

ANNUAL MEETING OF THE SWISS SOCIETY FOR SLEEP RESEARCH, SLEEP MEDICINE AND CHRONOBIOLOGY (SSSSC)

August 31st to September 1st, 2023
Campus Biotech, Geneva, Switzerland





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NEU

Zeit für ein neues Therapiemanagement Ihrer chronischen Insomnie-Patient*innen.²

¹ Mignot E et al. Safety and efficacy of daridorexant in patients with insomnia disorder: results from two multicentre, randomized, double-blind, placebo-controlled, phase 3 trials. *Lancet Neurol.* 2022;21(2):125–139. ² Quviviq® (Daridorexant) Fachinformation, Stand der Information: Mai 2022, www.swissmedicinfo.ch

Kurzfachinformation QUVIVIQ® (Daridorexant):

▼ Dieses Arzneimittel unterliegt einer zusätzlichen Überwachung. Für weitere Informationen siehe Fachinformation/Patienteninformation QUVIVIQ® auf www.swissmedicinfo.ch. **QUVIVIQ® (Daridorexant-Hydrochlorid):** Filmtabletten mit 25 mg und 50 mg Daridorexant. **I/A:** Zur Behandlung von Erwachsenen mit Schlafstörungen (Insomnie), deren Symptome seit mind. 3 Monaten anhalten und eine beträchtliche Auswirkung auf die Tagesaktivität haben. **D/A:** Empfohlene Dosis: 50 mg pro Nacht, innert 30 min vor dem Schlafengehen. Max. Tagesdosis: 50 mg. Bei mässiger Leberfunktionsstörung oder mit gleichzeitigen, mittelstarken CYP3A4-Inhibitoren: 25 mg pro Nacht. Anwendung mit ZNS-dämpfenden Arzneimitteln: Dosisanpassungen je nach klinischer Bewertung. Pädiatrie: nicht indiziert. Angemessenheit der Behandlung innert 3 Monaten und danach regelmässig überprüfen. **KI:** Überempfindlichkeit gegenüber Daridorexant oder Hilfsstoffen; Narkolepsie; gleichzeitige Einnahme starker CYP3A4-Inhibitoren. **W&VM:** Patienten sollte geraten werden, keinen Alkohol zu konsumieren. Schlafähnliche und hypnotogehypnopompe Halluzinationen können auftreten. In Verbindung mit dualen Orexin-Rezeptor-Antagonisten wurden Symptome, die einer leichten Kataraktose ähneln, beobachtet. Behandlung mit QUVIVIQ bei Auftreten von komplexem Schlafverhalten sofort beenden. Bei der begleitenden Verschreibung von ZNS-dämpfenden Arzneimitteln und bei Patienten >75 Jahren, bei Patienten mit Symptomen einer Depression, mit instabilen psychiatrischen oder neurologischen Begleiterkrankungen, mit schwerer obstruktiver Schlafapnoe (OSA) und schwerer chronisch-obstruktiver Lungenerkrankung (COPD) ist Vorsicht geboten. Bei schwerer Leberfunktionsstörung nicht empfohlen. Patienten mit einer Anamnese von Missbrauch oder Abhängigkeit von Alkohol oder anderen Substanzen sollten sorgfältig beobachtet werden. **IA:** Begleitende Anwendung eines mittelstarken oder starken CYP3A4-Induktors kann Wirksamkeit beeinträchtigen. Bei gleichzeitiger Anwendung mit CYP3A4-, CYP2C9-, BCRP- und P-gp-Substraten ist Vorsicht und engmaschige Überwachung bei geringer therapeutischer Breite angezeigt. Alkohol führte zu additiven Einflüssen auf psychomotorische Leistungsfähigkeit. **SS, SZ:** Anwendung während Schwangerschaft nur wenn aufgrund des klinischen Zustands erforderlich. Während Stillzeit vermeiden, da Risiko einer übermässigen Somnolenz des gestillten Säuglings nicht ausgeschlossen. **WaF&BvM:** Min. 9 Stunden Wartezeit zwischen Einnahme und Führen eines Fahrzeugs oder Bedienen von Maschinen empfohlen. **UW:** Häufig: Kopfschmerzen, Somnolenz, Schwindelgefühl, Übelkeit, Ermüdung. **ÜD:** Allgemeine symptomatische und unterstützende Therapiemassnahmen. Supratherapeutische Dosierungen: Somnolenz, muskuläre Schwäche, Aufmerksamkeitsstörungen, Ermüdung, Kopfschmerzen und Obstipation. **ZN:** 68481 (Swissmedic). **P:** 10 oder 30 Filmtabletten zu 25 mg oder 50 mg [B]. **ZI:** Idorsia Pharmaceuticals Ltd., 4123 Allschwil, Schweiz. Ausführliche Informationen finden Sie in der aktuellen Fachinformation unter www.swissmedicinfo.ch.

