

NEWSLETTER

March 2013





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Homepage: www.esrs.eu



LETTER FROM THE PRESIDENT

Dear ESRS and ANSS members, Colleagues and Friends,

If the few months following our traditional ESRS congress have once been a quiet period, this newsletter demonstrates that it is no longer the case and that the ESRS board and its associates are working hard to the benefit of our society!

First of all, I want to welcome more than 60 new members who have joined ESRS recently. You will find their names at the end of this newsletter, and I am sure they will enrich our society just as we hope to be a true asset for them. At the time I am writing this letter, we have also 37 new applicants, whose names are published in the members-restricted section of the ESRS website (see www.esrs.eu/membership-services/applicants-list.html). You will notice that applicants' names are no longer published in the newsletter. From now on, we have decided to publish them on the website immediately after the application, allowing us to process each new application within two months and to still give ESRS members the opportunity to reject the application if needed (see page 24).

I also take this opportunity to congratulate the recipients of the ESRS Travel Grants 2013 (see their names page 15), an initiative conducted by the ESRS Research Networking Committee (RNC) chaired by our basic vice-president Debra Skene. The Committee continues to encourage you to submit your laboratory details in the ESRS database (www.esrs.eu/membership-services/) and is working hard to develop opportunities to promote sleep research and interactions between sleep researchers in Europe.

Next, the ESRS is very busy preparing in collaboration with the European Respiratory Society (ERS) the 2nd Sleep & Breathing joint conference that will be held in Berlin, April 11-13th. The program is timely and attractive with an excellent faculty panel, thanks to the work of the organising committee chaired by our past president Claudio Bassetti and our new clinical vice-president Walter McNicholas. There is still time to register (www.sleepandbreathing.org/), thus do not hesitate to join us in Berlin to learn, meet experts and exchange with colleagues!

To promote further the collaborations between ERS and ESRS and optimise existing resources, both societies have agreed to collaborate in the framework of an ERS-ESRS Task Force. Discussions have now been initiated in a positive and constructive atmosphere, and will intensify these with the opportunity to meet physically in Berlin. As a token of our appreciation and interest in a fruitful collaboration between the two societies, the ESRS board has also decided to endorse the ERS Handbook of Respiratory Sleep Medicine complementing the respiratory sleep HERMES (Harmonisation of Education in Respiratory Medicine for European Specialists) curriculum. This initiative complements the teaching and certification initiatives developed by the ESRS and presented in this newsletter.

I am also very pleased to inform you that preparations are already well on their way for the next ESRS meeting to be held in Tallinn, Estonia, September 16-20th, 2014. If you not have yet done so, I encourage you to have a look at the welcome video (see www.congrex.ch/esrs2014/) proposed by our very enthusiastic local organizing committee headed by Erve Sööru. You will not be able to do otherwise than to join us after this marvellous presentation! The ESRS board has also received constructive feedbacks from the Scientific Committee (SC) chaired by Simon Archer after the Paris meeting, which will help us to build a better than ever scientific program for this meeting.

But our perspectives for scientific manifestations are not limited to 2014, naturally. In 2015, the ESRS will be the organiser of Worldsleap 2015, the 7th World Congress of the World Federation of Sleep Research & Sleep Medicine Societies (WFSRSMS). This event will take place in Istanbul (October 31 - November 3) in collaboration with the Turkish Sleep Medicine Society (TSMS). International and local Committees are currently constituted under the supervision of the Local Organising Chair Lino Nobili, and news will follow.

After the Paris success, an important event to take place during the Sleep & Breathing conference in Berlin is the organisation of the 2nd ESRS Examination in Sleep Medicine directed at “grandfathers” and “grandmothers” with wide experience in sleep medicine and research. We have received a record number of 117 applications, of which more than 70 applicants have been found eligible and have started preparing their examination. I would like to take this opportunity to warmly thank the members of the expert panel headed by Thomas Pollmächer and commissioned by the Sleep Medicine Committee (SMC), who have accepted the difficult task to carefully examine and select these applications.

Now, our next step is the organisation of the first regular examination for somnologists at the next ESRS congress 2014 in Tallinn. This is a task that already keeps busy the ESRS board with both the SMC chaired by Thomas Penzel, and the Education Committee (EduComm) chaired by Zoran Dogas. Indeed, it entails the development of an ESRS Standard European Education Curriculum in Sleep based on the currently updated and soon to be published ESRS Catalogue of Knowledge and Skills for Sleep Medicine Experts, Non-medical Sleep Experts, and Sleep Technologists. There is a need for teaching material to be created and this will be produced as an ESRS European textbook of sleep and published in an educational online platform, for sleep medicine centres to be accredited and their specialty level defined, and to cooperate with other scientific societies involved in sleep-related matters, not only in the respiratory domain but also in the areas of neurology, psychiatry, psychology or chronobiology.

