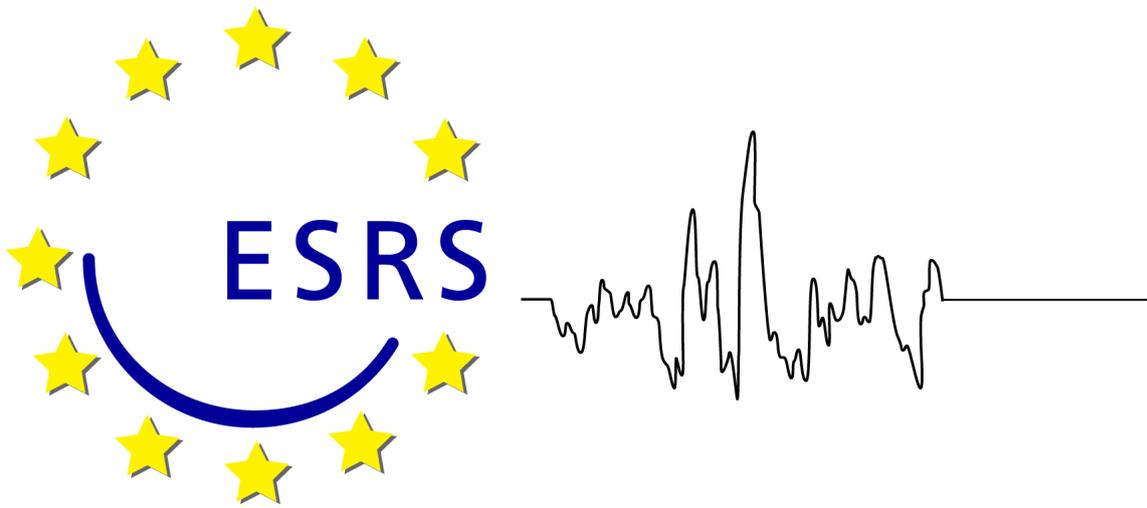


NEWSLETTER

October 2012

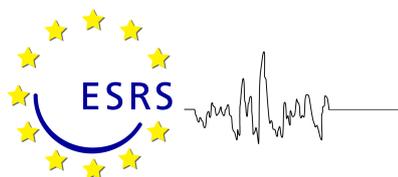




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LETTER FROM THE NEW PRESIDENT

Dear ESRS and ANSS Members, Colleagues and Friends

In my first letter as the newly elected ESRS President, I would like to begin by thanking you all for entrusting me with this position. I am sincerely honoured and will do my best to support a continuous and harmonious development of the sleep domain within Europe, for the benefits of everybody.

It also gives me great pleasure to present to you the new board of the ESRS, now composed of the past president Claudio Bassetti, the clinical and basic vice-presidents Walter McNicholas and Debra Skene, the secretary and assistant-secretary Pierre-Herve Luppi and Lino Nobili, the treasurer Dieter Riemann, and the ANSS representative Javier Puertas. Some of them have served already within the previous board, others are new to the board, but in all cases they are enthusiastic and fully dedicated. I am extremely glad knowing that such an excellent team will work with me in the years to come to continue developing the ESRS.

Thanks to the previous board and to the ESRS bodies assembled under the excellent presidency of Claudio Bassetti, the ESRS has worked hard for the recognition and development of sleep medicine in European countries, while setting up the necessary basis for developing sleep research and growing interactions between sleep researchers and clinicians.

The ESRS successfully organised the first sleep medicine examination for expert somnologists, which took place during the Paris meeting. Fifty 'grandmother' and 'grandfather' sleep experts were awarded certificates. I offer them my sincere congratulations, and invite those experts who were not able to attend the Paris examination to join us in Berlin during the ERS-ESRS Sleep & Breathing conference (April 2013) for the second and last 'grandparent' examination (see the call in this issue). We then propose to open the certification to all somnologists in September 2014 at our next ESRS meeting in Tallinn, a very exciting opportunity. This initiative has been accompanied by the publication of guidelines and the development of a catalogue of skills and knowledge. These will be part of the basic foundations for a novel challenge to be faced by the ESRS: training and education of the new generation of sleep researchers.

As another example, the ESRS has worked hard to increase the visibility of sleep research within Europe, launching a database of European sleep research laboratories where information about activities and opportunities can be found. Although the database is wealthy, we know that many sleep research laboratories are not yet registered. I encourage all of you to do so. Indeed, it is not only your laboratory that you are presenting to other researchers, but by increasing the richness of the database you also help demonstrating the weight, diversity, originality and fundamental transdisciplinary nature of sleep research in Europe for policy

makers and partners at the European level. In this respect, your contributions to the work of the society are essential to make our field more strong and successful. Further, the ESRS has started and will continue offering travel grants allowing young researchers to visit research sleep laboratories headed by ESRS members to learn and make novel, transnational connections (see the call on page 11). The new ESRS board is committed to develop further its support to sleep research by creating novel opportunities in the sleep field and making the word "sleep" a hot topic of interest in scientific calls at the European level.

Much of the activity of the past two years has been dedicated to make possible the ESRS meeting in Paris, thanks to the collaboration between the ESRS board and scientific committee, our local organizer the French sleep society and our partner Congrex. I am very pleased to have received many positive feedbacks about the excellent scientific content and attractiveness of this meeting (see the report on page 8-10). Of course, there is always room for improvement and we have already asked you to fill in feedback forms that are currently being analysed to make our next meeting in Tallinn even more successful. In any case, I am already sure nobody will want to miss the Tallinn congress organised in collaboration with the Estonian sleep society helped by the Nordic societies in 2014. Likewise, I cannot imagine who would not want to be present in 2016 in Bologna, the next congress destination chosen at our animated and dynamic business meeting.

In addition, we have taken the opportunity to celebrate in the beautiful city of Paris the 40 years of existence of our association with the edition of a book where not only past history, current activities and challenging perspectives in the different fields of sleep are discussed, but also in which the national sleep societies affiliated to the ESRS within the ANSS are proudly presented.

Finally, the ESRS is an active member of the World Sleep Federation, and we are proud to announce our lead role in the organization of the WorldSleep 2015 meeting in Istanbul, with the collaboration of the Turkish sleep society. And of course, we are also planning and open to the organization of events with other scientific societies in the next coming years, increasing interdisciplinary connections and promoting sleep interests.

Those are simple examples of the work made possible by the dedication of many ESRS members, within and outside of the board. I will not thank any of them by name because it would be so ungrateful to forget even only one of those who made our actions possible and successful, but to all of you I express my sincere and deep gratitude for the work you have done and for many of you who will continue to serve the society. Besides those who have been, still are or have now entered the board, the Scientific Committee, the Sleep Medicine Committee, the Research Networking Committee, the European Union Committee, the newly created Education Committee and the Assembly of National Sleep Societies, we must also thank our ever present and dedicated administrative staff, and finally all of you who are members of ESRS and/or of an affiliated national sleep society.

In this issue, you will find the minutes of the ESRS business meeting in Paris and the revised bylaws as adopted at the same business meeting. The business meeting is an important event in the life of the society and I am glad to see that you are always

numerous and vivacious in your participation, a sign of good health and democracy in the association.

Also enclosed are the reports, composition and perspectives of the established ESRS committees, namely the Scientific Committee chaired by Simon Archer, the Sleep Medicine Committee headed by Thomas Penzel, the Research Networking Committee headed by Debra Skene, the European Union Committee headed by Roberto Amici, the Forum for Women in Sleep Research headed by Raphaëlle Winsky-Sommerer, and the new Education Committee headed by Zoran Dogas. You will notice in their composition that we have taken care to have common representatives on different committees to ensure an efficient coordination of their actions.

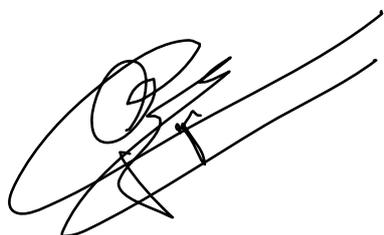
Alongside these are the reports of the European networks in which the ESRS is involved: the European Insomnia Network (EIN) chaired by Dieter Riemann, the European Narcolepsy Network (EU-NN) presided by Gert Jan Lammers and finally the report of our very active Assembly of National Sleep Societies (chaired by Ludger Grote).

Finally, there is also an important call for reviewers to the Journal of Sleep Research. Please remember that JSR is *your* journal, and do not forget it at the time of submitting your best work for publication, it is the perfect place to be read and discussed by people in your field.

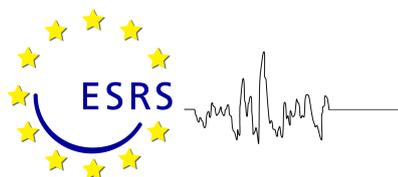
Last but not least, I would like to cordially thank Simon Archer for proofreading and editing the English version of this newsletter as language editor.

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

Sincerely

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

Philippe Peigneux
ESRS President



LETTER FROM THE PAST PRESIDENT

Dear ESRS Members, Colleagues and Friends

After four years of Presidency it is time to leave. It has been a great time filled with interesting and intense work. Some goals were achieved, but important challenges remain.

