



European Sleep Foundation  
Fondazione Europea Sonno

# 9<sup>TH</sup> ESF Sleep Medicine School

## LOCAL ORGANIZERS:

Prof. Panagiotis Bargiotas  
Prof. Georgios Hadjigeorgiou

## COURSE DIRECTION:

Prof. Panagiotis Bargiotas

*In collaboration with:*



University of Cyprus  
Medical School



**MARCH 31<sup>ST</sup> - APRIL 3<sup>RD</sup>, 2025**  
Nicosia, Cyprus

## FACULTY

Panagiotis Bargiotas (CY)  
Claudio Bassetti (CH)  
Gulcin Benbir Şenel (TR)  
Livia Fregolente (CH)  
Ziv Gan-Or (CA)  
Corrado Garbazza (CH)  
Christoforos Giannaki (CY)  
Georgios Hadjigeorgiou (CY)  
Hilde T. Juvodden (NO)  
Lyudmila Korostovtseva (RU)  
Konstantinos C. Makris (CY)  
Mauro Manconi (CH)  
Cristoph Nissen (CH)  
Athanasia Pataka (GR)  
Jean Louis Pepin (FR)  
Giuseppe Plazzi (IT)  
Thomas Pollmaecher (DE)  
Paola Proserpio (IT)  
Winfried Randerath (DE)  
Giorgos Sakkas (GR)  
Sofia Schiza (GR)  
Markus Schmidt (CH)  
Esther Irene Schwarz (CH)  
Manuel Spitschan (DE)  
Ambra Stefani (AT)  
Paschalis Steiropoulos (GR)  
Leila Tarokh (CH)

# Sleep & Health

“Mastering Sleep Education, Advancing Health”

*Dear colleagues, patients, guests and friends,*

The **9<sup>th</sup> ESF Sleep Medicine School**, taking place from March 31 to April 3, 2025, at the University of Cyprus in Nicosia, Cyprus, presents a comprehensive educational experience dedicated to advancing knowledge in sleep medicine.

This year's focus is SLEEP & HEALTH and the program offers a comprehensive learning experience, integrating introductory lectures on **neurobiology and physiology**, focused **topic lectures**, and **real-world case reports** in sleep medicine. Participants will also explore, via daily dedicated **“Sleep & Health lectures”**, the intersection of sleep with health and technology, gaining awareness of how technological advancements are shaping sleep medicine.

A key component of the event is its **interactive courses and practical workshops**, which offer hands-on training in essential aspects of sleep medicine, bridging the gap between theoretical knowledge and clinical application.

The program addresses critical educational and scientific needs, sharing advancements to attract new talent to this dynamic discipline while keeping experienced sleep clinicians and researchers updated on the latest developments. By fostering a collaborative network, it promotes innovation and growth, ensuring the continuous evolution and excellence of the sleep medicine community.

The School will be held in person in the beautiful setting of Nicosia, Cyprus, with an option for virtual participation. On-site attendees will benefit from engaging, interactive

workshops that encourage hands-on learning and meaningful networking. Beyond the sessions, they can immerse themselves in Cyprus at its finest—blooming landscapes, perfect spring weather, and rich cultural treasures.

The hybrid format of the event further enhances its accessibility, enabling participants who are unable to travel to benefit from the program remotely. Sleep medicine and sleep research require greater attention within the scientific community, as this multidisciplinary field bridges critical aspects of health, disease, quality of life, and lifestyle.



The **9<sup>th</sup> ESF Sleep Medicine School** is part of the INTERNATIONAL MASTER OF ADVANCED STUDIES (MAS) IN SLEEP MEDICINE - A postgraduate master on sleepwake-circadian physiology, consciousness and related disorders.



For further information please visit:  
[www.asc.unibe.ch](http://www.asc.unibe.ch)  
or contact [info@asc.unibe.ch](mailto:info@asc.unibe.ch)

## 📅 MARCH 31<sup>ST</sup>, 2025

### INSOMNIA - RESTLESS LEGS SYNDROME

👤 Coordinators: M. Manconi, T. Pollmächer

08.15 Introduction to the course - C. Bassetti, P. Bargiotas, G. Hadjigeorgiou

#### INTRODUCTORY LECTURES

08.30 Neurobiology and Chronobiology of sleep - M. Spitschan

09.05 Sleep Macro and Microstructure - M. Manconi

09.40 ☕ Coffee Break

#### TOPIC LECTURES

10.10 Insomnia diagnostic aspects - C. Nissen

10.45 Insomnia in Psychiatric Patients - T. Pollmächer

11.20 Enhancing Exercise Performance and Recovery: The vital Role of Sleep - C. Giannaki

12.00 **DEDICATED LECTURE "SLEEP and HEALTH"**  
Digital Sleep Health: Artificial Intelligence and Big Data in Sleep Medicine - C. Nissen

