

MASTERCCLASS

COLLEGIO SUPERIORE

FROM 28 TO 30 OCTOBER 2024



**CENTRO RESIDENZIALE
UNIVERSITARIO DI BERTINORO
(CE.U.B.)**



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA

ISTITUTO DI STUDI SUPERIORI
COLLEGIO SUPERIORE



Masterclass on “Sleep Medicine and Sleep Research”

Chair:

Prof. Alessandro Silvani, MD PhD, chair of the Scientific Committee of the Italian Academy of Sleep Medicine and co-chair of the Scientific Committee of the European Sleep Research Society.

Faculty:

- **Dr. Raffaele Ferri**, MD, president of the World Sleep Society and Scientific Director of the IRCCS Associazione Oasi Maria SS – Troina, Italy
- **Prof. Carolina Lombardi**, MD PhD, principal investigator of the NRPP project “Italian PheNotypes Obstructive sleep Apnea Study (IPNOS)” and director of the Sleep Medicine Unit of the IRCCS Istituto Auxologico Italiano, Milan, Italy.
- **Prof. Mauro Manconi**, MD PhD, member of the Advisory Board of The Restless Legs Syndrome Foundation and deputy director of the Sleep Medicine Unit of the Neurocenter of Southern Switzerland, Lugano, Switzerland.
- **Prof. Lino Nobili**, MD PhD, vice-president of the Italian Academy of Sleep Medicine and director of the Pediatric Neuropsychiatry Unit, IRCCS Istituto Giannina Gaslini, Genoa, Italy.
- **Prof. Christelle Peyron**, PhD, Chair of the Scientific Committee of the European Narcolepsy Network and Directeur de Recherche, CNRS, Centre de Recherche en Neurosciences de Lyon, INSERM U1028 - CNRS UMR5292 - Université Lyon 1, Lyon, France.

Program

October 28

13:30	Registration, check-in and lunch box
14:15	Opening of the master class (whole faculty)
14:30	Lecture 1 - Integrative sleep physiology (title: "Sleep as a Phenomenon of the Integral Organism", Alessandro Silvani)
15:15	Q&A session
15:30	Lecture 2 - Basic sleep neurophysiology (title: "Central Circuitry for Sleep Regulation", Christelle Peyron)
16:15	Q&A session
16:30	Coffee break
17:00	Group activity (journal club) : selection of a basic sleep research paper (out of a list provided by AS and CP) and preparation of a short presentation
18:00	Group activity (journal club) : group presentations of the papers
19:30	Welcome cocktail and networking
20:00	Dinner at the canteen

Program

October 29

08:00	Breakfast at the canteen
08:30	Lecture 3 - Clinical sleep neurophysiology 1 (title: "Sleep-related Epilepsies and Disorders of Arousal: Physiopathological Mechanisms and Differential Diagnosis", Lino Nobili)
09:15	Q&A session
09:30	Lecture 4 - Clinical sleep neurophysiology 2 (title: "Advanced Neurophysiological Insights into Sleep Disorders: From Periodic Leg Movements during Sleep to REM Sleep Behavior Disorder", Raffaele Ferri)
10:15	Q&A session
10:30	Coffee break
11:00	Hands-on session: interactive scoring of clinical EEG and EMG sleep tracings (Lino Nobili, Raffaele Ferri, Mauro Manconi, Carolina Lombardi)
12:00	Lunch at the canteen and free interaction
14:00	Lecture 5 - Clinical sleep neurophysiology 3 (title: "A video-polysomnographic overview on sleep related movement disorders", Mauro Manconi)
14:45	Q&A session
15:00	Hands-on session: interactive discussion on clinical cases (Lino Nobili, Raffaele Ferri, Mauro Manconi, Carolina Lombardi)
16:30	Coffee break
17:00	Interactive round table - "How to build a scientific career in sleep research and sleep medicine" (all faculty)
20:00	Dinner at the restaurant

Program

October 30

8:00	Breakfast at the canteen and check-out
9:00	Lecture 6- Sleep-disordered breathing (title: "Sleep as a new cardiovascular frontier: update on epidemiology, pathogenetic mechanisms and therapeutic approaches", Carolina Lombardi)
9:45	Q&A session
10:00	Hands-on session: interactive scoring of clinical EEG and EMG sleep tracings (Lino Nobili, Raffaele Ferri, Mauro Manconi, Carolina Lombardi)
10:30	Coffee break
11:00	Hands-on session: interactive discussion on clinical cases (Lino Nobili, Raffaele Ferri, Mauro Manconi, Carolina Lombardi)
11:30	Interactive round table - "Italian and international scientific sleep societies: what they are and what they do for early-career researchers and clinicians" (all faculty)
12:30	Farewell with buffet lunch
13:30	Closing of the masterclass (whole faculty)