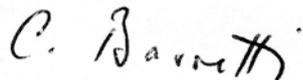
As mentioned in Paris, I see the following four areas as particularly relevant for the future of the ESRS:

- 1) Our **bi-annual ESRS Meetings** have grown successfully in terms of quality of content and overall attendance. I am convinced that the next two meetings in Tallinn and Bologna will continue our tradition of excellence. The involvement (also) of regional sleep researchers and specialists, and the highest quality possible of both scientific content and teaching events will be essential to attract young colleagues (the future of the society) and new members.
- 2) The interaction with the **National Sleep Societies**, the **World Sleep Federation** and other **professional societies in Europe** has been very active and fruitful over the last few years. The ESRS-ERS Conference on Sleep and Breathing in Prague and Berlin and the World Sleep Meeting in Turkey in 2014 were and will be special highlights in this context. Joint efforts are indeed pivotal to reduce redundancies and maximize impact and relevance of what we all want in the field: excellence in sleep science, excellence in sleep medicine. Collaborations in organizing symposia and meetings, in promoting research networks, in running certification and accreditation procedures, in publishing guidelines (just to mention a few examples) should be developed further internationally. The ESRS will play an important role in this process.
- 3) The first European Sleep Examination and the distribution of the **ESRS Somnologist Certificates** in Paris have been special achievements for the society and its members. For the next two years important challenges in the field of sleep medicine include a further sophistication of the examination process, the accreditation of first sleep medicine centres, the creation of an educational curriculum ("Sleep Academy", according to the catalogue of knowledge and skills) and of an ESRS Sleep Medicine Textbook.
- 4) Our **financial situation** has considerably improved over the last 4 years. This is also due to a further **professionalization** in the organization of our meetings but also our society. There is still some need to improve our internal and external communication as well as visibility. Only sound finances will allow us to support our multiple activities, to promote scientific and teaching events and to continue offering travel grants to young researchers.

I would like to thank the ESRS board; the members of the scientific committee, executive committee of the assembly of national societies and other ESRS committees; Derk-Jan Dijk; Thomas Penzel; Zoran Dogas; Brigitte Knobl and Maria Wiechmann; Julia Bicher, Luana Occhilupo and Mariafranca Tassielli of the Congrex team, for their work, support, advice and last but not least friendship over the last four years.

My warmest wishes to the new President, Philippe Peigneux, and the new board for a successful and interesting period of activity.

It was an honour and a pleasure to serve the ESRS.

A handwritten signature in black ink, appearing to read 'C. Bassetti'.

Claudio Bassetti
Past-President of the ESRS



ESRS 2012 MEETING IN PARIS

The 21st meeting of the ESRS was attended by more than 1'400 participants and was very successful. Most sessions were very well attended, which attests to the high quality of the scientific programme and the wide interest in the field of Sleep Research.

The highlights of the meeting included:

- the 2nd European Sleep Science award ceremony (the prize was given to Elio Lugaresi);
- the four key-note lectures; Pierre Maquet from Liege, BE, Charles Morin from Quebec, CA, Ferran Barbé from Barcelona, ES and Chiara Cirelli from Madison, US;
- the young scientists symposium;
- 4 Joint Symposia of the ESRS with the ILAE (International League Against Epilepsy), the SFRMS (Société Française de Recherche et Médecine du Sommeil), the EBRS (European Biological Rhythms Society) and with the JSSR (Japanese Society for Sleep Research) together with the WFSRSMS (World Federation of Sleep Research & Sleep Medicine Societies);
- 4 European Sleep Research Networks sessions; European Insomnia Network, ESADA (European Sleep Apnea Database), European Narcolepsy Network and the EURLSSG (European Restless Legs Syndrome Study Group).

During this year's meeting, the ESRS celebrated its 40th anniversary with nearly 400 participants at the unique and memorable "Le Théâtre du Merveilleux" in Paris.



The great work of the ESRS board and the ESRS scientific committee and the generous support by the local organising committee (Jean-Louis Pépin and Marie-Pia d'Ortho) must be acknowledged.



Visit the ESRS [Photo Gallery](#) on the congress website to see pictures of the meeting in Paris!

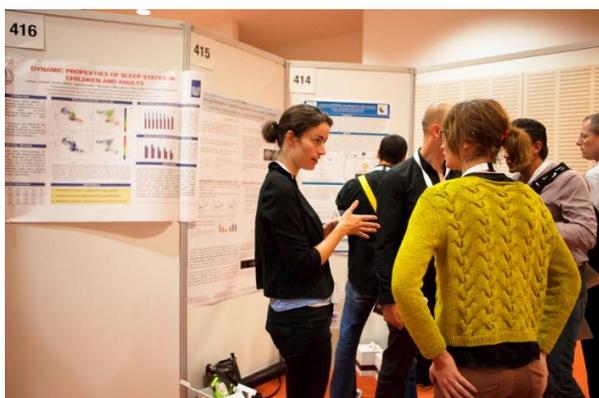
Scientific Programme



856 abstracts
(150 orals, 698 posters, 4 rejected)



- 4 Keynote Lectures
- 5 Teaching Courses
- 21 2-hour Symposia
- 4 Joint Symposia
- 15 Oral Sessions
- 5 Round Table Discussions
- 3 Case Discussions
- 3 Video Sessions
- 3 Satellite Symposia



Exhibition & Sponsoring



368 m² exhibition
3 sponsors (Philips Respironics, UCB and Linde)



Attendance

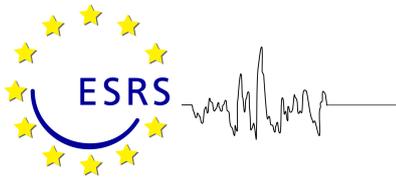


1'404 active participants from 64 countries

Country	No. of delegates
France	149
United Kingdom	104
Switzerland	93
Germany	81
United States of America	82
Netherlands	79
Belgium	74
Italy	62
Sweden	57
Finland	53
Japan	52
Australia	51
Canada	50
Norway	43
Portugal	40
Spain	36
Brazil	25
Russia	23
Denmark	22
Austria	18
South Korea	15
Israel	14
Czech Republic	12
Romania	12
Bulgaria	11
Chile	11
Poland	10
Iceland	9
Slovenia	9
Greece	8
Ireland	8
Taiwan, Republic of China	8
Croatia	7
Luxembourg	7

Country	No. of delegates
Turkey	7
China	6
South Africa	5
Argentina	4
Armenia	4
Estonia	4
Lithuania	4
Serbia	4
Georgia	3
Hungary	3
Hong Kong	2
Saudi Arabia	2
Slovakia	2
United Arab Emirates	2
Uruguay	2
Albania	1
Azerbaijan	1
Cyprus	1
India	1
Iran	1
Lebanon	1
Moldova	1
New Zealand	1
Nigeria	1
Oman	1
Philippines	1
Serbia and Montenegro	1
Sierra Leone	1
Singapore	1
Tunisia	1

Total no. of delegates	1'404
Total no. of countries	64



REPORTS OF THE ESRS COMMITTEES

ESRS Research Networking Committee (RNC)

Current Members (2012-2014):

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

Previous Members (2010-2012):

Coordinator: Debra J. Skene; vice-coordinator: Patrick Levy; members: Roberto Amici, Simon Archer, Colin Espie, Lino Nobili, Philippe Peigneux, Dieter Riemann

I would like to thank the past members of the RNC and their efforts over the last two years (2010-2012). The European Sleep Research Laboratories Database was established (www.esrs.eu/membership-services/european-sleep-research-laboratories.html); ESRS Travel Grants for young investigators were re-established to undertake study visits to one of the listed Sleep Research Laboratories.

Current goals of the RNC (2012-2014) include: Continue to expand the European Sleep Research Laboratories database; select Sleep Research Laboratories as ESRS training centres and establish an ESRS Sleep Research Training Laboratories database; continue to administer the ESRS Travel Grants for young investigators.

The RNC encourages all ESRS members to register their Laboratory on the web database of European Sleep Research Laboratories (www.esrs.eu/membership-services/european-sleep-research-laboratories.html). For help in submitting your Laboratory details, please go to www.esrs.eu/fileadmin/user_upload/Labs/Laboratory_Submission_Guide.pdf

Participation in the database will help to promote sleep research collaboration and networking across Europe.

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

Previous Members (2010 – 2012):

Colin Espie (Chair), Simon Archer, Paul Franken, Alex Iranzo, Raffaele Manni, Thomas Penzel, Christelle Peyron, Joan Santamaria, Sophie Schwartz

The meeting in Paris was largely a great success and credit should go to the members of the previous Scientific Committee for the hard work that they contributed towards this. At the Paris meeting, the new Scientific Committee was elected and work has already begun to analyse the feedback from the Paris meeting so that the Committee can take on board comments and suggestions that could improve even further the next meeting in Tallinn in 2014. The Scientific Committee remains dedicated to putting together an excellent scientific programme that is scheduled as well as possible. Over the coming months, the Committee will work closely with the Board, the conference team, and the local organisers to ensure that the next ESRS conference is also a big success. Over the next few years, members of the Committee will also work together with the Research Networking Committee to help achieve their aims.

Colin Espie – Simon Archer

ESRS Sleep Medicine Committee (SMC)

Current Members (2012 – 2014):

Thomas Penzel (Coordinator), 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.

Previous Members (2011 – 2012):

Thomas Penzel (Coordinator), Sören Berg, Simone de Lacy, Marie-Pia d'Ortho, Zoran Dogas, Colin Espie, Diego García Borreguero, Patrick Lévy, Teresa Paiva, Dirk Pevernagie, Thomas Pollmächer, Andrea Rodenbeck, Debra Skene, Marco Zucconi

The Sleep Medicine Committee was working much towards the first examination of (grandparents) Somnologists, which took place in Paris on the 4th September 2012. 50 applicants were eligible for the examination. All 50 persons attended the examination in person. 50 multiple-choice questions were distributed to all participants and were completed. All examinees passed the test with a threshold of at least 50% correct answers. Certificates were handed over at the ESRS conference banquet in Paris on the 7th September.

