LETTER FROM THE PRESIDENT

Dear ESRS Members, dear Colleagues, dear Friends,

The ESRS board and its committees have been very active over the last few months as documented by monthly teleconferences and several face-to-face meetings of the ESRS board, as well as ongoing interactions with the National Sleep Societies, the World Federation of Sleep Research and Sleep Medicine Societies (WFSRSM), and the European Societies for Respiratory Medicine, Psychiatry, Neurology and Chronobiology.

The most recent activities included meetings with the EU Commissioner for Health and Consumer Policy in Bruxelles, with Presidents of the National Sleep Society in Venice and with representatives of the European Respiratory Society in Lausanne.

The most relevant updates on the ESRS activities can be summarized as follows:

ESRS Meetings

ESRS Meeting 2012 in Paris, September 4-8
The preparations for the meeting in France (which will coincide with the 40th birthday of our society) have advanced very well. The number of abstracts (856) submitted and of attendees already registered are among the highest in the history of our society. The preliminary program is available at http://www.congrex.ch/esrs2012.

The opening ceremony will include the traditional Young Scientists Symposium and the Award Ceremony of the second ESRS Sleep Research Prize. This prize has been created by the European Sleep Research Society to recognize one of its members who has made an outstanding contribution to the field of sleep research. The awardee has been selected by the ESRS board with the ESRS Scientific Committee and will be announced in Paris.

The preparation of the ESRS 40th Anniversary Book is well advanced under the coordination of Brigitte Knobl, Hartmut Schulz and myself. Its publication will be ready in time for the meeting.

In addition to the four Keynote Lectures of Professors Barbé, Cirelli, Maquet and Morin additional highlights of the scientific program will be the Joint Symposia with the French Sleep Society and the Japanese Sleep Society, as well as the Symposia of the European Sleep Research Networks.

The traditional meeting with the Presidents of the National Sleep Societies is scheduled for Wednesday, September 5. The presidents have been invited to join the ESRS board at the banquet of Friday, September 7.
The first-ever examination to achieve the **ESRS Somnologist Certificate** is scheduled for September 4 (over 60 applications have been received!).

A total of 30 **Travel Grants** are offered by the ESRS. The selected scientists will be informed very soon now.

**ESRS-ERS Conference 2013 on Sleep and Breathing in Berlin, April 11-13**
Following the great success of the first ESRS-ERS Conference (with almost 1,000 attendees) both societies have decided to organize a second pan-European meeting focusing on sleep and breathing physiology and pathology but covering also other sleep medicine topics.
The registration opens June 1, 2012 and the abstracts online submission in August 2012.

**ESRS Meeting 2014 in Tallinn, September 16-20**
The local committee has been finalized including, in addition to members of the Estonian sleep research society, also those of the boards other Nordic sleep societies.

**World Federation of Sleep Research and Sleep Medicine Societies (WFSRSM) 2015 meeting in Istanbul, October 31-November 2**
The ESRS was asked at the Kyoto’s meeting to organize Worldsleep 2015, the next meeting of the WFSRSM. This invitation was enthusiastically accepted. After evaluating several potential sites, the ESRS board and PCO together with the board of the WFSRSM have selected the marvellous city of Istanbul.

**ESRS Committees**
The **ESRS Research Networking Committee** (RNC, chaired by Debra Skene) has created a web page through which a total of 50 Sleep Research Laboratories in Europe were identified and characterized. The RNC has awarded 11 ESRS Travel grants to young researchers to visit one of the listed Laboratories in 2012. A detailed report of Debra Skene on the activities of the RNC is to be found in this Newsletter.

The **ESRS Sleep Medicine Committee** (SMC, chaired by Thomas Penzel) has finalized a “catalogue of knowledge” as the base of an ESRS Sleep Medicine curriculum, which will be published shortly. A first-ever examination to receive the ESRS Somnologist Certificate has been organized to take place at the meeting in Paris. The next steps will be to define criteria for the certification of sleep medicine training programs across Europe. A detailed report of Thomas Penzel on the activities of the SMC is to be found in this Newsletter.

