World Congress on Sleep Medicine

September 28 - October 2, 2013

Preliminary Program

www.wasmcongress.com

December 31, 2012  Symposia Submission Ends
January 1, 2013  Abstract Submission Begins
January 1, 2013  Registration Begins
June 30, 2013  Abstract Regular Deadline
On behalf of the World Association of Sleep Medicine, we are delighted to invite you to our 5th World Congress on Sleep Medicine in Valencia, Spain from September 28 – October 2, 2013. The congress is an international forum inviting professionals to advance current thinking, improve sleep health, and encourage prevention and treatment of sleep disorders. The congress will bring together leading experts to discuss, debate, and disseminate knowledge amongst sleep clinicians and researchers for the advancement of sleep health worldwide.

The scientific committee invites you to submit symposia and abstracts covering all areas of sleep medicine from basic sciences to technological advances and clinical applications. Leading experts from around the world will present the latest developments in the field of sleep and its disorders with content that should be of interest to clinicians, researchers, technologists, students and trainees, and even the lay public.

Please join us in Valencia and attend the 5th World Congress on Sleep Medicine in September 2013 for an outstanding opportunity to exchange information and advance sleep health worldwide.

Best regards,

Claudia Trenkwalder, MD
Prof. of Neurology,
Univ. Goettingen/Kassel, Germany
President
World Association of Sleep Medicine

Diego García-Borreguero, MD, PhD
Director of the Sleep Research Institute
Madrid, Spain
President
Sociedad Española de Sueño

Richard Allen, PhD (USA)
John Hopkins Sleep Disorders Center
WASM President-Elect

Christian Guilleminault, MD, PhD (USA)
Stanford Sleep Medicine Center
WASM Past President

Javier Puertas, MD, PhD (Spain)
Sleep Unit, La Ribera University Hospital
University of Valencia
SES Past President

Maxime Elbaz, PhD student (France)
Sleep Center of Paris
ESST President

Simone de Lacy, BSc RPSGT (Spain)
European Sleep School
ESST Secretary

Ferran Barbé, Antonio Benetó, Antonio Bové-Ribé, Francesca Cañellas, Teresa Canet, Pilar Cuartero-Rios, Isabel De Andrés, Joaquin Durán-Cantolla, Eduard Estivill, Enrique Fernández-Julián, Diego García Borreguero, Enriqueta Gómez-Siurana, Alex Iranzo, Juan Antonio Madrid, Miguel Angel Martínez-García, Juan Fernando Masa, Milagros Merino-Andreu, Josep M. Montserrat, Gonzalo Pin-Arboledas, Inmaculada Pitarch, Fernando Prieto, Odile Romero, Teresa Sagalés, Mª Montserrat Sánchez-Ortuño, Joan Santamaría, Joaquin Terán
Members of the sleep research/medicine community are invited to organize abstracts for presentation at the 5th World Congress on Sleep Medicine. You may submit online at: www.wasmcongress.com starting on January 1, 2013.

Abstracts are organized in the following topics:

- Aging and Developmental Issues
- Chronobiology/Circadian Disorders
- Technology/Technical
- Insomnia
- Pharmacology
- Narcolepsy
- Other
- Sleep Breathing Disorders
- REM Behavior Disorders
- Sleep Deprivation
- Neurological Sleep Disorders Affecting Sleep/Waking
- Restless Legs Syndrome (RLS) and Movement Disorders
- Psychiatric Disorders Affecting Sleep/Waking
- Excessive Daytime Sleepiness (not Narcolepsy)
- Parasomnia
**Course 1: Dental reconfiguration and reconstruction for SDB management.** (Saturday 8AM to 5PM)
**Description:** Dental science and sleep medicine (full day) This course will provide a comprehensive and integrated management approach of orodental approaches to sleep apnea management. Topics will span the normal and abnormal development of the face and dental structures, measurement approaches including radiology, device biomechanics, devices, rapid maxillary expansion, distraction osteogenesis and related procedures, clinical outcomes and the role for a multi-disciplinary management of challenging cases. The course will also review the diagnostic and polysomnographic criteria for sleep-disordered-breathing in adults and children, and review the state of the art approaches when using dental devices as treatment of OSA, and results of follow-up. Maxillo-mandibular advancement in teen-agers and adults, and an update on myofunctional therapy will be provided.