A second and last grandparent examination for physicians to achieve a European “Somnologist” certificate is planned for the next ESRS / ERS congress in Berlin on the 11th April 2013. This gives a chance to those people who missed the examination in Paris last September. The procedures will be similar and a corresponding announcement is published in this newsletter and on the website. Regular applications, including those who missed both grandparent rounds will be considered at the next ESRS congress in 2014 in Tallinn. The rules for that 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 “Standards of procedures” publication has been published this year in the Journal of Sleep Research. The “Catalogue of knowledge and skills” publication has been submitted. The next important publication will be the update on the sleep centre

accreditation. This is an important issue because it does not only include technical issues which came up after the initial publication in 2006, such as the introduction of the AASM sleep scoring criteria. It may also discuss the different levels of sleep centres that are present in Europe. There are sleep centres that cover all aspects of sleep medicine, including rare disorders, and there are sleep centres that are much more specialized in a few of the most prevalent sleep disorders. A discussion is needed as to whether different categories or levels of sleep centres should be defined.

To continue the alignment of the ESRS somnologist certification with the European Respiratory Society (ERS) HERMES program for respiratory sleep medicine is also an important issue for the next two years.

Thomas Penzel

ESRS EU Committee

Report on the activities: May 2012 - October 2012

Current Members (2012 – 2014):

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

Previous Members (2011 – 2012):

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

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 these past few months, the achievement of the EU Committee has been the meetings with Mrs Patricia Reilly, member of the Cabinet of the Commissioner for Research, Innovation and Science, and with Mr Philippe Cupers, responsible for Neuroscience within the Directorate General Research and Innovation of the EU Commission. The meeting with Mrs Reilly took place on July 16th 2012 at the Headquarters of the EU Commission in Brussels. An ESRS delegation, composed of the ESRS President and the two Chairs of the Committee, addressed Mrs Reilly regarding the need and urgency for EU investment in the fields of sleep research. The meeting was positive and interesting and Mrs Reilly gave a major contribution indicating Mr Cupers as the best target for our proposals and requests. Following this suggestion, the ESRS President and the Chair of the Committee met Mr Cupers on August 27th 2012 at the Headquarters of the DG Research and Innovation. The meeting was very positive and lasted for almost two hours. In particular, Mr Cupers was informed about the different research networks presently active in Europe on sleep-related topics and about the high degree of integration that has been reached among basic animal, basic human and clinical sleep researchers in the last few years. Finally, Mr Cupers was clearly addressed about the need of a specific call on sleep in the forthcoming Framework Horizon 2020, as occurred in the FP6

framework. Mr Cupers was very positively impressed by the presentation and declared to be available to support sleep-related initiatives in the near future. The powerpoint presentation which was shown in the meeting has been posted on the ESRS website under the heading Media/Presentations for the convenience of all ESRS members (www.esrs.eu/media/presentations.html).

As future initiatives of the Committee i) a meeting with Mr Paul Harris, policy maker of the DG Education and Culture and responsible of the Marie Curie action within the FP7 Program, has been planned for October 25th in order to discuss with him about the need of more education and training in sleep in Europe; ii) thanks to the activity of the President of the Estonian Sleep Society, Erve Sõõru, contacts have been taken aimed at having a meeting with the EU Commissioner for Transport and Vice-President of the EU Commission Siim Kallas, in order to address him about the risks related to sleepiness at the wheel.

Finally, the project “Wake up Bus” is ready to be launched under the Coordination of Marta Gonçalves (President of the Portuguese Sleep Society and member of the 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 and should end with a one-day symposium on ‘sleepiness at the wheel’ at the EU Parliament. More detailed information on the project will be given in the next report.

Roberto Amici

ESRS Education Committee (EduC)

Report on the planned activities: October 2012

Members:

Zoran Dogas (Chair), Roberto Amici, Claudio Bassetti, Colin Espie, Thomas Penzel, Dirk Pevernagie, Debra Skene

This newly formed Education Committee was established by the decision of the ESRS board at the Paris meeting in September 2012.

The main objectives of EduC are: i) to create the ESRS Standard European Education Curriculum in Sleep (60 ECTS credits) based on the ESRS Catalogue of Knowledge and Skills for Sleep Medicine Experts, Non-medical Sleep Experts, and Sleep Technologists/Technicians, ii) to promote collaboration with other interested parties in sleep medicine education such as the European Respiratory Society (ERS), the European Neurological Society (ENS), and other European experts/scientific organizations, as well as European universities interested in conducting the Masters Degree programs in sleep medicine, iii) to create a network of Sleep Training Centres which would serve as the main facilities for practical training in sleep which represents 45 ECTS credits or 3/4 of the full education program, iv) to create educational materials (e.g. European textbook of Sleep Medicine according to the defined Catalogue of Knowledge and Skills) for future ESRS examinations in sleep medicine starting from the ESRS Congress in Tallinn in 2014.

Therefore, the EduC global tasks will be the development of educational initiatives as well as the establishment and recognition of curricula that will be a part of the future European Sleep Academy.

The EduC will collaborate closely with the Sleep Medicine Committee (SMC), the Research Networking Committee (RNC) and the EU committee, but also with the Assembly of National Sleep Societies to ensure the most efficient synergy in order to achieve the planned aims within the ESRS.

Zoran Dogas

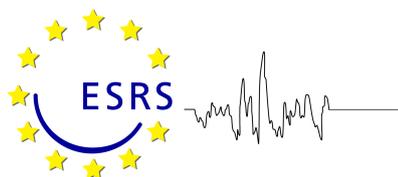
ESRS Forum for Women in Sleep Research

The 8th meeting of the Forum was held during the 21st Congress of the European Sleep Research Society in Paris, France. Dr. Helen Driver (Kingston General Hospital, Ontario, Canada) presented a talk entitled "*Sleep and Gender: the Paradox of Sex and Sleep*", emphasizing the value and importance of studying both genders in basic and clinical sleep research. Dr. Tarja Porkka-Heiskanen (Biomedikum Helsinki, Finland) then discussed the importance of getting involved in science policy in her presentation entitled "*Science, society, scientific society and women in scientific society*". This led to a lively discussion highlighting the importance of networking and being proactive, even at an early-career stage, to not only benefit from the opportunity given by the Forum framework, but also to be more active in the life of the European Sleep Research Society.

Furthermore, it is a pleasure to announce that three members of our ESRS Forum for Women in Sleep Research have been elected to be part of the ESRS Scientific Committee during the Business meeting held in Paris. Many congratulations to Mayumi Kimura (Max Planck Institute of Psychiatry, Munich, Germany), Tiina Paunio (University of Helsinki, Finland) and Renata Riha (Royal Infirmary Edinburgh, UK).

For information, relaying and networking, Raphaëlle Winsky-Sommerer - Coordinator, ESRS Forum for Women in Sleep Research - can be contacted via r.winsky-sommerer@surrey.ac.uk.

Raphaëlle Winsky-Sommerer (Coordinator)



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

(Update: 11 October 2012)

The EIN held its first in-person meeting in Freiburg from July 5-6, 2012. The meeting was attended by colleagues from Italy, Switzerland, the Netherlands, UK and Germany. A report of the meeting was published in the last ESRS newsletter.

At the 21st Congress of the ESRS in Paris this year the EIN was granted the opportunity to hold a 90 minute workshop, which was chaired by Dieter Riemann/ Colin Espie and included talks from C. Espie (Glasgow), E. van Someren (Amsterdam) and K. Spiegelhalder (Freiburg). The workshop was titled “Insomnia research in Europe – where do we go?” and was well attended by over 100 participants. The workshop made it clear that apart from traditional ways to collect data on insomnia, the internet may offer access to much broader databases – acknowledging, however, possible problems with the representativity of data collected this way. Most exciting data were reported with respect to internet-delivered CBT-I (cognitive-behavioral treatment of insomnia) programs. Data from Glasgow indicate that web-based interactive treatment programs (see www.sleepio.com) may deliver comparable results to face-to-face therapy with the advantage of reaching patients having no access to this treatment modality. In a similar vein, the Netherlands sleep registry (www.slaapregister.nl) aims to collect data from good sleepers and people with insomnia on a large scale. Translations into other European languages are planned in order to make this instrument available Europe-wide.

The EIN also collected data about the availability and reimbursement of insomnia in all European countries by sending a questionnaire to all its members and to the presidents of all national European Sleep Societies. In the meantime feedback from almost every European country has been received and the data are analysed presently – publication will follow in the next ESRS newsletter.

Future activities of the EIN will include another in-person meeting, probably end of June 2013. Interested colleagues are asked to get in touch!

Dieter Riemann

European Narcolepsy Network (EU-NN)

Mission:

To support European scientific research on narcolepsy and related hypersomnias, and to optimize patient care by improving diagnostic and therapeutic options, as well as the interaction between centres, doctors, and patients. Our websites: narcolepsy-network.eu and www3.unil.ch/wpmu/eunn.

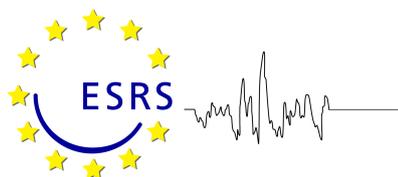
Progress since spring 2012:

The inclusion in the web-based prospective database, one of our core activities, is steadily growing. In the meantime, we have prepared a manuscript about the findings of our previous retrospective database (N = 1099), which will be submitted later this month. Also, the results of the studies regarding the potential causal relationship between vaccination in 2009 for H1N1 and an increased incidence in narcolepsy have been finalized and will be submitted soon. Our retrospective study concerning pregnancy and narcolepsy has been accepted for publication, and a collaborative immuno-chip study with the Stanford group has been submitted recently.