Recognition at the European level is crucial for both sleep research and sleep medicine. In this respect, the ESRS EU Committee (EC) chaired by Roberto Amici has been extremely productive during the last months. Since the last newsletter, fruitful meetings have been organised with EU officers responsible for Marie Curie actions and the Seventh Framework Programme of the European Union (FP7), with policy makers in the EU DG (Directorate-General) “Education and Culture”, and with the head of the Unit Road Safety of the DG “Move”. The important next step is a meeting on May 3rd in Brussels, entitled “Networking to Understand Sleep Functions and Dysfunctions - The European Basic and Clinical Sleep Research Towards

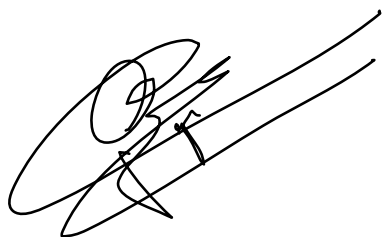
Horizon 2020", organised by the ESRS in the framework of the "EU Month of the Brain" initiated by the DG "Research and Innovation" (Health Directorate) of the EU Commission. At this occasion, the ESRS will address EU officers from no less than five different EU Commissions and DGs about the main European Sleep Research and Sleep Medicine Networks, and emphasise the need for a specific call on Sleep in the forthcoming framework programme "Horizon 2020". Only a few months later, a meeting will be organised at the EU Parliament on October 15th in the framework of the "Wake up Bus" project currently finalised under the coordination of Marta Gonçalves (President of the Portuguese Sleep Society and member of the EC), the Executive Committee of the Assembly of the National Sleep Societies (EC of ANSS) chaired by Ludger Grote, and Roberto Amici for the EU Committee. EU Parliamentarians will be addressed by ESRS officers, ANSS members and a panel of experts about issues related to "sleepiness at the wheel", an event that will be preceded by an awareness campaign run by National Sleep Societies (see page 8).

And finally, do not forget that the Journal of Sleep Research (JSR) is your journal and a great place for submitting your best work for publication. JSR is the perfect place to be read and discussed by people in your field !

With this, I wish you all the best and a pleasant reading of this 2013 March newsletter. Sleep well and keep safe, and do not hesitate to contact me, or any member of the new board with your remarks and suggestions, these will be most welcome.

Sincerely

Philippe Peigneux
ESRS President

A handwritten signature in black ink, appearing to be 'P. Peigneux', written over a horizontal line.

Philippe Peigneux
ESRS President

P. S.: Again, a special thank to Simon Archer for having accepted to proofread this newsletter for the accuracy of the English language. Any remaining faults are ours!



REPORTS OF THE ESRS COMMITTEES

ESRS Research Networking Committee (RNC)

Members (2012-2014):

Coordinator, Debra J. Skene; vice-coordinator, Walter McNicholas; members, Roberto Amici, Simon Archer, Zoran Dogas, Pierre-Hervé Luppi, Lino Nobili, Renate Riha

In December 2012, the RNC advertised the 2013 ESRS Travel Grants. Early in 2013 a panel from the RNC Committee judged the applications received and nine Travel Grants for 2013 were awarded (see page 15 of current Newsletter for details of the recipients).

These ESRS Travel Grants allow young researchers to undertake study visits to one of the European Sleep Research Laboratories listed on the ESRS Database. We thus continue to encourage **all ESRS members** to submit details of their Sleep Research Laboratory to the ESRS Database (www.esrs.eu/membership-services/european-sleep-research-laboratories.html). Being part of this Database will strengthen links between Laboratories across Europe and encourage exchange and interaction of researchers. Moreover, being able to demonstrate a large Database of Sleep Research Laboratories across Europe will improve our efforts to raise the profile of sleep research and sleep medicine with the EU (see ESRS EU Committee report, page 8 of Newsletter). Thus, please register your Laboratory on the web database of European Sleep Research Laboratories (www.esrs.eu/membership-services/european-sleep-research-laboratories.html). Although this may take a little time initially, it is quick and easy to keep your Laboratory details updated. For help in submitting your Laboratory details, please go to www.esrs.eu/fileadmin/user_upload/Labs/Laboratory_Submission_Guide.pdf

Happy networking!

Debra J. Skene

ESRS Scientific Committee

Current Members (2012 – 2014):

Simon Archer (chair), John Axelsson, Tom de Boer, Alex Iranzo, Mayumi Kimura, Raffaele Manni, Tiina Paunio, Renata Riha, Sophie Schwartz

Since the ESRS conference in Paris, the Committee worked on an analysis of the conference data and feedback from the conference delegates. Based upon this, the Committee made a series of recommendations to the ESRS Board for how certain aspects could be improved further or more carefully considered for the next meeting

in Tallinn in 2014. Over the coming months, the Committee will begin work on preparations for the call for symposia for the next meeting. Two nominated members of the Committee (Simon Archer and Renata Riha) have also provided input to the work of the Research Networking Committee.

