

World Sleep Society & the Italian Association of Sleep Medicine
Present the Best of Sleep Medicine & Research

March 11-16 **2022**
WORLD SLEEP
WORLD SLEEP CONGRESS.COM *Rome • Italy*



**WORLD
SLEEP**



**PRELIMINARY
SCIENTIFIC PROGRAM**





GATHER TO TRANSFORM GLOBAL SLEEP & CIRCADIAN HEALTH



Dear Colleagues,

As President of World Sleep Society, I invite you to join us in historic Rome, Italy for World Sleep 2022. Hosted by our colleagues at the Italian Association of Sleep Medicine, World Sleep 2022 will gather the sleep science and medicine community in Rome from

Friday, March 11 through Wednesday, March 16, 2022. This meeting will provide a uniquely global opportunity to connect in-person with distant colleagues, encounter new perspectives and learn about the latest developments in sleep medicine and research. From March 11-16, 2022, World Sleep Society expects 4,000 global attendees to gather for this paramount congress on sleep medicine and research.

With each passing year, our World Sleep Congresses grow and mature in both attendance and science. With our comprehensive schedule, our chief comment from attendees is that there is almost too much can't-miss science. To remedy this, we did not shrink the program. Instead, we added a way to access the sessions that were missed with our World Sleep OnDemand.

92% of our attendee respondents were satisfied with the scientific quality of World Sleep 2019. And in 2022, we once again aim to offer the best in the field. Which is why I invite you to bring fresh and unique perspectives to our sleep field. On a worldwide stage, share clinical and/or research ideas, disseminate your own patient or study findings and bring your latest breakthroughs. With our audience making up the best of sleep medicine and research, your findings could be implemented in practices or research in several countries.

Submit your science now to be a part of our next robust educational congress. I hope to see you in elegant Italy!

Sincerely,

Birgit Högl, MD
President, World Sleep Society

PROGRAM COMMITTEE



Charles M. Morin, PhD (Canada) CHAIR
Université Laval



Oliviero Bruni, MD (Italy)
Sapienza University



Luigi Ferini-Strambi, MD, PhD (Italy)
IRCCS Ospedale San Raffaele and
Vita-Salute San Raffaele University



Raffaele Ferri, MD (Italy)
Oasi Research Institute IRCCS, Troina



Birgit Högl, MD (Austria)
Medical University of Innsbruck



Yuichi Inoue, MD, PhD (Japan)
Japan Somnology Center



Clete Kushida, MD, PhD, FAASM (United States)
Stanford University Medical Center



Allan O'Bryan (United States)
World Sleep Society



Thomas Penzel, PhD (Germany)
Charité Universitätsmedizin Berlin



Giuseppe Plazzi, MD, PhD (Italy)
University of Bologna



Dalva Poyares, MD, PhD (Brazil)
Federal University of São Paulo



Federica Provini, MD, PhD (Italy)
University of Bologna



Shelly Weiss, MD, FRCP(C) (Canada)
University of Toronto



Phyllis Zee, MD, PhD (United States)
Northwestern University,
Feinberg School of Medicine



WHAT'S INSIDE

- 4** Program Overview
- 5** Registration
- 6** Call for Symposia
- 7** Call for Abstracts
- 8** General Information
- 9** Networking & Social Events
- 10** Keynotes
- 13** Schedule at a Glance
- 18** Awards
- 19** Venue & Floor Plan
- 20** Rome, Italy
- 21** Membership

IMPORTANT DATES & DEADLINES

2021

MARCH 1, 2021:

Registration opens

MARCH 1, 2021:

Symposia submission begins

JUNE 1, 2021:

Abstract submission begins

JUNE 30, 2021:

Symposia submission deadline

JULY 31, 2021:

Early acceptance abstract deadline

NOVEMBER 1, 2021:

Early registration deadline

NOVEMBER 30, 2021:

Oral & Young Investigator deadline

2022

JANUARY 15, 2022:

Poster abstract deadline

FEBRUARY 1, 2022:

Regular registration deadline

March 11-16 **2022**
WORLD SLEEP
Rome • Italy





2022 PROGRAM OVERVIEW

CONGRESS PROGRAM DATES

March 11-16, 2022

VENUE & LOCATION

Roma Convention Center La Nuvola
Viale Asia, 40, 00144 Roma RM, Italy
romaconventiongroup.it

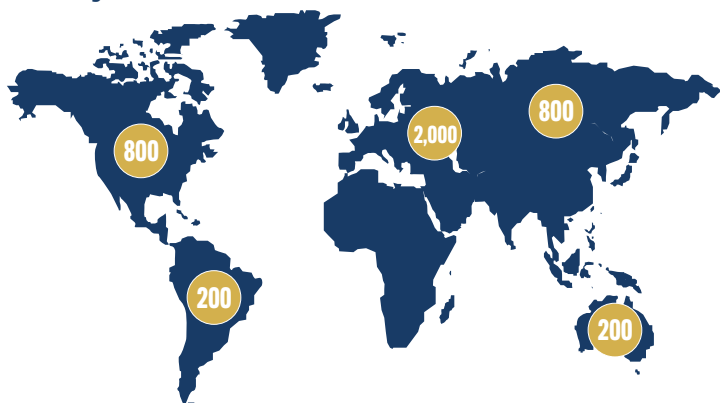
La Nuvola, which translates to “the cloud,” is one of the most iconic buildings in the City of Rome. The EUR neighborhood was built in the 1930s to host the Universal Exhibition in Rome, and today it has become a business district that welcomes professionals and international guests from all over the world. The area stands for architectural greatness—from buildings and gardens to streets and infrastructures. All roads lead to Rome.

INTERNATIONAL SCIENTIFIC CONTENT

World Sleep 2022 will provide a unique opportunity to interact with sleep medicine professionals from around the world. Over 3500 attendees came to World Sleep 2019, representing 77 countries, and over 1500 international presenters brought 320 hours of scientific content to a worldwide audience. World Sleep 2022 is expected to bring all that and more to Rome. Submit your own research and contribute to this truly global congress!