Activities: we had a well-attended and successful symposium at the ESRS meeting in Paris, and our first assembly immediately after this meeting. Our next event will be the European Narcolepsy Day that will take place in Madrid on 16-17 March 2013.

On behalf of the EU-NN,

Gert Jan Lammers, President



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 June until October 2012:

The EC of the ANSS has met two times in Frankfurt (June) and during the ESRS congress (September). The activities can be summarized as follows: A) The new EC met to organize the work during the upcoming term. Javier Puertas will be the vice chair of the EC and will be the ESRS board representative. B) The Paris meeting was prepared. C) LG joined the first presidential meeting between the ESRS and ERS presidents (May 2012) regarding the on-going activities related to accreditation and certification of sleep medicine specialists and sleep centres. It was suggested to build a task force group for coordination of activities between the two societies. The written letter to the editor of the ERJ (see previous newsletter) was put on hold.

A specific ANSS meeting was held during the ESRS congress. In addition, a presidential table was organized during the ESRS banquet. At the meeting we highlighted the significant contributions of Poul Jennum and Zoran Dogas for the ANSS during their 4 years term in the Executive Committee. In addition, it was agreed on couple of activities: an overview of education, certification, and medical practice in the different European countries to be published in the ESRS newsletter (P. Jennum and S. Mihaicuta), and evaluation of reimbursement of sleep medicine services in Europe to be completed (Z. Dogas, M. Gjerstad). It is aimed to mirror reimbursement structures for sleep medicine services in Europe according to the recently published paper on Standard Operation Procedures in Sleep Medicine (JSR 2012). Finally, the existence and format of evaluation in sleep medicine services (quality assurance) will be mapped in the different European countries. M. Gonçalves introduced a proposal for a joined European awareness campaign in 2013 on sleepy driving involving all national sleep societies interested to join the project. The activity will be coordinated between the ESRS EU committee and the ANSS. Further information will be provided during fall 2012. The ESRS webpage will be updated regarding the ANSS presentations. It was suggested to provide all presidents of the National Sleep Societies with a presentation of the ANSS activities, which can be presented at the National Sleep Congresses. New ANSS members have been welcomed: Russia, Serbia and Armenia. An application format for future ANSS applications will be developed.

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



JSR: PUBLISHING SLEEP RESEARCH FOR THE FUTURE

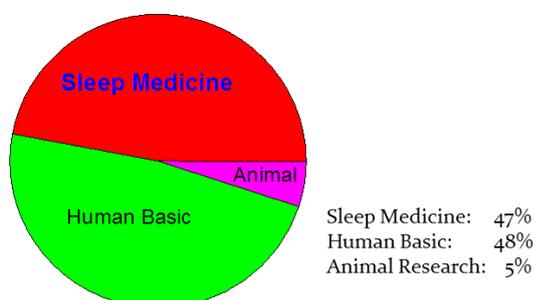
It has been a year of change for the Journal of Sleep Research. As of the first of January 2012, JSR is published online only. Furthermore, we now publish six issues per year and have increased the editorial pages from 480 to 720. This means that we will publish more papers and we can publish faster. Indeed, we continue to reduce the interval between submission and publication and do our best to further develop our image of a dynamic, multidisciplinary, modern sleep research journal. We have also changed our cover page to match the colour scheme of the ESRS webpage (even though it is no longer printed, you can admire it on the ESRS and the Wiley-online library websites).

Our most recent impact factor is a respectable 3.157. JSR is the official journal of the ESRS and all members of the ESRS should be proud to get their best work published in JSR. For this I invite you all to submit to JSR.

Analysis of our submission profile during the past 11 months shows an interesting mix of Sleep Medicine (47%), Human Basic (48%) and Animal Sleep Research (5%) papers. Our acceptance profile is very similar to the submission profile and this demonstrates that the review process is not biased towards any of the categories.

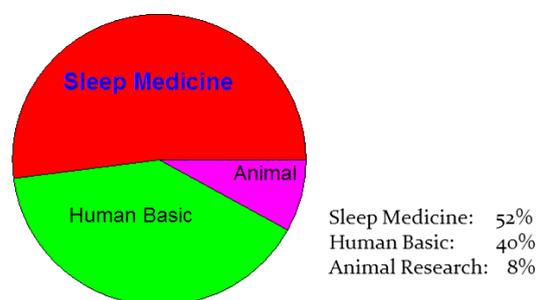
Submission Profile

Sep 2011- July 2012



Acceptance Profile

Sep 2011- July 2012



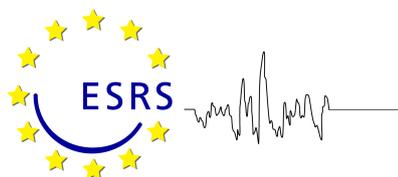
Speaking of the Editorial and Review process, I take this opportunity to thank the Deputy and Associated Editors and the Reviewers for their hard work for the Journal. Many thanks also to Brigitte Knobl for her excellent support. Finally, I thank the Authors for submitting their work to JSR.

Where do we go? How can you help?

As mentioned, JSR is the official journal of the ESRS, and it aims to publish Original Reports, ESRS Position Papers and Invited Reviews. I hope that the membership will consider the Journal as THEIR journal and will actively contribute to making JSR an even better ESRS journal. You can contribute to this by submitting your best work to JSR, but also by facilitating the review process. As Authors (and Editors) we know all too well how frustrating it is to wait weeks or months for referee reports. It is true that all of us are very busy and it is also true that many hands make light work. We therefore start a reviewer recruitment drive. In particular, we ask the post-docs and junior faculty members to dedicate some of their incisive brain-power and sleep research knowledge to the review of manuscripts submitted to JSR. Please complete the form (see page 21) and we will add you to our database. Thank you very much.

Derk-Jan Dijk
Editor-in-Chief, JSR

Journal of Sleep Research Reviewer Registration Form 	
<p>To find out whether you are already registered at ScholarOne Manuscripts go to mc.manuscriptcentral.com/josr and enter your e-mail address to receive an e-mail with your account information.</p>	
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Major Classification	<p>You can tick more than 1 box.</p> <input type="checkbox"/> Animal Research <input type="checkbox"/> Human Basic <input type="checkbox"/> Sleep Medicine
Keywords	<p>Please provide up to six meaningful keywords which most closely reflect your areas of interest.(e.g., narcolepsy, circadian rhythms, sleep apnea, etc.):</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
Publications	<p>Please provide PubMed identifiers of recent key publications (optional):</p>
<p>Please return the completed form to Brigitte Knobl, Journal of Sleep Research Editorial Office, esrs.bk@online.de. A PDF or DOC version can be downloaded at: www.esrs.eu/fileadmin/user_upload/forms/JSR_Reviewer_Form_2012.docx www.esrs.eu/fileadmin/user_upload/forms/JSR_Reviewer_Form_2012.pdf</p>	



ANNOUNCEMENT OF THE ESRS EXAMINATION IN SLEEP MEDICINE: CALL FOR 2013 CANDIDATES

In recent years, sleep medicine has evolved into a full-grown discipline, featuring a multidisciplinary approach to diagnosis and treatment of patients with sleep disorders. Following this development, a clear desire has emerged to introduce certification for those professionals whose main occupation is to practice sleep medicine. The certification will confirm successful education and training in the theory, practice and technical skills in the area of sleep medicine. A first examination took place in Paris during the ESRS congress with 50 participants and great success.

The European Sleep Research Society (ESRS) Board is pleased to announce the second examination of the certification in sleep medicine, which will take place on

Thursday, 11 April 2013 at 17.30 – 18.45

at the [Sleep and Breathing Conference](#) 2013 in Berlin.

The examination will be a written test consisting of 50 multiple-choice questions to be completed on site. Again, the second examination will be the last examination directed exclusively at “grandfathers” and “grandmothers”. “Grandparenting” is a procedure that applies to professionals with wide experience in sleep medicine and research. It is envisioned by the ESRS that the “grandfathers” and “grandmothers” in this context may take the lead in future European and National activities to promote sleep medicine professionals.

Doctors, Physicians and Psychologists who wish to take the examination should normally have completed:

- University degree in medicine, sciences or psychology (*please enclose copy of degree*)
- PhD or equivalent (*please enclose copy*)
- Activity in sleep medicine and/or research for at least 10 years proven by records (*please enclose a CV containing a detailed synopsis of activity*)
- Demonstrated leadership and national/international recognition in sleep medicine

In addition applicants should:

- Provide names and contact details of 2 referees, preferably from another European country
- Be a current ESRS member
- Pay the examination fee

Other candidates who feel they may fulfil the eligibility criteria are welcome to submit an application.

The successful candidates will be conferred the ESRS qualification title of **“Somnologist”**.

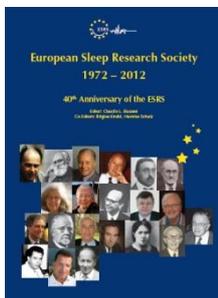
The examination fee is € 300.- (included is a non-refundable € 30.- administration fee, payable at submission of application).

Please submit your application before 3 December 2012 via the [ESRS website](#). Application submission will open on 5 October 2012.

You will be notified about acceptance of your application by 31 January 2013.



ESRS 40TH ANNIVERSARY BOOK



European Sleep Research Society (1972 – 2012)
40th Anniversary of the ESRS
Editor: C. L. Bassetti; Co-Editors: B. Knobl, H. Schulz
Regensburg, Bern, 2012

With this special edition the European Sleep Research Society commemorates its 40th anniversary celebrated during the bi-annual meeting held in Paris in 2012.