Simon Archer

ESRS Sleep Medicine Committee (SMC)

(27. February 2013)

Current Members (2012 – 2014):

Ludger Grote, Simone de Lacy, Marie-Pia d'Ortho, Zoran Dogas, Colin Espie, Diego Garcia-Borreguero, Walter McNicholas, Dirk Pevernagie, Thomas Pollmächer, Andrea Rodenbeck, Marco Zucconi, Thomas Penzel (Chair).

The Sleep Medicine Committee is preparing the second grandparent examination of Somnologists in Berlin 2013. This examination will take place on Thursday, 11 April 2013 at 19.15-20.30 during the Sleep and Breathing congress, jointly organised by ESRS and ERS. This second occasion gives chances to many more grandparents of sleep medicine to receive the prestigious certification by the ESRS. With 114 applications even more people than for Paris applied this time. More than 70 persons were found eligible for the examination and are currently preparing the event.

Regular applications, including those who missed both grandparent rounds, will be considered at the next ESRS congress 2014 in Tallinn. The rules for future rounds will be specified with precise details in a later newsletter.

In addition, in Tallinn, a grandparents round of examination is planned for sleep technologists in close cooperation with the European Sleep Technologist Association.

The “Catalogue of knowledge and skills” publication is currently under revision and will become the basis for education and examination of sleep medicine in the future. The next important publication will be the update on the sleep centre accreditation. This update does not only include technical issues which came up after the initial publication in 2006, but will also discuss the different levels of sleep centres which we observe in Europe. We do see Sleep centres, which cover all aspects of sleep medicine including rare disorders, and we do see Sleep centres which are much more specialised to the few most prevalent sleep disorders. This discussion is needed together with the two societies involved, the ESRS and the ERS.

To continue the alignment of the ESRS somnologist certification with the European Respiratory Society (ERS), the HERMES program for respiratory sleep medicine is discussed in order to join workforces. For doing so, the Sleep and Breathing conference in Berlin is a very good opportunity and the Sleep Medicine Committee will meet there.

Thomas Penzel

ESRS EU Committee

Report on the activities: November 2012 – March 2013

Current Members (2012 – 2014):

Roberto Amici (Chair), Diego Garcia Borreguero (Co-Chair), Marta Gonçalves, Damien Leger, Dieter Riemann

The main aims of the Committee are: i) to bring the topics of “sleep” and “sleep disorders” to the attention of the EU in order to receive support for research and teaching activities; ii) to promote sleep-related issues from a political point of view at a European and National level.

In the past few months, the achievement of the EU Committee has been the meeting with Mr. Bodo Richter, Deputy Head of the Marie Curie action within the FP7 Programme, and Mr. Paul Harris, policy maker of the DG “Education and Culture” (October 25th) and the meeting with Mr. Gilles Bergot, Head of the Unit Road Safety of the DG “Move” (November 30th). Both meetings were very positive and interesting. In the first meeting, a delegation composed of the ESRS President, the Chair of the Education Committee, and the two Chairs of the EU Committee addressed the officers about the need for more education and training about sleep in Europe and about the forthcoming launch of the “European Standard Education Program in Sleep Medicine”. In the second meeting, a delegation composed of the ESRS President and the Chair and two members of the EU Committee addressed the officer about the risks and the social costs of “sleepiness at the wheel”.

The program of the activities planned for 2013 is rather ambitious. A meeting entitled “Networking to Understand Sleep Functions and Dysfunctions - The European Basic and Clinical Sleep Research Towards Horizon 2020” has been scheduled for May 3 in Brussels. This meeting is part of the program of the “Month of the Brain”, that will be organised in May 2013 at the initiative of the DG “Research and Innovation” (Health Directorate) of the EU Commission. During this event, several present and past ESRS Board members and officers will address EU officers from different Commissions and DGs on the ongoing activities and goals of the main European Sleep Research and Sleep Medicine Networks, in terms of the impact on science, health, education and work/road safety. In particular, the need of a specific call on Sleep in the forthcoming framework programme “Horizon 2020” will be addressed.

In addition, the project “Wake up Bus” is ready to be finalised under the coordination of Marta Gonçalves (President of the Portuguese Sleep Society and member of the EU Committee) with the EU Committee and the ANSS. The project is aimed at raising awareness among general public of the importance of sleepiness as one of the main causes of road accidents. The activities will end with a meeting at the EU Parliament that will be held on October 15th, in which the EU Parliamentarians will be addressed by ESRS officers, ANSS members, and a panel of experts about “sleepiness at the wheel”- related issues. To this aim, a “Wake-up” bus will travel through Europe, starting in Portugal and ending in Brussels. An awareness campaign will be run by the National Sleep Society of each country visited by the bus. Moreover, a European Sleep Study on “Sleepiness and Accidents” will be carried out at a national level and the results of the study will be presented at the EU Parliament. Fifteen National Sleep Societies have declared their interest to participate in the Bus Project and/or the Sleep Study.

