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HOMEPAGE: http://www.esrs.org
LETTER FROM THE PRESIDENT

Dear colleagues,

Once again, there have been many activities in our society during the last months. Most importantly, the meetings of National sleep societies with the ESRS board held annually since 2004 has changed into the meeting of the Assembly of National Sleep Societies (ANSS). Which may look just as a change of the wording at the first glance, indeed hallmarks the completion of an extremely important process initiated by the past president Irene Tobler and some 20 presidents of National societies in Mallorca some years ago. Subsequent to the change in our bylaws at the Innsbruck congress in 2006 it became possible for European national sleep societies to join the ESRS as associate society members. It was again in Mallorca, from March 30th to April 1st this year, when the presidents of 24 national sleep societies met to constitute the ANSS. The minutes of this meeting can be found in this issue of the ESRS newsletter. The ANSS has appointed an executive committee and sent one delegate, Dirk Pevernagie from Belgium, to join the ESRS board as a full member. Hence, from now on 24 national sleep societies and their almost 5000 members are integrated and represented within the ESRS enabling all kinds of close interactions which are pivotal for the further development of sleep research and sleep medicine in Europe.

As you have read in one of the last newsletters the longstanding JSR editor Jim Horne decided to step down. We issued a call for candidates for this position in the newsletter and the JSR. The applicants will have interviews with the ESRS board and adjunct specialists in these days, and I am very confident that by the beginning of 2008 the transition from Jim to his successor will be completed.

In parallel the local organizers of the 19th ESRS congress in Glasgow are working hard together with the ESRS to prepare the next outstanding event in the long row of our biannual congresses. In these days the structure of the program is being delineated and the call for symposia is prepared. It will be launched just prior to the 5th World Congress of the World Federation of Sleep Research and Sleep Medicine Societies in Cairns.

Starting on July 18th the 1st training course in the frame of the ESRS-EU Marie Curie Project 2007-2010 will be held in Bertinoro, Italy. It is highly remarkable that more than 120 young scientists and clinicians applied for the 40 slots available, demonstrating the interest and need in high quality education in our field across Europe.

Wishing a nice summertime to everybody,

Thomas Pollmächer
ESRS president
ESRS-EU MARIE CURIE PROJECT 2007-2010. TRAINING IN SLEEP RESEARCH AND SLEEP MEDICINE

Dear Members,

The Program Committee of the ESRS-EU “Marie Curie” Project “Training in Sleep Research and Sleep Medicine” is pleased to inform you that the selection of candidates for the 2007 Program has been made. The call for candidates was extremely successful, since 112 applications were submitted. The large number of high quality applications made our job in selecting just 40 very difficult. We had to follow strict criteria, largely suggested by EU, aimed at assuring a widespread participation of trainees in terms of either their nationality or the Institution in which they are working at present. Thus, unfortunately, many very good applications could not be taken into account. For this reason, the Program Committee has decided to consider resubmission of an application in 2008-2010 as one of the preferential criteria for the selection of candidates.

The quality of candidates was assessed by three independent scorers. Priority was given to early stage trainees who obtained their degree giving access to a PhD Program within the last four years, to ESRS members, to citizens of European countries, and to citizens of countries with a less strong tradition in Sleep Research/Sleep Medicine. A maximum of three candidates who were nationals of the same country and a maximum of two candidates coming from the same laboratory/clinic were accepted. The names of the 40 selected candidates will be posted shortly in the “Training & Courses” section on the ESRS website (www.esrs.org).

The first event of the program will be the Training Course that will be held in Bertinoro, Italy, at the Residential Centre of the University of Bologna (www.ceub.it), from July 19th to July 21st 2007. The course consists of a series of lectures and practical sessions for sleep scoring and will be aimed towards young sleep researchers/clinicians who are interested in the basic and clinical aspects of sleep medicine. Please find below the Program of the Course. We remind you that for 2008, the program will be “basic research” oriented and aimed towards researchers/clinicians who are interested in basic human and animal sleep research.

The Training Course will be followed in the Fall 2007 by a one week practical training period, to be carried out in one of the ten sleep research laboratories/sleep clinics of the network that has been specifically established for the project. The site for training will be assigned to each participant by the Program Committee, as far as possible according to the participant’s preference. Further information on the training at the different sites can be found in the “Training & Courses” section at the ESRS website (www.esrs.org).