The **ESRS Scientific Committee** (SC, chaired by Colin Espie) has reviewed the abstracts, participated in defining the final program, and made suggestions for the Young Scientists Symposium of our meeting in Paris. 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 by Roberto Amici) met in December 2011 the EU Commissioner for Health and Consumer Policy in Bruxelles and has scheduled additional meetings with other EU commissioners in order to investigate possible strategies to promote and support sleep research and education in Europe. A detailed report of Roberto Amici on the activities of the EUC is to be found in this Newsletter.

**Assemby of the national sleep societies (ANSS)**

A meeting of the Executive Committee (EC) of the ANSS with the presidents of 26 European national sleep societies and representatives of the ESRS board has taken place in May 2012 in Venice. The event, which was organized by our Italian colleagues, was a great success in terms 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.

Last but not least I would like to welcome the 66 new members of our Society which, together with a number of new candidates for individual and national memberships (both lists presented in this Newsletter), demonstrate the vitality of the ESRS!

I look forward to welcoming you all in Paris.

Claudio Bassetti
ESRS President
REPORTS OF THE ESRS COMMITTEES

ESRS 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 ESRS RNC wishes to encourage all ESRS members to register their Laboratory on the web database of European Sleep Research Laboratories (www.esrs.eu/membership-services/european-sleep-research-laboratories.html). For help in submitting your Laboratory details, please go to www.esrs.eu/fileadmin/user_upload/Labs/Laboratory_Submission_Guide.pdf.

Participation in the database will help to promote sleep research collaboration and networking across Europe. To this end the RNC awarded 11 ESRS Travel Grants to young researchers in 2012 to visit one of the listed European Sleep Research Laboratories. The young researcher awardees and the participating Host Laboratory are presented on the website (http://www.esrs.eu/education-career/grants-awards/esrs-travel-grants-for-young-sleep-researchers/recipients-of-esrs-travel-grants-2012.html). It is planned to run a similar scheme in 2013.

The database will also be used to select and accredit Sleep Research Laboratories as ESRS training and teaching centres. The RNC plans to invite Laboratories to submit details of their training and teaching experience. Following review, some Sleep Research Laboratories will be selected as training and teaching centres. Thus ESRS members who are part of a Sleep Research Laboratory that wishes to be considered as a future training and teaching centre are encouraged to submit their details onto the ESRS website as soon as possible to be part of this opportunity.

Debra Skene

ESRS Scientific Committee

The ESRS Scientific Committee has been working diligently since the last report to select symposia for the ESRS 2012, and more recently to sift through very large volume of abstract submissions. I am very pleased to say that we have had a very excellent response to the calls to papers. We received a record number of symposium submissions so it is very difficult to select final twenty one from the seventy-six submissions! Likewise, we have had a total of 856 open abstracts to review, and these have now been allocated to oral presentations and poster sessions. I would like to thank the members of the Scientific committee, local organising committee and the ESRS Board for their support in all aspects of the review and selection process. This has been a real team effort and I trust everyone
who has submitted their work to ESRS 2012 will recognise the effort and care that has gone in to making the programme as strong and represented as possible. I certainly think that the Paris meeting is going to be a great success and I would encourage everyone to register soon if you have not already done so.

Colin A. Espie

ESRS Sleep Medicine Committee (SMC)
(Update 24 April 2012)

The Sleep Medicine Committee has held meetings in 2011 and in 2012 already. The responsibilities and duties of the committee are defined and are presented at the ESRS website as the scope of the committee. The “Standards of procedures” publication compiled by Dirk Pevernagie is in press in the Journal of Sleep Research. The “Catalogue of knowledge and skills” publication is finalized and circulated between the committee members and the ESRS board. The validation of the catalogue of knowledge and skills with a survey is included in this publication.

