

SLEEP and BREATHING

The seventh international conference organised by the European Respiratory Society (ERS) and the European Sleep Research Society (ESRS)

April 20-22, 2023 Prague

www.sleepandbreathing.org



09:00 - 11:30

*Registration for this session is additional to the conference registration fee***Skills workshop: Diagnostic techniques for adults and children**

Aims : To demonstrate how to perform and interpret sleep studies in both adults and children; to highlight the differences between paediatric and adult polysomnography (PSG) and polygraphy including the complexities of sleep and respiratory testing along with the limitations, advantages, and pitfalls; to be able to recognise when different scoring rules should be applied depending on the age of a patient; to evaluate daytime sleepiness based on self-assessment questionnaires, technical tests and electrophysiological tests.

Introduction**Workstation 1: Setting up polysomnography and polygraphy in adults and children****Workstation 2: Interpreting polysomnography and polygraphy in children****Workstation 3: Interpreting polysomnography and polygraphy in adults****Workstation 4: Evaluation of daytime sleepiness**

15:15 - 17:45

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08:30 - 10:00

Symposium: Opening session: Sleep year in review**Tag(s) :** Respiratory conditions, Non respiratory conditions, Paediatric**Chairs :** Chair to be confirmed08:30 **Hot topics in SDB**
Speaker to be confirmed09:00 **Hot topics in sleep**
Speaker to be confirmed09:30 **Hot topics in paediatric**
Speaker to be confirmed

10:30 - 12:00

Symposium: Biological clocks and multiple effects of circadian misalignment**Tag(s) :** Non respiratory conditions, Clinical assessment**Chairs :** Chair to be confirmed10:30 **Human clock timing system and clinical assessment of chronotype**
Speaker to be confirmed11:00 **Multiple effects of circadian misalignment on sleep, metabolism, immune responses and cardiovascular function**
Speaker to be confirmed11:30 **Chronobiotic strategies to correct circadian misalignment**
Speaker to be confirmed

10:30 - 12:00

Symposium: From pathophysiological traits to new concepts of OSA treatment Part 1: Background: Evidence and concepts

Tag(s) : Respiratory conditions

Chairs : Chair to be confirmed

10:30 **OSA endotypes**
Speaker to be confirmed11:00 **Rostral fluid shift in OSA and CSA**
Speaker to be confirmed11:30 **Active and passive collapsibility of the airways (cases)**
Speaker to be confirmed

10:30 - 12:00

Symposium: New ideas in neuromuscular disease in adults and children

Tag(s) : Respiratory conditions

Chairs : Chair to be confirmed

10:30 **New therapeutic approaches and their impact on disease natural history**
Speaker to be confirmed11:00 **Optimal ventilatory support in ALS - where are we now?**
Speaker to be confirmed11:30 **How did covid impact patients with neuromuscular disease?**
Speaker to be confirmed

12:15 - 13:15

Meet the Expert: Chronic insomnia - state of the science

Tag(s) : Non respiratory conditions, Treatment and follow up, Physiology and anatomy

Chairs : Chair to be confirmed

12:15 **Insomnia - definition, diagnosis and pathophysiology**
Speaker to be confirmed12:45 **The treatment of insomnia - focus on cognitive-behavioral strategies**
Speaker to be confirmed

12:15 - 13:15

Pro and con debate: CPAP or NIV: An indication related to OHS phenotypes

Tag(s) : Respiratory conditions, Treatment and follow up

Chairs : Chair to be confirmed

12:15 **Pro CPAP: CPAP is the first line therapy in OHS**
Speaker to be confirmed12:45 **Pro NIV: NIV is still indicated in some clinical scenarios of OHS phenotypes**
Speaker to be confirmed

12:15 - 13:15

Break-out session: Forgotten aspect of Sleep apnoea

Tag(s) : Respiratory conditions, Clinical assessment

Chairs : Chair to be confirmed

12:15 **Vitamin D deficiency and sleep disorders**
Speaker to be confirmed12:35 **Erectile dysfunction**
Speaker to be confirmed

12:55 **Perioperative risk**
Speaker to be confirmed

15:15 - 16:45

Symposium: Paediatric- What is new in pediatric OSA?