Roberto Amici

ESRS Education Committee (EduComm)

Report on the planned activities: March 2013

Members:

Zoran Dogas (Chair), Roberto Amici, Claudio Bassetti, Colin Espie, Pierre-Hervé Luppi, Stefan Mihaicuta, Thomas Penzel, Dirk Pevernagie, Debra Skene

The Education Committee has started its work and completed its membership by including representative of EC ANSS Stefan Mihaicuta and the secretary of the ESRS board Pierre-Hervé Luppi.

The first steps were undertaken toward creation of the ESRS Standard European Education Curriculum in Sleep, based on the ESRS Catalogue of Knowledge and Skills (CK&S) for Sleep Medicine Experts, Non-medical Sleep Experts, and Sleep Technologists, by defining five e-learning Modules and appointing the sleep experts who will serve as Task forces for each Module.

To achieve the aim of creating the teaching materials for ESRS examination, the EduComm will work closely with the Sleep Medicine Committee (SMC), from which it will receive inputs on the format of the next examination of sleep experts in Tallinn 2014, which will form the basis for the format of the European textbook of sleep under working title "Sleep Medicine - ESRS Examination Review". The sections of the textbook will follow the sections of the CK&S. Claudio Bassetti, Zoran Dogas and Philippe Peigneux are proposed to take editorial roles, and all EduComm members will take part as sections editors. Brigitte Knobl will provide administrative support, with assistance from Maria Wiechmann and Mariafranca Tassielli.

Due to limited time frame, the production of the book and the curriculum should be run in parallel, and inputs from the Task forces for each Module are essential for the successful development of both projects.

Initial steps were coordinated with the ESRS board in development of the e-learning platform Moodle (abbreviation for Modular Object-Oriented Dynamic Learning Environment, a free source e-learning software platform) with intention to link this platform to the official ESRS web site. Also, several technical options are being explored for procedures of reviewing and compiling the textbook.

Another important goal of the EduComm is to define the Sleep Training Centres (STCs). This project overlaps to a certain degree with the accreditation of Sleep Medicine Centres, which is under revision by the SMC. Currently the SMC is working on the revision of the 2006 Accreditation of Sleep Medicine Centres Guidelines. The review may take into consideration to describe STCs according to the EduComm's definition.

Since the collaboration of the EduComm with other parties is very important, it will be involved with the development of the ERS-ESRS Task Force results on educational issues, as well as in developing similar collaboration of the ESRS with the European Neurological Society (ENS).

The EduComm global tasks are the development of educational initiatives, as well as the establishment and recognition of educational curricula. It is anticipated it will grow into the European Sleep Academy.

Zoran Dogas



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

As already published in the last newsletter of the ESRS, the first meeting of the European Insomnia Network took place in July 2012 in Freiburg. The meeting hosted a limited number of clinicians and researchers from several European countries who presented their own work and ideas. The next meeting of the European Insomnia Network will take place from July 11th to 12th, 2013 in Freiburg. Invitations will be sent out soon to those concerned. This meeting will focus again on the current status of insomnia research in Europe and will discuss possibilities to get funding on a European-wide level.

Dieter Riemann will present the work of the European Insomnia Network at a meeting in Brussels, which will take place on May 3rd. This meeting was instigated by Roberto Amici, the head of the ESRS EU Committee. Several officers from the EU Commission will participate in the meeting and the funding opportunities available for sleep research in Europe will be discussed.

The European Insomnia Network has also performed a survey concerning insomnia diagnoses and treatment in Europe. The results are being analysed and will be presented in one of the next newsletters. We received feedback from all European countries that are also member of the ANSS. Insofar, we will accomplish a really complete survey also concerning the questions of reimbursement of insomnia diagnostics and treatment in Europe.

Freiburg, February 19, 2013

Dieter Riemann



Sleep Apnea Network / European Sleep Apnea Database (ESADA) – A Brief Summary

Background

The European Sleep Apnea Database – ESADA – was started in 2006 as a collaborative database effort between more than 27 European sleep centres. The initial funding of the database was provided by the European Union linked COST office action B26, which addressed multiple aspects of sleep disordered breathing in Europe.

The ESADA is a true collaborative effort and all participating centres have full rights and control of data supplied in the database. The data contributor list has grown and several new laboratories in Europe have applied to the ESADA steering committee for inclusion into the ESADA group.

Current achievements

The ESADA project has been exceptionally successful and currently contains data from some 13 000 European patients. The recruitment rate is approximately 200 new patients per month. The project has been presented at several meetings and congresses during the last 4-5 years and the first formal publication truncated at some 5100 patients has been published in the European Respiratory Journal (Hedner et al., 2011). Four additional publications based on cross sectional analyses of data are under submission.