ESTIMATED ATTENDANCE of 4,000+

PROJECTED ATTENDANCE AT WORLD SLEEP 2022



EXPECTED SCIENTIFIC PROGRAM TOPICS

- Aging and Developmental Issues
- Basic Research
- Sleep and Cognition
- Chronobiology/Circadian Disorders
- Dental
- Dreaming
- Excessive Daytime Sleepiness/Hypersomnia
- Insomnia
- Movement Disorders
- Narcolepsy
- Neurological Sleep Disorders Affecting Sleep
- Parasomnia
- Pediatrics
- Pharmacology
- Psychiatric Disorders Affecting Sleep/Wake
- REM Behavior Disorders
- Restless Legs Syndrome (RLS)
- Sleep Breathing Disorders
- Sleep Health
- Technology/Technical
- Women

NETWORKING & SOCIAL EVENTS

- Opening Ceremony
- Coffee Breaks
- Affiliate Meetings
- Poster Sessions
- Exhibit Hall
- World Sleep Day Networking
- Gala Dinner
- Closing Ceremony



REGISTRATION

REGISTER TO ATTEND

Register at worldsleepcongress.com

WHAT DOES REGISTRATION COVER?

Registration includes Sunday evening’s Opening Ceremony through Wednesday’s Closing Ceremony (March 13-16, 2022). Scientific sessions include keynotes, symposia, abstracts and other scientific sessions hosted by World Sleep Society. Registration also covers entrance to exhibit hall and select networking events. Pre-congress courses (March 11-12, 2022) are an additional fee.

WORLD SLEEP 2022 CONGRESS REGISTRATION (IN US DOLLARS)

All registration rates and fees increase on November 1, 2021 and February 1, 2022.

REGISTRATION	EARLY (US dollars)	STANDARD (US dollars)	LATE/ON-SITE (US dollars)
<i>Type</i>	<i>February 1, 2021 – October 31, 2021</i>	<i>November 1, 2021 – January 31, 2022</i>	<i>February 1, 2022 – March 16, 2022</i>
Delegate (WSS Member / AIMS Member)	\$375	\$425	\$550
Delegate (Nonmember)	\$500	\$550	\$675
Fellow / Resident / Young Investigator (WSS Member / AIMS Member)	\$315	\$370	\$450
Fellow / Resident (WSS nonmember / AIMS nonmember)	\$440	\$495	\$575
Technologist (WSS Member / AIMS Member)	\$200	\$270	\$375
Technologist (Nonmember)	\$325	\$395	\$500
Student (WSS Member / AIMS Member)	\$175	\$215	\$315
Student (Nonmember)	\$300	\$340	\$440
ADDITIONAL FEES	EARLY (US dollars)	STANDARD (US dollars)	LATE/ON-SITE (US dollars)
Course (Full Day Delegate)	\$165	\$175	\$195
Course (Half Day Delegate)	\$110	\$125	\$140
Course (Full Day Technologist / Student)	\$110	\$125	\$140
Course (Half Day Technologist / Student)	\$80	\$90	\$115
CME Fee	\$25	\$25	\$25
Gala Dinner (Individual Ticket)	\$95	\$95	TBA

Associate Society Member Discount

World Sleep Society (WSS) offers a \$10-OFF coupon code for current members of associate societies to become individual members of WSS. See full list of Associate Society Members at worldsleepsociety.org/membership



CALL FOR SYMPOSIA

SYMPOSIUM

Submissions accepted March 1, 2021 – June 30, 2021.

Symposia provide you an opportunity to present concepts and new data to an interested and engaged, worldwide audience.

Symposia proposals will be ranked according to scientific and clinical significance, relevance of the topic, timeliness of the research and broadness of the topic’s appeal. **Higher weight will be given to symposia with multi-national participation.**

Symposium submissions MUST:

- Be focused on a single topic that is relevant and scientifically excellent
- Be complete (title, summary, learning objectives and target audience)
- Include all required information for each speaker (title of contribution, first and last name, country, email address, signed speaker release form)
- Fit into the standard time allocated per symposium of 90 minutes
- Be received by World Sleep Society by June 30, 2021

Submission details on worldsleepcongress.com/symposia

SYMPOSIA TOPIC CATEGORIES

- AGING AND DEVELOPMENTAL ISSUES
- BASIC RESEARCH
- CHRONOBIOLOGY/CIRCADIAN DISORDERS
- DENTAL
- EXCESSIVE DAYTIME SLEEPINESS/HYPERSOMNIA
- DREAMING
- INSOMNIA
- MOVEMENT DISORDERS
- NARCOLEPSY
- NEUROLOGICAL SLEEP DISORDERS AFFECTING SLEEP
- PARASOMNIA
- PEDIATRICS
- PHARMACOLOGY
- PSYCHIATRIC DISORDERS AFFECTING SLEEP/WAKE
- REM BEHAVIOR DISORDERS
- RESTLESS LEGS SYNDROME (RLS)
- SLEEP AND COGNITION
- SLEEP BREATHING DISORDERS
- SLEEP HEALTH
- TECHNOLOGIST TRACK
- TECHNOLOGY/TECHNICAL
- WOMEN

WHAT 2019 ATTENDEES THOUGHT OF OUR CONGRESS



The congress met my expectations and learning needs.



The scientific diversity at the congress was satisfactory.



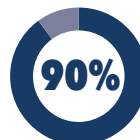
The speakers demonstrated substantive knowledge of the topic.



The scientific quality at the congress was satisfactory.



The congress location positively affected my overall experience.



I would recommend this congress to colleagues who are new to the field of sleep.



CALL FOR ABSTRACTS

ABSTRACTS

Submissions accepted June 1, 2021- January 15, 2022.
Varying deadline dates for oral and poster abstracts.

Present your work to an international audience. Submit research in any area of sleep medicine for inclusion as an oral abstract, poster abstract or young investigator presentation.

