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LETTER FROM THE PRESIDENT

Dear Colleagues and Friends,

The Society had another highly successful Congress in Basel during last September and I congratulate and thank all those involved in the organisation and delivery of an excellent scientific and social programme. The attendance was close to our record in Bologna and the scientific content was excellent with outstanding original basic and clinical science in addition to a broad range of symposia that covered most aspects of sleep medicine and science. The Congress Centre worked very well and shows how the close proximity of all activities promotes networking and scientific interaction. The feedback to me from those in attendance was universally positive.

The Basel Congress included a significant change in the poster sessions which were all held in the late morning and were grouped into themes with Discussion Leaders appointed to groups of posters who led walks through each section to facilitate discussion with the poster presenters. This format proved popular, although the timing led to some inevitable conflicts with other scientific activities.

I’m pleased to see the Web Committee making excellent progress under the leadership of our Web Co-ordinator, Bogdan Voinescu, and the revamped ESRS website is now close to completion. I look forward to the formal launch shortly, and am confident that the new website will be very helpful in fostering interaction among members, and will also allow much of the Society business to operate online. The website should also facilitate better feedback from members regarding practical issues such as format and content of the ESRS Congress, etc.

The Society is now in a healthy financial position and the improved resources should facilitate increased activities of ESRS Committees, which I strongly encourage. The level of administrative support is now inadequate for the increasing activities of the Society across a wide range of areas including Society business, education and certification, advocacy, publications, the website, additional satellite meetings, etc., and this aspect requires urgent review. These positive developments represent an important challenge for the Board over the next two years, which underpin the core objective of promoting ESRS as the principal voice of sleep medicine and science throughout Europe.

I wish all members a happy and peaceful Christmas and a successful 2019.

Walter McNicholas
ESRS President
46 YEARS LATER, BASEL AND THE ESRS: STILL A SUCCESS!

The 24th ESRS Congress held in Basel, Switzerland, last September was very well attended with almost 1800 delegates from 69 countries. We received very positive feedback on the scientific programme which consisted of 80 sessions, including symposia, round tables and oral sessions, and 5 satellite symposia. The Scientific Committee aimed to cover all aspects of sleep and chronobiology through all these sessions and privileged many translational symposia. Round tables were meant to be true discussion opportunities with a large period devoted to Q&A. The 4 keynote lectures (Prof. Wenbiao Gan, Prof. Charalambos Kyriacou, Prof. Emmanuel Mignot, Prof. Susan Redline) were well attended.

For the first time we had poster walks meant to bring more light on all presenters. These walks were very well received and appreciated. We want to thank the Board and Local Organizing Committee members for coming on board and act as moderators of some of the poster walks, as well as all colleagues who accepted late notice invitations to moderate a poster walk. The closing ceremony included the newly introduced Hot Topic Symposium which maintained high quality science all the way to the end of the congress. We wish to congratulate again Dr. Sasha D'Ambrosio and Dr. Stéphane Rehel for their poster prizes awarded during the closing ceremony.
Sasha D'Ambrosio received his Master Degree in Neurobiology at the University of Pavia. Currently he is a PhD student at the Neurophysiology lab of the Department of Biomedical and Clinical Sciences “L. Sacco”, University of Milan, supervised by Professor Marcello Massimini. His project is focused on linking basic mechanisms of sleep physiology to the pathophysiology of brain lesions. More specifically, his research is assessing focal brain lesion from a perturbational perspective that highlights the sleep-like features of the perilesional areas.

Stéphane Rehel is a PhD student since October 2016 and he is supervised by Géraldine Rauchs (Inserm U1077 “Neuropsychologie et Imagerie de la Mémoire Humaine” NIMH lab) and Gaël Chételat (Inserm U1237 “Physiopathology and Imaging of Neurological Disorders” PhIND lab). He is working on the MEDIT-AGEING project – a 5-year research study investigating mental health and well-being in the ageing population – and the aim of his PhD is to explore the relationships between sleep, ageing and Alzheimer’s disease biomarkers, focusing more precisely on how these relationships are modulated by lifestyle factors such as physical activity.
We want to warmly thank all members of the outgoing Scientific Committee, of the Board and of the Local Organizing Committee, for their contributions to a high quality scientific programme in such a nice atmosphere. We also wish to thank Krisztina Németh, Ariane Zimmermann and Olivia Montanari from Congrex for their support in putting this scientific programme in place. We wish all the best to the new Scientific Committee and are looking forward to the next ESRS congress in Sevilla!

On behalf of the ESRS Scientific Committee 2016-2018,

Raphaelle Winsky-Sommerer and Gilles Vandewalle
Co-Chairs of the Scientific Committee 2016-2018
ESRS 2018: STATISTICAL REPORT

The 24th meeting of the ESRS was attended by 1’733 participants. The majority of sessions was well attended which attests to the high quality of the scientific programme and the wide interest in the field of Sleep Research.

The highlights of the meeting included:

- ESRS founding member Prof. Scrollo-Lavizarri was guest of honour at ESRS 2018
- The 4th European Sleep Science Award ceremony (the prize was awarded to Torbjörn Åkerstedt)
- The four keynote lectures: Emmanuel Mignot (Stanford, US), Charalambos Kyriacou (Leicester, UK), Susan Redline (Harward, US) and Wen-Biao Gan (New York, US)
- Four joint symposia of the ESRS with the ERS (European Respiratory Society), the EAN (European Academy of Neurology), the EBRS (European Biological Rhythms Society), and the SSSSC (Swiss Society for Sleep Research, Sleep Medicine and Chronobiology)
- Four European Sleep Research Networks sessions: European Insomnia Network, ESADA (European Sleep Apnea Database), European Narcolepsy Network and the EURLSSG (European Restless Legs Syndrome Study Group)
- 19 selected symposia covering the latest developments in the field and all areas of sleep research and sleep medicine
- Five lively case discussions and 7 round table discussions
- 5 very well attended teaching courses
- Two great networking events in the Congress Center Basel and the Markthalle as well as the traditional football match.
- And for the first time: poster walks during the lunch break
The great work of the ESRS board and the ESRS scientific committee, as well as the generous support of the local organising committee (Christian Cajochen and Raphael Heinzer) must be acknowledged.

**ATTENDANCE**

<table>
<thead>
<tr>
<th>Total participants from 69 countries</th>
<th>1'733</th>
</tr>
</thead>
</table>

Top 10 countries:
1. Switzerland
2. Netherlands
3. United Kingdom
4. Portugal
5. Germany
6. Belgium
7. France
8. United States
9. Greece
10. Canada

**SCIENTIFIC PROGRAMME**

| Symposia Proposals | 60
<table>
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<tbody>
<tr>
<td>(17 Symposia, 5 Round Table Discussions, 38 Rejected)</td>
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</tr>
<tr>
<td>Regular Abstracts</td>
<td>882</td>
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<tr>
<td>(768 Posters, 111 Orals, 3 Rejected)</td>
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<table>
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<tr>
<th>Keynote Lectures</th>
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<td>Teaching Courses</td>
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<tr>
<td>Joint Symposia</td>
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<td>European Networking Sessions</td>
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<tr>
<td>Case Discussion</td>
<td>5</td>
</tr>
<tr>
<td>Round Table Discussions</td>
<td>7</td>
</tr>
<tr>
<td>Symposia</td>
<td>19</td>
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<tr>
<td>Oral Sessions</td>
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**EXHIBITION & SPONSORING**

