

NEWSLETTER

March 2018





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LETTER FROM THE PRESIDENT

Dear Colleagues and Friends,

I write this message as we struggle through a major snowstorm that has affected much of Northern Europe and hopefully will represent the “last gasp” of winter.

We are now well advanced in preparations for the ESRS Congress in Basel next September. Symposia are close to finalisation and the programme will provide an extensive and high-level coverage of all major topics in sleep medicine and science. In planning for the conference, we recognise that while Switzerland may be an expensive country, there is also good value to be found without major effort. The rising value of the euro has also benefited cost comparisons between Switzerland and the eurozone.

Under the leadership of the Society Web Coordinator, Bogdan Voinescu, we are making progress in redeveloping the ESRS website, and are close to appointing a commercial web developer to implement this project. The object remains to provide a platform that expands and simplifies all aspects of Society activities.

Planning is underway for the next Sleep and Breathing conference to be held in Marseilles during April 2019. A physical meeting will be held in Brussels later this month to plan the programme content. The Board has also agreed to continue the ESRS Sleep Science School as a bi-annual event and the next school is planned again for Frejus in early October 2019.

Best wishes to all members

A handwritten signature in black ink, appearing to read 'Walter McNicholas', with a large, stylized flourish at the end.

Walter McNicholas
ESRS President



UPDATE ON ESRS CONGRESS ACTIVITIES



ESRS 2018

With a new record of 1'037 submitted abstracts and 1'903 participants from 64 countries the ESRS congress in Bologna in 2016 was very successful. Building on this great success, we are now looking forward to the 24th Congress of the European Sleep Research Society from 25-28 September 2018 in Basel, Switzerland.

Scientific Programme

In 2018 new, innovative session formats, will allow more time for interaction and less temporal overlaps. Extended duration of poster sessions during lunchtime and professional guided poster tours will give posters the importance they deserve. Look forward to a high-quality scientific programme with five fantastic teaching courses, numerous symposia and joint symposia, oral sessions, round table and case discussions, video sessions and four European Network Sessions are just some other highlights to complete the programme.

We also proudly announce Prof. Susan Redline, Prof. Charalambos Kyriacou, Prof. Emmanuel Mignot and Prof. Wen-Biao Gan as outstanding keynote speakers. Do not miss the chance to attend their lectures. The continuously updated **Scientific Programme** can be found on the [congress website](#).

Abstract Submission

The ESRS congress is the ideal platform for you to present your latest findings in diverse aspects of sleep research and discuss them with international key experts. Take actively part in ESRS 2018 and **submit your abstract** for the congress. The last chance to submit your abstract is on Tuesday, **10 April 2018**. Please visit the [congress website](#) for further information concerning all abstract topics and preparation guidelines.

Online Registration

Registration is now open: Register until **15 May 2018** and profit from the early booking rate. As an ESRS Member you save CHF 160! Do not forget to register at the same time for the great teaching courses and the relaxed networking get-together in the evening of 27 September 2018. Registration can be done online on the [congress website](#).

Hotel Accommodation & Travel Booking

We are welcoming you in the beautiful city of Basel with the Rhine and the romantic streets of the excellently preserved Old Town. For your stay, we are pleased to offer you different accommodation options fulfilling all your **accommodation** needs – for individuals or groups. Bookings can be made directly [online](#) during the reservation process.

Profit additionally from [special flight prices](#) and conditions, which are offered for congress participants in cooperation with Lufthansa Group Partner Airlines.

ESRS 2020

Seville in Spain has been chosen as the venue for the ESRS 2020 congress. Initial preparations to organise the congress have already started, and the ESRS Board is looking forward to holding the congress in this charming city.

ESRS 2022

The ESRS Board has issued a call for applications to host the ESRS 2022 congress. The **submission deadline** is **20 April 2018**.

Please refer to the bid manual for all further information:

www.esrs.eu/fileadmin/user_upload/forms/Bid_Manual_ESRS_2022.pdf



REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Members (2016 – 2018):

Raphaelle Winsky-Sommerer (Chair; United Kingdom), Gianluca Ficca (Italy), Ludger Grote (Sweden), Birgit Högl (Austria), Reto Huber (Switzerland), Poul Jennum (Denmark), Christoph Nissen (Germany), Gilles Vandewalle (Belgium), Giovanna Zoccoli (Italy)

The Scientific Committee (SC) of the ESRS is composed of 9 European sleep and chronobiology scientists. Four of them were newly elected in 2016 [Reto Huber, Christoph Nissen, Giovanna Zoccoli, Ludger Grote] while the remaining members were already in place since 2014 [they were re-elected in 2016; Gianluca Ficca, Birgit Hogl, Poul Jennum, Gilles Vandewalle]. The committee is chaired by Raphaelle Winsky-Sommerer; since November 2017, the acting-chair is Gilles Vandewalle.

ESRS Sleep Science School

The SC is in charge of selecting the PhD students that participated in the 1st ESRS Sleep Science School, held in Frejus on the French Mediterranean coast. As always, the selection was not easy as all candidates deserved to enjoy the remarkable programme proposed by the organizing committee. Fourty students took part in the event and all the echoes we got after were extremely positive. We hope it is the beginning of a long lasting ESRS tradition.

ESRS congress abstract guidelines

The SC also reviewed the abstract submission guidelines of our 2018 Basel congress. Our will is to keep on improving the quality of the first sleep and chronobiology event in Europe. So we emphasize the following:

- To be considered for oral or poster presentations in Basel, an abstract must include an introduction, method, results and conclusion section. Online abstract submission now includes four separate sections for each of these aspects.
- Importantly, sample size and statistical results have to be reported. The abstract length has been extended to allow for comprehensive descriptions.
- Single case reports will only be considered if they are of exceptional importance or originality.