We look forward to meeting you in one of the future ESRS-EU “Marie Curie” teaching and training events.

With kind regards,
Members of the Program Committee of the ESRS-EU Marie Curie Project “Training in Sleep Research and Sleep Medicine”.
ESRS-EU Marie Curie Project 2007-2010
Training in Sleep Research and Sleep Medicine

1st TRAINING COURSE
Residential Center, University of Bologna
Bertinoro (Italy) – July 19-21, 2007

AGENDA

Wednesday, July 18th
h 21.00  Dinner

Thursday, July 19th
h 7.30- 8.30  Breakfast
h 8.30- 9.30:  T. Porkka-Heiskanen (Helsinki), Sleep functional anatomy
h 9.30-10.30:  P. Franken (Lausanne), Sleep regulation
h 10.30-10.45:  Coffee break
h 10.45-11.45:  R. Amici (Bologna), Physiology in sleep
h 11.45-13.00:  Trainees’ Session: Communicating about sleep
h 13.00-14.00:  Lunch
h 14.00-14.30:  T. Pollmächer (Ingolstadt), R. Amici (Bologna), Addressing notes
h 14.30-15.30:  P. Achermann (Zurich), Methods: EEG signal analysis
h 15.30-16.30:  S. Arber (Guildford), Sociology in sleep research and sleep medicine
h 16.30-16.45:  Coffee break
h 16.45-17.45:  S. Berg (Lund), Methods in sleep medicine
h 17.45-18.45:  T. Saaresranta (Turku), Sleep in women
h 18.45-19.00:  Trainees’ Evaluation
h 19.00-20.00:  Dinner

Friday, July 20th
h 7.30- 8.30  Breakfast
h 8.30- 9.30:  D. Pevernagie (Gent), Sleep and breathing I
h 9.30-10.30:  D. Pevernagie (Gent), Sleep and breathing II
h 10.30-10.45:  Coffee break
h 10.45-11.45:  T. Åkerstedt (Stockholm), Functions of sleep and consequences of sleep loss
h 11.45-12.45:  Trainees’ Session: Communicating about sleep
h 12.45-13.45:  Lunch
h 13.45-14.45:  L. Ferini-Strambi (Milan), Parasomnias
h 14.45-15.45:  Y. Dauvilliers (Montpellier), Hypersomnias
h 15.45-16.00:  Coffee Break
h 16.00-17.00:  T. Pollmächer (Ingolstadt), Sleep in Psychiatric patient
h 17.00-19.45:  Sleep scoring session. Tutors: F. Cirignotta (Bologna), G. Plazzi (Bologna), E. Werth (Zurich)

h 19.45-20.00:  Trainees’ Evaluation
h 20.45  Dinner
**Saturday, July 21st**

- **7.30 – 8.30** Breakfast
- **8.30 – 9.30**: D. Riemann (Freiburg), Insomnia: behavioural aspects
- **9.30 – 10.30**: A. Vela-Bueno (Madrid), Insomnia: pharmacological aspects
- **10.30 – 10.45** Coffee Break
- **10.45 – 11.45**: M.J. Challamel (Lyon), Sleep in Children
- **11.45 – 12.45**: Trainees’ Session: Communicating about sleep
- **12.45 – 13.45** Lunch
- **13.45 – 14.45**: D. Pevernagie (Gent), T. Porkka-Heiskanen (Helsinki), Career development
- **14.45 – 15.45**: J. Winkelmann (Munich), Motor disturbances in sleep
- **15.45 – 16.00** Coffee Break
- **16.00 – 17.00**: D. Skene (Guildford), Shift-work: basic aspects
- **17.00 – 18.00**: G. Kerkhoff (Amsterdam), Shift-work: clinical aspects
- **18.00 – 19.30**: Case discussion. Tutors: G. Plazzi (Bologna), E. Werth (Zurich)
- **19.30 – 20.00**: Trainees’ Evaluation - Course Evaluation
- **20.45** Dinner

