

Conference Chairs:

Enrica Bonanni
Ugo Faraguna
Angelo Gemignani
Gabriele Siciliano
Vladyslav Vyazovskiy

Scientific Committee:

Monica Fabbrini
Michelangelo Maestri Tassoni
Danilo Menicucci
Laura Palagini
Andrea Piarulli

Faculty

Antoine Adamantidis - Berna
Dario Arnaldi - Genova
Chiara Baglioni - Roma
Claudio Bassetti - Berna
Enrica Bonanni - Pisa
Maria Rosaria Bonsignore - Palermo
Svenja Brodt - Tübingen
Francesco Fanfulla - Pavia
Ugo Faraguna - Pisa
Bernd Feige - Friburgo
Luigi Ferini Strambi - Milano
Raffaele Ferri - Troina
Angelo Gemignani - Pisa
Pierre Geoffroy - Parigi
Biancamaria Guarnieri - Pescara
Simon Kyle - Oxford
Claudio Liguori - Roma

Carolina Lombardi - Milano
Pierre-Hervé Luppi - Lyon
Mauro Manconi - Lugano
Nicholas Meyer - London
Maria Paola Mogavero - Milano
Angelica Montini - Bologna
Lino Nobili - Genova
Alejandro Osorio-Forero - Amsterdam
Liborio Parrino - Parma
Giuseppe Plazzi - Bologna
Federica Provini - Bologna
Monica Puligheddu - Cagliari
Birgitte Rahbek Kornum - Copenhagen
Alessandro Silvani - Bologna
Rosalia Silvestri - Messina
Bernhard Staresina - Oxford
Vladyslav Vyazovskiy - Oxford

Pisa Sleep Awardees

1994 - Michael Jouvét
1996 - Elio Lugaresi
1998 - Alexander Borbély
2000 - David Parkes
2002 - Torbjörn Åkerstedt
2004 - Peretz Lavie
2006 - Giulio Tononi
2008 - Irene Tobler
2010 - Claudio Bassetti
2012 - Mario Giovanni Terzano
2014 - Pier Luigi Parmeggiani
2016 - Pierre Maquet
2018 - Tarja Helena Stenberg - Porkka - Heiskanen
2020 - Dieter Riemann
2022 - Chiara Cirelli

 Ore Formative: 9

 ID: 136-16880

 Crediti ECM: 9

 N° partecipanti: 70

DESTINATARI DELL'INIZIATIVA

Neurologi, Psicologi, Psichiatri, Neuropsichiatri Infantili, Pediatri, Tecnici della Neuro Fisiopatologia

OBIETTIVO FORMATIVO Documentazione clinica. Percorsi clinico-assistenziali diagnostici e riabilitativi, profili di assistenza - profili di cura (3)

OBIETTIVO Formativo di processo

L'ASSEGNAZIONE DEI CREDITI FORMATIVI E.C.M. è subordinata alla presenza effettiva al 90% delle ore formative, alla corretta compilazione della modulistica e alla verifica di apprendimento mediante questionario. L'attestato riportante il numero dei crediti sarà rilasciato solo dopo aver effettuato tali verifiche.

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XVI edition

PISA SLEEP AWARD

11 Minutes of Sleep
VI edition

13 - 14 June 2024
Palazzo della Sapienza
Pisa

Under the patronage



XVI edition

PISA SLEEP AWARD

11 Minutes of Sleep
VI edition

Rationale

The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo and Professor Luigi Murri, is an established and solid tradition in the sleep field, first established in 1994, and sponsored every two years by the School of Medicine, Pisa University. The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career has been devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine

The sixth "11 Minutes of Sleep" Symposium builds on the successful experience of the previous four events, organized back in 2014, 2016, 2018 and 2021 and 2022. The unique format of "11 MINUTES OF SLEEP" offers the opportunity for a straightforward debate on some of the core topics of sleep research. All speakers are invited to raise and address provocative and controversial topics in the field, strictly within an 11 minutes slot. Traditionally, each presentation is followed by a 9-min discussion, during which other speakers of the panel are invited to briefly comment on the talk, with the remaining time devoted to the speaker's reply. At the end of the session, there will be time for questions and answers with all the participants and the audience.