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<tr>
<td>Sponsors &amp; Funding Organisations</td>
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</tr>
<tr>
<td>Satellite Symposia</td>
<td>5</td>
</tr>
<tr>
<td>Country</td>
<td>Participants</td>
</tr>
<tr>
<td>-------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Switzerland</td>
<td>250</td>
</tr>
<tr>
<td>Netherlands</td>
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<td>Germany</td>
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<td>Belgium</td>
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<tr>
<td>United States</td>
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<tr>
<td>Greece</td>
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<tr>
<td>Canada</td>
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<tr>
<td>Norway</td>
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<tr>
<td>Italy</td>
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</tr>
<tr>
<td>Australia</td>
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<tr>
<td>Finland</td>
<td>47</td>
</tr>
<tr>
<td>Japan</td>
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</tr>
<tr>
<td>Korea, Rep. of South</td>
<td>40</td>
</tr>
<tr>
<td>Sweden</td>
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<tr>
<td>Austria</td>
<td>36</td>
</tr>
<tr>
<td>Spain</td>
<td>23</td>
</tr>
<tr>
<td>Denmark</td>
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</tr>
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</table>
REPORTS OF THE ESRS COMMITtees

ESRS Scientific Committee (SC)

The 24th Congress of the ESRS in Basel was a big success, with almost 1800 delegates from more than 60 different countries, and an exciting scientific programme composed of more than 1000 submitted abstracts, organized in 80 sessions, 5 teaching courses, 5 satellite symposia and, for the first time, 3 poster walks.

The merits for the scientific programme in Basel are to be attributed to the past Scientific Committee, whom we thank for all the work done, the great efforts and all the constructive suggestions.

The ‘new’ Scientific Committee was elected during the ESRS business meeting in Basel for a 2-year term. The committee should soon receive the congress report and the evaluation of the Basel meeting, which will be reviewed along with comments and suggestions provided by participants to members of the Scientific Committee. A list of improvements/changes/ideas will be generated and be submitted for consideration to the ESRS Board in preparation for the upcoming ESRS congress in Seville (Spain).

Looking forward to working with all of you,

Giovanna Zoccoli & Christoph Nissen (on behalf of the Scientific Committee)

We reach out for 800 Certified ESRS Somnologists

The education committee discussed the organization and co-ordination of the web-based education of ESRS at its meeting in Basel (28th Oct). The plan is to provide material in relation to both basic research and clinical sleep medicine. While the activity is co-ordinated by EDU, the executive function is co-ordinated for the part involving basic research by Dr Tarja Stenberg and for the part involving clinical sleep medicine by a clinical sleep expert nominated by the Sleep Medicine Committee.

The Examination Subcommittee will continue its work on developing the somnologist examination, according to the theoretical frameworks as presented in the catalogue of knowledge and skills (JSR 2014) and in the European guidelines for the certification of professional in sleep medicine (JSR 2009). In Basel, there were altogether 113 participants (85 somnologists, 28 technologists) and, as compared to previous examinations, it now included more questions and a section of pediatric sleep medicine. Experiences from that activity was discussed in a Round Table meeting in Basel.

The ESRS examination in sleep medicine has so far been accomplished by a total of 736 participants (578 somnologists, 158 technologists). Preparations for the 2019
examination are made, up to date we received 72 applications for the somnologist examination and 21 for the technologist examination.

Tiina Paunio
Chair of the ESRS Education Committee (EduCom)

Sleep science school and travel grants
The RNC has been renewed after the ESRS meeting in Basel and the new composition can be viewed here.

In the past months, preparations for the basic sleep school were initiated. The next school will take place in September 29-October 4, 2019. This second edition of the ESRS Sleep Science School will focus on "Sleep and Aging", and will be held, as the first edition, in Frejus, a small city located in France on the Cote d’Azur. This edition will be coordinated by Pierre-Hervé Luppi, Lino Nobili, Philippe Peigneux and Tom de Boer. The program will include communications by international sleep experts on specific topics and both animal and human research will be addressed. In addition, we will organize workshops and other interactive sessions to stimulate in-depth exchanges between early career and experienced researchers. The faculty members will be present during the entire week and available for theoretical and practical discussions with early career researchers.

Next to that, we recently renewed the call for the different travel grants the ESRS is offering. We have set space limits to avoid too lengthy proposals and added a release and acceptance form for the Home and Host supervisor which replaces the statements asked from these supervisors previously. This should simplify the submission and reviewing process considerably. The call has been e-mailed to the members but can also be found on the ESRS website and in this Newsletter.

Tom de Boer
Chair of the ESRS Research Networking Committee (RNC)

Learning to ‘selling’ our science with the ECRN
At the recent ESRS congress in Basel, we hosted a session ‘Selling your science’ with science documentary maker Nelleke Koop, science TV producer Wiesje Kuijpers and past ECRN coordinator Erna Sif Arnardottir. As scientists, our relationship with the media can sometimes feel like a tug of war over accurately portraying our research and producing an entertaining program/article. Nelleke and Wiesje gave us an insight from the side of the media and how to distil the ‘story’ of our research into three sentences: the problem, the method and the findings. We also got some great tips for ‘selling’ our research to our peers – our favourite: make sure your paper has a figure that represents your main findings that can easily be used by others to present your work!

This year we had six early career researchers wanting to join the committee, we are so pleased to have so much interest in helping grow our network. Following our first election, Annemarie and Corrado were voted to join the team – read more about our team here. We also hosted our first networking event with the help of our sponsor Nox
Medical, on Wednesday night - it was really great to meet so many ECRN members and we hope lifelong connections were made.

Currently we are working on how to keep our members connected outside of ESRS conferences and meetings. We are working closely with the web committee to ensure the new website offers features making it possible to register yourself as an ECRN member, have a member profile that allows you to make connections with all of the European sleep community and a forum to further enable communication and education between members. If you are interested in being involved in this process, we would love to hear from you: do drop an email to Kate (kate.porcheret@ndcn.ox.ac.uk).

Lastly, be sure to join our Facebook group (ESRS Early Career Researcher Network) to get all the regular updates – exciting things are planned to happen soon!

Nelleke Koop and Wiesje Kuijpers at ECRN session: ‘Selling our science’

ECRN networking event

Dr Kate Porcheret, Coordinator
Chair of the Executive Committee, Early Career Researcher Network

A brand new experience: the ESRS website is almost here!

We cannot really quite believe how the last few months have flown past, but we are almost ready for the big reveal. Back in March, we announced that we were giving the established ESRS website a much-needed overhaul. The new website will bring
together sleek design elements with a revamped layout and a stylish menu functionality. It will have increased accessibility, being fully responsive with mobile devices and more easily to navigate on a wide range of web browsers and portable devices. We will introduce new features such as an improved newsletter and a new payment gateway, as well as an internal social network and an online polling system for our members. Other long-awaited features will be announced as soon as they will become available.

Bogdan Voinescu
Chair of the ESRS Web Committee
Establishment of an Academy for CBT-I

The European Insomnia Network met in May in Freiburg in order to discuss the establishment of an academy for CBT-I. According to the deliberations a manuscript has been prepared, which will soon be submitted to the Journal of Sleep Research. This manuscript will outline the criteria for an academy for cognitive behavioral therapy for insomnia and explain in detail its dissemination in Europe.

Another meeting of the European Insomnia Network will take place in Oxford early in December this year. Simon Kyle and Colin Espie already have put together a wonderful program which will include speakers from many European countries. At this meeting also the future of the European Insomnia Network will be discussed, especially with respect to the questions how to further promote its activities.

Dieter Riemann, Ph.D., Chair of the European Insomnia Network (EIN)
Professor of Clinical Psychophysiology
Freiburg University Medical Center

New European Treatment Guidelines and Centers of Excellence for Narcolepsy

As the new president of the EU-NN it is a pleasure to inform you about the activities of our network over the last few months. Geert Mayer and Markku Partinen left the EU-NN board: please join us in thanking them for their hard work and positive energy they devoted to the EU-NN. Giuseppe Plazzi (vice-president) and Birgitte Kornum (member-at-large) joined us and with Aleksandra Wierzbicka (treasurer), Rolf Fronczek (secretary) and myself constitute the new board.