**Sunday, July 22nd**

- **7.30 – 8.30** Breakfast

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**AGENDA AND MINUTES FROM THE MEETING OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (Mallorca, Spain, April, 2007)**

**AGENDA**

**Friday, March 30th, 2007:**

- 20:00 Get-together with aperitif and walking dinner

**Saturday, March 31st, 2007:**

- **08:30** Introduction
  - J. Fischer, chair SC, and T. Pollmächer, president ESRS
- **08:45** Reports of the National Sleep Societies
- **10:15** Break
- **10:45** Report of the Steering Committee
  - D. Pevernagie, secretary SC
- **11:15** Liaison between sleep research and sleep medicine
  - I. Tobler, past president ESRS
- **11:45** Respironics presentation
- **12:30** Lunch
- **14:00** European guidelines
  - N. Stanley, member SC
- **14:45** Goals of the ANSS (proposal and discussion)
  - J. Fischer, chair SC
15:15 Break
15:45 ANSS constitution (proposal and discussion)
    J. Krieger, member SC
16:30 Concluding remarks
18:00 Visit of Mallorca
20:00 Dinner

Sunday, April 1st, 2007:
09:00 The ANSS under the umbrella of the ESRS
    T. Pollmächer, president ESRS
09:30 ANSS and the ESRS website
    D. Garcia-Borreguero, secretary ESRS
10:00 EU-ESRS Marie Curie Project “Training in Sleep Research and Sleep Medicine”
    R. Amici, vice-president ESRS and T. Pollmächer, president ESRS
10:30 Break
11:00 Educational programs within and between the NSS
    S. Berg, D. Pevernagie, members SC
11:40 Opportunities for funding and networking in sleep research
    T. Porkka-Heiskanen, past secretary ESRS
12:20 Discussion - concluding remarks - next meeting
    J. Fischer, chair SC
12:30 Lunch and adjourn

MINUTES

List of participants:
NSS, Present:
- Ardyç Sadyk, Turkey
- Bjorvatn, Björn, Norway
- Bloch Konrad E., Switzerland
- Dikeos Dimitris, Greece
- Dogas Zoran, Croatia
- Ferrillo Franco, Italy
- Gnidovec Strazisar Barbara, Slovenia
- Grote Ludger, Sweden
- Hack Melissa, United Kingdom
- Jennum Poul, Denmark
- Kerkhof Gerard A., Netherlands
- Kukwa Andrzej, Poland
- Mariotti Maurizio, Italy
- Mayer Geert, Germany
- Mihaicuta Stefan, Romania
- Moutinho dos Santos José, Portugal
- Paquereau Joël, France
- Pevernagie Dirk, Belgium
- Pindmaa Mae, Estonia
- Puertas Javier, Spain
- Saarensranta Tarja, Finland
- Sonka Karel, Czechia
- Szakács Zotlán, Hungary

NSS, Excused:
- Gislason Thorarinn, Iceland
The Saturday meeting is opened by the chairman (Jürgen Fischer) of the Steering Committee (SC) on March, 31st at 08:30. The chairman welcomes the President (Thomas Pollmächer) of the European Society for Sleep Research (ESRS), the past president of the ESRS and foundress of the yearly President’s meeting (Irene Tobler), the speakers and the delegates of the National Sleep Societies (NSS). The program is adapted in that the order of the topics is changed. The presentation of the data of the NSS by the respective delegates is shifted to the afternoon session. The following order of topics is proposed for the first day of the meeting:

- Report of the Steering Committee (Dirk Pevernagie, secretary of the SC)
- Liaison between sleep research and sleep medicine (Irene Tobler, past president ESRS)
- Respironics presentation (Mats Dahlquist, Greg Ramade)
- European guidelines for sleep specialists (Neil Stanley, member of the SC)
- Goals of the ANSS - proposal and discussion (Jürgen Fischer, chair of the SC)
- ANSS constitution - proposal and discussion (Jean Krieger, member of the SC)
- Reports of the National Sleep Societies (Delegates of the NSS)
- Concluding remarks

The secretary of the SC (Dirk Pevernagie) presents the past meeting, achievements, ongoing work and future perspectives pertaining to the work of the SC. The past president of the ESRS discusses the opportunities for collaboration between clinical medicine, basic and clinical sleep research.