**Course 2: Brain health, neurodegeneration and sleep disorders.** (Saturday 8AM to 5PM)
**Description:** The course has two themes. The first will provide a comprehensive education on this interface, including normal and abnormal motor control, the biology of neurodegeneration, imaging approaches to diagnosis with polysomnographic correlates, clinical syndromes, and clinical management. The second will present data on the role of sleep in brain health, and potential consequences of pathological sleep on short and long term brain function. Topics will include hypoxia and amyloidogenesis / interaction with Apolipoprotein E4, effects of sleep pathology in rodent models, and the risk of vascular dementia or Alzheimer’s disease from life-long exposure to pathological sleep.

**Course 3: Medical treatment of SDB - beyond nasal positive pressure.** (Saturday 8AM to Noon)
**Description:** The course will discuss options for sleep apnea management outside traditional mask-positive pressure approaches but not including reconstructive surgery or oral appliances. Topics that should be covered include nasal expiratory resistance, hypoglossal nerve stimulation, weight loss including bariatric surgery, and gas/pharmacological options based on sleep apnea phenotyping for arousability and chemoreflex instability.

**Course 4: Circadian dysfunction in health and disease.** (Saturday 1PM to 5PM)
**Description:** Following an update on circadian phototransduction, the role of the circadian system in whole-body regulation of core processes (including metabolism, endocrine and cardiovascular regulation) will be discussed. Next, an update on shift work and counter measures will be presented, followed by performance in conditions requiring sustained attention and executive function (including transportation, health care personnel, and military operations). Methods to assess sleep debt and prediction of performance deterioration will be discussed.

**Course 5: Pediatric sleep disorders.** (Sunday 8AM to 5PM)
**Description:** The course will cover the spectrum of pediatric sleep disorders, with a focus on what is unique in children. Topics will include (sleep abnormalities and management in) epilepsy, neuromuscular disorders, developmental disorders, and disorders of attention. Other topics will include the normal development of sleep, sleep apnea including systemic effects and the possible role of home testing in resource poor environments. Pediatric aspects of polysomnography will be discussed.

**Course 6: Restless legs and motor activation during sleep.** (Sunday 8AM to Noon)
**Description:** The course will provide a targeted update. Topics covered will include augmentation, new medical options, epidemiology and diagnostic approaches / criteria including the Suggested Immobilization Test and neuroimag- ing, and instrumentation. Speakers will review and update the relevant basic science so that recommendations for practice are grounded on the best current science.

**Course 7: Scientific / neurobiological basis of insomnia treatment.** (Sunday 8AM to Noon)
**Description:** The course will first provide an overview of the neurobiology of insomnia, followed by presentations on measurement and management (pharmacological and non-pharmacological). There will be a general focus on comorbid insomnia, and a practical "how to do it" focus.

**Course 8: Update in sleep medicine technology.** (Sunday 1PM to 5PM)
**Description:** The course will update participants on cutting edge diagnostic and therapeutic advances, including expanded compliance / adherence tracking, and ventilation for non-classic sleep-disordered breathing syndromes (adaptive ventilation, volume target pressure ventilation, neuromuscular disorders), and novel sleep tracking devices.

**Course 9: Sleep and the heart.** (Sunday 1PM to 5PM)
**Description:** The course will provide a comprehensive update on hypoxia biology, the interaction of sleep and sleep apnea with cardiovascular and autonomic regulation, including arrhythmogenesis, myocardial function, stroke and vascular dysfunction.
The symposia are critical to the scientific content presented at the Valencia congress and we encourage you to submit proposals related to your interests and expertise.

More information can be found at www.wasmcongress.com.

Deadline for submission is December 31, 2012.

An application will be sent to European Accreditation Council for Continuing Medical Education (EAACME) for CME accreditation. The EACCME is an institution of the European Union of Medical Specialist (UEMS), www.uems.net. The number of the granted European CME Credits will be announced in the due time, typically 2-3 months before the congress start date.

The congress is also accepting applications for Tapas Symposia. These are small informal sessions, presented to 20-40 people, are served with tapas appetizer and light drinks. The tapas symposia are scheduled in the early evenings of Monday and Tuesday. Presentations should be informal, with presenters facilitating discussion amongst the participants. Deadline for submission is June 30, 2013.

To submit a proposal:
- go to www.wasmcongress.com
- complete the online proposal submission form
Congress will officially begin with the Opening Ceremony at the City of Arts and Sciences (pictured below). The ceremony will feature opening remarks by Claudia Trenkwalder, WASM President and Diego Garcia-Borreguero, SES President. There will be a presentation of awards and a reception.

Monday night will feature the Presidents’ Dinner and Reception at the Las Arenas Balneario Resort, which offers a beachfront view of the Mediterranean Sea.

