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HOMEPAGE: www.esrs.eu
LETTER FROM THE PRESIDENT

Dear ESRS Members, dear Colleagues, dear Friends

ESRS Meetings

ESRS-ERS Meeting 2011 on Sleep and Breathing in Prague
The joint ESRS-ERS teaching and scientific event was a great success with almost 1.000 attendees and about 100 abstracts. The novelty of the event and the quality of the topics/speakers has attracted many physicians and scientists. The fact that most of them are not ESRS members fulfilled one of the goals of the event. Both societies are currently discussing the possibility of organizing together a similar event in Spring 2013.

ESRS Meetings 2012 in Versailles/Paris
The preparations for the meeting in France (which will coincide with the 40th birthday of our society) are advancing well. Preliminary information and a first announcement are available (http://www.congrex.ch/esrs2012). A meeting between the board of the ESRS, members of the board of the French sleep society and of the local organizing committee and two representatives of the ESRS scientific committee is scheduled for October 2011 in Paris.

ESRS Meeting 2014 in Tallinn
A first meeting of the president of the ESRS – together with one board member and one representative of Congrex - with the local organizing committee is scheduled in Tallinn for the last week-end of July 2011.

ESRS Committees

The ESRS Sleep Medicine Committee (SMC, chaired since Spring 2011 by Thomas Penzel) has finalized a “catalogue of knowledge” which constitutes the base of the ESRS Sleep Medicine fellowship. The next steps will be to define ESRS accreditation and certification procedures for sleep specialists and centers. A detailed report of Thomas Penzel on the activities of the SMC is to be found in this Newsletter.

The ESRS Research Networking Committee (RNC, chaired by Debra Skene) has launched a web page though which Sleep Research Laboratories in Europe can be identified and characterized. Currently a web database of European Sleep Research laboratories in under construction. A detailed report of Debra Skene on the activities of the RNC is to be found in this Newsletter.
The **ESRS Scientific Committee** (SC, chaired by Colin Espie) has arranged a scientific meeting of the European Insomnia Network for March 2012 in Freiburg. A detailed report of Colin Espie on the activities of the SC is to be found in this Newsletter.

The **ESRS EU committee** (EUC, chaired since Spring 2011 by Roberto Amici) has started new activities to promote the topic of sleep in the EU. A detailed report of Roberto Amici on the activities of the EUC is to be found in this Newsletter.

**Journal of Sleep Research (JSR)**

Derk-Jan Dijk, the chief editor of JSR, has decided together with our publisher (Wiley-Blackwell) and the ESRS board that JSR will go “paperless” by January 2012 and that the number of issues will be increased from four to six per year. A detailed report on recent developments concerning JSR is to be found in this Newsletter.

**National Sleep Societies/Assemby of the national sleep societies (ANSS)**

A meeting of the EC of the ANSS with the presidents of 22 European national sleep societies and the ESRS board has taken place at the beginning of May 2011 in Oporto. The event was a great success in terms of contents of discussions, interactions and atmosphere. A detailed report of Ludger Grote, the chair of the EC of the ANSS, on this meeting is to be found in this Newsletter.

**Plans for the second half of 2011**

Planned activities for the second half of 2011 will include the preparation of a business plan for the ESRS (for the next 3-5 years), the creation of a central ESRS office in Basel, meetings with the presidents of the WASM in Quebec (September) and of the WSF in Kyoto (October), and the definition of table of contents and authors for the ESRS 40th Anniversary Book (to be published in September 2012).

With my best wishes

Claudio Bassetti
ESRS President
REPORTS OF THE ESRS COMMITTEES

Research Networking Committee (RNC)

Members:
Coordinator, D.J. Skene; vice-coordinator, P. Levy; members, R. Amici, S. Archer, C. Espie, L. Nobili, P. Peigneux, D. Riemann

The aims of the Research Networking Committee (RNC) are: i) to support sleep research and sleep teaching networks in Europe, by the definition/identification of sleep research laboratories and teaching centres in Europe as a first step; ii) to establish new criteria for the assignment ESRS research and travel grants.