An examination for physicians to achieve a European “Somnologist” certificate is organized for the next ESRS congress in Paris on 4 September 2012. This examination is open for “Grandfathers” and “Grandmothers” of sleep medicine and will consist of a written multiple choice test. The same will apply for psychologists and other scientists involved in sleep medicine. We have received more than 60 applications this time and we expect to provide a second date for “grandfathers”. Regular applications will be considered at the next examination as well. This will take place at one of the forthcoming conferences with ESRS participation. The questions have been reviewed by a small subgroup with participants from the SMC and external sleep medicine experts, which can be regarded as very knowledgeable and with a broad sleep research and sleep medicine knowledge.

The alignment of this certification with the European Respiratory Society (ERS) HERMES program for respiratory sleep medicine is in progress. A number of discussions between responsible persons involved in the certification took place and are ongoing. A certification of sleep technicians must be clarified together with existing associations of sleep technicians in Europe, such as the ESST, before processing this further.

Accreditation of sleep centers in Europe is a very important issue and an update of the published guidelines for accreditation is currently prepared by the SMC. The update will be submitted to the Journal of Sleep Research and will be published soon.

Thomas Penzel
ESRS EU Committee
Report on the activities of the EU Committee: December 2011-April 2012

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

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. In these past few months, the main achievement of the EU Committee has been the meeting with the European Commissioner for Health and Consumer Policy, Mr. John Dalli, which took place on December 15th 2011 at the Headquarters of the EU Commission in Brussels. An ESRS delegation, composed of the ESRS President and three members of the Committee addressed the Commissioner regarding the need and urgency for EU investment in the fields of sleep research and medicine and sleep education. The meeting was positive and interesting, but highlighted that fact that the EU authorities do not perceive sleep-related issues to hold a great relevance. Further and constant efforts must be made in the future, at ESRS and at a National level, to increase awareness in EU politicians in order to achieve support for the promotion and development of our activities. The powerpoint presentation which was shown in the meeting was also recently seen by the Presidents of the National Sleep Societies at the recent ANSS meeting in Venice (4-5 May) and has been posted on the ESRS website under the heading Media/Presentations for the convenience of all ESRS members. In order to further address the sleep-related issues at a EU level, other Commissioners have been contacted. A meeting with Mrs. Reilly, a member of the Cabinet of the Commissioner for Research, Innovation and Science, Mrs. Màire Geoghegan-Quinn, is being scheduled and Mr. Fabrice Comptour, a member of the Cabinet of the Commissioner for Education, Culture, Multilingualism and Youth, Mrs. Anrdoulla Vassiliou, has been contacted in order to address these issues.

Roberto Amici
REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network
The European Insomnia Network (EIN) presently has more than 100 members from almost all the countries of the European Union. Within the last months the following activities were pursuit:

1. A questionnaire concerning insomnia diagnosis and treatment was devised and sent to all the members of the EIN and to all the presidents of the National Sleep Societies associated with the ESRS. In the meantime, there has been a feedback from more than 20 counties of the EU. At present, the results are summarized and will be submitted as a brief report to the Journal of Sleep Research.

2. A group of insomnia clinicians and researchers will meet from July 5 to July 6, 2012 in Freiburg to discuss future activities of the EIN.

3. Under the chairmanship of Dieter Riemann and Eus van Someren a symposium of the European Insomnia Network will take place at the ESRS Meeting in Paris.

Freiburg, April 24, 2012

Dieter Riemann

European Narcolepsy Network (EU-NN)

Mission:
To support European scientific research on narcolepsy and related hypersomnias, and to optimize patient care by improving diagnostic and therapeutic options, as well as the interaction between centres, doctors, and patients.