All accepted abstracts are published in a *Sleep Medicine* journal supplement. Presenting authors must be registered for the congress by February 15, 2022. Submission details on worldsleepcongress.com/abstracts

ABSTRACT TOPIC CATEGORIES

- AG** AGING AND DEVELOPMENTAL ISSUES
- BCD** BEHAVIOR, COGNITION AND DREAMING
- BR** BASIC RESEARCH
- CD** CHRONOBIOLOGY CIRCADIAN DISORDERS
- D** DENTAL
- EDS** EXCESSIVE DAYTIME SLEEPINESS (NOT NARCOLEPSY)
- H** HYPERSOMNIA
- HE** SLEEP HEALTH
- I** INSOMNIA
- M** MEMORY
- MD** MOVEMENT DISORDERS
- NA** NARCOLEPSY
- NEU** NEUROLOGICAL SLEEP DISORDERS AFFECTING SLEEP
- NP** NEURAL PLASTICITY
- O** OTHER
- P** PEDIATRIC
- PA** PARASOMNIA
- PH** PHARMACOLOGY
- PSY** PSYCHIATRIC DISORDERS AFFECTING SLEEP/WAKE
- REM** REM BEHAVIOR DISORDERS
- RLS** RESTLESS LEGS SYNDROME (RLS)
- SBD** SLEEP BREATHING DISORDERS
- TEC** TECHNOLOGY/TECHNICAL
- W** WOMEN

ORAL ABSTRACTS

Authors will be given 13 minutes to summarize their peer-reviewed research in a specific topic area, and presentations will be moderated by experts in the field. A brief question and answer time will conclude the session. Authors that are not selected to present an oral abstract will be given the opportunity to present a poster abstract.

POSTER PRESENTATION

Authors will present their poster during one 30-minute poster abstract session. Posters can be presented at almost any stage of research and provide an excellent opportunity for authors to discuss their methods and findings with other professionals. Presenting authors must be registered by February 15, 2022.

YOUNG INVESTIGATOR PRESENTATION

Young Investigator Awards will be offered to qualifying individuals at World Sleep 2022 Rome. Oral abstract awards will provide the opportunity for up to 18 individuals to present their abstract during a special young investigator oral abstract session. Poster awards will be presented to authors of the top-ranked young investigator poster abstracts.

The application **deadline is November 30, 2021**. Submission details on worldsleepcongress.com/young-investigator



GENERAL INFORMATION

ABOUT WORLD SLEEP SOCIETY

The mission of World Sleep Society is to advance sleep health worldwide. World Sleep Society will fulfill this mission by promoting and encouraging education, research and patient care throughout the World, particularly in those parts of the world where the practice of sleep medicine is less developed.

World Sleep Society will seek to encourage development and exchange of information for world-wide and regional standards of practice for sleep medicine. Learn more at worldsleepsociety.org

ABOUT ITALIAN ASSOCIATION OF SLEEP MEDICINE (AIMS)

Italian Association of Sleep Medicine (AIMS) is a multidisciplinary professional scientific society devoted to promoting scientific research and clinical training for the knowledge of sleep and its disorders, diagnosis and treatment. Learn more at sonnomed.it

CONTACT INFORMATION

World Sleep Society
3270 19th Street NW, Suite 109
Rochester, MN 55901 USA

+001-507-316-0084

@ info@worldsleepsociety.org

worldsleepsociety.org

CONGRESS PROGRAM DATES

March 11-16, 2022

VENUE & LOCATION

Roma Convention Center La Nuvola
Viale Asia, 40, 00144 Roma RM, Italy
romaconventiongroup.it

EXHIBITOR & SPONSORSHIP QUESTIONS

Allan O'Bryan, Executive Director
obryan@worldsleepsociety.org

REGISTRATION QUESTIONS

Administrative Assistant
info@worldsleepsociety.org

GROUP BLOCK HOUSING REQUESTS

Administrative Assistant
info@worldsleepsociety.org

SCIENTIFIC PROGRAM QUESTIONS

Meeting Manager
granum@worldsleepsociety.org

PRESS & PUBLIC RELATIONS

Communications Coordinator
ringstad@worldsleepsociety.org

EXHIBIT HALL QUESTIONS

Administrative Assistant
info@worldsleepsociety.org

HOTEL INFORMATION

Hotel booking to open June 2021.

CONTINUING MEDICAL EDUCATION (CME)

World Sleep Society will apply to offer CME credits at World Sleep 2022. Attendees will be responsible for purchasing the \$25 CME fee, recording their activities and submitting them to World Sleep Society for processing. The final number of CME credits available at World Sleep 2022 is to be determined. Thirty-nine credits were available at World Sleep 2019 Vancouver.

COVID-19

World Sleep 2022 will be an in-person meeting in Rome, Italy. Keynotes, symposia, and abstracts will occur in-person. A review of this policy will occur in July 2021. Find more information and updates at worldsleepcongress.com



NETWORKING & SOCIAL EVENTS

One of the unique strengths of World Sleep 2022 will be the diversity and breadth of attendance. Previous congresses have attracted attendees and exhibitors from dozens of countries and many hundreds of institutions. Connect with colleagues, learn about the latest developments and build your network worldwide with the opportunities found in Rome during March 11–16, 2022.

OPENING CEREMONY & RECEPTION

SUNDAY | 6:00–8:00PM

The Opening Ceremony of World Sleep 2022 will feature award presentations, entertainment and networking. Join your colleagues to start the congress with a night of music, beverages and entertainment.

GALA DINNER

MONDAY | 7:00–11:30PM

Purchase a ticket to join us at the Gala Dinner on Monday evening. Plan for a night of fine food, entertainment and conversation with colleagues.

CLOSING CEREMONY & RECEPTION

WEDNESDAY | 6:00–7:30PM

All attendees and exhibitors are invited to join the Closing Ceremony. Catch up with your colleagues about what caught your interest during the congress and stay for a special presentation from the hosts of the next congress.

EXHIBIT HALL

MONDAY, TUESDAY, WEDNESDAY | 9:30AM–4:30PM

World Sleep 2022 will feature exhibitors from companies and organizations around the globe. Browse the exhibit hall to meet new people and see the latest developments of interest to professionals in sleep medicine and research.