The book is structured into four parts. The first part offers a review of the history of the ESRS, its congresses, presidents and journal. The second part is composed of 15 “mini-reviews” on the past, present and future of specific areas of sleep medicine and sleep research. The third part is devoted to nine founders – and their schools – of sleep research in Europe. In the fourth part the 29 European National Sleep Societies associated with ESRS before fall 2012 present themselves in terms of history, structure and activities. The contents of the book are rounded up by a contribution by the ESRS board and the Chief Editor of the Journal of Sleep Research on future perspectives of sleep research and sleep medicine in Europe and by a historical photo collection.

A PDF version is available at www.esrs.eu/esrs/esrs-40th-anniversary-book.html.
 Print versions can be ordered with the attached form.

FAX to Maria Wiechmann, ESRS Office: +49 941 29080975;
e-mail: maria.wiechmann@esrs.eu

I herewith order the book at the price of **35,00 Euro**.

European Sleep Research Society 1972 – 2012
40th Anniversary of the ESRS
 Editor C. L. Bassetti

Master Card Am. Exp. Visa Diners

Card No. _____

Date of expiration _____

Date : _____ Signature : _____

Name in block letters: _____

The book should be sent to the following address:



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

Important Dates

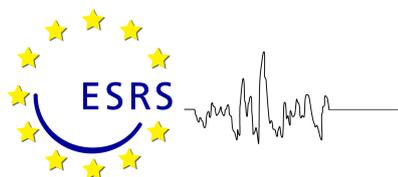
Abstract Submission Deadline: 9 November 2012
Early Bird Registration Deadline: 7 December 2012



22nd Congress of the European Sleep Research Society

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





TRAINING & COURSES

Edinburgh Sleep Medicine Course

Date: February 25 – March 1, 2013
Venue: Edinburgh, Scotland, United Kingdom
Website: www.sleep.scot.nhs.uk/education.html

This annual course aims to provide up-to-date information on the theory and practice of sleep medicine including practical experience in the technological aspects of measuring and monitoring sleep. The course is aimed at all professionals involved in the diagnosis and treatment of sleep disorders. It is open to applicants from all countries. Competence in understanding spoken English is required.

2nd Alpine Sleep Summer School

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

Organizing Committee:

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

Local Organizing Committee:

Leja Dolenc-Groselj (Chair)



EVENTS OF AFFILIATED NATIONAL SLEEP SOCIETIES

20th Annual Meeting of the German Sleep Society (DGSM)

Date: December 6 –8, 2012

Venue: Berlin, Germany

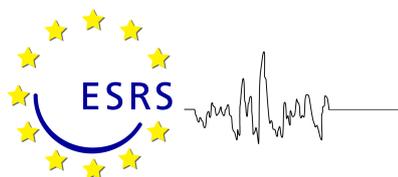
Website: www.charite.de/dgsm/dgsm/veranstaltungen_dgsm-kongress-aktuell.php?language=english

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

Current and Future Perspectives in Sleep and Circadian Rhythms Research

Date: October 31 – November 3, 2012

Venue: Cluj-Napoca, Romania

Website: www.somnolog.eu/

Organizing Committee:

Bogdan Ioan Voinescu, Babeş-Bolyai University, Romania (chair);

Prof. Debra Skene, University of Surrey, England (co-chair);

Prof. Johannes Thome, Rostock University, Germany (co-chair);

Aurora Szentagotai, Babeş-Bolyai University, Romania (co-chair).

Sleep Congress 2012: The Brain, the Mind and Sleep

Date: November 8 –11, 2012

Venue: Durban, South Africa

Website: www.sleepcongress.co.za/

Organized by the South African Society of Sleep Medicine (SASSM)

7th Asian Sleep Research Society (ASRS) Congress

Date: November 30 – December 2, 2012

Venue: Taipei, Taiwan

Website: www.2012asrs.org/

IPSA 2012 - International Paediatric Sleep Association Congress

Date: December 5 – 7, 2012

Venue: Manchester, United Kingdom

Website: www2.kenes.com/ipsa2012/Pages/Home.aspx

Seventh Annual Pediatric Sleep Medicine Conference

Date: November 8 – 10, 2013

Venue: Amelia Island, Florida, U.S.A.

Website: www.pedsleepmedconference.com/conference



APPLICANTS FOR MEMBERSHIP

Christina Alexopoulou

University Hospital of Crete, Heraklion, Greece/Crete
Sponsor: A. Vgontzas

Nanyi Cui

University of Surrey, Guildford, United Kingdom
Sponsor: V. Vyazovskiy

Thomas Curie

Lausanne, Switzerland
Sponsor: P. Franken

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Amsterdam, The Netherlands
Sponsor: H. Hamburger

Kirsi-Marja Zitting

Institute of Biomedicine, Helsinki, Finland
Sponsor: T. Stenberg



NEW MEMBERS

The Society welcomes the following new members:

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European Sleep Research Society
Sleep Research and Sleep Medicine in Europe

ESRS membership fee 2013



Name: _____

Address: _____

e-mail: _____

FAX TO: +49 941 290 809 75

Sending from USA, Canada please use: 011 49 941 290 809 75
Maria Wiechmann, Assistant to Prof. Dieter Riemann, ESRS Treasurer

May we ask you to pay your **ESRS Membership Fee 2013 (EURO 82,00)**.

The ESRS Membership Fee 2013 is due to December 1st, 2012.

You can choose among the following payment options:

PAYPAL Please find on our homepage www.esrs.eu (you need to be logged in for online payment)

Or: Transfer the amount of 82,--Euro to the following bank account

Please provide your membership name when making a transfer.

Account holder & Bank: ESRS e. V., Sparkasse Regensburg

IBAN-Code: DE04 7505 0000 0290 4511 03

SWIFT-Code: BYLADEM1RBG

Or: Payment by credit card EURO 82,-

DINERS MASTER/EUROCARD VISA AMERICAN EXPRESS

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Signature: _____ Date: _____

Send to: **Maria Wiechmann**
Ass. to the ESRS Treasurer
ESRS Office
Andreasstr. 4
93059 Regensburg
Germany



JOB OPPORTUNITIES

Job opportunities can be accessed through the ESRS website at:

<http://www.esrs.eu/education-career/job-opportunities.html>

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OFFICERS OF THE ESRS BOARD**

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Geneva, Switzerland



APPENDIX 1: MINUTES OF THE BUSINESS MEETING IN PARIS

Minutes ESRS Business Meeting



Date and Time: Thursday, 06 September 2012, 17.00 – 20.30 CET

Location: Lecture Hall D, CNIT Paris La Défense

Participants: Meeting has been attended by 208 ESRS members

1. Opening by the President

C. Bassetti

The President C. Bassetti welcomes all ESRS members and opens this year's business meeting.

2. Determination of Election Supervisor

Thomas Pollmächer, Ingolstadt, Germany, full ESRS member kindly agrees to lead all elections to happen during the meeting.

3. Acceptance of the Minutes of the Previous Business Meeting

The minutes of the last business meeting which was held on September 16, 2010 in Lisbon and that were distributed attached to the December 2010 Newsletter are unanimously approved.

4. Report of the President

C. Bassetti

The President, Claudio Bassetti, gives an overview of the present conference in Paris and presents a summary of the major activities that have been undertaken since the previous business meeting (Lisbon, 2010).

ESRS 2012 Conference:

- Organisation and preparation of ESRS conference in Paris
- 1400 attendees (Lisbon 1552; Glasgow 1430)
- 856 submitted abstracts (150 oral presentations)
- 80 symposia submissions (21 accepted)
- 33 exhibition companies

Even though the conference has suffered the competition of several other meetings being held in parallel the president is pleased to speak of a successful conference.

Activities of the Board involving 20 conference calls, 5 face-to-face board meetings, 7 Newsletters and 2 meetings with ANSS

The Board has organized:

- ESRS-ERS Meeting, Prague 2011
- ESRS Meeting, Paris 2012
- ESRS-ERS Meeting, Berlin 2013
- ESRS Meeting, Tallinn 2014

Sleep Medicine: Committee chaired by Thomas Penzel has worked on several important projects:

- 1st European Examination in Sleep Medicine (Somnologist Certificate). 50 sleep experts have taken and passed the examination. A next and last "grandparents"-round is planned to take place at the ESRS-ERS meeting in Berlin 2013.
- Publications of Guidelines:
 - Catalogue of Knowledge and Skills (CK&S, soon to be published in JSR)

- Standards Procedure for Adults in Accredited Sleep Medicine Centres in Europe (has been published in JSR)
- European Guidelines on the Management of Restless Legs Syndrome (guidelines approved and in discussion whether to publish in JSR)

Sleep Research:

- ESRS Research Networking Committee (RNC) chaired by Debra Skene has been very active in creating a webpage containing a database of research laboratories and offering travel grants for young researchers
- Scientific Committee (SC) chaired by Colin Espie has been more strongly involved in the organisation of ESRS meetings as program committee
 - Review of abstracts
 - Pre-selection of Young Scientists Symposium
 - Suggestions for European Sleep Science Award

Networking: A further important activity for the ESRS Board is to collaborate with other societies and to interact and strengthen the link across specialties and countries.

- Support of different European networks within ESRS: sleep apnoea, insomnia, narcolepsy and RLS
- Joint Meeting with the European Respiratory Society
- Joint Symposia with French, Portuguese, Chinese, Brazilian, Japanese Sleep Societies, European Biological Rhythms Society (EBRS), European Neurological Society (ENS), European League against Epilepsy (ILAE) and the World Sleep Federation (WFSRSMS).
- Contacts with the European Union through the EU Committee chaired by Roberto Amici.