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Welcome

Dear colleagues

We are very pleased to welcome you to the 2023 Annual Meeting of the Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC) in Geneva.

The meeting provides evidence-based education, disseminates cutting-edge sleep and circadian research, promotes the translation of basic science into clinical practice, and fosters the future of our field by giving young clinicians and researchers the opportunity to present and discuss their findings.

In addition, a course of cognitive behavioral therapy for insomnia (CBT-I) is organized by the Special Interest Group Psychiatry and Sleep.

Most importantly, the meeting will provide ample opportunities to connect, discuss and envision future clinical and scientific projects.

We are looking forward to an exciting, inspiring and collaborative meeting in Geneva.

For the SSSSC

Prof. Dr. med. Martin Hatzinger
President SSSSC

Prof. Dr. med. Christoph Nissen
Chair of the scientific /
local organizing committee

Program Day 1

Thursday, August 31st 2023

Insomnia workshop (CBT-I), from 9.15 to 13.45

H8-01-F

8.30 Arrival and registration

10.00 Symposium 1: Can we use wearables to diagnose sleep apnea

H8-01-D

Chairs: Raphael Heinzer, Lausanne (CH), Ramin Khatami, Barmelweid (CH)

Symposium 2: Targeting sleep to improve mental health

Auditorium

Chairs: Martin Hatzinger, Solothurn (CH), Christoph Nissen, Geneva (CH)

11.30 Break

12.00 Symposium 3: Swiss Narcolepsy Network (SNaNe) – Ongoing Research in Switzerland

H8-01-D

Chair: Claudio Bassetti, Bern (CH)

Symposium 4: Data flashes

Auditorium

Chairs: Paul Franken, Lausanne (CH), Carolina Gutierrez, Bern (CH)

SIG sleep and psychiatry internal meeting

H8-01-B

13.00 Idorsia lunch symposium: The chronic insomnia landscape: from diagnosis to treatment

Hall H8

Geoffroy Solelhac, Lausanne (CH), Sebastian Zaremba, Zurzach (CH), Laura Palagini, Pisa (IT)

Swiss Narcolepsy Network - General Assembly

H8-01-D

- 14.00 Official opening** Auditorium
 Martin Hatzinger, Solothurn (CH)
- Keynote lecture**
 Derk-Jan Dijk, Surrey (UK)
- Novel approaches and technologies for the study of sleep and circadian rhythms in health and disease**
- 15.00 Break**
- 15.15 Symposium 5: The interaction of circadian system and sleep: Mechanisms and clinical applications** H8-01-D
Chair: Carolin Reichert, Basel (CH)
- Symposium 6: Sleep oscillotherapy with auditory stimulation: A journey from animal experiments to clinical application** Auditorium
Chairs: Caroline Lustenberger, Zurich (CH), Carolina Gutierrez, Bern (CH)
- 16.45 Break**
- 17.00 General assembly** Auditorium
- 18.00 End of conference**
- 19.30 Cocktail dinner** Jardin de Penthes



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1 Yoon, IH Hong, I Baik, HW Shin. Evaluation of the feasibility and preference of Nox-A1 type 2 ambulatory device for unattended home sleep test: a randomized crossover study. Sleep and Biological Rhythms, 2019

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Program Day 2

Friday, September 1st 2023

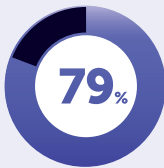
- 9.00 Symposium 7: Sleep and neurodegeneration: from bench to bedside and back** Auditorium
Chairs: Christian Baumann and Daniela Noain, Zurich (CH)
- Symposium 8: Diversity of brain-body communication during sleep** H8-01-D
Chair: Anita Lüthi, Lausanne (CH)
- 10.00 SIG pediatric sleep internal meeting** H8-01-F
- 10.30 Break**
- 11.00 Symposium 9: Sleep disordered breathing** H8-01-D
Chair: Raphael Heinzer, Lausanne (CH)
- Symposium 10: Symposium in honor of Steven Brown** Auditorium
Chairs: Hans-Peter Landolt, Zurich (CH), Antoine Adamantidis, Bern (CH), Paul Franken, Lausanne (CH)
- 12.30 Poster session and lunch** Hall H8
- 14.00 Symposium 11: Sleep in children with neurodisability** H8-01-D
Chair: Christian Bieli, Zurich (CH), Silvano Vella, Bern (CH)
- Symposium 12: Swiss Young Sleep Wake Chronobiology Network** Auditorium
Chair: Jelena Skorucak, Zurich (CH)
- 15.30 Break**
- 15.45 Closing ceremony and awards** Auditorium
- 16.45 End of conference**

