

First announcement

INTERNATIONAL SLEEP MEDICINE COURSE



February 15-18, 2027
Floreal, Blankenberge, Belgium

ISMC 2027

The Belgian Association for Sleep research and Sleep medicine (BASS) is pleased to announce the next edition of the **International Sleep Medicine Course (ISMC)**, which will take place from **Monday 15 February to Thursday 18 February 2027** at the Floreal in **Blankenberge, Belgium**.

The course is organized every 3 years in Belgium and is a collaborative initiative of the Belgian Association for Sleep research and Sleep medicine (BASS), the Nederlandse Vereniging voor Slaap-Waak Onderzoek (NSWO), the Vereniging voor Slaapgeneeskunde Nederland (SVNL) and the British Sleep Society (BSS).

Over the years, the ISMC has become an acclaimed international postgraduate educational program for healthcare professionals involved in the diagnosis and management of sleep disorders. The course aims to provide a comprehensive

and contemporary review of normal sleep physiology and sleep disorders. This intensive program supports participants in their preparation for the Sleep Medicine Examination of the European Sleep Research Society (ESRS) and is delivered by an international faculty with recognized expertise.

The venue in Blankenberge is a fine seaside resort on the Belgian coast, an ideal location for attending a multi-day course. Accommodation in the Floreal hotel is available.

Online registration will be announced later.

Accreditation will be requested for the entire course.

We look forward to meeting you in Blankenberge!

On behalf of the organizing committee,
Prof. Dr. A. Mariman, local organizer



ISMC 2027

Be sure to meet the experts!



Monday 15.02.2027

Module 1 SLEEP PHYSIOLOGY		
8:30	1	Welcome and introduction: Why we sleep?
9:00	2	Neurological control of sleep
9:45	3	Homeostatic and circadian control of sleep
11:00	4	Age and gender differences in sleep
11:30	5	Cardio-respiratory physiology in sleep
Module 2 SLEEP ASSESSMENT		
WORKSHOPS: 3 rotating sessions 45 minutes + 15 min. turn around 13:30 14:30 16:00; break at 15:30		
	6	Sleep assessment in adults (subj. and obj.)
	7	Sleep assessment in children
	8	Sleep recording and sleep scoring

Wednesday 17.02.2027

Module 5 INSOMNIA AND CIRCADIAN RHYTHM DISORDERS		
8:30	18	Insomnia disorder and co-morbid insomnia in adults
9:15	19	Insomnia disorder and co-morbid insomnia in children
10:00	20	Circadian rhythm disorders
11:00	21	Central disorders of hypersomnolence
11:30	22	RLS/PLMS
Module 6 TREATMENT OF INSOMNIA AND CIRCADIAN RHYTHM DISORDERS		
WORKSHOPS 13:30 14:30 16:00; break at 15:30		
	23	Treatment of RLS/PLMS
	24	Treatment of insomnia and circadian rhythm disorder
	25	Treatment of hypersomnia

Tuesday 16.02.2027

Module 3 SLEEP-DISORDERED BREATHING (SDB)		
8:30	9	Pathophysiology of respiration during sleep
9:00	10	Clinical and diagnostic aspects of SDB
9:30	11	SDB and comorbidities
10:00	12	Central Sleep Apnea and hypoventilation
11:00	13	SDB in children
11:30	14	Sleep in lung diseases and internal medicine
Module 4 DIAGNOSIS AND TREATMENT OF SDB		
WORKSHOPS 13:30 14:30 16:00; break at 15:30		
	15	PAP Treatment of OSA
	16	Non-PAP treatment of OSA
	17	Treatment of CSA and hypoventilation

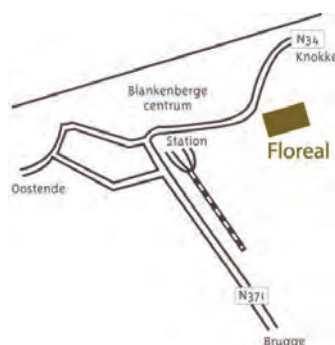
Thursday 18.02.2027

Module 7 NEUROLOGY AND PSYCHIATRY AND SLEEP		
8:30	26	NREM parasomnia
9:00	27	REM parasomnia
9:30	28	Neurology and sleep
10:00	29	Psychiatry and sleep
11:00		Preparing for the ESRS exam
11:30		Quiz
		Adjourn

VENUE

Floreal Blankenberge
www.florealgroup.be

Koning Albert I Laan 59
8370 Blankenberge



REGISTRATION

Online registration will be announced at
www.belsleep.org