Mr Mats Dahlquist and Mr. Greg Ramade outline the history and visions of the Respironics Company, and offer opportunities for future support.

The revised draft of the European guidelines for sleep specialists, which in its present form consists of three parts (MDD, non-MD, technologists), is presented by Neil Stanley, member of the SC. Questions and suggestions are taken from the audience. The guidelines will be revised
taking into account all the remarks that are raised. A final draft will be sent to the ESRS Board for review and subsequent publication in JSR.

The vision, potential goals and future tasks for the NSS and the Assembly thereof are proposed by Jürgen Fischer. The subsequent discussion focuses on the future role of the Steering/Executive Committee with respect to its rights and duties in its relationship with the NSS on the one hand and the ESRS on the other hand.

Subsequently, proposals for the ANSS constitution are presented by Jean Krieger, member of the SC. The items to be voted are shown. The proposals are discussed by the audience.

The unforeseen long duration of the aforementioned discussions precludes the delegates from presenting the data of their respective NSS. It is concluded and decided that the handout of these presentations will be distributed among the NSS by electronic mail.

The session of the Saturday meeting is concluded at 16:45 by the chair of the SC.

The Sunday meeting is opened at 09:00 by Sören Berg, member of the SC. The discussion is resumed by stating the present position of the ANSS and the SC. Unresolved issues are enumerated. On behalf of the SC it is proposed to vote for the constitution of the ANSS, as outlined by Jean Krieger the day before. Furthermore, it is proposed that the SC remains in position until next meeting of the ANSS and that the ANSS authorizes the SC to resolve the observed issues.

The following proposals are accepted unanimously by the delegates of the NSS (22 votes pro, 0 votes against):

1. Agreement to the foundation of the Assembly of National Sleep Societies as specified in the ESRS bylaws
2. Agreement to the Constitution (presented, discussed and accepted at this meeting)
3. Agreement that the current Steering Committee becomes the Executive Committee of the ANSS for the next year to manage the intended transition.

As such, the specifications regarding the Associate Membership and the ANSS in the new bylaws of the ESRS are fully endorsed by the present delegates of the NSS. From this point the name “Steering Committee” is to be replaced by the name “Executive Committee” (EC). The EC proposes Dirk Pevernagie to be coopted as a full member of the ESRS Board.

The further agenda is then modified as follows:

- The ANSS under the umbrella of the ESRS (Thomas Pollmächer)
- ANSS pages on the ESRS website (Diego García-Borreguero, secretary ESRS)
- Marie Curie Project “Training in Sleep Research and Sleep Medicine” (Roberto Amici, vice-president ESRS)
- Educational programs between the NSS (Sören Berg)
- Opportunities for funding and networking in sleep research (Tarja Porkka-Heiskanen, past secretary ESRS)
- OSAS database (Ludger Grote, Swedish Sleep Society)
- Concluding remarks - next meeting (Jürgen Fischer)

Thomas Pollmächer enlightens the vision of the ESRS on the position of the ANSS and the EC in relationship with the Board and membership of the ESRS.

The ESRS website currently has a special page for “Professional” affairs. Diego García-Borreguero, secretary of the ESRS, informs about the opportunities for the NSS and its Assembly to provide information for this page. Some suitable topics are identified. It is proposed to compile this information on web pages under the heading “ANSS”. The secretary of the ESRS will collect information, preferably before May, 15th, 2007, (date at which free updating of the website by the licensed Webmaster expires).

Roberto Amici, vice-president of the ESRS, explains the EU grant for the Marie Curie Project “Training in Sleep Research and Sleep Medicine”. Detailed information will be sent to the members of the ESRS and the present delegates of the NSS in very short notice.
Opportunities for exchanging educational programs between the NSS are explained by Sören Berg. The delegates were encouraged to make an inventory of “Centres of Excellence” in sleep research and sleep medicine, and inform berg@scansleep.dk a.s.a.p.

Opportunities for funding and networking in sleep research are explained in detail by Tarja Porkka-Heiskanen, past secretary of the ESRS. She has been awarded EU grants in the recent past.

Ludger Grote, President of the Swedish Sleep Society, presents a recently established OSAS database, which is a project initiated by the international research group. It is an example of a joint venture that may be a starting point for obtaining subsequent EU funding.