Bei obstruktiver Schlafapnoe

Therapie auf Knopfdruck

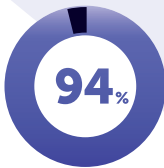
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Anwendung



1 – Otolaryngology–Head and Neck Surgery 2018; 159(1):194–202
2 – Eur Respir J 2019; 53(1):1801405

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Symposia details

1. Can we use wearables to diagnose sleep apnea

Chairs: Raphael Heinzer, Lausanne (CH), Ramin Khatami, Barmelweid (CH)

Zhongxing Zhang, Barmelweid (CH): Can wearable optical sensors measure sleep apnea?

Abdelkebir Sabil, Angers (FR): Assessment of sleep apneas by heart rate

José Haba-Rubio, Lausanne (CH): Sleep wearables and orthosomnia

2. Targeting sleep to improve mental health

Chairs: Martin Hatzinger, Solothurn (CH), Christoph Nissen, Geneva (CH)

Tsvetan Serchov, Strasbourg (FR): The crosstalk between circadian clock and homeostatic plasticity as antidepressant mechanism of acute sleep deprivation in mice

Kristoffer Fehér, Bern and Geneva (CH): Auditory closed-loop modulation of slow wave sleep to treat major depressive disorder

Thorsten Mikoteit, Solothurn (CH): Laboratory and electrophysiologic biomarkers of insomnia disorder

Lampros Perogamvros, Geneva (CH): Enhancing imagery rehearsal therapy for nightmares with targeted memory reactivation

3. Swiss Narcolepsy Network (SNaNe) - Ongoing Research in Switzerland

Chair: Claudio Bassetti, Bern (CH)

Sigrid von Manitius, St. Gallen (CH): Anxiety, stress and depression in narcolepsy

Silvia Miano, Lugano (CH): Absence of HLA DQB1*06.02 allele in narcoleptic Caucasian patients with orexin deficiency

Zhongxing Zhang, Barmelweid (CH): Real world clinical data analysis of mental health in patients with SOREM

Markus Schmidt, Bern (CH): Role of skin temperature in cataplexy expression

4. Data flashes

Chairs: Paul Franken, Lausanne (CH), Carolina Gutierrez, Bern (CH)

5. The interaction of circadian system and sleep: Mechanisms and clinical applications

Chair: Carolin Reichert, Basel (CH)

Tom Deboer, Leiden (NL): Sleep deprivation and circadian clock functioning

Karim Fifel, Tsukuba (JP): The role of motivational valence in the regulation of sleep/wake cycle

Christine Blume, (CH): Effects of calibrated changes in light colour on the human circadian clock & sleep

Esther Werth, Zurich (CH): The role of chronobiology in sleep disorders medicine

6. Sleep oscillotherapy with auditory stimulation: A journey from animal experiments to clinical application

Chairs: Caroline Lustenberger, Zurich (CH), Carolina Gutierrez, Bern (CH)

Daniela Noain, Zurich (CH): CLAS of slow-waves in rodents: lessons learnt from the healthy and diseased brain

Yuval Nir, Tel Aviv (IL): Cortical auditory responses in sleep and sleep-like states

Penny Lewis, Cardiff (UK): Sleep engineering in humans with closed-loop auditory stimulation

Céline Zeller, Bern (CH): Portable auditory sleep enhancement tools: a perspective

7. Sleep and neurodegeneration: From bench to bedside and back

Chairs: Christian Baumann, Zurich (CH), Daniela Noain, Zurich (CH)

Angelina Maric, Zurich (CH): Slow wave enhancement in Parkinson disease: from symptomatic benefit to neuroprotection

Marc Züst, Bern (CH): Enhancing sleep to prevent cognitive decline

Inês Dias, Zurich (CH): Closed-loop auditory stimulation of sleep slow waves in mice as preclinical strategy against neurodegeneration

Alain Kaelin, Lugano (CH): Levodopa-induced dyskinesia in Parkinson's disease: an ultimate disorder of sleep and plasticity?

