

World Sleep Society & the Italian Association of Sleep Medicine  
Present the Best of Sleep Medicine & Research



**WORLD  
SLEEP**

*March 11-16* **2022**  
**WORLD SLEEP**  
*Rome • Italy*  
[WORLD\\_SLEEP\\_CONGRESS.COM](http://WORLD_SLEEP_CONGRESS.COM)



**PRELIMINARY  
SCIENTIFIC PROGRAM**





# BECOME A MEMBER

Join our distinguished membership community of physicians, researchers and sleep professionals.

All individual memberships include the following benefits:

- **NEW!** Complimentary access to World Sleep Virtual Meeting
- **NEW!** Complimentary access to *Healthier Sleep Magazine*: Your Trusted Source for Improving Sleep
- Access to international standards, best practices and current research in the field of sleep medicine
- Access to *Sleep Medicine* journal (all memberships receive online and app access; full membership also includes printed journal)
- Discounted pricing for the biennial World Sleep Congress
- Eligibility to serve on a World Sleep committee
- Eligibility to participate and vote in general assembly meetings
- Use the "International Sleep Specialist" designee after successfully passing the Sleep Medicine Examination



For more information visit, [worldsleepsociety.org/membership](http://worldsleepsociety.org/membership)

## NONMEMBER REGISTRATION WORLD SLEEP 2022

Nonmember Registration .....	\$500
Full-day Course .....	\$165
CME credits .....	\$25
<b>TOTAL .....</b>	<b>\$690</b>

## MEMBER REGISTRATION WORLD SLEEP 2022

Regular Annual Membership .....	\$55
Member Registration.....	\$375
Full-day Course .....	\$165
CME credits .....	\$25
<b>TOTAL .....</b>	<b>\$620</b>

**TOTAL SAVINGS \$70!**

**WORLD SLEEP SOCIETY**  
Advancing Sleep Health Worldwide



+1-507-316-0084

info@worldsleepsociety.org

worldsleepsociety.org

3270 19th Street NW, Suite 109  
Rochester, MN 55901 USA

twitter.com/\_WorldSleep

facebook.com/wasmf



## GATHER TO TRANSFORM GLOBAL SLEEP & CIRCADIAN HEALTH



Dear Colleagues,

As president of World Sleep Society, I invite you to join us in the eternal city of Rome for World Sleep 2022. Hosted by our colleagues of the Italian Association of Sleep Medicine, World Sleep 2022 will gather the sleep research and medicine community from Friday, March 11 through Wednesday, March 16, 2022. The Program Committee is firmly committed to holding an in-person congress, and we are eager—as we are sure you are—to attend, present, and discuss our work in person once again.

The response to our Call for Symposia has been excellent: nearly 200 symposia have been submitted, an increase of 10% over our 2019 Vancouver congress. The Program Committee will be meeting in person in Rome in September to review the submissions and plan the symposia program. Thank you to the sleep community for such an enthusiastic response.

Please, submit your abstract to help build our scientific program and international faculty. Submit by November 30 if you wish to present an oral abstract; after this time, the Program Committee will review the submissions to create the oral presentation schedule. Poster submissions will continue to be accepted now through January 15, 2022. With your help, we will make World Sleep 2022 a memorable, productive, and world-class scientific congress.

I look forward to welcoming you to World Sleep 2022 next March!

Sincerely,

Birgit Högl, MD  
*President, World Sleep Society*

World Sleep Society & the Brazilian Sleep Society  
Present the Best of Sleep Medicine & Research

**SAVE  
THE  
DATE**



**WORLD  
SLEEP**



**WORLD SLEEP**  
september | 8-13 | **2023** rio de janeiro  
**BRAZIL**  
[WORLDSEEPCONGRESS.COM](http://WORLDSEEPCONGRESS.COM)



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### IMPORTANT DATES & DEADLINES

#### 2021

FEBRUARY 1, 2021:

Registration opens

MARCH 1, 2021:

Symposia submission begins

JUNE 1, 2021:

Abstract submission begins

JULY 31, 2021:

**Symposia submission ends**

JULY 31, 2021:

**Early acceptance abstract deadline**

NOVEMBER 1, 2021:

**Standard registration rates begin**

NOVEMBER 30, 2021:

**Oral & Young Investigator deadline**

#### 2022

JANUARY 15, 2022:

**Poster abstract deadline**

FEBRUARY 1, 2022:

Late/Onsite registration begins



March 11-16 **2022**  
**WORLD SLEEP**  
*Rome • Italy*





## 2022 PROGRAM OVERVIEW

### CONGRESS PROGRAM DATES

March 11-16, 2022

### VENUE & LOCATION

Roma Convention Center La Nuvola  
Viale Asia, 40, 00144 Roma RM, Italy  
[romaconventiongroup.it](http://romaconventiongroup.it)

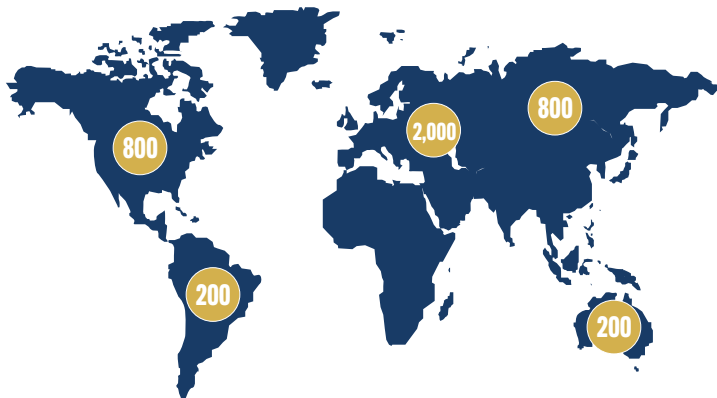
La Nuvola, which translates to “the cloud,” is one of the most iconic buildings in the City of Rome. The EUR neighborhood was built in the 1930s to host the Universal Exhibition in Rome, and today it has become a business district that welcomes professionals and international guests from all over the world. The area stands for architectural greatness—from buildings and gardens to streets and infrastructures. All roads lead to Rome.

### INTERNATIONAL SCIENTIFIC CONTENT

World Sleep 2022 will provide a unique opportunity to interact with sleep medicine professionals from around the world. Over 3500 attendees came to World Sleep 2019, representing 77 countries, and over 1500 international presenters brought 320 hours of scientific content to a worldwide audience. World Sleep 2022 is expected to bring all that and more to Rome. Submit your own research and contribute to this truly global congress!

## ESTIMATED ATTENDANCE of 4,000+

### PROJECTED ATTENDANCE AT WORLD SLEEP 2022



### EXPECTED SCIENTIFIC PROGRAM TOPICS

- Aging and Developmental Issues
- Basic Research
- Sleep and Cognition
- Chronobiology/Circadian Disorders
- Dental
- Dreaming
- Excessive Daytime Sleepiness/Hypersomnia
- Insomnia
- Movement Disorders
- Narcolepsy
- Neurological Sleep Disorders Affecting Sleep
- Parasomnia
- Pediatrics
- Pharmacology
- Psychiatric Disorders Affecting Sleep/Wake
- REM Behavior Disorders
- Restless Legs Syndrome (RLS)
- Sleep Breathing Disorders
- Sleep Health
- Technology/Technical
- Women

### NETWORKING & SOCIAL EVENTS

- Opening Ceremony
- Coffee Breaks
- Affiliate Meetings
- Poster Sessions
- Exhibit Hall
- World Sleep Day Networking
- Gala Dinner
- Closing Ceremony

# REGISTRATION

## REGISTER TO ATTEND

Register at [worldsleepcongress.com](http://worldsleepcongress.com)

## WHAT DOES REGISTRATION COVER?

Registration includes Sunday evening's Opening Ceremony through Wednesday's Closing Ceremony (March 13-16, 2022). Scientific sessions include keynotes, symposia, abstracts and other scientific sessions hosted by World Sleep Society. Registration also covers entrance to exhibit hall and select networking events. Pre-congress courses (March 11-12, 2022) are an additional fee.

## WORLD SLEEP 2022 CONGRESS REGISTRATION (IN US DOLLARS)

All registration rates and fees increase on November 1, 2021 and February 1, 2022.

REGISTRATION	EARLY (US dollars)	STANDARD (US dollars)	LATE/ON-SITE (US dollars)
<i>Type</i>	<i>February 1, 2021 – October 31, 2021</i>	<i>November 1, 2021 – January 31, 2022</i>	<i>February 1, 2022 – March 16, 2022</i>
Delegate (WSS Member / AIMS Member)	\$375	\$425	\$550
Delegate (Nonmember)	\$500	\$550	\$675
Fellow / Resident / Young Investigator (WSS Member / AIMS Member)	\$315	\$370	\$450
Fellow / Resident (WSS nonmember / AIMS nonmember)	\$440	\$495	\$575
Technologist (WSS Member / AIMS Member)	\$200	\$270	\$375
Technologist (Nonmember)	\$325	\$395	\$500
Student (WSS Member / AIMS Member)	\$175	\$215	\$315
Student (Nonmember)	\$300	\$340	\$440
ADDITIONAL FEES	EARLY (US dollars)	STANDARD (US dollars)	LATE/ON-SITE (US dollars)
Course (Full Day Delegate)	\$165	\$175	\$195
Course (Half Day Delegate)	\$110	\$125	\$140
Course (Full Day Technologist / Student)	\$110	\$125	\$140
Course (Half Day Technologist / Student)	\$80	\$90	\$115
CME Fee	\$25	\$25	\$25
Gala Dinner (Individual Ticket)	\$95	\$95	TBA

### Associate Society Member Discount

World Sleep Society (WSS) offers a \$10-OFF coupon code for current members of associate societies to become individual members of WSS. See full list of Associate Society Members at [worldsleepsociety.org/membership](http://worldsleepsociety.org/membership)

# ADVANCING SLEEP HEALTH WORLDWIDE

## ABOUT THE ORGANIZERS

World Sleep Society has collaborated with the Italian Association of Sleep Medicine to host World Sleep 2022. The venue selected for the congress from March 11–16, 2022 in Rome, Italy is Roma Convention Center La Nuvola.



**A.I.M.S.** Associazione Italiana  
di Medicina del Sonno

## ABOUT ITALIAN ASSOCIATION OF SLEEP MEDICINE (AIMS)

The Italian Association of Sleep Medicine (AIMS) is a multidisciplinary professional scientific society dedicated to promoting scientific research and clinical training in sleep medicine. In addition, AIMS promotes a more general awareness of sleep health and disorders among the Italian public. Founded in 1990, AIMS currently has over 400 members and organizes an annual meeting. Learn more at [sonnomed.it](http://sonnomed.it)



## ABOUT WORLD SLEEP SOCIETY

The mission of World Sleep Society is to advance sleep health worldwide. A professional membership organization for sleep physicians, researchers, and other sleep professionals, World Sleep Society manages a variety of programs for its members, the interdisciplinary field of sleep medicine, and the public. The bi-annual World Sleep congress is organized to build global connections among upcoming and experienced professionals in sleep medicine and research [worldsleepsociety.org](http://worldsleepsociety.org)

## CONTACT INFORMATION

World Sleep Society  
3270 19th Street NW, Suite 109  
Rochester, MN 55901 USA

+001-507-316-0084

[info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)

[worldsleepsociety.org](http://worldsleepsociety.org)

## HAVE QUESTIONS?

### EXHIBITOR & SPONSORSHIP QUESTIONS

Allan O' Bryan, *Executive Director*  
[obryan@worldsleepsociety.org](mailto:obryan@worldsleepsociety.org)

### REGISTRATION QUESTIONS

*Administrative Assistant*  
[info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)

### GROUP BLOCK HOUSING REQUESTS

*Administrative Assistant*  
[info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)

### SCIENTIFIC PROGRAM QUESTIONS

*Meeting Manager*  
[granum@worldsleepsociety.org](mailto:granum@worldsleepsociety.org)

### PRESS & PUBLIC RELATIONS

*Communications Coordinator*  
[ringstad@worldsleepsociety.org](mailto:ringstad@worldsleepsociety.org)

### EXHIBIT HALL QUESTIONS

*Administrative Assistant*  
[info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)

### MEMBERSHIP QUESTIONS

*Administrative Assistant*  
[info@worldsleepsociety.org](mailto:info@worldsleepsociety.org)





## 2022 COMMITTEES

### SCIENTIFIC SELECTION FOR THE CONGRESS

The Program Committee of each World Sleep congress is created following the World Sleep Society bylaws of committee formation, including six members of World Sleep Society and three members of the local host society. Topics are determined and proposal reviews organized by the Program Committee using established policies and procedures to mitigate bias and ensure scientific excellence. Read more at [worldsleepsociety.org/scientific-selection-for-world-sleep-congress](https://worldsleepsociety.org/scientific-selection-for-world-sleep-congress)















### EXECUTIVE COMMITTEE OF WORLD SLEEP SOCIETY

Birgit Högl, *President* (Austria)  
 Phyllis Zee, *President-Elect* (United States)  
 Fang Han, *Secretary* (China)  
 Maree Barnes, *Treasurer* (Australia)  
 Charles Morin, *Past-President* (Canada)

### GOVERNING COUNCIL OF WORLD SLEEP SOCIETY

Lamia Afifi (Egypt)  
 Isabelle Arnulf (France)  
 Andrea Bacelar (Brazil)  
 Maree Barnes (Australia)  
 Célyne Bastien (Canada) | Canadian Sleep Society  
 Kelly Carden (United States) | American Academy of Sleep Medicine  
 Peter Eastwood (Australia)  
 Phil Gehrman (United States) | Sleep Research Society (SRS)  
 Fang Han (China)  
 Pierre-Herve Luppi (France) | European Sleep and Research Society  
 Birgit Högl (Austria)  
 Charles Morin (Canada)  
 Shelly Weiss (Canada)  
 Alan Young (Australia) | Australasian Sleep Association  
 Phyllis Zee (United States)

### PROGRAM COMMITTEE

- 
**Charles M. Morin, PhD (Canada)** CHAIR  
 Université Laval
- 
**Oliviero Bruni, MD (Italy)**  
 Sapienza University
- 
**Luigi Ferini-Strambi, MD, PhD (Italy)**  
 IRCCS Ospedale San Raffaele and Vita-Salute San Raffaele University
- 
**Raffaele Ferri, MD (Italy)**  
 Oasi Research Institute IRCCS, Troina
- 
**Birgit Högl, MD (Austria)**  
 Medical University of Innsbruck
- 
**Yuichi Inoue, MD, PhD (Japan)**  
 Japan Somnology Center
- 
**Clete Kushida, MD, PhD, FAASM (United States)**  
 Stanford University Medical Center
- 
**Allan O'Bryan (United States)**  
 World Sleep Society
- 
**Thomas Penzel, PhD (Germany)**  
 Charité Universitätsmedizin Berlin
- 
**Giuseppe Plazzi, MD, PhD (Italy)**  
 University of Bologna
- 
**Dalva Poyares, MD, PhD (Brazil)**  
 Federal University of São Paulo
- 
**Federica Provini, MD, PhD (Italy)**  
 University of Bologna
- 
**Shelly Weiss, MD, FRCP(C) (Canada)**  
 University of Toronto
- 
**Phyllis Zee, MD, PhD (United States)**  
 Northwestern University,  
 Feinberg School of Medicine



## 2022 COMMITTEES

### SCIENTIFIC ADVISORY COMMITTEE

The Scientific Advisory Committee is made up of experts that represent a broad range of sleep medicine and research specialties. This committee plays a key role in the development of the scientific sessions by assisting the Program Committee to review and evaluate symposia proposals.

Giulio Alessandri Bonetti (Italy)  
Fernanda Almeida (Canada)  
Sonia Ancoli-Israel (United States)  
Alon Avidan (United States)  
Monica Levy Andersen (Brazil)  
Maree Barnes (Australia)  
Ruth Benca (United States)  
Bjørn Bjorvatn (Norway)  
Anna Castelnovo (Italy)  
Matteo Cesari (Austria)  
Yves Dauvilliers (France)  
Lourdes DelRosso (United States)  
Helen Driver (Canada)  
Danny Eckert (Australia)  
Colin Espie (United Kingdom)  
Raffaele Ferri (Italy)  
Stuart Fogel (Canada)  
Diego Garcia-Borreguero (Spain)  
Roger Godbout (Canada)  
Cathy Goldstein (United States)  
Dan Gottlieb (United States)  
Michael Grandner (United States)  
Marc Hébert (Canada)  
Anna Heidbreder (Austria)  
Ofer Jacobowitz (United States)  
Ulf Kallweit (Germany)  
Sharon Keenan (United States)  
Andrew Krystal (United States)

Gilles Lavigne (Canada)  
Claudio Liguori (Italy)  
Stanley Liu (United States)  
Judette Louis (United States)  
Atul Malhotra (United States)  
Hrudananada Mallick (India)  
Rachel Manber (United States)  
Mauro Manconi (Switzerland)  
Bryce Mander (United States)  
Marie Marklund (Sweden)  
Emmanuel Mignot (United States)  
Gustavo A. Moreira (Brazil)  
Timothy Morgenthaler (United States)  
Philippe Murrain (United States)  
Maria-Lucia Muntean (Germany)  
Brian Murray (Canada)  
Tore Nielsen (Canada)  
Lino Nobili (Italy)  
Judy Owens (United States)  
Laura Palagini (Italy)  
Ken Paller (United States)  
Sairam Parthasarathy (United States)  
John Peever (Canada)  
Paola Pirelli (Italy)  
Thomas Pollmächer (Germany)  
Monica Puligheddu (United States)  
Susan Redline (United States)  
Rebecca Robillard (Canada)

Thomas Roth (United States)  
Carlos Schenck (United States)  
Alessandro Silvani (Italy)  
Eileen Sloan (Canada)  
Kai Spiegelhalter (Germany)  
Ambra Stefani (Austria)  
Mehdi Tafti (Switzerland)  
Dan Taylor (United States)  
Robert Thomas (United States)  
Michael Thorpy (United States)  
Claudia Trenkwalder (Germany)  
Lynn Marie Trotti (United States)  
Aleksandar Videnovic (United States)  
John Winkelman (United States)  
Antonio Zadra (Canada)  
Laura Zamarian (Austria)  
Marco Zucconi (Italy)

## 2022 COMMITTEES

### INTERNATIONAL SCIENTIFIC COMMITTEE

The International Scientific Committee is essential to the development of a scientifically and internationally balanced program, ensuring that the mission of advancing sleep health worldwide is being accomplished. The primary responsibility of the International Scientific Committee is to review and score oral and poster abstract submissions.

