



28th Congress of the European Sleep Research Society

Maastricht, Netherlands | 20–23 October 2026

Welcome to the 28th Congress of the European Sleep Research Society (ESRS 2026) – Late-Breaking Abstract Submission

The ESRS is pleased to invite you to submit late breaking abstracts for consideration and possible presentation at Sleep Europe 2026 to be held in Maastricht, The Netherlands, 20-23 October 2026.

Late-breaking abstracts should contain data or relevant information that was not yet known or available by the standard abstract submission deadline.

Submission Period: 1 June – 31 July 2026

Late-breaking abstracts received after this period will not be accepted. There will **NOT be an extension to this deadline.**

All abstracts must be prepared according to the guidelines below. Please **read the preparation guidelines carefully!**

The ESRS encourages the submission of abstracts presenting the first disclosure of results from significant clinical trials in sleep medicine and is committed to ensuring appropriate visibility for such contributions.

Authors intending to submit abstracts of this nature should contact the ESRS Scientific Committee Secretary at esrs.abstracts@congrex.com to coordinate the communication strategy and the presentation opportunities in case of acceptance.

Click on “**Submit a new abstract**” to begin your submission.

Need help?

[[Click here](#)] to download the **ESRS 2026 Late-Breaking Abstract Submission – Step-by-Step Guide.**

[[Click here](#)] to download the **ESRS 2026 Late-Breaking Abstract Submission Guidelines.**

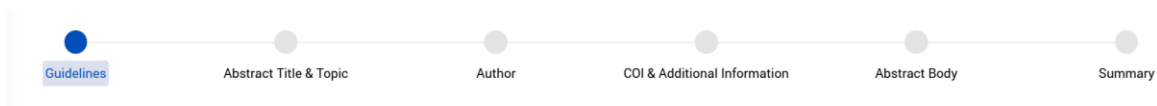
The submitter will be notified of the decision in end of August 2026.

Kind regards,
Conference Secretariat – Sleep Europe 2026
Abstract Team (esrs.abstracts@congrex.com)

Should you wish to make changes to an abstract that has already been submitted, please ensure that you successfully resubmit the revised abstract before the submission deadline.

Only abstracts with “Submitted” status by the deadline will be considered. No edits to submitted abstracts will be possible after the submission deadline.

[\[click here\]](#) to download the editing guide.



Guidelines for preparation and submission of late-breaking abstracts

1. **Abstract submission opening: Monday 1 June 2026**
2. Submissions will be taken into consideration providing that the results were not available before the regular abstract submission deadline (1 April, 2026). Submitters have to clarify in the submission form field available for this purpose valid reasons for why the results were not available prior to the deadline.
3. Abstracts may only be submitted **online**.
4. Abstracts must be submitted and presented in **English**. Please use UK English spelling and have your abstract proofread for grammar and understanding. The abstract submitter is fully responsible for the accuracy of the abstract.
5. The abstract should have a short, specific title not exceeding **25 words**.
6. The abstract text may not be longer than **350 words** excluding disclosures. The following structure is required:
 - **Introduction**
 - **Methods**
 - **Results**
 - **Conclusions**
 - **Funding (optional)**
7. The Introduction should address the background and goals or hypotheses of the study. The methods and results should be informative and the conclusions must be supported by data; evasive statements like “the findings will be discussed” are to be avoided. Submitters of primary research reports are encouraged to report the sample size and statistical details (statistical tests, p-values, effect sizes) wherever appropriate in their abstracts.
8. Disclosures of financial conflicts of interest related to the submitted abstract are mandatory.
9. Case studies, registered systematic reviews, registered study protocols, new open-science resources (databases, software, etc.) may also be submitted for consideration. Encore presentations (i.e. abstracts presented at a previous meeting) may NOT be submitted for consideration as late-breaking abstracts.
10. All abbreviations must be defined at first appearance in the abstract text. Do not define or use abbreviations in the title.
11. Tables, charts or other graphics may not be included and will be deleted by the editors.
12. Please ensure that your abstract does not include references or images.
13. The presenting author of an accepted abstract **must register** and attend the congress in person.
14. If selected, late-breaking abstracts may be presented as posters only, with the possible exception – subject to approval by the Scientific Committee - of first disclosure of impactful clinical trial results (see point 15 below). Poster presenters are expected to be present at their poster during the assigned poster session.
15. The ESRS encourages the submission of late-breaking abstracts reporting the first disclosure of results from significant clinical trials in sleep medicine and is committed to ensuring appropriate visibility for such contributions. Authors intending to submit abstracts of this nature should contact the ESRS Scientific Committee Secretary at esrs.abstracts@congrex.com to coordinate the communication strategy and the presentation opportunities. Subject to acceptance, this may include an oral presentation as an exception to point 14 above.
16. Please make sure to state your correct e-mail address. After having submitted your abstract, you will receive a confirmation by e-mail. If you do not receive confirmation by e-mail, please contact us via abstracts@congrex.com.