The EU-NN is currently working on the creation of a central management office to support, standardize and eventually professionalize the organization of our future activities and events. Furthermore, we are currently involved in:

1) production of a new European narcolepsy treatment guidelines (a collaboration between the EU-NN, ESRS and EAN)
2) production of a “statement paper” on Diagnosis of narcolepsy and its borderland
3) establishment of a procedure to recognize European Centres of Excellence/Referral for narcolepsy
Please save the date for the upcoming European Narcolepsy Master Class and the EU-NN Narcolepsy Day which will take place in Bern on May 17 and 18-19, 2019, respectively. The master class will cover all basics in the pathophysiology, diagnosis and treatment of narcolepsy. The Narcolepsy Day will create a setting where patients, caregivers and researchers can meet and discuss the latest scientific findings and treatment insights. The draft programs of these 2 events are already available:

**Narcolepsy Day:**
[https://www.chorel.eu/esf/intranet/docs/narcolepsyday/narcolepsyday_program.pdf](https://www.chorel.eu/esf/intranet/docs/narcolepsyday/narcolepsyday_program.pdf)

**Narcolepsy MasterClass:**
[https://www.chorel.eu/esf/intranet/docs/narcolepsymc/narcolepsymc_program.pdf](https://www.chorel.eu/esf/intranet/docs/narcolepsymc/narcolepsymc_program.pdf)

The new board is very much looking forward to serve and develop further the EU-NN. We hope to see you all at the various events and will always welcome your input, energy and ideas!

Prof. Claudio L. Bassetti  
President of the European Narcolepsy Network (EU-NN)

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**ESADA Network - Summary on a Productive and Successful Year 2018**

The ESADA network has had a productive and successful year 2018. A number of topics listed below are hopefully of interest for ESRS members and the scientific community engaged in sleep apnea management and research.

### I. Publications from the ESADA study group 2018


4. **Obstructive Sleep Apnea independently predicts lipid levels: Data from the European Sleep Apnea Database (ESADA).** Canan Gunduz, Ozen K.


6. Insomnia symptoms combined with nocturnal hypoxia associate with cardiovascular comorbidity in the European sleep apnoea cohort (ESADA). Ulla Anttalainen, Ludger Grote; Ingo Fietze; Renata Riha; Silke Ryan; Richard Staats; Jan Hedner; Tarja Saarensranta. Sleep and Breathing 2018 (in press).


II. ESADA Scientific Workshop Meeting on “Big data in OSA”

Palermo, Italy; July 6-7, 2018

Short summary
A two-day meeting has been organized in Palermo by the ERS Clinical Research Collaboration: European Sleep Apnea DAtabase (ESADA) consortium, to address the topic of “Big Data in Obstructive Sleep Apnea”. We agreed on policies and common scientific projects for merging sleep apnea cohorts and databases from FRANCE, ITALY, GERMANY, SWEDEN, GREECE, BELGIUM and ROMANIA. We expect from this European dataset of more than 150,000 OSA patients a gain in knowledge regarding clusters of phenotypes, regional and gender variations and impact of environmental factors. Artificial intelligence will be used for developing predictive algorithms of treatment responses and in particular CPAP adherence. Expected original results and building such a network will provide a strong rationale for future application to European projects (H2020), industrial collaborations, and design of large scale randomized controlled trials, beside improvements in personalized OSA care.

Organizers: Maria R Bonsignore and Oreste Marrone, Palermo, Italy
Jan Hedner, Gothenburg, Sweden

Participants: Ludger Grote, Gothenburg, Sweden
Jean-Louis Pepin, Grenoble, France
Sebastien Bailly, Grenoble, France
Stefan Mihaiucita, Timisoara, Romania
Sofia Schiza, Crete, Greece
Frederick Gagnadoux, Angers, France
Thomas Penzel, Berlin, Germany
Johan Verbraecken, Antwerp, Belgium
Gianfranco Parati, Milan, Italy
Tarja Saarensranta, Turku, Finland (Skype)
George Vavougios, Larissa, Greece, (Skype)
III. Presentation of the ESADA at major European Meetings during 2018

ESRS Congress Basel

1. Hypertension control in OSA – data from the European Sleep Apnea Database
   Svedmyr S, Sweden (poster)

2. Clinical judgement in mild OSA - data from the European Sleep Apnoea Database (ESADA) study
   I. Bouloukaki, Greece (poster)

3. Positional dependency in mild obstructive sleep apnoea in the European Sleep Apnoea Database (ESADA) study.
   I. Bouloukaki, Greece (poster)

4. Arrhythmias and sleep related breathing disorders: data from the European Sleep Apnoea Database (ESADA)
   C. Lombardi, Italy (oral presentation)

5. Sleep fragmentation in sleep disordered breathing based on a large database (ESADA)
   T. Penzel, Germany (oral presentation)

6. Seasonal differences in obstructive sleep apnea severity. Results from the European Sleep Apnea Database (ESADA)
   R. Staats, Portugal (oral presentation)

European Sleep Apnea Network Symposium: New insights in the Clinical Picture of Sleep Apnea - findings from the European Sleep Apnea Database (ESADA)
7. **The 10th Anniversary of the ESADA database - lessons learned and visions for the future.**  
Jan Hedner, Sweden (oral presentation)

8. **Clinical Phenotypes of obstructive sleep apnea - a cluster analysis using 'Big data'**  
Sebastien Bailly, France (oral presentation)

9. **Mild sleep apnea - the European perspective**  
Izolde Bouloukaki, Greece (oral presentation)

10. **Metabolic consequences of sleep apnea and the impact of treatment**  
Canan Gunduz, Turkey (oral presentation)

**ERS Congress Paris**

1. **Hypoxia and cardiovascular comorbidity in the ESADA OSA patients with insomnia symptoms**  
Ulla Anttalainen (Finland) (oral presentation)

2. **Mild obstructive sleep apnoea (OSA) and arterial hypertension in the European Sleep Apnoea Database (ESADA) cohort study.**  
Sofia Schiza (Greece), (oral presentation)

3. **Determinants of daytime sleepiness in mild obstructive sleep apnoea syndrome.**  
Data from the European Sleep Apnoea Database (ESADA) cohort study.  
Paschalis Steiropoulos (Greece) (poster discussion)

4. **Positional obstructive sleep apnea in the European Sleep Apnoea Database (ESADA) study**  
Izolde Bouloukaki (Greece), (poster discussion)

Ludger Grote on behalf of the ESADA study group, European Sleep Apnea Network
The Assembly of National Sleep Societies organized the ANSS Networking Meeting symposia at the recent 24th Congress of the ESRS, that was held in Basel on 27th of September. The EC ANSS chair Liborio Parrino presented the current situation of sleep medicine in Europe and the main difficulties among the different national sleep societies. He emphasized the good model of cooperation among different nations, represented in ANSS under the umbrella of the ESRS, that resulted in many successful projects such as guideline development, task forces and other initiatives to promote sleep medicine in Europe. In his visionary mode he presented the idea of EU sleep broadcasting media. Johan Verbraecken made an insightful review of past ANSS activities and Erna Sif Arnardottir gave a quick overview of recent developments in “Beyond AHI” task force. She also chaired the whole day meeting of this important ANSS-ESRS task force preceding the congress where important progress in task force design had been made. The new chair of the EC ANSS, Barbara Gnidovec Stražišar, named some opened challenges and future perspectives of the ANSS. The networking meeting event was followed by lively open panel discussion in which all EC ANSS members and most of the presidents of the national sleep societies participated.

