

NEWSLETTER

November 2017





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LETTER FROM THE PRESIDENT

Dear Colleagues and Friends,

Following a relatively quiet summer period, the Society is increasingly active on several fronts. The most notable aspect relates to planning and preparation for the next ESRS Congress in Basel next September. The deadline for symposium proposals has passed and we have had many excellent submissions. The Scientific Committee is now evaluating the various proposals and the final selection will be made in Basel in early December. I anticipate an excellent scientific programme across the range of clinical and basic science topics for next year's Congress.

The Society was well represented at the recent World Sleep Congress in Prague, which included a joint ESRS-WSS symposium on the topic of Sleep Disorders and Driving Risk. There is enthusiasm to make such a joint symposium a regular feature of both ESRS and WSS Congresses.

The various ESRS committees continue to work on behalf of members interest and I thank all committee chairs and members for their efforts on behalf of the society and its members. Our committees are essential to the objective of making ESRS the central voice for sleep medicine and science in Europe.

A new Web Committee has now been formed under the chairmanship of the new ESRS Web Co-ordinator, Bogdan Voinescu. Committee membership includes representation from all other ESRS Committees and the ambition is to undertake a major revamp of the Society website and develop a resource that will be much more interactive and beneficial to the membership. I'm sure Bogdan and the web committee would be happy to receive advice and proposals from ESRS members.

The recent ESRS Sleep Science School held in Frejus was a great success and the photographs from the meeting clearly indicate a stimulating and relaxing environment. I hope this school will become a regular feature in the Society calendar to be held in the year in between the ESRS Congress.

Early planning has also commenced for the next Sleep and Breathing Conference to be held in Marseilles during April 2019. As a new initiative, members of ESRS and ERS will shortly be contacted to propose potential topics and speakers to be included in the conference programme.

Finally, I extend my condolences to the family and friends of Michel Jouvet, one of the giants of sleep physiology in Europe and the discoverer of paradoxical sleep. An obituary is included later in this newsletter.

Sincerely,

Walter McNicholas
ESRS President



UPDATE ON ESRS CONGRESS ACTIVITIES

ESRS 2018

Preparations for the ESRS 2018 meeting in Basel, 25 - 28 September 2018 are going well and we look forward to an exciting meeting.

The call for symposia submissions has successfully been closed. We received more than 60 promising and interesting programmes and will review them carefully in the course of the next weeks.



The abstract submission as well as online-registration will open at the beginning of 2018. Don't miss the opportunity to submit your abstract for the congress as well as the early bird registration deadline. Stay informed about the latest updates and subscribe to the ESRS 2018 congress newsletter on our [ESRS 2018 website](#).

ESRS 2020

Sevilla in Spain has been chosen as the venue for the ESRS 2020 congress. First preparations to organise the congress have already started and the ESRS Board is looking forward to holding the congress in this cultural Spanish city.

ESRS 2022

The ESRS Board is going to issue a call for applications to host the ESRS 2022 congress in February 2018. Please contact the ESRS 2018 Congress Secretariat (esrs@congrex.com) in order to receive the bid manual for all further information.



REPORT ON WORLD SLEEP 2017 (PRAGUE, OCTOBER 7-11, 2017)

The inaugural World Sleep Society Congress held in Prague from October 7-11 was a considerable success with about 2,500 participants. This bringing together of the previous World Association of Sleep Medicine and World Sleep Federation is a welcome development and ESRS is a founding member of WSS with representation on the governing council.



ESRS was well represented at the Congress with members participating in many symposia during the congress and the programme also included a joint ESRS-WSS symposium on sleepiness and accidents.

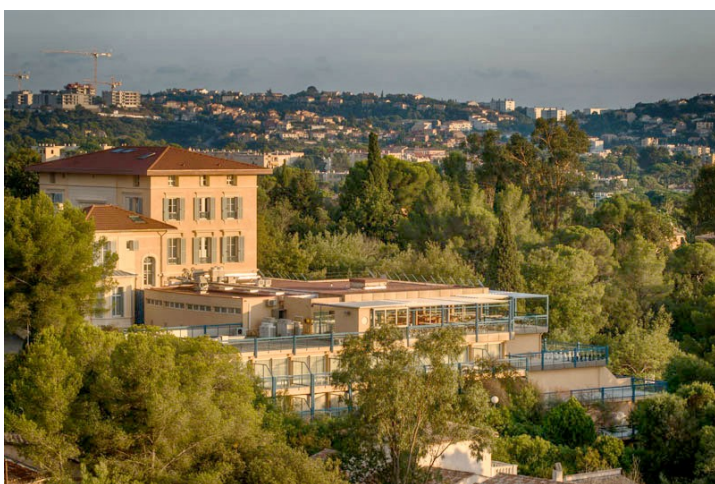
Several ESRS groups held meetings during the congress including the European members of the International Biomarker Working Group and the joint ESRS-ANSS Task Force "Beyond the AHI". Plans are developing to establish a European Task Force on Biomarkers in sleep together with the European Biological Rhythms Society.