Critically, abstract not fulfilling the guidelines will not be reviewed and will be rejected.

Symposium selection for 2018 congress

In November 2017, the SC had the difficult task to review the symposium proposals for the Basel ESRS congress. We received 60 high quality abstracts which would all have made a successful biannual meeting. We selected 22 of them based on their strength and originality. We were particular attentive at selecting many translational proposals that could attract both clinicians and basic researchers. We also wanted to cover as many topics as possible, and avoided to have too many overlaps between sessions. Young scientist were given many opportunities to be apart of symposia.

Organization of the ESRS 2018 congress

In another attempt to further improve our European bi-annual congress, the SC proposed to the board to modify the organization of the congress. The following proposals were approved by the ESRS board:

- **The poster session will be held around midday.** Posters should be the highlight of the congress, where worldwide ongoing research is presented and discussed between young researchers and experts. The board further decided to add **guided tours** to the poster sessions: abstracts will be organized per topic and members of the SC and of the Board will lead groups of curious researchers through abstracts of the same topic. And watch out! There should be more best poster prizes this year!
- **The round tables will be true discussion sessions** and not short symposia. The board further proposed to impose that the speakers' presentations should not exceed 30 to 35 minutes for round tables, leaving 25 to 30 minutes for discussion. An **app** should be specifically designed to gather the questions of the audience during speaker presentations. The topics of the round tables were chosen among the symposium proposals selected by the SC.
- The last day of the congress will be slightly shorter so that **the closing ceremony will be held earlier.** The board further decided to have a **hot-topic session** including renowned speakers right before the closing ceremony.

Lastly, the SC proposed the teaching courses and keynote speakers which were set together with ESRS board. Including the sessions organized by the ESRS Board (e.g. joint symposia with EBRs, ERS, EAN, SSSSC), the congress will include 24 symposia, 5 round tables and 5 teaching courses in addition to 5 case discussions which were proposed to be held every day by our president Walter McNicholas.

ESRS grants for young scientists

We are delighted to announce that the SC selected young scientists for three type of ESRS grants proposed by the ESRS Research Networking Network (RNC): a single 3 month fellowship, three two-week trainings and six travel grants for congresses. The winners have already been contacted by the ESRS.

Future: 2018 congress abstract selection – 2nd Sleep Science School. The call for abstract is now open and will close early in April. Following reviews by the SC and other selected reviewers, the SC will meet early in June to select those abstracts that will be presented orally, those students receiving travel grants and the young scientists that will constitute the young scientist symposium during the opening of the

congress. Later, the SC will also select the students participating in the second ESRS Sleep Science School.

As always, the SC has been very active. It relies however on your suggestions for symposia and abstracts. We can only make Basel 2018 a great congress because of you. And don't forget that any ESRS member can suggest another member to be among the candidates for the next SC to be elected during the business meeting in Basel!

See you all in the wonderful city of Basel for the best European gathering for sleep and chronobiology researchers!

Gilles Vandewalle – Acting Chair
On behalf of the ESRS Scientific Committee

ESRS Sleep Medicine Committee (SMC)

Members (2016 – 2018):

Thomas Penzel (Coordinator), Tiina Paunio (Vice-Coordinator), Johan Verbraecken (EC ANSS Representative), Erna Sif Arnardóttir (ECRN Representative), Marie-Pia d'Ortho, Colin Espie, Diego García-Borreguero, Marta Gonçalves, Lino Nobili, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck

The SMC focusses on the development and recognition of Sleep Medicine as a medical subspecialty in Europe. This committee is regarded as a core activity for the ESRS in order to serve the clinical needs and in order to connect with the ANSS. Current activities are:

- Task force on the accreditation of sleep centers: A survey with all national societies through the ANSS assesses the 2018 status on accreditation and asks for expectations of a coordinated activity.
- Task force on clinical guidelines on sleep medicine (Diego Garcia-Borreguero): a priority list of guidelines to be checked and endorsed is currently compiled.
- Task group, together with the education committee, will follow with UEMS to develop a European sub-specialty on sleep medicine.
- Task force “Beyond AHI” (Erna Sif Arnardottir): after the meeting during the World Sleep Society congress review work had been divided between subgroups to assess severity of sleep apnea. A review paper is currently prepared.

The new task forces involve other European medical societies, such as the European Respiratory Society, the European Academy of Neurology, to mention just two. The current chair will step down September 2018 at the ESRS congress in Basel and a new chair is currently nominated by the committee.

Thomas Penzel

ESRS ANSS EU Committee

Report on the activities: November 2017 – March 2018

Members (2016 – 2018):

Roberto Amici (Coordinator), Diego Garcia Borreguero (Vice-Coordinator), Liborio Parrino (EC ANSS Chair), Damien Leger, Pierre-Hervé Luppi, Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene, Johan Verbraecken

The main aims of the Committee are: i) to bring the topics of “sleep” and “sleep disorders” to the attention of the EU in order to receive support for research and teaching activities; ii) to promote sleep-related issues from a political point of view at a European and national level.

The activity of the EU Committee in the last few months has been aimed at empowering the relationship between ESRS and different stakeholders involved in the promotion of a better knowledge and awareness about the risk of drowsy driving and about the need of more research about sleep and sleep disorders.

Recently, a contact has been established with the “European Transport Workers Federation” (the ETF), which is in charge with the road transport sector and with gender equality in all transport sectors. ETF is concerned with the process of revision of the EU regulation establishing the driving and rest time limits for road freight and passenger drivers (trucks, buses and coaches), which was launched by the EU Commission in 2017, and asked for comments and suggestions by ESRS experts.