Lamia Afifi (Egypt)	Birgit Högl (Austria)	Robyn Stremler (Canada)
Aditya Ambati (United States)	Poul Jørgen Jennum (Denmark)	Patrick J. Strollo (United States)
Sonia Ancoli-Israel (United States)	Amy Jordan (Australia)	Mehdi Tafti (Switzerland)
Monica L. Andersen (Brazil)	Sharon Keenan (United States)	Robert Thomas (United States)
Clare Anderson (Australia)	Elizabeth Keys (Canada)	Johan Verbraecken (Belgium)
Erna Sif Arnardóttir (Iceland)	Clete Kushida (United States)	Malcolm von Schantz (United Kingdom)
Isabelle Arnulf (France)	Gilles Lavigne (Canada)	Shelly Weiss (Canada)
Najib Ayas (Canada)	Claudio Liguori (Italy)	Yun-Kwok Wing (Hong Kong)
Maree Barnes (Australia)	Cheng-Hui Lin (Taiwan)	Merrill S. Wise (United States)
Celyne Bastien (Canada)	Hrudananda Mallick (India)	Marco Zucconi (Italy)
Romola Bucks (Australia)	Marie Marklund (Sweden)	
Matteo Cesari (Austria)	Charles Morin (Canada)	
Yong Won Cho (South Korea)	Soňa Nevšimalová (Czech Republic)	
Penny Corkum (Canada)	Wolfgang Oertel (Germany)	
Kimberly Cote (Canada)	Judith Owens (United States)	
Naima Covassin (United States)	Murat Özgören (Turkey)	
Philip de Chazal (Australia)	Allan Pack (United States)	
Joseph De Koninck (Canada)	Vijaya Krishnan Paramasivan (India)	
Lourdes DelRosso (United States)	John Peever (Canada)	
Sean Drummond (Australia)	Thomas Penzel (Germany)	
Jeanne F. Duffy (United States)	Dalva Poyares (Brazil)	
Danny Eckert (Australia)	F. Javier Puertas (Spain)	
Luigi Ferini-Strambi (Italy)	Winfried Randerath (Germany)	
Raffaele Ferri (Italy)	Graham J. Reid (Canada)	
John Fleetham (Canada)	Gabrielle Rigney (Australia)	
Diego Garcia-Borreguero (Spain)	Leon Rosenthal (United States)	
Roger Godbout (Canada)	Josée Savard (Canada)	
Michael Grandner (United States)	Carlos H. Schenck (United States)	
Ludger Grote (Sweden)	Priyattam Shiromani (United States)	
Reut Gruber (Canada)	Rosalia Silvestri (Italy)	
Wendy Hall (Canada)	Robert Skomro (Canada)	
Ana C. Hanlon-Dearman (Canada)	Virend Somers (United States)	
Jan Hedner (Sweden)	Karel Šonka (Czech Republic)	
Anna Heidebreder (Austria)	Kai Spiegelhalter (Germany)	
Raphael Heinzer (Switzerland)	Ambra Stefani (Austria)	

### COURSE COMMITTEE

The Education Course Committee is responsible for developing an educational program to represent a wide range of sleep topics, as well as the international scope of the congress. The committee is responsible for identifying courses, selecting course co-chairs, and reviewing the course speakers and program details. Courses will be held from Friday, March 11 through Sunday, March 13, 2022.

Sonia Ancoli-Israel (United States)  
 Raffaele Ferri (Italy)  
 Dalva Poyares (Brazil)

## GENERAL INFORMATION

### CONGRESS PROGRAM DATES

March 11-16, 2022

### VENUE & LOCATION

Roma Convention Center La Nuvola  
Viale Asia, 40, 00144 Roma RM, Italy  
[romaconventiongroup.it](http://romaconventiongroup.it)

### CONTINUING MEDICAL EDUCATION (CME)

World Sleep Society will apply to offer CME credits at World Sleep 2022. Attendees will be responsible for purchasing the \$25 CME fee, recording their activities and submitting them to World Sleep Society for processing. The final number of CME credits available at World Sleep 2022 is to be determined. Thirty-nine credits were available at World Sleep 2019 Vancouver.

### COVID-19

World Sleep 2022 will be an in-person meeting in Rome, Italy. Keynotes, symposia, and abstracts will occur in-person. A review of this policy will occur in September 2021. Find more information and updates at [worldsleepcongress.com](http://worldsleepcongress.com)

### BADGE IDENTIFICATION

All congress participants and guests must wear a World Sleep 2022 congress badge. Badges allow entrance to the scientific sessions and access to the convention center. Your cooperation with this policy is appreciated. Recycle your badge holder after the congress by dropping it off at the registration desk. Replacement badges can be obtained at the registration desk for a fee.

### MEMBERSHIP

World Sleep Society membership records can be reviewed and memberships purchased at the registration desk. Learn more about membership benefits at [worldsleepsociety.org](http://worldsleepsociety.org)

### REGISTRATION DESK

Registration materials (bags, final programs, tickets, etc.) will be provided at the registration desk located at the entrance to Roma Convention Center La Nuvola. Tickets are required for entry to the gala dinner and to pre-congress courses on Friday, Saturday, and Sunday. Tickets can be purchased online or at the registration desk.

### REGISTRATION DESK HOURS

Friday: 4:00pm to 8:00pm  
Saturday: 7:00am to 6:00pm  
Sunday: 7:00am to 6:00pm  
Monday: 7:00am to 6:00pm  
Tuesday: 7:00am to 6:00pm  
Wednesday: 7:00am to 6:00pm

### EXHIBIT HALL HOURS

Monday: 9:30am–4:00pm  
Tuesday: 9:30am–4:00pm  
Wednesday: 9:30am–2:00pm

***Exhibition will be closed and monitored by security before 8:30am and after 5:00pm.***

### SPEAKER READY ROOM

A speaker ready room will be available to presenters to upload their presentations, test software, and make changes to their presentations. Speakers are required to upload their presentations in the speaker ready room at least 12 hours prior to their session. A technician will be available to assist as needed.

### SPEAKER READY ROOM HOURS

Saturday: 7:00am to 5:00pm  
Sunday: 7:00am to 5:00pm  
Monday: 7:00am to 5:00pm  
Tuesday: 7:00am to 5:00pm  
Wednesday: 7:00am to 5:00pm



# GENERAL INFORMATION

### PRESS ROOM

Members of the press are able to use the speaker ready room to work and access the internet.

### RECORDING DEVICE POLICY

No recording devices, audio or visual, may be used during CME activities. Duplication, distribution, or excerpting of this program without the express written permission of World Sleep Society is strictly prohibited. All of the proceedings of this program, including the presentation of scientific papers, are intended for limited publication only, and all property rights in the material presented, including common-law copyright, are expressly reserved by the Faculty, World Sleep Society, and/or CME provider. No statement of presentation made is to be regarded as dedicated to the public domain. Any sound reproduction, transcript, or other use of the material presented at this CME activity without the permission of World Sleep Society and CME provider is prohibited to the full extent of common-law copyright in such material.

Cameras and recording devices are not allowed to be used in the scientific meeting rooms at any time. Violation of this rule could result in removal from the congress along with the confiscation of the film and/or recording device.

### ELECTRONIC DEVICES

Please turn all electronic devices (phones, pagers, etc.) to silent mode during presentations. As a courtesy to the presenters and audience, phone calls should be taken outside of the scientific sessions.

### SEATING

Scientific sessions are filled on a first-come, first-served basis. World Sleep Society and the Program Committee reviewed the scientific sessions to anticipate demand and match the room size with expected seating. Occasionally, a presentation will have higher demand than expected. We encourage delegates to arrive early for the best possible seating.

# WORLD SLEEP 2022 PROGRAM TYPES

- |                                   |                               |                             |                               |
|-----------------------------------|-------------------------------|-----------------------------|-------------------------------|
| <b>S</b> Symposium                | <b>K</b> Keynote              | <b>P</b> Poster Abstract    | <b>T</b> Technologist Program |
| <b>PS</b> Pediatric Symposium     | <b>SS</b> Surgery Symposium   | <b>O</b> Oral Abstract      | <b>SE</b> Social Event        |
| <b>DS</b> Dental Symposium        | <b>C</b> Course               | <b>I</b> Industry Symposium | <b>AM</b> Affiliated Meeting  |
| <b>BS</b> Basic Science Symposium | <b>D</b> Discussion Symposium | <b>E</b> Exhibition         | <b>A</b> Administration       |



# ROMA CONVENTION CENTER & FLOOR PLAN



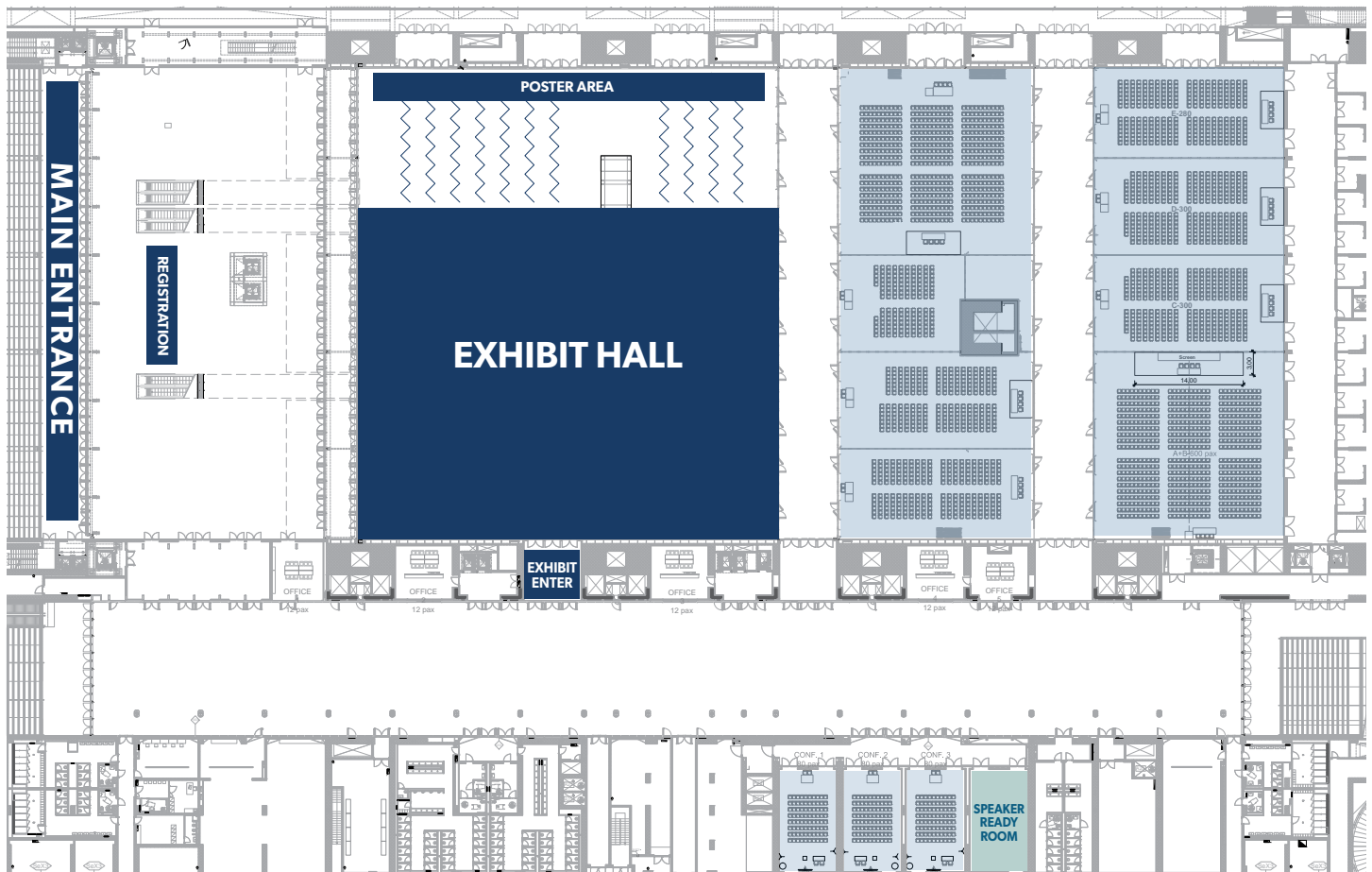
## VENUE & LOCATION

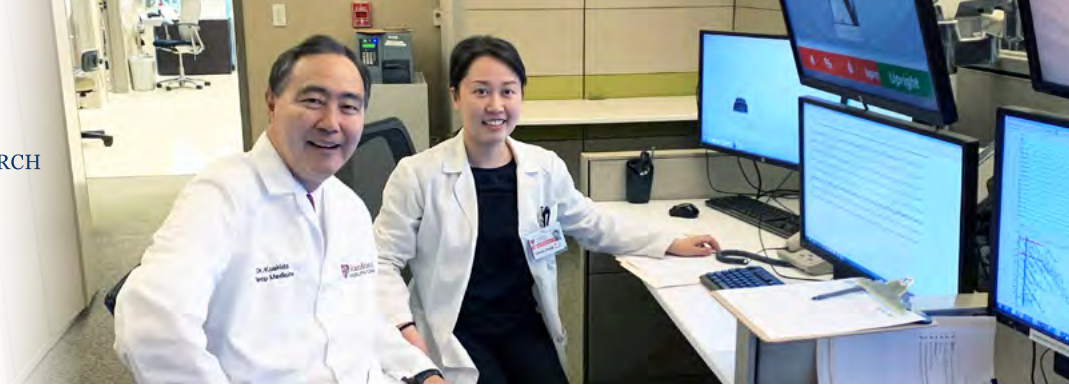
Roma Convention Center La Nuvola  
Viale Asia, 40, 00144 Roma RM, Italy  
[romaconventiongroup.it](http://romaconventiongroup.it)

La Nuvola—or “the cloud”—stands in beautiful contrast with the surrounding EUR business district designed in the 1930s. Counterpointing the dominant architectural rationalism of that time, La Nuvola projects a feeling of fluidity and collaboration with its glass façade and curving lines within. The EUR district itself will be a worthwhile visit, with its fine museums and open spaces, and is a handful of Rome Metro stops from classic tourist destinations and the center of the city.

## FLOOR PLAN

World Sleep 2022 will be located on Level 1 of the Roma Convention Center La Nuvola. For more information visit [worldsleepcongress.com/venue](http://worldsleepcongress.com/venue)





## MENTOR THE NEXT GENERATION OF LEADERS IN SLEEP SCIENCE & MEDICINE

*Organized by World Sleep Society, the International Sleep Research Training Program (ISRTP) prepares sleep science trainees around the world for future leadership in the sleep science field. The one-year comprehensive training program develops the mentee's strengths in research design, communication and career development.*

### CURRENT MENTOR SITES:

**CHARITÉ UNIVERSITY HOSPITAL BERLIN**  
Sleep Medicine Center

**FLINDERS UNIVERSITY**  
Adelaide Institute for Sleep Health

**HARVARD UNIVERSITY**  
Division of Sleep Medicine at Harvard Medical School

**KING'S COLLEGE LONDON**  
Sleep Disorders Centre at Guy's and St. Thomas'  
NHS Foundation Trust

**MEDICAL UNIVERSITY OF INNSBRUCK**  
Department of Neurology & Neurosurgery

**MONASH UNIVERSITY**  
Turner Institute for Brain and Mental Health

**PEKING UNIVERSITY PEOPLE'S HOSPITAL**  
PKUPH Sleep Center

**ST. JOHN'S MEDICAL COLLEGE HOSPITAL**  
St. John's Medical College Hospital, Department  
of Pulmonary, Critical Care and Sleep Medicine

**STANFORD UNIVERSITY**  
Division of Sleep Medicine

**UNIVERSITY MEDICAL CENTER FREIBURG**  
Albert-Ludwigs-Universität, Freiburg i. Brsg., Medical Centre,  
Department of Psychiatry and Psychotherapy, Centre for  
Sleep Research and Sleep Medicine

**UNIVERSITY OF OXFORD**  
Sleep and Circadian Neuroscience Institute

**UNIVERSITY OF PENNSYLVANIA**  
Center for Sleep & Circadian Neurobiology

**UNIVERSITY OF SYDNEY**  
Woolcock Institute of Medical Research

**UNIVERSITY OF TSUKUBA**  
International Institute for Integrative Sleep Medicine

JOIN ISRTP AND MENTOR THE NEXT GENERATION OF LEADERS  
IN SLEEP SCIENCE & MEDICINE. FOR MORE INFORMATION  
VISIT [WORLDSEEPSOCIETY.ORG/ISRTP](http://WORLDSEEPSOCIETY.ORG/ISRTP)



“ *The education and experiences you provide to these mentees won't be forgotten, and will build a lasting academic relationship and collaboration that will endure long after their year with you has concluded. Please join us... we look forward to working with you in further enhancing the academic environment for our program and mentees!* ”

- **Clete Kushida, MD, PhD (United States)** | ISRTP Steering Committee



## TRANSPORTATION

### LEONARDO DA VINCI-FIUMICINO INTERNATIONAL AIRPORT

Fiumicino Airport (FCO) is the largest airport in Rome. In addition to hotel shuttles, taxis, and car rentals, the airport also offers the Leonardo Express, a direct train service from the airport to Roma Termini station in the city center. The train takes about 30 minutes to reach the city center. Visitors can then enter the Rome Metro system at Roma Termini station to travel to the EUR District.

### CIAMPINO-G. B. PASTINE INTERNATIONAL AIRPORT

Ciampino Airport (CIA) is the smaller of the two international airports in Rome. In addition to hotel shuttles, taxis, and car rentals, the airport also offers the Ciampino Airlink, which is a combined bus-metro route to the city center. The Ciampino Airlink takes about 45 minutes to reach the city center. A bus route from the airport to the EUR District is also available.

### ROMA CONVENTION CENTER LA NUVOLO

Roma Convention Center La Nuvola is located in the EUR District in the south of Rome. The closest metro station to the venue is the EUR Fermi station, which is a few minutes' walk from the venue. The city center is located about 20 minutes away via Rome Metro.

Roma Convention Center La Nuvola  
Viale Asia, 40, 00144 Roma RM, Italy  
[romaconventiongroup.it](http://romaconventiongroup.it)

### ROME METRO

Located in the city center, Roma Termini is the main railway station for Rome and the city's mass transit hub. The Rome Metro is split into three lines: A, B, and C. The congress venue is located a few minutes' walk from Line B's EUR Fermi station. EUR Fermi is just over 20 minutes from the city center via Line B.

### ADDITIONAL INFORMATION

Find more information and links to official websites and maps at [worldsleepcongress.com/transportation](http://worldsleepcongress.com/transportation)



# March 11-16 2022

# WORLD SLEEP

Rome • Italy

## GETTING TO THE VENUE



**LEONARDO DA VINCI-FIUMICINO INTERNATIONAL AIRPORT**

**LEONARDO EXPRESS TRAIN**



**CIAMPINO-G. B. PASTINE INTERNATIONAL AIRPORT**

## HOTELS

### HOTELS

EGA Worldwide Congress & Events is the contracted partner for hotel bookings. EGA have provided a booking platform with information about rates, locations, and travel times to the venue for 31 hotels in the city center and near the venue. These rates are fixed and the reservations will come with additional customer support from EGA, who will have staff at the congress to assist with hotel bookings. Access the hotel booking platform at [worldsleepcongress.com/hotel](https://worldsleepcongress.com/hotel)

Attendees can also book their own hotels independently, but these bookings cannot be guaranteed or supported by EGA.