One of the goals for 2011/2012 has been achieved, namely the launch of the European Sleep Research Laboratories webpage (http://www.esrs.eu/membership-services/european-sleep-research-laboratories.html).

Construction of a web database of European Sleep Research Laboratories is now underway. All ESRS members with a Laboratory based in Europe and an established record in sleep research (2-3 referred publications in sleep research and/or grant in last 5 years) are encouraged to apply and register their Laboratory. Establishment of this database will help to promote sleep research collaboration and networking across Europe.

The database will also be used to select and accredit Sleep Research Laboratories as training and teaching centres to be part of the European Network of Sleep Research Teaching Centres. Criteria for ESRS accreditation of Sleep Research Teaching Centres are being finalised and will include experience in teaching (theory/practical diploma/PhD) at Universities/teaching schools as well as the ability to offer training opportunities for external trainees.

D.J. Skene

ESRS Scientific Committee

Since our last report in December 2010, the Scientific Committee has “met” by teleconference on three occasions. We are continuing to work with the ESRS Board and Congrex in planning for the ESRS 2012 Meeting, and two representatives of the Scientific Committee (Christelle Peyron and Joan Santamaria) will be attending the site meeting in Versailles on 8th October 2011.

We also have objectives in relation to supporting interim scientific meetings, and are pleased to report that a European Insomnia Network event has been arranged for Freiburg (21st-23rd March 2012). We are continuing to promote basic research, and are enthusiastic about the concept of joint meetings, or events within meetings, which in
effect could be “co-branded”. We are continuing to look for other possibilities in this respect, and would welcome suggestions from the ESRS membership.

The next teleconference of the ESRS Scientific Committee is scheduled for 6th June 2011. Finally a reminder of the ESRS Scientific Committee membership is provided below:

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>Colin Espie (Chair)</td>
<td>Glasgow, UK</td>
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<td>Simon Archer</td>
<td>Surrey, UK</td>
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<td>Paul Franken</td>
<td>Lausanne, Switzerland</td>
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<tr>
<td>Alex Iranzo</td>
<td>Barcelona, Spain</td>
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<td>Raffaele Manni</td>
<td>Pavia, Italy</td>
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<td>Thomas Penzel</td>
<td>Berlin, Germany</td>
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<td>Christelle Peyron</td>
<td>Lyon, France</td>
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<tr>
<td>Joan Santamaria</td>
<td>Barcelona, Spain</td>
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<tr>
<td>Sophie Schwartz</td>
<td>Geneva, Switzerland</td>
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Colin A Espie

**ESRS Sleep Medicine Committee (SMC)**

The Sleep Medicine Committee (chaired by Thomas Penzel) experienced a change of Chair during the ESRS-ERS meeting in Prague. Together with the ESRS board the responsibilities and duties will be set. The work on standard papers is continued. Accreditation of sleep centers, certification of sleep physicians, scientists, technicians are next steps. Currently, plans are made for a first examination of sleep physicians to take place during the ESRS congress in Versailles to achieve a European certificate.

Thomas Penzel

**ESRS EU Committee**

**Present members:** Roberto Amici (Chair), Diego Garcia-Borreguero (Co-Chair), Damien Leger, Marta Gonçalves, Dieter Riemann, John Shneerson

**Former members** (till 2010): Tarja Porkka-Heiskanen (Chair), Irene Tobler

The present members of the committee thank Tarja Porkka-Heiskanen and Irene Tobler for their invaluable contributions to the work of this Committee in the previous years.

