



Italian Association
of Sleep Medicine
– AIMS –



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

FRIDAY, MARCH 11 • 13:00 - 19:00
SATURDAY, MARCH 12 • 08:30 - 17:30
ROMA CONVENTION CENTER LA NUVOLA • ROOM 11

AIMS ANNUAL MEETING

ABOUT 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.

ORGANIZING & SCIENTIFIC COMMITTEE

Conference President

Giuseppe Plazzi (Bologna – Modena)

Dario Arnaldi (Genova)

Giulio Alessandri Bonetti (Bologna)

Enrica Bonanni (Pisa)

Maria Rosaria Bonsignore (Palermo)

Cinzia Castronovo (Milano)

Luigi De Gennaro (Roma)

Francesco Fanfulla (Pavia)

Luigi Ferini Strambi (Milano)

Raffaele Ferri (Troina – En)

Sergio Garbarino (Genova)

Biancamaria Guarnieri (Pescara)

Michelangelo Maestri Tassoni (Pisa)

Raffaele Manni (Pavia)

Lino Nobili (Genova)

Laura Palagini (Pisa)

Monica Puligheddu (Cagliari)

Alessandro Silvani (Bologna)

Claudio Vicini (Forlì)

CME

Italian CME credits will be provided.

PRIMARY CONGRESS TOPICS

- PLMS
- BASIC SCIENCE OF SLEEP
- NEW MARKERS IN OSA
- NARCOLEPSY: FROM BASIC SCIENCES TO CLINICAL SLEEP MEDICINE
- NON-VENTILATORY THERAPIES FOR OSA: WHEN, HOW, WHY 2021
- INSOMNIA

ORGANIZING SECRETARIAT AND CME PROVIDER



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12:00 – 13:00

REGISTRATION OF PARTICIPANTS

13:00 – 13:30

OPENING LECTURES

Chair: Alfredo Berardelli (Roma)

The contribution of Sleep Medicine in Italy

Giuseppe Plazzi (Bologna);

Luigi Ferini Strambi (Milano)

13:30 – 14:45

**PLMS: TREATMENT IMPLICATIONS IN SLEEP AND
NEUROLOGIC DISORDERS**

Chair: Marco Zucconi (Milano);

Enrica Bonanni (Pisa)

13:30 – 13:45

PLMS TREATMENT: PRO AND CON

Marco Zucconi (Milano)

13:45 – 14:00

PLMS RESPONSIVENESS TO DRUG THERAPY

Mauro Manconi (Lugano - Switzerland)

14:00 – 14:15

EFFECTS OF ANTIDEPRESSANTS ON PLMS

Raffaele Ferri (Troina – En)

14:15 – 14:30

PLMS AND OSA – ARE THEY INDEPENDENT?

Carolina Lombardi (Milan)

14:30 – 14:45

DISCUSSION

14:45 – 16:00

BASIC SCIENCE OF SLEEP

Chairs: Michele Ferrara (L'Aquila);

Giovanna Zoccoli (Bologna)

14:45 – 15:00

**NEUROBIOLOGICAL MECHANISMS OF
DREAM RECALL**

Serena Scarpelli (Roma)

15:00 – 15:15

**LOCAL SLEEP-LIKE SLOW WAVE INTRUSION
DURING WAKEFULNESS: INSIGHTS FROM
BRAIN-INJURED PATIENTS**

Simone Sarasso (Milano)

15:15 – 15:30

**THE ROLE OF SLEEP IN RECOVERING FROM
NATURAL AND SYNTHETIC TORPOR: A FOCUS
ON TAU PROTEIN**

Marco Luppi (Bologna)

15:30 – 15:45

**EEG ALTERATIONS DURING WAKE AND SLEEP
IN MILD COGNITIVE IMPAIRMENT AND
ALZHEIMER'S DISEASE**

Aurora D'atri (L'Aquila)

15:45 – 16:00

DISCUSSION



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16:00 – 17:00

INDUSTRY LECTURES

16:00 – 16:30

**RESIDUAL EDS IN OSA PATIENTS: THE
SOLRIAMFETOL PROPOSAL**

Claudio Liguori (Roma)

With the contribution of Jazz Pharmaceuticals

16:30 – 17:00

**THE EMOTIONS OF PATIENTS WITH INSOMNIA
DISORDER: FROM NEURAL CIRCUITS TO
COVID-SOMNIA**

Moderator: Michela Vuga (Milano)

Speakers: Luigi De Gennaro (Roma), Lino Nobili
(Genova), Laura Palagini (Pisa)

With the contribution of Idorsia Pharmaceuticals

17:00 – 19:00

**GENERAL AIMS ASSEMBLY AND ELECTION
OF NEW AIMS BOARD**



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08:30 – 09:45

NEW MARKERS IN OSA

Chairs: Maria Pia Villa (Roma);
Francesco Fanfulla (Pavia)

08:30 – 08:45

IS THERE A PLACE FOR EPIGENETICS

Maria Paola Mogavero (Pavia)