12.30 🍴 Lunch

#### 13.30 **KEYNOTE LECTURE**

Restless Legs Syndrome and Periodic limb Movements - M. Manconi

14.10 **Special Pediatric Session**  
Pediatric Insomnia - L. Tarokh

14.50 ☕ Coffee Break

#### **PRACTICAL WORKSHOPS**

15.30 Sleep and Mental Health Insights: A Case-Based Approach with Long-Term Actigraphy - L. Tarokh

16.05 Sleep Scoring: practical exercitation - M. Schmidt

16.40 Insomnia: Interesting cases - T. Pollmächer

17.20 **Postgraduate master on sleep-wake circadian physiology, consciousness and related disorders** - C. Bassetti, F. Sohm

## 📅 APRIL 1<sup>ST</sup>, 2025

### EDS AND CHD

👤 Coordinators: C. Bassetti, P. Bargiotas

#### INTRODUCTORY LECTURES

08.30 Narcolepsy and its Borderland - C. Bassetti

09.05 Pathophysiology of narcolepsy-cataplexy - M. Schmidt

09.40 Neuroimaging Insights into CHD: Pathophysiology and Anatomical Correlates - H.T. Juvodden

10.15 ☕ Coffee Break

#### TOPIC LECTURES

10.45 Narcolepsy beyond core symptoms across ages and genders - G. Benbir Şenel

11.20 Excessive Daytime Sleepiness in Neurological Disorders - P. Bargiotas

12.00 **DEDICATED LECTURE "SLEEP and HEALTH"**  
Sleep and Brain Health - C. Bassetti

12.30 🍴 Lunch

13.30 **KEYNOTE LECTURE**  
Narcolepsy and Emotions - G. Plazzi

14.10 **Case report session**  
Orexin-Based Therapies in CHD - H.T. Juvodden

14.50 ☕ Coffee Break

#### **PRACTICAL WORKSHOPS**

15.30 Evaluating Sleepiness Characteristics & Sleepiness Perception in MSLT MWT: A Practical Workshop - P. Bargiotas

16.05 Digital Biomarkers in CDH: Current Practices & Emerging Tools - L. Fregolente

16.40 Neurophysiological Markers in Narcolepsy: A Practical workshop - G. Benbir Şenel

17.20 Closing remarks

📅 **APRIL 2<sup>ND</sup>, 2025**

## **CIRCADIAN MEDICINE / PARASOMNIAS**

👤 **Coordinators:** P. Bargiotas, A. Stefani

### INTRODUCTORY LECTURES

- 08.30 Pathophysiology of REM Parasomnias - **A. Stefani**
- 09.05 Circadian Insights Into Parasomnias - **L. Korostovtseva**
- 09.40 Effect of Light on Human Sleep&Circadian Physiology - **M. Spitschan**
- 10.15 ☕ *Coffee Break*

### TOPIC LECTURES

- 10.45 Environmental Circadian Stressors and Chronic Disease Processes - **K.C. Makris**
- 11.20 Implementation of circadian medicine in primary care - **C. Garbazza**
- 12.00 **DEDICATED LECTURE “SLEEP and HEALTH”**  
Sleep - A Lifestyle Medicine Approach: Sleep, Chrono-nutrition, and Physical Activity - **G. Sakkas**

- 12.30 🍴 *Lunch*
- 13.30 Use of wearables/nearables in Parasomnias - **A. Stefani**
- 14.10 **KEYNOTE LECTURE**  
Genetics in RBD - **Z. Gan-Or**
- 14.50 ☕ *Coffee Break*

### **PRACTICAL WORKSHOPS**

- 15.30 **Video-Based Special Lecture**  
Abnormal Motor Activity During Non-REM and REM Sleep - **P. Proserpio**
- 16.00 EMG practical scoring for the diagnosis of RSWA - **P. Bargiotas**
- 16.40 Application of Timed Light Therapy: Equipment, Basic principles and Protocols - **C. Garbazza**
- 17.20 🍷 *Social event*

📅 **APRIL 3<sup>RD</sup>, 2025**

## **SLEEP-RELATED BREATHING DISORDERS (SRBD)**

👤 **Coordinators:** W. Randerath, S. Schiza

### INTRODUCTORY LECTURES

- 08.30 Pathophysiology of OSA (Hypoxia, arousals, mechanics): What does mediate cardiovascular consequences - **E.I. Schwarz**
- 09.05 OHS: from pathophysiology to treatment decisions - **W. Randerath**
- 09.40 SBD in Respiratory and NM diseases - **S. Schiza**
- 10.15 ☕ *Coffee Break*