Furthermore, new attempts to contact relevant EU officers of the pillar “Health” of the DG “Research and Innovation” have been made, aimed at putting forward at EU level “Sleep and Sleep Disorders” as a topic for the new EU 2021-2030 platform which is expected to be launched in the next few years. Actions of the NSS Presidents and Boards aimed at sensitizing the National Members of the Advisory Board that in charge to finalize the new EU research frameworks are warmly recommended.

Roberto Amici

ESRS Early Career Researcher Network (ECRN)

Members (2016 – 2018):

Kate Porcheret (Coordinator), Cátia Reis (Vice-Coordinator), Madeleine F. Scriba (Secretary), Erna Sif Arnardottir, Lyudmila Korostovtseva

The Early Career Researcher Network (ECRN) has been working on the programme for the Early Career Day for the 24th Congress of the ESRS in Basel. The event aims to develop skills needed for all early career researchers - this year we are focused on the dissemination of your research with talks on media training and how to write a paper. We will shortly confirm the details of the day – so make sure to sign up to our Facebook group (ESRS Early Career Researcher Network) to get all the latest updates.

The Basel meeting will also see the end of term of Erna Sif Arnardottir and Catia Reis – we would like to express our thanks for all the work they have done, including the initiation of the ECRN! We will therefore be looking for two new members of the ECRN committee in Basel (details of how to join the committee to follow).

The ECRN committee members continue to advocate for early career researchers at the ESRS committees we attend including the ESRS board meetings, the Education Committee, Research Networking Committee and the newly formed Web Committee. We have also recently seen a change in coordinator of the ECRN: Erna Sif Arnardottir has stepped down as coordinator to ensure continuity in the committee following the appointment of new committee members in Basel.

Dr Kate Porcheret, Coordinator

On behalf of the executive committee, Early Career Researcher Network

ESRS Web Committee

Members (2017 – 2018):

Bogdan Voinescu (Chair), Walter McNicholas (ESRS Board), Pierre Hervé Luppi (RNC), Marta Gonçalves (SMC), Lyudmila Korostovtseva (EduCom), to be defined (ANSS EU), Kate Porcheret (ECRN)

The committee has met for the first time in February, after a new web developer was chosen through a competitive selection.

We estimate that this summer, ESRS will have a redesigned and updated website with major improvements in its already existing content, such as members, newsletter, events' calendar or laboratories database, as well as new features such as webinars or e-learning. We also consider launching a mobile app for our society.

We hope that the forthcoming changes will significantly increase the attractiveness of the ESRS for the existing and potential members by providing user-friendly and useful content, accessible both from desktop, tablet or smartphone.

Bogdan Voinescu



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

Members of the European Insomnia Network worked together closely and were finally successful in 2017 with the publication of the European Insomnia Guideline ([Journal of Sleep Research, 2017, 26, 675-700](#)). The guideline concludes that cognitive behavioural therapy for insomnia (CBT-I) should be the first-line treatment for insomnia in Europe. Up to now, however, there is a problem of care concerning insomnia, as it is likely that there are not enough CBT-I therapists all over Europe to treat all patients suffering from insomnia according to the guideline. Following this point of view, members of the European Insomnia Network will meet in Freiburg in May 2018 to discuss this issue of how to improve general care for patients with insomnia. The work group will also devise a short paper detailing the present situation of insomnia care in Europe and outlining possible solutions in order to improve the diagnostic and therapeutic situation for patients with insomnia.

Dieter Riemann, Ph.D.
Professor of Clinical Psychophysiology
Freiburg University Medical Center

European Narcolepsy Network (EU-NN)



EUROPEAN NARCOLEPSY NETWORK

The EU-NN announces the 9th European Narcolepsy Day to be held in the Old School of Medicine of Montpellier/France, 5 – 6 May 2018, organized by Prof. Y. Dauvilliers and his team on behalf of the EU-NN. The registration, programme, hotel information and application forms for young scientists can be found under <https://goo.gl/forms/NjB2d0sQs8gdf9no2>.

Clinicians, scientists and patients interested in narcolepsy and related hypersomnolences of central disorders are invited to join and to discuss with European specialists and patient representatives from every European country. If you have new data to present we will be happy to receive your application. A Young Scientists Award of 1500 € will be awarded for the best application. During the assembly of members elections for board members will be held.

In cooperation with the ESRS and EAN a task force of the EU-NN is presently preparing accreditation rules for “Centers of Excellence” in Europe. These centers are thought to be necessary to give patients access to faster diagnosis and therapy and a

basis for negotiations with the health insurances to cover relevant costs for these procedures.

The Board of EU-NN

European Sleep Apnea Network ESADA

The ESADA group held its annual meeting in Antwerp, Belgium on February 1 to 3. Johan Verbraecken hosted the ESADA group and we had a very productive and exciting meeting. and participation (35) was all-time high! The ESADA is now in it's 11th year of collaboration.

Annual Meeting impressions



Thanks to Johan for this great meeting!



Excellent hospitality in Belgium!

The ESADA network – where are going?

Jan Hedner, Gothenburg, presented the most recent developments for the ESADA. The inclusion of data into the database continues on a very stable level, more than 25

centers are actively reporting and close to 25 000 patients generating >35 000 visits have been registered so far. More centers are specifically focusing on follow-ups. The new centers in Mainz (D), Porto (P), Athens (GR), and Istanbul (TR) are now actively including new patients.