POSTER SESSIONS

SUNDAY, MONDAY, TUESDAY

Browse poster abstracts and discuss upcoming research methods and findings with investigators in a more open, personal format.

WORLD SLEEP SOCIETY MEMBERSHIP MEETING

TUESDAY | 7:00–7:50AM

All attendees of World Sleep are welcome to attend this meeting.

WORLD SLEEP DAY DELEGATE MEETING

MONDAY | 1:00–2:00PM

Join the networking meeting for World Sleep Day. As World Sleep Day continues to grow, our Delegates continue to organize creative and impactful activities to raise awareness of healthy sleep. You don't have to be a delegate to join the meeting. Join us to learn strategies for organizing and connect with others who can help.

AFFILIATE MEETINGS

Spaces for associate societies and other organizations will be available for private and public meetings. Contact World Sleep Society for more information and watch for updates as these meetings are added to the schedule.

ITALIAN ASSOCIATION OF SLEEP MEDICINE (AIMS) ANNUAL MEETING

SATURDAY, SUNDAY

The annual Italian Association of Sleep Medicine (AIMS) meeting will be Saturday and Sunday. Separate ticket is required. For additional information visit sonnomed.it

2022 KEYNOTE SPEAKERS



MONDAY | 8:00–8:45AM



Phyllis C. Zee, MD, PhD (United States)

Benjamin and Virginia T. Boshes Professor in Neurology
Director, Center for Circadian and Sleep Medicine Chief,
Division of Sleep Medicine – Neurology Northwestern
University Feinberg School of Medicine, United States

Circadian clocks: Medicine in the fourth dimension

This keynote presentation will discuss the latest research
in circadian rhythms and chronomedicine.



Giuseppe Plazzi, MD, PhD (Italy)

Chair, Child Neurology, University of Modena and Reggio
Emilia | Director of the Sleep Disorders, Narcolepsy and CNS
Hypersomnias Center, IRCCS - Institute of Neurological Sciences
of Bologna, Italy

Pediatric narcolepsy: Clinical features and burden of illness

Compared to adults, narcolepsy symptoms often initially
manifest differently in children and adolescents, which may pose
diagnostic dilemmas. Insufficient sleep and circadian rhythm
disorders presenting with excessive daytime sleepiness are
also common in adolescents, potentially further confounding
narcolepsy diagnosis. Pediatric narcolepsy presents distinct
challenges in diagnosis and management, and it is associated
with a considerable burden of illness, which is exacerbated by
delays in symptom recognition, diagnosis, and intervention.

MONDAY | 2:00–2:45PM



Monica Levy Andersen, PhD (Brazil)

Associate Professor, Director of Sleep Institute, Vice-chair of
Department of Psychobiology, Universidade Federal de
São Paulo (UNIFESP), Brazil

Do females sleep better? Insights from basic and clinical studies

Women's relationship with sleep can be complex, and is very
different from that of men. During a woman's life, the risk of
developing sleep disorders, such as insomnia and sleep
fragmentation, and experiencing disruption of their circadian
rhythms, markedly increases for a number of reasons,
including hormonal changes, societal pressures, and family
responsibilities. The aim of this presentation is to review some
differential aspects of sleep in females, to look at the basic
science and current clinical practice, and to understand how
sleep can change across the life of females, and how sleep
deprivation impacts different aspects of female physiology.



**Yun-Kwok Wing, MBChB, MRCP, FRCP, FHKCP,
FHKAM (Hong Kong)**

Professor, Department of Psychiatry & Director of Li Chiu Kong
Family Sleep Assessment Unit, Faculty of Medicine, The Chinese
University of Hong Kong

***Sleep and psychiatric disorders: From epidemiology to
treatment***

Sleep and circadian problems have long been recognized as
closely related to psychiatric disorders. The contribution of
epidemiological studies in both clinical and general population,
for example, in finding a reciprocal and bidirectional relationship
between insomnia and depression has contributed to our
conceptual shift to re-consider sleep disturbances as an
independent comorbidity rather than a secondary symptom.
Along with this paradigm shift, the resultant proper recognition
and treatment of comorbid sleep and circadian disturbances
has improved the depression outcome. The comorbid concept
has also provided a new direction of prevention medicine from
sleep perspective: Can we prevent depression by targeting
sleep problems? Can we prevent insomnia? Can we prevent
neurodegeneration by targeting sleep and psychiatric disorders?



Nico de Vries, MD, PhD (Netherlands)

ENT surgeon at OLVG Hospital Amsterdam, Netherlands
Professor of Dental Sleep Medicine at ACTA, Amsterdam,
Netherlands Guest professor at University of Antwerp, Belgium

***Sleep surgery: A viable alternative to CPAP and MAD
treatment in OSA?***

Upper airway surgery is gradually developing into a viable
alternative for CPAP and oral device therapy in well selected OSA
patients. In particular, young self-responsible patients want to be
well informed about potential alternatives to life-long CPAP or
oral device therapy. In such cases, diagnostic work-up involves
a comprehensive sleep study (as sleep surgeons look at it),
OSA specific examination of the upper airway (in particular the
collapsible segment of it) and Drug Induced Sleep endoscopy
(DISE). Current surgical concepts focus on modern reconstructive
techniques (as opposed to old resection techniques) and upper
airway stimulation, and combined therapies.

2022 KEYNOTE SPEAKERS



TUESDAY | 8:00–8:45AM



Michael Gradisar, PhD (Australia)

Professor of Clinical Child Psychology
Flinders University, Australia

Treating insomnia in school kids: How does it work?

The International Classification of Sleep Disorders, 3rd edition, recognises that Chronic Insomnia Disorder is not only applicable to adults, but also to children. Yet, it could be said that the majority of work investigating insomnia and its treatment lies at both ends of the lifespan: babies and adults. There is little recognition that insomnia can occur in between these developmental stages—especially in middle childhood (7-12 yrs). This talk will show the similarities and differences of the insomnia experience in children, how CBT for insomnia has been adapted for them, and what underlying mechanisms may be at play.