Walter McNicholas



REPORT OF THE ESRS SLEEP SCIENCE SCHOOL "NEURAL NETWORKS IN SLEEP", FREJUS, FRANCE, 16-21 OCTOBER 2017

We are very pleased to report that the 1st ESRS Sleep Science School, organized by Pierre-Hervé Luppi and Philippe Peigneux on behalf of the ESRS, was a great success! The topic of the school



was focused on "Neural Networks in Sleep", and gathered for 4 days 39 early career scientists (ranging from Master to Postdoctoral levels) and 8 international sleep experts.

The meeting was held in the south of France (Frejus) at the Villa Clythia (see picture), a property from the French scientific agency (CNRS). We were lucky with a beautiful and

sunny weather that made breaks highly enjoyable in between intellectually stimulating activities.

The scientific programme was definitely proactive and aimed at a maximal involvement of participants. It was distributed as follows: 1) faculty lectures (90 min) aimed at presenting the state of the art, opportunities and limitations in a specific domain; 2) oral presentations of the current work of each participant (12 min/person), in parallel with printed posters available for discussions for the whole week; 3) debate sessions (one formal about sleep and plasticity, moderated by Anita Lüthi; the other in the form of an after-dinner table game about reproducibility problems in research, directed by Victor Spoormaker); and last but not least the development and presentation (in small groups) of a postdoctoral level grant proposal, with the support of the faculty. The week ended up with



a dance party after the attribution of the best poster, the best talk, and the best grant proposal awards, democratically voted both by students and faculty. The recipients of the awards and a photo-reportage of the week can be found on the [ESRS website](#).

We have been truly impressed by the level of scientific excellence and the enthusiasm of all participants to this school, and by their creativity in their work and project construction, and we thank the ESRS Scientific Committee for their careful selection. We also thank for their contribution the faculty members Patricia Bonnavion, Alain Destexhe, Hans-Peter Landolt, Pierre-Hervé Luppi, Anita Lüthi, Philippe Peigneux, Victor Spoormaker and Vlad Vyazovskiy who made this event a true success!

We sincerely hope that the ESRS board will continue to support the organization of thematic schools aimed at gathering early career sleep scientists around different fundamental topics, allowing them to gain knowledge, share their work and experience, meet experienced researchers, develop opportunities and create novel networks of excellence.

Pierre-Hervé Luppi and Philippe Peigneux,
Organizers of the School on behalf of the ESRS



REPORTS OF THE ESRS COMMITTEES

ESRS Scientific Committee (SC)

Members (2016 – 2018):

Raphaëlle Winsky-Sommerer (Chair; United Kingdom), Gianluca Ficca (Italy), Ludger Grote (Sweden), Birgit Högl (Austria), Reto Huber (Switzerland), Poul Jennum (Denmark), Christoph Nissen (Germany), Gilles Vandewalle (Belgium), Giovanna Zoccoli (Italy)

In the past months, the Scientific Committee reviewed and made further suggestions for the guidelines for the symposia and abstract calls in preparation of the upcoming congress in Basel.

The call for symposia proposals has gone out. The Scientific Committee is currently reviewing the 60 proposals received and will then make recommendations to the Board for inclusion in the scientific programme. In the upcoming months, the Committee will also look into the Teaching Courses and make proposals.

Raphaëlle Winsky-Sommerer (on behalf of the Scientific Committee)

ESRS Sleep Medicine Committee (SMC)

Members (2016 – 2018):

Thomas Penzel (Coordinator), Tiina Paunio (Vice-Coordinator), Johan Verbraecken (EC ANSS Representative), Erna Sif Arnardóttir (ECRN Representative), Marie-Pia d'Ortho, Colin Espie, Diego García-Borreguero, Marta Gonçalves, Lino Nobili, Dirk Pevernagie, Thomas Pollmächer, Javier Puertas, Andrea Rodenbeck

The SMC focusses on the development and recognition of Sleep Medicine as a medical subspecialty in Europe. With this focus the committee is among the most important ones for the ESRS. After the productive face-to-face meeting of the SMC in June 2017 the planned new initiatives were started to be implemented. Most important is the creation of specific task forces. One task force is on the accreditation of sleep centers. A survey will be sent to the national societies through the ANSS assessing the status on accreditation and asking for expectations. A second task force started to review and endorse clinical guidelines on sleep medicine. Members for this task force are currently recruited. The task force is coordinated by Diego Garcia-Borreguero. A third task group, together with the education committee, will follow up with UEMS to develop a European sub-specialty on sleep medicine. The fourth task force by Erna Sif Arnardóttir "Beyond AHI" had a meeting during the World Sleep Society congress in Prague on 8th October 2017 and collected an update of methodologies to assess severity of sleep apnea beyond the AHI. A review paper is currently prepared.

The new task forces will involve contacts to the other European medical societies involved, such as the European Respiratory Society, the European Academy of Neurology, to mention just two.

Thomas Penzel

ESRS Education Committee (EduCom)

Members (2016 – 2018):

Tiina Paunio (Coordinator), Roberto Amici, Claudio Bassetti, Oliviero Bruni, Colin Espie, Ludger Grote, Lyudmila Korostovtseva, Pierre-Hervé Luppi, Liborio Parrino, Thomas Penzel, Dirk Pevernagie

The Education Committee has discussed the possibilities of ESRS internet-based education. Lyudmila Korostovtseva will be the representative of EduComm at the Web Committee with support and advice by the EduComm.

