



SNaNe & RSD

10th Swiss Narcolepsy Day

JANUARY 22, 2026 | 14:00-19:00
CHUV, Lausanne, Switzerland

In collaboration with:





Dear Colleagues,

The 10th 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 patients 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 22nd, 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 non-pharmacological approaches in Narcolepsy and Central Hypersomnias Moderator: 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 Hypersomnias
Dr. 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?
Prof. Silvia Miano (Lugano)
- 17:10 Young Investigator Session: New Swiss
Data on Narcolepsy and Hypersomnias
- 17:30 ☕ *Break and Discussions*

PART III: Burden of Illness Among Patients With Central Disorders of Hypersomnolence and Patient Perspectives Moderators: Dr. Anne-Sophie Lombardi (Lausanne), PD Dr. José Haba-Rubio (Lausanne)

- 17:50 Burden of Illness Study Among
Patients with Central Disorders of
Hypersomnolence in Six European
Countries 🇫🇷
PD Dr. Markus Schmidt, PhD (Bern)
- 18:20 Patient perspectives and exchange 🇫🇷
(*testimonies and open discussion*)
- 18:50 Final words and informal closing
- 🍷 *Apero*

🇬🇧 The official language is English

🇫🇷 Talks in French*

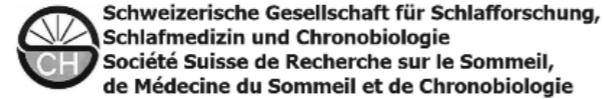
*No simultaneous translation will be provided.

CREDITS

Swiss Society for Sleep
Research, Sleep Medicine and
Chronobiology (SSSSC)
4 CREDITS

Swiss Neurological Society (SNS)
4 CREDITS

PATRONAGE/ENDORSEMENTS:



WITH THE UNCONDITIONAL SUPPORT OF:



SALMON PHARMA

a member of



LOCAL ORGANIZING COMMITTEE

PD Dr. José Haba-Rubio

*Centre du sommeil de Florimont
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Prof. Raphael Heinzer

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

MEETING VENUE

Auditoire Auguste Tissot c/o CHUV

Rue du Bugnon 46, 1011 Lausanne

ORGANIZING SECRETARY



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Fondazione Europea Sonno

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