At the ESRS congress the new composition of EC ANSS step in place. We welcomed three new members Lyudmila Korostovtseva (Russia), Samson Khachatryan (Armenia) and Ysbrand van der Werf (The Netherlands). Always energetic EC ANSS chair Liborio Parrino, ANSS representative in ESRS board Johan Verbraecken, and extremely productive member Erna Sif Arnardottir ended their very successful 4-year mandate and accepted to serve for the next two years as Advisory members of the EC ANSS. After discussion within the EC Barbara Gnidovec Stražišar was nominated as the new EC chair and Oana Deleanu became ANSS representative in the ESRS board, handing over the secretary position to Lyudamila Korostovtseva.

The EC ANSS already started first preparations for the 2019 ANSS annual meeting that will be held May 3 to May 4 in St. Petersburg, Russia. The members of the EC agreed on regular monthly teleconferences and will organize a physical meeting in Amsterdam in January 2019 to finalize the agenda of the ANSS annual meeting.
SLEEPING ON IT CAN HELP YOU MAKE A BETTER DECISION?

The Open Access article *Nap-mediated benefit to implicit information processing across age using an affective priming paradigm* from Netasha Shaikh and Elizabeth Coulthard at University of Bristol, showing that taking a nap can actually help us process information unconsciously, has featured in over 9 news articles and 38 Tweets from all over the world.
CALL 2019 FOR ESRS FELLOWSHIP AND TRAINING GRANT APPLICATIONS

The ESRS Board has established a fund to support early career researchers within Europe. The deadline for applications is 15 January 2019.

The call can be viewed [here](#).
CERTIFIED EXPERT SOMNOLOGISTS 2018

The seventh examination for Somnologists commissioned by the ESRS took place in Basel on 25 September 2018 during the 24th Congress of the European Sleep Research Society.

The ESRS Board and the ESRS Examination Subcommittee congratulate all those who passed the ESRS Examination in Sleep Medicine and obtained certification as Expert Somnologists.

Mohammed Albalawi, CN
Salih Aleissi, SA
Roelof Aleva, NL
Mustafa Alnasser, SA
Lilia Andrade, PT
Panagiotis Bargiotas, CH
Miqdad Bohra, CN
Hanna Martha Boss, NL
Ammieme Braam, NL
Eveline Braam, NL
Vivien Bromundt, CH
Mariana Brozici, BE
Alexander Buchholt, CH
Hanna Burkhaltier, CH
Christina Caporale, CH
An Carlier, BE
Anna Castelnovo, IT
Jasper Companjen, NL
Marcel Copper, NL
Inge Declercq, BE
Berenice Delwiche, BE
Thorsten Doering, DE
Sylvie Dujardin, NL
Suela Ana Dylgjeri, FR
Mina Economidou, CY
Ayse Deniz Elmali, TR
Sandra Evertse-Snijders, NL
Amelia Feliciano, PT
Evangelia Florou, GR
Rolf Froncek, NL
Anna Michela Gaeta, ES
Valentina Gnuni, GB
Cathelijne Gorter de Vries, NL
Vlada Govzman, RU
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Frederique Vermeij, NL
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Rybel Wix Ramos, ES
Benson Chun To Wong, CN
CERTIFIED TECHNOLOGISTS 2018

The fifth examination of Sleep Technologists commissioned by the ESRS took place in Basel on 25 September 2018 during the 24th Congress of the European Sleep Research Society.

The ESRS Board and the ESRS Examination Subcommittee congratulate all those who passed the examination and obtained a certification as Expert Somnologist Technologists.

André Alves, PT  
Isabel Marina Azevedo, PT  
Anja Couperus, NL  
Hugo Ferreira, PT  
Marc Fonteyn, BE  
B.G.M Ganzevles-Hoogervorst, NL  
Dina Grencho, PT  
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Bas Schottert, NL  
Helder Simão, PT  
Jonate van den Oever, NL  
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Gea Van Wijk, NL  
Ana Viegas, PT  
Jessica Wright, GB
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

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<thead>
<tr>
<th></th>
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<th>ESRS Early Career Research Network (ECRN)**</th>
<th>Non-Members</th>
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<tr>
<td>Price per copy</td>
<td>€ 140</td>
<td>€ 120</td>
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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.

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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)

31 January 2019: Early bird registration closes

Register now for early-bird discount
View the advance programme

25th Congress of the European Sleep Research Society
Date: September 22 – 25, 2020
Venue: Seville, Spain
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www.esrs.eu/education-career/job-opportunities.html
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APPENDIX I: MINUTES OF THE ESRS BUSINESS MEETING (BASEL 2018)

MINUTES OF THE ESRS BUSINESS MEETING

Date: 27 September 2018, 18:00 – 20:00
Participants: The meeting has been attended by 154 ESRS members.
Venue: Room Montreal, Congress Centre Basel, Messeplatz 21, 4058 Basel, CH

1. Opening by the President of the ESRS
   The President, Walter McNicholas, welcomed the participants and opened the business meeting.

2. Determination of the Election Assistance
   Debra Skene was nominated and approved to conduct and supervise the counting procedure of the elections of Board and Scientific Committee members.

3. Acceptance of the Minutes of the Previous Business Meeting
   The minutes of the previous business meeting held on 15 September 2016 in Bologna, Italy, which had been distributed attached to the November 2016 Newsletter, were accepted with no changes.

4. Report of the Activities of the ESRS
   Walter McNicholas presented an overview on the ESRS activities and the development of the society.

   The number of ESRS members increased continuously over the recent years, as reflected in the statistical breakdown:

<table>
<thead>
<tr>
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<th>2014</th>
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</tr>
<tr>
<td>South America</td>
<td>17</td>
</tr>
</tbody>
</table>
The status of suspended members results from overdue payment of membership fees.

The composition of the ESRS Board and all ESRS Committees were presented and Walter McNicholas thanked everybody for their dedication to the ESRS and appreciated their great contributions.

He congratulated the Scientific Committee, co-chaired by Raphaelle Winsky-Sommerer and Gilles Vandewalle, which performed a key role for the organization of the ESRS 2018 congress and its scientific programme. The Sleep Medicine Committee is under transformation. Dirk Pevernagie took over as committee chair after the resignation of Thomas Penzel. The committee has set itself ambitious objectives. All topics and items in the restructured committee will be treated by focus groups.

The Education Committee chaired by Tiina Paunio is doing a great job in regards to the performance and further development of the ESRS Sleep Medicine Examination. The ESRS ANSS EU Committee chaired by Roberto Amici is further developing co-operations with the European Union. The Research networking Committee chaired by Pierre-Hervé Luppi is dedicated to the basic elements of the society. The Early Career Research Network chaired by Kate Porcheret contributed the programme for the Early Career Day in Basel. Walter McNicholas encouraged the committee to continue developing their important and ambitious activities. The ESRS Web Committee chaired by Bogdan Voinescu is dedicated to the redevelopment of the ESRS website. A report will be given by the Chair during this business meeting.

The Executive Committee of the Assembly of National Sleep Society (ANSS) chaired by Liborio Parrino is a crucial link between the ESRS and associated national sleep societies. Walter McNicholas congratulated Liborio Parrino for the great work.

In the years 2017 and 2018, the ESRS Board held nine conference calls, four face-to-face board meetings, and two meetings with the ANSS. Seven newsletters were published during this period.