The Sleep examination subcommittee has met in order to plan future prospects for the ESRS somnologist examination. The next examination will be organized in Basel during the 2018 ESRS meeting. The number of the questions will be increased from 75 to 100 and include now also case-oriented questions, questions on pediatric sleep, and a practical part. More detailed information on the updates will be given at the ESRS website. In addition to the ESRS Textbook, some new material will be included, and the threshold level will be risen from 50 to 60%.

Tiina Paunio

ESRS ANSS EU Committee

Members (2016 – 2018):

Roberto Amici (Coordinator), Diego Garcia Borreguero (Vice-Coordinator), Liborio Parrino (EC ANSS Chair), Damien Leger, Pierre-Hervé Luppi, Walter McNicholas, Lino Nobili, Tiina Paunio, Philippe Peigneux, Dieter Riemann, Debra J. Skene, Johan Verbraecken

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.

The activity of the EU Committee in the past months has been aimed at elaborating new strategies in order to put forward at EU level “Sleep and Sleep Disorders” as a topic for H2020 upcoming calls and for the new EU 2021-2030 platform which is expected to be launched in the next few years. The document addressing the need for more funding for sleep research, which has been finalized in 2016 in collaboration with the Assembly of the National Sleep Societies (ANSS), is available at www.esrs.eu/committees-networks/esrs-anss-eu-committee/documents.html. With respect to this, further attempts to contact relevant EU officers of the pillar “Health” of the DG “Research and Innovation” have been made, aimed at organizing new meetings in Brussels.

This topic has been discussed in a recent TC of the Committee in which the outcomes of an analysis of the distribution of EU funding for research and innovation in the last fifteen years has been further discussed. Such outcomes clearly indicate that the percentage of total EU funding specifically allocated for sleep research was reduced four times in FP7 and H2020 compared to FP6. The number of financed projects in which the word “sleep” appears in the title is five times or thirty times less than that of those in which the words “pain” or “cancer” appear, respectively.

Actions of the NSS Presidents and Boards aimed at addressing the issue of sleep research at the level of the “National Contact Points” of the pillar “Health” of the DG “Research and Innovation”, in order to sensitize the National Members of the Advisory Board which is in charge to finalize the new EU research frameworks, are warmly recommended.

Roberto Amici

ESRS Early Career Researcher Network (ECRN)

Members (2016 – 2018):

Erna Sif Arnardottir (Coordinator), Cátia Reis (Vice-Coordinator), Lyudmila Korostovtseva, Kate Porcheret, Madeleine F. Scriba

The Early Career Researcher Network (ECRN) had a physical meeting at the WorldSleep conference in Prague to plan the next Early Career Day at the ESRS conference in Basel 2018. We are planning a very exciting educational and social programme for early career researchers and clinicians and hope you will join us for the programme. We also have Kate Porcheret as our representative in the newly formed Web Committee, which is planning new learning opportunities through the ESRS website.

Dr. Erna Sif Arnardottir, Coordinator
on behalf of the executive committee, Early Career Researcher Network

ESRS Web Committee

Members (2017 – 2018):

Bogdan Voinescu (Chair), Walter McNicholas (ESRS Board), Pierre Hervé Luppi (RNC), Marta Gonçalves (SMC), Lyudmila Korostovtseva (EduCom), to be defined (ANSS EU), Kate Porcheret (ECRN)

The Web Committee is preparing a major redevelopment of the ESRS website in order to make it more attractive, accessible, interactive and suitable for a wider range of functions, including e-learning or membership related services. The possibilities and the challenges of the existing website have been reviewed. The needs and the expectations of the representatives from the ESRS Board and Standing Committees are being listened to and the range of the technically available options is being discussed. The changes will be implemented starting next year.

Bogdan Voinescu



REPORTS OF THE EUROPEAN NETWORKS

European Insomnia Network (EIN)

The European Insomnia Network has been instrumental in developing and writing the European Insomnia Guideline, which will be published in the last issue of JSR in 2017 ([Riemann et al., Journal of Sleep Research, 26, 6, in press](#)). Summarizing, the main message of this guideline is that cognitive behavioural treatment for insomnia (CBT-I) should be considered as the first-line treatment for insomnia. As at present there still is a lack of trained therapists for CBT-I, the next initiative of the European Insomnia Network will concern the development and establishment of a European Academy for CBT-I. At present we are looking for candidates for the faculty of this academy and in a next step in spring next year we will hold a first meeting.

Dieter Riemann, Ph.D.
Professor of Clinical Psychophysiology
Freiburg University Medical Center

European Narcolepsy Network (EU-NN)



With the support of Mr. Benevento from Switzerland and the persistent work of our board member R. Fronczek we could change our homepage to eu-nn.com. We have updated members, patient organizations and narcolepsy movies produced by the national societies which are also available on internet.

EUROPEAN NARCOLEPSY NETWORK

We recently had a EU-NN symposium at the World Sleep in Prague and will present our network again next year at the ESRS conference in Basel.

Thanks to good organization and sponsoring the European Narcolepsy Day in Mallorca in March 2017 was scientifically and financially on solid grounds. We will work and apply for further financial support for all our activities, i.e. scientific projects, the database and the pursuit of our teaching and publishing activities. In March 2018 together with UCB Pharma we organized a Masterclass Narcolepsy in Amsterdam. The program has been finalized and will be sent out soon.