The Closing Ceremony & Farewell Social Event on Wednesday will consist of a brief wrap up to the 2013 Congress, information about the 2015 congress in Seoul, Korea, and a last chance to bid farewell to your colleagues.

The 2013 Congress will take place at the Palacio de Congresos in Valencia, Spain. www.palcongres-vlc.com

Discovering Valencia is a true pleasure for the senses. The legacy left by the cultures and civilizations which have reached these shores in the past still remains alive in the city’s monuments and streets, not to mention in its people’s hearts. Valencia is a city that never sleeps. It has a rich cultural life with festivals, concerts, shows and exhibitions year round.

Would your association like to conduct a private meeting while in Valencia? Please go to www.wasmcongress.com and download our registration form. We provide complimentary space to research and academic meetings. For more information please email info@wasmonline.org.

Special rates are available to congress attendees at several three to five star hotels in Valencia. Rates have been negotiated between 60 - 200 euro per night. More information is available on our website www.wasmcongress.com.
# Registration Form

<table>
<thead>
<tr>
<th>Registration Category</th>
<th>Fees (Euro)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Early-Bird</td>
</tr>
<tr>
<td></td>
<td>Deadline: June 30</td>
</tr>
<tr>
<td>Delegate (Member)</td>
<td>☐ 300 €</td>
</tr>
<tr>
<td>Delegate (Non-Member)</td>
<td>☐ 400 €</td>
</tr>
<tr>
<td>Technologist (Member)</td>
<td>☐ 175 €</td>
</tr>
<tr>
<td>Technologist (Non-Member)</td>
<td>☐ 275 €</td>
</tr>
<tr>
<td>Student (Member)</td>
<td>☐ 100 €</td>
</tr>
<tr>
<td>Student (Non-Member)</td>
<td>☐ 200 €</td>
</tr>
<tr>
<td>Accepted Symposium Speaker / Chair</td>
<td>☐ Complimentary for symposium chairs and speakers</td>
</tr>
</tbody>
</table>

## Pre-Congress Courses

- **Course 1:** Dental reconfiguration and reconstruction for SDB management. (Saturday 8AM to 5PM)
  - Technician/Student: 75 €
  - Delegate: 125 €
- **Course 2:** Brain health, neurodegeneration and sleep disorders. (Saturday 8AM to 5PM)
  - Technician/Student: 75 €
  - Delegate: 125 €
- **Course 3:** Medical treatment of SDB - beyond nasal positive pressure. (Saturday 8AM to Noon)
  - Technician/Student: 50 €
  - Delegate: 100 €
- **Course 4:** Circadian dysfunction in health and disease. (Saturday 1PM to 5PM)
  - Technician/Student: 50 €
  - Delegate: 100 €
- **Course 5:** Pediatric sleep disorders. (Sunday 8AM to 5PM)
  - Technician/Student: 75 €
  - Delegate: 125 €
- **Course 6:** Restless legs and motor activation during sleep. (Sunday 8AM to Noon)
  - Technician/Student: 50 €
  - Delegate: 100 €
- **Course 7:** Scientific / neurobiological basis of insomnia treatment. (Sunday 8AM to Noon)
  - Technician/Student: 50 €
  - Delegate: 100 €
- **Course 8:** Update in sleep medicine technology. (Sunday 1PM to 5PM)
  - Technician/Student: 50 €
  - Delegate: 100 €
- **Course 9:** Sleep and the heart. (Sunday 1PM to 5PM)
  - Technician/Student: 50 €
  - Delegate: 100 €

Total amount due (Euro): ________________

## Method of Payment:

- ☐ Visa
- ☐ Mastercard

Card number: ___________________________

Expire date (month/year): ______________

Cardholder name: ______________________

Signature: ____________________________

- ☐ Bank Wire
  - Intermediary Bank: Deutsche Bank AG Frankfurt AM Main
  - Intermediary Bank SWIFT BIC: DEUTDEFF
  - Beneficiary’s Bank Name: Wells Fargo Bank, NA
  - Beneficiary’s Bank Address: 420 Montgomery, San Francisco CA 94101
  - BNF/Field Account Number: 7778011143
  - Beneficiary’s Name: World Assoc Of Sleep Medicine Found
  - SWIFT BIC: WFBUS6WFX

- ☐ Check (enclosed, USD$)
  - * 1 Euro = 1.3 USD$. Please use this conversion when making payment in US Dollar.
  - * Payable to: WASM Foundation
  - Mail to: 3270 19th St NW, Suite 110, Rochester, MN 55901, USA

- ☐ Bill me - Invoices are due within 30 days.

Return form to the Secretariat Office (info on back cover).