Scientific activity

Upcoming topics and publications

- Change in BMI with CPAP treatment (in revision)
- Change of kidney function with PAP treatment (in revision)
- Lipid profile in patients with OSA (in revision)
- Glycemic control in morbidly obese OSA patients (submitted)
- OSA and Asthma (Manuscript)
- Use of the Clinical Global Impression Scale in patients with OSA (Manuscript)
- Regional difference in OSA phenotypes (Manuscript)
- Cancer prevalence in OSA patients (Manuscript)

Main focus: A large, controlled follow up study within the ESADA cohort (responsible coordinator Silke Ryan, Dublin, Ireland) is recruiting with high inclusion rate (>4000).

The ESADA network aims to submit 4 abstracts each to the ERS and ESRS meetings.

A new ESADA grant opportunity for early career researchers within the ESADA network has been established.

Short Scientific missions within the ESADA network

- Marijke Diltjens (ERS stipendiate 2015)
- Ozen Bazoglu, Izmir, June 2016
- Canan Gunduz, Izmir, January 2017
- Carolina Lombardi, Milano, Q 3 2018

ESADA Scientific Workshops

The first ESADA Scientific Workshop was held in June 15-18 2017 in Heraklion, Greece. A number of projects evolved from this workshop: OSA and Cancer, Mild OSA, Excessive Daytime Sleepiness in OSA. This workshop was very successful and sparked a lot of new activities in the ESADA network. Similar activities are planned for 2018.

ESADA continued support from the ERS - CRC grant

The European Respiratory Society (ERS) provided an important grant for the ESADA as part of the initiative to support pan-European "Clinical Research Collaborations (CRC)" from 2015 onwards. This grant was prolonged for the upcoming 3 years.

ESADA Group Meeting 2019

Daniel Roisman and his team will host the ESADA meeting in Paris in 2019.

Ludger Grote on behalf of the ESADA network



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

The 2018 annual meeting of the ANSS (Assembly of National Sleep Societies) will take place May 4 to 5 in Parma, Italy. The final programme was recently outlined by the Executive Committee in Oporto.

The meeting will start in the afternoon of May 4 with the presentation of the major activities and events organized by the National Sleep Societies. Later, a session will be dedicated to sleep competency and subspecialty models where the pragmatic experiences carried out in different European countries will be illustrated.

Saturday May 5 will begin with a session focused on the role of GPs in sleep medicine (sharing the findings of a pilot survey conducted in Italy), on new insights on chronobiology (emphasizing the 2017 Nobel Prize for Medicine and Physiology assigned to studies on circadian rhythms) and on the European daylight saving changes. The morning programme will continue with a session on big data, with a learning computer expert and proposals for a European sleep recording platform and national biobanks. The ESRS activities will be presented in the afternoon as well as the sponsors' initiatives. Finally, the ANSS business meeting will end with the election of three new EC members.

Parma will also host the Task Force "Beyond AHI" (chaired by Erna Sif Arnardóttir) scheduled May 4 (from 9.00 to 13.00) where the work in progress of the single sessions will be detailed and updated.

Besides the Welcome dinner at the Angiol D'Or Restaurant and the possibility to visit the city easily (downtown is at a walking distance from the meeting hotel), all the guests are invited to a guided tour at the famous and amusing Labirinto della Masone followed by the Gala dinner at the prestigious Spigaroli Restaurant.

Although the Pope will not be able to attend the party, we will try to assure a heavenly experience.

Liborio Parrino
Chair, EC ANSS



ESRS EXAMINATION IN SLEEP MEDICINE 2018

7th ESRS Examination of Certification in Sleep Medicine

The European Sleep Research Society (ESRS) Board is pleased to announce the

7th Examination of the Certification in Sleep Medicine.

Please find the requirements and basic credentials as well as information about the application process below.

Time and Place:

[24th Congress of the European Sleep Research Society](#), September 25 - 28, 2018, Basel, Switzerland.

The examination will be held on Tuesday, September 25, 2018 at the Premium lounge in the football stadium FC Basel, St. Jakob-Park, St. Jakobs-Strasse 395, 4052 Basel.

Exact time to be announced!

The Examination

The examination will consist of two parts.

The **first part** will be a written test consisting of 100 single-choice questions (one out of five) to be completed on-site. The pass mark is 60%. This part lasts 120 minutes.

The **second part** of the examination will focus on practical skills and knowledges. This part will involve sleep staging, event scoring and inter-preting sleep studies from PSG recordings and derived parameters, Actigraphy, sleep diary, MSLT/MWT, interpretation of analysis of biological samples relevant for sleep medicine (from blood, saliva, cerebrospinal fluid incl. measures for melatonin, iron, HLA, corticol, hypocretin).

All data will be printed on paper.

Regarding all scoring tasks successful candidates must achieve an 85% concordance with the panel of experts. The overall passmark of the practical examination is 60%. This part lasts 90 minutes.

Both parts must be successfully passed in order to qualify for certification.

Requirements

Physicians, Psychologists and Sleep Scientists (with a Master's degree in science, e.g. biology, physics or other relevant areas) who wish to take the examination should meet the following requirements (please prepare the mentioned documents before starting with the application).

A. Practical Experience

* The candidate will be required to provide written declaration from the Sleep Medicine Centre (SMC) Director where the greater part of the training was completed. The declaration must specify satisfactory and independent performance of the following:

A minimum of 12 months full-time (or equivalent duration if part-time) spent in the SMC. If the applicant has worked in more than one SMC, a minimum period of 6 months must have been spent at one of the centres.

The applicant should have extensive experience within his/her specialised field with sufficient experience across other sleep-wake disorders to ensure safe and competent practice. This includes specialised evaluation and clinical care of at least 100 patients from the different disciplines of sleep medicine (incl. sleep-breathing disorder, insomnia disorder, hypersomnia, movement disorder, circadian disorder).

