

3rd Clinical Update Sleep: International Conference 2018

23 February, 2018, Royal College of Physicians, London, UK

	Wolfson Lecture Hall	Dorchester Library
08:15–08:55	Registration	
08:55–09:00	Welcome	
09:00–10:30	Session I Sleep apnoea and the cardiovascular system	Session II Insomnia
10:30–11:00	Coffee Break	
11:00–12:30	Session III Clinical hypersomnias	Session IV Circadian rhythm disorders
12:30–14:00	Lunch Poster session (Osler Room 12:30–13:30) Keynote lecture (Wolfson 13:15–14:00)	
14:00–15:30	Session V Treatment of sleep-disordered breathing	Session VI Parasomnia
15:30–16:00	Coffee Break	
16:00–17:20	Session VII Hot topics and clinical trials	Session VIII Sleep and function
17:20–17:30	Take Home Message/Announcements	

**Clinical Update Sleep, Programme
(correct as of 05/01/2018)**

Welcome
Joerg Steier

Wolfson Lecture Hall (AM)

Dorchester Library (AM)

I) Sleep Apnoea and the Cardiovascular System

Chair 1 **Ferran Barbe**

Chair 2 **Joerg Steier**

Speaker 1 **Ferran Barbe**

Update on OSA, CPAP and the Interaction with Blood Pressure

Speaker 2 **Anita Simonds**

Lessons of the SERVE-HF trial

Speaker 3 **Malcolm Kohler**

Cardiovascular effects of OSA

II) Insomnia

Chair 1 **Dieter Riemann**

Chair 2 **Hugh Selsick**

Speaker 1 **Dieter Riemann**

Insomnia treatment—current evidence base and clinical guidelines

Speaker 2 **Simon Kyle**

Update on new approaches to therapy in insomnia

Speaker 3 **Kirstie Anderson**

Cognitive Behavioural Therapy (CBT) for Insomnia—how and why your patients should have it

III) Clinical Hypersomnias

Chair 1 **Sophie West**

Chair 2 **Guy Leschziner**

Speaker 1 **Guy Leschziner**

Update on Clinical Hypersomnias

Speaker 2 **Geert Mayer**

Update on the Narcolepsy/Cataplexy Syndrome

Speaker 3 **Renata Riha**

Sleepiness and driving regulations

IV) Circadian Rhythm Disorders

Chair 1 **Derk-Jan Dijk**

Chair 2 **Alexander Nesbitt**

Speaker 1 **Derk-Jan Dijk**

Timing of the Sleep-Wake cycle

Speaker 2 **Alexander Nesbitt**

Disorders of Sleep-Wake timing

Speaker 3 **Victoria Revell**

Manipulating Sleep-Wake timing

Lunchtime

Poster Session (Osler Room)

Facilitator 1 **Rexford Muza**

Facilitator 2 **Georgios Kaltsakas**

Keynote Lecture (Wolfson Lecture Hall)

Introduction **Joerg Steier**

Speaker **Meir Kryger** *The Mystery of Sleep*

Wolfson Lecture Hall (PM)

Dorchester Library (PM)

V) Treatment of Sleep-Disordered Breathing

Chair 1 **Bhik Kotecha**

Chair 2 **Michelle Ramsay**

Speaker 1 **Esther Schwarz**

Consequences of OSA upon CPAP withdrawal

Speaker 2 **Andrea de Vito**

The ENT approach: Treatment of Sleep-Disordered Breathing

Speaker 3 **Tim Quinnell**

Update on Mandibular Advancement Devices for OSA

VI) Parasomnia

Chair 1 **Matthew Walker**

Chair 2 **Brian Kent**

Speaker 1 **Matthew Walker**

Update on Non-REM parasomnias

Speaker 2 **Wolfgang Oertel**

Update on REM-sleep behaviour disorder

Speaker 3 **Panagis Drakatos**

Clinical approach towards parasomnias

VII) Clinical trials and hot topics	VIII) Sleep and function
Chair 1 Nicholas Hart	Chair 1 Mary Morrell
Chair 2 Martino Pengo	Chair 2 Ivana Rosenzweig
Speaker 1 Patrick Murphy <i>Home NIV following acute hypercapnic exacerbation of COPD: Results from HOT-HMV UK</i>	Speaker 1 Juliane Winkelmann <i>Update on Restless-Legs-Syndrome</i>
Speaker 2 Christopher Turnbull <i>Obstructive Sleep Apnoea, intermittent hypoxia and blood pressure</i>	Speaker 2 Nadia Gildeh <i>Cognitive function in OSA</i>
Speaker 3 Sophie West <i>Update on the ROSA trial</i>	Speaker 3 Phillippe Peignoux <i>Neuroimaging and cognitive function in sleep disorders</i>
Speaker 4 Martino Pengo <i>Electrical stimulation in OSA</i>	
Take Home Message/Announcements Joerg Steier	

Registration— please plan your trip ahead of the day to avoid late arrival (www.rcplondon.ac.uk/visit-us).

The content of this programme was correct at printing (January 2018). We apologise if due to unforeseen circumstances or late amendments the arrangements on the day will slightly differ from the printed version.