13 - 14 June 2024

Palazzo della Sapienza Pisa

XVI edition

PISA SLEEP AWARD

Under the patronage

Program

11 Minutes of Sleep
VI edition

Thursday I June 13 2024

10.00-10.30 **Registration**

11.00-11.30 **Opening remarks:**
Angelo Gemignani, Pierre-Hervé Luppi, Gabriele Siciliano, Stefano Taddei, Vladyslav Vyazovskiy, Riccardo Zucchi

Session 1
Chairs: Lino Nobili, Pierre-Hervè Luppi

11.30-11.50 Sleep oscillations and control of sleep-wake states | *Antoine Adamantidis*
11.50-12.10 Noradrenergic mechanisms of cortical (hyper)arousal *Alejandro Osorio-Forero*
12.10-12.30 Novel therapeutic pathways and algorithms in narcolepsy *Giuseppe Plazzi*

13.00-14.30 **Lunch Break**

Session 2 - Insomnia
Chairs: Liborio Parrino, Rosalia Silvestri, Marco Zucconi

14.30-14.50 REM sleep instability in insomnia: an overview | *Bernd Feige*
14.50-15.10 Insomnia and sleep abnormalities in mental disturbances: focus on psychosis | *Nicholas Meyer*
15.10-15.30 Sleep restriction therapy | *Simon Kyle*
15.30-15.50 European insomnia new guidelines | *Pierre Geoffroy*

15.50-16.10 Coffee break

Session 3 - Sleep, memory and cognition
Chairs: Biancamaria Guarnieri and Alessandro Silvani

16.10-16.30 Sleep and system memory consolidation | *Svenja Brodt*
16.30-16.50 Looking from the inside: sleep's role in memory consolidation *Bernhard Staresina*
16.50-17.10 Sleep biomakers in the early detection of cognitive decline | *Claudio Liguori*

17.10-17.30 **Pisa Sleep Award Introduction** | *Enrica Bonanni, Luigi Murri*

17.30-18.00 **Laudatio** | *Claudio Bassetti*

18.00-19.00 **KEYNOTE LECTURE - "Abnormal motor activity during NREM and REM sleep"** | *Luigi Ferini Strambi*

Friday I June 14 2024

8.30-09.00 **Registration**

Session 4 - Gender, sex and age determinants of sleep
Chairs: Maria Rosaria Bonsignore, Francesco Fanfulla

09.00-09.20 Sex difference in sleep in animal models |*Birgitte Rahbek Kornum*
09.20-09.40 Sleep related movement disorders | *Maria Paola Mogavero*
09.40-10.00 Sex and age in sleep disordered breathing: from risk factors to consequences | *Carolina Lombardi*
10.00-10.20 Sex and age in insomnia | *Chiara Baglioni*

10.20-10.40 **Coffee break**

Session 5 - Sleep and movement
Chairs: Raffaele Ferri, Federica Provini and Monica Puligheddu

10.40-11.00 Moving during sleep: when and how is it normal? *Angelica Montini*
11.00-11.20 Restless Leg Syndrome: from rodents to humans | *Mauro Manconi*
11.20-11.40 REM sleep behavior disorder: a disease with many faces *Dario Arnaldi*
11.40-12.00 Parasomnias and seizures: boundaries and similarities | *Lino Nobili*

12.00-13.00 **Round Table: Present and future of sleep medicine and research in Europe**
C. Bassetti, L. Ferini-Strambi, R. Ferri, L. Nobili, L. Parrino, G. Plazzi, R. Silvestri, V. Vyazovskiy

13.00-13.15 **Closing Remarks** | *Enrica Bonanni, Ugo Faraguna*

Conference Chairs:

Enrica Bonanni
Ugo Faraguna
Angelo Gemignani
Gabriele Siciliano
Vladyslav Vyazovskiy

Scientific Committee:

Monica Fabbrini
Michelangelo Maestri Tassoni
Danilo Menicucci
Laura Palagini
Andrea Piarulli

Faculty

Antoine Adamantidis - Berna
Dario Arnaldi - Genova
Chiara Baglioni - Roma
Claudio Bassetti - Berna
Enrica Bonanni - Pisa
Maria Rosaria Bonsignore - Palermo
Svenja Brodt - Tübingen
Francesco Fanfulla - Pavia
Ugo Faraguna - Pisa
Bernd Feige - Friburgo
Luigi Ferini Strambi - Milano
Raffaele Ferri - Troina
Angelo Gemignani - Pisa
Pierre Geoffroy - Parigi
Biancamaria Guarnieri - Pescara
Simon Kyle - Oxford
Claudio Liguori - Roma
Carolina Lombardi - Milano
Pierre-Hervé Luppi - Lyon
Mauro Manconi - Lugano
Nicholas Meyer - London
Maria Paola Mogavero - Milano
Angelica Montini - Bologna
Lino Nobili - Genova
Alejandro Osorio-Forero - Amsterdam
Liborio Parrino - Parma
Giuseppe Plazzi - Bologna
Federica Provini - Bologna
Monica Puligheddu - Cagliari
Birgitte Rahbek Kornum - Copenhagen
Alessandro Silvani - Bologna
Rosalia Silvestri - Messina
Bernhard Staresina - Oxford
Vladyslav Vyazovskiy - Oxford

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