Some of the early highlights in these first analyses of the ESADA material include:

- Patients referred to the different European sleep laboratories vary considerably in terms of anthropomorphic characteristics and comorbid conditions. This is likely to reflect both national and local differences in clinical pathways for patients with the disorder.
- The use of polysomnography for OSA diagnosis varies between 0 and 100% (mean 50%) between laboratories and a diagnosis based on PSG provides approximately 25% (AHI=29 and 23, respectively) higher AHI than that recorded by cardiorespiratory monitoring. A separate methodological study on this topic is under preparation.
- Men with OSA have approximately 30% higher AHI compared with women. Symptoms including sleepiness and clinical signs vary considerably between the genders. The gender differences will be highlighted in a separate publication.
- The prevalence of cardiovascular and metabolic disease is very high - approximately 50 and 33%, respectively, in this cohort. Unique data on medication by ATC code show that C-drugs (cardiovascular) are massively overrepresented in patients referred for sleep apnea investigations. Approximately one third of all patients with sleep apnea and hypertension have poorly controlled hypertensive disease. An ongoing analysis will highlight the important question of whether type of antihypertensive treatment affects OSA severity. Alternatively, is blood pressure control in OSA specifically effective with certain types of antihypertensive drugs?

- Oxygen desaturation, independent of manner of definition, appears to be a far stronger predictor for cardiovascular disease than measures of apnea intensity – like the AHI. This is a novel and important aspect that has been given highest priority for publication.
- Measures of sleep apnea in a confounder corrected analysis turn out to be strongly predictive of poor glycemic control as reflected by e.g. increased HbA1c in this population of more than 10000 subjects.
- Approximately 10% of patients referred to European sleep laboratories with a suspected OSA diagnosis have a CDE driver's license status. This highlights the importance of specific measures to assess daytime functionality and to provide intense follow-up programs for this high risk group at sleep centres around Europe. Interestingly there is no obvious anthropometric or laboratory based difference between patients in this group and those with an AB license status.
- The average ESS score among referred patients is approximately 10 and does not correlate with severity of sleep apnea defined by AHI or ODI. This underlines the need for improved phenotyping of patients with OSA in sleep laboratories. Such work-up measures will ultimately need to include measures of morbidity that extend beyond assessment of an AHI.

Obviously, this is only a small fraction of the cross sectional, and prospective, information that can be extracted from this database. We expect that this type of information from the ESADA may have a significant impact on clinical management of sleep apnea in Europe.

The ESADA project has proven that coordinated action by several independent laboratories may result in considerable amounts of data and information if efforts are strategically coordinated. The project has been received very positively by national research organisations and has fostered a collaborative spirit within a large group of researchers at leading sleep centres across Europe. The initiative has been recognised by the European Sleep Research Society (ESRS) and the European Respiratory Society (ERS) as a leading collaborative effort. The database, currently the biggest of its interdisciplinary kind in the world, has provided new insights on the OSA disorder and will provide a series of cross sectional and prospective analyses in the coming years. Importantly, the ESADA will reflect how OSA is treated and what effect we may expect by treatment of the disorder. The fact that the study is non-randomised does not provide a major limitation as long the size of the cohort has reached a volume that by far supersedes any other similar project. A yet unexplored component of this initiative is the collection of genetic samples that will be available for analysis.

Today's list of participating centres: see <http://esada.med.gu.se>, a new website with more information is under construction.

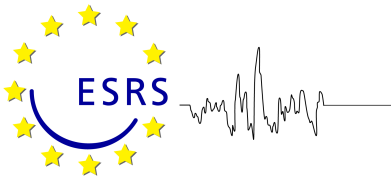
The ESADA group

Reference

Hedner, J., Grote, L., Bonsignore, M., McNicholas, W., Lavie, P., Parati, G., Sliwinski, P., Barbe, F., DeBacker, W., Escourrou, P., Fietze, I., Kvanne, J.A., Lombardi, C., Marrone, O., Masa, J.F., Montserrat, J.M., Penzel, T., Pretl, M., Riha, R., Rodenstein, D., Saaresranta, T., Schulz, R., Tkacova, R., Varoneckas, G., Vitols, A., Vrints, H., Zielinski, J. The European Sleep Apnoea Database (ESADA): report from 22 European sleep laboratories. *Eur. Respir. J.*, 2011, 38: 635-642.



The picture of the ESADA collaborators was taken at the ESADA meeting 2011 in Gothenburg. Each year one major meeting is organized for the entire group (Dublin 2012, Edinburgh 2013).



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

Activities of the Assembly of National Sleep Societies (ANSS) and the Executive Committee (EC) during the period November 2012 until February 2013:

The EC of the ANSS has recently met in Amsterdam (November 2012) and in Munich (February 2013). The activities can be summarised as follows:

- A) Collaboration in the Wake Up Bus Project – a joint activity of the ANSS, the EU committee and the ESRS board.
- B) Preparation of the upcoming Annual ANSS meeting in Copenhagen. The program and organisational details have been sent to the national presidents and the board.
- C) Evaluation of the data regarding Accreditation and Certification of Sleep Medicine Services in Europe (longitudinal analysis). A written report is under final preparation.
- D) Reimbursement of Sleep Medicine Services: Data from a questionnaire distributed to the National Sleep Societies within the ANSS has been evaluated; a written report is under preparation. Further information is necessary to strengthen the analysis.
- E) The presentation of the National Sleep Societies on the ESRS webpage has been improved and will be implemented soon.
- F) The budget of the ANSS activities for 2012 and during the time period 2009-2012 has been analysed. A budget for the upcoming term has been compiled.