Report on 2011/2012:
2011 and the first months of 2012 have been prosperous for the European Narcolepsy Network (sleep-network.eu/). Currently, representatives of 18 European Sleep Centres are member of the network. Several milestones have been reached: we completed the final version of the web-based prospective database and the inclusion of patients is steadily growing, we have launched a website: www3.unil.ch/wpmu/eunn/, we had a very successful 3rd Narcolepsy Day in Bologna, marked with the launch of a new awareness video: www.narcolessia.org/, we had a publication on behalf of the EU-NN in the American Journal of Human Genetics, and several new publications are in preparation. We also expect to be able to publish results of studies conducted in collaboration with the Brighton collaboration and the
VAESCO consortium about the possible relation between H1N1 (vaccination) and narcolepsy.

During the ESRS meeting in Paris we will provide an update of our activities and a presentation about results from our prospective database. We will also provide information on how to apply for the organization of the EU Narcolepsy Day in 2014. The 4th European Narcolepsy Day will be celebrated in Madrid (March 2013).

Gert Jan Lammers, President

**Sleep Apnea Network / European Sleep Apnea Database (ESADA) – An Update**

The European Sleep Apnea Database – ESADA – started in 2006 as a collaborative database effort between more than 20 European sleep centres. The ESADA initiative was initially sparked by the EU COST action B26 project which addressed multiple aspects of sleep disordered breathing in Europe. As the funding resources within the COST action program were limited, unrestricted grants were obtained from RESMED and PHILIPS RESPIRONICS to meet costs associated with organizational build-up and maintenance of the database in Gothenburg and the support of essential ESADA network activities.

The ESADA project has been exceptionally successful and currently contains data from more than 12,500 European patients. The recruitment rate is stable with approximately 500 new patients per quarter. We currently have 24 actively reporting centres. The network organizes one annual major meeting, additional group activities are coordinated in conjunction with major European conferences (ESRS/ERS). The project has been presented at several national and international congresses during the past 5 years. The first formal publication truncated at approximately 5,000 patients has been published in the European Respiratory Journal in 2011. At the 2012 ATS meeting, data on metabolic control in OSA from the ESADA cohort were presented as a specific congress highlight (Brian Kent et al., [http://conference.thoracic.org/2012](http://conference.thoracic.org/2012)).

Currently, analysis of the cross sectional data is ongoing in 16 different sub-projects including cardiovascular, metabolic, and psychiatric co-morbidities, driving license status, regional differences in phenotype as well as analysis of different diagnostic methodology used in the diagnosis of OSA patients. Specific analysis is focused on issues related to concomitant medication in this patient group. Genetic samples are stored from more than 2,600 patients of the cohort for future analysis.

A major effort within the ESADA network will focus on the assessment of follow up data in OSA patients on different treatment modalities. Prospective information will be extracted from this database in order to assess outcomes like incidence of CV endpoints, change in cardiovascular, metabolic, inflammatory and cognitive
parameters. We expect that this type of information from the ESADA may have a significant impact on clinical management of sleep apnea in Europe.

For those who are interested in more details, an updated ESADA webpage is under construction and will be presented as a link on the ESRS webpage very soon. In addition, the newest data from the ESADA will be presented at the ESRS congress in Paris at several occasions.

On behalf of the ESADA Steering Committee,

Ludger Grote, Jan Hedner
Activities of the Assembly of National Sleep Societies (ANSS) and the Executive Committee (EC) during the period November 2011 until May 2012:

- The Executive Committee (EC)

  The EC of the ANSS held three meetings in Gothenburg (Sweden) in December 2011, in Zagreb (Croatia) in February 2012 and in connection with the annual ANSS meeting in Venice (May 2012). The outcome of those activities during the past 6 months can be summarized as follows:

  A) A letter to editor of the European Respiratory Journal has been written and sent to the ESRS board for review. This letter contains a comment to the ERJ publications of the HERMES sleep apnea program. The authors clarified that the ESRS has ongoing activities related to accreditation and certification of sleep medicine specialists and sleep centers. It is strongly suggested that educational efforts in sleep medicine should be joined and coordinated between the two societies. This letter has now been reviewed and amended and will be co-authored by the board and the members of the Sleep Medicine Committee.