Thanks to the initiative of C. Bassetti we are working on guidelines for the accreditation of "Centers of Excellence for Narcolepsy and Hypersomnolences". The aim of the formal accreditation at a European level is to create a better visibility of these centers for patients and the health care systems allowing the Centers to focus

more intensely on a solid diagnosis and treatment (medication plus psychosocial support).

Work on the European Narcolepsy guidelines are progressing. The guidelines have been approved by the ESRS, the EAN and of course by the EU-NN.

The Board of EU-NN



REPORT OF THE ASSEMBLY OF NATIONAL SLEEP SOCIETIES (ANSS)

The ANSS Executive Committee met in Prague to prepare the agenda for the next ANSS convention that will take place in Parma (Italy) on May 4 and 5, 2018.

The potential topics of the meeting will focus on the following:

1. occupational health and chronobiology (in tune with the recent Nobel Prize for Physiology or Medicine assigned to research on circadian rhythms);
2. the possibility to create a network with the general practitioners of the single European countries to define shared guidelines for the diagnosis and management of the most common sleep disorders;
3. attractive sleep-related projects for the achievement of Horizon 2020 grants;
4. update of the Task Force “Beyond AHI” that held its first physical meeting in Prague. The main objectives are:
 - a) To investigate the role of other diagnostic methods beyond the AHI to diagnose sleep disordered breathing in adults based on standardized literature review and professional expertise.
 - b) Provide suggestions for future research on promising diagnostic methods that can be developed further for clinical use and provide recommendations for signal measurement and event scoring of relevant signals.

The Task Force will be composed of 10 sections of interest:

1. RDI and AHI critical aspects
2. Actual flow measurements
3. Oxygen signal
4. Respiratory effort
5. Snoring
6. ECG and pulse signals
7. EEG
8. CO₂
9. Position
10. New methods to assess sleep apnea

The sections are not closed isolated entities but will interact on the common overlapping issues. The deadline for the presentation of the Task Force achievements is December 2018. The ANSS meeting in May 2018, will be a topical opportunity to update the ongoing activities and overcome critical issues. A follow-up meeting of the Task Force is planned at the ESRS conference in Basel in September.

Liborio Parrino
Chair, on behalf of the EC ANSS



CALL 2018 FOR ESRS FELLOWSHIP AND ESRS TRAINING GRANT APPLICATIONS

The ESRS Board has established a fund to support early career researchers within Europe. The deadline for applications is **15 January 2018**.

ESRS Short-Term Research Fellowship (Two Fellowships per annum)

This Fellowship is for 3 months and has the following aims:

1. The promotion of training applied to sleep research in Europe and supporting the exchange in Europe of scientists/investigators as well as clinicians actively involved in research in sleep medicine
2. Contributing to the transfer and implementation of new research techniques or methodologies in sleep medicine throughout Europe
3. Supporting career development and in particular supporting more junior candidates in the early stages of their career in sleep research
4. The Fellowships are available to scientists, investigators, clinicians, allied health professionals, nurses to develop, acquire, apply and carry out basic, translational or clinical research projects and to develop, acquire and apply new skills, advanced research procedures and techniques in the area of sleep medicine
5. The Fellowships are not granted for purely clinical and educational training. Therefore, it is mandatory that projects include a significant research component and lead to research activities and development of research after return of the candidate to the home institution.
6. Fellowships are not granted for undergraduate studies, workshops, courses, lectures, meetings, conferences, congresses or for visiting institutions without a clear research project to be completed.

Conditions:

- All candidates must be members of the ESRS at the time of application
- Training will be pursued in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see ESRS website for list of Sleep Research Laboratories (www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html));
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.

- Candidates must have an agreement with the host institution where their Fellowship will be carried out at time of application.
- Candidates must have adequate fluency in a language that permits effective communication at the host institution.
- Candidates must return to their home institution to apply the newly acquired research skills, or to continue to develop their research on completion of their visit.
- Candidates are responsible for identifying a research project at the host institution as well as a suitable supervisor.
- The duration of the Fellowship may not be reduced or split.
- The Fellowship is not intended to be used as supplementary or 'top up' funding for a research project already in place by either the Host or Home institutions.
- The visit must commence after the funding decision date, allowing for sufficient time to complete travel, visa, and passport and housing formalities. The visit must be started within 1 year from notification of a successful grant application.
- The Fellowship must be carried out on a full-time basis.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe and provide enough money to live on during the 3-month research period. **A maximum amount of 2,800 EUR will be awarded.** The receiving laboratory is expected to finance the living-expenses during the stay, at least partially, if it exceeds the size of the ESRS contribution.
- A maximum of two grants per year will be financed;

In order to apply, the following are required:

- **Deadline: 15 January 2018;**
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- A list of Sleep Research Laboratories in Europe to host early career researchers is available on the ESRS website (www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html).
- Supporting statement on the purpose of undertaking research at the host institution, outline of the novel research project to be undertaken and any skills that will be acquired and how this will enhance the applicant's development and contribute to the host institution, whether it is in the clinical or experimental sleep medicine fields.
- Candidate's CV
- Work plan description
- Home supervisor's release form
- Home supervisor's training background and CV
- Host supervisor's acceptance form
- Host supervisor's training background and CV
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of travel, accommodation and projected subsistence costs at host institution.
- On completion of the visit, the candidate will be required to write a summary report of the visit with a description of research outcomes (~1000 words) to be forwarded to the ESRS executive committee.