Joint symposia and other events organized during the previous and the current ESRS business meeting include:

- **Sleep and Breathing**, 6 – 8 April 2017, Marseille, FR
  (4th conference co-organized between ERS and ESRS)
  The conference, focused on education and CPD with a broader content than sleep and breathing, was attended by around 850 delegates.
  The 4th Examination of Certification in Sleep Medicine for Sleep Technologists and the 6th Examination of Certification in Sleep Medicine were held during the meeting.
- **ANSS Meeting**, 4-5 May 2018, Parma, IT
  Local organizer: L. Parrino
- **1st ESRS Sleep Science School “Neural Networks in Sleep”**, 16-21 October 2017, Fréjus, FR
  Organizers: P.-H. Luppi and P. Peigneux
  Participants: 39 early career scientists (from Master to Postdoctoral)
  Faculty: 8 international sleep experts:
  Patricia Bonnavion, Alain Destexhe, Hans-Peter Landolt, Pierre-Hervé Luppi, Anita Lüthi, Philippe Peigneux, Victor Spoormaker and Vlad Vyazovskly
The 2nd ESRS Sleep Science School “Sleep and Ageing” is already under development. The current planning status is as follows:

Place and date: Fréjus, France, 29 September – 4 October 2019
Organizers: T De Boer, P-H Luppi, L Nobili and P Peigneux
Participants: 40 early career scientists will be selected
Confirmed international sleep experts: Julie Carrier (CA), Tom de Boer (NL), Lino Nobili (IT), Pierre-Hervé Luppi (FR), Philippe Peigneux (BE), Debra Skene (UK), Tarja Stenberg (FI)

Grants will be available.

ESRS 2018 congress

The 5th European Sleep Science Award was granted to Torbjörn Åkerstedt. The laudatio was held by Walter McNicholas.

In the opening ceremony, Walter McNicholas presented the ESRS History poster created by Hartmut Schulz, longstanding ESRS member and expert in sleep science history. The poster was also exhibited at the ESRS booth and other places of the venue and experienced great interest and appreciation among members and participants.

There is an overall growth in terms of attendance apart from a slight decrease in Basel with 1858 (1732 attendees + 126 exhibitors) participants.

1858 (2016: 1904) participants coming from 70 different countries
1. Switzerland
2. Netherlands
3. United Kingdom

Abstracts submitted: 882 (2016: 1042)
- Oral presentations 112
- Poster presentations 771
- Rejected abstracts 3
Submitted invited speaker abstracts 94

Symposia proposal: 60
- Accepted 21
  - 16 as "symposium"
  - 5 as "Round Table 60 min"
- Rejected 39

Exhibiting companies: 22 (2016: 30)

In 2018, the format of poster sessions was changed. Poster walks were performed in Basel for the first time.

According to the tradition, the ESRS Soccer “North & South” game was held as part of the social programme.

Examination in Sleep Medicine 2012 – 2018

The ESRS examination and certification is a major success of the society. The 8th Examination of Certification in Sleep Medicine and the 6th Examination of Certification in Sleep Medicine for Sleep Technologists took place in Basel on 25th September 2018. The development since 2012 is as follows:

<table>
<thead>
<tr>
<th>Event</th>
<th>Examination in Sleep Medicine</th>
<th>Examination in Sleep Medicine for Technologists</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paris ESRS 2012 &amp; Berlin ERS-ESRS S&amp;B 2013</td>
<td>122</td>
<td></td>
</tr>
<tr>
<td>Tallinn ESRS 2014</td>
<td>106</td>
<td>38</td>
</tr>
<tr>
<td>Barcelona ERS-ESRS S&amp;B April 2015</td>
<td>64</td>
<td>32</td>
</tr>
<tr>
<td>Bologna ESRS 2016</td>
<td>141</td>
<td>43</td>
</tr>
<tr>
<td>Marseille ERS-ESRS S&amp;B April 2017</td>
<td>60</td>
<td>17</td>
</tr>
<tr>
<td>Experts in Sleep Medicine 2012 - 2017</td>
<td>493</td>
<td>130</td>
</tr>
<tr>
<td>Basel ESRS 2018 (participants)</td>
<td>90</td>
<td>37</td>
</tr>
</tbody>
</table>
ESRS Textbook:
The study material for the examination is based on the ESRS Textbook which is endorsed by the European Respiratory Society (ERS).

Future conferences:
The Sleep and Breathing Conference 2019, co-organized by ERS and ESRS, will be held from 11 to 13 April in Marseille, France.

The ESRS 2020 Congress, hosted by the Spanish Sleep Society, will be held from 22 to 25 September 2020 in Seville, Spain.

Journal of Sleep Research:
The Impact Factor (IF) of the Journal of Sleep Research (JSR) increased to 3.433. JSR is thus currently ranked number 3 among significant sleep journals. The next challenge is to further increase the IF to move up to number 2.

The acceptance rate is between 20 and 30%. The number of submissions has been continuously growing over the years as shown in the table below.

Total number of original submissions and R1 to R5 versions (1 Jan 2006 to 31 Dec 2017):

<table>
<thead>
<tr>
<th>Year</th>
<th>Original submissions</th>
<th># R1 versions</th>
<th># R2 versions</th>
<th># R3 versions</th>
<th># R4 versions</th>
<th># R5 versions</th>
<th>Total of ms processings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006</td>
<td>233</td>
<td>52</td>
<td>18</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>305</td>
</tr>
<tr>
<td>2007</td>
<td>244</td>
<td>61</td>
<td>22</td>
<td>3</td>
<td>0</td>
<td>0</td>
<td>330</td>
</tr>
<tr>
<td>2008</td>
<td>290</td>
<td>95</td>
<td>44</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>437</td>
</tr>
<tr>
<td>2009</td>
<td>296</td>
<td>83</td>
<td>40</td>
<td>9</td>
<td>1</td>
<td>1</td>
<td>430</td>
</tr>
<tr>
<td>2010</td>
<td>278</td>
<td>66</td>
<td>38</td>
<td>7</td>
<td>0</td>
<td>0</td>
<td>389</td>
</tr>
<tr>
<td>2011</td>
<td>352</td>
<td>88</td>
<td>32</td>
<td>7</td>
<td>1</td>
<td>0</td>
<td>480</td>
</tr>
<tr>
<td>2012</td>
<td>345</td>
<td>92</td>
<td>41</td>
<td>6</td>
<td>1</td>
<td>0</td>
<td>485</td>
</tr>
<tr>
<td>2013</td>
<td>335</td>
<td>89</td>
<td>45</td>
<td>4</td>
<td>0</td>
<td>0</td>
<td>473</td>
</tr>
<tr>
<td>2014</td>
<td>421</td>
<td>88</td>
<td>32</td>
<td>9</td>
<td>0</td>
<td>0</td>
<td>550</td>
</tr>
<tr>
<td>2015</td>
<td>415</td>
<td>103</td>
<td>46</td>
<td>9</td>
<td>2</td>
<td>1</td>
<td>576</td>
</tr>
<tr>
<td>2016</td>
<td>407</td>
<td>103</td>
<td>48</td>
<td>6</td>
<td>0</td>
<td>0</td>
<td>564</td>
</tr>
<tr>
<td>2017</td>
<td>462</td>
<td>148</td>
<td>77</td>
<td>11</td>
<td>2</td>
<td>0</td>
<td>700</td>
</tr>
<tr>
<td>Total</td>
<td>4078</td>
<td>1068</td>
<td>483</td>
<td>80</td>
<td>8</td>
<td>2</td>
<td>5719</td>
</tr>
</tbody>
</table>
Concluding his ESRS activity report, Walter McNicholas thanked the ESRS members for their confidence and support of the ESRS Board. Moreover, he thanked the members of the ESRS Board and Committees for their hard and dedicated work.

**Update from ESRS Web Committee:**

Bogdan Voinescu, chair of the ESRS Web Committee, briefly presented the current development status of the renewed ESRS website.

The improvement of the site is focused on the following objectives:

**Short-term objectives:**
- Design
- Members database
- Newsletter
- Payment system
- Members’ area
- Laboratories database
- Online voting

**Medium-term objectives:**
- Society app
- Online education
- Facilities for conferences

The new website will use responsive web design to make all content viewable on different devices, like tablets and mobile phones, etc. A draft site with new reactive design has already been created which is pretty close to the final product.