Luigi Ferini-Strambi, MD, PhD (Italy)

Full Professor of Neurology, Università Vita-Salute
San Raffaele, Italy

Restless leg syndrome: A complex night-day disorder

Restless legs syndrome (RLS)/Willis-Ekbom disease is one of the most common neurological disorders, with severe sleep disturbance and daily functioning impairment. RLS may be primary (idiopathic) or secondary to a variety of systemic disorders. The pathogenesis of RLS remains not fully clear, even if our understanding of the disease has improved by genetic and neuroimaging studies and by the development of animal models. A clinical approach to RLS management includes the identification of reversible contributing factors and the use of nonpharmacological and pharmacological treatment. The long-term effects of specific drugs for RLS suggest some changes in the optimal care management. The great socioeconomic impact of RLS related to the inadequate diagnosis and treatment has been recently reported.

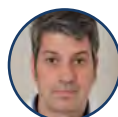


Amita Sehgal, PhD (United States)

John Herr Musser Professor of Neuroscience, Investigator of the Howard Hughes Medical Institute & Director of the Chronobiology and Sleep Institute (CSI) University of Pennsylvania, United States

Why we need to sleep: Insights from a small animal model

The function of sleep remains a mystery. There is universal agreement that lack of sleep impairs performance, especially cognitive ability, during waking hours and considerable evidence supports adverse effects of sleep loss on other physiological parameters as well. Thus, sleep may be regarded as important for waking function. However, what happens during sleep to facilitate wake performance and promote health? Some studies posit that replay of wake experiences in specific brain regions during sleep helps in memory consolidation, but it is likely that sleep affects fundamental physiology on a brain-wide and perhaps even body-wide level. Ongoing research seeks to address this question by investigating cellular and molecular processes impacted by sleep.



Alex Iranzo, MD, PhD (Spain)

Senior Consultant, Neurology Service Multidisciplinary Sleep Unit of the Hospital Clinic of Barcelona, Associate Professor, University of Barcelona School of Medicine, Spain

The isolated form of REM sleep behavior disorder as an opportunity for a neuroprotective intervention

There is solid evidence that isolated REM sleep behavior disorder (IRBD) represents in most if not all patients an early manifestation of the synucleinopathies Parkinson's disease and dementia with Lewy bodies. Most patients with IRBD show the presence of synuclein in the cerebrospinal fluid and with lesser frequency in the peripheral organs. In IRBD, abnormal DAT-SPECT and hyposmia are associated with an increased short term to develop dementia and parkinsonism. There is a need to implement a neuroprotective clinical trial in IRBD to prevent the onset of parkinsonism and dementia, perhaps using DAT-SPECT and smell as biomarkers of progressive neurodegeneration and targeting synuclein with immunotherapy against the propagation of this protein in the brain.



Colin Espie, PhD (United Kingdom)

Professor of Sleep Medicine, Clinical Director Experimental & Clinical Sleep Medicine Programme, Sleep & Circadian Neurosciences Institute, University of Oxford, United Kingdom

Delivering clinical guideline care for insomnia: The potential of digital therapeutics to close the treatment gap

Cognitive behavioural therapy (CBT) is the guideline treatment of first choice for chronic insomnia, yet it is available to only a very small fraction of those who might benefit from it. As a result, pharmacotherapy, regarded as a less effective, second line intervention, continues to fill the insomnia treatment void. However, the emergence of fully automated digital CBT provides the opportunity to completely close this gap. As part of a stepped care model of service provision, digital therapeutics may result in clinical guideline care becoming the norm in routine practice.

2022 KEYNOTE SPEAKERS



WEDNESDAY | 8:00–8:45AM



Thomas Scammell, MD (United States)

Professor of Neurology, Beth Israel Deaconess Medical Center, Boston Children's Hospital | Harvard Medical School, United States

Narcolepsy: From basic sciences to therapeutic approaches

Narcolepsy is one of the more common causes of chronic sleepiness, yet until about 20 years ago, the cause of narcolepsy was essentially unknown. The discovery that narcolepsy is caused by a selective and severe loss of the orexin/hypocretin neurons has transformed our understanding of this disorder and is now leading to more effective therapies. Dr. Scammell will provide an overview of the neurobiology of narcolepsy; how loss of orexin signaling causes chronic sleepiness and cataplexy; and how this improved understanding is helping drive the development of novel therapies that target this fundamental orexin deficiency.



Tracey Sletten, PhD (Australia)

Senior Research Fellow, Turner Institute for Brain and Mental Health | School of Psychological Sciences Monash University, Australia

Sleep, shift work, and occupational health: Implications and interventions

This presentation will feature current research on the adverse health and safety implications of circadian misalignment and sleep loss in numerous real-world and occupational settings, and practical countermeasures. This will highlight inter-individual differences in circadian physiology and advances in our understanding of individual responses to altered sleep and work schedules, along with novel interventions for alertness management and circadian misalignment, particularly among shift workers.

WEDNESDAY | 2:00–2:45PM



Daniel J. Buysse, MD (United States)

UPMC Professor of Sleep Medicine, Professor of Psychiatry and Clinical and Translational Science, University of Pittsburgh School of Medicine, United States

Multidimensional sleep health: Measurement, consequences and interventions

Sleep can be quantified along multiple dimensions such as regularity, subjective quality, daytime alertness/sleepiness, timing, efficiency and duration. These dimensions occur simultaneously in all individuals and are orthogonal to categorical sleep disorders. Numerous studies have documented adverse consequences associated with individual sleep characteristics such as sleep duration. However, the multidimensional sleep health (MDSH) perspective may offer more nuanced, more complex and more physiologically valid insights. This presentation will review the current status of reliability and validity of MDSH measurement; statistical approaches to examining MDSH; health outcomes related to MDSH; and interventions targeting MDSH.