The chair of the EC formulates the concluding remarks. Date and place for the next meeting of the ANSS are fixed: May 9th-11th, 2008 in Split (Croatia) by courtesy of Zoran Dogas, President of the Croatian Sleep Society.

Dirk Pevernagie
Executive Committee of the Assembly of National Sleep Societies

NEWS FROM THE WEB PAGE

The new ESRS web page is in progress. Several sections have been completed. So far, we have received extensive collaboration from the Scientific Committee. This section includes interesting information on EU programs, on training programs and on some key-stones in the literature of sleep research. All this has been accomplished with the invaluable collaboration of the current scientific committee.

We plan to develop something similar with the help of the Executive Committee of the National Sleep Societies, and have requested their collaboration, as we believe that the web page could be a crucial tool in the development of sleep medicine in Europe.

The web page will become very soon our main “highway” to communicate. In the mean time, I want to encourage to the members to register. To do so, go to the web page, add your name and current email address. Once you obtain an email, please confirm. By doing so, you will become part of an email list that we will use to communicate with you through the web and inform you on the presence of meetings, deadlines, newsletters, etc.

In addition, very soon we will send a password to each member as well as instructions on how to log on. It is thinkable that at some point in the future, privileges to access certain sections of the ESRS will be restricted to the members.

Diego Garcia-Borreguero
ESRS secretary
ARMENIAN REGIONAL SYMPOSIUM ON SLEEP MEDICINE

ESRS Regional Symposium on Sleep Medicine in Armenia

The ESRS organized on May 18th through the 19th together with the Armenian Medical Association in the first Regional Symposium on Sleep Medicine. The Symposium was directed by the heads of organizations: Thomas Pollmächer, President of the ESRS, and Parounak Zelveian, President of the Armenian Medical Association. Local organizing committee was headed by Samson Khachatryan, Chairman of Armenian League of Young Neurologists (a division of Armenian Medical Association). The Symposium was held in the building of National Institute of Health, which also supported the event.

The Symposium was attended by nearly 200 specialists from different fields of medicine - neurologists, pulmonologists, cardiologists, ENT specialists, psychiatrists, anesthesiologists, endocrinologists, family physicians, interns, general practitioners, psychologists, residents and students mainly from Armenia, but also from the former USSR and other neighboring countries. This was the first meeting on sleep medicine in Armenia with such impressive participation of local specialists and such overall coverage of the main topics of the field. It was important in promoting sleep medicine in Armenia, raising interest among local specialists and government. Public Health officials were present and promised to support this field in future.

The ESRS contributed with five speakers (Thomas Pollmächer, Jean Krieger, Claudio Bassetti, Markku Partinen and Diego Garcia-Borreguero) that covered the main controversies in sleep medicine. On the first day of the meeting, M. Partinen provided an overview on “Epidemiology and public health importance of sleep disorders”, T. Pollmächer on “Insomnia due to psychiatric and medical conditions”, Jean Krieger on “Diagnosis and Treatment of Obstructive Sleep Apnea Syndrome”, C. Bassetti on “Diagnosis, differential diagnosis and management of Parasomnias”, and D. Garcia-Borreguero on “Restless Legs Syndrome”. The second day of the Meeting was dedicated to “Potential risks of undiagnosed OSAS” (J. Krieger) and to “Sleep in Parkinson’s disease” (D. Garcia-Borreguero).

Interesting social program was provided for international guests. Different beautiful sightseeing tours and excursions brought guests into unique world of Armenian culture and art.

The Symposium provided the opportunity to educate specialists in Armenia and establish closer connections between Armenian physicians and researchers and European Sleep Medicine, thus intensifying the relations between both scientific communities. It was an excellent basis for future formation of Armenian Sleep Society.

D. Garcia-Borreguero and S. Khachatryan
ESRS secretary and Local Organizer
The picture shows from left to right: Samson Khachatryan (local organizer), Parounak Zelveian (President of the Armenian Medical Association), and Thomas Pollmächer (President of the ESRS) during his intervention.