### HOTELS NEAR EUR DISTRICT

- 1 Pulitzer Roma  
[hotelpulitzer.it/en](https://hotelpulitzer.it/en)
- 2 Hotel dei Congressi  
[hoteldeicongressiroma.com/en/home-eng](https://hoteldeicongressiroma.com/en/home-eng)
- 3 Ibis Styles Roma Eur  
[all.accor.com/hotel/9301/index.en.shtml](https://all.accor.com/hotel/9301/index.en.shtml)
- 4 American Palace Eur  
[americanpalace.it/en](https://americanpalace.it/en)
- 5 Villa Eur Parco dei Pini  
[villaeur.com/en](https://villaeur.com/en)
- 6 Warmhotel  
[warmhotel.it/en/index](https://warmhotel.it/en/index)
- 7 Novotel Roma Eur  
[all.accor.com/hotel/9299/index.en.shtml](https://all.accor.com/hotel/9299/index.en.shtml)
- 8 Shangri-la  
[shangrilaroma.it/en](https://shangrilaroma.it/en)
- 9 Cristoforo Colombo  
[hotelcolomboroma.it/en](https://hotelcolomboroma.it/en)
- 10 Sheraton Parco de' Medici  
[marriott.com/hotels/travel/romps-sheraton-parco-de-medici-rome-hotel](https://marriott.com/hotels/travel/romps-sheraton-parco-de-medici-rome-hotel)

### HOTELS NEAR CITY CENTER

- 11 Mercure  
[all.accor.com/hotel/2909/index.en.shtml](https://all.accor.com/hotel/2909/index.en.shtml)
- 12 St. Martin  
[stmartinroma.com/en](https://stmartinroma.com/en)
- 13 The Tribune  
[tribunehotel.it](https://tribunehotel.it)
- 14 Mascagni  
[mascagnicollection.com/mascagni-hotel/en](https://mascagnicollection.com/mascagni-hotel/en)
- 15 Quirinale  
[hotelquirinale.it/en](https://hotelquirinale.it/en)
- 16 Nord Nuova Roma  
[hotelnordnuovaroma.it/en](https://hotelnordnuovaroma.it/en)
- 17 Mediterraneo  
[romehotelmediterraneo.it/en](https://romehotelmediterraneo.it/en)
- 18 Torino  
[hoteltorinoroma.it/en](https://hoteltorinoroma.it/en)
- 19 Morgana  
[hotelmorgana.com/en](https://hotelmorgana.com/en)
- 20 Ariston  
[hotelariston.it/en](https://hotelariston.it/en)
- 21 DoubleTree by Hilton Rione Monti  
[hnh.it/en/hotel/doubletree-by-hilton-rome-monti](https://hnh.it/en/hotel/doubletree-by-hilton-rome-monti)
- 22 Mercure Roma Centro Colosseo  
[all.accor.com/hotel/2909/index.en.shtml](https://all.accor.com/hotel/2909/index.en.shtml)
- 23 Kolbe  
[kolbehotelrome.com](https://kolbehotelrome.com)
- 24 Palatino  
[fshotelgroup.it/en/grand-hotel-palatino-roma/index](https://fshotelgroup.it/en/grand-hotel-palatino-roma/index)
- 25 The Glam  
[aghotels.it/en/the-glam/index](https://aghotels.it/en/the-glam/index)
- 26 Forum  
[hotelforum.com/en](https://hotelforum.com/en)
- 27 Pace Helvezia  
[hotelpacehelveziaroma.it/en](https://hotelpacehelveziaroma.it/en)
- 28 Imperiale  
[hotelimperialeroma.it/en](https://hotelimperialeroma.it/en)
- 29 Stendhal & Stendhal Luxury Suites  
[hotelstendhalrome.com](https://hotelstendhalrome.com)
- 30 Genio  
[hotelgenioroma.it/en](https://hotelgenioroma.it/en)



# ROME MAP OVERVIEW

See list of hotels 1-30 on page 18. Book your hotel through EGA at [worldsleepcongress.com/hotel](http://worldsleepcongress.com/hotel)

## HOTELS NEAR CITY CENTER

## HOTELS NEAR EUR DISTRICT

**LEONARDO DA VINCI-FIUMICINO INTERNATIONAL AIRPORT**

**WORLD SLEEP 2022 ROMA CONVENTION CENTER LA NUVOVA**

**CIAMPINO-G. B. PASTINE INTERNATIONAL AIRPORT**



## ROME, ITALY

### WHEN IN ROME

Rome is known for its unparalleled history. It attracts visitors wishing to discover the city's striking monuments and archaeological sites while enjoying its renowned cuisine and sparkling atmosphere. With attractions such as the Colosseum, the Roman Forum and Circus Maximus, visitors can get a taste of a rich history full of gladiators in an arena, chariots crashing during a wild race and Roman public life once upon a time.

### ART HISTORY AND HUMANITIES IN SLEEP

World Sleep 2022 will provide a unique course that explores the intersection of sleep and the arts. The course will conclude with a walking tour of an art museum in Rome to see firsthand the brilliant creations of artists over the centuries. Chaired by Sonia Ancoli-Israel and Meir Kryger, the course will take place on March 11, 2022.

### VISIT THE VATICAN

No matter your faith tradition, Vatican City presents an outstanding opportunity to see and experience firsthand some of the most recognizable foundations of European art and architecture. From the open St. Peter's Square to the art housed in the Vatican Museums, consider making time for this special destination during your time in Rome.

### TOURS

EGA Worldwide Congress & Events will be organizing and offering tour packages to experience Rome. Check [worldsleepcongress.com/visit](https://worldsleepcongress.com/visit) for updates as more details become available.

### TRIPADVISOR'S TOP 10 THINGS TO DO IN ROME ITALY

1. Pantheon
2. Colosseum
3. Roman Forum
4. Palatine Hill
5. Piazza Navona
6. Basilica di Santa Maria Maggiore
7. Trevi Fountain
8. Galleria Borghese
9. Trastevere
10. Museo Nazionale di Castel Sant'Angelo

To learn more about Rome tourism visit [turismoroma.it/en](https://turismoroma.it/en).





## NETWORKING & SOCIAL EVENTS

One of the unique strengths of World Sleep 2022 will be the diversity and breadth of attendance. Previous congresses have attracted attendees and exhibitors from dozens of countries and many hundreds of institutions. Connect with colleagues, learn about the latest developments and build your network worldwide with the opportunities found in Rome during March 11–16, 2022.

### OPENING CEREMONY & RECEPTION

**SUNDAY | 6:00–8:00PM**

The Opening Ceremony of World Sleep 2022 will feature award presentations, entertainment and networking. Join your colleagues to start the congress with a night of music, beverages and entertainment.

### GALA DINNER

**MONDAY | 7:00–11:30PM**

Purchase a ticket to join us at the Gala Dinner on Monday evening. Plan for a night of fine food, entertainment and conversation with friends.

### CLOSING CEREMONY & RECEPTION

**WEDNESDAY | 6:00–7:30PM**

All attendees and exhibitors are invited to join the Closing Ceremony. Catch up with your colleagues about what caught your interest during the congress and stay for a special presentation from the hosts of World Sleep 2023 in Rio de Janeiro, Brazil.

### EXHIBIT HALL

World Sleep 2022 will feature exhibitors from companies and organizations around the globe. Browse the exhibit hall to meet new people and see the latest developments of interest to professionals in sleep medicine and research.

### EXHIBIT HALL HOURS

Monday: 9:30am–4:00pm  
Tuesday: 9:30am–4:00pm  
Wednesday: 9:30am–2:00pm

**Exhibition will be closed and monitored by security before 8:30am and after 5:00pm.**

### POSTER SESSIONS

**SUNDAY | 4:30–6:00PM • MONDAY | 5:30–7:00PM  
TUESDAY | 5:30–7:00PM**

Browse poster abstracts and discuss upcoming research methods and findings with investigators in a more open, personal format.

### WORLD SLEEP SOCIETY MEMBERSHIP MEETING

**TUESDAY | 7:00–7:50AM | ROOM 21**

All attendees of World Sleep are welcome to attend this meeting.

### WORLD SLEEP DAY DELEGATE MEETING

**MONDAY | 1:00–2:00PM | ROOM 31**

Join the networking meeting for World Sleep Day. As World Sleep Day continues to grow, our Delegates continue to organize creative and impactful activities to raise awareness of healthy sleep. You don't have to be a delegate to join the meeting. Join us to learn strategies for organizing and connect with others who can help.

### AFFILIATE MEETINGS

Spaces for associate societies and other organizations will be available for private and public meetings. Contact World Sleep Society for more information and watch for updates as these meetings are added to the schedule.

### ITALIAN ASSOCIATION OF SLEEP MEDICINE (AIMS) ANNUAL MEETING

**SATURDAY, SUNDAY**

The annual Italian Association of Sleep Medicine (AIMS) meeting will be Saturday and Sunday. Separate ticket is required. For additional information visit [sonnomed.it](http://sonnomed.it)



## CALL FOR ABSTRACTS

### ABSTRACTS

Submissions accepted June 1, 2021- January 15, 2022.  
Varying deadline dates for oral and poster abstracts.

Present your work to an international audience. Submit research in any area of sleep medicine for inclusion as an oral abstract, poster abstract or young investigator presentation.

All accepted abstracts are published in a *Sleep Medicine* journal supplement. Presenting authors must be registered for the congress by February 15, 2022. Submission details on [worldsleepcongress.com/abstracts](https://worldsleepcongress.com/abstracts)

### ABSTRACT TOPIC CATEGORIES

- AG** AGING AND DEVELOPMENTAL ISSUES
- BCD** BEHAVIOR, COGNITION AND DREAMING
- BR** BASIC RESEARCH
- CD** CHRONOBIOLOGY CIRCADIAN DISORDERS
- D** DENTAL
- EDS** EXCESSIVE DAYTIME SLEEPINESS (NOT NARCOLEPSY)
- H** HYPERSOMNIA
- HE** SLEEP HEALTH
- I** INSOMNIA
- M** MEMORY
- MD** MOVEMENT DISORDERS
- NA** NARCOLEPSY
- NEU** NEUROLOGICAL SLEEP DISORDERS AFFECTING SLEEP
- NP** NEURAL PLASTICITY
- O** OTHER
- P** PEDIATRIC
- PA** PARASOMNIA
- PH** PHARMACOLOGY
- PSY** PSYCHIATRIC DISORDERS AFFECTING SLEEP/WAKE
- REM** REM BEHAVIOR DISORDERS
- RLS** RESTLESS LEGS SYNDROME (RLS)
- SBD** SLEEP BREATHING DISORDERS
- TEC** TECHNOLOGY/TECHNICAL
- W** WOMEN

### ORAL ABSTRACTS

Authors will be given 13 minutes to summarize their peer-reviewed research in a specific topic area, and presentations will be moderated by experts in the field. A brief question and answer time will conclude the session. Authors that are not selected to present an oral abstract will be given the opportunity to present a poster abstract.

### YOUNG INVESTIGATOR PRESENTATION

Young Investigator Awards will be offered to qualifying individuals at World Sleep 2022 Rome. Oral abstract awards will provide the opportunity for up to 18 individuals to present their abstract during a special young investigator oral abstract session. Poster awards will be presented to authors of the top-ranked young investigator poster abstracts.

The application **deadline is November 30, 2021**. Submission details on [worldsleepcongress.com/young-investigator](https://worldsleepcongress.com/young-investigator)

### POSTER PRESENTATION

Authors will present their poster during one 30-minute poster abstract session. Posters can be presented at almost any stage of research and provide an excellent opportunity for authors to discuss their methods and findings with other professionals. Presenting authors must be registered by February 15, 2022.

### POSTER SESSION SCHEDULE

Browse poster abstracts and discuss upcoming research methods and findings with investigators in a more open, personal format. Poster schedule is as follows:

- SUNDAY | 4:30–6:00PM | GROUPS A & B**
- MONDAY | 5:30–7:00PM | GROUPS C & D**
- TUESDAY | 5:30–7:00PM | GROUPS E & F**



## SYMPOSIA

### SYMPOSIA AT WORLD SLEEP 2022

Nearly 200 symposium submissions were received for World Sleep 2022, a 10% increase over World Sleep 2019. Review and scoring is now ongoing. Final selections for the congress take place during an in-person meeting of the Program Committee in Rome during September 2021.

Symposium presentations consist of four to five speakers on a single topic. Each symposium will be no more than 90 minutes long. All symposia at World Sleep will take place in eight concurrent tracks during March 14, 15, and 16, 2022.

Not able to attend all the symposia that you would like? Each symposium at the congress will be recorded and available as part of World Sleep On Demand, a collection of digital, on-demand content from World Sleep that will be available for purchase.

Find more updates about symposia, including the scoring process, at [worldsleepcongress.com/symposia](https://worldsleepcongress.com/symposia)

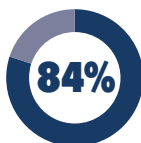
### SYMPOSIA TOPIC CATEGORIES

- AGING AND DEVELOPMENTAL ISSUES
- BASIC RESEARCH
- CHRONOBIOLOGY/CIRCADIAN DISORDERS
- DENTAL
- EXCESSIVE DAYTIME SLEEPINESS/HYPERSOMNIA
- DREAMING
- INSOMNIA
- MOVEMENT DISORDERS
- NARCOLEPSY
- NEUROLOGICAL SLEEP DISORDERS AFFECTING SLEEP
- PARASOMNIA
- PEDIATRICS
- PHARMACOLOGY
- PSYCHIATRIC DISORDERS AFFECTING SLEEP/WAKE
- REM BEHAVIOR DISORDERS
- RESTLESS LEGS SYNDROME (RLS)
- SLEEP AND COGNITION
- SLEEP BREATHING DISORDERS
- SLEEP HEALTH
- TECHNOLOGIST TRACK
- TECHNOLOGY/TECHNICAL
- WOMEN

## WHAT 2019 ATTENDEES THOUGHT OF OUR CONGRESS



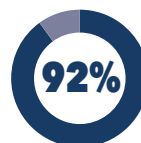
The congress met my expectations and learning needs.



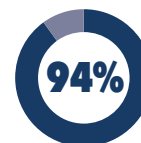
The scientific diversity at the congress was satisfactory.



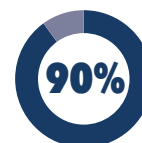
The speakers demonstrated substantive knowledge of the topic.



The scientific quality at the congress was satisfactory.



The congress location positively affected my overall experience.



I would recommend this congress to colleagues who are new to the field of sleep.



## AWARDS

### YOUNG INVESTIGATOR AWARD FOR ORAL AND POSTER ABSTRACT PRESENTATIONS

Young Investigator Awards will be offered to qualifying individuals at World Sleep 2022 Rome. Oral abstract awards will provide the opportunity for up to 18 individuals to present their abstract during a special young investigator oral abstract session. Poster awards will be presented to authors of the top-ranked young investigator poster abstracts.

**Requirement:** 35 years old or younger **OR** fewer than 5 years post MD or PhD degree

**How to Apply:** Complete application must be emailed to World Sleep Society. Full details at [worldsleepcongress.com/young-investigator](http://worldsleepcongress.com/young-investigator)

**Deadline:** November 30, 2021

### CHRISTIAN GUILLEMINAULT YOUNG INVESTIGATOR AWARD

The Christian Guilleminault Young Investigator Awards are presented to encourage new investigators in the field of sleep, especially in developing portions of the world, to advance sleep medicine and research worldwide. Up to 2 awards of \$1,000 will be offered to qualifying individuals.

**Requirements:** 35 years old or younger **OR** fewer than 5 years post MD or PhD degree; abstract must already be accepted for oral or poster presentation at World Sleep 2022

**How to Apply:** Complete application must be emailed to World Sleep Society. Full details at [worldsleep.info/yi](http://worldsleep.info/yi)

**Deadline:** November 30, 2021

### WAYNE HENING YOUNG INVESTIGATOR AWARDS

Wayne Hening Young Investigator Awards are presented to new investigators in the RLS/PLMS field. Up to five awards of \$1,000 will be offered to qualifying individuals.

**Requirements:** Either young investigator new to RLS/PLMS field who is no more than 10 years past receiving PhD or MD **OR** a senior investigator new to the RLS/PLMS field whose first publication in the RLS/PLMS field is within the last three years. Awardees are also expected to present their work at World Sleep 2022.

**How to Apply:** Complete application must be emailed to the IRLSSG Wayne Hening Award Committee. Full details at [irlssg.org/Wayne-Hening-Young-Investigator-Awards](http://irlssg.org/Wayne-Hening-Young-Investigator-Awards)

**Deadline:** November 30, 2021

### ELSEVIER AWARDS

Elsevier has established two scientific awards for new basic and clinical sleep specialists in honor of Christian Guilleminault and Elio Lugaresi. Two awards of \$1,000 will be presented at World Sleep 2022.

**Requirements:** Young investigator within five years or less of post-training at the time of manuscript submission

**How to Apply:** Candidates who qualify and who would like to be considered should indicate so and include a separate letter of eligibility and current CV to the Editor-in-Chief at the time of submission. Full details at [worldsleepcongress.com/scientific-content/elsevier-awards](http://worldsleepcongress.com/scientific-content/elsevier-awards)





Say good morning to a great day!

NEW

**ozaWade**® (Pitolisant)  
First brain histamine **wake** enhancer in OSA therapy

**Elevated daytime performance in partnership with patients with or without CPAP**

- Clinically proven **efficacy on EDS and fatigue\***
- Robust **cardiovascular safety** profile<sup>1,2</sup>
- **Innovative** mode of action distinct from the mechanism of psychostimulants<sup>3,4</sup>

\* SmPC Ozawade.

1 Pépin JL et al. Chest. 2020 Oct 26; S0012-3692(20)35105-9. Pitolisant for Residual Excessive Daytime Sleepiness in OSA Patients Adhering to CPAP: A Randomized trial

2 Dauvilliers Y et al. «Pitolisant for Daytime Sleepiness in Patients with Obstructive Sleep Apnea Who Refuse Continuous Positive Airway Pressure Treatment: A Randomized Trial» Am J Respir Crit Care Med. 2020 May 1; 201(9): 1135-1145.

3 JC Schwartz. The histamine H3 receptor: from discovery to clinical trials with pitolisant. Br J Pharmacol. 2011 Jun; 163(4):713-21.

4 Romigi A et al. Profile of pitolisant in the management of narcolepsy: design, development, and place in therapy. Drug Des Devel Ther. 2018 Aug 30; 12:2665-2675.

Ozawade is indicated to improve wakefulness and reduce excessive daytime sleepiness (EDS) in adult patients with obstructive sleep apnea (OSA) whose EDS has not been satisfactorily treated by, or who have not tolerated, OSA primary therapy, such as continuous positive airway pressure (CPAP). Primary OSA therapy should be maintained or periodically rechallenged in patients not tolerating primary OSA therapy. Ozawade is not a therapy for the underlying airway obstruction in patients with OSA.



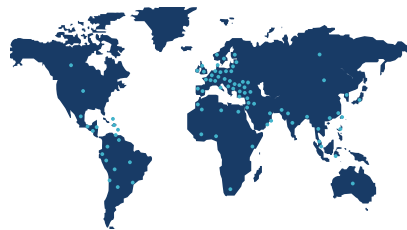
**World Sleep Day**  
Hosted by World Sleep Society

**SAVE THE DATE**  
**MARCH 18, 2022**



**ABOUT**

World Sleep Day is an annual event intended to be a **CELEBRATION OF SLEEP** and a call to action on important issues related to sleep. Hosted by World Sleep Society, it is an opportunity for sleep experts to inform the public about the importance of sleep in all aspects of health.



**45+ COUNTRIES**  
**200+ ACTIVITIES**

Dozens of delegates in countries around the world participated in World Sleep Day 2021, holding in-person, online, and media events that promoted the theme of **"REGULAR SLEEP, HEALTHY FUTURE."**



**SAVE THE DATE**

The next World Sleep Day is **FRIDAY, MARCH 18, 2022**. Sign up for updates at [worldsleepday.org](http://worldsleepday.org) to follow the latest developments regarding the annual theme and activities.