Ludger Grote, Chair
on behalf of the Executive Committee, Assembly of National Sleep Societies



RECIPIENTS OF ESRS TRAVEL GRANTS 2013

The [ESRS Research Networking Committee](#) is pleased to announce that nine ESRS Travel Grants have been awarded for the year 2013 within the programme developed to promote travel of young sleep researchers in order to learn a specific technique or methodology in an experienced laboratory belonging to the [ESRS Network of Sleep Research Laboratories](#).

We congratulate the recipients and cordially thank the supervisors and teams of the host laboratories for their support and cooperation in this endeavour.

The [nine ESRS Travel Grant recipients](#) (in alphabetical order) are:

Recipient:	Stefano Bastianini, Bologna, Italy
Host Laboratory:	Physiopathology of the Neuronal Networks of the Sleep-Waking Cycle, UMR 5292 CNRS/U1028 INSERM, Team "Sleep", Lyon, France
Supervision:	Dr. Pierre-Hervé Luppi

Recipient 2:	Mary Gazea, Munich, Germany
Host Laboratory:	Experimental Sleep Studies, Universidad Autonoma de Madrid, Spain
Supervision:	Prof. Isabel Trinidad De Andres

Recipient 3:	Lilit Gharamanyan, Yerevan, Armenia
Host Laboratory:	Center for Sleep Research and Sleep Medicine, University Medical Center, Department of Psychiatry & Psychotherapy, Freiburg, Germany
Supervision:	Prof. Dieter Riemann

Recipient 4:	Erica Kucharczyk, Loughborough, United Kingdom
Host Laboratory:	Netherlands Institute for Neuroscience, Sleep & Cognition, Amsterdam, The Netherlands
Supervision:	Prof. Eus JW Van Someren

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- Recipient 5:** Alex Nesbitt, Guildford, Surrey, United Kingdom
Host Laboratory: sleep&development@KISPI, [University Children's Hospital Zurich, Switzerland](#)
Supervision: Prof. Reto Huber
-
- Recipient 6:** Agnese Salvadè, Bellinzona, Switzerland
Host Laboratory: [PRISM: Physiological Regulation in Sleeping Mice, Department of Human and General Physiology, University of Bologna, Italy](#)
Supervision: Prof. Giovanna Zoccoli
-
- Recipient 7:** Peter Simor, Budapest, Hungary
Host Laboratory: [UR2NF - Neuropsychology and Functional Neuroimaging Research Unit, Université Libre de Bruxelles \(ULB\), Faculty of Psychological Sciences, Brussels, Belgium](#)
Supervision: Prof. Philippe Peigneux
-
- Recipient 8:** Olalla Urdanibia, Valencia, Spain
Host Laboratory: [Danish Center for Sleep Medicine, Department of Clinical Neurophysiology, Glostrup Hospital/University of Copenhagen, Denmark](#)
Supervision: Prof. Poul Jennum
-
- Recipient 9:** Irina Zavalko, Moscow, Russia
Host Laboratory: [Center for Sleep Research and Sleep Medicine, University Medical Center, Department of Psychiatry & Psychotherapy, Freiburg, Germany](#)
Supervision: Prof. Dieter Riemann
-



SLEEP AND BREATHING CONFERENCE, BERLIN, APRIL 11 - 13, 2013

The programme for the acclaimed Sleep & Breathing conference is now online. Created by the ERS and ESRS and supported by other leading European societies that recognise the need for a transitional approach to the management of sleep disorders, this innovative, leading-edge educational programme focuses on sleep breathing disorders but will also provide significant insights into a wide range of related disorders.

Sleep & Breathing 2013 is the largest educational event of its kind in Europe and boasts a highly accomplished European faculty.

Book your place now and meet, learn and network with Europe's finest.