  B) A number of activities to evaluate activities and current status in the National Sleep Societies are ongoing: An overview of education, certification, and medical practice in the different European countries has been sent out again in order to mirror development over the past three years (2010 to 2012). The longitudinal data were presented at the ANSS meeting in Venice and will be available to ESRS members soon. In addition, a questionnaire on reimbursement of sleep medicine services in Europe has been developed and will be distributed to the presidents of the National Sleep Societies. It is aimed to mirror reimbursement structures for sleep medicine services in Europe according to the recently published paper on Standard Operation Procedures in Sleep Medicine (JSR 2012). Finally, the existence and format of evaluation in sleep medicine services (quality assurance) will be mapped in the different European countries. A questionnaire will be sent to the National Sleep Societies.

  C) New ANSS members have been invited to send an application to the ESRS board: Serbia, Slovakia, and Russia. An application format has been developed and a formal decision is expected to be made at the upcoming board meeting.

  D) Preparation of the ESRS 40th anniversary book: The presentations of the National Sleep Societies were coordinated and edited. Altogether, 28! contributions could be forwarded to the editor Claudio Bassetti.
• Assembly of National Sleep Societies

The members of the ANSS held one very successful meeting at May 4 to May 6 2012 in Venice, Italy. (We express our thanks to our host, Gian Luigi Gigli and both the Italian Society of Sleep Research [ISSR] and the Italian Association of Sleep Medicine [AIMS]). Participation rate was all time high with representatives from 26 National Sleep Societies 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. During the presentations of the National Sleep Societies some novel trends could be observed: Several countries build closer networks to other medical societies, national sleep research and sleep medicine oriented societies decided to unify and to build federations, and new educational models for sleep medicine are implemented (e.g. university based master programs).

New members of the Executive Committee of the ANSS were elected: Marta Gonçalves from the Portuguese Sleep Society and Michaela Gjerstad from the Norwegian Sleep Society will join the Executive Committee. Zoran Dogas and Poul Jennum will step down from their position during the ESRS meeting in Paris after 4 years of intensive and very successful work in the committee. Already at this point, we would like to express our gratitude to their great efforts to promote sleep research and sleep medicine in Europe by working in the Executive Committee of the ANSS.

Ludger Grote, Chair
on behalf of the Executive Committee, Assembly of National Sleep Societies
ESRS 40th ANNIVERSARY BOOK: CALL FOR PICTURES

As you have now realized, 2012 is a particular event in the life of the ESRS since we will celebrate the 40th anniversary of the society at our Paris meeting! This is a long way from the initial creation of ESRS by a small group of sleep enthusiasts, and we have decided amongst other actions to celebrate the longevity and the evolution of the society by editing an Anniversary book in which a large place will be devoted to illustrations, and especially pictures of all those who have contributed and still contribute to make ESRS your favourite society. As it will not be possible to include all the nice pictures that we have in mind in a book, we have also decided that a special section of the ESRS website will be devoted to this anniversary, in which we will publish all the related picture material in a permanent web gallery.

Your contribution is essential to make this book and web gallery real successes, and this is why we invite you to contribute by sending us your best selection of pictures to illustrate these past 40 years of ESRS.

To do so, there is now the possibility for you to upload your pictures on the ESRS website at the following address: www.esrs.eu/upload_pictures.html. You can either upload one picture at a time or a compressed folder archive. In any case, please provide us with accompanying information allowing us to identify the persons and the circumstances (e.g. Lisbon 2010 meeting, special symposium ...). If you have outstanding material which is not in digital format and have no possibility to make it scanned, please contact us and we will search for a solution with you.

Many thanks in advance for your contributions!

Philippe Peigneux
Dear ESRS Members,

The ESRS website is ever improving, and we hope that you are satisfied both with its graphic and its contents. To inform you even better, we have now created a novel section dedicated to the promotion of novel publications and presentations of interest in the field of sleep (see http://www.esrs.eu/media).

