



Scientific Programmes

Tuesday, 25 September 2018

09:00 - 12:30	Track General, Teaching Course, Darwin Teaching Course 3 - Without sleep but during sleep - the dilemma of cardio-respiratory polygraphy A practical scoring course
09:00 - 09:20	Introduction: Scoring cardiorespiratory polygraphy: rules, obstacles and strategies L. Grote (Gothenburg, SE)
09:20 - 09:40	Scoring of central sleep disordered breathing events H. Schneider (Baltimore, US)
09:40 - 10:15	Arterial tonometry: a new approach to address diagnostic procedures with level 3 devices - Theory and practical examples H. Schneider (Baltimore, US) L. Grote (Gothenburg, SE)
10:15 - 10:30	Break
10:30 - 12:30	Sleep medicine clinics - Practical scoring of patients cases studied with cardiorespiratory polygraphy - a guided, interactive scoring session H. Schneider (Baltimore, US) L. Grote (Gothenburg, SE)
09:00 - 12:30	Basic Track, Teaching Course, Boston 1 Teaching Course 1 - Year in review - Sleep mechanisms and functions
09:00 - 10:00	Circadian system T. DeBoer (Leiden, NL)
10:00 - 10:30	Human sleep functions P. Peigneux (Bruxelles, BE)
10:30 - 11:00	Coffee break
11:00 - 11:30	Human sleep functions (continued) P. Peigneux (Bruxelles, BE)
11:30 - 12:30	Sleep mechanisms and functions P.-H. Luppi (Lyon, FR)
09:00 - 12:30	Track General, Teaching Course, Boston 2 Teaching Course 5 - Techniques in sleep research and medicine



Scientific Programme

- 09:00 - 09:30** **Evaluation of sleep and daytime function: Questionnaire - Uses, application and limitations in sleep research and medicine**
D. Riemann (Freiburg, DE)
- 09:30 - 10:00** **Polysomnography/polygraphy. Indications, evaluation, uses of manual, semiquantified and quantitated evaluations. Pro and cons**
P. Jennum (Glostrup, DK)
- 10:00 - 10:30** **Measures for vigilance: Multiple Sleep Latency Test (MSLT), Maintenance Wakefulness Test (MWT), The Sustained Attention to Response Test (SART). Strength and limitations**
M. Partinen (Helsinki, FI)
- 10:30 - 11:00** **Break**
- 11:00 - 11:30** **Circadian measures: actigraphy, temperature. Wearable devices for long term polygraphic recordings, smart phones in sleep research**
T. Penzel (Berlin, DE)
- 11:30 - 12:00** **Imaging techniques (visualization of brain structures including brain stem and midbrain, fMRI, PET, others)**
D. Analdi (Genoa, IT)
- 12:00 - 12:30** **Molecular methods in diagnosing sleep and sleep disorders (orexin, melatonin, cortisol, MCH, adenosine, histamine, GWA)**
Y. Dauvilliers (Montpellier, FR)
- Track Human Sleep, Other Session, Boston 3
- 09:00 - 12:30** **NATUS - Clinical PSG/PG scoring & interpretation workshop - Part I**
- 09:00 - 09:45** **Recommended & alternative sensors**
- 09:45 - 10:30** **AASM Guidelines for Scoring Sleep Stages & Arousals**
- 10:30 - 11:00** **Coffee Break**
- 11:00 - 12:30** **Case discussion I - Scoring Sleep Stages & Arousals**
- Track General, Teaching Course, Darwin
- 13:00 - 16:30** **Teaching Course 2 - Year in review - Clinical**
- 13:00 - 14:10** **Sleep related movement disorder**
M. Manconi (Lugano, CH)
- 14:10 - 15:20** **Narcolepsy and hypersomnia**
Y. Dauvilliers (Montpellier, FR)
- 15:20 - 16:30** **Sleep disordered breathing (SDB)**
W. Randerath (Solingen, DE)



