoundation.ch)  
+41 (0)91 2104024



**For more information, visit:**

[www.europeansleepfoundation.ch/event/9th-swiss-narcolepsy-day/](http://www.europeansleepfoundation.ch/event/9th-swiss-narcolepsy-day/)