The committee identifies **three major tasks** to define its activities (which are not fully independent from each other) for the next years:

a) exert an influence on the European parliament. The European parliament is relatively easily accessible, but in itself is not very powerful. Some of the Committee members have experience in these issues and are highly motivated to pursue this angle. It is also suggested that single ESRS members with good contacts to European parliament politicians get in touch with the committee in order to discuss strategies how to make use of these contacts for the field of sleep research and sleep medicine. Thus the main aim here will be to make sleep and consequences of sleep disorders a topic on the agenda of the EU parliament.
Traffic safety in its relation to sleep quality/disturbances might be an issue of high interest.

b) exert an influence on the administration of the EU (commissions etc). It is discussed whether within this context the help of professional lobbyists might be necessary in order to gain access. This probably will need some funding. Further ideas from the board of the ESRS and the ANSS on this topic are very welcome.

c) make sleep an issue within European research funding – probably this will only be possible if many activities of researchers within the ESRS converge in order to prove that there is enough substance to justify the spending of funds on this topic. Roberto Amici has already gained huge experience about the EU research funding within the Marie-Curie teaching programme. Attempts have been made to get into Marie-Curie Initial training networks (ITN) and into EUROCORES – yet unsuccessful. An ongoing MC-ITN application is still in the process of being evaluated. In the meantime EU grants have become extremely competitive – the success rate is not higher than 10-20 % of all applications in a given programme structure.

In general, the committee is dedicated and motivated to take the issue of sleep research and sleep medicine ahead in order to make this topic more visible in the EU and in order to improve political conditions for both research and sleep medicine. These activities will be executed in close collaboration with the ESRS board and the ANSS.

Roberto Amici
REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)
Activities of the Assembly of National Sleep Societies (ANSS) and the Executive Committee (EC) during the period 2010-11:

• The Executive Committee (EC)

  The EC of the ANSS was represented by Ludger Grote (Sweden) chair, Zoran Dogas (Croatia) co-chair, Javier Puertas (Spain), Stefan Mitaicuta (Rumania) and Poul Jennum (Denmark).

  The EC performed two telephone conferences and two meetings during the time period (Jan. 2011 in Frankfurt, March 2011 in Prague). Main outcome of the activities during the last 9 months can be summarized as follows: A) The paper on European guidelines on Standard Operational Procedures (SOP’s) in sleep medicine has been finalized after review from the ESRS board members and the Sleep Medicine Committee. B) A budget for the ANSS activities has been generated, previous and current incomes and expenses have been calculated. C) The questionnaire based investigation on education and medical practice in the different European countries has been sent out again in order to mirror development over the past year (2010 and 2011). It was observed that the educational activities and certification procedures clearly increase. However, the majority of national sleep societies have not implemented a formal process of education and certification in sleep medicine. D) The EC has reviewed the new ESRS webpage and will provide a list of suggestions for further improvements in order to increase the visibility of the ANSS activities and the ANSS members. E) Development of different “road maps” for certification and accreditation procedures of sleep medicine professionals: This work has been performed to show that different National Sleep Societies within the ANSS may have different needs and concepts to develop certification and accreditation procedures. The road maps may also differ from the ESRS driven procedure for the global European procedure. The concepts have been presented and discussed at the Annual ANSS meeting in Oporto.

• Assembly of National Sleep Societies

  The members of the ANSS held one very successful meeting around May 1st 2011 in Oporto, Portugal. (Thanks to our wonderful host, Marta Gonçalves and the Portuguese Sleep Society). Today, 27 National Sleep Societies have an associate membership in the ANSS and 22 of them were represented at the meeting together with representatives from the ESRS board and the Sleep Medicine Committee. Fruitful discussions about three main topics took place: Education, Certification/Accreditation and scientific networking in Europe. The current stage of work on the catalogue of knowledge and skills (CKS) was presented and this activity was recognized as very important for future developments. Models for educational activities based on the CKS were presented and discussed. It became very clear, that different educational models have to be applied in Europe.
In addition, it was pointed out that discussions about the title for sleep medicine professionals are important in order to avoid confusion and conflicts with other specialties in the future. The results of the meeting have been summarized in an official letter of the ANSS to the ESRS board including a list of topics to be worked on in the future. In addition, during the meeting in Oporto a meeting took place between the ESRS/ANSS and the EU parliament representative Paolo Rangel. A number of activities were planned to increase awareness about the relevance of sleep and sleep medicine on the level of the European Parliament.

