

BASS Autumn Meeting 2024

Friday November 8
Irish College Leuven



Belgian
Association for
Sleep research and
Sleep medicine

www.belsleep.org



**Bedtime Frustrations:
Modern Times,
Modern Sleep Issues**



Fee

BASS members: free
(100€ after 01/11/2024)
Non-members: 80 €
(100€ after 01/11/2024)

Registration

www.belsleep.org

Accreditation

has been requested

Venue

Irish College
Jansenusstraat 1
3000 Leuven

Arrival

> 20 min walk from Leuven Station
> Parking Ladeuze or Q-park Heilig Hart



Program

MORNING SESSION	Arrival and registration with coffee		08:30 - 09:00
	Welcome and introduction <i>Dries Testelmans, president of the BASS</i> <i>Bertien Buyse, Alexandros Kalkanis, Dries Testelmans, local organisers</i>		09:00 - 09:15
	Main Session Part 1		
	Chairs: Bertien Buyse – Dries Testelmans		
	Noisy nights: the impact of sound on sleep <i>Marc Goethals, Aalst</i>		09:15 – 09:45
	Rest in rotation: sleep strategies for shift workers <i>Heidi Lammers-van der Horst, Rotterdam, The Netherlands</i>		09:45 – 10:15
	Coffee/tea break		10:15 – 10:45
	Chairs: Sonia Scaillet – Marie Bruyneel		
	ADHD and sleep: understanding the connection <i>Saskia Van der Oord, Leuven</i>		10:45 – 11:15
	Free Communications 1		Parallel session: Psychologists
Walking lunch		12:15 – 13:15	
AFTERNOON SESSION	Chairs: Mélanie Strauss – Nigitha van Doorn		
	Free Communications 2		Parallel session: BSST
	Coffee/tea break		14:15 – 14:45
	Main Session Part 2		
	Chairs: Johan Verbraecken – An Mariman		
	Narcolepsy type 2 and idiopathic hypersomnia: recent advancements <i>Gert Jan Lammers, Leiden, The Netherlands</i>		14:45 – 15:15
	Night-to-night variability of obstructive sleep apnea <i>Esther Schwarz, Zürich, Switzerland</i>		15:15 – 15:45
	Telemedicine solutions for sleep disordered breathing <i>Marie Bruyneel, Brussels</i>		15:45 – 16:15
Award ceremony <i>André Kahn Sleep Award Winner</i>		16:15 – 16:30	
Adjourn		16:30	

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