Organisation/Communication:

- Since 2012 extension of the ESRS bureau to Congrex Basel as ESRS administrative assistance
- Brigitte Knobl, assistant to JSR editor-in-chief Derk-Jan Dijk and responsible for the ESRS webpage
- Maria Wiechmann, assistant to the Treasurer Dieter Riemann and responsible for membership services.
- Anniversary Book (edited by C. Bassetti, H. Schulz and B. Knobl) to mark the ESRS 40th anniversary
- Finances: thanks to the very successful meeting in Lisbon the ESRS balance of June 2012 is overall positive

Future Plans:

- 2nd ESRS Examination in Sleep Medicine at ESRS-ERS meeting in Berlin 2013
- Establishment of criteria and accreditation of
 - ESRS sleep research training laboratories
 - ESRS sleep medicine training centres
- ESRS educational program and textbook of sleep medicine
- Interaction with national sleep societies, the EU and other European professional and scientific societies.

Claudio Bassetti closes his presentation by thanking all Board members for the good atmosphere within the board that has made it possible to achieve important milestones for ESRS.

5. Report of the Secretary	Ph. Peigneux
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The current total number of ESRS members is: **922** (749 from European Countries; 173 from Non-European Countries).

The ESRS Secretary supervises and is supported by:

- Brigitte Knobl: ESRS newsletter, website and further editorial projects as the ESRS 40th Anniversary Book
- Mariafranca Tassielli (from Congrex Switzerland) for the administrative support of the Board and Committees
- Maria Wiechmann as assistant of the Treasurer and membership management issues

Activities of the Secretary involve active participation in several ESRS committees (e. g. RNC and EU Committee) as well as participation in discussion groups regarding different projects (ESRS vision and mission and membership rules). Further, the secretary has been designated as the ESRS local organizing chair for the World Sleep Congress that will take place in Istanbul 2015 from October 31 – November 2.

Philippe Peigneux points out the new designed ESRS webpage which has become an important interactive communication tool. Every member has received personal login information and has now access to various membership services and media.

6. Report of the Chair of the ESRS Research Networking Committee (RNC) D. Skene

Debra Skene presents the tasks on which the RNC has been working since the last ESRS conference in Lisbon.

- **Launch of an European Sleep Research Laboratories Database:**
This has been successfully done thanks to the help of Ph. Peigneux and B. Knobl.
- **Establish European Sleep Research Laboratories database:**
The RNC has agreed on minimum criteria for the webpage entry of the sleep research laboratories. D. Skene explains the procedure on how to submit the application to have a sleep laboratory listed on the webpage. To date 50 laboratories fulfil the criteria and have been published. However, D. Skene invites all members to enter the data of their research laboratory as this is very important for the network.
 - Research Networking: For 2012 11 young investigators have been awarded a travel grant. The grant recipients have been published on the webpage.
- **Agree on criteria for ESRS Sleep Research Training Laboratories:**
 - The RNC identifies potential Training Labs according to the predefined criteria (publications, grants and existing data)
 - Labs are invited to provide training information
 - RNC selects ESRS Training Labs and establishes a Sleep Research Training Laboratories database. The database will be shown in addition of the current content on the webpage.

Future RNC tasks for 2012/2014:

- Continue to build up the European Sleep Research Laboratories database
- Select and establish the ESRS Sleep Research Training Laboratories database
- Continue to administer the ESRS Travel Grants for young investigators

7. Report of the Chair of the ESRS Sleep Medicine Committee (SMC) Th. Penzel

Thomas Penzel has taken over the coordination of the ESRS Sleep Medicine Committee approximately 18 months ago. Since the last Business Meeting in Lisbon the assigned tasks have continued to evolve successfully:

Publication:

- Revision of the "Standards Procedure for Adults in Accredited Sleep Medicine Centres in Europe" has been published in JSR 21: 357-368

- The “Catalogue of Knowledge and Skills” has been revised and submitted to JSR for publication
- An update on accreditation of sleep centres is in preparation

Examination:

- The first ESRS Examination in Sleep Medicine for sleep experts (physicians, psychologists and scientists) has been executed at the present ESRS conference. 50 sleep experts out of 70 that had sent their application did fulfil the application criteria and have been admitted to the examination. The SMC has further provided appropriate multiple choice questions that have subsequently been revised by a subcommittee who did as well define the 50 final questions for the examination. All candidates have passed the examination.
- The second round of “grandparents” examination is under preparation and will take place at the ESRS-ERS meeting in Berlin 2013.
- In collaboration with ESST an examination for “grandparents” sleep technicians/technologists is under preparation

8. Report of the JSR Editor

D.-J. Dijk

The JSR editor would like to acknowledge all members of the editorial board for their work.

Since January 2012 the journal has undergone several changes:

- Availability only by online version
- A new cover has been designed
- The number of issues has increased from 4 to 6 which has resulted in an increase of editorial pages from 480 to 720

Overall the journal has gained a more dynamic character which has resulted also in a reduced interval between the submission and the publication of papers. The average publication time for JSR is now 58 working days from receipt of accepted manuscript to Early View publication, compared to 139 in 2010.

The impact factor of JSR is a stable 3.15 and is comparable to the impact factor of journals as “Sleep Medicine” and the “Journal of Clinical Sleep Medicine”.

Future challenges are:

- To maintain the present submission rate
- To improve the impact factor by publishing invited reviews and more guidelines
- Possibly to establish Open Access

The take home messages for all ESRS members are:

- JSR is the ESRS official journal and it is your journal
- Submit your best work to JSR!

9. Report of the Treasurer

D. Riemann

The ESRS Treasurer, Dieter Riemann, presents the account balance and comments the financial figures in detail.

Report for the period from July 1st, 2010 to June 30th, 2012:

Account Balance, July 1, 2010	294.972,51 Euro
Revenues	651.844,33 Euro
Expenses	490.166,02 Euro
Account Balance, June 30, 2012	456.650,82 Euro

Profit	161.678,31 Euro
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Revenues (€)

JSR - 50 % Profit 2010 - 2011	36.451,51
Membership fees	120.011,28
ESRS Sponsor (annual 625 €) Weinmann GmbH	1.250,00
ANSS Associate National Sleep Societies	33.822,00
ANSS Sponsoring	25.000,00
Sponsoring Sanofi-Synthelabo Grant 2010-2012	60.000,00
Secretary for JSR (B. Knobl)	67.849,00
Fa. Weinmann, ESRS Congress Sponsoring for Grant	4.000,00
ESRS Congress Lisbon 2010	235.215,09
ESRS-ERS Congress Prague 2011, SLEEP & BREATHING	62.335,86
Paypal	0,15
Interest Income	
Girokonto 0,0 €	
Cashkonto 5.173,19 €	5.909,44
Conservative Investment 736,25 €	
Total Income	651.844,33

Expenses (€)

Bank Charge	2.333,23
ANSS Presidents Meeting, 2011 & 2012	26.520,73
Congrex Ltd. Accreditation and Consultancy Service	35.915,23
ESRS Board - Conference Calls and 5 meetings	13.427,28
ESRS Society Homepage and Lawyer	21.938,47
ESRS - President	4.304,59
ESRS - Treasurer Staff, Office	74.495,13
Mrs. Knobl Secretary JSR + Homepage	112.500,03
ESRS Congress Lisbon 2010	15.136,25
ESRS Congress Paris 2012	843,40
ESRS Congress Tallin 2014	1.357,94
ESRS Travel Grant 2012	7.997,49
JSR Editorial Services (D-J Dijk)	35.000,00
EU-Marie-Curie	4.363,82
Sanofi-Synthelabo Grant 2010-2012	52.500,00
Fa. Weinmann Grant	4.000,00
ESRS-GSSS-Training Course	529,59
JSR	43.365,90

Expenses – detailed (€)

Bank Charges Girokonto 838,28 € Cashkonto 1.364,37 € Conservative Investment 130,58 €	2.333,23
ANSS Presidents Meeting, Porto 2011 14.122,23 € Venice 2012 12.398,50 €	26.520,73
Congrex Ltd. Accreditation and Certification 23.446,07 € Association Consultancy Services 12.469,16 €	35.915,23
ESRS Board Conference Calls 5.585,06 € ESRS Board Meeting, Seeon, July 2010 620,24 € ESRS Board Meeting, Zurich, Feb 2012 417,44 € ESRS Board Meeting, Geneve, Apr 2012 1.383,58 € ESRS Board Meeting, Prague, Apr 2011 2.432,96 € ESRS Board Meeting, Paris, Oct 2011 2988,00 €	13.427,28
ESRS Society WWW-Service 1.993,40 € & New Homepage 15.197,42 € Lawyer 2.595,99 € Creating New ESRS Logo 1.785,00 € Miscellaneous Costs 366,66 €	21.938,47
ESRS - Treasurer Office supplies 5.425,05 € Treasurer staff & office rent M. Wiechmann 68.550 € Audit Report 2008-2010 478,98 € Costs for credit card 41,10 €	74.495,13
ESRS Congress Lisbon 2010 TC & Accommodation 4.124,08 € Gifts 679,97 € AIM Group 7.500 € Lawyer AIM Group 2.594,20 € + 238 €	15.136,25
Sanofi Synthelabo Grant 2010-2012 (Transfer to 4 winners) one payment for second half is outstanding	52.500,00
EPA-ESRS Joint Symposium March 2011 Travel Costs T. Pollmächer	857,85
ESRS-EBRS Joint Meeting Sept 2011 Travel Costs T. Stenberg & L. Nobili	767,31
ESRS-ERS Meeting Travel Costs T. Pollmächer, Nov 2011	584,04
Sleep Medicine Committee Meetings Frankfurt, Porto, Seeon Travel Costs, Room Rental, Accommodation, Conference Call	15.693,55
Meeting "JSR" Copenhagen and Oxford, Travel Costs	128,18
Sleep & Breathing, Prague 2011 TC and Accommodation M. Wiechmann 667,85 € Exhibition Booth 161,30 €	829,15
JSR 2010 33 member copies : combined 1.611,49 € 2011 449 member copies: combined (volume 19) 20.878,50 € 2011 170 member copies: combined (volume 19 2011) 7.905 € Dec 2010 production of extra issue of 137 pages 6.379,51 € Dec 2011 additional print outs GBP 5488, 6.591,40 €	43.365,90

The audit report is presented together with the written, official acknowledgement that the accounts are being kept correctly.