Scientific Programme

	Track General, Teaching Course, Boston 1
13:00 - 16:30	Teaching Course 4 - Digital Sleep: internet and Smartphone application for sleep
13:00 - 14:10	Digitalization, miniaturization and networks: medicinal-technical innovation for sleep medicine H. Malberg (Dresden, DE)
14:10 - 15:20	Mobile and wearable systems for monitoring sleep and sleep disorders W. Karlen (Zurich, CH)
15:20 - 16:30	Can we use smartphone behavior to learn how sleep-wake disease impacts our day-to-day lives? A. Ghosh (Leiden, NL)
	Track General, Early Career Day, Boston 2
13:00 - 16:30	Early Career Day - Media training with Nelleke Koop and 'How to write a paper' by Erna Sif Arnardottir
13:00 - 13:05	Welcome and introduction
13:05 - 15:00	Media training N. Koop (Amsterdam, NL)
15:00 - 15:30	Coffee break
15:30 - 16:20	How to write a paper E. Sif Arnardottir (Reykjavik, IS)
16:20 - 16:30	Election for new ECRN committee members
	Track Human Sleep, Other Session, Boston 3
13:00 - 17:00	NATUS - Clinical PSG/PG scoring & interpretation workshop - Part II
13:00 - 13:45	AASM Guidelines for scoring respiratory events
13:45 - 14:30	Case discussion II-Scoring Respiratory events
14:30 - 15:00	Coffee Break
15:00 - 15:45	AASM Guidelines for scoring Limb Movements
15:45 - 16:15	Case Discussion III- Scoring Limb Movements
16:15 - 17:00	What are you missing from the interpretation of PG recording?
	Track General, Opening/Closing Session, San Francisco
17:00 - 19:05	Opening Session & Young Scientist Symposium



Scientific Programme

17:00 - 17:10		Welcome words and entertainment
17:10 - 18:00		European Sleep Science Award
18:00 - 18:05		Young Scientist Symposium
18:05 - 18:20	O001	Preserved neuron reactivity dynamics during prolonged wakefulness is linked to cognitive fitness in aging, independently of tau and amyloid beta burden M. Van Egroo (Liège, BE)
18:20 - 18:35	O002	Discovering the role of miR-709 in the sleep homeostatic process K. Kompotis (Lausanne, Vaud, CH)
18:35 - 18:50	O003	Symptom-based clinical subtypes of obstructive sleep apnoea show differences in spectral power and immediate post-arousal dynamics D. Mazzotti (Philadelphia, PA, US)
18:50 - 19:05	O004	The impact of treating insomnia upon functional health, psychological wellbeing and sleep-related quality of life: a randomised controlled trial with mediation analysis A.I. Luik (Oxford, Oxfordshire, UK)



Scientific Programmes

Wednesday, 26 September 2018

		Neuropsychiatry Track, Symposium, San Francisco
08:30 - 10:30		Unraveling the neurobiology of sleep in normal ageing and in neurodegeneration
08:30 - 09:00	5	Sleep oscillations and the pathogenesis of Alzheimer's disease R. Osorio (New York, US)
09:00 - 09:30	6	Orexin and Alzheimer's disease C. Liguori (Rome, IT)
09:30 - 10:00	7	Isolated RBD, an early stage of α-synucleinopathy B. Högl (Innsbruck, AT)
10:00 - 10:30	8	Is OSA associated with pathological aging? A neuropsychological and neuroimaging perspective N. Gosselin (Montreal, CA)
		Track Human Sleep, Symposium, Montreal
08:30 - 10:30		The Big Sleep: unraveling insomnia using big data
08:30 - 09:00	9	Epidemiology, genetic models and epigenetics of insomnia T. Paunio (Helsinki, Finland, FI)
09:00 - 09:30	10	Trait and life history profiles reveal stable insomnia subtypes T.F. Blanken (Amsterdam, NL)
09:30 - 10:00	11	Genome-wide analysis of insomnia in UK Biobank and 23andMe identifies novel loci and functional pathways P. Jansen (Amsterdam, Zuid-Holland, NL)
10:00 - 10:30	12	Modelling sleep disorders in mice V. Tucci (Genoa, IT)
		Track Translational, Symposium, Sydney
08:30 - 10:30		Circadian modulation of EEG brain activity and cognition, and the impact of light on sleep
08:30 - 09:00	13	The role of light in regulating alertness and performance in mice S. Peirson (Oxford, UK)
09:00 - 09:30	14	Effects of the circadian system and circadian misalignment on cognition in non-shift workers and chronic shift workers S. Chellappa (Boston, US)



