



HELLENIC SLEEP RESEARCH SOCIETY (HSRS)

ΕΛΛΗΝΙΚΉ ΕΤΑΙΡΕΪΑ ΈΡΕΥΝΑΣ ΤΟΥ ΎΠΝΟΥ

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Head of Sleep Disorders Center

Somnologist Expert in Sleep Medicine

Official Representative of HSRS



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- ✘ Funding year of the society: **1995**
- ✘ Current number of society members and type of professions:
 - **68** : 28 Pulmonologists, 16 Psychiatrists, 11 Neurologists, 3 Psychologists, 1 ENT, 3 General Practitioners, 1 Bioengineer, 1 Orthodontist, 4 MDs
 - a branch for sleep technicians as affiliated members: 45 sleep technicians (mainly nurses) currently working in sleep laboratories
- ✘ Current working groups/task forces: educational committee, accreditation committee, public awareness



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2015/2016:

- **Educational:**
 1. Courses for MD's and sleep technicians (HTS and HSRS)
 2. Postgraduate Programme for sleep (University of Crete and Thrace supported by HSRS)
 3. Accreditation (HTS/HSRS) and Ministry of Health

- **Public awareness: World Sleep Day 2016**
 1. scientific meeting and art events with title: "Sleep and its importance for health".
 2. Theatrical play dedicated to sleep mechanism with title: "Are we getting some sleep tonight or what?" was presented and also educational video about sleep (<http://sleeparteducation.blogspot.gr/>).
 3. Students were also invited to create paintings, collages, comics, photography and digital storytelling about sleep and dreams. At the end of the even the best of them were awarded by the administrative council of Hellenic Sleep Research Society.

- ✘ **2016: Year for road safety**
- 12/2015 the Greek government voted for the new EU regulations for driving license (Annex III) and on 15/12/2015 was published as Greek law



- With the Ministry of Transportation we started a campaign:
 - i. Brochure for sleepiness, OSA and traffic accidents uploaded in the official site of the Ministry of Transportation (<http://ypes.gr>)
 - ii. Informative and awareness meetings: GP's, Internists, Police officers, Public Transportation workers, to the public



LEADING EVENT.....



Organised by: The Hellenic Sleep Research Society 

1st Balkan / South European Congress

6th Panhellenic Interdisciplinary Congress

on Sleep Research

30 June - 3 July 2016

The Divani Caravel Hotel Athens Greece

www.athenssleep2016.gr

Endorsed by:  The European Sleep Research Society

Congress Secretariat:
Easy Travel
19 Anagnostopoulou Str.
10673 Athens, Greece
Tel: +30-2103613201
+30-2103693442
Fax: +30-2103625572
Email: easytravel@hol.gr

Word cloud containing terms like: depression, anxiety, insomnia, sleep, research, hypnogram, polysomnography, REM, hypoxemia, CSA, daytime, fatigue, cardiovascular, respiratory, CPAP, narcolepsy, hypersomnia, sleep deprivation, and various Greek terms.

✘ **Organizing Committee**
Chair: Dikaios Dimitris
Vice Chair: Sophia E. Schiza

- Members:
- ✘ A. Amfilochiou
 - ✘ A. Bonakis
 - ✘ E. Daskalopoulou-Vlachogianni
 - ✘ N.-T. Economou
 - ✘ G. Hadjigeorgiou
 - ✘ A. Kaditis
 - ✘ C. Mermigkis
 - ✘ M. Papagrigorakis
 - ✘ P. Steiropoulos
 - ✘ G. Trakada
 - ✘ V. Tsara
 - ✘ E. Vagiakis

INTERNATIONAL SCIENTIFIC COMMITTEE

Chair

C. Bassetti (Switzerland)

Members

M. Alhanatis (Greece) • R. Amici (Italy) • M. Bonsignore (Italy)
G. Chrousos (Greece) • O.-C. Deleanu (Romania) • L. Dolenc (Slovenia)
L. Ferini-Strambi (Italy) • M. Gonçalves (Portugal) • L. Grote (Sweden)
A. Ioannides (Cyprus) • B.-O. Itil (Turkey) • S. Jankovic (Serbia)
D. Karadeniz (Turkey) • S. Khachatryan (Armenia) • G. Kostopoulos (Greece) P. Ktonas
(Greece) • P. Lavie (Israel) • P.-H. Luppi (France) • W. Mallin (Austria) • W. McNicholas (Ireland)
• S. Mihaicuta (Romania) • L. Nobili (Italy) • L. Parrino (Italy) • T. Paunio (Finland) • T. Penzel
(Germany)
J.-L. Pepin (France) • D. Pevernagie (The Netherlands) • F.-J. Puertas (Spain) • J. Teran-Santos
(Spain) • A. Vgontzas (Greece)

And mainly a very attractive **scientific programme** which you may find it in:

www.athenssleep2016.gr



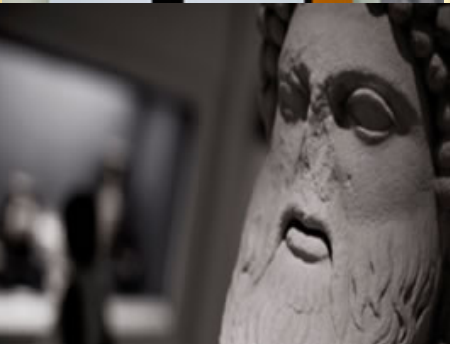
The Parthenon



The New Acropolis Museum



The National Gallery



The Benaki Museum





Santorini



Patmos



Rhodes



Myconos



Kerkyra



Crete



***We are looking forward to welcoming
you all
in Athens in 30 June-3 July 2016***

www.athenssleep2016.gr