  
[worldsleepday.org](http://worldsleepday.org)

  
[twitter.com/\\_WorldSleep](https://twitter.com/_WorldSleep)

  
[facebook.com/wasmf](https://facebook.com/wasmf)

  
WORLD SLEEP SOCIETY  
Advancing Sleep Health Worldwide



2022

WORLD  
SLEEP

**KEYNOTE SPEAKERS**

## 2022 KEYNOTE SPEAKERS



### MONDAY | 8:00–8:45AM



**Phyllis C. Zee, MD, PhD (United States)**

Benjamin and Virginia T. Boshes Professor in Neurology  
Director, Center for Circadian and Sleep Medicine Chief,  
Division of Sleep Medicine – Neurology Northwestern  
University Feinberg School of Medicine, United States

**Circadian clocks: Medicine in the fourth dimension**

This keynote presentation will discuss the latest research  
in circadian rhythms and chronomedicine.



**Giuseppe Plazzi, MD, PhD (Italy)**

Chair, Child Neurology, University of Modena and Reggio  
Emilia | Director of the Sleep Disorders, Narcolepsy and CNS  
Hypersomnias Center, IRCCS - Institute of Neurological Sciences  
of Bologna, Italy

**Pediatric narcolepsy: Clinical features and burden of illness**

Compared to adults, narcolepsy symptoms often initially  
manifest differently in children and adolescents, which may pose  
diagnostic dilemmas. Insufficient sleep and circadian rhythm  
disorders presenting with excessive daytime sleepiness are  
also common in adolescents, potentially further confounding  
narcolepsy diagnosis. Pediatric narcolepsy presents distinct  
challenges in diagnosis and management, and it is associated  
with a considerable burden of illness, which is exacerbated by  
delays in symptom recognition, diagnosis, and intervention.

### MONDAY | 2:00–2:45PM



**Monica Levy Andersen, PhD (Brazil)**

Associate Professor, Director of Sleep Institute, Vice-chair of  
Department of Psychobiology, Universidade Federal de  
São Paulo (UNIFESP), Brazil

**Do females sleep better? Insights from basic and clinical studies**

Women's relationship with sleep can be complex, and is very  
different from that of men. During a woman's life, the risk of  
developing sleep disorders, such as insomnia and sleep  
fragmentation, and experiencing disruption of their circadian  
rhythms, markedly increases for a number of reasons,  
including hormonal changes, societal pressures, and family  
responsibilities. The aim of this presentation is to review some  
differential aspects of sleep in females, to look at the basic  
science and current clinical practice, and to understand how  
sleep can change across the life of females, and how sleep  
deprivation impacts different aspects of female physiology.



**Yun-Kwok Wing, MBChB, MRCP, FRCP, FHKCP,  
FHKAM (Hong Kong)**

Professor, Department of Psychiatry & Director of Li Chiu Kong  
Family Sleep Assessment Unit, Faculty of Medicine, The Chinese  
University of Hong Kong

**Sleep and psychiatric disorders: From epidemiology to  
treatment**

Sleep and circadian problems have long been recognized as  
closely related to psychiatric disorders. The contribution of  
epidemiological studies in both clinical and general population,  
for example, in finding a reciprocal and bidirectional relationship  
between insomnia and depression has contributed to our  
conceptual shift to re-consider sleep disturbances as an  
independent comorbidity rather than a secondary symptom.  
Along with this paradigm shift, the resultant proper recognition  
and treatment of comorbid sleep and circadian disturbances  
has improved the depression outcome. The comorbid concept  
has also provided a new direction of prevention medicine from  
sleep perspective: Can we prevent depression by targeting  
sleep problems? Can we prevent insomnia? Can we prevent  
neurodegeneration by targeting sleep and psychiatric disorders?



**Nico de Vries, MD, PhD (Netherlands)**

ENT surgeon at OLVG Hospital Amsterdam, Netherlands  
Professor of Dental Sleep Medicine at ACTA, Amsterdam,  
Netherlands Guest professor at University of Antwerp, Belgium

**Sleep surgery: A viable alternative to CPAP and MAD  
treatment in OSA?**

Upper airway surgery is gradually developing into a viable  
alternative for CPAP and oral device therapy in well selected OSA  
patients. In particular, young self-responsible patients want to be  
well informed about potential alternatives to life-long CPAP or  
oral device therapy. In such cases, diagnostic work-up involves  
a comprehensive sleep study (as sleep surgeons look at it),  
OSA specific examination of the upper airway (in particular the  
collapsible segment of it) and Drug Induced Sleep endoscopy  
(DISE). Current surgical concepts focus on modern reconstructive  
techniques (as opposed to old resection techniques) and upper  
airway stimulation, and combined therapies.

## 2022 KEYNOTE SPEAKERS

TUESDAY | 8:00–8:45AM



### **Michael Gradisar, PhD (Australia)**

Professor of Clinical Child Psychology  
Flinders University, Australia

#### ***Treating insomnia in school kids: How does it work?***

The International Classification of Sleep Disorders, 3rd edition, recognises that Chronic Insomnia Disorder is not only applicable to adults, but also to children. Yet, it could be said that the majority of work investigating insomnia and its treatment lies at both ends of the lifespan: babies and adults. There is little recognition that insomnia can occur in between these developmental stages—especially in middle childhood (7-12 yrs). This talk will show the similarities and differences of the insomnia experience in children, how CBT for insomnia has been adapted for them, and what underlying mechanisms may be at play.



### **Luigi Ferini-Strambi, MD, PhD (Italy)**

Full Professor of Neurology, Università Vita-Salute  
San Raffaele, Italy

#### ***Restless leg syndrome: A complex night-day disorder***

Restless legs syndrome (RLS)/Willis-Ekbom disease is one of the most common neurological disorders, with severe sleep disturbance and daily functioning impairment. RLS may be primary (idiopathic) or secondary to a variety of systemic disorders. The pathogenesis of RLS remains not fully clear, even if our understanding of the disease has improved by genetic and neuroimaging studies and by the development of animal models. A clinical approach to RLS management includes the identification of reversible contributing factors and the use of nonpharmacological and pharmacological treatment. The long-term effects of specific drugs for RLS suggest some changes in the optimal care management. The great socioeconomic impact of RLS related to the inadequate diagnosis and treatment has been recently reported.



### **Amita Sehgal, PhD (United States)**

John Herr Musser Professor of Neuroscience, Investigator of the Howard Hughes Medical Institute & Director of the Chronobiology and Sleep Institute (CSI) University of Pennsylvania, United States

#### ***Why we need to sleep: Insights from a small animal model***

The function of sleep remains a mystery. There is universal agreement that lack of sleep impairs performance, especially cognitive ability, during waking hours and considerable evidence supports adverse effects of sleep loss on other physiological parameters as well. Thus, sleep may be regarded as important for waking function. However, what happens during sleep to facilitate wake performance and promote health? Some studies posit that replay of wake experiences in specific brain regions during sleep helps in memory consolidation, but it is likely that sleep affects fundamental physiology on a brain-wide and perhaps even body-wide level. Ongoing research seeks to address this question by investigating cellular and molecular processes impacted by sleep.



### **Alex Iranzo, MD, PhD (Spain)**

Senior Consultant, Neurology Service Multidisciplinary Sleep Unit of the Hospital Clinic of Barcelona, Associate Professor, University of Barcelona School of Medicine, Spain

#### ***The isolated form of REM sleep behavior disorder as an opportunity for a neuroprotective intervention***

There is solid evidence that isolated REM sleep behavior disorder (IRBD) represents in most if not all patients an early manifestation of the synucleinopathies Parkinson's disease and dementia with Lewy bodies. Most patients with IRBD show the presence of synuclein in the cerebrospinal fluid and with lesser frequency in the peripheral organs. In IRBD, abnormal DAT-SPECT and hyposmia are associated with an increased short term to develop dementia and parkinsonism. There is a need to implement a neuroprotective clinical trial in IRBD to prevent the onset of parkinsonism and dementia, perhaps using DAT-SPECT and smell as biomarkers of progressive neurodegeneration and targeting synuclein with immunotherapy against the propagation of this protein in the brain.



### **Colin Espie, PhD (United Kingdom)**

Professor of Sleep Medicine, Clinical Director Experimental & Clinical Sleep Medicine Programme, Sleep & Circadian Neurosciences Institute, University of Oxford, United Kingdom

#### ***Delivering clinical guideline care for insomnia: The potential of digital therapeutics to close the treatment gap***

Cognitive behavioural therapy (CBT) is the guideline treatment of first choice for chronic insomnia, yet it is available to only a very small fraction of those who might benefit from it. As a result, pharmacotherapy, regarded as a less effective, second line intervention, continues to fill the insomnia treatment void. However, the emergence of fully automated digital CBT provides the opportunity to completely close this gap. As part of a stepped care model of service provision, digital therapeutics may result in clinical guideline care becoming the norm in routine practice.

## 2022 KEYNOTE SPEAKERS

### WEDNESDAY | 8:00–8:45AM



**Thomas Scammell, MD (United States)**

Professor of Neurology, Beth Israel Deaconess Medical Center, Boston Children's Hospital | Harvard Medical School, United States

***Narcolepsy: From basic sciences to therapeutic approaches***

Narcolepsy is one of the more common causes of chronic sleepiness, yet until about 20 years ago, the cause of narcolepsy was essentially unknown. The discovery that narcolepsy is caused by a selective and severe loss of the orexin/hypocretin neurons has transformed our understanding of this disorder and is now leading to more effective therapies. Dr. Scammell will provide an overview of the neurobiology of narcolepsy; how loss of orexin signaling causes chronic sleepiness and cataplexy; and how this improved understanding is helping drive the development of novel therapies that target this fundamental orexin deficiency.



**Tracey Sletten, PhD (Australia)**

Senior Research Fellow, Turner Institute for Brain and Mental Health | School of Psychological Sciences Monash University, Australia

***Sleep, shift work, and occupational health: Implications and interventions***

This presentation will feature current research on the adverse health and safety implications of circadian misalignment and sleep loss in numerous real-world and occupational settings, and practical countermeasures. This will highlight inter-individual differences in circadian physiology and advances in our understanding of individual responses to altered sleep and work schedules, along with novel interventions for alertness management and circadian misalignment, particularly among shift workers.

### WEDNESDAY | 2:00–2:45PM



**Daniel J. Buysse, MD (United States)**

UPMC Professor of Sleep Medicine, Professor of Psychiatry and Clinical and Translational Science, University of Pittsburgh School of Medicine, United States

***Multidimensional sleep health: Measurement, consequences and interventions***

Sleep can be quantified along multiple dimensions such as regularity, subjective quality, daytime alertness/sleepiness, timing, efficiency and duration. These dimensions occur simultaneously in all individuals and are orthogonal to categorical sleep disorders. Numerous studies have documented adverse consequences associated with individual sleep characteristics such as sleep duration. However, the multidimensional sleep health (MDSH) perspective may offer more nuanced, more complex and more physiologically valid insights. This presentation will review the current status of reliability and validity of MDSH measurement; statistical approaches to examining MDSH; health outcomes related to MDSH; and interventions targeting MDSH.



**Danny Eckert, PhD (Australia)**

Mathew Flinders Professor and Director, Adelaide, Institute for Sleep Health Flinders University, South Australia

***Sleep apnea endotypes and implications for precision sleep medicine***

This presentation will cover the latest knowledge of the different OSA endotypes and their role in advancing OSA pathogenesis and treatment. This will include development of new targeted therapies including combination therapy and pharmacotherapy, optimisation of existing therapies and clinically practical techniques to estimate OSA endotypes to deliver precision medicine for OSA at scale.





2022

WORLD  
SLEEP

**SCHEDULE AT A GLANCE**

## SCHEDULE AT A GLANCE

## FRIDAY

FULL FRIDAY COURSE DETAILS ON PAGE 41 | COURSE CHAIRS LISTED BELOW

 COURSE   10:00AM–2:00PM		
C	Art history and humanities in sleep: Morning course and walking tour of museum <i>Final time and museum site to be determined.</i>	Meir Kryger (United States), Sonia Ancoli-Israel (United States)

## SATURDAY

FULL SATURDAY COURSE DETAILS ON PAGES 42-50 | COURSE CHAIRS LISTED BELOW

 COURSES   8:00AM–5:00PM   FULL DAY		
C	Pediatric sleep	Lourdes DelRosso (United States), Gustavo Moreira (Brazil), Jodi Mindell (United States)
C	Obstructive sleep apnea: Diagnosis and management	Patrick Strollo (United States), Atul Malhotra (United States)
C	The myths and science of dental sleep medicine	Fernanda Almeida (Canada), Maria Clotilde Carra (France)
C	Circadian dysfunction in health and disease	Till Roenneberg (Germany), Sabra Abbott (United States)
 AIMS ANNUAL MEETING   8:00AM–5:00PM		
AM	Italian Association of Sleep Medicine (AIMS) Annual meeting	President: Giuseppe Plazzi (Italy)
 COURSES   8:00AM–12:00PM   AM HALF DAY		
C	How to conduct epidemiological studies	Katie Stone (United States), Yue Leng (China)
C	Recent advances in RLS treatment	Mauro Manconi (Switzerland), John Winkelman (United States)
C	Present and future of sleep staging and scoring	Stephany Fulda (Switzerland), Ambra Stefani (Austria)
 IRLSSG ANNUAL MEETING   12:00PM–6:00PM		
AM	International RLS Study Group (IRLSSG) Annual Meeting	Aaro Salminen (Germany), Denise Sharon (United States)
 COURSES   1:00–5:00PM   PM HALF DAY		
C	Sleep diversity	Chandra Jackson (United States), Girardin Jean-Louis (United States)
C	Portable devices for clinical practice and sleep research	Max Hirshkowitz (United States), Massimiliano de Zambotti (United States)
C	Parasomnias	Carlos Schenck (United States), Federica Provini (Italy)

C Course    
 AM Affiliated Meeting    
  **Ticketed Events**  
 Ticket required to attend

## SCHEDULE AT A GLANCE

# SUNDAY

FULL SUNDAY COURSE DETAILS ON PAGES 51-58 | COURSE CHAIRS LISTED BELOW

 <b>COURSES   8:00AM–5:00PM   FULL DAY</b>		
<b>C</b>	Sleep health in women	Maree Barnes (Australia), Sara Nowakowski (United States)
<b>C</b>	Year in review	Dieter Riemann (Germany), Winfried Randerath (Germany)
<b>C</b>	Aging, neurodegeneration and sleep	Aleksandar Videnovic (United States), Claudio Liguori (Italy)
<b>C</b>	Cardiovascular consequences of sleep apnea: What is new?	Virend Somers (United States), Luciano Drager (Brazil)
 <b>AIMS ANNUAL MEETING   8:00AM–5:00PM</b>		
<b>AM</b>	Italian Association of Sleep Medicine (AIMS) Annual meeting	President: Giuseppe Plazzi (Italy)
 <b>COURSES   8:00AM–12:00PM   AM HALF DAY</b>		
<b>C</b>	Sleep, fatigue and rhythms in cancer patients	Josee Savard (Canada), Lisa Wu (Denmark)
<b>C</b>	Insomnia treatment, Part 1: Pharmacological treatments	David Neubauer (United States), Gary Zammit (United States)
<b>C</b>	Multidimensional sleep health: From concept to clinic	Dan Buysse (United States), Bjørn Bjorvatn (Norway)
 <b>COURSES   1:00–5:00PM   PM HALF DAY</b>		
<b>C</b>	Sleep apnea and cancer	David Gozal (United States), Isaac Almedros (Spain)
<b>C</b>	Insomnia treatment, Part 2: Behavioral treatments	Coleen Carney (Canada), Jason Ellis (United Kingdom)
<b>C</b>	Narcolepsy and other hypersomnias: Diagnostics approach and management	Fabio Pizza (Italy), Yves Dauvilliers (France)
<b>C</b>	Sleep, psychiatric disorders & mental health	Chiara Baglioni (Germany), Ruth Benca (United States)
<b>SCIENTIFIC SESSION   4:30–6:00PM</b>		
<b>P</b>	Poster Hall Abstract Presentations	Groups A/B
<b>OPENING CEREMONY &amp; RECEPTION   6:00–8:00PM</b>		



Course



Affiliated Meeting



Poster Abstract



**Ticketed Events**

Ticket required to attend



# SCHEDULE AT A GLANCE

## MONDAY

<b>S</b> Symposium	<b>O</b> Oral Abstract
<b>D</b> Discussion Symposium	<b>I</b> Industry Symposium
<b>T</b> Technologist Program	<b>P</b> Poster Abstract

### KEYNOTE PRESENTATIONS | 8:00–8:45AM



**Phyllis C. Zee (United States)**  
*Circadian clocks: Medicine in the fourth dimension*



**Giuseppe Plazzi (Italy)**  
*Pediatric narcolepsy: Clinical features and burden of illness*

### 9:00–10:30AM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### 10:45AM–12:15PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### 12:30–2:00PM

<b>I</b>	Industry Symposium Sessions (see page 60-61)
<b>AM</b>	World Sleep Day Delegate Meeting

### KEYNOTE PRESENTATIONS | 2:00–2:45PM



**Monica Levy Andersen (Brazil)**  
*Do females sleep better? Insights from basic and clinical studies*



**Yun-Kwok Wing (Hong Kong)**  
*Sleep and psychiatric disorders: From epidemiology to treatment*



**Nico de Vries (Netherlands)**  
*Sleep surgery: A viable alternative to CPAP and MAD treatment in OSA?*

### 3:00–4:30PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions
<b>O</b>	Young Investigator Oral Abstract Session

### 4:30–6:00PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### 5:30–7:00PM

<b>P</b>	Poster Hall Abstract Presentations   Groups C/D
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### GALA DINNER | 7:00–11:30PM

# SCHEDULE AT A GLANCE

## TUESDAY

- S Symposium
- D Discussion Symposium
- T Technologist Program
- O Oral Abstract
- I Industry Symposium
- P Poster Abstract

**WORLD SLEEP SOCIETY MEMBERSHIP MEETING | 7:00–7:50AM**

**KEYNOTE PRESENTATIONS | 8:00–8:45AM**



**Michael Gradisar (Australia)**  
*Treating insomnia in school kids:  
How does it work?*



**Luigi Ferini-Strambi (Italy)**  
*Restless leg syndrome: A complex  
night-day disorder*

**9:00–10:30AM**

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

**10:45AM–12:15PM**

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

**12:30–2:00PM**

<b>i</b>	Industry Symposium Sessions (see page 60-61)
<b>i</b>	Industry Workshop Sessions

**KEYNOTE PRESENTATIONS | 2:00–2:45PM**



**Amita Sehgal (United States)**  
*Why we need to sleep: Insights  
from a small animal model*



**Alex Iranzo (Spain)**  
*The isolated form of REM sleep  
behavior disorder as an opportunity  
for a neuroprotective intervention*



**Colin Espie (United Kingdom)**  
*Delivering clinical guideline care  
for insomnia: The potential of  
digital therapeutics to close the  
treatment gap*

**3:00–4:30PM**

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions
<b>O</b>	Young Investigator Oral Abstract Session