Scientific Programme

09:30 - 10:00 **15** **Relationship between daytime light exposure and EEG sleep architecture, slow-wave activity, and sleep quality in young healthy office workers**
M. Gordijn (Groningen, NL)

10:00 - 10:30 **16** **Impact of different light exposures in the evening on EEG slow-wave activity and REM sleep**
M. Münch (Berlin, DE)

Track Human Sleep, Oral Session, Singapore

08:30 - 09:30 **Sleep and driving**

08:30 - 08:42 **O017** **Maintenance of Wakefulness Test, real and simulated driving in narcolepsy/hypersomnia patients**
P. Sagaspe (Bordeaux, FR)

08:42 - 08:54 **O018** **To predict sleep related accidental risk of patients with obstructive sleep apnea syndrome: self reported sleepiness at the wheel versus Apnea Hypopnea Index**
P. Philip (BORDEAUX, FR)

08:54 - 09:06 **O019** **Diagnostic patterns of sleep- and vigilance tests in distinct causes of excessive daytime sleepiness**
D. Andres (Bern, CH)

09:06 - 09:18 **O020** **Moderate and severe OSA in males impair psychomotor reaction times assessed by CRD-series testing**
Z. Dogas (Split, HR)

09:18 - 09:30 **O021** **A pre-drive ocular assessment predicts subsequent driving impairment: a naturalistic driving study in shift workers**
M.D. Mulhall (Melbourne, VIC, AU)

Track General, Oral Session, Osaka

08:30 - 10:30 **New methods in basic and clinical sleep research**

08:30 - 08:42 **O022** **Environmental influence on the behaviorally defined sleep (rest) in a wild nocturnal primate *Nycticebus javanicus***
K. Reinhardt (Oxford, UK)

08:42 - 08:54 **O023** **Two million nights to characterize sleep heterogeneity: what objective and self report big data tell us**
R.J. Raymann (Carlsbad, CA, US)

08:54 - 09:06 **O024** **Studying the Temporal Dynamics of Human Sleep in Real Life and Large Numbers**
E. Winnebeck (Munich, DE)

09:06 - 09:18 **O025** **Scoring sleep with artificial intelligence enables quantification of sleep stage ambiguity**
P. Anderer (Vienna, AT)



Scientific Programme

09:18 - 09:30	0026	New spectral analysis method to identify trait-like features in NREM sleep power spectra G. Hammad (Liège, BE)
09:30 - 09:42	0027	Cognitive functioning following sleep deprivation is moderated by time-of-day: results from the Karolinska WakeApp B.C. Holding (Stockholm, SE)
09:42 - 09:54	0028	A computer algorithm to quantify REM sleep without atonia A. Papakonstantinou (Berlin, DE)
09:54 - 10:06	0029	Evaluation of night-to-night variability of sleep apnea in home polysomnography L. Rohling (Zwolle, Overijssel, NL)
10:06 - 10:18	0030	Accuracy of detecting sleep apnea using machine-held submental ultrasonography P.-L. Lee (Taipei, TW)
10:18 - 10:30	0031	Cerebral free-water imaging with obstructive sleep apnea severity A.-A. Baril (Montreal, QC, CA)
Track General, ESST Meeting, Rio		
08:30 - 10:30		ESST Meeting - Session 1 - The state of the art in sleep technology
08:30 - 09:00		Sign in and welcome
09:00 - 09:30		Recent advances in sleep treatments R. Tijdens (NL)
09:30 - 10:00		Beyond the AHI E. Sif Arnardottir (Reykjavik, IS)
10:00 - 10:30		New technologies in sleep monitoring T. Penzel (Berlin, DE)
Basic Track, Oral Session, Singapore		
09:30 - 10:30		Sleep, - omics and novel cellular and molecular mechanics
09:30 - 09:42	0032	Predicted gene expression in the brain is associated with sleep macrostructure in healthy young individuals P. Ghaemmaghami (Liege, BE)
09:42 - 09:54	0033	The cortical synaptic transcriptome is organized by clocks, but its proteome is driven by sleep S. Noya (Zurich, Zurich, CH)



