



European Sleep Foundation
Fondazione Europea Sonno

9TH 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 31ST - APRIL 3RD, 2025

Nicosia, Cyprus

9TH ESF

Sleep Medicine School

Sleep & Health

“Mastering Sleep Education, Advancing Health”

Dear colleagues, patients, guests and friends,

The **9th 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.

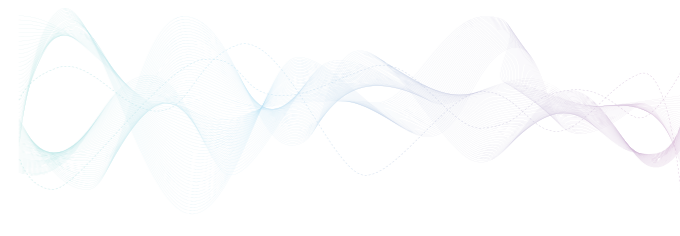
A key component of the event is its **interactive courses and practical workshops**, which offer hands-on training in essential aspects of sleep medicine, bridging the gap between theoretical knowledge and clinical application.

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 **9th 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
or contact info@asc.unibe.ch

 **MARCH 31, 2025**

INSOMNIA - RESTLESS LEGS SYNDROME

 **Coordinators:** M. Manconi, T. Pollmächer

08.15 Introduction to the course
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 **Case report 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, 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
M. Schmidt

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

17.20 **Face2Face Session**
(MAS) International Master of Advance
Studies in Sleep Medicine

 **APRIL 2, 2025**

CIRCADIAN MEDICINE / PARASOMNIAS

 Coordinators: P. Bargiotas, A. Stefani

INTRODUCTORY LECTURES

- 08.30 Pathophysiology of REM Parasomnias
A. Stefani
- 09.05 Chronobiological insights into parasomnias
- 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
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 **KEYNOTE LECTURE**
Genetics in RBD *Z. Gan-Or*

14.10 **Video-Based Special Lecture**
Abnormal Motor Activity During Non-REM and REM Sleep
L. Ferini Strambi

15.00  *Coffee Break*

PRACTICAL WORKSHOPS

- 15.30 Use of wearables/nearables in Parasomnias
A. Stefani
- 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, 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. 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 **DEDICATED LECTURE “SLEEP and HEALTH”**
Lifestyle intervention and healthy behaviours in OSA and OHS management
P. Steiropoulos

12.30  *Lunch*

13.30 **KEYNOTE LECTURE** The role of OSA treatment on incident CVD
J.L. Pepin

14.10 **Sponsored Symposium 1**

15.00  *Coffee Break*

PRACTICAL WORKSHOPS

- 15.30 Interpretation of PSG/PG
E. Schwarz
- 16.05 PAP modes for OSA, CSA, NIV for hypoventilation: choosing the proper mode, implementation, problems need to be solved
A. Pataka
- 16.40 Educational and F/U strategies towards adherence for PROM's
P. Steiropoulos

17.20  *Art & Sleep Social Apéro*

UEMS–EACCME® CME:

An application for accreditation has been submitted to the European Accreditation Council for Continuing Medical Education (EACCME®).

Meeting Venue

University of Cyprus

Shacolas Educational Centre for Clinical Medicine
Palaios Dromos Lefkosias Lemesou No. 215/6
2029 Aglantzia, Nicosia, Cyprus
P.O. Box 20537 1678 Nicosia, Cyprus

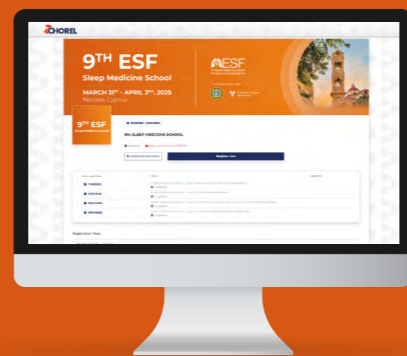


How to attend

The meeting will be held in a hybrid format. During the online registration process, attendees will have the option to select either *virtual* or *in-person* participation.

Deadline for early-bird registrations: 01.03.2025

Deadline for registrations: 31.03.2025



REGISTER NOW!

Visit <https://www.europeansleepfoundation.ch/event/9th-esms/> or scan the QR code for info and registration.

REGISTRATION FEES

Participants can choose to attend the entire school or just single modules.

On-site / Virtual

Single Module	Within 01.03.2025	After 01.03.2025
HCPs	100,00 €	150,00 €
Medical Residents	70,00 €	100,00 €
Students	60,00 €	90,00 €

On-site / Virtual

Full School	Within 01.03.2025	After 01.03.2025
HCPs	350,00 €	450,00 €
Medical Residents	250,00 €	350,00 €
Students	200,00 €	300,00 €

REDUCED FEES AND DISCOUNTS

In an effort to provide sleep medicine clinicians residing in developing countries with an easy access to training and education in sleep research, the European Sleep Foundation is pleased to offer reduced registration fees to potential interested attendees in all areas of the world listed below.

The geographical areas are identified by the World Bank as those with an economic standing of low income.

People coming from the following countries can apply for reduced registration fees by sending a formal email to smss@europeansleepfoundation.ch including:

- Short bio and motivational letter
- Copy of the ID

The application must be sent within March 1st 2025 to smss@europeansleepfoundation.ch

	LOW Income economies
Virtual	Free

LOW Income economies

Afghanistan, Burkina Faso, Burundi, Central African Republic, Chad, Congo, Dem. Rep., Eritrea, Ethiopia, Gambia, Guinea-Bissau, Korea, Dem. People's Rep., Liberia, Madagascar, Malawi, Mali, Mozambique, Niger, Rwanda, Sierra Leone, Somalia, South Sudan, Sudan, Syrian Arab Republic, Togo, Uganda, Yemen.

SCIENTIFIC COMMITTEE

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For more information, visit:
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ORGANIZING SECRETARY



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