**4:30–6:00PM**

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

**5:30–7:00PM**

<b>P</b>	Poster Hall Abstract Presentations   Groups E/F
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# SCHEDULE AT A GLANCE

## WEDNESDAY

**S** Symposium

**T** Technologist Program

**D** Discussion Symposium

**O** Oral Abstract

### KEYNOTE PRESENTATIONS | 8:00–8:45AM



**Thomas Scammell (United States)**  
*Narcolepsy: From basic sciences to therapeutic approaches*



**Tracey Sletten (Australia)**  
*Sleep, shift work, and occupational health: Implications and interventions*

### 9:00–10:30AM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### 10:45AM–12:15PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### 12:30–2:00PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### KEYNOTE PRESENTATIONS | 2:00–2:45PM



**Daniel J. Buysse (United States)**  
*Multidimensional sleep health: Measurement, consequences and interventions*



**Danny Eckert (Australia)**  
*Sleep apnea endotypes and implications for precision sleep medicine*

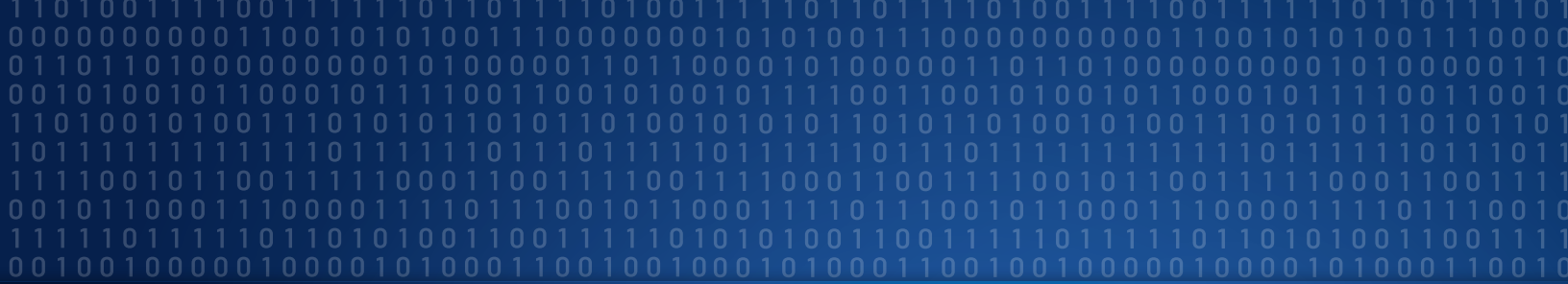
### 3:00–4:30PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions
<b>O</b>	Young Investigator Oral Abstract Session

### 4:30–6:00PM

<b>S</b>	Symposia Sessions
<b>D</b>	Discussion Symposia Session
<b>T</b>	Technologist Session
<b>O</b>	Oral Abstract Sessions

### CLOSING CEREMONY & RECEPTION | 6:00–7:30PM



# PROSOMNUS EVO™

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*irls*<sup>sg</sup>



**INTERNATIONAL  
RESTLESS LEGS SYNDROME  
STUDY GROUP**

*Celebrating*



# JOIN US IN ROME AT WORLD SLEEP 2022 TO CELEBRATE OUR 20TH ANNIVERSARY

## **IRLSSG ANNUAL MEETING 2022 SATURDAY MARCH 12, 2022 12:00PM-6:00PM**

The International Restless Legs Syndrome Study Group (IRLSSG) will have its annual meeting at World Sleep 2022 in Rome, Italy on Saturday March 12, 2022 from 12:00pm to 6:00pm.

Attendance is open to any sleep professional who is interested in RLS. CME will be offered with this course and registration is free for IRLSSG Members.

Find affiliated meeting details and register at [irlssg.org](http://irlssg.org)





Pediatric prolonged release melatonin

The first and only proven and approved treatment for insomnia in the paediatric ASD population<sup>1</sup>

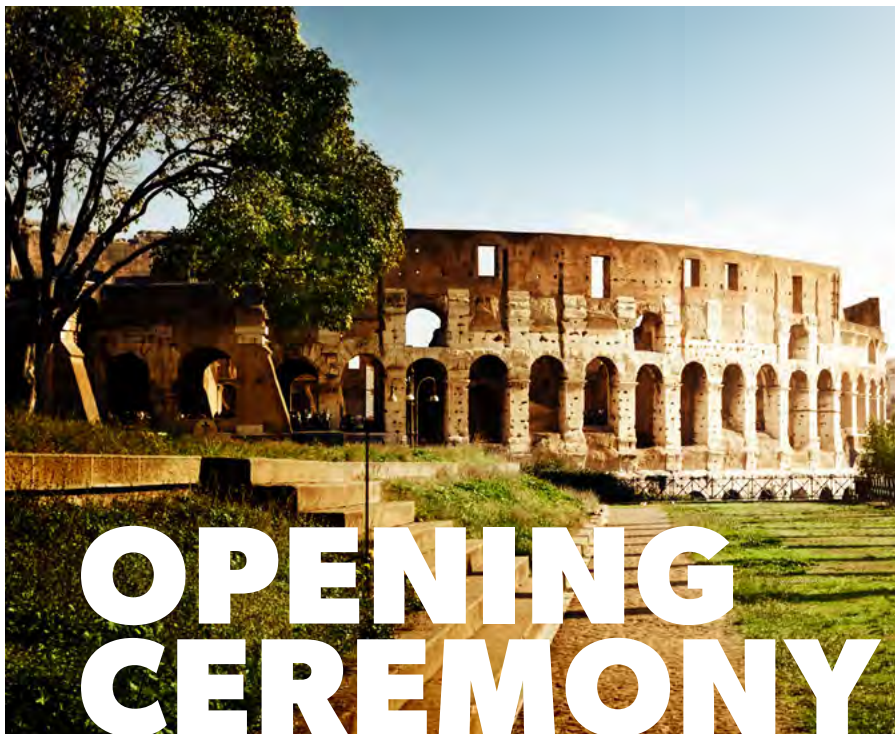
Slenyto<sup>®</sup> significantly improves sleep:<sup>2,3</sup>

- Increases Total Sleep Time
- Shortens Sleep Latency
- Improves Longest Sleep Episode
- Improves Parents' Quality of Life



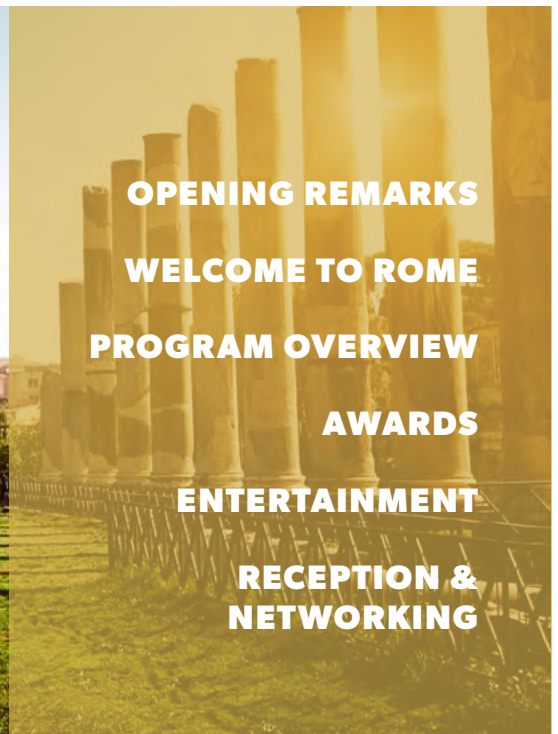
Slenyto<sup>®</sup> is indicated for the treatment of insomnia in children and adolescents aged 2-18 with Autism Spectrum Disorder (ASD) and/or Smith-Magenis syndrome, where sleep hygiene measures have been insufficient.<sup>4</sup>

Reference: 1.<https://www.ema.europa.eu/en/medicines/human/EPAR/slenyto> 2.Gringras, P, et al., JAACAP 2017 56 (11) : 948-957 3.Maros A. et al., The Journal of Child and Adolescent Psychopharmacology. doi: 10.1089/cap2018.0020 4.Slenyto SmPC: [https://www.ema.europa.eu/en/documents/product-information/slenyto-epar-product-information\\_en.pdf](https://www.ema.europa.eu/en/documents/product-information/slenyto-epar-product-information_en.pdf)



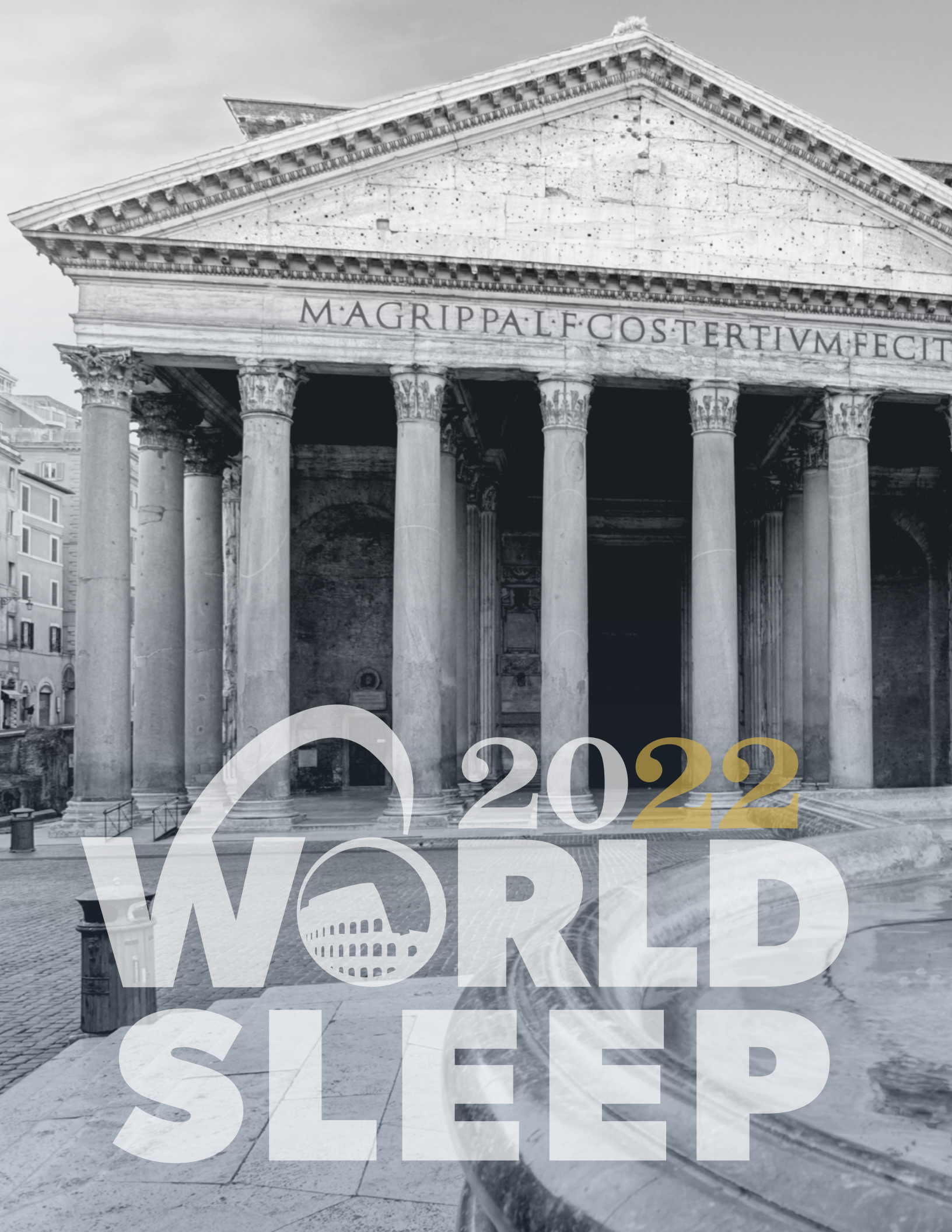
# OPENING CEREMONY

SUNDAY, MARCH 13  
6:00PM–8:00PM



- OPENING REMARKS
- WELCOME TO ROME
- PROGRAM OVERVIEW
- AWARDS
- ENTERTAINMENT
- RECEPTION & NETWORKING

For most current updates visit  
**WORLDSSLEEPCONGRESS.COM**



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2022

WORLD  
SLEEP





## **FRIDAY**

Course

## **SATURDAY**

Courses | Affiliate Meeting

## **SUNDAY**

Courses | Poster Presentations | Affiliate Meeting

## **MONDAY**

Keynote Presentations | Symposia | Technologist Sessions  
Oral Abstracts | Industry Symposia | Affiliate Meeting  
Poster Presentations

## **TUESDAY**

Keynote Presentations | Symposia | Technologist Sessions  
Oral Abstracts | Industry Symposia | Poster Presentations

## **WEDNESDAY**

Keynote Presentations | Symposia  
Technologist Sessions | Oral Abstracts

# **SCIENTIFIC CONTENT**



## COURSE FACULTY

### COURSE COMMITTEE



**Sonia Ancoli-Israel (United States)**  
University of California San Diego School of Medicine



**Raffaele Ferri, MD (Italy)**  
Oasi Research Institute IRCCS, Troina



**Dalva Poyares, MD, PhD (Brazil)**  
Federal University of São Paulo

*Course faculty listed in alphabetical order.*

- |                                      |  |                                    |                                      |
|--------------------------------------|--|------------------------------------|--------------------------------------|
| Sabra Abbott (United States)         | Mary Carskadon (United States)           | Leon Lack (Australia)              | Josee Savard (Canada)                |
| Fernanda Almeida (Canada)            | Matteo Cesari (Austria)                  | Yue Leng (China)                   | Richa Saxena (United States)         |
| Isaac Almendros (Spain)              | Naima Covassin (United States)           | Claudio Liguori (Italy)            | Carlos Schenck (United States)       |
| Ellemarije Altena (France)           | Yves Dauvilliers (France)                | Matthew Maas (United States)       | William Schwartz (United States)     |
| Ali Amidi (Denmark)                  | Massimiliano de Zambotti (United States) | Atul Malhotra (United States)      | Denise Sharon (United States)        |
| Raouf Amin (United States)           | Lourdes DelRosso (United States)         | Mauro Manconi (Switzerland)        | Michael Silber (United States)       |
| Sonia Ancoli-Israel (United States)  | Luciano Drager (Brazil)                  | Bryce Mander (United States)       | Debra Skene (United Kingdom)         |
| Isabelle Arnulf (France)             | Danny Eckert (Australia)                 | Tami Martino (Canada)              | Virend Somers (United States)        |
| Ali Azarbazin (United States)        | Jason Ellis (United Kingdom)             | Luca Menghini (Italy)              | Kai Spiegelhalter (Germany)          |
| Chiara Baglioni (Germany)            | Colin Espie (United Kingdom)             | Milton Mermikides (United Kingdom) | Ambra Stefani (Austria)              |
| Fiona Baker (United States)          | Mario Fabini (Italy)                     | Jodi Mindell (United States)       | Katie Stone (Katie Stone)            |
| Ferran Barbe (Spain)                 | Julie Flygare (United States)            | Maria Paola Mogavero (Italy)       | Patrick Strollo (United States)      |
| Maree Barnes (Australia)             | Birgit Frauscher (Canada)                | Gustavo Moreira (Brazil)           | Lianne Tomfohr-Madesen (Canada)      |
| Ruth Benca (United States)           | Stephany Fulda (Switzerland)             | David Neubauer (United States)     | Claudia Trenkwalder (Germany)        |
| Donald Bilwise (United States)       | Diego Garcia-Borreguero (Spain)          | Christoph Nissen (Switzerland)     | Lynn Marie Trotti (United States)    |
| Bjørn Bjorvatn (Norway)              | David Gozal (United States)              | Sara Nowakowski (United States)    | Aleksandar Videnovic (United States) |
| Donald Bliwise (United States)       | Helena Hachul (Brazil)                   | Laura Palagini (Italy)             | Meredith Wallace (United States)     |
| Diane Boivin (Canada)                | Elisabeth Hertenstein (Switzerland)      | Martino Pengo (Italy)              | Danielle Wilson (Australia)          |
| Doug Bradley (Canada)                | Max Hirshkowitz (United States)          | Thomas Penzel (Germany)            | John Winkelman (United States)       |
| Maja Bucan (United States)           | Yuichi Inoue (Japan)                     | Fabio Pizza (Italy)                | Lisa Wu (Denmark)                    |
| Dan Buysse (United States)           | Chandra Jackson (United States)          | Federica Provini (Italy)           | Gary Zammit (United States)          |
| Sean Cain (Australia)                | Shahrokh Javaheri (United States)        | Winfried Randerath (Germany)       |                                      |
| Francesco Cappuccio (United Kingdom) | Girardin Jean-Louis (United States)      | Oliver Rawashdeh (Australia)       |                                      |
| Colleen Carney (Canada)              | Elizabeth Klerman (United States)        | Dieter Riemann (Germany)           |                                      |
| Maria Clotilde Carra (France)        | Meir Kryger (United States)              | Till Roenneberg (Germany)          |                                      |
|                                      |  | Aaro Salminen (Germany)            |                                      |

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\* Course and speaker information subject to change. Revised on September 2, 2021

# COURSES

**FRI**  
MARCH 11

**SAT**  
MARCH 12

**SUN**  
MARCH 13

**MON**  
MARCH 14

**TUES**  
MARCH 15

**WED**  
MARCH 16

## COURSES

# FRIDAY

### **C** ART HISTORY AND HUMANITIES IN SLEEP: MORNING COURSE AND WALKING TOUR OF MUSEUM

Course Chairs: *Sonia Ancoli-Israel (United States),  
Meir Kryger (United States)*

10:00am–2:00pm | Museum site to be determined

For centuries, artists have explored the meaning of sleep in mythology, religion, dreams, healing and death. This special course will focus on how sleep and sleep medicine have intersected with the arts, literature and the Bible. In the evening, participants will be given a private, small group tour of one of the museums in Rome, with a focus on paintings and sculptures depicting sleep.

Schedule:

10:00am–10:10am

#### **Introduction**

Sonia Ancoli-Israel (United States), Maier Kryger (United States)

10:10am–10:55am

#### **Sleep in art and literature**

Meir Kryger (United States)

10:55am–11:40am

#### **Sleep in the bible**

Sonia Ancoli-Israel (United States)

11:40am–12:00pm

#### **Coffee break**

12:00pm–12:45pm

#### **Narcolepsy in cinema**

Julie Flygare (United States)

12:45pm–1:30pm

#### **Sleep in sound**

Milton Mermikides (United Kingdom), Debra Skene (United Kingdom)

1:30pm–2:00pm

#### **Open discussion / Q&A**

# REGISTER FOR COURSES



## **Ticketed Events**

*Ticket required to attend*

All courses require additional registration fees. Tickets for available sessions can be purchased at [worldsleepcongress.com](https://www.worldsleepcongress.com) or onsite at the registration desk in Rome March 11-13, 2022.