Scientific Programme

09:54 - 10:06	O034	mGluR5-dependent nuclear speckle assembly drives sleep-wake transcriptomics A. Spinnler (Zürich, CH)
10:06 - 10:18	O035	RNA-Seq analysis of the impact of sleep deprivation in medial prefrontal cortex of young and old mice X. Guo (Philadelphia, PA, US)
10:18 - 10:30	O036	The effects of insufficient sleep on microglial morphology and functional state H.-K. Wigren (Helsinki, FI)
Neuropsychiatry Track, Case Discussion, San Francisco		
11:00 - 12:00		Case Discussion - Parasomnias, movement disorders of sleep and paroxysmal disorders
11:00 - 11:20		Standing up and walking during the night: not always a disorder of arousal F. Provini (Bologna, IT)
11:20 - 11:40		RBD or something else? J. Santamaria (Barcelona, ES)
11:40 - 12:00		PLMS without RLS: video and case discussion M. Manconi (Lugano, CH)
Basic Track, Round Table, Montreal		
11:00 - 12:00		Preclinical systematic reviews and meta-analysis in sleep research
11:00 - 11:07	37	Introduction to systematic review and meta-analysis of preclinical animal studies R. de Vries (Nijmegen, NL)
11:07 - 11:14	38	Meta-analysis on the relationship between sleep deprivation and anxiety in rodents G. Pires (São Paulo, BR)
11:14 - 11:21	39	Adenosine and sleep: a systematic review and meta-analyses of the preclinical literature C.H. Leenaars (Nijmegen, NL)
11:21 - 11:28	40	Systematic review on the relationship between monoamines and sleep J.M. Menon (Nijmegen, NL)
11:28 - 12:00		Discussion



Scientific Programme

		Basic Track, Oral Session, Sydney
11:00 - 12:00		Lack of sleep: effects on periphery and the brain
11:00 - 11:12	O041	Effects of sleep restriction on glucose tolerance in adolescents J. Gooley (Singapore, SG)
11:12 - 11:24	O042	The relationship between adolescents' sleep spindles and cognitive performance following experimental sleep restriction C.M. Reynolds (Adelaide, SA, AU)
11:24 - 11:36	O043	Association between individual impairments in glucose metabolism and cognitive performance in response to sleep restriction E.-M. Elmenhorst (Cologne, DE)
11:36 - 11:48	O044	Investigation of the neural substrates underlying the homeostatic sleep response in the basal forebrain H. Bouaouda (West Roxbury, MA, US)
11:48 - 12:00	O045	‘Waking at a lower cost’: running wheel access reduces sleep propensity L. Milinski (Oxford, UK)

		Track General, ESST Meeting, Rio
11:00 - 13:30		ESST Meeting - Session 2 - Hot topics in sleep medicine
11:00 - 12:00		Keynote: Healthy sleep, healthy brain: sleep, circadian rhythms and mechanisms of cognitive decline in the human brain A. Lim (Toronto, CA)
12:00 - 12:30		Talk: Sleep apnoea in women A. Ryckx-Gheeraert (Basel, CH)
12:30 - 13:15		Lunch break
13:15 - 13:30		Compumedics lunchtime talk (sponsored) D. Vermeiren (Brussels, BE)

Poster Session, Poster, Poster Exhibition
Poster Session 1 - Poster viewing

		Poster Session, Poster, Poster Exhibition
		Cellular, molecular biology & genetics
P001		Insulin resistance and leptin levels in patients with obstructive sleep apnea A. Khajeh-Mehrzi (Tehran, IR)
P002		Genetic risk factors for schizophrenia associate with sleep spindle activity in healthy adolescents I. Merikanto (helsinki, FI)