8. Diversity of brain-body communication during sleep

Chair: Anita Lüthi, Lausanne (CH)

Luciana Besedovsky, Munich (DE): The sleep-immune connection

Najma Cherrad, Lausanne (CH): Vagal sensory afferents as regulators of mouse sleep: Insights in circuits and mechanisms

Christian Mikutta, Meiringen (CH): Interactions of heart rate, heart rate variability and slow oscillations: Translational observations in mice and humans.

Silvia Monari, Lausanne and Geneva (CH): Fear extinction impairments and sleep abnormalities in rats selected for blunted glucocorticoid responsiveness

9. Sleep disorder breathing

Chair: Raphael Heinzer, Lausanne (CH)

Jean-Louis Pépin, Grenoble (FR) and Geneva (CH): Stimulant medication for residual sleepiness in treated OSA

Geoffroy Soleilhac, Lausanne (CH): Comorbid sleep apnea and insomnia (COMISA)

Frédéric Gagnadoux, Angers (FR): Can CPAP reduce cardiovascular risk?

10. Symposium in honor of Steven Brown

Chairs: Antoine Adamantidis, Bern (CH), Paul Franken, Lausanne (CH)

Antoine Adamantidis, Bern (CH): Personal introduction

Ueli Schibler, Geneva (CH): Steve, the postdoc and young scientist

Charo Robles, Munich (DE): Steve, the collaborator and friend, EMBO young investigator lecture

Hans-Peter Landolt, Zurich (CH): Steve, the colleague and local networker

Sara Pierre-Ferrer, Sara Meier, Waleed El Grawani, Zurich (CH): Steve, the scientific teacher and mentor

11. Sleep in children with neurodisability

Chairs: Christian Bieli, Zurich (CH), Silvano Vella, Bern (CH)

Sarah Braun, Stuttgart (DE): Overview of sleep disorders in children with neurodisability

Desaline Joseph, London (UK): Improve sleep in children with neurodisability: sleep interventions and medication

Sophie Guerin, Lausanne (CH): Improve sleep in children with neurodisability: management of obstructive sleep apnea

12. Swiss Young Sleep Wake Chronobiology Network

Chair: Jelena Skorucak, Zurich (CH)

Bigna Bölsterli Heinzle, St. Gallen (CH): Sleep, epilepsy and cognition in childhood

Yuval Nir, Tel Aviv (IL): Sleep in mice and men: a journey of continuous learning

Sara Pierre Ferrer, Zurich (CH): An atypical phosphoswitch gates winter seasonality in mice

Reto Huber, Zurich (CH): Perturbing sleep slow waves by acoustic stimulation: from basic research to clinical application

Idorsia lunch symposium: The chronic insomnia landscape: from diagnosis to treatment

Geoffroy Solelhac, Lausanne (CH): Chronic insomnia disorder: prevalence and diagnosis in the clinic

Sebastian Zaremba, Zurzach (CH): Pathophysiology of chronic insomnia: implications of hyperarousal

Laura Palagini, Pisa (IT): Treatment of chronic insomnia in the clinic: novel pharmacological therapies

Insomnia workshop CBT-I

This course is suitable to earn the credits necessary for the certificate of capacity in sleep medicine especially for non-psychiatrists, providing an introduction into the fundamentals of cognitive behavioural therapy for insomnia.

Cristina Zunzunegui, Zurich (CH), Verena Reiss, St. Gallen (CH)

Samoa

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*Calming effect for restlessness,
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Calming and sleeping tablets
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References

¹ EMA (HMPC) Monograph on Valerian officinalis L., radix. 13.07.2006

² EMA (HMPC) Monograph on Melissa officinalis L., folium. 14.05.2013

³ Müller S. F., Klement S., A combination of valerian and lemon balm is effective in the treatment of restlessness and dysomnia in children. Phytomedicine 2006 (13): 383-7

⁴ www.swissmedicinfo.ch

All references can be requested from Schwabe Pharma.



