

## Clinical Update Sleep 23<sup>rd</sup> 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	<b>Session I</b> Sleep apnoea and the cardiovascular system	<b>Session II</b> Insomnia
10:30–11:00	Coffee Break	
11:00–12:30	<b>Session III</b> Clinical hypersomnias	<b>Session IV</b> 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	<b>Session V</b> Treatment of sleep-disordered breathing	<b>Session VI</b> Parasomnia
15:30–16:00	Coffee Break	
16:00–17:20	<b>Session VII</b> Hot topics and clinical trials	<b>Session VIII</b> 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 <b>Nicholas Hart</b>	Chair 1 <b>Mary Morrell</b>
Chair 2 <b>Martino Pengo</b>	Chair 2 <b>Ivana Rosenzweig</b>
Speaker 1 <b>Patrick Murphy</b> <i>Home NIV following acute hypercapnic exacerbation of COPD: Results from HOT-HMV UK</i>	Speaker 1 <b>Juliane Winkelmann</b> <i>Update on Restless-Legs-Syndrome</i>
Speaker 2 <b>Christopher Turnbull</b> <i>Obstructive Sleep Apnoea, intermittent hypoxia and blood pressure</i>	Speaker 2 <b>Nadia Gildeh</b> <i>Cognitive function in OSA</i>
Speaker 3 <b>Sophie West</b> <i>Update on the ROSA trial</i>	Speaker 3 <b>Philippe Peigneux</b> <i>Neuroimaging and cognitive function in sleep disorders</i>
Speaker 4 <b>Martino Pengo</b> <i>Electrical stimulation in OSA</i>	
<b>Take Home Message/Announcements</b> Joerg Steier	

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