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary

ESRS Meetings and Courses Fellowship (Six Fellowships per annum)

This Fellowship has the following aims:

1. To offer the possibility to participate to meetings and courses taking place in Europe and endorsed by the ESRS
2. Support career development and in particular supports more junior candidates in the early stages of their career in sleep research
3. The Fellowships are available to scientists, investigators, clinicians, allied health professionals, nurses

Conditions:

- All candidates must be members of the ESRS at the time of application
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe. **A maximum amount of 500 EUR will be awarded.**
- A maximum of six grants per year will be financed;

In order to apply, the following are required:

- **Deadline: 15 January 2018;**
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- Candidate's CV
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of registration, travel and accommodation costs.

Pierre-Hervé Luppi
Chair of the ESRS Research Networking Committee

Lino Nobili
ESRS Secretary

ESRS Two-Week Training Grant (One Grant per annum)

The ESRS two-week training grant enables members of the ESRS in the early stages of their careers in sleep research or sleep medicine to visit a host institution in a European country other than their own to learn a skill or procedure not available at

their home institution. The training should benefit the home institution when the successful applicant returns there.

- All candidates must be members of the ESRS at the time of application
- Training will be pursued in an experienced laboratory belonging to the ESRS Network of Sleep Research Laboratories (see ESRS website for list of Sleep Research Laboratories (www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html));
- Candidates should be employed in sleep research or sleep medicine training at the time of application.
- There is no upper age limit for eligibility; however, preference will be given to candidates who are in the early stages of their career.
- Funding is open to all nationalities and for European and non-European based candidates.
- Candidates must have an agreement with the host institution where their grant will be carried out at time of application.
- Candidates must have adequate fluency in a language that permits effective communication at the host institution.
- Candidates must return to their home institution to apply the newly acquired skills on completion of their visit.
- Candidates are responsible for identifying a skill or procedure at the host institution as well as a suitable supervisor. The skill or procedure needs to be transferrable to their home institution.
- The duration of the grant may not be reduced or split.
- The visit must start after the funding decision date, allowing for sufficient time to complete travel, visa, and passport and housing formalities. The visit must be started within 1 year from notification of a successful grant application.
- The training grant must be carried out on a full-time basis.
- The grant sum awarded by the ESRS should cover travel and accommodation costs within Europe and provide enough money to live on during the two-week training period. **A maximum amount of 1400 EUR will be awarded.**

In order to apply, the following are required:

- **Deadline: 15 January 2018;**
- The application should be sent to the ESRS Secretary; Attention of: Maria Wiechmann (maria.wiechmann@esrs.eu);
- The ESRS Research Networking Committee will rank the grant applications;
- A list of Sleep Research Laboratories in Europe to host early career researchers is available on the ESRS website (www.esrs.eu/research-laboratory-database/european-sleep-research-laboratories.html).
- Supporting statement on the purpose of the visit, the transferable skill or procedure to be acquired and how this will enhance the applicant's training and the host institution, whether it is in clinical sleep medicine or in a specific field of sleep research.
- Candidate's CV
- Candidate's learning path
- Work plan description
- Home supervisor's release form
- Home supervisor's training background
- Host supervisor's acceptance form

- Host supervisor's training background
- Candidate's ID photo
- Candidate's passport or ID
- Candidate's highest degree
- Breakdown of travel, accommodation and projected subsistence costs at host institution.
- On completion of the visit, the candidate will be required to write a short summary report of the visit (maximum 1000 words) which will be forwarded to the ESRS

Pierre-Hervé Luppi

Chair of the ESRS Research Networking Committee

Lino Nobili

ESRS Secretary



JOURNAL OF SLEEP RESEARCH NEWS



The [Journal of Sleep Research](#) (JSR) has a current Impact Factor of 3.259.

The top 3 cited articles which contributed to this increased metric are:

[Insomnia as a risk factor for ill health: results from the large population-based prospective HUNT Study in Norway](#)

[Sleep symptoms associated with intake of specific dietary nutrients](#)

[Hypoglossal nerve stimulation improves obstructive sleep apnea: 12-month outcomes](#)


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NATIONAL SLEEP SOCIETY HIGHLIGHT SERIES

Interview with the President of the Icelandic Sleep Research Society (ISRS), Dr. Erna Sif Arnardottir

Dear Dr. Arnardottir, what is the status of the accreditation procedures for sleep medicine experts? Can you explain how the procedure works?

In Iceland, we follow the accreditation procedures of the ESRS. We are a small country of 340.000 people so we do not think it is feasible to establish our own procedures and are very happy for the work of the ESRS in accreditation procedures.

Is such an accreditation procedure planned only for physicians or also for other professional figures like psychologists, technicians etc.?

We believe it is important for all professional involved in sleep to be accredited. Already, 1 sleep scientist and 2 sleep technologists from Iceland have successfully passed the ESRS examination and 2 MDs are accredited by NOSMAC, the Nordic Sleep Medicine Accreditation Committee which works according to the ESRS Accreditation Guidelines. More sleep professionals in Iceland are planning to take the ESRS exams.