**Schwabe
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Practical information

Registration and information

Online registration on the official website of the SSSSC:

➤ <http://swiss-sleep.ch/ssssc-annual-meeting-2023/>



Fees

Regular SSSSC member: CHF 250.–

Non-member: CHF 350.–

Student (SSSSC member): CHF 50.–

Student (Non-member): CHF 75.–

Workshop: CHF 50.–

(Onsite fees will be higher than regular fees)

Social Event

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➤ www.jardindepenthes.ch

Fee: CHF 65.–

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In case you would like to take advantage of hotel corporate rates please proceed as follows:

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Hotel Eden (close to Campus Biotech) ➤ www.eden.ch (Mention "UPK_30.08-01.09.23" when contacting them directly via eden@eden.ch)

Manotel Group offers a 15% discount on the "best available rate" for meetings at Campus Biotech (Mention "Fondation Campus Biotech Geneva" when booking on ➤ www.manotel.com)

Contact

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✉ Beatrice.anderlohr@upk.ch

Accreditations

Please find details regarding credits on the website of the Geneva University Hospital.

➤ hug.plus/annual-meeting-ssssc-2023



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Références: **1.** Wade A et al. Prolonged-release melatonin in the treatment of primary insomnia: evaluation of the age cut-off for short- and long-term response. *Current Medical Research and Opinion* 2011; Vol. 27, No. 1, 87-98. **2.** Nava Zisapel. Melatonin and Sleep. *The Open Neuroendocrinology Journal*, 2010, 3, 85-95. **3.** Hajak et al. Lasting treatment effects in a postmarketing surveillance study of prolonged-release melatonin. *International Clinical Psychopharmacology* 2015; 30(1): 36-42. **4.** Information sur le médicament Circadin, www.swissmedinfo.ch. **5.** Wilson SJ, et al. British Association for Psychopharmacology consensus statement on evidence-based treatment of insomnia, parasomnias and circadian rhythm disorders. *J Psychopharmacol*. 2010;24:1577-601. Les références mentionnées dans ce document peuvent être obtenues sur demande auprès de Neurim Pharmaceuticals AG.

Mélatonine sous forme de mini-comprimés spécialement développés pour les enfants

- ✓ un diamètre de seulement 3 mm², sans goût³, sans odeur³
- ✓ efficace pour l'endormissement et le maintien du sommeil chez les enfants et les adolescents présentant un TSA et/ou un SSM⁴
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*Limitation

Références: 1. Slenyto®, www.listedesspecialites.ch. 2. Information sur le médicament Slenyto®, www.swissmedicinfo.ch. 3. Malow B et al. Sleep, Growth, and Puberty After 2 Years of Prolonged-Release Melatonin in Children With Autism Spectrum Disorder. *Journal of the American Academy of Child and Adolescent Psychiatry*, 60(2), 252–261.e3. <https://doi.org/10.1016/j.jaac.2019.12.007>. 4. Schroder C et al. Pediatric prolonged-release melatonin for insomnia in children and adolescents with autism spectrum disorders. 2021. Expert Opinion on Pharmacotherapy, DOI:10.1080/14655656.2021.1959549.

Les références mentionnées dans ce document peuvent être obtenues sur demande auprès de Neurim Pharmaceuticals AG.

Information professionnelle abrégée: C: Comprimés à libération prolongée à 1 mg / 5 mg de mélatonine. I: Pour le traitement de troubles du sommeil (insomnie) chez les enfants et les adolescents âgés de 2 à 18 ans, présentant un trouble du spectre de l'autisme (TSA) et/ou un syndrome de Smith-Magenis, lorsque les mesures d'hygiène du sommeil ont été insuffisantes. P: La dose initiale recommandée est de 2 mg. En cas de réponse insuffisante, la dose doit être augmentée à 5 mg. La dose maximale est de 10 mg. Des données sont disponibles pour un traitement d'une durée allant jusqu'à 2 ans. Le patient doit être surveillé à intervalles réguliers (au moins tous les 6 mois) afin de vérifier que Slenyto est toujours le traitement le plus approprié. CI: Hypersensibilité à la substance active ou à l'un des autres composants. PR: Slenyto peut entraîner une somnolence. L'administration de Slenyto est déconseillée ou contre-indiquée chez les patients présentant une maladie auto-immune, une intolérance au galactose, un déficit total en lactase ou un syndrome de malabsorption du glucose et du galactose (maladies héréditaires rares). EI: Fréquents: sautes d'humeur, agressivité, irritabilité, somnolence, céphalée, endormissement soudain, sinusite, épuisement et fatigue matinale. IA: Médicaments métabolisés par les enzymes CYP1A, fluvoxamine, alcool, benzodiazépines et hypnotiques non-benzodiazépines, thioridazine et imipramine. Mise à jour de l'information: septembre 2021. Catégorie de vente B. Pour de plus amples informations: www.swiss-medico.ch. Neurim Pharmaceuticals AG, Turmstrasse 18, 6312 Steinhausen. CH-S-2023-04-27-F

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