Danny Eckert, PhD (Australia)

Mathew Flinders Professor and Director, Adelaide, Institute for Sleep Health Flinders University, South Australia

Sleep apnea endotypes and implications for precision sleep medicine

This presentation will cover the latest knowledge of the different OSA endotypes and their role in advancing OSA pathogenesis and treatment. This will include development of new targeted therapies including combination therapy and pharmacotherapy, optimisation of existing therapies and clinically practical techniques to estimate OSA endotypes to deliver precision medicine for OSA at scale.



SCHEDULE AT A GLANCE



FRIDAY



COURSES | 8:00AM–5:00PM

C	Art history and humanities in sleep: Morning course and walking tour of museum <i>Final time and museum site to be determined.</i>	Course Chairs: Meir Kryger (United States), Sonia Ancoli-Israel (United States)
----------	------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------

SATURDAY



COURSES | 8:00AM–5:00PM | FULL DAY

C	Pediatric sleep	Course Chairs: Lourdes DelRosso (United States), Gustavo Moreira (Brazil), Jodi Mindell (United States)
C	Obstructive sleep apnea: Diagnosis and management	Course Chairs: TBD
C	Dental sleep medicine	Fernanda Almeida (Canada), Maria Clotilde Carra (France)
C	Circadian dysfunction in health and disease	Course Chairs: Till Roenneberg (Germany), Sabra Abbott (United States)
C	Sleep, psychiatric disorders & mental health	Course Chairs: Chiara Baglioni (Germany)



AIMS ANNUAL MEETING | 8:00AM–5:00PM

AM	Italian Association of Sleep Medicine (AIMS) Annual meeting	President: Giuseppe Plazzi (Italy)
-----------	-------------------------------------------------------------	------------------------------------



COURSES | 8:00AM–12:00PM | AM HALF DAY

C	How to conduct epidemiological studies	Course Chairs: Katie Stone (United States), Yue Leng (China)
C	Recent advances in RLS treatment	Course Chairs: Mauro Manconi (Switzerland), John Winkelman (United States)
C	Present and future of sleep staging and scoring	Course Chairs: Stephany Fulda (Switzerland), Ambra Stefani (Austria)



COURSES | 1:00–5:00PM | PM HALF DAY

C	Sleep diversity	Course Chairs: Chandra Jackson (United States)
C	Portable devices for clinical practice and sleep research	Course Chairs: Max Hirshkowitz (United States), Massimiliano de Zambotti (United States)
C	Parasomnia	Course Chairs: Carlos Schenck (United States), Federica Provini (Italy)



Ticketed Events

Ticket required to attend

SCHEDULE AT A GLANCE



SUNDAY

COURSES 8:00AM–5:00PM FULL DAY		
C	Sleep health in women	Course Chairs: Maree Barnes (Australia), Sara Nowakowski (United States)
C	Year in review	Course Chairs: Dieter Riemann (Germany), Winfried Randerath (Germany)
C	Aging, neurodegeneration and sleep	Course Chairs: Aleksandar Videnovic (United States), Claudio Liguori (Italy)
C	Cardiovascular consequences of sleep apnea: What is new?	Course Chairs: : Virend Somers (United States), Claudio Liguori (Italy)
AIMS ANNUAL MEETING 8:00AM–5:00PM		
AM	Italian Association of Sleep Medicine (AIMS) Annual meeting	President: Giuseppe Plazzi (Italy)
COURSES 8:00AM–12:00PM AM HALF DAY		
C	Sleep, fatigue and rhythms in cancer patients	Course Chairs: Josee Savard (Canada), Lisa Wu (Denmark)
C	Insomnia treatment, Part 1: Pharmacological treatments	Course Chairs: David Neubauer (United States)
C	Sleep health	Course Chairs: Dan Buysse (United States), Bjorn Bjorvatn (Norway)
COURSES 1:00–5:00PM PM HALF DAY		
C	Sleep apnea and cancer	Course Chairs: David Gozal (United States), Isaac Almendros (Spain)
C	Insomnia treatment, Part 2: Behavioral treatments	Course Chairs: Coleen Carney (Canada), Jason Ellis (United Kingdom)
C	Narcolepsy and other hypersomnias: Diagnostics approach and management	Course Chairs: : Fabio Pizza (Italy), Yves Dauvilliers (France)
SCIENTIFIC SESSION 4:00–5:30PM		
P-01	Poster Hall Abstract Presentations	Groups A/B
OPENING CEREMONY & RECEPTION 6:00–8:00PM		

Ticketed Events
Ticket required to attend

SCHEDULE AT A GLANCE

MONDAY

KEYNOTE PRESENTATIONS | 8:00–8:45AM



Phyllis C. Zee (United States)
Circadian clocks: Medicine in the fourth dimension



Giuseppe Plazzi (Italy)
Pediatric narcolepsy: Clinical features and burden of illness

9:00–10:30AM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

10:45AM–12:15PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

12:30–2:00PM

SS	Satellite Symposia Sessions
AM	World Sleep Day Delegate Meeting

KEYNOTE PRESENTATIONS | 2:00–2:45PM



Monica Levy Andersen (Brazil)
Do females sleep better? Insights from basic and clinical studies



Yun-Kwok Wing (Hong Kong)
Sleep and psychiatric disorders: From epidemiology to treatment



Nico de Vries (Netherlands)
Sleep surgery: A viable alternative to CPAP and MAD treatment in OSA?