The members database will be reconfigured in consideration of the following requirements:
- Manage various types of memberships
- Get paid for e-learning and digital courseware
- Accept recurring payment for content, podcasts, video etc.
- Create private social communities
- Develop robust directory or listings sites by topic or region
- Offer product subscriptions or members-only product discounts

The new membership system, based on Paid Memberships Pro, will be fully integrated.

The newsletter will use MailChimp profiting from the following advantages:
- Approved bulk mailer
  - Unlimited number of recipients at one time
  - Not labelled as “junk” mail
- Adherence to privacy laws
  - Collects GDPR consent
  - Unsubscribe link in every email
- Know if people are reading our emails
  - See the links the majority of readers clicked on
  - See which stories appeal to whom and where to improve the email next time
- Divide lists into groups
Potential payment gateways are PayPal, Stripe and Braintree.

The members area will allow to interact in social networks (create user profiles, start private conversations), interact in groups and connect to users. A major demand is to get adequate images for the graphical development.

The short-term objectives are nearly reached in the new site.

The pros and cons for a mobile website or society app were presented. The question is complex and a decision can hopefully be made soon.

Online education and e-tools will include:

- Textbook
- Courses
- Webinars/webcasts
- CPD certificate

Facilities for conferences will consider:

- E-posters
- Access to presentations
- Access to video recordings
- Online voting

In the discussion, it was proposed to provide an interface for the press.

5. Report of the Treasurer

Walter McNicholas presented the treasurer report on behalf of the ESRS Treasurer Hans-Peter Landolt who was prevented from attending the meeting.

The society is in a very healthy financial state as reflected in the account balances of the recent years:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Transit account</td>
<td>1,213.67 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
</tr>
<tr>
<td>Securities Account</td>
<td>350,839.86 €</td>
<td>555,829.71 €</td>
<td>555,799.95 €</td>
<td>555,785.07 €</td>
</tr>
<tr>
<td>Fixed Deposit Account</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
</tr>
<tr>
<td>Current Account</td>
<td>7,312.35 €</td>
<td>55,200.44 €</td>
<td>255,191.29 €</td>
<td>352,816.61 €</td>
</tr>
<tr>
<td>PayPal</td>
<td>1,323.39 €</td>
<td>10,277.10 €</td>
<td>17,781.24 €</td>
<td>1,745.66 €</td>
</tr>
<tr>
<td>Elavon Credit Card Handler</td>
<td>-32,66 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>-134,76 €</td>
</tr>
<tr>
<td>ESRS Credit cards</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
</tr>
<tr>
<td>American Express Cash</td>
<td>99.68 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
<td>0,00 €</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>359,542.63 €</strong></td>
<td><strong>621,307.25 €</strong></td>
<td><strong>828,772.46 €</strong></td>
<td><strong>910,212.58 €</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Summary</th>
<th>Year</th>
<th>Expenses</th>
<th>Revenues</th>
<th>Results</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2016</td>
<td>282,403.36 €</td>
<td>544,167.99 €</td>
<td>261,764.63 €</td>
</tr>
<tr>
<td></td>
<td>2017</td>
<td>370,024.11 €</td>
<td>576,276.27 €</td>
<td>206,252.16 €</td>
</tr>
<tr>
<td>January - June 2018</td>
<td>166,629.65 €</td>
<td>248,069.75 €</td>
<td>81,440.10 €</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>819,057.12 €</strong></td>
<td><strong>1,368,514.01 €</strong></td>
<td><strong>549,456.89 €</strong></td>
<td></td>
</tr>
</tbody>
</table>
The financial growth for the period between 2011 and 2018 (June 30) is as follows:

<table>
<thead>
<tr>
<th>Year</th>
<th>2011</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year end (€ x 1'000)</td>
<td>0</td>
<td>250</td>
<td>500</td>
<td>750</td>
<td>1000</td>
<td>1000</td>
<td>1000</td>
<td>1000</td>
</tr>
</tbody>
</table>

The positive financial development is partly due to the growth of ESRS congresses and joint ERS-ESRS conferences. It allows strategic investment in two areas, namely committee activities and administrative support which needs to be increased. On this occasion, Walter McNicholas thanked Brigitte Knobl and Maria Wiechmann in appreciation of their great contribution and work.

No questions were raised after the presentations of the report.

Finally, Walter McNicholas cordially thanked Lino Nobili, who completed his tenure as ESRS Secretary, and Johan Verbraecken, who completed his tenure as member co-opted from ANSS.

6. Discharge of the Board of Officers
The current ESRS Board was discharged without objection.

7. Election of the Members of the Board of Officers
Debra Skene explained the voting procedures. All candidates were unopposed. The election was carried out by local e-voting.

According to the results of the election, the new ESRS Board is composed of:

- President: Walter McNicholas (Yes: 115, No: 2, Abstention: 14; re-elected)
- Vice-President (Basic): Tom de Boer (Yes: 118, No: 7, Abstention: 10; elected)
- Vice-President (Clinical): Tiina Paunio (Yes: 124, No: 1, Abstention: 11; re-elected)
- Secretary: Pierre-Hervé Luppi (Yes: 121, No: 6, Abstention: 16; elected)
- Assistant Secretary: Raffaele Manni (Yes: 116, No: 2, Abstention: 20; elected)
- Treasurer: Hans-Peter Landolt (Yes: 124, No: 4, Abstention: 9; re-elected)

8. Election of the Scientific Committee
Out of the current Scientific Committee, the following persons agreed to run for a second 2-year term.

- Ludger Grote (Human Clinical)
- Reto Huber (Basic Human and Animal Sleep Research)
- Christoph Nissen (Basic Human and Clinical Sleep Research)
- Giovanna Zoccoli (Basic Animal)
Additional candidates were:

Kerstin Hoedlmoser (Human Basic)
Anita Lüthi (Basic Mouse Sleep Research)
Daniel Neu (Human Clinical)
Christina Schmidt (Human Basic)
Vladyslav V. Vyzovskiy (Basic Animal)

Since the number of applicants corresponded with the number of Scientific Committee members, the participants were asked whether the Scientific Committee can be elected as a group. No objection was raised.

The election of the Scientific Committee as a group was carried out by e-voting with the following result:

Yes: 135, No: 1, Abstention: 2

The new ESRS Scientific Committee, listed in alphabetical order, is thus composed of:

Ludger Grote
Kerstin Hoedlmoser
Reto Huber
Anita Lüthi
Daniel Neu
Christoph Nissen
Christina Schmidt
Vladyslav V. Vyzovskiy
Giovanna Zoccoli

Walter McNicholas thanked the leaving members who have finished their second two-year term for their work, namely Raphaëlle Winsky-Sommerer, Gilles Vandewalle, Gianluca Ficca, Birgit Högl, and Poul Jønnum.

9. Proposal and Voting of ESRS Bylaws Amendment
(published in the August 2018 issue of the ESRS newsletter)

Four changes to the Articles of Association of the European Sleep Research Society (ESRS) e.V. were proposed by the ESRS Board. Walter McNicholas presented and commented the proposed amendments. The vote for each proposed modification was carried out separately by e-voting.

Modification 1:

Current text:

§ 3.1 Membership
There are full members, student members, associate society members, associate individual members and supporting members. Only full and student members have active and passive voting rights as individuals, i.e. only full members and student members can vote during and be elected for any kind of position by the general assembly of the membership.

Proposed amended text:

§ 3.1 Membership
There are full members, student and retired members, associate society members, associate individual members and supporting members. Only full, and student and retired members have active and passive voting rights as individuals, i.e. only full,
members and student and retired members can vote during and be elected for any kind of position by the general assembly of the membership.