- Recent and future activities
  The ANSS and the sleep medicine committee will continue to have a close communication in order to support the implementation of ESRS based activities in the National Sleep Societies. Ludger Grote was elected as a member of Sleep Medicine Committee and thereby the Executive Committee will have even more formalized collaboration with the Sleep Medicine Committee. In addition, the ESRS board forwarded a list of questions and activities relevant to the National Sleep Societies and the EC will contact the chairs of the National Sleep Societies to disseminate and to obtain the relevant information. Finally, it is planned to support already existing ESRS activities in both basic and clinical sleep research (e.g. support of networking and coordination).

Ludger Grote, Chair
on behalf of the Executive Committee, Assembly of National Sleep Societies
Dear ESRS Members,

At the ESRS meeting in Lisbon we discussed the possibility to publish JSR on-line only. Following further discussions with the Board and Wiley-Blackwell we are now planning to implement this change as of January 2012. Not only will we publish on-line only but the number of issues will also increase from four to six, which is associated with an increase in the number of editorial pages from 480 to 720. These changes are based on the following considerations. For the Journal to remain attractive to authors it is essential that the acceptance rate remains reasonable (20-30%), the impact factor stays within the attractive range (> 3) and the interval between acceptance and publication is not too long. Our submission rate remains high and this implies that we either have to reduce the acceptance rate or increase the number of issues. An increase in the number of papers will of course initially be a challenge for the impact factor, but because we already published extra issues during the past two years, the impact is likely to be limited. Publishing six issues per year will also give the Journal a more dynamic character and we hope that the quality of submissions will continue to increase. Publishing the Journal online is not only a ‘green’ solution but will also allow this increase in available space to be implemented without increase in costs. To make sure that you won’t forget to read JSR online the ESRS will send e-alerts with the Table of Contents of every issue. I am looking forward to your submissions.

Best regards,

Derk-Jan Dijk
Editor in Chief, Journal of Sleep Research
21st Congress of the European Sleep Research Society  
Versailles / 4-8 September 2012

CALL FOR SYMPOSIA ESRS 2012

**Deadline for receipt of proposals is 26 August 2011**

The success of our next ESRS Congress in Versailles will be strongly influenced by the symposia topics. With this **call for symposia** all members of ESRS are invited to contribute to the program by proposing a symposium for the 21st ESRS congress.

The following criteria and procedures will apply:
Symposia should be clearly different from an oral presentation session, in that they should have an integrative nature. This should apply to the topic of the symposium, but preferably also to the integration of clinical, basic human and animal work. We especially encourage proposals for such integrative symposia. Note that only symposia meeting the formal requirements shall be considered. The ESRS Scientific Committee, the ESRS Board and the Organizing Committee will evaluate and select the proposals.

Symposia proposers must be ESRS members and willing to chair the symposium. The Co-Chair will be nominated by the ESRS Board. The same person cannot chair two symposia. At least 50% of the speakers in the symposium must be ESRS members. Please note that each speaker can only participate in one symposium, without exception. If the final selection of symposia includes two or more contributions by the same speaker, the Board will contact the respective chairpersons to solve this problem.

The duration of each symposium is 2 hours. There should be no more than 4 speakers, so that there is time for a short introduction and a comprehensive, final discussion. Note that speakers proposed for your symposium should have agreed to participate. The 4 speakers should come from different institutions or at least clearly different laboratories if two speakers are coming from the same entity.

**No financial support** is provided by the ESRS to symposium participants, and their congress registration fee is not waived.

Please send your proposals by email to the ESRS Administrative Secretariat, at **julia.bicher@congrex.com**.

