

WASTERCLASS

COLLEGIO SUPERIORE

Sleep Medicine and Sleep Research



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA | COLLEGIO SUPERIORE

BERTINORO
28.10.2024
30.10.2024



Sleep Medicine and Sleep Research

The proposed masterclass is dedicated to **sleep** and its **disorders**.

Its top-tier international faculty will deliver world-class lectures encompassing different aspects of **sleep physiology** and **sleep medicine**.

Lectures will be complemented with ample time for questions and discussions.

The focus will be on **active participation**, with activities including journal club-like student presentations of recent scientific papers, interactive scoring of clinical polysomnography tracings, interactive discussions of clinical cases, and interactive round tables on career building and early-career opportunities in sleep scientific societies.

Overall, the aim of the masterclass is to **share the enthusiasm and passion** of the faculty for sleep research and sleep medicine in a productive, yet friendly and informal learning environment.

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.

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. 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, Université Lyon

Program

28.10.2024

13:15	Registration , check-in and Brunch
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)
14:45	Q&A session
15:00	Lecture 2 - Basic sleep neurophysiology (title: "Central Circuitry for Sleep Regulation", Christelle Peyron)
15:45	Q&A session
16:30	Coffee break
16:30	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
17:30	Group activity (journal club): group presentations of the papers
19:00	Networking
20:00	Social Dinner at Enoteca Bistrot Colonna

29.10.2024

7:30-8:30	Breakfast at the canteen
08:30	Lecture 3 - Clinical sleep neurophysiology 1
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 (Raffaele Ferri, Mauro Manconi, Carolina Lombardi)
12:30	Lunch self service 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 (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 Bouffet at Rocca (Sala Caligari)

30.10.2024

7:30-8:30	Breakfast at the canteen and check-out
09:00	Lecture 5 - Sleep-disordered breathing (title: "Sleep as a new cardiovascular frontier: update on epidemiology, pathogenetic mechanisms and therapeutic approaches", Carolina Lombardi)
10:00	Hands-on session: interactive scoring of clinical EEG and EMG sleep tracings (Raffaele Ferri, Mauro Manconi, Carolina Lombardi)
11:00	Hands-on session: interactive discussion on clinical cases (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	Brunch at Rocca (Sala Caligari)
13:10	Closing of the masterclass (whole faculty)