Corrections to abstracts can only be made up to the deadline of **Friday, 31 July 2026, 17:00 CEST**

Questions?

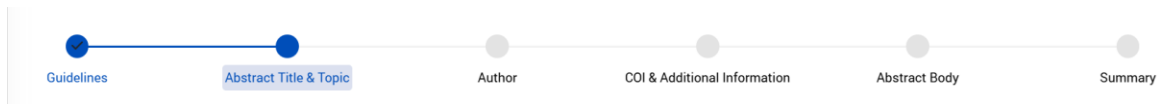
If you have questions regarding abstracts or need assistance, please contact the abstract team at esrs.abstracts@congrex.com.

Abstract hotline: +41 61 686 77 99 (Monday – Friday during CET business hours).

I have downloaded and read the **Sleep Europe 2026 Abstract Submission Guidelines** [[click here](#)]. I confirm that I understand the requirements and wish to proceed with my abstract submission.

Click on “**Save & next**” button to proceed to the next step.

Save & next



Abstract Title & Topic

Your abstract title should be short and specific (**max. 25 words**). Please indicate the **main topic** and your **main sub-topic** to support the review process. The Scientific Committee may reassign the final topic or sub-topic.

If selected, late-breaking abstracts may be presented as posters only, with the possible exception – subject to approval by the Scientific Committee - of first disclosure of impactful clinical trial results (see point 15 in Late-Breaking Abstract Guidelines). Poster presenters are expected to be present at their poster during the assigned poster session.

Title

Click or tap here to enter text.

Main Topic*

Choose an item.

Main Subtopic if you select Basic Sleep Science as Main Topic.

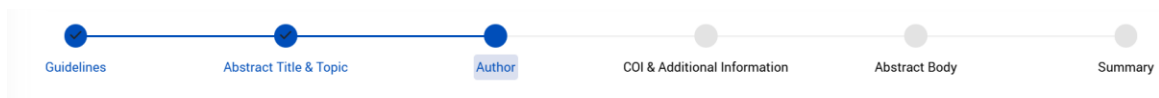
Choose an item.

Main Subtopic if you select Clinical Sleep Science as Main Topic.

Choose an item.

Click on “**Save & next**” button to proceed to the next step.

Save & next



Authors

Please list all authors of your abstract here.

You must assign two roles within the author list: **Main/First Author** and **Presenting Author**. These roles may be held by the same person or by two different individuals.

Only **one Main/First Author** and **one Presenting Author** may be designated.

The presenting author of an accepted abstract **must register and attend the congress** in person.

List of authors
Please create an author

[Add author](#) [I am an author](#)

Please choose a main author
You must select a main author

Please choose a presenting author
You must select a presenting author

Please click **“Add author”** or **“I am an author”** to proceed.

You will be asked to enter each author’s email address, complete their profile, assign their **author role**, and add their affiliation(s). Indicating a study group is optional.

Author:

> Profile

▼ Role of the author Done

Select the additional role of the author.

Main author
This is the main author of the abstract

Presenting author
This is the presenting author of the abstract

> Affiliations Done

> Study-Group

Click on **“Save & next”** button to proceed to the next step.