Your proposals should arrive per email not later than **26 August 2011**. No other way of delivery, other than electronically, will be accepted. Each submission will be acknowledged by return email.
# Symposium Proposal

**Deadline for receipt of proposals is 26 August 2011**

Note: this form can be downloaded in Word format on the ESRS website [www.esrs.eu](http://www.esrs.eu)

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Please send per email to julia.bicher@congrex.com. No other ways of delivery other than electronically will be accepted.

Your proposal must arrive **not later than 26 August 2011**. Each submission will be acknowledged.
LAST CALL FOR PHILIPS RESEARCH GRANT 2011

Philips Consumer Lifestyle is offering a research grant (or grants up to) $100,000.00 to further the understanding of the effects of light on well being. Although all applications will be considered, particular attention will be directed towards areas related to sleep, circadian regulation, alertness, learning and cognition.

Applications will be accepted under the following categories:

1. **Fundamental studies**
   a. Studies which further understanding of photobiology, photo transduction, circadian regulation, etc.
   b. Studies which explore novel concepts or applications of light and light therapy.

2. **Application studies**
   a. Studies using existing light devices to demonstrate effects on e.g. sleep, circadian regulation, alertness, learning and cognition.

**Proposal Requirements**
Where applicable, Philips light therapy devices will be used. Applications need not be longer than 15 pages in length, and should include the following:

- Summary (less than 1 A4)
- Background and rationale (including the potential scientific and societal benefit to be gained from the resulting evidence)
- Study objective and proposed research methodology
- Ability of the applicant to achieve a successful outcome
  - Facility, equipment and resources available
  - Potential support from other sources
  - Whether the proposed study is conjunct to existing research, and what additional evidence is hoped to be gained from this study.
  - Personnel involved, including short curriculum vitae
  - List of most important publications
- Cost breakdown
- Timeline
- List of all intellectual property rights in the name of the Applicant either granted or applied for and relevant for the subject of the Study.

**Application Deadline:**
All applications must be received by **June 13th, 2011**. They should be sent as a single file to research.grant@philips.com.
Awardees will be announced at the XII Congress of The European Biological Rhythms Society (EBRS) in Oxford, UK.

**Conditions of the call:**
Applicants may not be affiliated with competitors of Philips. Philips will require a midterm and final technical report. Study shall not exceed one year in length, unless previously approved by Philips’ Grant Review Board.

Philips shall have access to all data generated as a result of the study. Philips will acquire exclusive rights under all new intellectual property rights generated as a result of the study, either in the form of a royalty-free exclusive license right thereunder or in the form of the exclusive right to apply for such intellectual property rights in its own name in case the Applicant does not wish to apply for such intellectual property rights.

Philips will have no influence on publication. In case the Applicant does not wish to apply for intellectual property rights, before such publication Applicant will allow Philips reasonable time to apply for the intellectual property rights.

Successful applicants will be offered a contract to be signed within a reasonable period of time to be determined by Philips.
Dear Colleagues,

Please note that the abstract deadline for the Congress has been extended but will close on June 17. Abstracts had been extended following the uncertainty created by the terrible earthquake and tsunami in Northern Japan last March. Abstract presenters are required to register at time of submission. All keynote speakers have reconfirmed and the meeting will be preceded by satellite meetings, a meeting of the Japanese Sleep Research Society and special trainee symposia.

Please note Congress delegates can fly directly from international airports into Kansai International Airport, Osaka which is only a 60 minute train ride to Kyoto.

For all information please see the Congress website - www.worldsleep2011.jp/

Kind regards,

Ron Grunstein, President, World Sleep Federation
Claudio Bassetti, President ESRS
ESRS SPONSORED EVENTS AND ENDORSED TRAINING / COURSES

XII Congress of the European Biological Rhythms Society (EBRS)
Date: August 20 – 26, 2011
Venue: Oxford, United Kingdom
Web site: www.ebrs-online.org/ebrs2011.html
Programme: www.ebrs-online.org/pdfs/EBRS2011_program_17052011.pdf

The "EBRS-ESRS Symposium - Sleep Clock Mechanisms" chaired by Debra Skene will be held on August 24.