In relation to the assessment and follow-up of sleep disorders, experience should comprise a range of procedures including:

Physicians: Clinical interviewing, use of diagnostic criteria and classification systems, use of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring

Psychologists: Clinical interviewing, use of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring

Sleep Scientists: Interpretation of sleep diaries, questionnaires and rating scales, psychometric evaluation as well as physiological monitoring

The applicant should have experience of actigraphy and polysomnography (with hook-up, night-time surveillance and scoring, interpretation and reporting of studies), ambulatory cardio-respiratory recording, and Multiple Sleep Latency Testing (MSLT) or Maintenance of Wakefulness Testing (MWT) procedures.

In relation to treatment, the applicant (except Sleep Scientists) should have generic skills, including patient education, treatment delivery, progress review, provision of motivation and support.

The applicant should have knowledge of how to work as part of a multidisciplinary team, including, for example, sleep technologists and nurses.

The applicant should also have extensive experience within his/her professional discipline. Accordingly, it is recognised that experience with treatment modalities will

vary (e.g. Physician – pharmacotherapy, CPAP; Psychologist – cognitive behavioural therapy, other related therapeutic procedures; Sleep Scientist – author in peer-reviewed articles on sleep).

It is expected that, of the minimum 100 cases evaluated, at least 75% will involve active management of a treatment episode or episodes and monitoring of patient progress and outcome. This consideration applies to both physicians and psychologists.

It is recognised that Sleep Scientists may not have a clinical licence, or may have different roles within a SMC. Nevertheless, equivalent levels of experience and expertise in sleep medicine should be demonstrated in the application and letter of support.

It should be noted that some of the above mentioned experience and competencies may be demonstrable through periods of formal study and training on approved Sleep Medicine courses which have a practical component. Such experience and/or qualification should be specified by the applicant.

B. Theoretical Knowledge

The applicant must demonstrate knowledge of the topics specified in the Catalogue of Knowledge and Skills. This may be achieved by a record of attended courses, or through a university or national sleep medicine degree or certification.

Alternatively, a detailed reference letter from another ESRS Somnologist may be submitted.

Further details can be found in:

Pevernagie et al. EU Guidelines for the Certification of Professionals in Sleep Medicine: Report of the Task Force of the ESRS. *J. Sleep Research* (2009) 18, 136-141

Penzel et al. Catalogue of knowledge and skills. *J. Sleep Research* (2014) 23, 222-238

The ESRS Textbook is the main recommended reading for this examination. Additional readings may be provided in advance by the Examination Committee. All interpretations in the practical part will be based on the 2017 AASM Scoring Manual Version Version 2.4.

C. In addition the applicant must:

Provide names and email addresses of 2 referees, who are not applying for the examination at the same time, preferably from another European country. One should be an ESRS member.

*Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates

Be a current ESRS member (if you are not an ESRS member please visit www.esrs.eu/membership-services/join-now.html).

Pay the examination fee (PayPal, Credit Card or Bank Transfer)

(*Please prepare the above-mentioned documents before starting the application. The documents can be uploaded as PDF-files or JPEG-files within the online application system. Any other file formats f.ex. MS WORD-files will be automatically rejected by the online application system. The name of the PDF-file must include the name of the applicant and the content of the document. We recommend putting all documents in one pdf-file. The size of the PDF-file should not exceed 1 MB)

Other candidates that feel they may fulfill the eligibility criteria, please contact:
axel.wiechmann@esrs-examination.eu

D. The Qualification

The successful candidate will have the ESRS qualification title of “Somnologist” with one of the following specifications:

Somnologist – Expert in Sleep Medicine

Somnologist – Expert in Behavioural Sleep Medicine

Somnologist – Sleep Scientist

E. Examination Fee

The examination fee is € 375.- (included is a non-refundable € 90.- application fee, payable on submission of the application).

F. Online Application

The online application will be open from 15 February, 2018 – 15 April, 2018.

G. Acceptance of your application

You will be notified regarding the acceptance of your application by mid-May 2018.

For any further questions please contact:

Axel Wiechmann
ESRS Sleep Medicine Examinations Office
Andreasstr. 4, 93059 Regensburg, Germany
Email: axel.wiechmann@esrs-examination.eu
Phone: +49 941 69633419

5th Examination of Certification in Sleep Medicine for Sleep Technologists

The European Sleep Research Society (ESRS) Board is pleased to announce the

5th Examination of Certification in Sleep Medicine for Sleep Technologists.

Please find the requirements and basic credentials as well as information about the application process below.

Time and Place

[24th Congress of the European Sleep Research Society](#), September 25 - 28, 2018, Basel, Switzerland.

The examination will be held on Tuesday, September 25, 2018 at the Premium lounge in the football stadium FC Basel, St. Jakob-Park, St. Jakobs-Strasse 395, 4052 Basel.

Exact time to be announced!

The Examination

The examination will consist of two components.

The [ESRS Textbook](#) and [2017 AASM Scoring Manual Version 2.4](#) are the recommended reading for this examination.

The **first part** will be a written test, consisting of 50 multiple-choice questions to be completed on-site.

23 questions will be related to chapter **B (Sleep Diagnostics)** and the other **27 questions** will be related to topics from chapters **A, C-J of the ESRS Textbook**. The pass mark is 60%. This part lasts 75 minutes.

The **second part** of the examination will focus on practical skills. This part will involve sleep staging, event scoring and interpreting 2 excerpts from PSG recordings and also a full MSLT recording. All consecutive 30-second epochs will be printed on paper.

