

| CLINICAL UPDATE SLEEP 2020 “A Virtual Briefing” Webinar, 16th October 2020 <i>(chaired by Joerg Steier and Esther I Schwarz)</i> | |
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| 09.00 – 09.05 | Welcome <i>Joerg Steier (UK)</i> |
| 09.05 – 09.35 | Impact of the COVID-19 Pandemic on Sleep <i>Laura Pérez-Carbonell (UK)</i> |
| 09.35 – 10.05 | Insomnia and mental health – the role of hyperarousal <i>Dieter Riemann (Germany)</i> |
| 10.05 – 10.35 | Effect of CPAP on Blood Pressure in OSA: a Meta-Analysis <i>Martino Pengo (Italy)</i> |
| 10.35 – 10.45 | Highlights from the Special Issue Sleep: Journal of Thoracic Disease (October 2020) <i>Joerg Steier (UK)</i> |
| 10.45 – 10.55 | Live Question and Answers (Q&As) <i>Joerg Steier (UK) & Esther I Schwarz (Switzerland)</i> |
| 10.55 – 11.00 | Take Home Message and Announcements (THoM&As) <i>Joerg Steier (UK)</i> |