Yes: 126  No: 11  Modification 1: Accepted

Modification 2:
Current text:
§ 3.2 Membership
The society is in principle a society for European scientists; however, applications for membership from individuals and groups outside Europe are welcome.

Proposed amended text:
§ 3.2 Membership
The society is in principle a society for European scientists members; however, applications for membership from individuals and groups outside Europe are welcome.

Yes: 109  No: 24  Modification 2: Accepted

Modification 3:
To add a new section after § 11. Resolutions by the General Assembly of Members at the Business Meeting:
§ 12. Voting
Matters that require voting by the Society members shall, where possible, be decided by electronic voting via the ESRS website. Appropriate precautions will be taken to ensure that such electronic voting is limited to one vote per eligible member. The decision to initiate an electronic vote on a specific matter shall be taken by the ESRS Board.

The election of the board of officers will remain a prerogative of the business meeting.

Yes: 101  No: 30  Modification 3: Accepted

In the discussion, the pros and cons of e-voting were examined. In its nature, e-voting is not differing from postal ballots already defined in the bylaws. A definite advantage is the fact that e-voting gives all members the chance to vote independent from their attendance of the bi-annual meeting. The e-voting procedure requires, however, careful preparations and discussions. The new website will allow forum discussions.

Modification 4:
Current text:
§ 12 Scientific Committee
The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.
The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.

**Proposed amended text:**

**§ 42 13 Scientific Committee**

The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. **Membership of the Committee shall maintain a balance between basic and clinical science.** The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.

The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.

**Yes:** 130  **No:** 7  **Modification 4:** Accepted

**10. ESRS Congress 2022 (Proposal and Voting)**

Walter McNicholas explained the shortlisting procedure of the evaluation process. Eight high quality applications were received from throughout Europe. An initial technical evaluation was made by Congrex regarding suitability of the proposed conference centre, accessibility and accommodation facilities. Remaining venues were reviewed and compared by the ESRS Board. Three Board members associated with individual bids were excluded from the final shortlisting. There was unanimous agreement among the other Board members to shortlist Athens and Dublin.

Olivia Montanari from Congrex presented an objective overview regarding infrastructure and costs for both venues.

The candidate cities Athens and Dublin were presented by Dimitris Dikeos and Sophia E. Schiza (Hellenic Sleep Research Society) and Silke Ryan (Irish Sleep Society), respectively.

The election was done by paper ballot. Walter McNicholas invited a presenter from each candidate city to supervise the counting.

The results of the vote were:

- Athens = 89
- Dublin = 56

The ESRS congress 2022 will be held in Athens.

**11. Miscellaneous**

No miscellaneous items were raised.

B. Knobl, 26 October 2018
APPENDIX II: ESRS BYLAWS UPDATE (BASEL 2018)

Articles of Association of the
European Sleep Research Society (ESRS) e. V.

§ 1
Name, Registered Office, Fiscal Year

1. The society which is to be registered in the association register has the name "European Sleep Research Society (ESRS) e. V."

2. The society has its registered office in Regensburg.

1. The fiscal year of the society is the calendar year.

§ 2
Purpose, Tasks and Public Benefit

1. The purpose of the society is to promote research on sleep and related areas, to improve the care for patients with sleep disorders and to facilitate the dissemination of information regarding sleep research and sleep medicine.

2. The goal of the society is exclusively and directly to serve the public interest within the meaning of the section "Purposes subject to lower tax rates" in the Tax Code. The purpose of the articles of association shall be fulfilled through scientific and practical activities of the members in all areas of sleep research, the care for patients with sleep disorders and through the continuing education of all professional groups involved in this field. The purpose of the articles of
association shall also be implemented through the holding of conferences, symposia, workshops, teaching courses and presentations in the area of sleep research and through the financing of educational visits and the setting up of grants and scholarships. This shall include a publication such as the Journal of Sleep Research (JSR).

3. The society acts on a non-profit basis; it does not pursue business purposes of its own.

4. The funds of the society may only be used for the purposes permitted by the articles of association. The members of the society or other persons shall receive funds from the society only if this is necessary to fulfil the tasks of the society (§2 paragraph 2). The amounts of the funds have to be appropriate for the tasks. The consent of the board of officers is necessary for this purpose.

5. Upon dissolution or termination of the society or if the current purpose ceases to apply, a resolution shall be passed regarding who shall receive the assets of the society. Only those recipients may be considered who will use them directly and exclusively for the public benefit. This resolution can only be carried out with the approval of the tax authorities.

§ 3

Membership

1. There are full members, student and retired members, associate society members, associate individual members and supporting members. Only full, student and retired members have active and passive voting rights as individuals, i.e. only full, student and retired members can vote during and be elected for any kind of position by the general assembly of the membership.

2. The society is in principle a society for European members; however, applications for membership from individuals and groups outside Europe are welcome.
3. The society encourages applications for membership from individuals, European national sleep societies and supporting legal bodies (companies or societies other than Nation Sleep Societies) who are engaged in sleep research or sleep medicine.

4. Associate society membership of European national sleep societies is particularly encouraged. These members form the assembly of national sleep societies (ANSS) made up by one representative of each National society who must be a full ESRS member. This assembly phrases its own articles based on the following principles: (a) The ANSS meets at least every second year during the ESRS congresses. (b) The ANSS elects a committee of 5 representatives of National sleep societies which determine a chair and a co-chair. (c) This ANSS executive committee proposes one member to the ESRS board as full board member (d) The ANSS fixes annual fees to be paid by every associate society member. These fees, paid to the ESRS treasurer, are used for expenses of the ANSS.

5. Applications of National sleep societies to become associate society members are directed toward to ESRS board who decides on an individual basis.

6. Associate individual members are members of associate societies who are not full ESRS members. They have no active or passive voting wrights within the ESRS, but they will get privileged access to a wide range of ESRS material.

7. Supporting members are companies or societies other than European national sleep societies who wish to support ESRS. They do not have passive or active voting rights. The membership fee is fixed individually by the ESRS board.

8. Applications of companies or societies to become supporting ESRS members are directed towards the ESRS board who decides on an individual basis.

9. Applications of individuals for membership must be made in writing to the secretary of the society. The Board of officers shall decide on admission or non-admission. The name of the new member shall be made public through publication in the ESRS newsletter.
§ 4  

Termination of Membership

1. Membership ends upon death, exclusion or resignation from the society.

2. Resignation shall occur by written notice to the board of officers.

3. A member may be excluded by a resolution of the general assembly of member, if that member culpably inflicts substantial damage on the interests of the society, or is deemed guilty of serious misconduct. For this purpose a majority of two-thirds of the valid votes cast, or a postal ballot with a two-thirds majority, is necessary. Members’ responses must be sent to the board within fifty days after the start of the postal ballot. The board shall record the valid votes received. A board member has to sign the protocol; the result shall be made public in writing.

§ 5  

Membership Fees

Each individual member shall pay a membership fee as set by the general assembly of members at the business meeting for the respective group (regular members, student members and supporting members). The membership fees for the coming two years shall be paid on a biennial basis prior to December 1 of the current year, and shall include the subscription to the Journal of Sleep Research published by the society. The members who join after October 30 shall be exempt from payment of the membership fee for the current year. Members who do not pay their fees after a reminder letter of the treasurer shall be suspended until payment.

§ 6  

Constituent Bodies of the Society

Constituent bodies of the society are:
1. the board of officers
2. the general assembly of members.

§ 7
Board of Officers

1. The members of board of officers of the society are elected from the group of the full members who have their residence in a European country or Israel.