COURSE FEES (HALF & FULL DAY)	EARLY (US dollars)	STANDARD (US dollars)	LATE / ON-SITE (US dollars)
<b>Type</b>	<i>February 1, 2021 – October 31, 2021</i>	<i>November 1, 2021 – January 31, 2022</i>	<i>February 1, 2022 – March 16, 2022</i>
Course (Full Day Delegate)	\$165	\$175	\$195
Course (Half Day Delegate)	\$110	\$125	\$140
Course (Full Day Technologist / Student)	\$110	\$125	\$140
Course (Half Day Technologist / Student)	\$80	\$90	\$115

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## COURSES

# SATURDAY



### Ticketed Events

Ticket required to attend



## FULL DAY COURSES | 8:00AM–5:00PM

<b>C</b>	Pediatric sleep	Course Chairs: Lourdes DelRosso (United States), Gustavo Moreira (Brazil), Jodi Mindell (United States)
<b>C</b>	Obstructive sleep apnea: Diagnosis and management	Course Chairs: Patrick Strollo (United States), Atul Malhotra (United States)
<b>C</b>	The myths and science of dental sleep medicine	Course Chairs: Fernanda Almeida (Canada), Maria Clotilde Carra (France)
<b>C</b>	Circadian dysfunction in health and disease	Course Chairs: Till Roenneberg (Germany), Sabra Abbott (United States)

### **C** PEDIATRIC SLEEP

Course Chairs: Lourdes DelRosso (United States), Gustavo Moreira (Brazil), Jodi Mindell (United States)

8:00am–5:00pm

The understanding and recognition of pediatric sleep disorders and their consequences in children has grown exponentially in the last years. This course will provide an overview and up-to-date information on the most current consensus and recommendations on diagnosis and treatment of pediatric sleep disorders. The first half of the day will focus on understanding sleep disorder breathing, insomnia and circadian rhythm disorders. The second half of the day will concentrate on movement disorders parasomnias and the practice of pediatric sleep medicine around the world. Experienced clinicians will share their knowledge with the audience and will be available for questions and discussion at the end of the morning and afternoon sessions.

Schedule forthcoming

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## COURSES

# SATURDAY



**Ticketed Events**

Ticket required to attend



**FULL DAY COURSES | 8:00AM–5:00PM**

**C**

### **OBSTRUCTIVE SLEEP APNEA: DIAGNOSIS AND MANAGEMENT**

Course Chairs: Patrick Strollo (United States),  
Atul Malhotra (United States)

8:00am–5:00pm

Obstructive Sleep Apnea (OSA) is a common clinical problem that has a substantial impact on quality of life, daytime performance and is associated with an increased risk of cardiometabolic disease. This postgraduate course will focus on how precision medicine can be leveraged in the diagnosis and management of OSA. Evidence based approaches will be discussed. Current controversies as well as future strategies will be presented by the international faculty.

Schedule:

8:00am–8:10 am

**Introduction**

8:10am–8:30am

**Beyond the AHI: Revisiting metrics of SDB**

8:30am–8:50am

**Newer OSA metrics**

8:50am–9:15am

**OSA endotypes /Pathogenesis of OSA**

9:15am–9:40am

**Targeting endotypes/Phenotypes clinically**

9:40am–10:00am

**Coffee break**

10:00am–10:20am

**PAP therapy**

10:20am–10:45am

**PAP outcomes**

10:45am–11:05am

**Oral appliance update**

11:05am–11:30am

**Big data**

11:30am–12:00pm

**Open panel discussion / Q&A**

12:00pm–1:00pm

**Lunch break**

1:00pm–1:20pm

**UA surgery update medical**

1:20pm–1:45pm

**UA surgical**

1:45pm–2:05pm

**Alternatives / Complimentary Rx – UA Muscle**

2:05pm–2:30pm

**OSA pharmacology**

2:30pm–2:50pm

**Coffee break**

2:50pm–3:05pm

**Successfully managing co-morbid disease: Insomnia and COPD**

3:05pm–3:20pm

**OSA and heart disease**

3:20pm–3:35pm

**OSA and elderly**

3:35pm–3:55pm

**OSA care transformed by COVID**

3:55pm–4:15pm

**OSA outcome measures**

4:15pm–5:00pm

**Conclusion/Q&A/Open panel discussion**

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## COURSES

# SATURDAY



**Ticketed Events**

*Ticket required to attend*



**FULL DAY COURSES | 8:00AM–5:00PM**

**C**

### **THE MYTHS AND SCIENCE OF DENTAL SLEEP MEDICINE**

*Course Chairs: Fernanda Almeida (Canada), Maria Clotilde Carra (France)*

*8:00am–5:00pm*

Obstructive sleep apnea (OSA) is a major health problem affecting nearly 1 billion of adults aged 30–69 years worldwide. Undiagnosed and untreated OSA is associated to severe health consequences and an important economic burden, with billions of dollars lost each year due to loss in working days and productivity, as well as increase in healthcare expenses.

Dental professionals can have a primary role in the screening and treatment of OSA. This course is designed to bring up-to-date and exciting information for new and experienced clinicians and researchers in the field of Dental Sleep Medicine. Specifically, it will focus on clinical and imaging tools to screen OSA, indications and outcomes of oral appliance therapy, and principles and strategies to manage OSA comorbidities, such as sleep bruxism, orofacial pain, headache, and periodontal diseases.

This is a clinically-focused and evidence-based continuing education program combining worldwide experts to bring to attendees the newest knowledge and its application to clinical practice.

*Schedule:*

8:00am–8:10am

**Introduction**

8:10 am–8:40 am

**Understanding the physiology of the upper airway collapse**

8:40 am–9:10 am

**Can we use imaging or other tools to screen OSA?**

9:10 am–9:40 am

**Decision criteria for the selection of OSA treatment and what is available for dentists**

9:40 am–10:00 am

**Coffee break**

10:00 am–10:30 am

**Improving oral appliance outcomes**

10:30 am–11:00 am

**Long-term benefits and consequences of oral appliances**

11:00 am–11:30 am

**Clinical and imaging evaluation of the pediatric patients**

11:30 am–12:00pm

**Discussion panel with all speakers**

12:00 pm–1:00 pm

**Lunch**

1:00pm–1:10pm

**Introduction**

1:10pm–1:40pm

**Cardiovascular and metabolic consequences of OSA, how can the dentist help?**

1:40pm–2:10pm

**Interactions and treatment implications of OSA and periodontal diseases**

2:10pm–2:40pm

**Bruxism as a comorbidity: impact from diagnosis to treatment**

2:40pm–3:00pm

**Coffee break**

3:00pm–3:30pm

**Dealing with orofacial pain and headaches in a dental sleep medicine practice**

3:30pm–4:00 pm

**Is the pediatric patient this complex?**

4:00pm–4:30pm

**Promoting a multidisciplinary team, getting out of your comfort zone**

4:30pm–5:00pm

**Discussion about complex cases**

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## COURSES

# SATURDAY



### Ticketed Events

Ticket required to attend



## FULL DAY COURSES | 8:00AM–5:00PM

### **C** CIRCADIAN (DYS)FUNCTION IN HEALTH AND DISEASE

Course Chairs: Till Roenneberg (Germany), Sabra Abbott (United States)

8:00am–5:00pm

Circadian disruption is associated with, and possibly contributes to numerous diseases and disorders affecting nearly all systems of the body. The overall theme of this course is to provide a larger view of circadian rhythm disorders as more than a subtype of “sleep disorders” but highlight their bi-directional relationship with systemic disorders. This course will cover an update on the neural and systemic biology of circadian rhythms, challenges in clinical diagnosis and management, focusing on new data. The intent is to move away from circadian disorders as “sleep disorders” but more as systemic disorders. This is the first step for sleep medicine physicians taking ownership of circadian medicine.

Schedule:

8:00am–08:10am

#### **Introduction**

Sabra Abbott (United States), Till Roenneberg (Germany)

8:10am–08:55am

#### **Neurobiology of circadian rhythms**

William Schwartz (United States)

8:55am–09:40am

#### **The role of a healthy circadian clock in disease: The circadian clinic model**

Till Roenneberg (Germany), Sabra Abbott (United States)

9:40am–10:00am

#### **Coffee break**

10:00am–10:45am

#### **Genetics, rest activity patterns and autism**

Maja Bucan (United States)

10:45am–11:30am

#### **Circadian dysfunction in neurodegenerative disorders**

11:30am–12:00pm

#### **Open discussion / Q&A**

Sabra Abbott (United States), Till Roenneberg (Germany)

12:00pm–1:00pm

#### **Lunch break**

1:00pm–1:45pm

#### **Circadian rhythms in depression**

Sean Cain (Australia)

1:45pm–2:30pm

#### **Impact of circadian rhythms on cardiovascular disease and recovery**

Tami Martino (Canada)

2:30pm–2:50pm

#### **Coffee break**

2:50pm–3:35pm

#### **Circadian rhythms in the hospital setting**

Matthew Maas (United States)

3:35pm–4:20pm

#### **The impacts of Daylight Savings Time on health and disease**

Elizabeth Klerman (United States)

4:20pm–5:00pm

#### **Conclusion/Q&A/Open discussion**

Sabra Abbott (United States), Till Roenneberg (Germany)

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## COURSES

# SATURDAY



### Ticketed Events

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## AM HALF DAY COURSES | 8:00AM–12:00PM

<b>C</b>	How to conduct epidemiological studies	Course Chairs: Katie Stone (United States), Yue Leng (China)
<b>C</b>	Recent advances in RLS treatment	Course Chairs: Mauro Manconi (Switzerland), John Winkelman (United States)
<b>C</b>	Present and future of sleep staging and scoring	Course Chairs: Stephany Fulda (Switzerland), Ambra Stefani (Austria)

### **C** HOW TO CONDUCT EPIDEMIOLOGICAL STUDIES

Course Chairs: Yue Leng (China), Katie Stone (United States)

8:00am–12:00pm

Epidemiology helps us understand the risks associated with sleep problems. This course will review what we have learned about sleep disorders from the major epidemiological studies as well as explaining the methodology behind epidemiology.

Schedule:

8:00am–8:05am

#### Introduction

Yue Leng (China), Katie Stone (United States)

8:05am–08:45am

#### Assessment of sleep in cohort studies

Katie Stone (United States)

8:45am–9:25am

#### Introduction for epidemiology: Study design, confounding, bias

Yue Leng (China)

9:25am–9:45am

#### Coffee break

9:45am–10:30am

#### Search for causality in epidemiology: The case of sleep

Francesco Cappuccio (United Kingdom)

10:30am–11:15am

#### “Sleep health” and machine learning approaches

Meredith Wallace (United States)

11:15am–12:00pm

#### Genetics of sleep

Richa Saxena (United States)

### **C** RECENT ADVANCES IN RLS TREATMENT

Course Chairs: Mauro Manconi (Switzerland), John Winkelman (United States)

8:00am–12:00pm

This course will start with a detailed review of guideline-based treatments of RLS and of dopaminergic augmentation, and then specifically discuss opioid treatment of severe, refractory RLS. Following a short break, there will be separate talks on emerging medications and then neuromodulation treatments for RLS, followed by a discussion of treatment of RLS in special conditions (e.g. renal failure, depression, sleep apnea). The final section of the course will be an interactive case discussion in which a series of difficult cases are presented with interactive involvement with the audience using online real-time participation.

Schedule:

8:00am–8:10am

#### Introduction

Mauro Manconi (Switzerland), John Winkelman (United States)

8:10am–08:50am

#### Revision of standard guideline

Michael Silber (United States)

8:50am–9:20am

#### Augmentation

9:20am–09:50am

#### Opioids

John Winkelman (United States)

9:50am–10:00am

#### Coffee break



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## COURSES

# SATURDAY



**Ticketed Events**

*Ticket required to attend*



**AM HALF DAY COURSES | 8:00AM–12:00PM**

10:00am–10:20am

**New drugs**

Diego Garcia-Borreguero (Spain)

10:20am–10:40am

**Neuromodulation**

Mauro Manconi (Switzerland)

10:40am–11:10am

**RLS in special conditions**

Lynn Marie Trotti (United States)

11:10am–12:00pm

**Interactive cases discussion**

Mauro Manconi (Switzerland), Lynn Marie Trotti (United States),  
John Winkelman (United States)

**C PRESENT AND FUTURE OF SLEEP STAGING AND SCORING**

*Course Chairs: Stephany Fulda (Switzerland), Ambra Stefani (Austria)*

8:00am–12:00pm

Visual sleep staging and scoring according to international criteria is the current gold standard. However, there is some inter-rater variability, intrinsic to the subjectivity of visual methods. This might be overcome with new technologies allowing automatic sleep staging and scoring. In this course, current standard methods for sleep staging, scoring of leg movements and scoring of REM sleep without atonia and others will be presented, and possible future changes based on new techniques e.g. artificial intelligence will be introduced.

*Schedule:*

8:00am–8:10am

**Introduction**

Stephany Fulda (Switzerland), Ambra Stefani (Austria)

8:10 am–8:55am

**Sleep scoring: What can we do better?**

8:55am–09:25am

**Leg movement scoring: What do you need to know?**

Stephany Fulda (Switzerland)

9:25am–9:55am

**How to deal with REM sleep without atonia and video analysis for RBD diagnosis**

Ambra Stefani (Austria)

9:55am–10:10am

**Coffee break**

10:10am–10:55am

**Digital sleep: Novel PSG metrics**

10:55am–11:40am

**AI to advance sleep scoring: How to understand it?**

Matteo Cesari

11:40am–12:00pm

**Q&A / Open discussion**

Stephany Fulda (Switzerland), Ambra Stefani (Austria)

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## AFFILIATED MEETING

# SATURDAY



**Ticketed Events**

*Ticket required to attend*



**INTERNATIONAL RLS STUDY GROUP ANNUAL MEETING | 12:00PM–6:00PM**

**AM**

### **INTERNATIONAL RLS STUDY GROUP ANNUAL MEETING**

*Course Chairs: Aaro Salminen (Germany),  
Denise Sharon (United States)*

*12:00pm–6:00pm*

Find affiliated meeting details and register through the IRLSSG website at [irlssg.org](http://irlssg.org)

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## COURSES

# SATURDAY



### Ticketed Events

Ticket required to attend



## PM HALF DAY COURSES | 1:00–5:00PM

<b>C</b>	Sleep diversity	Course Chairs: Chandra Jackson (United States), Girardin Jean-Louis (United States)
<b>C</b>	Portable devices for clinical practice and sleep research	Course Chairs: Max Hirshkowitz (United States), Massimiliano de Zambotti (United States)
<b>C</b>	Parasomnias	Course Chairs: Carlos Schenck (United States), Federica Provini (Italy)

### **C** SLEEP DIVERSITY

Course Chairs: Chandra Jackson (United States), Girardin Jean-Louis (United States)

1:00pm–5:00pm

During this half-day course, we will define and describe sleep health disparities across the globe, describe the multi-level, multi-factorial determinants of sleep health disparities across the globe, and identify potential interventions to promote sleep health equity as well as research challenges and opportunities to address global sleep health disparities.

Schedule:

1:00pm–1:10pm

#### Introduction

Chandra Jackson (United States), Girardin Jean-Louis (United States)

1:10pm–1:55pm

#### Introduction to the multi-level determinants of sleep health disparities

Chandra Jackson (United States)

1:55pm–2:40pm

#### Physical environments and sleep health disparities across the globe

2:40pm–3:00pm

#### Coffee break

3:00pm–3:45pm

#### Social environment and sleep health disparities across the globe

3:45pm–4:30pm

#### Potential interventions

4:30pm–5:00pm

#### Conclusion/Q&A/Open discussion



### PORTABLE DEVICES FOR CLINICAL PRACTICE AND SLEEP RESEARCH

Course Chairs: Max Hirshkowitz (United States), Massimiliano de Zambotti (United States)

1:00pm–5:00pm

Consumer Sleep Technology (CST) application for both for sleep research and sleep medicine continues to grow. This course will review CST's role in sleep science and clinical practice. Limitation, advantages, and practical guidelines will be discussed, with particular emphasis on CST performance. We will also describe CST use for measuring sleep-relevant physiology (e.g., heart rate variability, cardiopulmonary coupling), beyond classical sleep indices.

Schedule:

1:00pm–1:10pm

#### Introduction

Massimiliano de Zambotti (United States), Max Hirshkowitz (United States)

1:10pm–1:55pm

#### How do we measure sleep? When a standard is the gold standard?

Max Hirshkowitz (United States)

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## COURSES

# SATURDAY



**Ticketed Events**

*Ticket required to attend*



**PM HALF DAY COURSES | 1:00PM–5:00PM**

1:55pm–2:40pm

**Beyond motion: The nature and rationale behind multi-sensor CST, and CST performance evaluation process**

Luca Menghini (Italy)

2:40pm–3:00pm

**Coffee break**

3:00pm–3:45pm

**CST landscape and performance in measuring sleep, Evaluation of Pros and Cons of CST and practical points**

Massimiliano de Zambotti (United States)

3:45pm–4:30pm

**Not only sleep tracking: Application of CSTs for measuring sleep-related physiology**

Thomas Penzel

4:30pm–5:00pm

**Open discussion / Q&A**

1:10pm–1:55pm

**DOA across the lifespan and how to distinguish from nocturnal seizures**

Federica Provini (Italy)

1:55pm–2:40pm

**Sleep related eating disorder and its differential diagnosis**

Yuichi Inoue (Japan)

2:40pm–3:00pm

**Coffee break**

3:00pm–3:45pm

**Dreaming and dream disorders across NREM and REM sleep**

Isabelle Arnulf (United States)

3:45pm–4:30pm

**Causes of sleep violence and update on RBD and parasomnia overlap disorder**

Carlos Schenck (United States)

4:30pm–5:00pm

**Summary of key points and Q&A**

Federica Provini (Italy), Carlos Schenck (United States)

## **C** PARASOMNIAS

*Course Chairs: Federica Provini (Italy), Carlos Schenck (United States)*

1:00pm–5:00pm

Clinical and video-polysomnographic knowledge on the parasomnias and sleep related seizures keeps advancing, including diagnostic features and therapies, with enhanced patient care and deepened scientific knowledge. This course will encompass NREM parasomnias (Disorders of Arousal and Sleep Related Eating Disorder), Sleep related seizures, Dreaming and dream disorders across NREM and REM sleep, causes of sleep violence, and update on RBD and Parasomnia Overlap Disorder. Management challenges will be identified and discussed.

*Schedule:*

1:00pm–1:10pm

**Introduction**

Federica Provini (Italy), Carlos Schenck (United States)

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**COURSES**

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**Ticketed Events**

*Ticket required to attend*



**FULL DAY COURSES | 8:00AM–5:00PM**

<b>C</b>	Sleep health in women	<i>Course Chairs: Maree Barnes (Australia), Sara Nowakowski (United States)</i>
<b>C</b>	Year in review	<i>Course Chairs: Dieter Riemann (Germany), Winfried Randerath (Germany)</i>
<b>C</b>	Aging, neurodegeneration and sleep	<i>Course Chairs: Aleksandar Videnovic (United States), Claudio Liguori (Italy)</i>
<b>C</b>	Cardiovascular consequences of sleep apnea: What is new?	<i>Course Chairs: Virend Somers (United States), Luciano Drager (Brazil)</i>

**C SLEEP HEALTH IN WOMEN**

*Course Chairs: Maree Barnes (Australia), Sara Nowakowski (United States)*

8:00am–5:00pm

Women have a different experience of sleep and sleep disorders compared to men. This may be related to hormonal influences, anatomical and physiological reasons and social and environmental factors. These may all influence disease presentation, natural course, and the response to, choice and use of therapies. This course will discuss normal sleep and sleep disorders in females throughout the lifespan and at different stages of life.

