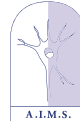


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UNIVERSITÀ DI PISA



“PISA SLEEP AWARD 2018”

11 minutes of sleep

15-16 giugno 2018

Ex Monastero delle Benedettine, piazza S. Paolo a Ripa D'Arno 16, Pisa



Introduction

The **Pisa Sleep Award**, a joint initiative by **Professor Piero Salzarulo** and **Professor Luigi Murri**, is a solid tradition in the sleep field, first established in 1994, and sponsored every two years by the School of Medicine of the Pisa University.

The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career has been devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine.

SCHEDULE

The unique format of “11 MINUTES OF SLEEP” Symposium offers the opportunity for a straightforward debate on some of the core topics of basic and clinical sleep research, framing the Pisa Sleep Award Ceremony. All speakers are invited

to raise and address the most provocative and controversial topics in the field, strictly within an 11 minutes slot. After each presentation, there will be a 9-minute discussion between the speaker and the members of the panel, along with the moderators.

CME Credits

The symposium has been accredited for 7 CME credits for max. 100 participants: all medical specialists, Psychologist and Psychotherapist, Pharmacist, Dentist, Biologist, Health Assistant, Nurse, Pediatric Nurse, Neurophysiopathology Technician, Speech Therapist, Neuro and psychomotric therapist of the developmental age, Psychiatric rehabilitation technician. The

assignment of credits is subject to the actual participation to 90% of the scientific programme for which verification of attendance by signature is scheduled, the correct completion of the registration form and the verification of learning through questionnaire. Certificates of attendance indicating the CME credits will be sent by e-mail.



Programme

Friday 15th June 2018



| | |
|------------------------|--|
| ▶ 14.30 | Registration |
| ▶ 15.00 - 16.20 | SESSION 1 - NEW PERSPECTIVES ON SLEEP FUNCTIONS Chairs: Roberto Amici, Vladyslav Vyazovskiy |
| ▶ 15.00 | Is sleep a unitary state? , Vladyslav Vyazovskiy |
| ▶ 15.20 | Does sleep consolidate memory? Penny Lewis |
| ▶ 15.40 | Sensory disconnection: is the brain offline during sleep? Yuval Nir |
| ▶ 16.00 | Studying sleep in the wild , Niels Rattenborg |
| ▶ 16.20 - 16.40 | Coffee Break |
| ▶ 16.40 - 18.00 | SESSION 2 - CIRCADIAN ENTRAINMENT OF SLEEP Chairs: Fabio Cirignotta, Raffaele Ferri |
| ▶ 16.40 | Orexin in neurodegenerative diseases , Claudio Liguori |
| ▶ 17.00 | Melatonin: effect on the brain-heart axis , Lino Nobili |
| ▶ 17.20 | Epigenetics of sleep and circadian rhythms , Valter Tucci |
| ▶ 17.40 | Adenosine: a proposed link between process S and process C , Aarti Jagannath |
| ▶ 18.00 - 18.10 | PISA SLEEP AWARD Introduction: L. Murri, P. Salzarulo |
| ▶ 18.10 - 19.00 | KEYNOTE LECTURE Sleep homeostasis - adenosine revisited Tarja Helena Stenberg (Porkka-Heiskanen) |
| ▶ 19.00 | Welcome Cocktail |



Programme

Saturday 16th June 2018



| | |
|------------------------|--|
| ▶ 08.30 | Registration |
| ▶ 09.00-10.40 | SESSION 3 – INSOMNIA: A TRANSLATIONAL VIEW Chairs: Oliviero Bruni, Liborio Parrino |
| ▶ 09.00 | Restricted and disrupted sleep affect brain plasticity: implications for psychiatric disorders , Peter Meerlo |
| ▶ 09.20 | Treatment of chronic insomnia in children and adolescents with neurodevelopmental disabilities , Oliviero Bruni |
| ▶ 09.40 | Insomnia and depression: a clinical focus , Chiara Baglioni |
| ▶ 10.00 | Treatment of insomnia in depression , Liborio Parrino |
| ▶ 10.20 | Management of nocturnal and diurnal symptoms in narcolepsy , Giuseppe Plazzi |
| ▶ 10.40 - 11.00 | Coffee Break |
| ▶ 11.00 - 12-40 | SESSION 4 – TREATMENT IN SLEEP BREATHING DISORDERS Chairs: Oreste Marrone, Antonio Sanna |
| ▶ 11.00 | Treatment of OSAS in Parkinson disease , Michelangelo Maestri Tassoni |
| ▶ 11.20 | New treatment in central sleep apnea , Alberto Giannoni |
| ▶ 11.40 | Ventilatory treatment and gender , Rosalia Silvestri |
| ▶ 12.00 | CPAP and driving , Oreste Marrone |
| ▶ 12.20 - 13.00 | Discussion and conclusions |

FACULTY

| | |
|---|---|
| ▶ Roberto Amici | University of Bologna |
| ▶ Chiara Baglioni | University of Freiburg, Guglielmo Marconi Telematic University of Rome |
| ▶ Oliviero Bruni | University of Rome |
| ▶ Fabio Cirignotta | University of Bologna |
| ▶ Raffaele Ferri | IRCCS Oasi Research Institute-Troina |
| ▶ Alberto Giannoni | Fondazione Toscana G. Monasterio - Cardiovascular Medicine - PISA |
| ▶ Aarti Jagannath | University of Oxford |
| ▶ Penny Lewis | Cardiff University |
| ▶ Claudio Liguori | University of Rome |
| ▶ Oreste Marrone | University of Palermo |
| ▶ Peter Meerlo | University of Groningen |
| ▶ Yuval Nir | Tel Aviv University |
| ▶ Lino Nobili | Niguarda Hospital, Milan - ESRS Representative |
| ▶ Liborio Parrino | University of Parma |
| ▶ Giuseppe Plazzi | University of Bologna |
| ▶ Niels Rattenborg | Max Planck Institute - Munich |
| ▶ Antonio Sanna | Operative Unit of Pneumology -Health Authority -Pistoia |
| ▶ Tarja Helena Stenberg (Porkka-Heiskanen) | University of Helsinki |
| ▶ Rosalia Silvestri | University of Messina |
| ▶ Michelangelo Maestri Tassoni | University of Pisa |
| ▶ Valter Tucci | Italian Institute of Technology |
| ▶ Vladyslav Vyazovskiy | University of Oxford |

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