The board of officers according to § 26 BGB consists of:

a) President
b) Vice President (clinical sleep science)
c) Vice President (basic sleep science)
d) Secretary
e) Assistant Secretary
f) Treasurer
g) ANSS representative
h) Editor of the Journal of Sleep Research as advisory member
i) Past President as advisory member

The board of officers will represent the society vis-à-vis the members and third parties in both judicial and extrajudicial contexts (§ 26 BGB). Each member of the board of officers shall represent the society only together with another member of the board of officers.

The president, vice presidents, secretary, assistant secretary and treasurer shall be elected separately for the period between two business meetings. This will normally be a period of approximately two years. The election shall be decided by simple majority of the valid votes casts of the members of the society. Re-election is possible for one term of office; re-election of the treasurer is possible for an unlimited number of terms of office.
Proposals for the candidates for the board of officers must be submitted in writing and must reach the president at least two weeks in advance of the business meeting; later proposals cannot be accepted.

2. Within the society the following is decided:

a) The president shall chair the meetings of the board of officers as well as the business meeting. The president is generally responsible for all matters which relate to the administration of the society. In cooperation with the secretary, the president is responsible for the implementation of decisions made by voting members or by the board of officers. The president shall fulfil tasks which are important and desirable for the attainment of the goals of the society.

b) The vice presidents shall support the president and the secretary in their duties. One of the vice presidents shall take over the duties of the president upon the latter's absence or incapacity. In case of incapacity of the president and the vice presidents, they will be replaced by another member of the board of officers.

c) The secretary is the secretary to the members of the board of officers. Together with the president, the secretary is responsible for the implementation of decisions which were made by voting members or the board of officers. The secretary is responsible for the safekeeping of documents of the association. During the business meetings, the secretary shall supervise minutes and recording of motions, the results of the elections and, if counted, the number of votes cast for and against. The secretary shall also ensure that notes are taken from the key points of the discussion. The secretary shall disseminate information on the activities of the society. In cooperation with the president, the secretary shall prepare the ESRS newsletter and send it to all members of the society. The secretary shall foster co-operation between national sleep societies within Europe.

d) The assistant secretary shall support the secretary and shall take over the tasks of the secretary upon the latter's absence or incapacity.
e) The treasurer shall manage the money and the commitments of the society. The treasurer shall keep complete and accurate books on the receipts and expenditures of the society. The treasurer shall deposit all moneys and other assets on behalf of and in favour of the society in accounts designated by the board of officers. The treasurer shall make payments on behalf of the society to the extent authorized by the board of officers, and shall render account to the general assembly of members and to the meeting of the board of officers regarding the financial situation of the society.

f) The executive committee of the ANSS shall be responsible for interaction of the ESRS board with the ANSS.

g) Advisory members of the board do not have the right to vote in the board of officers.

h) The past president shall support the board of officers through information on previous policies, procedures, etc.

3. The board of officers shall manage the affairs and shall decide in particular on the expenditures of the society. The board of officers shall decide by simple majority on all matters.

§ 8

General Assembly of Members= Business Meeting

1. Only full ESRS members and student members in attendance are entitled to vote. Each member carries one vote.

2. The general assembly of members is responsible for all matters as far as the articles of association do not explicitly declare the board of officers to be responsible.
3. The board of officers shall determine the preliminary agenda of the business meeting and shall inform the members through the ESRS newsletter. The voting members by simple majority of the valid votes cast, shall decide upon the following:

a) Minutes of the previous business meeting;

b) Election of the members of the board of officers;

c) Election of the scientific committee;

d) Acceptance of the financial report of the treasurer and of an appointed accountant;

e) Determination of the amount of the membership fees;

f) Future conference locations.

§ 9

Convening a General Assembly of Members

1. At least every second year, a regular general assembly of members shall be held (business meeting). It shall be convened by the board of officers with at least four weeks notice in writing, along with a notification of the agenda. The notice period shall begin on the day following the sending of the invitation letter. The agenda shall be set by the board of officers.

2. Each member may apply to the board of officers in writing for an amendment to the agenda. This application must be received at least one week before the business meeting. The chair of the meeting shall make the amendment known at the beginning of the general assembly of members. The general assembly of members shall decide on applications to amend the agenda which are put before it. This does not apply to elections and to changes in the articles of association.

§ 10

Special Membership Meetings
A special membership meeting shall be called by the board of officers if required in the interest of the society or if one tenth of the members request this from the board in writing, indicating the purpose and reasons.

The notice period may be reasonably shortened, but must be at least one week. Otherwise, § 11 applies as appropriate.

§ 11

Resolutions by the General Assembly of Members at the Business Meeting

1. The business meeting shall be chaired by the president. If no member of the board of officers is present, the assembly shall determine who is to chair the meeting. In case of elections, the direction of the meeting may be transferred to an election officer for the duration of the election and the prior discussion. In case of the absence of the board, this procedure must be followed.

The votes shall be taken by show of hands. Upon application by one third of the voting members present, the vote must be taken by written ballot. In elections of persons the vote will be by written ballot if this is requested by one or more members present at the meeting.

2. The general assembly of members shall pass resolutions by simple majority of the valid votes cast, in so far as these articles of association do not explicitly require a different majority. Abstentions will not be counted. A two thirds majority of the valid votes cast is necessary to change the articles of association.

3. The board can initiate a postal ballot on important issues (including elections) between two memberships meeting if necessary. In this case resolutions shall pass by simple majority of the valid votes counted, which have been send to the board within fifty days after the dispatch of the postal ballot. In order to change the articles of association, a two thirds majority of the valid member received within fifty days of the dispatch of the postal ballot is necessary. The board shall minute the valid votes received and the minute shall be signed by at least one member of the board. The members must be informed of the result in writing.
4. In an election, a candidate is elected who has received more than half of the valid votes cast. If no one has received the necessary majority, a vote shall be held between the two candidates who received the most votes. The candidate who receives the most votes is then elected. In case of an equal number of votes, the chair shall have the casting vote.

5. If several posts are up for election (e.g. scientific committee, future conference locations) the vote will be carried out on the basis of a list system. The members will have one vote on each position to vote on. If there are more candidates than positions the election shall be carried out in one term. The candidates with the most votes are then elected.

6. Minutes shall be taken regarding resolutions of the general assembly of members at the business meeting. These minutes shall include the place and time of the meeting, the number of attending voting members, non-members and representatives present, as well as the results of the vote. Minutes shall be signed by the minute taker.

§ 12
Voting

Matters that require voting by the Society members shall, where possible, be decided by electronic voting via the ESRS website. Appropriate precautions will be taken to ensure that such electronic voting is limited to one vote per eligible member. The decision to initiate an electronic vote on a specific matter shall be taken by the ESRS Board.

The election of the board of officers will remain a prerogative of the business meeting.

§ 13
Scientific Committee

The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. Membership of the Committee shall
maintain a balance between basic and clinical science. The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.

The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.

§ 14
Scientific Congress

The ESRS board, represented by the president and the treasurer, is responsible for the financial organization of the congress. The congress organizing committee will be constituted of the ESRS board, the hosting national sleep society and the ESRS scientific committee. Applications to host the ESRS meeting must be submitted by affiliated national sleep societies following the ESRS bid manual. In order to ensure the economic soundness of the congress, the board may preselect the hosting candidates to be presented to the membership vote at the business meeting. If necessary, the board may deviate from the decision on the conference location taken by the assembly of members according to §8.

§ 15
Further Committees and Working Groups

Further permanent or temporary committees may be set up and dissolved by the board of officers. Their members and chairpersons shall be appointed by the board of officers. Working groups can be set up and dissolved by vote of the regular members. The chairperson of a working group shall be elected by the voting members. The chairpersons of committees or working groups shall report on their activities to the membership meeting or, if desired, to the board. Any activity of the committees or working groups outside the society needs the approval of the board.