

**B**elgian  
**A**ssociation for  
**S**leep research and  
**S**leep medicine

www.belsleep.org



# BASS Spring Meeting 2024

Friday May 31  
Waterloo

Conquering the night  
*a battle against sleep disorders in Waterloo*



### Venue

La Ferme de Mont-Saint-Jean  
Chaussée de Charleroi, 591  
1410 Waterloo

### Fee

BASS members: free (100€ after 24/05/2024)  
Non-members: 80 € (100€ after 24/05/2024)

### Registration

www.belsleep.org

### How to reach

www.fermedemontsaintjean.be/contact/

### Accreditation

has been requested



### Sponsors





# Program

Arrival and registration with coffee	08:30 - 09:00
Welcome and introduction <i>Dries Testelmans, president of the BASS and Marie Bruyneel, local organizer</i>	09:00 - 09:15
<b>Morning Session</b>	
<b>Chairs:</b> Marie Bruyneel – Dries Testelmans	
<b>Update in RLS/PLMS treatment</b> <i>Diego Garcia-Borreguero, Madrid</i>	09:15 – 10:00
<b>Inappropriate use of sleep dedicated medications</b> <i>Lou Richelle, Brussels</i>	10:00 – 10:45
Coffee/tea break	10:45 – 11:15
<b>Chair:</b> An Mariman	
<b>Sleep in post-traumatic stress disorder</b> <i>Maarten Van Den Bossche, Leuven</i>	11:15 – 12:00
Walking lunch	12:00 – 13:15
<b>Afternoon Session</b>	
<b>Chairs:</b> Bertien Buyse – Johan Verbraecken	
<b>Polysomnographic characteristics of different OSA phenotypes</b> <i>Winfried Randerath, Solingen (online)</i>	13:15 – 14:00
<b>Obesity hypoventilation syndrome: practical aspects</b> <i>Marjolaine Georges, Dijon</i>	14:00 – 14:45
Coffee/tea break	14:45 – 15:15
<b>Chairs:</b> Sonia Scaillet – Mélanie Strauss	
<b>Practical approach to insomnia in children</b> <i>Karen Spruyt, Paris</i>	15:15 – 15:45
<b>New guidelines for insomnia</b> <i>An Mariman, Ghent</i>	15:45 – 16:30
Closing remarks	16:30 – 16:35

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 Friday 31/05/2024      La Ferme de Mont-Saint-Jean, Waterloo

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Photo source: La Ferme de Mont-Saint-Jean