Regarding all scoring tasks successful candidates must achieve an 85% concordance with the panel of experts. The overall passmark of the practical examination is 60%. This part lasts 120 minutes.

Both parts must be successfully passed in order to qualify for certification.

Requirements

Technologists, nurses, and other sleep professionals that wish to take the examination should:

Possess one of the following: a degree in science, psychology, nursing or similar; RPSGT qualification or equivalent national qualification/registration. Applicants who do not match these criteria must provide formal evidence of training, qualifications and professional development activities equivalent to degree/RPSGT level (e.g. diploma, professional certification, course certificates).

Have at least 5 years post graduate experience in performing, scoring and analysing polysomnography and Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT) procedures, polygraphy and actigraphy studies.

Have experience in the diagnostic procedures and management of a full range of sleep disorders

Have a very good knowledge of sleep physiology and pathophysiology obtained through recognised and accredited sleep education courses and meetings, particularly those recognised and accredited by national and international sleep societies.

Please note, the examination and instructions will be in English, therefore candidates must have a good command of English.

In addition applicants should:

*Be proposed for eligibility for the exam by the clinical director of their sleep centre or a member in good standing with the ESRS who can vouch for their experience.

*Submit a detailed CV with relevant education and employment history plus scanned copies of relevant qualifications, and meeting attendance certificates as above.

Be a current ESRS member (if you are not an ESRS member please visit www.esrs.eu/membership-services/join-now.html)

*Pay the examination fee (PayPal, Credit Card or Bank Transfer)

(*Please prepare the above-mentioned documents before starting the application. The documents can be uploaded as PDF-files or JPEG-files within the Online Application. Any other file formats f.ex. MS WORD-files will be automatically rejected by the online application system. The name of the PDF-file must include the name of the applicant and the content of the document. We recommend putting all documents in one pdf-file. The size of the PDF-file should not exceed 1 MB)

Other candidates that feel they may fulfil the eligibility criteria, please contact: axel.wiechmann@esrs-examination.eu

The Qualification

The successful candidates will have the ESRS qualification title of "Somnologist – Technologist" conferred on them.

Examination Fee

The examination fee is € 375.- (included is a non-refundable € 90.- administration fee, payable on submission of the application).

Online Application

The online application will be open from February 15, 2018 – April 15, 2018.

Acceptance of your application

You will be notified regarding the acceptance of your application by mid-May 2018.

For any questions please contact:

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RECIPIENTS OF ESRS FELLOWSHIP, TRAINING AND MEETING GRANTS

The ESRS Board is pleased to announce that 10 ESRS Grants have been awarded for the year 2018 within the programme to support early career researchers within Europe.

We congratulate the recipients and cordially thank the supervisors and teams of the host laboratories for their support and cooperation in this endeavour.

Recipient of ESRS Short-Term Research Fellowship:

Anastasia Mangiaruga, Rome, Italy

Host Laboratory: [Donders Sleep & Memory Lab, Nijmegen, Netherlands](#)

Supervision: Martin Dresler, MD

Recipient 1 of ESRS Two-Week Training Grant:

Michelle Carr, Swansea, United Kingdom

Host Laboratory: [Center for Investigation and Research in Sleep, Lausanne, Switzerland](#)

Supervision: Raphael Heinzer, MD

Recipient 2 of ESRS Two-Week Training Grant:

Heiður Grétarsdóttir, Reykjavik, Iceland

Host Laboratory: [Parma University – Sleep Disorders Center](#)

Supervision: Liborio Parrino, Prof. Dr.

Recipient 3 of ESRS Two-Week Training Grant:

Melanie Kölbl, Guildford, United Kingdom

Host Laboratory: [Surrey Sleep Research Centre, Guildford, United Kingdom](#)

Supervision: Derk-Jan Dijk, Prof. Dr.

Recipient 1 of ESRS Meeting Grants:

Philippe Jawinski, Leipzig, Germany
[24th ESRS Congress](#) in Basel, Switzerland, September 25-28, 2018

Recipient 2 of ESRS Meeting Grants:

Tengiz Oniani, Tbilisi, Georgia
[24th ESRS Congress](#) in Basel, Switzerland, September 25-28, 2018

Recipient 3 of ESRS Meeting Grants:

Laura Pérez-Carbonell, London, United Kingdom
[24th ESRS Congress](#) in Basel, Switzerland, September 25-28, 2018

Recipient 4 of ESRS Meeting Grants:

Sikka Pillerin Turku, Finland
[24th ESRS Congress](#) in Basel, Switzerland, September 25-28, 2018

Recipient 5 of ESRS Meeting Grants:

Joana Isaac Teixeira, Beja, Portugal
[24th ESRS Congress](#) in Basel, Switzerland, September 25-28, 2018

Recipient 6 of ESRS Meeting Grants:

Alexander Wolkow, Notting Hill, Melbourne, Australia
[24th ESRS Congress](#) in Basel, Switzerland, September 25-28, 2018



JOURNAL OF SLEEP RESEARCH NEWS



The [Journal of Sleep Research](#) recently published the European guideline for the diagnosis and treatment of insomnia.

The guideline is based on a systematic review of relevant meta-analyses published up to June 2016 with the aim of providing clinical recommendations for the management of adult patients with insomnia. The guideline was developed by a task force of the European Sleep Research Society.

Read the guideline [here >](#)





NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the Irish Sleep Society, Dr. Eddie Moloney

Dear Dr. Moloney, what is the status of the accreditation procedures for sleep medicine experts? Can you explain how the procedure works?

Currently, in Ireland, we do not have an accreditation procedure for sleep medicine experts.

Is such an accreditation procedure planned only for physicians or also for other professional figures like psychologists, technicians etc.?

