

5 th Clinical Update Sleep: International Conference™ Friday 19 March 2021, Online	
STREAM 1	STREAM 2
09.00 – 09.05	
Welcome – Joerg Steier	
09.05 – 10.30	
Session 1 - Sleep Disordered Breathing I	Session Alpha - Insomnia
Chair 1 – Esther Schwarz Chair 2 – Gianfranco Parati/Martino Pengo	Chair 1 – Allie Hare Chair 2 – Hugh Selsick
Speaker 1 – Gianfranco Parati <i>Sleep-disordered breathing and blood pressure</i>	Speaker 1 – Allie Hare <i>Insomnia in the Pandemic: can't sleep, won't sleep</i>
Speaker 2 – Esther I Schwarz <i>Obstructive sleep apnoea and CPAP effects – Does time matter?</i>	Speaker 2 – Leonie Maurer <i>The mechanisms of Sleep Restriction Therapy for Insomnia</i>
Speaker 3 – Silke Ryan <i>Obstructive Sleep Apnoea and Diabetes</i>	Speaker 3 – Kirstie Anderson <i>How to manage insomnia at a distance – the good, the bad and the ugly of remote therapies</i>
10.30 – 11.00 (Comfort break/optional sessions)	
MORNING SEMINAR Joerg Steier & Bhik Kotecha <i>Non-CPAP therapy: Electrical Stimulation for the treatment of Obstructive Sleep Apnoea</i>	10.30 – 10.50 WORKSHOP 1 Jenny Bacon & Philip Marino <i>Sleep & Pulmonary Hypertension</i>
Bhik Kotecha – <i>Invasive methods of hypoglossal nerve stimulation</i>	
Joerg Steier – <i>Transcutaneous electrical stimulation</i>	
11.00 – 12.30	
Session 2 – Hypersomnias	Session Beta – Sleep & Function
Chair 1 – Guy Leschziner Chair 2 – Gert Jan Lammers	Chair 1 – Ivana Rosenzweig Chair 2 – Pierre-Herve Luppi
Speaker 1 – Gert Jan Lammers <i>Diagnosis of central disorders of hypersomnolence: A reappraisal by European experts</i>	Speaker 1 – Pierre-Herve Luppi <i>Muscle atonia during paradoxical (REM) sleep: how and why?</i>
Speaker 2 – Guy Leschziner <i>Pathophysiology of the hypersomnias - advances in our understanding</i>	Speaker 2 – Alexander Nesbitt <i>Sleep and Headache Disorders</i>
Speaker 3 – Jasvinder Singh Kaler <i>Advances in the pharmacological management of hypersomnia</i>	Speaker 3 – Johan Meurling <i>Driving with sleep apnoea</i>
12.30 – 12.45 Comfort break	
12.45 – 13.45	
KEYNOTE LECTURE Introduction – Joerg Steier Speaker – Walter McNicholas	
<i>Obstructive Sleep Apnoea and Co-morbidity: new insights</i>	
13.45 – 14.00 Comfort break	

14.00 – 15.30	
Session 3 – Sleep Disordered Breathing II	Session Gamma - Parasomnia
Chair 1 – Renata Riha Chair 2 – Christoph Schöbel	Chair 1 – Panagis Drakatos Chair 2 – Sofia Eriksson
Speaker 1 – Renata Riha <i>30 year review</i>	Speaker 1 – Panagis Drakatos & David O'Regan <i>NREM parasomnia treatment: Non-pharmacological treatment for NREM parasomnias; and CBT - a promising intervention</i>
Speaker 2 – Carolina Lombardi <i>OSA and Arrhythmias</i>	Speaker 2 – Sofia Eriksson <i>Clinical presentation and daytime consequences of NREM parasomnias</i>
Speaker 3 – Christoph Schöbel	Speaker 3 – Rex Muza <i>The reality of sexsomnia</i>
15.30 – 16.00 (Comfort break/optional sessions)	
SPONSORED SYMPOSIUM Chair: Professor Joerg Steier Speaker: Dr Atul Malhotra	15.30 – 15.50 WORKSHOP 2 Michelle Ramsay & Georgios Kaltsakas <i>Sleep and Motor Neuron Disease</i>
<i>Update on the management of residual Excessive Daytime Sleepiness in Obstructive Sleep Apnoea</i>	
This sponsored symposium has been fully organised and funded by Jazz Pharmaceuticals	
16.00 – 17.20	
Session 4 – Hot Topics and Clinical Trials	Session Delta – British Sleep Society Symposium
Chair 1 – Anita Simonds Chair 2 – Renaud Tamisier	Chair 1 – Lizzie Hill Chair 2 – Tim Quinnell
Speaker 1 – Patrick Murphy <i>An update in hypoventilation syndromes</i>	Speaker 1 – Lizzie Hill <i>The Brain Changes in Sleep Apnea Study</i>
Speaker 2 – Renaud Tamisier <i>Patient's clustering for better outcomes?</i>	Speaker 2 – Michele Hu <i>REM sleep behavioural disorder: a window into prodromal Parkinsonism</i>
Speaker 3 – Sophie West <i>NICE – the imminent new Sleep disordered Breathing guidelines</i>	Speaker 3 – Dieter Riemann <i>REM sleep instability and insomnia</i>
Speaker 4 – Martino Pengo <i>Phenotyping OSA to improve cardiovascular prevention</i>	Speaker 4 – Joerg Steier <i>BSS Strategy 'Healthy Sleep for all'</i>
17.20 – 17.30 Take home messages / announcements	