Tag(s) : Paediatric, Treatment and follow up, Respiratory conditions

Chairs : Chair to be confirmed

15:15 **Translational perspectives in pediatric OSA: Guts and particles lead the way**
Speaker to be confirmed

15:45 **Can we use artificial intelligence for diagnosis of OSA in children?**
Speaker to be confirmed

16:15 **Personalized treatment of OSA in children: Are we there yet?**
Speaker to be confirmed

17:00 - 18:30

Symposium: From pathophysiological traits to new concepts of OSA treatmentPart 2: Upper airway obstruction

Tag(s) : Treatment and follow up, Respiratory conditions

Chairs : Chair to be confirmed

17:00 **From pcr it to DISE: How to evaluate upper airway mechanics?**
Speaker to be confirmed

17:30 **Non-invasive PAP alternatives: Where do we stand with MAD and positional therapy?**
Speaker to be confirmed

18:00 **Orthodontical therapy and skeletal interventions**
Speaker to be confirmed

17:00 - 18:30

Symposium: Paediatric Sleep: Practical session

Tag(s) : Paediatric, Treatment and follow up, Diagnostic techniques

Chairs : Chair to be confirmed

17:00 **Scoring sleep with fragments**
Speaker to be confirmed

17:30 **Scoring respiratory events-diagnostic and PAP**
Speaker to be confirmed

18:00 **Strategies to improve PAP adherence in children**
Speaker to be confirmed

17:00 - 18:30

Hot topic: e-health

Tag(s) : Treatment and follow up

Chairs : Chair to be confirmed

17:00 **E-health and sleep medicine**
Speaker to be confirmed

17:30 **Telemonitoring and big data in adults**
Speaker to be confirmed

18:00 **Telemonitoring and big data in children**
Speaker to be confirmed

09:00 - 11:30

Registration for this session is additional to the conference registration fee

Skills workshop: Continuous positive airway pressure (CPAP) and noninvasive ventilation (NIV)

Aims : To describe different types of positive pressure airway therapy; to assess the appropriate use of the different therapies; to list different types of positive pressure interfaces and how these may suit different patients; to recognise the concepts of compliance and adherence; to initiate continuous positive airway pressure (CPAP) and select the appropriate device and interface.

Introduction

Workstation 1: Different PAP modes in noninvasive ventilation

Workstation 2: Overview of different types of masks

Workstation 3: Solutions for humidification and overview of different heated tubes

Workstation 4: Titration and monitoring compliance equipment

15:15 - 17:45

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08:30 - 10:00

Symposium: Hypoventilation

Tag(s) : Clinical assessment

Chairs : Chair to be confirmed

08:30 **COPD and OSA Overlap: who to treat and how?**
Speaker to be confirmed

09:00 **Central hypoventilation syndromes, diagnosis, treatment and outcomes**
Speaker to be confirmed

09:30 **How to diagnose nocturnal hypoventilation and when to ventilate?**
Speaker to be confirmed

08:30 - 10:00

Symposium: Sleep and Children

Tag(s) : Paediatric

Chairs : Chair to be confirmed

08:30 **Sleeping too little**
Speaker to be confirmed

09:00 **Sleeping too much**
Speaker to be confirmed

09:30 **Restless sleep in children**
Speaker to be confirmed

08:30 - 10:00

Hot topic: cognitive session

08:30

09:00

09:30

10:30 - 12:00

Symposium: Addressing hypersomnolence

Tag(s) : Non respiratory conditions

Chairs : Chair to be confirmed

10:30 **What's in a name?**
Speaker to be confirmed11:00 **The issue of 'residual' hypersomnolence**
Speaker to be confirmed11:30 **Multidisciplinary approach to refractory hypersomnolence**
Speaker to be confirmed

12:15 - 13:15

Break-out session: ERS/ESRS recent guidelines

Tag(s) : Treatment and follow up

Chairs : Chair to be confirmed

12:15 **Non-CPAP therapies**
Speaker to be confirmed12:35 **Type 3 devices**
Speaker to be confirmed12:55 **Paediatric: NIV**
Speaker to be confirmed

12:15 - 13:15

Round table: Safety of medical devices: 'the Philips case'

Tag(s) : Respiratory conditions, Treatment and follow up

Target audience : Patient

Chairs : Chair to be confirmed

12:15

12:45

12:45 - 14:15

Break-out session: From pathophysiological traits to new concepts of OSA treatmentPart 3:
Function and treatment opportunities for upper airway muscles

Tag(s) : Respiratory conditions, Treatment and follow up

Chairs : Chair to be confirmed

12:45 **Upper airway muscles: functional response to novel interventions to treat obstructive sleep apnoea**
Speaker to be confirmed13:15 **Myofunctional therapy and electrical stimulation: What we need to know and how to implement**
Speaker to be confirmed13:45 **Hypoglossal nerve stimulation: Critical appraisal and future directions**
Speaker to be confirmed