The report of the treasurer has been approved unanimously. The reported financial figures will be published in the ESRS Newsletter.

10. Discharge of the Board

D. Riemann

The discharge of the current members of the ESRS Board has been approved unanimously.

11. Election of the members of the Board of Officers

Thomas Pollmächer explains the voting procedures and the rules according to legal requirements. The election has been executed by filling out the voting cards.

An issue rises as some members would like to leave the assembly, but would like to anyway give their vote by handing their filled out voting card to the election assistants. T. Pollmächer lets the assembly vote by raising hands whether the assembly agrees on this procedure:

- YES, members may leave the assembly and give their vote = 66
- NO, members are not allowed to vote, if they leave the assembly = 68

President:

Philippe Peigneux and Markku Partinen have agreed to run for election as President.

The President has been elected by the following vote:

Philippe Peigneux:	YES = 129,	NO = 0
Markku Partinen:	YES= 79,	NO = 0

Vice-President (Basic Sleep Science)

- Debra Skene has agreed to run for re-election for another two year term. No alternative candidates have been nominated.
YES = 194, NO = 0

Vice-President (Clinical Sleep Science):

- Walter McNicholas has agreed to run for election as Clinical Vice-President. No alternative candidates have been nominated.
YES = 184, NO = 0

Secretary:

- Pierre-Hervé Luppi has agreed to run for election as Secretary. No alternative candidates have been nominated.
YES = 181, NO = 0

Assistant Secretary:

- Lino Nobili has agreed to run for re-election for another two year term. No alternative candidates have been nominated.
YES = 195, NO = 0

Treasurer:

- Dieter Riemann has agreed to run for re-election for another two year term. No alternative candidates have been nominated.
YES = 189, NO = 0

The current Basic Vice-President, the current Assistant Secretary and the current Treasurer have been re-elected for a second two years term and the President, the Clinical Vice-President and Secretary have been elected for a two years turn.

The new ESRS Board is composed of:

President: Philippe Peigneux, Belgium
Basic Vice-President: Debra Skene, United Kingdom
Clinical Vice-President: Walter McNicholas, Ireland
Secretary: Pierre-Hervé Luppi, France
Assistant Secretary: Lino Nobili, Italy
Treasurer: Dieter Riemann, Germany
Member Co-Opted from ANSS: Javier Puertas

12. Election of the Scientific Committee

Colin Espie, Paul Franken, Thomas Penzel, Christelle Peyron, Joan Santamaria have finished their second two-year term.

Out of the previous Scientific Committee

Simon Archer, Guildford, UK
Alex Iranzo, Barcelona, ES
Raffaele Manni, Pavia, IT
Sophie Schwartz, Geneva, CH

have agreed to run for a second two-year term.

Additional candidates are:

John Axelsson, Stockholm, SE
Bjorn Bjorvatn, Bergen, NO
Tom de Boer, Leiden, NL
Mayumi Kimura, Munich DE
Sebastian Overeem, Nijmegen, NL
Tiina Paunio, Helsinki, FI
Renata Riha, Edinburgh, UK

Even though the assembly proposes to run the re-election as group, this proposal is not voted. For the vote, every member should tick the candidates of their choice on the voting card (9 votes in total).

Results of the voting. The new Scientific Committee is composed of:

Simon Archer	YES = 157,	NO = 0
John Axelsson	YES = 123,	NO = 0
Tom de Boer	YES = 147,	NO = 0
Alex Iranzo	YES = 148,	NO = 0
Mayumi Kimura	YES = 126,	NO = 0
Raffaele Manni	YES = 156,	NO = 0
Tiina Paunio	YES = 134,	NO = 0
Renata Riha	YES = 124,	NO = 0
Sophie Schwartz	YES = 159,	NO = 0

Not elected:

Bjorn Bjorvatn	YES = 82,	NO = 0
Sebastian Overeem	YES = 107	NO = 0

13. Proposal and Voting of ESRS Bylaws Amendment

The background of the bylaws amendment proposal is presented by Philippe Peigneux. The assembly agrees to vote every paragraph en bloc by raising hands.

- § 2: Linguistic change. YES = 147 NO = 0
- § 3: Point 8 needs to be rephrased. Therefore § 3 will be newly prepared and presented at the next Business Meeting in Tallinn 2014.
- § 4 / § 8: Members do not agree to change §4; 5. Therefore changes in § 4 and § 8 are not accepted.
YES = 13 NO = 134
- § 7: Proposed changes are accepted
YES = 132 NO = 0
- § 11/§ 13/§ 14: Proposed changes are accepted
YES = 105 NO = 3

14. ESRS Congress 2014

Claudio Bassetti gives a short outline on the next ESRS conference that will take place in Tallinn 2014. The preparations are proceeding very well. The Estonian Society has been joined by representatives from Nordic countries to complete the local organizing committee.

15. ESRS Congress 2016 (Proposal and Voting)

The candidate cities Amsterdam and Bologna are presented by Hans Hamburger (Dutch Society for Sleep and Wake Research) and Roberto Amici (Italian Society of Sleep Research), respectively. Subsequently, Luana Occhilupo from Congrex, official Professional Congress Organizer of the ESRS, presents an objective overview regarding infrastructure and costs for both venues. Bologna has received the majority of votes.

Results of the vote are:

Amsterdam = 32
Bologna = 132

The ESRS congress 2016 will be held in Bologna.

16. Miscellaneous

There were no miscellaneous items raised.

17 September 2012
Reported by Mariafranca Tassielli



APPENDIX 2: ESRS BYLAWS UPDATE (PARIS 2012)



Articles of Association of the European Sleep Research Society (ESRS) e. V.

§ 1

Name, Registered Office, Fiscal Year

1. The society which is to be registered in the association register has the name
"European Sleep Research Society (ESRS) e. V."
2. The society has its registered office in Regensburg.
1. The fiscal year of the society is the calendar year.

§ 2

Purpose, Tasks and Public Benefit

1. The purpose of the society is to promote research on sleep and related areas, to improve the care for patients with sleep disorders and to facilitate the dissemination of information regarding sleep research and sleep medicine.
2. The goal of the society is exclusively and directly to serve the public interest within the meaning of the section "Purposes subject to lower tax rates" in the Tax Code. The purpose of the articles of association shall be fulfilled through scientific and practical activities of the members in all areas of sleep research, the care for patients with sleep disorders and through the continuing education of all professional groups involved in this field. The purpose of the articles of association shall also be implemented through the holding of conferences, symposia, workshops, teaching courses and presentations in the area of sleep research and through the financing of educational visits and the setting up of grants and scholarships. This shall include a publication such as the Journal of Sleep Research (JSR).
3. The society acts on a non-profit basis; it does not pursue business purposes of its own.

4. The funds of the society may only be used for the purposes permitted by the articles of association. The members of the society or other persons shall receive funds from the society only if this is necessary to fulfil the tasks of the society (§2 paragraph 2). The amounts of the funds have to be appropriate for the tasks. The consent of the board of officers is necessary for this purpose.
5. Upon dissolution or termination of the society or if the current purpose ceases to apply, a resolution shall be passed regarding who shall receive the assets of the society. Only those recipients may be considered who will use them directly and exclusively for the public benefit. This resolution can only be carried out with the approval of the tax authorities.

§ 3

Membership

1. There are full members, student members, associate society members, associate individual members and supporting members. Only full and student members have active and passive voting rights as individuals, i.e. only full members and student members can vote during and be elected for any kind of position by the general assembly of the membership.
2. The society is in principle a society for European scientists; however, applications for membership from individuals and groups outside Europe are welcome.
3. The society encourages applications for membership from individuals, European national sleep societies and supporting legal bodies (companies or societies other than Nation Sleep Societies) who are engaged in sleep research or sleep medicine.
4. Associate society membership of European national sleep societies is particularly encouraged. These members form the assembly of national sleep societies (ANSS) made up by one representative of each National society who must be a full ESRS member. This assembly phrases its own articles based on the following principles:
(a) The ANSS meets at least every second year during the ESRS congresses. (b) The ANSS elects a committee of 5 representatives of National sleep societies which

determine a chair and a co-chair. (c) This ANSS executive committee proposes one member to the ESRS board as full board member (d) The ANSS fixes annual fees to be paid by every associate society member. These fees, paid to the ESRS treasurer, are used for expenses of the ANSS.

5. Applications of National sleep societies to become associate society members are directed toward to ESRS board who decides on an individual basis.
6. Associate individual members are members of associate societies who are not full ESRS members. They have no active or passive voting rights within the ESRS, but they will get privileged access to a wide range of ESRS material.
7. Supporting members are companies or societies other than European national sleep societies who wish to support ESRS. They do not have passive or active voting rights. The membership fee is fixed individually by the ESRS board.
8. Applications of companies or societies to become supporting ESRS members are directed towards the ESRS board who decides on an individual basis.
9. Applications of individuals for membership must be made in writing to the secretary of the society and supported by one full member of the society. The name of the applicant shall be made public through publication in the ESRS newsletter. The members shall have the opportunity to object to admission within two months. After the expiration of this period, the applicants will become members unless objections have been raised, in which case the board of officers shall decide on admission or non-admission.

