



SAVE THE DATE

International Sleep Medicine Course 2018 June 12 - June 15, 2018

The International Sleep Medicine Course (ISMC) has evolved in the past decade into an established international postgraduate course for professionals working as a sleep specialist. It is a unique joint venture of the Dutch sleep societies the "Netherlands Society for Sleep and Wake Research (NSWO) and the "Slaapgeneeskundige Vereniging Nederland" (SVNL), the Belgian Association for Sleep research and Sleep medicine (BASS) and the British Sleep Society (BSS). NSWO and SVNL announce that the 2018 edition of the ISMC will be held June 12-15, 2018 in the Netherlands.

The 4-day course consists of lectures and interactive training sessions that cover the physiology and pathophysiology of normal and abnormal sleep as well as principals and pitfalls in the diagnosis and treatment of sleep disorders. As in past editions, the faculty of the ISMC will consist of international experts in sleep medicine to assure a state-of-the-art educational programme. The final programme and faculty will be made available on our website as soon as possible, hopefully by the end of this year.

The aim of this course is to prepare the participants for the European Somnologist Exam of the European Sleep Research Society (ESRS), which will take place during the upcoming 24th Congress of the ESRS in Basel, September 25-28, 2018.

The venue is a 14th century convent "De Grote Ruwenberg", located on a large estate which was turned into a modern convention centre. St. Michielsgestel is a pleasant old village near the larger city of Den Bosch. If weather permits walking along the river or biking in this region is a great experience. It is only 1 hour drive from Schiphol Airport, Dusseldorf Airport and Brussels Airport and only 30 minutes from Eindhoven Airport.

We hope to welcome you for ISMC 2018 in St. Michielgestel.

Dr Monique Vlak, Chair ISMC Organising Committee

Organising committee

Monique H.M. Vlak, MD PhD Neurologist-somnologist, Chair ISMC organising committee

Jeryll Asin, MD, Pneumologist-somnologist

Hans L. Hamburger, MD PhD, Neurologist-somnologist,

Gert Jan Lammers, MD PhD, Neurologist-somnologist

ISMC Secretariat

JCC Congress Consultancy & Events

T. 0031 (0) 70 3871726

E. info@jcc-congressen.nl



International **S**leep **M**edicine **C**ourse
The Netherlands, June 12 – 15, 2018

PRELIMINARY PROGRAMME

Tuesday 12 June	
09.00-09.45	Neuro anatomy and neurochemistry
09.45-10.30	Basics of chronobiology
	<i>Coffee break</i>
11.00-11.45	Physiology of respiration during sleep
11.45-12.30	To be announced.
	<i>Lunch</i>
14.00-15.15	Interactive session: History taking in sleep medicine
	<i>Coffee break</i>
15.45-17.00	Interactive session: Indications for sleep studies

Wednesday 13 June	
09.00-09.45	OSA diagnosis and treatment
09.45-10.30	OSA & Cardiovascular disease
	<i>Coffee break</i>
11.00-11.45	Stepwise treatment of CSA
11.45-12.30	Narcolepsy and other hypersomnias
	<i>Lunch</i>
13.00-14.30 hands-on	Interactive session: Dilemmas in the treatment of OSA
14.30-15.30 hands-on	Interactive session: Stepwise treatment of CSA
	<i>Coffee break</i>
16.00-17.00 hands-on	Interactive session: Hypersomnia

Thursday 14 June	
09.00-09.45	Insomnia, basics and diagnostic aspects
09.45-10.30	Circadian rhythm disorders
	<i>Coffee break</i>
11.00-11.45	RLS diagnosis and treatment
11.45-12.30	Sleep, age and co-morbidity
	<i>Lunch</i>
14.00-15.15 hands-on	Interactive session RLS/PLMS
	<i>Coffee break</i>
15.45-17.00 hands-on	Interactive session Insomnia/Chronobiology



Friday 15 June	topic
09.00-09.45	NREM parasomnia
09.45-10.30	REM sleep parasomnia
	<i>Coffee break</i>
11.00-11.45	Epilepsy and sleep
11.45-12.30	To be announced
	<i>Lunch</i>
14.00-15.15	Plenary interactive session: Difficult cases/overlap syndromes

Conference Venue and hotel

Conference and Training Centre De Ruwenberg
Ruwenbergstraat 7
St. Michielsgestel
The Netherlands
T. +31 (0)73 5588888
www.ruwenberg.nl

Detailed information and Registration will follow soon on:
www.sleepmedicinecourse.nl