13 - 14 June 2024
Palazzo della Sapienza
Pisa

Program

10.00-10.30 Registration

11.00-11.30 **Opening remarks:**
Angelo Gemignani, Pierre-Hervé Luppi, Gabriele Siciliano, Stefano Taddei, Vladyslav Vyazovskiy, Riccardo Zucchi

Session 1
Chairs: Lino Nobili, Pierre-Hervé Luppi

11.30-11.50 Sleep oscillations and control of sleep-wake states | *Antoine Adamantidis*
11.50-12.10 Noradrenergic mechanisms of cortical (hyper)arousal
Alejandro Osorio-Forero
12.10-12.30 Novel therapeutic pathways and algorithms in narcolepsy | *Giuseppe Plazzi*

13.00-14.30 Lunch Break

Session 2 - Insomnia
Chairs: Liborio Parrino, Rosalia Silvestri, Marco Zucconi

14.30-14.50 REM sleep instability in insomnia: an overview | *Bernd Feige*
14.50-15.10 Insomnia and sleep abnormalities in mental disturbances: focus on psychosis
Nicholas Meyer
15.10-15.30 Sleep restriction therapy | *Simon Kyle*
15.30-15.50 European insomnia new guidelines | *Pierre Geoffroy*

15.50-16.10 Coffee break

Session 3 - Sleep, memory and cognition
Chairs: Biancamaria Guarnieri and Alessandro Silvani

16.10-16.30 Sleep and system memory consolidation | *Svenja Brodt*
16.30-16.50 Looking from the inside: sleep's role in memory consolidation
Bernhard Staresina
16.50-17.10 Sleep biomarkers in the early detection of cognitive decline | *Claudio Liguori*

17.10-17.30 **Pisa Sleep Award Introduction** | *Enrica Bonanni, Luigi Murri*

17.30-18.00 **Laudatio** | *Claudio Bassetti*

18.00-19.00 **KEYNOTE LECTURE - "Abnormal motor activity during NREM and REM sleep"**
Luigi Ferini Strambi

Thursday | June 13 2024

Friday | June 14 2024

8.30-09.00 Registration

Session 4 - Gender, sex and age determinants of sleep
Chairs: Maria Rosaria Bonsignore, Francesco Fanfulla

09.00-09.20 Sex difference in sleep in animal models | *Birgitte Rahbek Kornum*
09.20-09.40 Sleep related movement disorders | *Maria Paola Mogavero*
09.40-10.00 Sex and age in sleep disordered breathing: from risk factors to consequences | *Carolina Lombardi*
10.00-10.20 Poor sleep during pregnancy as risk factor for post-partum stress and mental health: A longitudinal and clinical study | *Chiara Baglioni*

10.20-10.40 Coffee break

Session 5 - Sleep and movement
Chairs: Raffaele Ferri, Federica Provini and Monica Puligheddu

10.40-11.00 Moving during sleep: when and how is it normal? | *Angelica Montini*
11.00-11.20 Is PLM always harmful? | *Mauro Manconi*
11.20-11.40 REM sleep behavior disorder: a disease with many faces | *Dario Arnaldi*
11.40-12.00 Parasomnias and seizures: boundaries and similarities | *Lino Nobili*

12.00-13.00 **Round Table: Present and future of sleep medicine and research in Europe**
C. Bassetti, L. Ferini-Strambi, R. Ferri, L. Nobili, L. Parrino, G. Plazzi, R. Silvestri, V. Vyazovskiy

13.00-13.15 **Closing Remarks** | *Enrica Bonanni, Ugo Faraguna*