[Save & next](#)



COI & Additional information

Please disclose all financial conflicts of interest related to the submitted abstract. *

Click or tap here to enter text.

Please indicate the **preferred TRACK** to support the review process. The Scientific Committee may reassign the track accordingly.

Track (please select)*

Choose an item.

Important:

Submissions will be taken into consideration providing that the results were not available for the regular abstract submission deadline (1 April 2026).

Submitters have to clarify with valid reasons why the results were not available prior to deadline. *

Click or tap here to enter text.

Click on **“Save & next”** button to proceed to the next step.

Save & next



Abstract Body

1. The abstract text may not be longer than **350 words** excluding disclosures. The following structure is required:
 - **Introduction**
 - **Methods**
 - **Results**
 - **Conclusions**
 - **Funding (optional)**
2. The Introduction should address the background and goals or hypotheses of the study. The methods and results should be informative, and the conclusions must be supported by data; evasive statements like “the findings will be discussed” are to be avoided. Submitters of primary research reports are encouraged to report the sample size and statistical details (statistical tests, p-values, effect sizes) wherever appropriate in their abstracts.
3. Disclosures of financial conflicts of interest related to the submitted abstract are mandatory.
4. Case studies registered systematic reviews, registered study protocols, new open-science resources (databases, software, etc.) may also be submitted for consideration. Encore presentations (i.e. abstracts presented at a previous meeting) may NOT be submitted for consideration as late-breaking abstracts.
5. All abbreviations must be defined at first appearance in the abstract text. Do not define or use abbreviations in the title.
6. Tables, charts or other graphics may not be included and will be deleted by the editors.
7. Please ensure that your abstract does not include references or images.
8. The presenting author of an accepted abstract **must register** and attend the congress in person.
9. If selected, late-breaking abstracts may be presented as posters only, with the possible exception – subject to approval by the Scientific Committee - of first disclosure of impactful clinical trial results (see point 15 below). Poster presenters are expected to be present at their poster during the assigned poster session.
10. The ESRS encourages the submission of late-breaking abstracts reporting the first disclosure of results from significant clinical trials in sleep medicine and is committed to ensuring appropriate visibility for such contributions. Authors intending to submit abstracts of this nature should contact the ESRS Scientific Committee Secretary at esrs.abstracts@congrex.com to coordinate the communication strategy and the presentation opportunities. Subject to acceptance, this may include an oral presentation as an exception to point 14 above.
11. Please make sure to state your correct e-mail address. After having submitted your abstract, you will receive a confirmation by e-mail. If you do not receive confirmation by e-mail, please contact us via abstracts@congrex.com.

Submission Requirements

Please carefully read the rules for a successful submission

Overall Content Requirements

Words: Minimum: 100, Maximum: 350

Introduction

Click or tap here to enter text.

Methods

Click or tap here to enter text.

Results

Click or tap here to enter text.

Conclusions

Click or tap here to enter text.

Funding (optional – included in word limit)

Click or tap here to enter text.

Click on **“Save & next”** button to proceed to the next step.

Save & next



Summary

Please note by clicking the "Submit" button, you accept that the previewed content of the abstract below cannot be modified or corrected after the final submission date and you are aware that it will be published exactly as submitted.

This page provides an overview of your abstract submission. A confirmation email will be sent once you click "Submit". If you do not receive a confirmation email, please contact us at esrs.abstracts@congrex.com.

You may edit your abstract until **Friday, 31 July 2026, 17:00 CEST**.

--

Should you wish to make changes to an abstract that has already been submitted, please ensure that you successfully resubmit the revised abstract before the submission deadline.

Only abstracts with "Submitted" status by the deadline will be considered. No edits to submitted abstracts will be possible after the submission deadline.

[\[click here\]](#) to download the editing guide.

[There will be a pdf overview of your abstract submission.]

Acknowledgement

I confirm that all authors have approved this submission. I understand that any post-submission changes (including authorship or content) will only be considered in exceptional cases, must be justified, and are subject to approval by the ESRS Scientific Committee.

Click "**Submit**" to complete your abstract submission.