Scientific Programme

- P003** **Neuron-specific interleukin-1 receptor accessory protein is required for the maturation of small network emergent sleep-like electrophysiological properties**
J. Nguyen (Spokane, WA, US)
- P004** **Effect of cyclical intermittent hypoxia on mouse model of Ad5CMVCre induced solitary lung cancer progression and spontaneous metastases in KrasG12D+; p53fl/fl; myristolated p110fl/fl ROSA-gfp**
D. Lim (Philadelphia, PA, US)
- P005** **Key elements in biology and physiology of Hcrt and Mch cells affecting normal sleep**
A. Seifinejad (Lausanne, VD, CH)
- P006** **Oxidative stress in Caucasian and Asian menopausal women with sleep disorders**
N. Semenova (Irkutsk, RU)
- P007** **Melatonin receptor type 1A gene linked to intolerance to shift work and Alzheimer's disease in old age**
S. Sulkava (Helsinki, FI)
- P008** **The impact of insufficient sleep on microglia morphology**
S. Steffens (Helsinki, Uusimaa, FI)
- P009** **Epigenetic age and sleep quality in adolescence**
L. Kuula (Helsinki, FI)
- P011** **GABAA receptors of the thalamic reticular nucleus regulate NREM delta oscillations: an in vivo investigation by CRISPR-Cas9 genetic abscission**
D.S. Uygun (West Roxbury, MA, US)
- P012** **CLOCK gene polymorphism (rs1801260) in menopausal women of two ethnic groups with insomnia**
N. Semenova (Irkutsk, RU)
- P013** **The role of melanin concentrating hormone and orexin/hypocretin neurons in the Prader-Willi syndrome**
M. Pace (Genova, IT)
- P014** **Characterization of sleep architecture and oscillations in a mouse model with reticular thalamic nuclear dysfunction**
C. Gutierrez Herrera (Bern, CH)
- P015** **CDK5-mediated phosphorylation of PER2 regulates circadian clock**
U. Albrecht (Fribourg, CH)
- P016** **Sleep-wake and thermoregulatory changes in Panx1-/- mice**
V. Kovalzon (Moscow, RU)

Poster Session, Poster, Poster Exhibition

Dreaming

- P017** **The degree of lucidity experienced in dreaming could reflect the capacity of conflict resolution in cognitive control**
M.-R. Loo (Taoyuan, TW)



Scientific Programme

- P018** **A technique for inducing high levels of signal-verified lucid dreams in a laboratory morning nap**
M. Carr (Swansea, UK)
- P019** **Electrophysiological response to emotional voices during sleep and wakefulness as a function of stimulus-reactivity**
M. Moyne (Geneva, CH)
- P020** **Is waking well-being related to dream affect: the importance of peace of mind**
P. Sikka (Turku, FI)
- P021** **Relationship between EEG frontal alpha asymmetry and dream affect**
P. Sikka (Turku, FI)
- P022** **Increase of both bottom-up and top-down attentional processes in high dream recallers**
P. Ruby (Bron Cedex, FR)
- P023** **PTSD-like symptoms, morning affect and intrusive memories in nightmare disorder**
B. Blaskovich (Budapest, HU)
- P024** **Testing the empathy theory of dreaming: the relationship between trait empathy and positive attitude towards dreams and the frequencies of listening to and telling dreams**
M. Blagrove (Swansea, UK)
- P025** **Emotions in dreams correlate with coping style**
A. Coppola (Caserta, IT)
- P026** **Dreams of children with neurodevelopmental disorders: autism spectrum and attention deficit/hyperactivity**
R. Godbout (Montreal, QC, CA)
- P027** **Efficacy of cognitive behavioral therapy for insomnia on nightmares in veterans with PTSD**
H. Barilla (Philadelphia, PA, US)
- P028** **Emotions in REM dream reports in healthy women**
T. Paiva (Lisbon, PT)
- P029** **Sleep inertia and functional connectivity between brain regions at awakening in high and low dream recallers: an EEG-fMRI study**
P. Ruby (Bron Cedex, FR)

Poster Session, Poster, Poster Exhibition

Sleep physiology 1

- P030** **Sleep EEG topography as an endophenotype: insights from an adolescent twin study**
A. Markovic (Bern, CH)
- P031** **Event-related analysis of awakenings due to road traffic noise at night: a polysomnographic field study**
S. Weidenfeld (Cologne, DE)