Do you also have an accreditation procedure for sleep centers?

No, we only have one general sleep center in Iceland, that does all polysomnography recordings, pediatric studies and handles all sleep apnea treatment in the country (over 5700 patients on treatment in Iceland). We do have other limited sleep centers that only deal with sleep apnea diagnostics in adults. Therefore, accreditation within Iceland for general sleep centers is not feasible as the single center would be accrediting itself. We would celebrate assistance with accreditation by the ESRS.

Do you have accreditation procedures for centers with different characteristics (multidisciplinary, respiratory specific, pediatrics etc)?

No, see answer above. The one general sleep center in Iceland is, however, working with the limited sleep centers that only deal with sleep apnea diagnostics for quality reassurances and assists them with difficult cases if needed. Official guidelines for the scoring of sleep apnea diagnostic studies and minimum quality of such studies with a requirement for manual scoring of experienced personnel was published in 2015.

Is sleep medicine officially included in academic programs?

Yes, but only in a limited manner. All students of medicine get some lectures on sleep and visit the general sleep center at Landspítali - The National University Hospital of

Iceland. Many other health related professionals receive some lectures and one practical session on sleep. We started with a more extensive elective course on sleep and sleep related disorders at the University of Iceland last spring which is open to all students within the School of Health Sciences. Also, the University of Reykjavik offers an elective course on sleep for their students. We would, however, like to offer more sleep education within academic programs off all levels, from sleep hygiene information in high schools to official sleep education in university degrees.

Do you organize accredited sleep medicine courses?

No. However, the Icelandic Sleep Research Society with its 99 official members, organizes monthly educational meetings for all its members - both with Icelandic and international speakers which are well sought.

Are you working toward achieving the recognition of sleep medicine as a medical sub-specialty?

Yes, but only in collaboration with the ESRS and ANSS. It is difficult for us to achieve this on our own if other European countries are not achieving the same recognition.

Is basic research in the sleep field represented in the Icelandic Sleep Research Society activities?

Yes, we welcome all clinicians and researchers into our society and actively seek out new members which are involved in sleep-related research of any kind as we believe that we are stronger working together and sharing information amongst ourselves.

We are proud to be per capita the largest sleep society and with the most publications in Europe according to the latest poll by the Assembly of National Sleep Society and believe part of our success is the closely knit sleep community in Iceland.

Thank you, Dr. Arnardóttir, for participating in this interview.

Lino Nobili



MICHEL JOUVET: DISCOVERER OF PARADOXICAL SLEEP (1925 – 2017)

French sleep research pioneer Michel Jouvét died on the night of October 2 to 3 at the age of 91 in Villeurbanne, France.

He became a CNRS researcher in 1958 before becoming a Professor in medicine at the university of Lyon in 1961.

In the late fifties, Michel Jouvét and his collaborators made a seminal discovery: By serendipity, they observed that muscles are paralyzed during rapid eye movement (REM) sleep discovered a few years before by the Americans Aserinsky and Kleitman. Because the state was both characterized by cortical activation and REM and a strong muscle atonia, he called it "paradoxical sleep".

The seminal paper reporting his discovery, "Sur un stade d'activité électrique cérébrale rapide au cours du sommeil physiologique," was published in 1959 in "Les comptes rendus de l'académie des Sciences".

Jouvét then discovered along the following decades the structures generating paradoxical sleep in his famous INSERM U52 laboratory (1968-1998) installed in the University of Lyon, Medical School of Rockefeller.

He received in 2010 the first European Sleep Science Award at the 20th meeting of the European Sleep Research Society organized in Lisbon.

Jouvét and his collaborators also created a cat model of REM sleep behavior disorder more than twenty years before the discovery of the pathology in humans. He discovered the drug modafinil still used in the treatment of narcolepsy.

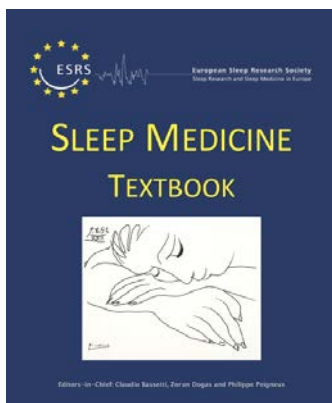
He also proposed his psychological individuation theory on the function of paradoxical sleep and made famous diaries and drawings of thousands of his dreams. He published several famous books, including "The Paradox of Sleep: The Story of Dreaming", and the novel "The Castle of Dreams".

The European sleep research field will greatly miss this pioneer and genius.

Dr. Pierre-Hervé Luppi
UMR 5292 CNRS/U1028 INSERM, University of Lyon, France



SLEEP MEDICINE TEXTBOOK



Editors: Claudio Bassetti, Zoran Dogas, Philippe Peigneux

Publisher: European Sleep Research Society (ESRS)

Regensburg, 2014

ISBN: 9781119038931

The Sleep Medicine Textbook provides comprehensive, all-in-one educational material (550 pages) structured around the [Catalogue of knowledge and skills for sleep medicine](#) (Penzel et al. 2014, [Journal of Sleep Research](#)). Written by experts in the field and published by the ESRS, it provides a European approach to sleep medicine education, and represents the knowledge base for the ESRS-endorsed sleep medicine examinations.