08:45 – 09:00

**NEW FUNCTIONAL MARKERS OF
CARDIO-VASCULAR IMPAIRMENT**

Martino Pengo (Milano)

09:00 – 09:15

**VENTILATORY TREATMENT: IN SEARCH OF
ALTERNATIVE OUTCOMES**

Stefania Redolfi (Cagliari)

09:15 – 09:30

**OBSTRUCTIVE SLEEP APNOEA (OSA) IN
CHILDREN: AN UPDATE**

Maria Pia Villa (Roma)

09:30 – 09:45

DISCUSSION

09:45 – 11:00

**NARCOLEPSY: FROM BASIC SCIENCES TO
CLINICAL SLEEP MEDICINE**

Chairs: Giuseppe Plazzi (Bologna);
Maria Rosaria Bonsignore (Palermo)

09:45 – 10:00

**UPDATE ON EXPERIMENTAL DATA IN
NARCOLEPSY**

Alessandro Silvani (Bologna)

10:00 – 10:15

**POLYSOMNOGRAPHIC DIAGNOSIS OF
NARCOLEPSY AND CENTRAL DISORDERS
OF HYPERSOMNOLENCE**

Fabio Pizza (Bologna)

10:15 – 10:30

TELEMEDICINE FOR NARCOLEPSY

Francesca Ingravallo (Bologna)

10:30 – 10:45

**PHARMACOLOGICAL TREATMENT OF
NARCOLEPSY**

Claudio Liguori (Roma)

10:45 – 11:00

DISCUSSION

11:00 – 11:15

COFFEE BREAK

11:15 – 12:30

**NON-VENTILATORY THERAPIES FOR OSA: WHEN,
HOW, WHY 2021**

Chairs: Giulio Alessandri Bonetti (Bologna);
Claudio Vicini (Forlì)

11:15 – 11:30

UPDATE ON MAD THERAPY

Chiara Stipa (Bologna)

11:30 – 11:45

**SHORT AND LONG TERM SIDE EFFECTS OF
MAD THERAPY**

Luca Mezzofranco (Padova)

11:45 – 12:00

**SURGERY, AN OVERVIEW OF THE AVAILABLE
OPTIONS**

Giovanni Cammaroto (Forlì)

12:00 – 12:15

**OUTCOMES OF SURGERY IN AN EBM
PERSPECTIVE**

Alessandro Bianchi (Milano)

12:15 – 12:30

DISCUSSION



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12:30 – 13:00
INDUSTRY LECTURE

12:30 – 13:00
THE HISTAMINERGIC PATHWAY IN THE TREATMENT OF EXCESSIVE DAYTIME SLEEPINESS IN PATIENTS WITH OSA
Luigi Ferini Strambi (Milano)
With the contribution of Bioprojet

13:00 – 14:00
LUNCH

14:00 – 15:15
INSOMNIA

Chairs: Lino Nobili (Genova);
Luigi Ferini Strambi (Milano)

14:00 – 14:15
PRE-SLEEP AROUSAL AND SLEEP QUALITY DURING THE COVID-19 LOCKDOWN IN ITALY: CROSS-SECTIONAL AND LONGITUDINAL AIMS STUDIES
Maurizio Gorgoni (Roma)

14:15 – 14:30
INSOMNIA IN PRIMARY CARE: A SURVEY CONDUCTED ON ITALIAN PATIENTS OLDER THAN 50 YEARS
Paola Proserpio (Milano)

14:30 – 14:45
INSOMNIA, CIRCADIAN RHYTHMS AND MENTAL HEALTH
Laura Palagini (Ferrara)

14:45 – 15:00
INSOMNIA IN CHILDHOOD: IMPACT ON DEVELOPMENT AND MENTAL HEALTH
Oliviero Bruni (Roma)

15:00 – 15:15
DISCUSSION

15:15 – 16:15
LECTURES

15:15 – 15:45
FARPRESTO: THE ITALIAN REGISTRY OF REM BEHAVIOR DISORDER
Monica Puligheddu (Cagliari)

15:45 – 16:15
TRAVELLING IN THE SLEEP UNIVERSE: WHEN SCIENCE AND ART MEET (IN HONOR OF NANNI TERZANO)
Liborio Parrino (Parma)

16:15 – 17:30
ORAL PRESENTATIONS

16:15 – 16:20
F. Salfi

16:20 – 16:25
M. Elbaz

16:25 – 16:30
A. Pascazio

16:30 – 16:35
Veronica Della Godenza

16:35 – 16:40
F. Salfi

16:40 – 16:45
D. Tesini

16:45 – 16:50
N. Hafid

16:50 – 16:55
C.A.M. Lo Iacono

16:55 – 17:00
M. Varma

17:00 – 17:05
C. Oliver

17:05 – 17:10
M. Fernandes

17:10 – 17:15
C. Lupo

17:15 – 17:20
G. Didato

17:20 – 17:30
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AIMS ANNUAL MEETING SPONSORS

GOLD LEVEL



SILVER LEVEL



BRONZE LEVEL

