

WITH THE PATRONAGE OF:



FONDAZIONE SYNAPSIS

**ORGANIZING SECRETARY**



**EUROPEAN SLEEP FOUNDATION**

**ANDREA BARZAGO**

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**For more information:**

[www.europeansleepfoundation.ch/event/think-tank-2021](http://www.europeansleepfoundation.ch/event/think-tank-2021)

WITH THE UNCONDITIONAL  
SUPPORT OF:



**LOCAL ORGANIZER**

**PROF. CLAUDIO BASSETTI**  
President of the ESF

Chairman, Neurology Department  
Bern University Hospital, Inselspital  
Dean of Medical Faculty, University  
Hospital, 3010 Bern, Switzerland



European Sleep Foundation  
Fondazione Europea Sonno



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**DRAFT PROGRAM**



# **WORLD SLEEP FORUM 2021**

## **5<sup>th</sup> THINK TANK NEURODEGENERATION AND SLEEP**

**27-29 MAY 2021**  
VIRTUAL MEETING

 **THURSDAY, 27<sup>TH</sup> MAY 2021**

 **PUBLIC KEY-NOTE LECTURES**

- 14.00 Introduction - *C. Bassetti (CH)*  
14.15 Effect of sleep on CSF amyloid  
*B. Lucey (US)*  
14.45 Sleep duration and cognition  
*A. Spira (US)*  
15.15 Local sleep and Alzheimer's disease  
*B. Mander (US)*

15.45 *Break*

16.15-19.15 **WORKSHOP 1 (in parallel)**  
**BASIC MECHANISM OF NEURODEGENERATION  
RELATED TO SLEEP**

 *Coordinator: S. Saxena (CH), B. Lucey (US)*

16.15-19.15 **WORKSHOP 2 (in parallel)**  
**SLEEP DURATION, INSOMNIA AND OTHER  
SLEEP AND CIRCADIAN DISORDERS IN  
ALZHEIMER DISEASE**

 *Coordinators: A. Spira (US), O. Franco (CH)*

 **FRIDAY, 28<sup>TH</sup> MAY 2021**

09.00-12.00 **WORKSHOP 3 (in parallel)**

**SLEEP APNEA, COGNITION AND  
RISK OF DEMENTIA**

 *Coordinators: I. Rosenzweig (UK), L. Ferini-Strambi (IT)*

09.00-12.00 **WORKSHOP 4 (in parallel)**

**REM SLEEP BEHAVIOR DISORDER IN  
PARKINSONISM AND DEMENTIA**

 *Coordinators: A. Iranzo (ES), C. Trenkwalder (D)*

12.00 *Break*

 **PUBLIC KEY-NOTE LECTURES**

- 14.00 Introduction - *L. Ferini-Strambi (IT)*  
14.15 Risk and predictors of dementia and  
parkinsonism in idiopathic REM sleep  
behaviour disorder - *A. Iranzo (ES)*  
14.45 Sleep apnoea and the brain: a complex  
relationship - *I. Rosenzweig (UK)*  
15.15 Treatment approaches for sleep  
disturbances in Parkinson disease  
*A. Videnovic (US)*

15.45 *Break*

16.15-19.15 **WORKSHOP 5 (in parallel)**  
**NEW DIAGNOSTIC AND TREATMENT  
APPROACHES FOR SLEEP AND CIRCADIAN  
DISORDERS IN DEMENTIA**


 *Coordinators: C. Bassetti (CH), C. Baumann (CH)*


 **SATURDAY, 29<sup>TH</sup> MAY 2021**

09.00 General discussion and preparation  
of the draft for the publication  
*All attendees*

12.00 Closing remarks


**WORKSHOPS  
PARTICIPANTS**

 R. CHOWDHURY  
L. LEWIS  
B. LUCEY  
B. MANDER  
A. SPIRA  
H. TIEMEIER  
A. VIDENOVIC

 C. BASSETTI  
C. BAUMANN  
O. FRANCO  
O. GNARRA  
P. KRACK  
M. MANCONI  
T. NEF  
D. NOAIN  
S. SAXENA

 L. FERINI-STRAMBI  
C. LIGUORI

 U. KALLWEIT  
W. RANDEATH  
C. TRENKWALDER

 I. ROSENZWEIG  
K. VOSSEL

 A. IRANZO

**OBSERVER**

 F. TRACIK  
*(BIOGEN INTERNATIONAL)*