



ESRS-EU "Marie Curie" Project
Training in Sleep Research and Sleep Medicine

1st TRAINING COURSE
Residential Center, University of Bologna
Bertinoro (Italy) – July 19-21, 2007



PROGRAM

Wednesday, July 18th

h 21.00 Dinner

Thursday, July 19th

h 7.30- 8.30 Breakfast

h 8.30- 9.30: T. Porkka-Heiskanen (*Helsinki*), **Sleep functional anatomy**

h 9.30-10.30: P. Franken (*Lausanne*), **Sleep regulation**

h 10.30-10.45: Coffee break

h 10.45-11.45: R. Amici (*Bologna*), **Physiology in sleep**

h 11.45-13.00: Trainees' Session: **Communicating about sleep**

h 13.00-14.00: Lunch

h 14.00-14.30: T. Pollmächer (*Ingolstadt*), R. Amici (*Bologna*), **Addressing notes**

h 14.30-15.30: P. Achermann (*Zurich*), **Methods: EEG signal analysis**

h 15.30-16.30: S. Arber (*Guildford*), **Sociology in sleep research and sleep medicine**

h 16.30-16.45: Coffee break

h 16.45-17.45: S. Berg (*Lund*), **Methods in sleep medicine**

h 17.45-18.45: T. Saareanta (*Turku*), **Sleep in women**

h 18.45-19.00: Trainees' Evaluation

h 16.00-19.30: KICK-OFF MEETING

h 20.30 Dinner

Friday, July 20th

h 7.30- 8.30 Breakfast

h 8.30- 9.30 T. Pollmächer (*Ingolstadt*), **Sleep in psychiatric patient**

h 9.30-10.30 D. Pevernagie (*Gent*), **Sleep and breathing I**

h 10.30-10.45 Coffee Break

h 10.45-11.45 D. Pevernagie (*Gent*), **Sleep and breathing II**

h 11.45-12.45 Trainees' Session: **Communicating about sleep**

h 12.45-13.45 Lunch

h 13.45-14.45 M. Zucconi (*Milan*), **Parasomnias**

h 14.45-15.45 Y. Dauvilliers (*Montpellier*), **Hypersomnias**

h 15.45-16.00 Coffee Break

h 16.00-17.00 T. Åkerstedt (*Stockholm*), **Functions of sleep and consequences of sleep loss**

h 17.00-19.45 **Sleep scoring session.** Tutors: F. Cirignotta (*Bologna*), G. Plazzi (*Bologna*), E. Werth (*Zurich*)

h 19.45-20.00 Trainees' Evaluation

h 20.45 Dinner

Saturday, July 21st

h 7.30- 8.30 Breakfast

h 8.30- 9.30 D. Riemann (*Freiburg*), **Insomnia: behavioural aspects**

h 9.30-10.30 A. Vela-Bueno (*Madrid*), **Insomnia: pharmacological aspects**

h 10.30-10.45 Coffee Break

h 10.45-11.45 M.J. Challamel (*Lyon*), **Sleep in children**

h 11.45-12.45 Trainees' Session: **Communicating about sleep**

h 12.45-13.45 Lunch

h 13.45-14.45 D. Pevernagie (*Gent*), T. Porkka-Heiskanen (*Helsinki*), **Career development**

h 14.45-15.45 J. Winkelmann (*Munich*), **Motor disturbances in sleep**

h 15.45-16.00 Coffee Break

h 16.00-17.00 D. J. Skene (*Guildford*), **Shift-work: basic aspects**

h 17.00-18.00 G. Kerkhoff (*Amsterdam*), **Shift-work: clinical aspects**

h 18.00-19.30 **Case discussion.** Tutors: G. Plazzi (*Bologna*), E. Werth (*Zurich*)

h 19.30-20.00 Trainees' Evaluation - Course Evaluation

h 20.45 Dinner

Sunday, July 22st

h 7.30- 8.30 Breakfast