We will begin by looking at normal sleep through the lifespan, from childhood, through adolescence and menarche, during child-bearing years and pregnancy, then into menopause and older age. Several speakers will focus on the treatment of insomnia with CBTi for women and pregnancy-related sleep disorders, particularly sleep-disordered breathing and leg movement disorders. We will discuss the challenges of modern life as it specifically effects women’s sleep.

*Schedule:*

8:00am–08:10am

**Welcome**

Sara Nowakowski (United States)

08:10am–08:55am

**Adolescent sex differences**

Mary Carskadon (United States)

8:55am–09:40am

**The relationship between the menstrual cycle and sleep**

Fiona Baker (United States)

9:40am–10:25am

**Upper airway physiology, females and males**

Danny Eckert (Australia)

10:25am–10:45am

**Coffee break**

10:45am–11:30am

**Normal sleep and CBT-i in pregnancy**

Lianne Tomfohr-Madsen (Canada)

11:30am–12:15pm

**SDB in pregnancy**

Danielle Wilson (Australia)

12:15pm–12:30pm

**Open discussion**

Danielle Wilson (Australia)

12:30pm–1:15pm

**Lunch break**

1:15pm–2:00pm

**Women, circadian rhythms and shift work**

Diane Boivin (Canada)

2:00pm–2:45pm

**Sleep and mental health in women**

Laura Palagini (Italy)

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## COURSES

# SUNDAY



**Ticketed Events**

*Ticket required to attend*



**FULL DAY COURSES | 8:00AM–5:00PM**

2:45pm–3:00pm

**Coffee break**

3:00pm–3:45pm

**The impact of menopause on sleep**

3:45pm–4:30pm

**Sleep in the post-menopausal woman**

Helena Hachul (Brazil)

4:30pm–5:00pm

**Open discussion**

Sara Nowakowski (United States), Maree Barnes (Australia)

**C**

### YEAR IN REVIEW

*Course Chairs: Winfried Randerath (Germany), Dieter Riemann (Germany)*

8:00am–5:00pm

This course will bring together recent findings on basic science and clinical advances from several fields of sleep research and sleep medicine. The course puts together the best science of the year for certain topics. The focus will be on areas where there has been substantial progress in the past few years. Speakers will provide up-to-date and evidence based information to the clinical management of patients with a variety of sleep disorders. To achieve the best selection of science for this course, two experienced researchers from sleep research and sleep medicine, Dieter Riemann and Winfried Randerath, will chair the course. Dieter Riemann is editor of the *Journal of Sleep Research* for over than five years now and just recently he was awarded the PISA Sleep Award. Winfried Randerath is a well-known expert in the field of sleep-related breathing disorders and editor of the *Journal Sleep Medicine*.

*Schedule:*

8:00am–08:05am

**Introduction**

Dieter Riemann (Germany)

8:05am–08:50am

**Sleep and emotion regulation**

Chiara Baglioni (Germany)

8:50am–09:35am

**Narcolepsy**

Yves Dauvilliers (France)

9:35am–09:55am

**Coffee break**

9:55am–10:40am

**Insomnia mechanisms**

Kai Spiegelhalder (Germany)

10:40am–11:25am

**Cognitive behavioral therapeutics for insomnia**

Colin Espie (United Kingdom)

11:25am–12:10pm

**Novel psychotherapeutic approaches for insomnia**

Elisabeth Hertenstein (Switzerland)

12:10pm–1:10pm

**Lunch break**

1:10pm–1:55pm

**Sleep and psychiatry**

Christoph Nissen (Switzerland)

1:55pm–2:40pm

**Sleep-related breathing disorders**

Winfried Randerath (Germany)

2:40pm–3:00pm

**Coffee break**

3:00pm–3:45pm

**Sleep and epilepsy**

Birgit Frauscher (Canada)

3:45pm–4:30pm

**Women's sleep**

Laura Palagini (Italy)

4:30pm–5:00pm

**Open discussion / Q&A**

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**SUN**  
MARCH 13

**MON**  
MARCH 14

**TUES**  
MARCH 15

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MARCH 16

## COURSES

# SUNDAY



**Ticketed Events**

*Ticket required to attend*



**FULL DAY COURSES | 8:00AM–5:00PM**

### **C** AGING, NEURODEGENERATION AND SLEEP

*Course Chairs: Claudio Liguori (Italy), Aleksandar Videnovic (United States)*

8:00am–5:00pm

It is increasingly recognized that sleep and sleep disorders are often present and a significant part of the neurodegenerative diseases (NDDs), which are more common among the elderly. Moreover, detecting and treating sleep disorders in these populations have a considerable interest as a potential way to impact the development and the course of NDDs. The course will give an overview from the sleep changes associated with the process of aging to the sleep abnormalities associated with different NDDs (i.e. Alzheimer disease, Parkinson disease, Lewy body dementia). This course aims to increase participants' knowledge and skills on the impact on sleep and sleep disorders in subjects with neurodegenerative diseases, and the effect of neurodegenerative disease on sleep.

*Schedule:*

8:00am–8:10am

#### **Introduction**

Claudio Liguori (Italy), Aleksandar Videnovic (United States)

8:10am–09:03am

#### **Sleep and circadian rhythms in healthy aging**

Donald Bilwise (United States)

9:03am–09:56am

#### **Sleep disordered breathing and neurodegeneration**

Claudio Liguori (Italy)

9:56am–10:16am

#### **Coffee break**

10:16am–11:09am

#### **Sleep dysfunction in movement disorders**

Claudia Trenkwalder (Germany)

11:09am–12:02pm

#### **Circadian biology of movement disorders**

Aleksandar Videnovic (United States)

12:02pm–1:02pm

#### **Lunch break**

1:02pm–1:55pm

#### **Sleep, clocks, and Alzheimer's disease**

Bryce Mander (United States)

1:55pm–2:48pm

#### **What animal models teach us about sleep and neurodegeneration**

Oliver Rawashdeh (Australia)

2:48pm–3:08pm

#### **Coffee break**

3:08pm–4:01pm

#### **REM sleep behavior disorder: A disorder on the intersection of neurology, neuroscience and sleep medicine**

Ambra Stefani (Austria)

4:01pm–5:00pm

#### **Case studies of sleep and circadian disorders associated with neurodegeneration**

Claudio Liguori (Italy), Aleksandar Videnovic (United States)  
Bryce Mander (United States), Oliver Rawashdeh (Australia)  
Ambra Stefani (Austria), Claudia Trenkwalder (Germany)

**FRI**  
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MARCH 16

## COURSES

# SUNDAY



### Ticketed Events

Ticket required to attend



FULL DAY COURSES | 8:00AM–5:00PM

## **C** CARDIOVASCULAR CONSEQUENCES OF SLEEP APNEA: WHAT IS NEW?

Course Chairs: Luciano Drager (Brazil), Virend Somers (United States)

8:00am–5:00pm

Schedule:

8:00am–08:10am

### **Welcome and introduction**

Luciano Drager (Brazil), Virend Somers (United States)

8:10am–08:55am

### **OSA and CV disease: Significant findings and emerging questions from the last 3 years**

Ferran Barbe (Spain)

8:55am–9:40am

### **OSA beyond adults! What we have learned from the cardiovascular impact of OSA in children?**

Raouf Amin (United States)

9:40am–10:00am

### **Coffee break**

10:00am–10:45am

### **OSA and hypertension: Is the game over or are there new paths to follow?**

Martino Pengo (Italy)

10:45am–11:30am

### **The impact of OSA on metabolic syndrome and diabetes: Myth or reality?**

Luciano Drager (Brazil)

11:30am–12:00pm

### **Open discussion / Q&A**

12:00pm–1:00pm

### **Lunch break**

1:00pm–1:45pm

### **It's not just the AHI: Sleepiness as a risk factor in OSA**

Naima Covassin (United States)

1:45pm–2:30pm

### **It's not just the AHI: The impact of hypoxemic burden on CV events**

Ali Azarbazin (United States)

2:30pm–2:50pm

### **Coffee break**

2:50pm–3:35pm

### **Why haven't treatment trials in OSA shown cardiovascular benefits?**

Shahrokh Javaheri (United States)

3:35pm–4:20pm

### **Cardiovascular RCTs in OSA: What is new?**

Doug Bradley (Canada)

4:20pm–5:00pm

### **Conclusion/Q&A/Open discussion**



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## COURSES

# SUNDAY



**Ticketed Events**

Ticket required to attend

### AM HALF DAY COURSES | 8:00AM-12:00PM

<b>C</b>	Sleep, fatigue and rhythms in cancer patients	Course Chairs: Josee Savard (Canada), Lisa Wu (Denmark)
<b>C</b>	Insomnia treatment, Part 1: Pharmacological treatments	Course Chairs: David Neubauer (United States), Gary Zammit (United States)
<b>C</b>	Multidimensional sleep health: From concept to clinic	Course Chairs: Dan Buysse (United States), Bjørn Bjorvatn (Norway)

### **C** SLEEP, FATIGUE AND RHYTHMS IN CANCER PATIENTS

Course Chairs: Josee Savard (Canada), Lisa Wu (Denmark)

8:00am-12:00pm

Cancer and its treatment is associated with a range of co-occurring symptoms such as fatigue and sleep disturbance both before, during and even years after the end of cancer treatment. Circadian rhythm changes are also often observed among cancer patients, and may play an important role in the fatigue and sleep disturbance that cancer patients experience. This course will examine these relationships as well as potential treatments to ameliorate fatigue and sleep disturbance in cancer patients with a focus on two primary interventions - light therapy and cognitive behavioral therapy for insomnia - that have been used in cancer patients with sleep and fatigue problems. We will also actively engage participants in small group activities and discussions regarding how to apply and adapt interventions to cancer populations using case studies for inspiration.

Schedule:

8:00am-8:10am

#### **Introduction**

Josee Savard (Canada), Lisa Wu (Denmark)

8:10am-8:45am

#### **Introduction to sleep, fatigue and circadian rhythms in cancer**

Sonia Ancoli-Israel (United States)

8:45am-9:20am

#### **Systematic light exposure for the treatment of sleep disturbance and fatigue in cancer**

Lisa Wu (Denmark)

9:20am-9:40am

#### **Coffee break**

9:40am-10:15am

#### **Internet-delivered cognitive-behavioral therapy for insomnia in breast cancer survivors**

Ali Amidi (Denmark)

10:15am-10:50am

#### **The implementation of cognitive behavioral therapy for insomnia in routine cancer care**

Josee Savard (Canada)

10:50am-11:25am

#### **Implementation and adaptation to cancer populations: Case study activity**

Josee Savard (Canada), Lisa Wu (Denmark), Ali Amidi (Denmark), Sonia Ancoli-Israel (United States)

11:25am-12:00pm

#### **Live discussion / Q&A**

Josee Savard (Canada), Lisa Wu (Denmark)

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## COURSES

# SUNDAY



### Ticketed Events

Ticket required to attend



AM HALF DAY COURSES | 8:00AM–12:00PM

### **C** INSOMNIA TREATMENT, PART ONE: PHARMACOLOGICAL TREATMENTS

Course Chairs: David Neubauer (United States), Gary Zammit (United States)

8:00am–12:00pm

The use of medications in the treatment of insomnia remains an important therapeutic option. As more compounds and formulations have become available there now are greater opportunities for personalizing care for patients based on their symptoms and circumstances, as well as medication pharmacologic properties. This course will review the key features of approved insomnia disorder medications, including benzodiazepine receptor agonists, melatonin receptor agonists, histamine receptor antagonists, and orexin receptor antagonists. Investigational compounds, commonly prescribed “off-label” medications, over-the-counter products, and dietary supplements also will be discussed. Special attention will be given to issues related to medication abuse potential, effects on daytime functioning, and improvements in quality of life. The course will conclude with a comprehensive review of clinical trials for insomnia medications that will include protocol designs, objective and subjective efficacy measures, and adverse reaction assessments.

Schedule forthcoming

### **C** MULTIDIMENSIONAL SLEEP HEALTH: FROM CONCEPT TO CLINIC

Course Chairs: Dan Buysse (United States), Bjørn Bjorvatn (Norway)

8:00am–12:00pm

Good sleep promotes health and function, and poor sleep increases risk for disease and poor function. But what exactly constitutes “good sleep”? How can we measure it? What health outcomes is it related to? And how can we treat poor sleep to make it better? These are the questions addressed in this course. Two orthogonal perspectives are useful in considering sleep and health relationships. The first perspective relies on the identification of discrete sleep disorders. The second perspective—the multidimensional sleep health (MDSH) perspective—recognizes that even in the absence of sleep disorders, an individual’s sleep is characterized by multiple features (e.g., duration, timing, efficiency). These features, individually and in aggregate, also affect health. This course will include five talks addressing practical aspects of MDSH: The first talk will consider the concept of sleep health and its potential utility for understanding sleep-health relationships (Buysse). The second talk will discuss the validation and use of self-report measures for MDSH including questionnaires and sleep diaries (Coelho/de Batlle). The third talk will discuss objective measures of MDSH, including actigraphy and PSG. The fourth talk will focus on measurement issues, including the identification of informative clusters of MDSH profiles (Wallace). The fifth and final talk will discuss behavioral interventions drawing on the MDSH construct (Harvey).

Schedule forthcoming

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## COURSES

# SUNDAY



**Ticketed Events**

Ticket required to attend



### PM HALF DAY COURSES | 1:00–5:00PM

<b>C</b>	Sleep apnea and cancer	Course Chairs: David Gozal (United States), Isaac Almendros (Spain)
<b>C</b>	Insomnia treatment, Part 2: Behavioral treatments	Course Chairs: Coleen Carney (Canada), Jason Ellis (United Kingdom)
<b>C</b>	Narcolepsy and other hypersomnias: Diagnostics approach and management	Course Chairs: Fabio Pizza (Italy), Yves Dauvilliers (France)
<b>C</b>	Sleep, psychiatric disorders & mental health	Course Chairs: Chiara Baglioni (Germany), Ruth Benca (United States)



### SLEEP APNEA AND CANCER

Course Chairs: Isaac Almendros (Spain), David Gozal (United States)

1:00pm–5:00pm

This course will review the biological and epidemiological evidence linking sleep disorders in general, and more specifically sleep apnea with cancer. The impact of sleep disruption and deprivation as well as shifts in circadian homeostatic processes can elicit activation of selective cellular pathways that ultimately may result in increased propensity for malignant transformation (oncogenesis) and foster cellular proliferation and aggressiveness while deregulating immunosurveillance. Intermittent hypoxia as occurs in sleep apnea and many other respiratory and cardiovascular conditions can also elicit unique molecular signaling processes that while distinct from those related to sleep perturbation have the ability to induce activation and propagation of oncocellular mechanisms. Furthermore, resistance to therapeutic interventions may also develop under such conditions. However, the epidemiological data are conflictive and may be providing cues that merit more structured and better designed research studies. These issues will be addressed in the course.

Schedule:

1:00pm–1:15pm

#### Introduction

David Gozal (United States), Isaac Almendros (Spain)

1:15pm–2:05pm

#### Circadian and sleep aspects of cancer

Maria Paola Mogavero (Italy)

2:05pm–2:25pm

#### Coffee break

2:25pm–3:15pm

#### Intermittent hypoxia and cancer: Lessons from cellular and animal models

Isaac Almendros (Spain)

3:15pm–4:05pm

#### Sleep apnea and cancer: Scandalous bedtime stories

David Gozal (United States)

4:05pm–5:00pm

#### Open discussion and Q&A

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## COURSES

# SUNDAY



### Ticketed Events

Ticket required to attend



## PM HALF DAY COURSES | 1:00–5:00PM



### INSOMNIA TREATMENT, PART TWO: BEHAVIORAL TREATMENTS

Course Chairs: Colleen Carney (Canada), Jason Ellis (United Kingdom)

1:00pm–5:00pm

Worldwide, Cognitive Behavioral Therapy for Insomnia (CBT-I) is considered the first line management strategy for Insomnia Disorder. That said, knowledge of, and access to, CBT-I remains a challenge. The overall aim of this session will be to provide a state of the art understanding of CBT-I both in terms of research and clinical practice. Starting with an overview of CBT-I, the audience will be introduced to CBT-I, its structure, components and delivery. Following, the impact from recent research in the area of CBT-I will be discussed with particular reference to adjuvant therapies, identifying non-treatment responders and addressing socio-economic barriers to treatment. The second half of the course takes us into the clinical arena where a case formulation approach to Insomnia Disorder in the context of CBT-I will be outlined. Finally, new innovations in the clinical practice of behavioral treatments for Insomnia Disorder will be explored, which aim to address the existing challenges around treatment in the 'real world', including the management of insomnia co-morbid with other sleep disorders.

Schedule:

1:00pm–1:10pm

#### Introduction

Colleen Carney (Canada), Jason Ellis (United Kingdom)

1:10pm–1:55pm

#### Overview of CBT-I

Ellemarije Altena (France)

1:55pm–2:40pm

#### Innovations in CBT-I research

Jason Ellis (United Kingdom)

2:40pm–3:00pm

#### Coffee break

3:00pm–3:45pm

#### Case formulation approach to CBT-I

Colleen Carney (Canada)

3:45pm–4:30pm

#### Innovations in CBT-I practice

Leon Lack (Australia)

4:30pm–5:00pm

#### Panel discussion

Colleen Carney (Canada), Jason Ellis (United Kingdom)



### NARCOLEPSY AND OTHER HYPERSOMNIAS: DIAGNOSTIC APPROACH AND MANAGEMENT

Course Chairs: Yves Dauvilliers (France), Fabio Pizza (Italy)

1:00pm–5:00pm

Summary and schedule forthcoming



### SLEEP, PSYCHIATRIC DISORDERS & MENTAL HEALTH

Course Chairs: Chiara Baglioni (Germany), Ruth Benca (United States)

1:00pm–5:00pm

Summary and schedule forthcoming

# HEALTHIER sleep



## YOUR TRUSTED SOURCE FOR IMPROVING SLEEP

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Join the 18,000 individuals, sleep clinics, hospitals and other professional sleep businesses receiving *Healthier Sleep* Magazine to their inboxes.

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- DAYTIME SLEEPINESS
- RESTLESS LEGS SYNDROME
- SNORING & OSA
- BETTER SLEEP
- FUTURE OF SLEEP
- BABY & SLEEP

### IN EVERY ISSUE

-  **The BuZZZ about Sleep**
-  **Ask the Sleep Doc**
-  **Bedtime Reads**
-  **Right Now in Sleep Science**

*Healthier Sleep* is published up to six times per year by World Sleep Society. World Sleep Society is a membership organization for professionals working in the field of sleep medicine and research with a mission to advance sleep health worldwide.

### CONTACT US

-  For more information or to subscribe, visit [Healthiersleepmag.com](https://www.healthiersleepmag.com).
-  For questions, contact [healthiersleep@worldsleepsociety.org](mailto:healthiersleep@worldsleepsociety.org).

WORLD  
SLEEP  
SOCIETY



## INDUSTRY SYMPOSIA SESSIONS & WORKSHOPS

The World Sleep congress regularly attracts industry leaders in sleep science and medicine to present their latest research findings. Covering a range of topics of interest to the sleep community, industry symposia will be 90-minute sessions with presentations from leading experts. This list will be updated as more industry partners join us and more details become available.