3:00–4:30PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions
O	Young Investigator Oral Abstract Session

4:30–6:00PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

5:30–7:00PM

P	Poster Hall Abstract Presentations Groups C/D
----------	-------------------------------------------------



GALA DINNER | 7:00–11:30PM



SCHEDULE AT A GLANCE

TUESDAY

WORLD SLEEP SOCIETY MEMBERSHIP MEETING | 7:00–7:50AM

KEYNOTE PRESENTATIONS | 8:00–8:45AM



Michael Gradisar (Australia)
*Treating insomnia in school kids:
How does it work?*



Luigi Ferini-Strambi (Italy)
*Restless leg syndrome: A complex
night-day disorder*

9:00–10:30AM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

10:45AM–12:15PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

12:30–2:00PM

SS	Satellite Symposia Sessions
W	Industry Workshop Sessions

KEYNOTE PRESENTATIONS | 2:00–2:45PM



Amita Sehgal (United States)
*Why we need to sleep: Insights
from a small animal model*



Alex Iranzo (Spain)
*The isolated form of REM sleep
behavior disorder as an opportunity
for a neuroprotective intervention*



Colin Espie (United Kingdom)
*Delivering clinical guideline care
for insomnia: The potential of
digital therapeutics to close the
treatment gap*

3:00–4:30PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions
O	Young Investigator Oral Abstract Session

4:30–6:00PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

5:30–7:00PM

P	Poster Hall Abstract Presentations Groups E/F
----------	-------------------------------------------------

SCHEDULE AT A GLANCE

WEDNESDAY

KEYNOTE PRESENTATIONS | 8:00–8:45AM



Thomas Scammell (United States)
Narcolepsy: From basic sciences to therapeutic approaches



Tracey Sletten (Australia)
Sleep, shift work, and occupational health: Implications and interventions

9:00–10:30AM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

10:45AM–12:15PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

12:30–2:00PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

KEYNOTE PRESENTATIONS | 2:00–2:45PM



Daniel J. Buysse (United States)
Multidimensional sleep health: Measurement, consequences and interventions



Danny Eckert (Australia)
Sleep apnea endotypes and implications for precision sleep medicine

3:00–4:30PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions
O	Young Investigator Oral Abstract Session

4:30–6:00PM

S	Symposia Sessions
D	Discussion Symposia Session
T	Technologist Session
O	Oral Abstract Sessions

CLOSING CEREMONY & RECEPTION | 6:00–7:30PM



AWARDS

YOUNG INVESTIGATOR AWARD FOR ORAL AND POSTER ABSTRACT PRESENTATIONS

Young Investigator Awards will be offered to qualifying individuals at World Sleep 2022 Rome. Oral abstract awards will provide the opportunity for up to 18 individuals to present their abstract during a special young investigator oral abstract session. Poster awards will be presented to authors of the top-ranked young investigator poster abstracts.

Requirement: 35 years old or younger **OR** fewer than 5 years post MD or PhD degree

How to Apply: Complete application must be emailed to World Sleep Society. Full details at worldsleepcongress.com/young-investigator

Deadline: November 30, 2021

CHRISTIAN GUILLEMINAULT YOUNG INVESTIGATOR AWARD

The Christian Guilleminault Young Investigator Awards are presented to encourage new investigators in the field of sleep, especially in developing portions of the world, to advance sleep medicine and research worldwide. Up to 2 awards of \$1,000 will be offered to qualifying individuals.

Requirements: 35 years old or younger **OR** fewer than 5 years post MD or PhD degree; abstract must already be accepted for oral or poster presentation at World Sleep 2022

How to Apply: Complete application must be emailed to World Sleep Society. Full details at worldsleep.info/yi

Deadline: November 30, 2021

WAYNE HENING YOUNG INVESTIGATOR AWARDS

Wayne Hening Young Investigator Awards are presented to new investigators in the RLS/PLMS field. Up to five awards of \$1,000 will be offered to qualifying individuals.

Requirements: Either young investigator new to RLS/PLMS field who is no more than 10 years past receiving PhD or MD **OR** a senior investigator new to the RLS/PLMS field whose first publication in the RLS/PLMS field is within the last three years. Awardees are also expected to present their work at World Sleep 2022.

How to Apply: Complete application must be emailed to the IRLSSG Wayne Hening Award Committee. Full details at irlssg.org/Wayne-Hening-Young-Investigator-Awards

Deadline: November 30, 2021

ELSEVIER AWARDS

Elsevier has established two scientific awards for new basic and clinical sleep specialists in honor of Christian Guilleminault and Elio Lugaresi. Two awards of \$1,000 will be presented at World Sleep 2022.

Requirements: Young investigator within five years or less of post-training at the time of manuscript submission

How to Apply: Candidates who qualify and who would like to be considered should indicate so and include a separate letter of eligibility and current CV to the Editor-in-Chief at the time of submission. Full details at worldsleepcongress.com/scientific-content/elsevier-awards