A formalised accreditation process for sleep physicians and allied sleep professionals is not currently implemented in Ireland. However, many Physiologists have undertaken the American Board Registered Polysomnographic Technologist exams.

Do you also have an accreditation procedure for sleep centers?

Not presently. However, the Irish Sleep Society has recently developed and published practice guidelines for the standards of sleep medicine services in Ireland.

Do you have accreditation procedures for centers with different characteristics (multidisciplinary, respiratory specific, pediatrics etc)?

Not currently.

Is sleep medicine officially included in academic programs?

The annual Irish Sleep Society meeting is recognised as part of the Respiratory Specialist Registrar study day curriculum. Moreover, Respiratory Physiologists in year 4 of the Bachelor of Science Degree in Respiratory Clinical Measurement attend 15 hours of specialist lectures on sleep physiology, and complete a competency based portfolio as part of their 4th year 13 week placement. They sit a final year exam and undergo a practical assessment in polygraphy setup.

Do you organize accredited sleep medicine courses?

A joint venture between the Institute of Clinical Measurement Science, and the Irish Sleep Society, runs a 2-day sleep medicine course, for healthcare professionals, every 2 years. There are plans underway for developing continuous professional development modules in Sleep Medicine, through the Dublin Institute of Technology, for clinical measurement physiologist graduates working in Sleep centres in Ireland.

Are you working toward achieving the recognition of sleep medicine as a medical sub-specialty?

We have applied to the Health Service Executive in Ireland, and the Royal College of Physicians of Ireland, to have sleep medicine recognised as a National Clinical Programme in Ireland. Efforts to date have been unsuccessful.

Is basic research in the sleep field represented in the Irish Sleep Society activities?

Yes, the annual Irish Sleep Society meeting has basic research presentations every 2 years.

Thank you, Dr. Moloney, for participating in this interview.

Lino Nobili



SERGE DAAN (1940-2018)

When he engaged in sleep research in the beginning of the 1980s, Serge Daan was already an accomplished chronobiologist. He had obtained his post-doctoral training from two pioneers in the field, Jürgen Aschoff and Colin Pittendrigh. After his Ph.D. work on hibernation at the University of Amsterdam he spent two years in Aschoff's lab at the Max-Planck Institute for Behavioral Physiology in Andechs. There he studied how circadian rhythms of birds and mammals are influenced by season and latitude. In Pittendrigh's lab at Stanford University he focused on the functional analysis of circadian pacemakers in nocturnal rodents. This work gave rise to a series of 5 highly-cited papers that became classics in chronobiology. One of the influential new concepts was the dual oscillator model with an evening oscillator linked to dusk and a morning oscillator linked to dawn. These two oscillators are usually coupled but under certain conditions ("splitting") they may become uncoupled. It was the modeling approach that aroused Serge's interest in sleep. In 1980 Aschoff organized a meeting on the vertebrate circadian system where I presented the first version of the two-process model of sleep regulation. Based on rodent data it showed how the interaction of a circadian process with a sleep-wake dependent process can account for various effects of sleep deprivation. Serge immediately recognized the implications of the model, and since I was in the process of gathering human sleep EEG data, we decided to join our forces to simulate human sleep. I published a qualitative version of the two-process model in 1982, and with Serge Daan and Domien Beersma we jointly published two years later an extended, quantitative version. The model triggered a close collaboration between Serge's group in Groningen and my group in Zurich. Thanks to a grant from the European Training Program in Brain and Behavior Research we could organize mutual visits, initially twice a year, to discuss and exchange results and plan further projects. The scope of common projects in sleep and chronobiology was quite large and included experimental work, modeling and clinical studies in biological psychiatry. This collaboration continued throughout the 1980s and 90s. Among the outstanding students from the Groningen lab who performed research in Zurich as a postdoc or as a doctoral student were Derk-Jan Dijk, Paul Franken and Tom Deboer. Anna Wirz-Justice, a chronobiologist from the University Basel, and Rudi van den Hoofdakker, head of Biological Psychiatry in Groningen, played an important role in investigating the implications of the model for sleep and sleep deprivation in depression. In Zurich Irene Tobler studied applications to animal sleep, and Peter Achermann elaborated the model and introduced novel methods of signal analysis.

Serge Daan was appointed as Professor of Behavioral Biology at the University of Groningen in 1996 and was awarded with the endowed Niko Tinbergen Chair in Behavioral Biology in 2003. He served as Dean of the Faculty of Mathematics and Natural Sciences. Among the many honors and awards the most prestigious one was the International Prize for Biology which he received from the Emperor of Japan.

Serge was not only a creative and dedicated scientist, but also an inspiring teacher and mentor. He was critical towards his own theories and concepts, and readily recognized their limitations. I valued his openness and generosity during our long-standing collaboration and friendship. When I proposed in 2013 to reappraise the two-process model and present the results in a symposium, Serge was enthusiastic. Together with Anna and Tom Deboer we spent many hours preparing our joint presentation for the ESRS Congress in Tallinn.

When I saw Serge a year ago in Groningen, he told me with his usual enthusiasm about his work on writing a biography of Jürgen Aschoff. He was already visibly marked by his illness. It is a testimony to his dedication and courage that he managed to see the book in print at the end of the last year, two months before he left us.

Alexander Borbély



SLEEP MEDICINE TEXTBOOK



Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux

Publisher: European Sleep Research Society (ESRS)

Regensburg, 2014

ISBN: 9781119038931

The Sleep Medicine Textbook provides comprehensive, all-in-one educational material (550 pages) structured around the [Catalogue of knowledge and skills for sleep medicine](#) (Penzel et al. 2014, [Journal of Sleep Research](#)). Written by experts in the field and published by the ESRS, it provides a European approach to sleep medicine education, and represents the knowledge base for the ESRS-endorsed sleep medicine examinations.