### TOPIC LECTURES

- 10.45 Non-CPAP therapies: from guidelines to implementation - **S. Schiza**
- 11.20 Current perspectives for the use of ASV in CSA treatment - **W. Randerath**
- 12.00 **Sponsored Symposium 1**

- 12.30 🍴 *Lunch*
- 13.30 **DEDICATED LECTURE “SLEEP and HEALTH”**  
Lifestyle intervention and healthy behaviours in OSA and OHS management - **P. Steiropoulos**
- 14.00 **KEYNOTE LECTURE** The role of OSA treatment on incident CVD - **J.L. Pepin**
- 14.40 ☕ *Coffee Break*

### **PRACTICAL WORKSHOPS**

- 15.15 Interpretation of PSG/PG - **E.I. Schwarz**
- 15.50 PAP modes for OSA, CSA, NIV for hypoventilation: choosing the proper mode, implementation, problems need to be solved - **A. Pataka**
- 16.25 Educational and F/U strategies towards adherence for PROM's - **P. Steiropoulos**
- 17.00 🍷 *Art & Sleep Social Apéro*

# Sponsored symposium

 **APRIL 3<sup>RD</sup>, 2025**

 12.00-12.30

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## BIOPROJET Sponsored Symposium



### **Pitolisant update: the most recent clinical data**

- Benefit/risk of alerting agents in sleepy OSA patients - [J.L. Pépin](#)
- HAROSA 3 study - [C. Caussé](#)

## MEETING VENUE



University of Cyprus  
Shakolas Educational  
Centre for Clinical Medicine  
Nicosia, Aglantzia 2115,  
Cyprus

University of Cyprus ⇄ Nicosia City Center  
30 minute by bus

See next page for free shuttle bus service

## MATERIALS REPOSITORY

The event materials will be made available at the conclusion of the event.

You will receive a notification with details on how to access the materials.



## UEMS-EACCME® CME:

The **9TH ESF Sleep Medicine School, Nicosia, Cyprus 31/03/2025 - 03/04/2025**, has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **25.0** European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Each participant can only receive the number of credits he/she is entitled to according to his/her actual participation at the event once he/she has completed the feedback form. Cf. criteria 22 of UEMS 2023.07.



Scan the QR code  
to complete the  
Evaluation Form

## SOCIAL EVENTS

### April 2<sup>nd</sup> | Guided tour of the city of Nicosia

On Wednesday, April 2<sup>nd</sup>, a social event has been organized, including a tour of the city of Nicosia.

The schedule for the evening is as follows:

Time	Activity
17.30-18.00	🚌 Departure from the University by Bus
18.00-19.00	🏛️ Visit to the Cyprus Museum
19.00-20.00	🗺️ Guided Walking Tour of the Old Town of Nicosia
20.00-22.00	🍷 Aperó-dinner at Old Powerhouse Chill Bar

At the end of the event, **no transfers will be provided**. The venue, The *Powerhouse Chill Bar*, is conveniently located in the city center, within walking distance from most major hotels.

### April 3<sup>rd</sup> | Art & Sleep Social Aperitif

For the last day of school, an aperitif has been organized directly at the University of Cyprus. We invite you to join us to say goodbye and to set an appointment for the next *Sleep Medicine School!*

## SHUTTLE BUS SERVICE

Every day, a FREE shuttle bus service is available for all participants, including sponsors.

**We strongly encourage everyone to take advantage of this convenient service.**

Please find the schedule below:

Departure time	From	To
07.30	🏛️ City Center	🎓 University
17.30/18.00	🎓 University	🏛️ City Center

### Shuttle bus stop details:



🏛️ **City center:**  
SEEP Meeting Point,  
Omirou 18, Nicosia 1097,  
Cyprus ([maps](#))



🎓 **University:**  
University of Cyprus, Shakolas  
Educational Centre for Clinical  
Medicine ([maps](#))

**Please note:** We encourage all participants to use the free shuttle service. Those who choose not to use the service will be responsible for arranging their own transportation.

PATRONAGE/ENDORSEMENTS:



WITH THE UNCONDITIONAL SUPPORT OF:



## SCIENTIFIC COMMITTEE

**Panagiotis Bargiotas**  
**Claudio Bassetti**  
**Mauro Manconi**  
**Thomas Pollmächer**  
**Winfried Randerath**  
**Sofia Schiza**  
**Ambra Stefani**

## LOCAL ORGANIZERS

**Prof. Panagiotis Bargiotas**  
Medical School, University of Cyprus,  
Nicosia, Cyprus

**Prof. Georgios Hadjigeorgiou**  
Medical School, University of Cyprus,  
Nicosia, Cyprus



For more information, visit:  
<https://www.europeansleepfoundation.ch/event/9th-esms/>

## ORGANIZING SECRETARY



European Sleep Foundation  
Fondazione Europea Sonno

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