

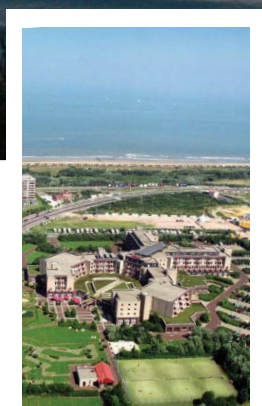
First Announcement

INTERNATIONAL SLEEP MEDICINE COURSE

October 23-26, 2017

Blankenberge, Belgium

ISMIC 2017



Floreal Club, Blankenberge, Belgium

The Belgian Association for Sleep research and Sleep medicine (BASS) announces the next edition of the International Sleep Medicine Course ISMC 2017. This event will take place from Monday 23/10/2017 till Thursday 26/10/2017 at the 'Floreal Club' in Blankenberge.

The course has evolved in recent years by cooperation of the BASS, the Nederlandse Vereniging Voor Slaap-Waak Onderzoek (NSWO) and the British Sleep Society (BSS) into a highly acclaimed international postgraduate programme for professionals who are involved in health care of patients with sleep disorders. We are delighted that the Slaapvereniging Nederland (SVNL) is joining the initiative. The scope of the course is to offer a comprehensive and contemporary review of the most relevant aspects of normal sleep, abnormal sleep physiology as well as clinical investigation and treatment of sleep disorders. Conventional lectures have been expanded with up-to-date workshops and interactive case presentations. By tradition, the faculty will consist of expert European speakers to assure a state-of-the-art educational experience. The complete list of speakers will be published in the second announcement.

The venue in Blankenberge is a fine resort located at the Belgian coast, near the seashore. This casual environment should facilitate lively debate in and out of the lecture rooms, and incite new friendships.

Online registration will be available at www.belsleep.org. Registration fees include attendance at all lectures, course material, lunch and daytime refreshments. Accreditation will be requested for the entire course.

We are looking forward to meeting you in Blankenberge,

On behalf of the organizing committee,
Prof. Dr. A. Mariman, local organizer

ISMIC 2017
Be sure to meet the experts!



British Sleep Society
www.sleeping.org.uk



www.nswo.nl



www.slaapgeneeskundevereniging.nl



Belgian
Association for
Sleep research and
Sleep medicine

www.belsleep.org

Monday 23.10.2017

Module 1 SLEEP PHYSIOLOGY	
8:30	1 Regulation of the sleep-wake cycle
9:00	2 Circadian rhythm physiology
9:30	3 Age and gender differences in sleep
10:00	4 Functional neuroanatomy of the sleeping brain
10:30 <i>Break</i>	
11:00	5 Neurotransmitters of sleep and waking
11:30	6 Cardio-respiratory physiology in sleep
12:00	7 Sleep and endocrine physiology
12:30 <i>Lunch*</i>	
Module 2 SLEEP ASSESSMENT (WORKSHOP: 5 rotating sessions) 13:30 - 18:00; break @ 15:00	
	8 Taking a sleep history in the adult
	9 Taking a sleep history in the child
	10 Polysomnography recording principles
	11 Other techniques (MSLT, MWT, actigraphy)
	12 Scoring rules

Tuesday 24.10.2017

Module 3 SLEEP-DISORDERED BREATHING (SDB)	
8:30	13 Pathophysiology of SDB
9:00	14 Clinical and diagnostic aspects of SDB
9:30	15 SDB in children
10:00	16 Cardiovascular & metabolic comorbidities of SDB
10:30 <i>Break</i>	
11:00	17 SDB in obesity, cardiac and respiratory failure
11:30	18 (C)PAP principles and guidelines
12:00	19 Surgical treatment of SDB
12:30 <i>Lunch*</i>	
Module 4 DIAGNOSIS AND TREATMENT OF SDB (WORKSHOP: 5 rotating sessions) 13:30 - 18:00; break @ 15:00	
	20 Case records in SDB (adults and children)
	21 Practical aspects of PAP therapy
	22 Stepped care approach to central sleep apnea
	23 MRA therapy in daily practice
	24 Ambulatory and telemetric sleep medicine

Wednesday 25.10.2017

Module 5 INSOMNIA & CIRCADIAN RHYTHM DISORDERS	
8:30	25 Insomnia disorder
9:00	26 Comorbid insomnia
9:30	27 Role of sleep in medically unexplained physical symptoms (MUPS)
10:00	28 Insomnia in children
10:30 <i>Break</i>	
11:00	29 Cognitive behavioural therapy of insomnia
11:30	30 Drug treatment of insomnia
12:00	31 Clinical assessment of circadian sleep disorders
12:30 <i>Lunch*</i>	
Module 6 NEUROLOGICAL SLEEP DISORDER	
13:30	32 Narcolepsy and its differential diagnosis
14:00	33 Treatment of hypersomnia
14:30	34 Parasomnias
15:00 <i>Break</i>	
15:30	35 Epilepsy in sleep
16:00	36 Movement disorders with focus on Restless Legs Syndrome and periodic limb movement disorder
16:30	37 Sleep in neurodegenerative disorders
20:00 - 21:00	Steering committee ISMC

Thursday 26.10.2017

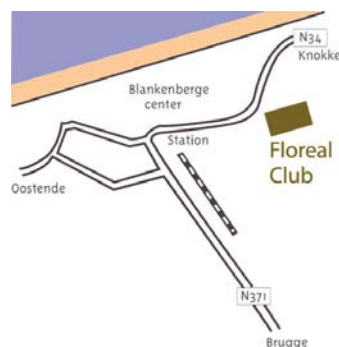
Module 7 PRACTICAL APPROACH TO INSOMNIA AND HYPERSOMNIA (WORKSHOP: 5 rotating sessions) 8:30 - 12:30; break @ 10:00	
	38 Case records in adult insomnia / hypersomnia
	39 Case records in pediatric insomnia / hypersomnia
	40 Chronotherapy, light and melatonin treatment in practice
	41 Sleep, vigilance and (driving) safety
12:30 <i>Lunch</i>	
14:00 <i>Adjourn</i>	

* lunches are included

VENUE

Floreal Club
Blankenberge
www.florealclub.be

Koning Albert I Laan 59
8370 Blankenberge



REGISTRATION

Registration fee: 1200 €
After registration you will be contacted about your optional accommodation at the Floreal Hotel (ca. 400 € / 3 nights incl. dinner)

www.belsleep.org



ISMC 2017
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HANDOUTS

Educational material will be made available prior to the course