Scientific Programme

- P032** **Light-induced sleep is homeostatically regulated in mice**
S. Hasan (Oxford, OXON, UK)
- P033** **Wanderlust - travelling and stationary sleep oscillations**
L. Himmer (Tübingen, DE)
- P034** **Alteration of sleep and wake triggered by chronic social defeat stress in mice**
F. Henderson (Paris, FR)
- P035** **Cold-Inducible RNA Binding Protein contributes to quality of waking, REM sleep homeostasis, and modulates the cortical molecular response to sleep deprivation**
M. Hoekstra (Lausanne, CH)
- P036** **Does chronic exposure to electromagnetic fields combined with noise has effects on sleep and homeostasis in juvenile rats?**
A. Bosquillon de Jenlis (Amiens, FR)
- P037** **The dynamic of consciousness loss when falling asleep**
M. Strauss (Gif/Yvette, FR)
- P038** **Effects of selective silencing of layer 5 pyramidal neurons on sleep-wake distribution and local cortical EEG activity**
L. Krone (Oxford, UK)
- P039** **Sleep and cardio-metabolic risk in regional dwelling individuals**
S. Yiallourou (Melbourne, VIC, AU)
- P040** **Hypocretin in footshock stimulation-induced REM sleep suppression**
P.-L. Yi (New Taipei City, TW)
- P041** **Analysis of day and night-time stress markers after sleeping with nocturnal traffic noise**
L. Thiesse (Basel, CH)
- P042** **Subjective sleepiness: its relationship to actual sleep tendency and neurophysiological changes**
M. Matsuo (Otsu, Shiga, JP)
- P043** **Japanese sake yeast improves human sleep quality and daytime fatigue: a double-blind randomised placebo-controlled clinical trial**
Y. Nagamori (Odawara, kanagawa, JP)
- P044** **Effects of Japanese sake yeast supplementation on human skin quality and analysis of its mechanism**
K. Oka (Tokyo, JP)
- P045** **The role of self-reported feelings of getting sufficient rest on the relationship between quick returns and health complaints**
A. Harris (Bergen, NO)
- P046** **Abrupt shift to slower frequencies after arousal in healthy young adults during sleep**
Y. Suzuki (Tsukuba, JP)
- P047** **Red ears while sleepy: relation between ear skin temperature and sleepiness**
M. Schinkelshoek (Leiden, NL)



Scientific Programme

Poster Session, Poster, Poster Exhibition

Chronobiology 1

- P049** **Later chronotype associates with higher alcohol consumption and more adverse childhood experiences in young healthy women**
E. Hug (Basel, CH)
- P050** **Evening light exposure, sleepiness, sleep timing and duration in college students: an ecological investigation**
T. Shochat (Haifa, Northern Israel, IL)
- P052** **Association between social jetlag and eating duration in Brazilian undergraduate students**
G. Teixeira (Uberlândia, BR)
- P053** **Circadian regulation of breath alcohol concentration**
J. Gooley (Singapore, SG)
- P054** **Dynamics of daytime light exposure in a naturalistic setting impacts on sleep architecture**
A. Wahnschaffe (Berlin, DE)
- P055** **Sleep and fatigue in commercial aviation - a field study**
W. van Leeuwen (Stockholm, SE)
- P056** **Different chronotype profiles impact on children habits before and during sleep**
J.M. Serra-Negra (Belo Horizonte, Minas Gerais, BR)
- P057** **Treatment outcome of non-24-hour sleep-wake rhythm disorder: a retrospective study of 24 consecutive cases in a sleep clinic**
M. Hirose (Toyoake, Aichi, JP)
- P058** **Randomised controlled trial of bright light therapy and morning activity for adolescents and young adults with delayed sleep-wake phase disorder**
C. Richardson (Adelaide, SA, AU)
- P059** **To explore the impact depression and anxiety has on shift work disorder risk amongst healthcare shift workers**
L. Booker (Heidelberg, VIC, AU)
- P060** **Body rhythms in concert? Integrity of circadian rhythms predicts consciousness levels in severely brain-injured patients**
C. Blume (Salzburg, AT)
- P061** **Effects of different light expositions on wakefulness, mood, and attention in shift workers: an ongoing field study in a morning and evening shift system**
A. Rodenbeck (Köln, DE)
- P062** **Tasimelteon reentrains sleep period in a patient with phase delay syndrome**
A. Steiger (Munich, DE)
- P063** **Evening cronotypes mediate the association between early life stress and emotion dysregulation in Bipolar Disorder**
L. Palagini (Pisa, IT)
- P064** **Obstructive sleep apnea as a predictive factor of reduced heart rate variability**
D. Urbanik (Wrocław, PL)