### *Thank you to our industry supporters!*

Avadel Pharmaceuticals

Bioprojet Pharma

Idorsia Pharmaceuticals

Jazz Pharmaceuticals

Neurim Pharmaceuticals

Nox Medical

ResMed

Sleep Number

Takeda Pharmaceuticals

## WANT YOUR RESEARCH IN THE SCHEDULE, TOO?

Industry symposia applications are still being accepted!

For more information contact Allan O'Bryan, Executive Director, at [obryan@worldsleepsociety.org](mailto:obryan@worldsleepsociety.org)

## MONDAY

MARCH 14, 2022 | 12:30–2:00PM

### SPONSORS & TOPICS

All information effective as of June 30, 2021 and subject to change. Sponsors listed in alphabetical order.

#### Jazz Pharmaceuticals

#### Neurim Pharmaceuticals

*Pediatric insomnia*

#### ResMed

*Sleep disordered breathing*

#### Sleep Number

*Non-invasive tools for the objective evaluation, quantification, and maximization of sleep quality*

#### Takeda Pharmaceuticals

*Narcolepsy*

## TUESDAY

MARCH 15, 2022 | 12:30–2:00PM

### SPONSORS & TOPICS

All information effective as of June 30, 2021 and subject to change. Sponsors listed in alphabetical order.

#### Avadel Pharmaceuticals

*Addressing unmet medical needs in the advancement of narcolepsy treatment*

#### Bioprojet Pharma

*Excessive daytime sleepiness management in obstructive sleep apnea*

#### Idorsia Pharmaceuticals

*New Frontiers in Insomnia Care*

#### Nox Medical

*Topic forthcoming*

#### ResMed

*Sleep disordered breathing*



**2022**  
**WORLD**  
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## THANK YOU TO OUR 2022 SPONSORS & EXHIBITORS

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Idorsia Pharmaceuticals  
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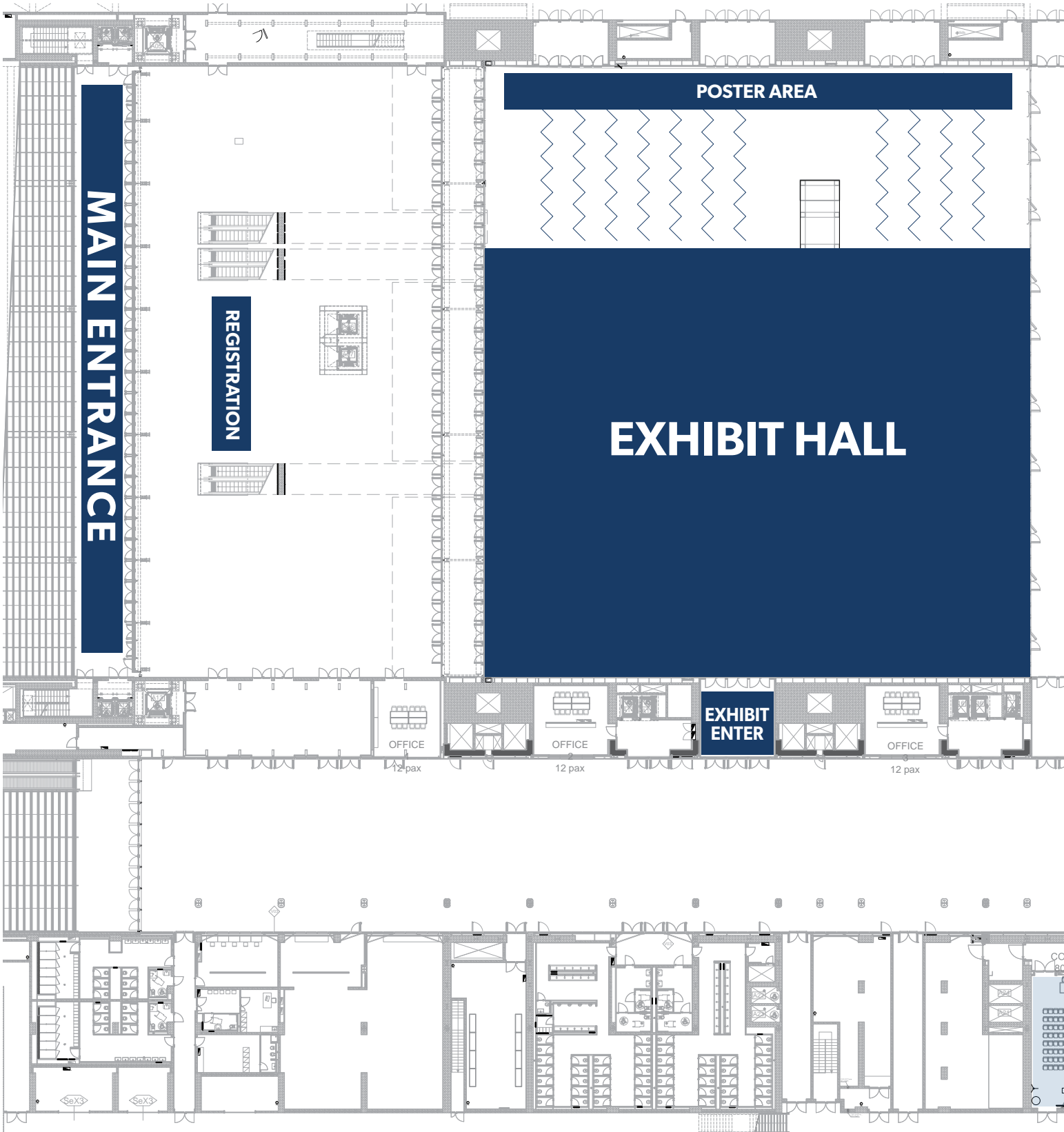
### 2022 EXHIBITORS

Apex Medical  
Avadel Pharmaceuticals  
Bioprojet Pharma  
Choice One Medical  
Compumedics  
Condor Instruments  
Idorsia Pharmaceuticals  
Jazz Pharmaceuticals  
Neurim Pharmaceuticals  
Nox Medical  
ResMed  
Sleep Number  
Sleepiz  
Takeda Pharmaceuticals  
Tufts University School of Dental Medicine  
Office of Continuing Education

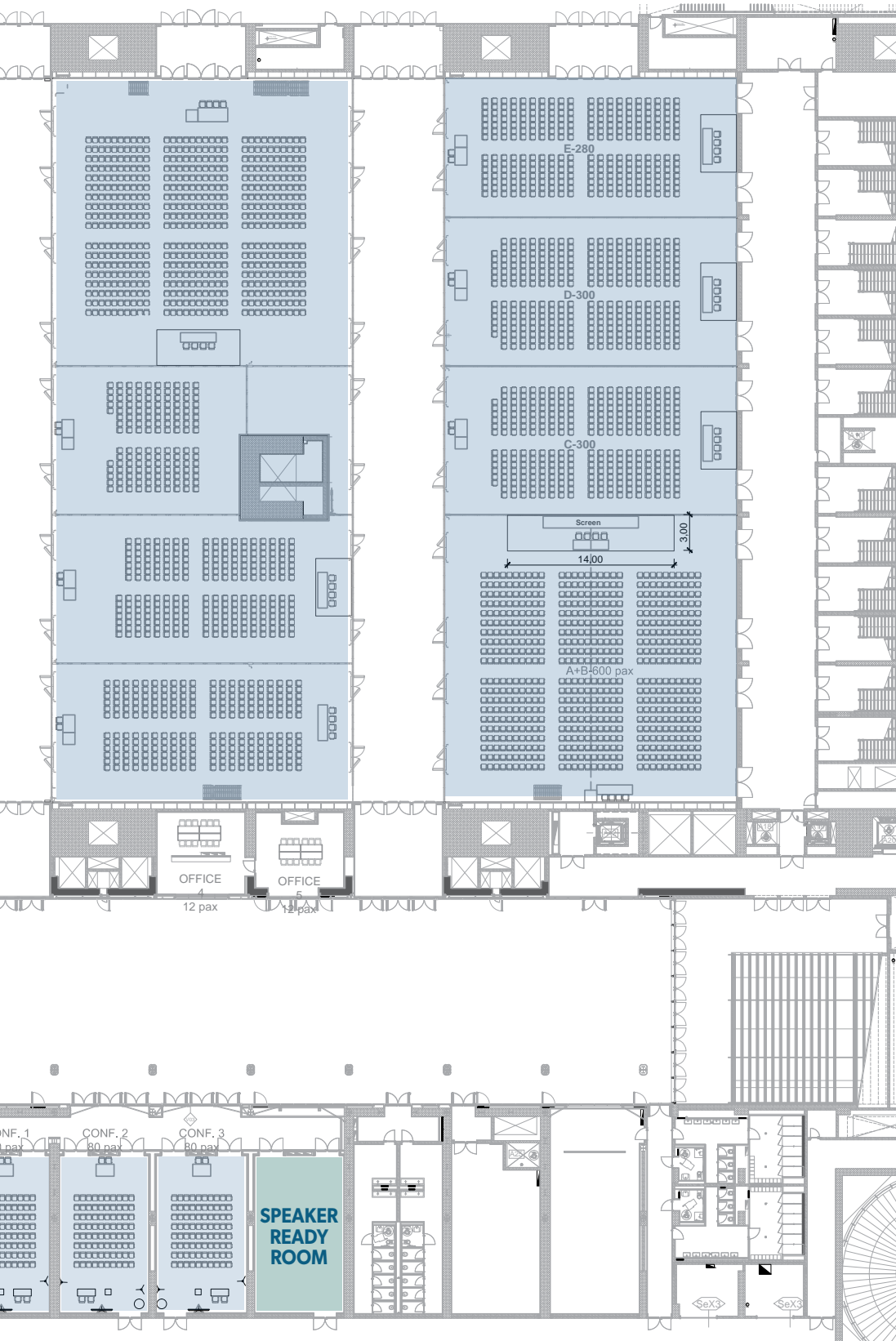
Lists are in alphabetical order and updated regularly.  
Last updated August 31, 2021.

Complete list of sponsors & exhibitors available at  
[worldsleepcongress.com/sponsorship-exhibition](https://www.worldsleepcongress.com/sponsorship-exhibition)

# WORLD SLEEP 2022 FLOOR PLAN



# LEVEL 1 ROMA CONVENTION CENTER LA NUVOLA



## VENUE & LOCATION

Roma Convention Center  
La Nuvola  
Viale Asia, 40, 00144  
Roma RM, Italy  
[romaconventiongroup.it](http://romaconventiongroup.it)

## FLOOR PLAN

World Sleep 2022 will be located on Level 1 of the Roma Convention Center La Nuvola.

For more information visit [worldsleepcongress.com](http://worldsleepcongress.com)

## LEVEL 1

- Main Entrance
- Registration
- Exhibit Hall
- Poster Area
- Symposia Rooms
- Keynote Rooms

## SPONSORS & EXHIBITORS

### Apex Medical Corp

**Booth Number: TBD**  
[apexmedicalcorp.com](http://apexmedicalcorp.com)

### Avadel Pharmaceuticals

**Booth Number: TBD**  
[avadel.com](http://avadel.com)



**Booth Number: 450**  
[bioprojet.com/en/homepage](http://bioprojet.com/en/homepage)

The Bioprojet company was founded in 1982 under the impetus of Jeanne-Marie Lecomte and Jean-Charles Schwartz, doctors of pharmacy and sciences. With Bioprojet, they are following an objective based on novel fundamental research work in order to design and develop drugs destined to be forerunners in new therapeutic groups. To achieve this ambition, Bioprojet has partnered with Inserm, where Jean-Charles Schwartz leads a research unit, and with various Medicinal Chemistry university laboratories.



**Booth Number: 752**  
[choiceonemedical.com](http://choiceonemedical.com)

"Choice One Medical is a wholesaler and distributor that strives to provide the highest quality medical products following the latest innovations and modern designs. Our brands are:  
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Best in Rest™ – Luxurious Herbal Infused Pillows  
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## SPONSORS & EXHIBITORS

March 11-16 **2022**  
**WORLD SLEEP**  
*Rome • Italy*



**Booth Number: 231**

[compumedics.com](http://compumedics.com)

Since 1987, Compumedics' strategy has focused on developing its core competency – Sleep Diagnostics – which has enabled the company to become one of the leaders in the international healthcare market. Today, Compumedics has evolved into one of the world's leading suppliers of medical technology for sleep and neuro diagnostics and ultrasonic blood flow monitoring.

## Fisher & Paykel Healthcare SAS

**Booth Number: TBD**

[fphcare.com/us](http://fphcare.com/us)



**Booth Number: 362**

[condorinst.com](http://condorinst.com)

Condor Instruments offers high-quality wrist actimeters (actigraphs) for medical and research applications, specially tailored for sleep and circadian disorders monitoring.



**Booth Number: 217**

[idorsia.com](http://idorsia.com)

## SPONSORS & EXHIBITORS



### Jazz Pharmaceuticals

**Booth Number: 340**

[jazzpharma.com](http://jazzpharma.com)



**Booth Number: 235**

[noxmedical.com](http://noxmedical.com)

Nox Medical provides sleep specialists with patient-friendly sleep diagnostic devices and robust, reliable data collection. With easy-to-use medical device technology, Nox Medical eliminates common diagnostic pain points by prioritizing patient comfort and reliability of results, allowing providers to better assess, diagnose and treat the entire range of sleep health issues.



**Booth Number: TBD**

[neurim.com](http://neurim.com)

Neurim Pharmaceuticals Ltd. ([www.neurim.com](http://www.neurim.com)) is a pharma company focusing on discovering and developing innovative drugs for CNS diseases. In response to the unmet medical need of children with ASD suffering from insomnia, Neurim developed Slenyto® – the first and only age-appropriate formulation, indicated for the treatment of insomnia in children and adolescents aged 2-18 with ASD or Smith-Magenis syndrome (SMS).



**Booth Number: TBD**

[prosomnus.com](http://prosomnus.com)

ProSomnus is the leader in precision, patient preferred oral appliance devices for OSA. 96% of patients prefer ProSomnus devices, citing comfort and resolution of complaints (IRB, 2021). Biomechanically engineered, studies associate ProSomnus devices with excellent efficacy, adherence, and mitigation of side effects.

## SPONSORS & EXHIBITORS

### ResMed

**Booth Number: TBD**

[resmed.com](https://resmed.com)



**Booth Number: TBD**

[sleepiz.com](https://sleepiz.com)

Sleepiz AG (Ltd.) is a Zürich based startup with a mission to provide patient-centric disease management through seamless integration of contactless monitoring into people's homes. Sleepiz leverages the power of sleep insights with a non-contact device that is simply placed next to the bed. The Sleepiz One Connect measures breathing rate and patterns, pulse and SpO2 with medical grade accuracy. Sleepiz is touching lives without touching.



**Booth Number: 743**

[sleepnumber.com/science](https://sleepnumber.com/science)

Sleep Number delivers life-changing innovations informed by science. Aligned with our purpose of improving the health and wellbeing of society, we're committed to advancing sleep health, linking smart sleep to individualized wellness via innovations informed by data and scientific expertise. Our proprietary sleep ecosystem and real-world sleepers generate billions of accurate, longitudinal data points every night, conducting one of the largest real-world sleep studies each night.

### SomnoMed

**Booth Number: 410**

[somnomed.com](https://somnomed.com)

## SPONSORS & EXHIBITORS



**Booth Number: 228**

[takeda.com](http://takeda.com)

Takeda Neuroscience is driven by the unmet needs of patients with rare neurological diseases. Our mission is to bring innovative and potentially disease-modifying medicines to these patients. To deliver on this mission, our approach leverages advances in molecularly and genetically defined targets, biomarkers, and targeted modalities.

## Tufts University School of Dental Medicine Office of Continuing Education

**Booth Number: 127**

[dental.tufts.edu/continuing-education](http://dental.tufts.edu/continuing-education)



**MISSION**

The mission of World Sleep Society is to advance sleep health worldwide. World Sleep Society will fulfill this mission by promoting and encouraging education, research and patient care throughout the World, particularly in those parts of the world where the practice of sleep medicine is less developed.

**GOAL & PURPOSE**

The goal and purpose of World Sleep Society is to advance knowledge about sleep, circadian rhythms, sleep health and sleep disorders worldwide, especially in those parts of the world where this knowledge has not advanced sufficiently

**OPERATING PROGRAMS**

World Sleep Society developed the following programs that consist of promoting sleep education, awareness and member services and include World Sleep Congress and World Sleep Day.

 THE BEST OF SLEEP MEDICINE & RESEARCH BIENNIAL MEETING	 EXAMINATION PROVIDING SLEEP MEDICINE COMPETENCE	 ANNUAL AWARENESS EVENT WITH CALL TO ACTION
 MENTORING & TRAINING SLEEP RESEARCH LEADERS	 PROMOTING SLEEP MEDICINE & RESEARCH WORLDWIDE	 ONLINE LIBRARY OF EDUCATIONAL CONTENT
 RECOMMENDATIONS FOR DIAGNOSIS & TREATMENT	 OFFICIAL JOURNAL OF WORLD SLEEP SOCIETY	 HEALTHIER SLEEP PATIENT SLEEP MAGAZINE

**ASSOCIATE SOCIETY MEMBERS**

In an effort to increase global awareness of sleep issues, World Sleep Society has formed relationships with the following sleep societies or regional federations.

- American Academy of Sleep Medicine (AASM)
- ASEAN Sleep Federation
- Asian Sleep Research Society
- Asian Society of Sleep Medicine
- Australasian Sleep Association
- Australasian Sleep Technologist Association
- Austrian Sleep Research Association (ASRA)
- Brazilian Sleep Society
- British Sleep Society
- Bulgarian Association of Obstructive Sleep Apnea & Snoring
- Canadian Sleep Society
- Chinese Sleep Research Society
- CMDASM - Chinese Medical Doctor Association Sleep Medicine Specialized Committee
- Czech Sleep Research and Sleep Medicine Society
- EURLSSG
- European Academy of Dental Sleep Medicine (EADSM)
- European Sleep Research Society
- Federation of Latin American Sleep Societies
- Finnish Sleep Research Society
- French Society for Sleep Research and Sleep Medicine
- Georgian Sleep Research and Sleep Medicine Society
- German Sleep Society
- Hong Kong Society of Sleep Medicine
- Indian Association of Surgeons for Sleep Apnoea
- Indian Sleep Disorders Association
- Indian Society for Sleep Research
- Integrated Sleep Medicine Society Japan (ISMSJ)
- International Pediatric Sleep Association (IPSA)
- International RLS Study Group
- Israel Sleep Research Society
- Italian Association of Sleep Medicine
- Japanese Society of Sleep Research
- Minnesota Sleep Society
- Peruvian Association of Sleep Medicine (APEMES)
- Portuguese Sleep Association
- Romanian Association for Pediatric Sleep Disorders
- Russian Society of Somnologists
- Serbian Sleep Society
- Sleep and Wakefulness Medicine Moroccan Federation
- Sleep Research Society
- South East Asian Academy of Sleep Medicine
- Taiwan Society of Sleep Medicine
- Turkish Sleep Medicine Society

**UPCOMING WORLD SLEEP MEETINGS**

  
**VIRTUAL MEETING 2021**

  
**IN PERSON MEETING 2022**

  
**IN PERSON MEETING 2023**

**CONNECT WITH US**

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**NOTES**

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