§ 4

Termination of Membership

1. Membership ends upon death, exclusion or resignation from the society.
2. Resignation shall occur by written notice to the board of officers.

3. A member may be excluded by a resolution of the general assembly of members, if that member culpably inflicts substantial damage on the interests of the society, or is deemed guilty of serious misconduct. For this purpose a majority of two-thirds of the valid votes cast, or a postal ballot with a two-thirds majority, is necessary. Members' responses must be sent to the board within fifty days after the start of the postal ballot. The board shall record the valid votes received. A board member has to sign the protocol; the result shall be made public in writing.
4. Members who have not paid their fees for one year despite a reminder shall be excluded from membership by decision of the board of officers.

§ 5

Membership Fees

Each individual member shall pay a membership fee as set by the general assembly of members at the business meeting for the respective group (regular members, student members and supporting members). The membership fees for the coming year shall be paid prior to December 1 of the current year, and shall include the subscription to the Journal of Sleep Research published by the society. The members who join after October 30 shall be exempt from payment of the membership fee for the current year. Members who do not pay their fees after a reminder letter of the treasurer shall be suspended until payment.

§ 6

Constituent Bodies of the Society

Constituent bodies of the society are:

1. the board of officers
2. the general assembly of members.

§ 7

Board of Officers

1. The members of board of officers of the society are elected from the group of the full members who have their residence in a European country or Israel.

The board of officers according to § 26 BGB consists of:

- a) President
- b) Vice President (clinical sleep science)
- c) Vice President (basic sleep science)
- d) Secretary
- e) Assistant Secretary
- f) Treasurer
- g) ANSS representative
- h) Editor of the Journal of Sleep Research as advisory member
- i) Past President as advisory member

The board of officers will represent the society vis-à-vis the members and third parties in both judicial and extrajudicial contexts (§ 26 BGB). Each member of the board of officers shall represent the society only together with another member of the board of officers.

The president, vice presidents, secretary, assistant secretary and treasurer shall be elected separately for the period between two business meetings. This will normally be a period of approximately two years. The election shall be decided by simple majority of the valid votes cast by the members of the society. Re-election is possible for one term of office; re-election of the treasurer is possible for an unlimited number of terms of office.

Proposals for the candidates for the board of officers must be submitted in writing and must reach the president at least two weeks in advance of the business meeting; later proposals cannot be accepted.

2. Within the society the following is decided:
- a) The president shall chair the meetings of the board of officers as well as the business meeting. The president is generally responsible for all matters which relate to the administration of the society. In cooperation with the secretary, the president is responsible for the implementation of decisions made by voting members or by the board of officers. The president shall fulfil tasks which are important and desirable for the attainment of the goals of the society.
 - b) The vice presidents shall support the president and the secretary in their duties. One of the vice presidents shall take over the duties of the president upon the latter's absence or incapacity. In case of incapacity of the president and the vice presidents, they will be replaced by another member of the board of officers.
 - c) The secretary is the secretary to the members of the board of officers. Together with the president, the secretary is responsible for the implementation of decisions which were made by voting members or the board of officers. The secretary is responsible for the safekeeping of documents of the association. During the business meetings, the secretary shall supervise minutes and recording of motions, the results of the elections and, if counted, the number of votes cast for and against. The secretary shall also ensure that notes are taken from the key points of the discussion. The secretary shall disseminate information on the activities of the society. In cooperation with the president, the secretary shall prepare the ESRS newsletter and send it to all members of the society. The secretary shall foster co-operation between national sleep societies within Europe.
 - d) The assistant secretary shall support the secretary and shall take over the tasks of the secretary upon the latter's absence or incapacity.
 - e) The treasurer shall manage the money and the commitments of the society. The treasurer shall keep complete and accurate books on the receipts and expenditures of the society. The treasurer shall deposit all moneys and other assets on behalf of and in favour of the society in accounts designated by the

board of officers. The treasurer shall make payments on behalf of the society to the extent authorized by the board of officers, and shall render account to the general assembly of members and to the meeting of the board of officers regarding the financial situation of the society.

- f) The executive committee of the ANSS shall be responsible for interaction of the ESRS board with the ANSS.
 - g) Advisory members of the board do not have the right to vote in the board of officers.
 - h) The past president shall support the board of officers through information on previous policies, procedures, etc.
3. The board of officers shall manage the affairs and shall decide in particular on the expenditures of the society. The board of officers shall decide by simple majority on all matters.

§ 8

General Assembly of Members= Business Meeting

- 1. Only full ESRS members and student members in attendance are entitled to vote. Each member carries one vote.
- 2. The general assembly of members is responsible for all matters as far as the articles of association do not explicitly declare the board of officers to be responsible.
- 3. The board of officers shall determine the preliminary agenda of the business meeting and shall inform the members through the ESRS newsletter. The voting members by simple majority of the valid votes cast, shall decide upon the following:

- a) Minutes of the previous business meeting;
- b) Election of the members of the board of officers;
- c) Election of the scientific committee;
- d) Acceptance of the financial report of the treasurer and of an appointed accountant;
- e) Determination of the amount of the membership fees;
- f) Future conference locations.

§ 9

Convening a General Assembly of Members

1. At least every second year, a regular general assembly of members shall be held (business meeting). It shall be convened by the board of officers with at least four weeks notice in writing, along with a notification of the agenda. The notice period shall begin on the day following the sending of the invitation letter. The agenda shall be set by the board of officers.

2. Each member may apply to the board of officers in writing for an amendment to the agenda. This application must be received at least one week before the business meeting. The chair of the meeting shall make the amendment known at the beginning of the general assembly of members. The general assembly of members shall decide on applications to amend the agenda which are put before it. This does not apply to elections and to changes in the articles of association.

§ 10

Special Membership Meetings

A special membership meeting shall be called by the board of officers if required in the interest of the society or if one tenth of the members request this from the board in writing, indicating the purpose and reasons.

The notice period may be reasonably shortened, but must be at least one week.

Otherwise, § 11 applies as appropriate.

§ 11

Resolutions by the General Assembly of Members at the Business Meeting

1. The business meeting shall be chaired by the president. If no member of the board of officers is present, the assembly shall determine who is to chair the meeting. In case of elections, the direction of the meeting may be transferred to an election officer for the duration of the election and the prior discussion. In case of the absence of the board, this procedure must be followed.

The votes shall be taken by show of hands. Upon application by one third of the voting members present, the vote must be taken by written ballot. In elections of persons the vote will be by written ballot if this is requested by one or more members present at the meeting.

2. The general assembly of members shall pass resolutions by simple majority of the valid votes cast, in so far as these articles of association do not explicitly require a different majority. Abstentions will not be counted. A two thirds majority of the valid votes cast is necessary to change the articles of association.
3. The board can initiate a postal ballot on important issues (including elections) between two membership meetings if necessary. In this case resolutions shall pass by simple majority of the valid votes counted, which have been sent to the board within fifty days after the dispatch of the postal ballot. In order to change the articles of association, a two thirds majority of the valid members received within fifty days of the dispatch of the postal ballot is necessary. The board shall minute the valid votes received and the minute shall be signed by at least one member of the board. The members must be informed of the result in writing.
4. In an election, a candidate is elected who has received more than half of the valid votes cast. If no one has received the necessary majority, a vote shall be held between the two candidates who received the most votes. The candidate who receives the most votes is then elected. In case of an equal number of votes, the chair shall have the casting vote.

5. If several posts are up for election (e.g. scientific committee, future conference locations) the vote will be carried out on the basis of a list system. The members will have one vote on each position to vote on. If there are more candidates than positions the election shall be carried out in one term. The candidates with the most votes are then elected.

6. Minutes shall be taken regarding resolutions of the general assembly of members at the business meeting. These minutes shall include the place and time of the meeting, the number of attending voting members, non-members and representatives present, as well as the results of the vote. Minutes shall be signed by the minute taker.

§ 12

Scientific Committee

The Scientific Committee shall be elected by the voting members from among the group of voting members by simple majority. The members of the Scientific Committee shall be elected for the period between two business meetings; this will normally correspond to a period of approximately two years. Re-election is possible for one period. The Scientific Committee shall make proposals concerning the scientific program of the scientific congress, shall select the submitted abstracts for scientific presentations and shall help in the evaluation of manuscripts which are submitted for the congress publications.

The Scientific Committee shall designate a chair who shall maintain contact with the board of officers.

§ 13

Scientific Congress

The ESRS board, represented by the president and the treasurer, is responsible for the financial organization of the congress. The congress organizing committee will be constituted of the ESRS board, the hosting national sleep society and the ESRS scientific committee. Applications to host the ESRS meeting must be submitted by affiliated national sleep societies following the ESRS bid manual. In order to ensure the economic soundness of the congress, the board may preselect the hosting candidates to be presented to the

membership vote at the business meeting. If necessary, the board may deviate from the decision on the conference location taken by the assembly of members according to §8.

§ 14

Further Committees and Working Groups

Further permanent or temporary committees may be set up and dissolved by the board of officers. Their members and chairpersons shall be appointed by the board of officers. Working groups can be set up and dissolved by vote of the regular members. The chairperson of a working group shall be elected by the voting members. The chairpersons of committees or working groups shall report on their activities to the membership meeting or, if desired, to the board. Any activity of the committees or working groups outside the society needs the approval of the board.