

International Sleep Medicine Course



February 15-18, 2027
Floreal, Blankenberge, Belgium

ISMC 2027

The Belgian Association for Sleep research and Sleep medicine (BASS) is pleased to announce the next edition of the **International Sleep Medicine Course (ISMC)**, which will take place from **Monday 15 February** to **Thursday 18 February 2027** at the Floreal in **Blankenberge, Belgium**.

The course is organized every 3 years in Belgium and is a collaborative initiative of the Belgian Association for Sleep research and Sleep medicine (BASS), the Nederlandse Vereniging voor Slaap-Waak Onderzoek (NSWO), the Vereniging voor Slaapgeneeskunde Nederland (SVNL) and the British Sleep Society (BSS).

Over the years, the ISMC has become an acclaimed international postgraduate educational program for healthcare professionals involved in the diagnosis and management of sleep disorders. The course aims to provide a comprehensive and contemporary review of normal sleep physiology and sleep disorders. This intensive program supports participants in their preparation for the Sleep Medicine Examination of the European Sleep Research Society (ESRS) and is delivered by an international faculty with recognized expertise.

The venue in Blankenberge is a fine seaside resort on the Belgian coast, an ideal location for attending a multi-day course.

We have secured a special rate with the Floreal hotel for bookings made through our organization. After registering, you will be contacted with further details about your optional stay.

Accreditation will be requested for the entire course.

We look forward to meeting you in Blankenberge!

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

British Sleep Society
British Paediatric Sleep Society
UK Multidisciplinary Sleep Professionals
www.sleepsociety.org.uk

NSWO
Nederlandse vereniging voor SLAAP- EN WAAKONDERZOEK
www.nswo.nl

SVNL
www.slaapgeneeskunde-vereniging.nl

Belgian Association for Sleep research and Sleep medicine
www.belsleep.org

ISMC 2027
Be sure to meet the experts!



PROGRAM ISMC 2027

Monday 15.02.2027

Module 1	**SLEEP PHYSIOLOGY**		Chair: A. Mariman
8:30	1	Welcome and introduction: Why we sleep?	A. Mariman
9:00	2	Neurological control of sleep	S. Durrant
9:45	3	Homeostatic and circadian control of sleep	Y. van der Werf
10:30	*Break*		
11:00	4	Age and gender differences in sleep	R. Noordam
11:30	5	Cardio-respiratory physiology in sleep	J. van den Aardweg
12:15	*Lunch*		
Module 2	**SLEEP ASSESSMENT** WORKSHOPS: 3 rotating sessions 45 minutes + 15 min. turn around 13:30 14:30 16:00; break at 15:30		
	6	Sleep assessment in adults (subj. and obj.)	D. Pevernagie / F. Bauters
	7	Sleep assessment in children	M. Boon / K. Dhondt
	8	Sleep recording and sleep scoring	P. D'Hoker / M. Neyens
18:30	*Welcome reception*		
19:00	*Dinner*		

Tuesday 16.02.2027

Module 3	**SLEEP-DISORDERED BREATHING (SDB)**		Chair: D. Testelmans
8:30	9	Pathophysiology of respiration during sleep	M. Bruyneel
9:00	10	Clinical and diagnostic aspects of SDB	J. Verbraecken
9:30	11	SDB and comorbidities	B. Buyse
10:00	12	Central Sleep Apnea and hypoventilation	D. Testelmans
10:30	*Break*		
11:00	13	SDB in children	M. Boon
11:30	14	Sleep in lung diseases and internal medicine	K. Hertegonne
12:15	*Lunch*		
Module 4	**DIAGNOSIS AND TREATMENT OF SDB** WORKSHOPS 13:30 14:30 16:00; break at 15:30		
	15	PAP Treatment of OSA	K. Hertegonne / M. Bruyneel
	16	Non-PAP treatment of OSA	M. Dieltjens / J. Verbraecken
	17	Treatment of CSA and hypoventilation	N. Cardinaels / D. Testelmans
19:00	*Dinner*		

Wednesday 17.02.2027

Module 5	**INSOMNIA AND CIRCADIAN RHYTHM DISORDERS**		Chair: N. van Doorn
8:30	18	Insomnia disorder and co-morbid insomnia in adults	N. van Doorn
9:15	19	Insomnia disorder and co-morbid insomnia in children	K. Dhondt
10:00	20	Circadian rhythm disorders	M. Gordijn
10:30	*Break*		
11:00	21	Central disorders of hypersomnolence	G.-J. Lammers
11:30	22	RLS/PLMS	R. Rijsman
12:15	*Lunch*		
Module 6	**TREATMENT OF INSOMNIA AND CIRCADIAN RHYTHM DISORDERS** WORKSHOPS 13:30 14:30 16:00; break at 15:30		
	23	Treatment of RLS/PLMS	R. Rijsman / S. Hödl
	24	Treatment of insomnia and circadian rhythm disorder	N. van Doorn / M. Gordijn
	25	Treatment of hypersomnia	G-J. Lammers / I. De Volder
19:00	*Dinner*		

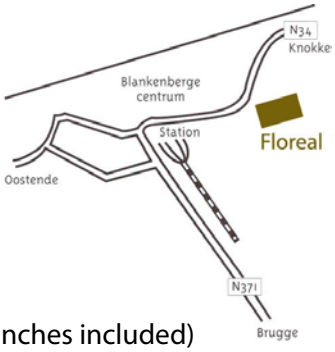
Thursday 18.02.2027

Module 7	**NEUROLOGY AND PSYCHIATRY AND SLEEP**		Chair: M. Strauss
8:30	26	NREM parasomnia	S. Hödl
9:00	27	REM parasomnia	M. Strauss
9:30	28	Neurology and sleep	I. De Volder
10:00	29	Psychiatry and sleep	A. Mariman
10:30	*Break*		
11:00		Preparing for the ESRS exam	D. Pevernagie
11:30		Quiz	D. Pevernagie
12:30	*Adjourn*		

VENUE

Floreal Blankenberge
www.florealgroup.be

Koning Albert I Laan 59
8370 Blankenberge



REGISTRATION

Registration fee: € 1500 (lunches included)
After registration you will be contacted about your optional accommodation at the Floreal Hotel.
Online registration at

www.belsleep.org

HANDOUTS

Educational material will be made available prior to the course

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