Samson Khachatryan, organizer of the Regional Symposium.
MEETINGS AND EVENTS

VTH ESRS COURSE ON SLEEP MEDICINE AND SLEEP RESEARCH – XVI TH ANNUAL MEETING OF THE SPANISH SLEEP SOCIETY.
October 3-6, 2007 Barcelona

The fifth ESRS course on Sleep Medicine and Sleep Research will be celebrated in Barcelona, October 3-5, 2007 in conjunction with the XVI annual meeting of the Spanish sleep society. The course will last three days and will have the following topics (see complete program in the ESRS web homepage):

• Hot topics in REM sleep (October 3)
• REM sleep behavior disorder (October 4)
• Obstructive sleep apnea and cardiovascular diseases (October 5)

People attending the event will also be enabled to participate in the Spanish Sleep Society meeting that will take place during October 5 and 6, with teaching activities in English and Spanish. There is an unrestricted educational grant that the ESRS received from Sanofi-Aventis allowing to award grants to young ESRS members, which will cover the fee and partly cover travel and living expenses. The requirements to obtain a grant are the following:

1. Activity in the field of sleep medicine or sleep research for at least 2 years
2. Submission of a short curriculum vitae and a letter signed by the head of the sleep department or clinic certifying that the applicant has been working in the field of sleep research for at least 2 years
3. ESRS membership
4. Age < 32 years
5. Presentation of a poster to the meeting

Send applications by e-mail to:  cims2007@bcmedic.com

The deadline for sending applications will be July 10th, 2007. The decision would be communicated July 20th, 2007

WORLDSLEEP 07 DOWN UNDER
Latest News
1. Early bird registration deadline extended until 25 June 2007
2. Late Breaking ‘Hot’ Abstract submissions closing soon
3. Dr Jerome Siegel’s Keynote lecture at Opening Ceremony
4. Choose your own Adventure

To confirm your participation, you must register for the worldsleep07 Congress as soon as possible. Register before the early bird deadline to save AUD 200 off the standard member rate.

Registration Fees:
Morning and afternoon tea and lunch is included in the registration fee as outlined in the entitlements below.
• Attendance at scientific sessions and exhibition
• Satchel including program, abstract book and list of delegates
• Morning Tea (Monday – Thursday)
• Lunch (Monday, Wednesday, Thursday)
• Afternoon Tea (Monday and Wednesday)
• Opening Ceremony and Welcome Reception
• Certificate of Attendance

Information for Visitors to Australia:
As a general rule, all visitors to Australia (other than citizens of New Zealand traveling on a New Zealand passport) require a visa to enter Australia.

Late breaking 'HOT' Abstracts:
The deadline for late breaking ‘Hot’ Abstracts is July 1st, 2007. Late Breaking ‘Hot’ abstracts will comprise a scientific session to be held during worldsleep07. Five abstracts will be accepted to be oral presentations on Wednesday September 4th, 2007 from 2.00-3.30pm. Each presentation will be selected on the basis of its outstanding scientific quality and innovation and will involve a 10-minute lecture with an additional 5 minutes for questions. Review the Late Breaking ‘Hot’ Abstracts submission guidelines for more details about participating in this session at worldsleep07 at http://www.worldsleep07.com/Abstracts.htm

Social Program:
To provide a change of pace from scientific sessions, delegates and their accompanying guests will have many opportunities to meet socially and to renew or develop friendships during the meeting.

Opening Ceremony and Welcome Reception:
Sunday 2 September 2007
5.30pm – 8.30pm
Cairns Convention Centre
Keynote Lecture
Dr Jerome Siegel (USA) “Clues to the functions of mammalian sleep”
Don’t miss Dr Siegel’s fascinating presentation about Australian mammals on Sunday September 2nd, during the official Opening Ceremony.

Following the Opening Ceremony meet up with your friends and colleagues for drinks and canapés in a relaxed setting and take in the sights of the world-class exhibition.
For further information please contact:
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Australasian Sleep Association

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Sponsor: J. Horne

Shimizu Tetsuo  
Akita University School of Medicine, Akita-City, Japan  
Sponsor: Y. Hishikawa

Helen Clare Thorne  
SBMS University of Surrey, Guildford, United Kingdom  
Sponsor: D. Skene

Siddheshwar Utge  
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