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Download free sample chapter: [B.1. Classification of sleep disorders](#)

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ESRS EVENTS

24th Congress of the European Sleep Research Society

Date: September 25 – 28, 2018
Venue: Basel, Switzerland
Website: www.esrs-congress.eu/2018.html





ESRS ENDORSED TRAINING, COURSES & EVENTS

7th Romanian National Sleep Conference and 2nd Romanian National Non-Invasive Ventilation Conference

Date: November 8 – 11, 2017

Venue: Sinaia, Romania

Website: www.conferintasomnologie.ro/?lang=en

Programme: www.esrs.eu/...Romanian_Sleep_and_NIV_Conference.pdf



Joint Zurich Sleep Medicine Symposium 2018 and International Symposium of the Clinical Research Priority Program Sleep & Health

Date: February 1 –3, 2018

Venue: Zurich, Switzerland

Website: www.sleep.uzh.ch/en/agenda/symposium.html

Programme: www.esrs.eu/.../CRPP_Symposium_2018_announcement_ESRS....pdf

Sleep Congress 2018

Date: May 31 – June 2, 2018

Venue: Saint-Petersburg, Russia

Website: <http://hypnos-lab.fr/sleepcongress2018/>



OTHER TRAINING & COURSES

Epilepsy and Sleep, 2nd edition – 2017/2018

Website: www.ilae.org/files/dmfile/Announce_Epi_Sleep-2-ADV.pdf

Courses Overview: www.esrs.eu/.../EpilepsySleep_2..._2017-2018.pdf

Virtual courses about the diagnosis, treatment and management of epilepsy

Course Directors: Dr. Al de Weerd & Dr. Lino Nobili

Sleep Deprivation: Habits, Solutions, and Strategies

Website: www.teach-out-sleep-team-outreach-sleep-deprivation

Free Online “Teach-Out”:

The University of Michigan has put together an online, global “Teach-Out” on sleep deprivation, and what to do about it. This free learning experience will be launched the week of October 23rd, 2017 and will remain available online. **After November 6th** only those who have enrolled will be able to access the videos.

[About the course >>>](#)

3rd Clinical Update Sleep: International Conference 2018

Date: February 23, 2018

Venue: London, United Kingdom

Flyer: www.esrs.eu/uploads/.../Sleep_2018_1_page_flyer_v2.pdf

Website: [www.guysandstthomas.../3rd-clinical-update ... conference-2018/](http://www.guysandstthomas.../3rd-clinical-update..._conference-2018/)



FUTURE MEETINGS

9th International Surgical Sleep Society Meeting

Preliminary Workshop on 5 April 2018

Date: April 5 - 7, 2018

Venue: Munich, Germany

Website: www.issm-munich.com/

Announcement: www.issm-munich.com/.../ISSM2018_Announcement.pdf

11th FENS Forum of Neurology

Date: July 7 - 11, 2018

Venue: Berlin, Germany

Website: forum2018.fens.org/

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Pulmonary Institute, Rabin Medical Center, Jabutinski 35 - Petah Tikva, 40277
Mevasseret 9140102, Israel
e-mail: abugosh.nader(a)gmail.com

Alex Aranda, MD

Cabinet de Neurologie & Médecine du Sommeil, Clinique de l'Union, , 31240 St.
Jean, France
e-mail: alex.aranda7(a)gmail.com

Mariana Brozici, MD

Heilig Hartziekenhuis, Gasthuisstraat 1, 2400 Mol, Belgium
e-mail: mariana.brozici(a)azmol.be

Naima Covassin, PhD

Mayo Clinic, 200 First Street SW, 55905 Rochester, United States
e-mail: covassin.naima(a)mayo.edu

Maria Cunha, BSc

King's College Hospital, Denmark Hill, Brixton, SE5 9RS London, United Kingdom
e-mail: marafm.cunha(a)gmailcom

Hans C. Dringenberg, PhD

Dept. of Psychology and Neuroscience, Queen's University, Humphrey Hall, K7L 3N6
Kingston, Ontario, Canada
e-mail: dringenb(a)queensu.ca

Joshua James Gooley, PhD

Program in Neuroscience & Behavioral Disorders, Duke-NUS Medical School, 8
College Road, 169857 Singapore, Singapore
e-mail: gmsjgg(a)nus.edu.sg

Petra Jacoba Koornstra, PhD, MD

ENT, Bernhoven Hospital, Nistelrodeseweg 10, 5406 PT Uden, The Netherlands
e-mail: p.koornstra(a)bernhoven.nl

Timo Leppänen, PhD

Diagnostic Imaging Center, Kuopio University Hospital, PL 100, FI 70029 Kuopio,
Finland
e-mail: leppanen_timo(a)outlook.com

Caroline **Lustenberger**, PhD
ETH Zurich, Lengghalde 5, 8092 Zurich, Switzerland
e-mail: caroline.lustenberger(a)hest.ethz.ch

Raluca **Macavei**, MD
Sleep Disorder Centre, Guy's and St Thomas' Hospital, Great Maze Pond, SE1 9RT
London, United Kingdom
e-mail: ralucamacavei(a)gmail.com

Francesco **Mari**, PhD, MD
Neurological Unit, A.O.U. "A Mayer", Viale Pieraccini, 24, 50139 Firenze, Italy
e-mail: francesco.mari(a)mayer.it