15:15 - 16:45

Symposium: Clinical evaluation of OSA**Tag(s)** : Respiratory conditions, Physiology and anatomy**Chairs** : Chair to be confirmed**15:15** **Are symptoms related to pathophysiology?**
Speaker to be confirmed

15:45 **PSG markers and Biomarkers**
Speaker to be confirmed

16:15 **Machine learning and big data**
Speaker to be confirmed

08:30 - 10:00

Registration for this session is additional to the conference registration fee

Clinical update: Central sleep apnoea

Aims : To describe CSA in relation to sleep medicine; to differentiate, diagnose, and manage central breathing disturbances during sleep; to demonstrate an awareness of its pathophysiology, clinics and consequences, and discriminate comorbidities.

Central sleep apnoea: Recognition and differentiation

Central sleep apnoea: How to treat

08:30 - 10:00

Symposium: From pathophysiological traits to new concepts of OSA treatmentPart 4: Brain and central breathing regulation in OSA

Tag(s) : Diagnostic techniques, Respiratory conditions

Chairs : Chair to be confirmed

08:30 **Importance of and diagnostic approach to arousals**
Speaker to be confirmed

09:00 **Treatment of sleep fragmentation in OSA. Can we influence arousals and arousability?**
Speaker to be confirmed

09:30 **Clinical diagnosis and therapeutical interventions on loop gain and breathing regulation**
Speaker to be confirmed

08:30 - 10:00

Symposium: Central Sleep Apnoea

Tag(s) : Respiratory conditions, Treatment and follow up, Physiology and anatomy

Chairs : Chair to be confirmed

08:30 **Loop gain and breathing regulation: Insights in the pathophysiology of CSA**
Speaker to be confirmed

09:00 **Treatment emergent CSA: Better definition, realistic prevalence, treatment algorithms**
Speaker to be confirmed

09:30 **Pathophysiology, clinical presentation and treatment of opioid-induced CSA**
Speaker to be confirmed

08:30 - 10:00

Symposium: The patient's view

Tag(s) : Respiratory conditions, Non respiratory conditions, Treatment and follow up

Chairs : Chair to be confirmed

08:30 **PROMs: what is the issue?**
Speaker to be confirmed

09:00 **Rationale for the European Sleep Questionnaire**
Speaker to be confirmed

09:30 **A Patient Involvement in SDB PROMs validation**
Speaker to be confirmed

10:30 - 12:00

Symposium: Predicting the effect of sleep apnea treatment: Responders Vs. Non-responders

Tag(s) : Respiratory conditions, Treatment and follow up, Clinical assessment

Chairs : Chair to be confirmed

10:30 **Identification of biomarkers from animal and cellular models: Utility for the prognosis of obstructive sleep apnea and response to treatment**
Speaker to be confirmed

11:00 Predictive biomarkers of adequate response to CPAP treatment: Targeting obstructive sleep apnea symptoms
Speaker to be confirmed

11:30 Predictive biomarkers of adequate response to CPAP treatment: Targeting cardiovascular outcomes
Speaker to be confirmed

12:45 - 14:15

Symposium: ASV in central sleep apnoea

Tag(s) : Respiratory conditions, Clinical assessment

Chairs : Chair to be confirmed

12:45 Is CSA in heart failure really relevant? Clinical symptoms and outcome
Speaker to be confirmed

13:15 Phenotyping of CSA in heart failure. What does the Face-trial tell?
Speaker to be confirmed

13:45 SERVE-HF and Advent-HF: new data, new conclusions?
Speaker to be confirmed

12:45 - 14:15

Symposium: Sleep Disordered Breathing in Special Groups

Tag(s) : Paediatric, Respiratory conditions

Chairs : Chair to be confirmed

12:45 Pediatric Sleep Disordered Breathing in the first 2 years of life
Speaker to be confirmed

13:15 Down Syndrome and SDB
Speaker to be confirmed

13:45 OSA in obese children
Speaker to be confirmed

12:45 - 14:15

Hot topic: The future of sleep diagnostics

Tag(s) : Paediatric, Diagnostic techniques, Clinical assessment

Chairs : Chair to be confirmed

12:45 The role of self-applied polysomnography
Speaker to be confirmed

13:15 Night-to-night variability in OSA - how many nights do you need?
Speaker to be confirmed

13:45 Automatic sleep analysis from diagnostic devices and wearables
Speaker to be confirmed

14:30 - 15:30

Symposium: Closing session

Chairs : Chair to be confirmed

14:30

15:00

15:30