



British Sleep Society  
www.sleeping.org.uk

# ISMC 2010

Nederlandse vereniging voor  
Slaap - Waak Onderzoek



Belgian  
Association  
for  
Sleep research  
and  
Sleep medicine

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Wednesday 17.11.10			
Module 1		<b>Sleep physiology</b>	Chair: Pevernagie
9:00	1	Welcome to Sleep Medicine	<i>speakers to be announced</i>
9:30	2	Regulation of the sleep-wake cycle	
10:00	3	Functional neuroanatomy of the sleeping brain	
10:30 <b>Break</b>			
11:00	4	Pharmacology of sleep and waking	<i>speakers to be announced</i>
11:30	5	Cardio-respiratory physiology in sleep	
12:00	6	Sleep and endocrine physiology	
12:30 <b>Lunch</b>			
Module 2		<b>Sleep assessment</b>	Chair: Verbraecken
13:30	7	Clinical assessment of sleep disorders in the adult	<i>speakers to be announced</i>
14:00	8	Clinical assessment of sleep disorders in the child	
14:30	9	Polysomnography recording techniques	
15:00 <b>Break</b>			
15:30	10	Sleep scoring (AASM scoring guidelines)	<i>speakers to be announced</i>
16:00	11	Cardio-respiratory polygraphy	
16:30	W1	Workshop: Hook-up and calibration	
17:30 <b>Close</b>			

Thursday 18.11.10			
Module 3		<b>Circadian biology</b>	Chair: Kerkhof
8:30	12	Circadian rhythm physiology	<i>speakers to be announced</i>
9:00	13	Circadian sleep disorders in clinical practice	
9:30	14	Light and melatonin therapy in practice	
10:00	C1	Case studies	
10:30 <b>Break</b>			
Module 4		<b>Sleep-disordered breathing (SDB)</b>	Chair: Buyse
11:00	15	Pathophysiology of SDB	<i>speakers to be announced</i>
11:30	16	Clinical and diagnostic aspects of SDB	
12:00	17	SDB in children	
12:30 <b>Lunch</b>			
13:30	18	Cardiovascular & metabolic comorbidities of SDB	<i>speakers to be announced</i>
14:00	19	SDB in obesity, cardiac and respiratory failure	
14:30	20	CPAP principles and guidelines	
15:00 <b>Break</b>			
15:30	21	Dental treatment of SDB	<i>speakers to be announced</i>
16:00	22	Surgical treatment of SDB	
16:30	W2	Workshop: Hands on CPAP therapy	
17:30 <b>Close</b>			



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Friday 19.11.10			
Module 5	<b>Insomnia</b>		Chair: De Valck
8:30	23	Primary insomnia	<i>speakers to be announced</i>
9:00	24	Insomnia in children	
9:30	25	Comorbid insomnia	
10:00	26	Nonrestorative sleep in pain and fatigue syndromes	
10:30	<b>Break</b>		
11:00	27	Nonpharmacological treatment of insomnia	<i>speakers to be announced</i>
11:30	28	Drug treatment of insomnia in practice	
12:00	C2	Case reports	
12:30	<b>Lunch</b>		
Module 6	<b>Hypersomnia</b>		Chair: Aubert
13:30	29	Differential diagnosis of CNS hypersomnolence	<i>speakers to be announced</i>
14:00	30	Narcolepsy	
14:30	31	Assessment of excessive daytime sleepiness	
15:00	<b>Break</b>		
15:30	32	Sleep disorders and ability to drive	<i>speakers to be announced</i>
16:00	33	Treatment of hypersomnia	
16:30	C3	Case reports	
17:30	<b>Close</b>		

Saturday 20.11.10			
Module 7	<b>Parasomnias</b>		Chair: Poirrier
8:30	34	Parasomnias (part 1)	<i>speakers to be announced</i>
9:00	35	Parasomnias (part 2)	
9:30	36	Epilepsy in sleep	
10:00	37	Dreams and nightmares	
10:30	<b>Break</b>		
Module 8	<b>Movement disorders</b>		Chair: Poirrier
11:00	38	Restless legs syndrome and periodic limb movements	<i>speakers to be announced</i>
11:30	39	Treatment of RLS	
12:00	40	Other movement disorders	
12:30	<b>Lunch</b>		
	C4	<b>Clinical pearls</b>	Chair: De Volder
13:30	Case 1 Posttraumatic insomnia		<i>speakers to be announced</i>
14:00	Case 2 'Progressive diagnosis'		
14:30	Case 3 Insomnia and OSAS: a troublesome marriage		
15:00	<b>Adjourn and reception</b>		