

# BASS Autumn Meeting 2020

Friday November 6

## Sleep in all its diversity



Welcome and introduction <i>Dries Testelmans, new president of the BASS</i> <i>Olivier Mairesse, local organiser</i>	09:00 - 09:15
<b>Main Session Part 1</b>	
<b>Chairs:</b> Daniel Neu – Marie Bruyneel	
<b>Sleepless in pandemia: sleep and insomnia before and during COVID-19-related imposed confinement</b> <i>Olivier Mairesse, VU Brussel</i>	09:15 – 10:00
<b>Sleeping on ICE: results from a decade of polysomnographic research in Antarctica</b> <i>Nathalie Pattyn, Royal Military Academy</i>	10:00 – 10:30
Break	10:30 – 10:45
<b>Recording sleep: present and future technologies</b> <i>Thomas Penzel, Charité, Berlin, Germany</i>	10:45 – 11:15
<b>Free Communications 1</b>	11:15 – 12:15
<b>Chairs:</b> Mélanie Strauss – Johan Newell	
Lunch	12:15 – 13:15
<b>Free Communications 2</b>	13:15 – 14:15
<b>Chairs:</b> Sonia Scaillet – An Mariman	
Break	14:15 – 14:30
<b>Main Session Part 2</b>	
<b>Chairs:</b> Johan Verbraecken – Dries Testelmans	
<b>Modern chronotypology: beyond owls and larks</b> <i>Arcady Putilov, Lab. Sleep/wake Neurobiology, Novosibirsk, Russia</i>	14:30 – 15:00
<b>Why do big trials in sleep apnea fail?</b> <i>S. Javaheri, Bethesda North H, Ohio, USA</i>	15:00 – 15:30
<b>Why to sleep long and sound?</b> <b>Neurocognitive effects of sleep restriction and disruption</b> <i>P. Peigneux, UL Bruxelles</i>	15:30 – 16:00
<b>Award ceremony</b> <i>André Kahn Sleep Award Winner</i>	16:00 – 16:15
Adjourn	16:15

Full virtual meeting



Belgian Association for Sleep research and Sleep medicine  
[www.belsleep.org](http://www.belsleep.org)

Registration

[www.belsleep.org](http://www.belsleep.org)

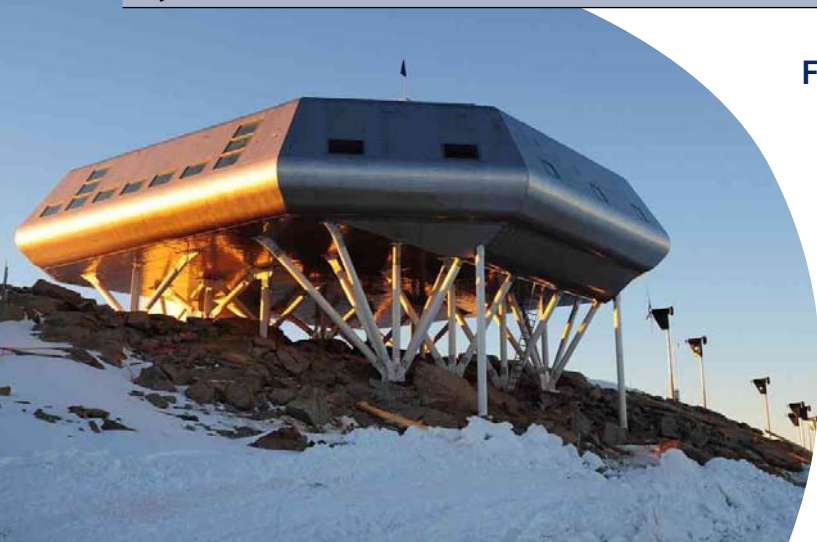
Accreditation

has been requested

### Fee

BASS members: free (80 € after 28/10/2020)

Non-members: 40 € (80 € after 28/10/2020)



Next Spring Meeting:  
June 2021, Leuven