Mirjam **Münch**, PhD
Charité University Medicine Berlin, Charitéplatz 1, 10115 Berlin, Germany
e-mail: Mirjam.muench(a)charite.de

Ricardo **Osorio**, MD
Psychiatry, NYU Langone Medical Center, 145 E 32nd St, 5th floor, New York 10016,
United States
e-mail: ricardo.osorio(a)nyumc.org

Guillermo **Plaza**, PhD
Otolaryngology, Hospital Universitario de Fuenlabrada, Camino del Molino 2, 28042
Madrid, Spain
e-mail: gplaza.hflr(a)salud.madrid.org

Björn **Rasch**, PhD
Psychology, University of Freiburg, Rue P.A. de Faucigny 2, 1700 Freiburg,
Switzerland
e-mail: bjoern.rasch(a)unifr.ch

Francisco José **Ruiz-López**, MD
Pneumology Service, Hospital Universitario Virgen de la Arrixaca, Ctra. Madrid-
Cartagena s/n, 30180 Murcia, Spain
e-mail: fjose.ruiz1(a)um.es

Antonio Pedro **Sabedotti**, MD
Radiology, , Rua Plauto Miro Guimares 211, 84070620 Ponta Grossa-Pr, Brazil
e-mail: psabedotti(a)gmail.com

Patricia **Sagaspe**, PhD
USR CNRS 3413 SANPSY, CHU, University of Bordeaux, Pellegrin Hopital, 13ième
étage - Place Amélie Raba-Léon, 33076 Bordeaux, France
e-mail: patricia.sagaspe(a)chu-bordeaux.fr

Irene Toledo **Samper**, MD
Clinical Neurophysiology - Sleep Unit, Hospital Politecic i Universitari de La Fe,
Avinguda de Fernando Abril Martorell, 106, 46026 Valencia, Spain
e-mail: itoledosamper(a)gmail.com

Hiroki R. **Ueda**, PhD, MD
Quantitative Biology Center, RIKEN, 1-3 Yamadaoka, Suita, Osaka, 565-0871 Tokyo,
Japan
e-mail: uedah-tky(a)umin.ac.jp

Michail Nikolaos **Volonakis**, MSc
Ierou Loxou 16, 85131 Rhodes, Greece
e-mail: mich_vol(a)hotmail.com

Dianru **Wang**, MSc
INSERM U1028/CNRS UMR 5292, 7, Rue Guillaume Paradin, 69372 Lyon, France
e-mail: dianruwang(a)gmail.com

Frederik D. **Weber**, MSc
Donders Institute for Brain Cognition and Behavior, Radboud University Medical
Centre, Kapittelweg 29, 6525 EN Nijmegen, The Netherlands
e-mail: research(a)frederikweber.com



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St. Vincent's University Hospital
Elm Park,
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Phone: +353-1-2213702
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E-mail: walter.mcnicholas@ucd.ie

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Team "Sleep"
UMR 5292 CNRS/U1028 INSERM
Université Lyon I
Faculté de Médecine Laënnec
7, Rue Guillaume Paradin
F-69372 Lyon, Cedex 08, France
Phone: +33 4 78 77 10 40
Fax: +33 4 78 77 10 22
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Dr. Tiina Paunio
Dept. of Genetic Epidemiology
Haartmaninkank 3, Biomedicum
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Phone: +358 50 3507936
E-mail: tiina.paunio@thl.fi

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Centre for Epilepsy Surgery
Department of Neuroscience
Niguarda Hospital
Piazza Ospedale Maggiore 3
Milan, Italy
Phone: +390264447323
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E-mail: lino.nobili@gmail.com

Assistant Secretary:

Dr. Tom de Boer
Laboratory for Neurophysiology
Department of Molecular Cell Biology
Leiden University Medical Center
LUMC S-05-P
PO Box 9600
2300 RC Leiden, The Netherlands
Phone: +31+71 526 9771
E-mail: Tom.de_Boer@lumc.nl

Treasurer:

Dr. Hans-Peter Landolt
University of Zurich,
Institute of Pharmacology and Toxicology
Winterthurerstrasse 190
Ch-8057 Zurich, Switzerland
Phone: + 41 – 44 – 635 59 53
E-mail: landolt@pharma.uzh.ch

Member Co-opted from ANSS:

Prof. Dr. Johan Verbraecken
Antwerp University Hospital
Multidisciplinary Sleep Disorders Centre
B-2650 Edegem (Antwerp), Belgium
Phone: +32 3 821 38 00
Email: johan.verbraecken@uza.be

Advisory Members:

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Prof. Dr. Philippe Peigneux
Neuropsychology and Functional Neuroimaging
Research Unit
Université Libre de Bruxelles
Avenue F. D. Roosevelt 50
B-1050 Bruxelles, Belgium
Phone: +32 650 4581
Fax: +32-2 650 22 09
E-mail: Philippe.Peigneux@ulb.ac.be

Editor of the Journal of Sleep Research:

Prof. Dr. Dieter Riemann
Department of Psychiatry and Psychotherapy
University Freiburg
Hauptstrasse 5
D-79104 Freiburg, Germany
Phone: +49-761-270-6919
Fax : +49-761-270-6523
E-mail: dieter.riemann@uniklinik-freiburg.de

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