Lead the field in Sleep Medicine, join us in Berlin 11 – 13 April.

www.sleepandbreathing.org

SLEEP and BREATHING

Join Europe's leading specialists
11 - 13 April 2013 Berlin

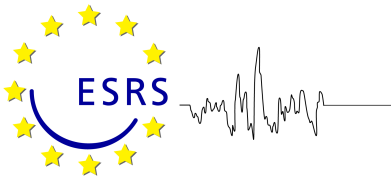
Don't miss this integrated approach to the investigation and treatment of Sleep Disorders

View the innovative programme:
www.sleepandbreathing.org

Organized by: ERS EUROPEAN RESPIRATORY SOCIETY ESRS EUROPEAN SOCIETY OF SLEEP RESPIRATORY MEDICINE

Supporting societies:

- European Association for the Study of Diabetes
- European Association for the Study of Obesity
- European Neurological Society
- European Paediatric Association
- European Psychiatric Association
- European Society of Cardiology
- European Society of Hypertension
- German Sleep Society (DGSM)



ESRS@TWITTER

We are delighted to inform you that you can now follow ESRS on Twitter, read and post about topics related to ESRS, the upcoming Sleep & Breathing congress in Berlin and the ESRS society in general. Sign up and follow now! In order to get started, you will need to create a Twitter account. Please visit www.twitter.com and sign up. You will be guided step by step through the registration process. Once you have opened your account you will find the society's Twitter page by simply inserting "ESRS" into the search field and becoming a "follower".

Alternatively, you can click the button "Follow@ESRS_Sleep" at the ESRS website (www.esrs.eu) in order to register and/ or to follow ESRS, depending on your registration and login status at Twitter.



Click on "Follow@ESRS_Sleep" to register and/ or follow ESRS on Twitter.



ESRS EVENTS

Sleep and Breathing

Date: April 11 - 13, 2013
Venue: Berlin, Germany
Website: www.sleepandbreathing.org/



2nd international conference organised by the ERS/ESRS

22nd Congress of the European Sleep Research Society

Date: September 16 - 20, 2014
Venue: Tallinn, Estonia
Website: www.congrex.ch/esrs2014





TRAINING & COURSES

4th European Narcolepsy Day: Hot topics in European Narcolepsy Research & European Narcolepsy Association Meeting

Date: March 16 - 17, 2013
Venue: Madrid, Spain
Website: www.narcolepsy-international.org/

Organising Committee:

European Narcolepsy Network (EU-NN)
President: Gert Jan Lammers (chair)

Local Organising Committee:

Dr. Rosa Peraita-Adrados (Chair)
E-Mail: mperaita.hgugm@salud.madrid.org
Mr. Manuel Martinez-Torrejón (Co-chair)
Asociación Española de Narcolepsia (AEN)
E-Mail: información@narcolepsia.org

2nd Alpine Sleep Summer School

Date: August 26 - 30, 2013
Venue: Ljubljana, Slovenia
General Information: www.sleep-summer-school.ch/

Organising Committee:

Claudio L. Bassetti (Chair), Luigi-Ferini Strambi, Patrick Levy, Thomas Pollmächer (Co-chairs)

Local Organising Committee:

Leja Dolenc-Groselj (Chair)



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

25th Anniversary Scientific Meeting of British Sleep Society (BSS)

Date: October 17 –19, 2013
Venue: Edinburgh, Scotland, UK
Website: www.edinburghsleep2013.co.uk/



FUTURE MEETINGS

V. Dubrovnik Conference on Cognitive Science (DuCog): Sleep, neural oscillations and cognition

Date: May 16 – 19, 2013
 Venue: Dubrovnik, Croatia
 Website: www.cecog.eu/ducog/page_invitation.php

II International Symposium on Multidisciplinary Treatment of Sleep Apnea

Date: April 18 – 19, 2013
 Venue: Madrid, Spain
 Website: www.apneasymposium.com/
 Program: www.esrs.eu/uploads/tx_mnmesrscal/apnea2013.pdf

15th Nordic Sleep Conference

Date: June 6 – 8, 2013
 Venue: Copenhagen, Denmark
 Website: www.nsr2013.dk/

XIII Congress of the European Biological Rhythms Society (EBRS)

Date: August 18 – 22, 2013
 Venue: Munich, Germany
 Website: www.ebrs-online.org/

The ESRS-EBRS Symposium will be held on August 20, 11:00 - 13:15.



Sixth Conference of the Canadian Sleep Society: "Make time 4 sleep"

Date: October 4 – 6, 2013
 Venue: Halifax, Nova Scotia, Canada
 Website: www.canadiansleepsociety.ca/publisher/articleview/frmArticleID/364/

Seventh Annual Pediatric Sleep Medicine Conference

Date: November 8 – 10, 2013
 Venue: Amelia Island, Florida, U.S.A.
 Website: www.pedsleepmedconference.com/conference

Gordon Research Conference on "Sleep Regulation & Function"

Date: March 16 – 21, 2014

Venue: Galveston, Texas, U.S.A.

Website: www.grc.org/conferences.aspx?id=0000843

Chair Contact Info: www.grc.org/chairs.aspx?meeting=16791

Online Application: www.grc.org/application.aspx?id=16791

Registration Information: www.grc.org/regpay.aspx



FUTURE PUBLICATION OF ESRS MEMBERSHIP APPLICANTS AND ONLINE PROCEDURES

In the past, the names of both applicants and new members were published only in the ESRS newsletter. To speed up the process, the names of the applicants will now be published continuously on the ESRS members restricted part of the ESRS website. ESRS members can view the list after login by clicking the link “Applicants List” in the “Membership & Services” section. They have the opportunity to deny admission within two months after submission.



