



ISMC 2019

Cardiff | 4th - 7th February

International Sleep Medicine Course

Monday 4 th February 2019	
09:00-09:45	REGISTRATION
09:45-10:00	Welcome & Course Overview <i>Dr Tim Quinnell (UK); Dr Lizzie Hill (UK)</i>
10:00-10:30	Neurological Basis of Sleep <i>Dr Simon Durrant (UK)</i>
10:30-11:00	Effects of Sleep Deprivation <i>Dr Anna Weighall (UK)</i>
11:00-11:30	Refreshment Break - EXHIBITION AREAS
11:30-12:00	Homeostatic and Circadian Regulation of Human Sleep <i>Prof Derk-Jan Dijk (UK)</i>
12:00-12:30	Age & Gender Differences in Sleep <i>Alex Perkins (UK)</i>
12:30-13:00	Classification of Sleep Disorders <i>Prof Dr Johan Verbraecken (BE)</i>
13:00-13:30	Circadian Rhythm Sleep Disorders <i>Prof Derk-Jan Dijk (UK)</i>
13:30-14:30	Lunch - EXHIBITION AREAS
14:30-15:00	Subjective Measures of Sleep and Sleepiness <i>Prof Dirk Pevernagie (NL)</i>
15:00-15:30	Objective Measures of Sleep and Sleepiness <i>Dr Lizzie Hill (UK)</i>
15:30-16:00	Sleep-Related Breathing Disorders in Children <i>Dr Stijn Verhulst (BE)</i>
16:00-16:30	Non-respiratory Sleep Disorders in Children <i>Dr Stijn Verhulst (BE)</i>
16:30	Q&A session <i>Chairs: Dr Tim Quinnell (UK), Dr Lizzie Hill (UK)</i>
17:00	CLOSE
17:00	WELCOME RECEPTION



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Tuesday 5 th February 2019				
09:00-09:30	Taking a Sleep History <i>Dr Jose Thomas (UK)</i>			
09:30-10:00	The Physiological Basis of Ventilation During Sleep <i>Dr Michelle Ramsay (UK)</i>			
10:00-10:30	Obstructive Sleep Apnoea <i>Prof Dr Johan Verbraecken (BE)</i>			
10:30-11:00	Central Sleep Apnoea <i>Dr John O'Reilly (UK)</i>			
11:00-11:30	Refreshment Break - EXHIBITION AREAS			
11:30-12:00	Treatment of SRBD - CPAP <i>Dr Alison McMillan (UK)</i>			
12:00-12:30	Treatment of SRBD - non-CPAP <i>Professor Joerg Steier (UK)</i>			
12:30-13:00	Cardiovascular Aspects of SRBD <i>Dr Ari Manuel (UK)</i>			
13:00-13:30	Endocrine aspects of SRBD <i>Dr Brian Kent (UK)</i>			
13:30-14:30	Lunch - EXHIBITION AREAS			
14:30-17:25 Attend all 4 workshops (40min per session + 5min turnaround)	Workshop 1: Polysomnography & Sleep Staging <i>Samantha Briscoe (UK)</i>	Workshop 2: Cardiorespiratory Polygraphy & Scoring Respiratory Events <i>Andrew Morley (UK)</i>	Workshop 3: Actigraphy <i>Dr Stephen Emegbo (UK)</i>	Workshop 4: MSLT/MWT <i>Rachel Pickersgill (UK)</i>
17:25	Q&A session <i>Chairs: TBC</i>			
17:45	CLOSE			
19:30	Gala Dinner			



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Wednesday 6 th February 2019				
09:00-09:30	Narcolepsy <i>Dr Paul Reading (UK)</i>			
09:30-10:00	Other Hypersomnias of Central Origin <i>Prof An Mariam (BE)</i>			
10:00-10:30	Treatment of Narcolepsy and Hypersomnias of Central Origin <i>Gert-Jan Lammers (NL)</i>			
10:30-11:00	Epilepsy and Sleep <i>TBC</i>			
11:00-11:30	Refreshment Break - EXHIBITION AREAS			
11:30-12:00	Restless Leg Syndrome and Movement Disorders During Sleep <i>Dr Kirstie Anderson (UK)</i>			
12:00-12:30	Overview of Parasomnias - REM <i>Dr Paul Reading (UK)</i>			
12:30-13:00	Overview of Parasomnias - non-REM <i>TBC</i>			
13:00-13:30	Sleep in Neurodegenerative and Psychiatric Disorders <i>Dr Kirstie Anderson (UK)</i>			
13:30-14:30	Lunch - EXHIBITION AREAS			
14:30-17:25 Attend all 4 workshops (40min per session + 5min turnaround)	Workshop 5: CPAP/NIV <i>Dr Vicky Cooper (UK)</i>	Workshop 6: Mandibular advancement and non-CPAP therapies <i>Dr Tim Quinnell (UK)</i>	Workshop 7: Behavioural sleep interventions <i>Dr Anna Weighall (UK)</i>	Workshop 8: Treatment of circadian rhythm disorders <i>Dr Alexander Nesbitt (UK)</i>
17:25	Q&A session <i>Chairs: TBC</i>			
17:45	CLOSE			



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Thursday 7 th February 2019	
10:00-10:30	Overview of Insomnia <i>Prof Jason Ellis (UK)</i>
10:30-11:00	Assessment and Treatment of Insomnia <i>Dr Megan Crawford (UK)</i>
11:00-11:30	Refreshment Break - EXHIBITION AREAS
11:30-12:00	Sleep and Driving <i>Dr Peter Venn (UK)</i>
12:00-12:30	Medico-legal Aspects of Sleep <i>Dr Chris Idzikowski (UK)</i>
12:30-13:00	Preparing for the ESRS Somnologist / Somnologist-Technologist Exam <i>Dr Lizzie Hill (UK)</i>
13:00-13:30	Q&A Session <i>Chairs: TBC</i>
13:30-14:30	Lunch - EXHIBITION AREAS
14:30-16:30	Practice Exam
16:30	CLOSE