

# 10th Swiss **Narcolepsy** Day

**JANUARY 22, 2026** | 14:00-19:00

CHUV, Lausanne, Switzerland









## Dear Colleagues,

The 10<sup>th</sup> Swiss Narcolepsy Day, organized by the Swiss Narcolepsy Network (SNaNe) & RDS, will take place on January 22, 2026, at the CHUV in Lausanne. This anniversary edition will gather clinicians, researchers, and patient associations to discuss the latest advances in narcolepsy, central hypersomnias, and rare sleep disorders.

The scientific program will include updates on pathophysiology, novel orexin-based therapies, cognitive and behavioral approaches, and comorbidities such as psychiatric and respiratory disorders. Dedicated sessions will highlight patient perspectives and awareness for the general public.

This unique event is an opportunity to connect, learn, and foster collaboration in order to improve care and understanding of these complex conditions.

Warm regards,

#### Prof. Claudio Bassetti

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

## Prof. Raphael Heinzer

Head of the Center for Investigation and Research on Sleep (CIRS), CHUV/University of Lausanne

## Dr. Anne-Sophie Lombardi

Senior Physician, Center for Investigation and Research on Sleep (CIRS), CHUV/University of Lausanne

#### PD Dr. José Haba-Rubio

Senior Physician, Florimont sleep Center and Center for Investigation and Research on Sleep (CIRS), CHUV/University of Lausanne

## THURSDAY | JANUARY 22<sup>nd</sup>, 2026

14:00	Welcome and Opening
	Prof. Renaud Du Pasquier – Dean,
	Faculty of Biology and Medicine (UNIL);
	Chairman of Neurology (CHUV)

14:10 Swiss Narcolepsy Network (SNaNe): 2026 Update and Recognition of Narcolepsy and Hypersomnias in Switzerland Prof. Claudio Bassetti (Bern) PART I: Pharmacological and nonpharmacological approaches in Narcolepsy and Central Hypersomnias Moderators: Dr. Anne-Sophie Lombardi (Lausanne)

- 14:30 New Orexin-Based Treatments:
  Advances and Perspectives
  Prof. Ramin Khatami (Barmelweid)
- 14:50 Cognitive Behavioral Therapy (CBT) in Central HypersomniasDr. Tifenn Raffray (Lausanne)
- 15:10 Connecting Clinicians and Patients: The Language of Narcolepsy
  Dr. Lucie Barateau (Montpellier)
- 15:40 Break and Networking

PART II: Rare Sleep Disorders and Associated Co-morbidities

Moderator: PD Dr. José Haba-Rubio (Lausanne)

- 16:00 Ondine's Syndrome and Respiratory Disorders in Central Disorders of Hypersomnolence Dr. Maxime Patout (Paris)
- 16:30 Hypersomnia and Sleep Disorders in Autoimmune Encephalitis: Key Clinical Markers and Emerging Perspectives Prof. Andrea Rossetti (Lausanne)
- 16:50 Psychiatric Disorders and Hypersomnolence: What Connections? Pr. Silvia Miano (Lugano)
- 17:10 Young Investigator Session: New Swiss Data on Narcolepsy and Hypersomnias
- 17:30 Break and Discussions

**PART III:** Public Awareness and Patient Perspectives

Moderators: Dr. Anne-Sophie Lombardi & PD Dr. José Haba-Rubio (Lausanne)

- 7:50 Awareness for the general population: Key Facts for the General Public () Dr. Anne-Sophie Lombardi, PD Dr. José Haba-Rubio (Lausanne)
- 18:20 Patient Perspectives and Exchange ()
  Format: Testimonies and open
  discussion with representatives from
  the Société suisse de narcolepsie
  (SSNa), the Association Française de
  Narcolepsie-Cataplexie et Hypersomnie
  Rares (ANC), and participants
- 18:50 Final Words and Informal Closing Organizing Committee and Moderators
- 19:00 Wrap-up, thanks, and closing remarks in an informal setting.

The official language is English

1 Talks in French\*

\*No simultaneous translation will be provided.

# **MEETING VENUE**

Auditoire Auguste Tissot | c/o CHUV
Rue du Bugnon 46, 1011 Lausanne



# **HOW TO ATTEND:**

Participation to the 10<sup>th</sup> Swiss Narcolepsy Day is free of charge. <u>Please note that online</u> registration is mandatory to attend the event.

Registration deadline: January 21, 2026.





**REGISTER NOW!**Click **HERE** or scan the QR code for registration.

https://events.chorel.eu//evento-id-26136-lng-eng.htm

### WITH THE UNCONDITIONAL SUPPORT OF:









### LOCAL ORGANIZING COMMITTEE

#### PD Dr. José Haba-Rubio

Centre du sommeil de Florimont and Centre for Investigation and Research on Sleep (CIRS)/CHUV, Faculty of Biology and Medicine of Lausanne

## Dr. Anne-Sophie Lombardi

Centre for Investigation and Research on Sleep (CIRS), CHUV Lausanne

## Prof. Raphael Heinzer

Centre for Investigation and Research on Sleep (CIRS), CHUV Lausanne

#### **ORGANIZING SECRETARY**



European Sleep Foundation Via Coremmo 1, 6900 Lugano, Switzerland info@europeansleepfoundation.ch www.europeansleepfoundation.ch



For more information, visit: www.snane.ch/eventi/10th-swiss-narcolepsy-day