Thus, if you are the editor or author of a novel book and/or have outstanding publications to make better known by the ESRS and NSS membership, please do not hesitate to send us this information that will be published at http://www.esrs.eu/media/publications-of-interest.html.

Also, if you possess sleep-related presentation material that may be of interest to the community and that you are willing to share, this can be publicized on http://www.esrs.eu/media/presentations.html. As an example you will find in this section the presentation "Sleep and Sleep Disorders: A Public Health Concern in Europe" made by the ESRS EU Committee during a meeting with the EU Commissioner for Health and Consumer Policy in Brussels (15 December 2011).

With this section we hope to help you even better disseminating your work and be informed about what is done by ESRS members. All material can be sent to our email address esrs@congrex.com.

We look forward receiving your contributions!

Philippe Peigneux
ESRS Secretary
ESRS EVENTS

21st Congress of the European Sleep Research Society

Date: September 4 - 8, 2012
Venue: Paris, France
Website: www.congrex.ch/esrs2012

To download the Preliminary Programme as an E-Book please click here.

Sleep and Breathing

Date: April 11 - 13, 2013
Venue: Berlin, Germany
Website: www.sleepandbreathing.org/
Flyer www.esrs.eu/...postcard_concept_v7.pdf

2nd international conference organised by the ERS/ESRS
TRAINING & COURSES

International Sleep Medicine Course (ISMC)

Date: September 23 - 27, 2012
Venue: Cambridge, United Kingdom

Registration Booklet: http://www.sleeping.org.uk/registration.pdf
EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

Third Joint Sino-German Sleep Research Symposium
Date: June 21 –23, 2012
Venue: Berlin, Germany
Flyer: www.charite.de/dgsm.../veranstaltungen/Sino_2012-mg2.pdf
Organized by the German Sleep Society (DGSM) and the Chinese-German Research Center of NNSFC

International Symposium on Sleep Disorders and 28th Dr. Janez Faganel Memorial Lecture
Date: October 5 –6, 2012
Venue: Ljubljana, Slovenia
Website: www.kclj.si/ikn/DEJA/FAGA/F12_OS/F12.htm
Organized by the Slovenian Sleep Society
FUTURE MEETINGS

SB SM 2012 Inaugural Meeting
Date: June 9–10, 2012
Venue: Boston, U.S.A.
Website: www.behavioralsleep.org/Articles.aspx?id=2833

The Society of Behavioral Sleep Medicine (SBSM) will host its inaugural annual meeting in Boston. The leading voices in behavioral sleep medicine will gather to network and attend educational sessions focused exclusively on BSM. Attendees will have the opportunity to earn up to 11.00 hours of CE or CME credit.

24th Annual Meeting of the Society for Light Treatment and Biological Rhythms (SLTBR)
Date: June 24–27, 2012
Venue: Geneva, Switzerland
Website: www.sltbr.org/

The SLTBR developed and promoted light as therapy in SAD and has continued to support its use in sleep and psychiatric disturbances. In addition to symposia on basic research topics and free communications/posters, a round table encourages all clinicians who have used light therapy to share their experiences (from AHDS, non-seasonal depression, and other psychiatric illnesses to circadian sleep disorders).

International Congress on Chronobiology
Date: October 3–7, 2012
Venue: Delhi, India
Website: www.icc-2012.com/

Sleep Congress 2012: The Brain, The Mind and Sleep
Date: November 8–11, 2012
Venue: Durban, South Africa
Website: www.sleepcongress.co.za/

Organized by the South African Society of Sleep Medicine (SASSM)

Seventh Annual Pediatric Sleep Medicine Conference
Date: November 8–10, 2013
Venue: Amelia Island, Florida, U.S.A.
Website: www.pedsleepmedconference.com/conference
APPLICANTS FOR MEMBERSHIP

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NEW MEMBERS

The Society welcomes the following new members:

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