Endorsed by ERS

Download free sample chapter: [B.1. Classification of sleep disorders](#)

ESRS Members* ESRS Early Career Research Network (ECRN) Non-Members**

Price per copy	€ 140	€ 120	€ 155
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* As a courtesy of ESRS, members of the [Associate National Sleep Societies](#) (ANSS), the [European Biological Rhythms Society](#) (EBRS) and the [European Respiratory Society](#) (ERS) benefit from the reduced price.

** ECRN members benefit from the student price (see conditions).

BOOK ORDER

Fax/ email this form to Maria Wiechmann (ESRS Office) +49 941 29080975 / maria.wiechmann@esrs.eu

I hereby order _____ copy/ copies of the

Sleep Medicine Textbook (Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux) at copy price

€ 140 (ESRS, ANSS, EBRS and ERS members) € 120 (ECRN members) € 155 (non-members)

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ESRS EVENTS

24th Congress of the European Sleep Research Society

Date: September 25 – 28, 2018
Venue: Basel, Switzerland
Website: www.esrs-congress.eu/2018.html



Sleep and Breathing 2019

Date: April 11 – 13, 2019
Venue: Marseille, France
Website: <https://sleepandbreathing.org/>

The fifth international conference organised by the European Respiratory Society (ERS) and the European Sleep Research Society (ESRS)



Registration & abstract submission opening: **August 2018**



ESRS ENDORSED TRAINING, COURSES & EVENTS

Lisbon Sleep Summit: Sleep in Women

Date: May 16 – 19, 2018

Venue: Lisbon, Portugal

Website: www.lisbonsleepsummit.org/

Programme: www.esrs.eu/.../LSS_2018_-_Program-30-1-2018.pdf

The female gender has a specific complexity due to the corresponding hormonal and life cycles. As a direct result, the gender differences concerning females, in humans and animals, are insufficiently known. The present social and cultural challenges faced by women further potentiate the negative impact upon their sleep.

Sleep Congress 2018

Date: May 30 – June 2, 2018

Venue: Saint-Petersburg, Russia

Website: hypnos-lab.fr/sleepcongress2018/

Programme: www.esrs.eu/.../SC2018-PROGRAMME_10_.pdf

Thematic day (30 May 2018):

Neurological aspect, neurovascular, psychiatrics and sleep disorders





OTHER TRAINING & COURSES

Epilepsy and Sleep, 2nd edition – 2017/2018

Website: www.ilae.org/files/dmfile/Announce_Epi_Sleep-2-ADV.pdf

Courses Overview: www.esrs.eu/.../EpilepsySleep_2..._2017-2018.pdf

Virtual courses about the diagnosis, treatment and management of epilepsy

Course Directors: Dr. Al de Weerd & Dr. Lino Nobili

Cognitive Behaviour Therapy-Insomnia Course

Date: March 24 – 25, 2018

Venue: Edinburgh, United Kingdom

Flyer: www.esrs.eu/uploads/tx_mnmesrscal/CBT-I_Flyer_Mar_01.pdf

Preliminary Programme: www.esrs.eu/.../CBTi_Programme_March_2018.pdf

Speaker: Professor Jason Ellis

ISMC 2018 - International Sleep Medicine Course

Date: June 12 – 15, 2018

Venue: St. Michielsgestel, The Netherlands

Website: www.sleepmedicinecourse.nl/

This 4-day course consists of lectures and interactive training sessions that cover the physiology and pathophysiology of normal and abnormal sleep, as well as principals and pitfalls in the diagnosis and treatment of sleep disorders. The aim of this course is to prepare participants for the European Somnologist Exam of the European Sleep Research Society (ESRS), which will take place during the upcoming 24th Congress of the ESRS in Basel, September 25-28, 2018.

2018 Summer School

Date: September 2 – 7, 2018

Venue: Oxford, United Kingdom

Website: www.ndcn.ox.ac.uk/...circadian-neuroscience-summer-schools

Announcement: www.esrs.eu/.../SCNi_2018_summer_school_announcement.pdf

Closing date for applications: **30th March 2018**

Decisions will be announced by **13th April 2018**

Online registration will be open from **16th April 2018**



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

26th Annual Meeting of the German Sleep Society

Date: October 11 – 13, 2018
Venue: Nuremberg, Germany
Website: www.dgsm-kongress.de/

Abstract submission deadline: **15 May 2018**



FUTURE MEETINGS

9th International Surgical Sleep Society Meeting

Preliminary Workshop on 5 April 2018

Date: April 5 - 7, 2018
Venue: Munich, Germany
Website: www.issm-munich.com/
Announcement: www.issm-munich.com/.../ISSM2018_Announcement.pdf

9th European Narcolepsy Day

Date: May 5 - 6, 2018
Venue: Montpellier, France
Announcement: docs.google.com/.../viewform
Preliminary Programme: www.esrs.eu/.../MAI_2018_updatedYD13feb.pdf

11th FENS Forum of Neurology

Date: July 7 - 11, 2018
Venue: Berlin, Germany
Website: forum2018.fens.org/

FENS Federation of European Neurosciences Societies
11th FENS Forum of Neuroscience
7-11 July 2018 | Berlin, Germany



5th International conference on Rhinology and Otolaryngology

Date: August 1 - 2, 2018
Venue: Melbourne, Australia
Website: otolaryngology.conferenceseries.com/



NEW MEMBERS

The Society welcomes the following new members:

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