1st Alpine Sleep Summer School (ASSS)
Date: August 22 – 27, 2011
Venue: Lugano, Switzerland
Web site: www.sleep-summer-school.ch/

Introductory course in Sleep Medicine.

Main Organizers:

- Austria: Birgit Högl
- Croatia: Zoran Dogas
- Germany: Thomas Pollmächer, Dieter Riemann
- Switzerland: Claudio Bassetti
- Italy: Luigi Ferini-Strambi, Lino Nobili
- France: Patrick Levy
- Slovenja: Leja Dolenc Groselj

21st Congress of the European Sleep Research Society
Date: September 4 - 8, 2012
Venue: Paris-Versailles, France
Web site: www.congrex.ch/esrs2012
EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

XXI Annual Meeting of the Italian Association of Sleep Medicine (AIMS)
Date: October 2 –5, 2011
Venue: Pavia, Italy

FUTURE MEETINGS

SLEEP 2011 - 25th Anniversary Meeting of the Associated Professional Sleep Societies, LLC (APSS)
Date: June 11 - 15, 2011
Venue: Minneapolis, Minnesota, USA
Web site: www.sleepmeeting.org/

20th International Symposium on Shiftwork and Working Time – Biological mechanisms, recovery and risk management in the 24h society
The sleepy brain – a satellite symposium
Date: June 28 – July 1, 2011
Venue: Stockholm, Sweden
Web site: www.stressforskningsavdelningen.se/pub/jsp/polopoly.jsp?d=13411
www.sleepybrain.se/
Organized by the Stress Research Institute, Stockholm University, Stockholm, Sweden

23rd Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR)
Date: July 10 - 13, 2011
Venue: Montréal, Canada
Web site: www.sltbr.org/

8th IBRO World Congress of Neuroscience
Date: July 14 - 19, 2011
Venue: Florence, Italy
Web site: www.ibro2011.org/
Organized by the Italian Society of Neuroscience (SINS) and the International Brain Research Organization (IBRO)

Cognitive Behavioral Therapy for Insomnia
Date: September 8 - 10, 2011
Venue: Philadelphia, U.S.A.
Web site: www.med.upenn.edu/cbti/
CBT-I Weekend Training Seminar
4th International World Sleep Congress of the World Association of Sleep Medicine (WASM) and 5th Conference of the Canadian Sleep Society (CSS)
Date: September 10 - 15, 2011
Venue: Quebec City, Canada
Web site: www.wasm2011.org/

European Respiratory Society (ERS) Annual Congress
Date: September 24 - 28, 2011
Venue: Amsterdam, The Netherlands

6th International workshop "Sleep: a window to the world of wakefulness"
Date: October 6 - 7, 2011
Venue: Moscow, Russia
Web site: www.sleep.ru

Worldsleep 2011 - 6th World Congress of the World Sleep Federation and 36th Annual Meeting of Japanese Society of Sleep Research
Date: October 16 - 20, 2011
Venue: Kyoto, Japan
Web site: www.worldsleep2011.jp/

ISM C 2011 - International Sleep Medicine Course
Date: November 7 - 10, 2011
Venue: St. Michelsorgestel, The Netherlands
Web site: www.ismc2011.nl/
APPLICANTS FOR MEMBERSHIP

Applicants for ESRS membership are listed on the ESRS members’ only website at http://www.esrs.eu/membership-services/applicants-list.html. You have to be logged in to view the content.

NEW MEMBERS

New ESRS members are included in the members list on the ESRS members’ only website at http://www.esrs.eu/membership-services/members-list.html. You have to be logged in to view the content.
EUROPEAN SLEEP RESEARCH SOCIETY
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fax: +49-761-270-6523
e-mail: dieter.riemann@uniklinik-freiburg.de

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fax: +385 21 557 955
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phone: +498418802200
fax: +498418802209
e-mail: thomas.pollmaecher@klinikum-ingolstadt.de

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