

The International Sleep Medicine Course

Floreal Club - Blankenberge – Belgium

October 23-26, 2017

**Programme ISMC 2017**

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|  |  | **Monday 23-10-2017** |  |
|  |  | Module 1 |  |
|  |  | Sleep physiology | Chair: A. Mariman |
| 8:20 |  | Welcome and introduction | A. Mariman |
| 8:30 | 1 | Regulation of the sleep-wake cycle | Y. van de Werf |
| 9:00 | 2 | Circadian rhythm physiology | Y. van de Werf |
| 9:30 | 3 | Age and gender differences in sleep | M. Kerkhofs |
| 10:00 | 4 | Functional neuroanatomy of the sleeping brain | R. Poirrier |
| 10:30 |  | Break |  |
| 11:00 | 5 | Neurotransmitters of sleep and waking | H. Selsick |
| 11:30 | 6 | Cardio-respiratory physiology in sleep | M. Morrell |
| 12:00 | 7 | Sleep and endocrine physiology | K. Spiegel |
| 12:30 |  | Lunch |  |
|  |  |  |  |
|  |  | Module 2 |  |
|  |  | Sleep assessment |  |
|  |  | ***WORKSHOP: 5 rotating sessions, 13.30-17.00,***  ***break @ 15:00*** |  |
|  | 8 | Taking a sleep history in the adult | R. Riha |
|  | 9 | Taking a sleep history in the child | S. Scaillet |
|  | 10 | Polysomnography recording principles | I. De Volder/M. Willemen |
|  | 11 | Other techniques (MSLT, MWT, actigraphy) | L. Hill |
|  | 12 | Scoring rules | J. Verbraecken/M. van der Mierden |
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| 20:00-21:00 | | Special event: relaxing evening: Introduction to mindfulness |  |
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|  |  | **Tuesday 24-10-2017** |  |
|  |  | Module 3 |  |
|  |  | Sleep disordered breathing (SDB) | chair: J. Verbraecken |
| 8:30 | 13 | Pathophysiology of SDB | J. Verbraecken |
| 9:00 | 14 | Clinical and diagnostic aspects of SDB | D. Pevernagie |
| 9:30 | 15 | SDB in children | S. Verhulst |
| 10:00 | 16 | Cardiovascular and metabolic comorbidities of SDB | Dirk Vogelaers |
| 10:30 |  | Break |  |
| 11:00 | 17 | SDB in obesity, cardiac and respiratory failure | D. Testelmans |
| 11:30 | 18 | (C)PAP principles and guidelines | B. Buyse |
| 12:00 | 19 | Surgical treatment of SDB | Olivier Vanderveken |
| 12:30 |  | Lunch |  |
|  |  |  |  |
|  |  | Module 4: |  |
|  |  | Diagnosis and treatment of SDB |  |
|  |  | ***WORKSHOP: 5 rotating sessions, 13.30-17 .00,***  ***break @ 15:00*** |  |
|  | 20 | Case records in SDB (adults and children) | A. Volckaert/S. Scaillet |
|  | 21 | Practical aspect of PAP therapy | K. Hertegonne/ S. Bouduin |
|  | 22 | Stepped care approach to central sleep apnea | D. Pevernagie/H. Janssen |
|  | 23 | MRA therapy in daily practice | Marc Braem |
|  | 24 | Ambulatory and telemetric sleep medicine | M. Bruyneel |
|  |  |  |  |
|  |  | Special event: Gala Dinner |  |
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|  |  | **Wednesday 25-10-2017** |  |
|  |  | Module 5 |  |
|  |  | Insomnia and circadian rhythm disorders | chair: S. Scaillet |
| 8:30 | 25 | Insomnia disorder | E. De Valck |
| 9:00 | 26 | Comorbid insomnia | D. Neu |
| 9:30 | 27 | Role of sleep in Medically Unexplained Physical Symptoms (MUPS) | A. Mariman |
| 10:00 | 28 | Insomnia in children | S. Scaillet |
| 10:30 |  | Break |  |
| 11:00 | 29 | Cognitive behavioural therapy of insomnia | I. Verbeek |
| 11:30 | 30 | Drug treatment of insomnia | A. Van Gastel |
| 12:00 | 31 | Clinical assessment of circadian sleep disorders | M. Gordijn |
| 12:30 |  | Lunch |  |
|  |  |  |  |
|  |  | Module 6 |  |
|  |  | Neurological sleep disorder | chair: I. De Volder |
| 13:30 | 32 | Narcolepsy and its differential diagnosis | S. Overeem |
| 14:00 | 33 | Treatment of hypersomnia | GJ. Lammers |
| 14:30 | 34 | Parasomnias | P. Reading |
| 15:00 |  | Break |  |
| 15:30 | 35 | Epilepsy in sleep | I. Devolder |
| 16:00 | 36 | Movement disorders with focus on restless legs syndrome and periodic limb movement disorder | J. Fanielle |
| 16:30 | 37 | Sleep in neurodegenerative disorders | A. de Weerd |
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| 20:00-21-00 | | Steering committee ISMC |  |
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|  |  | **Thursday 26-10-2017** |  |
|  |  | Module 7 |  |
|  |  | Practical approach to insomnia and hypersomnia |  |
|  |  | ***WORKSHOP: 5 rotating sessions, 8.30-12.30, break @ 10:00*** |  |
|  | 38 | Case records in adults insomnia/hypersomia | A. Cortoos |
|  | 39 | Case records in pediatric insomnia/hypersomnia | L. Quaedackers/N. Vandenbussche |
|  | 40 | Chronotherapy, light and melatonin treatment in practice | M. Gordijn |
|  | 41 | Sleep, vigilance and (driving) safety | E. De Valck |
| 12:30 |  | Lunch |  |
| 14:00 |  | Adjourn |  |