ROMA CONVENTION CENTER LA NUVOLA & FLOOR PLAN

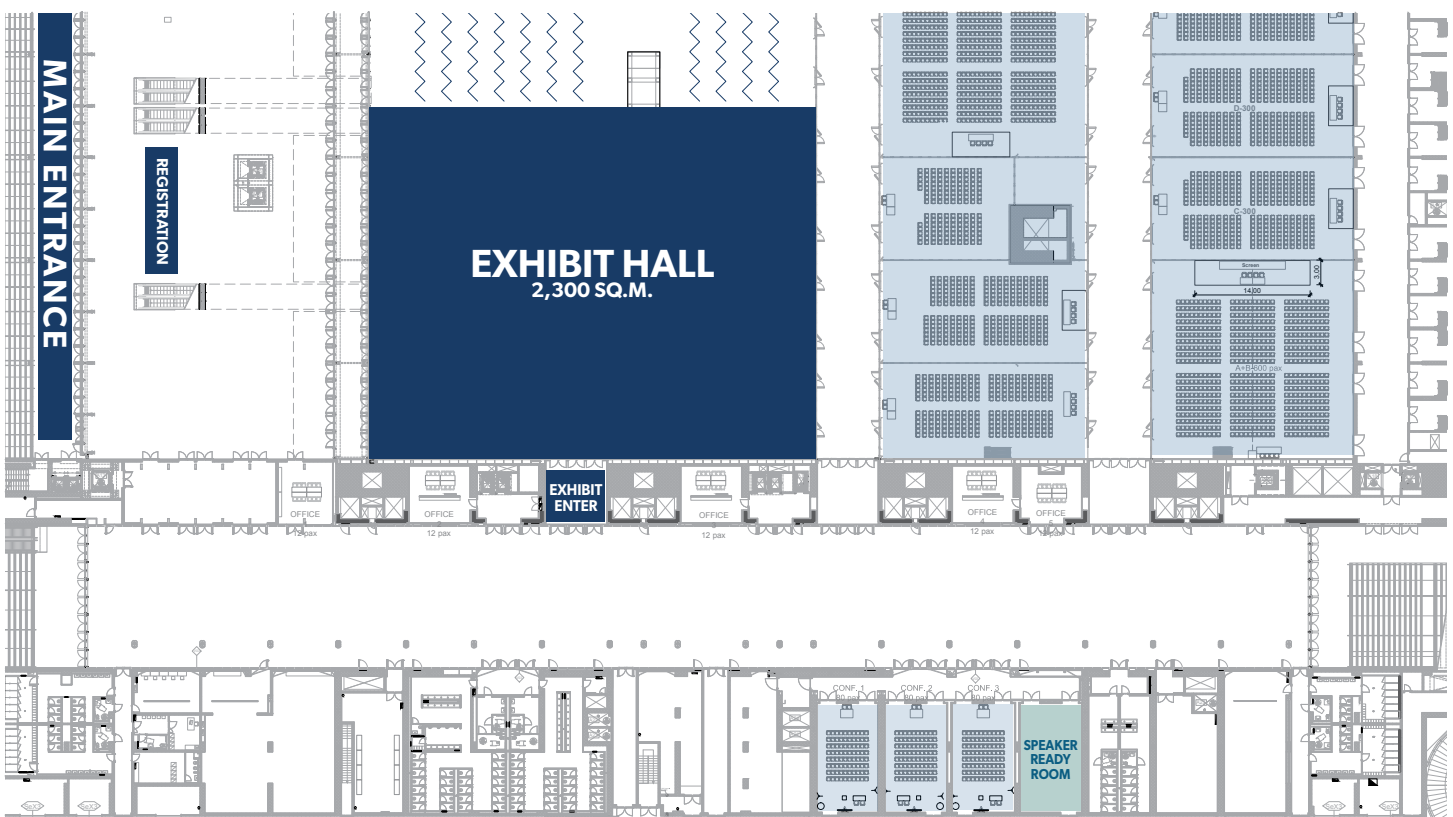
VENUE & LOCATION

Roma Convention Center La Nuvola
Viale Asia, 40, 00144 Roma RM, Italy
romaconventiongroup.it

La Nuvola—or “the cloud”—stands in beautiful contrast with the surrounding EUR business district designed in the 1930s. Counterpointing the dominant architectural rationalism of that time, La Nuvola projects a feeling of fluidity and collaboration with its glass façade and curving lines within. The EUR district itself will be a worthwhile visit, with its fine museums and open spaces, and is a handful of Rome Metro stops from classic tourist destinations and the center of the city.

FLOOR PLAN

World Sleep 2022 will be located on Level 1 of the Roma Convention Center La Nuvola. For more information visit worldsleepcongress.com/venue





ROME, ITALY

Rome is known for its unparalleled history. It attracts visitors wishing to discover the city’s striking monuments and archaeological sites while enjoying its renowned cuisine and sparkling atmosphere. With attractions such as the Colosseum, the Roman Forum and Circus Maximus, visitors can get a taste of a rich history full of gladiators in an arena, chariots crashing during a wild race and Roman public life once upon a time.

THE ART OF SLEEP

World Sleep 2022 will provide a unique course offering on the first day of the congress, Friday, March 16, 2022. Register for the course you will learn about the representation of sleep in art and culture. Chaired by Sonia Ancoli-Israel and Meir Kryger, the course will conclude with a walking tour of an art museum in Rome to see firsthand the brilliant creations of artists over the centuries. Be sure to sign up for congress news at worldsleepcongress.com to follow updates on this exciting new offering.

VISIT THE VATICAN

No matter your faith tradition, Vatican City presents an outstanding opportunity to see and experience firsthand some of the most recognizable foundations of European art and architecture. From the open St. Peter’s Square to the art housed in the Vatican Museums, consider making time for this special destination during your time in Rome.

TRIPADVISOR’S TOP 10 THINGS TO DO IN ROME ITALY

- 1. Pantheon
- 2. Colosseum
- 3. Roman Forum
- 4. Palatine Hill
- 5. Piazza Navona
- 6. Basilica di Santa Maria Maggiore
- 7. Trevi Fountain
- 8. Galleria Borghese
- 9. Trastevere
- 10. Museo Nazionale di Castel Sant’Angelo

To learn more about Rome tourism visit turismoroma.it/en.





BECOME A MEMBER

Join our distinguished membership community of physicians, researchers and sleep professionals.

All individual memberships include the following benefits:

- **NEW!** Complimentary access to World Sleep Virtual Meeting
- **NEW!** Complimentary access to *Healthier Sleep Magazine*: Your Trusted Source for Improving Sleep
- Access to international standards, best practices and current research in the field of sleep medicine
- Access to *Sleep Medicine* journal (all memberships receive online and app access; full membership also includes printed journal)
- Discounted pricing for the biennial World Sleep Congress
- Inclusion in and access to the World Sleep online directory of sleep medicine professionals around the globe
- Eligibility to serve on a World Sleep committee
- Eligibility to participate and vote in general assembly meetings
- Use the "International Sleep Specialist" designee after successfully passing the Sleep Medicine Examination



NONMEMBER REGISTRATION WORLD SLEEP 2022

Nonmember Registration	\$500
Full-day Course	\$165
CME credits	\$25
TOTAL	\$690

MEMBER REGISTRATION WORLD SLEEP 2022

Regular Annual Membership	\$55
Member Registration	\$375
Full-day Course	\$165
CME credits	\$25
TOTAL	\$620

TOTAL SAVINGS \$70!

For more information visit, worldsleepsociety.org/membership

WORLD SLEEP SOCIETY
Advancing Sleep Health Worldwide



+1-507-316-0084

@ info@worldsleepsociety.org

worldsleepsociety.org

3270 19th Street NW, Suite 109
Rochester, MN 55901 USA

twitter.com/_WorldSleep

facebook.com/wasmf