Online Application

To apply online for ESRS membership, applicants should click “Membership & Services”, and then “Join now” in the public section of the ESRS website (www.esrs.eu/membership-services/join-now.html?no_cache=1). They will be asked to complete the online form including the name of their ESRS sponsor member, who will be contacted by email for approval. Thus, there will be no more need (although still possible) to fill in and fax the application form signed by the applicant and the sponsor.

The screenshot shows the ESRS website's 'Membership & Services' page. The navigation menu includes 'ESRS', 'Committees & Networks', 'Education & Career', 'Publication & Standards', and 'Membership & Services'. The 'Join now' button is highlighted with a red box. The form includes fields for 'Type of membership' (set to 'Full membership'), 'Title' (radio buttons for 'Mr' and 'Ms'), 'First Name', 'Middle Name', 'Last Name', and 'Academic Title(s)' (with a 'BSc' checkbox). A sidebar on the left contains 'Membership information', 'Join now', 'Application form', and 'European Sleep Research Laboratories'. Below the sidebar is a 'Journal of Sleep Research' section with a cover image and a 'JSR homepage' link.

Online Payment by Applicants

As from now, online payment of the first ESRS annual fee can also be made by applicants via the ESRS website. Payment is operated on the PayPal website, ensuring the safety of the transaction.

Once the application has been received and reviewed, and no objection was made within the period of two months, applicants considered for ESRS membership will be provided with login codes by which they can access the system in order to pay their fee online.

To log in, go to www.esrs.eu/membership-services.html and enter your Username and Password into the boxes at the login page and click "Login." Click "Renew membership" to start the transaction via PayPal.

The screenshot shows the 'Membership & Services' page with a list of links: 'Membership information', 'European Sleep Research Laboratories', and 'Renew membership' (highlighted with a red box). Below the list is a 'Dear Applicant' message: 'Welcome to the European Sleep Research Society. Please note that your application is not considered complete until you pay the membership fee. Payment can be made online by clicking the link "Renew membership" in the list above. For other payment methods, please use the ESRS membership fee form. For further information, please contact Mrs. Maria Wiechmann (maria.wiechmann@esrs.eu). Sincerely yours, European Sleep Research Society'. At the bottom, there is a 'Username:' field and a 'Logout' button.

After receipt of the annual fee, new members will get full access to all ESRS membership services using the provided login codes.

Access to Members Only Website

Access to the members' only website with additional services will be blocked in case of due membership fees. In this case, only the "Renew membership" option will be available after login.

Payment can be made online (see above), by bank transfer or by credit card. Please contact Mrs. Maria Wiechmann (maria.wiechmann@esrs.eu) if you have any question regarding your payment.



NEW MEMBERS

The Society welcomes the following new members:

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JOB OPPORTUNITIES

The Medical Faculty at the University of Bern, University Hospital Bern offers an

Open rank professorship in Systems-Neurophysiology at the Department of Neurology (associate professor / tenure track assistant professor)

Start date September 1st, 2013.

The Department of Neurology ensures a large coverage area of inpatient and outpatient care and the emergency service, on a broad and qualitatively outstanding clinical basis and has a long tradition of excellence in neurological education and research. It is part of the recently established, interdisciplinary Center of Neuroscience at the University Hospital and of the interfaculty network for Clinical Neurosciences of the University of Bern.

As part of the Faculty's and University's new focus, an associate professorship in system neurophysiology is created. The professorship shall strengthen existing research areas in movement disorders, epilepsy or sleep. Expertise in translational or animal experimental approaches is desirable. Modern animal facilities in the Department of Clinical Research are available. We expect an academically highly qualified person with the title of assistant professor or equivalent scientific qualification, committed to teaching and playing an acting part in the Center of Neuroscience and the network for Clinical Neurosciences. The title of a specialist in neurology is desirable, but not necessary. The position is open rank, depending on age and qualifications either a tenure track assistant professorship or an associate professorship. The position can be associated with the function of the head of the Outpatient Clinics, and/or the Center for Clinical Neurophysiology and/or the Center for Experimental Research. The faculty is committed to increase the proportion of women as faculty members and therefore especially invites women to apply.

For more information and documentation, please contact the president of the electoral commission, Prof. Dr. Walter Senn, executive director of the Department of Physiology (E-mail: senn@pyl.unibe.ch). Applications should be submitted latest by March 27, 2013, to the office of the dean of the Medical Faculty of the University of Bern, Murtenstrasse 11, CH-3010 Bern. Information regarding the required documents can be found under:

www.medizin.unibe.ch/fak/lau/Merkblatt_Bewerbungsunterlagen.pdf.

Further job opportunities can be accessed through the ESRS website at:

www.esrs.eu/education-career/job-opportunities.html

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