Scientific Programme

- P065** **Improvements in mood and subjective sleep measures along the course of adjunctive phototherapy: an open-label study**
A. Nixon (Ottawa, ON, CA)
- P066** **Altered regional neuronal activity in shift work associated with sleep and emotion: resting state perfusion MRI study**
Y.K. Park (Seongnam-si, Gyeonggi-do, KR)

Poster Session, Poster, Poster Exhibition

Behavior 1

- P068** **Sleep coaching provides help for shift workers: a field report**
B. Holzinger (Vienna, AT)
- P069** **The association between outdoor activity and insufficient sleep among children in China**
J. Luo (Guangzhou, CN)
- P070** **Iron metabolism in epigenetics: relationship between sleep, physical exercise and movement disorders in an animal model**
B. Franco (Limeira, São Paulo, BR)
- P071** **Comparison of sleep quality between seafarers working for European and Chinese shipping companies**
W. van Leeuwen (Stockholm, SE)
- P072** **Factors related to seafarer fatigue and their importance for different categories of seafarers**
W. van Leeuwen (Stockholm, SE)
- P073** **Cataplexy is reduced after modulation of serotonin transmission**
A. Seifinejad (Lausanne, VD, CH)
- P074** **Cabin crews' views on managing fatigue and the importance of sufficient rest and company support: a qualitative study**
M. van den Berg (Wellington, NZ)
- P075** **Night-competition affects sleep quality and perceived recovery in top-level athletes**
J.A. Vitale (Milan, IT)
- P076** **Actigraphic measurement of physical activity changes due to sleep extension intervention**
J.K. Devine (Silver Spring, MD, US)
- P077** **Sleep is shortened prior to morning and night shifts in Air Traffic Controllers**
J.L. Zaslona (Wellington, NZ)
- P078** **Subjective mood and the processing of emotional stimuli following a brief, midday nap**
J. Goldschmied (Philadelphia, PA, US)
- P079** **Relationship status, sleep patterns and sleep quality - how are they related?**
K. Bosancic (Zagreb, HR)



Scientific Programme

- P080 Refraining from smartphone use for 30 minutes before bedtime prevents the extension of the following sleep latency**
M. Takahara (Fukushima, JP)
- P081 Social patterning of inadequate sleep and behavioural sleep problems: findings from the 2016 sleep health foundation Australia survey**
A.C. Reynolds (Adelaide, SA, AU)
- P082 A field-study on the role of sleep in stress resilience in rescue workers: preliminary analyses of wrist-actigraphy and home-polysomnography**
I. *Clark (Zurich, CH)
- P083 Making errors at work due to sleepiness or sleep problems is not limited to shift working populations: results of the 2016 Sleep Health Foundation survey**
S. Ferguson (Wayville, SA, AU)
- P084 Long-term trends of sleep disturbances related with attitude towards the health and cardiovascular prevention in women 25-44 years in Russia/Siberia**
D. Panov (Novosibirsk, RU)

Poster Session, Poster, Poster Exhibition

Learning, memory & cognition 1

- P085 ADHD symptoms are associated with decreased activity of fast sleep spindles and poorer procedural overnight learning during adolescence**
I. Merikanto (helsinki, FI)
- P086 Associations between brain oscillation cross-frequency coupling during sleep and declarative learning in healthy older adults**
O. Weiner (Montreal, QC, CA)
- P087 Overnight production of false memories in adolescents - associations with sleep EEG and spindles**
L. Kuula (Helsinki, FI)
- P088 Baseline cortical activity predicts reactivity to nociceptive stimuli during sleep**
H. Bastuji (LYON, FR)
- P089 Sleep strengthens spontaneous retrieval processes in prospective memory**
R.L.F. Leong (Singapore, SG)
- P090 Information processing during sleep is linked to changes in sleep microstructures**
M. Ameen (Salzburg, AT)
- P091 The consolidation of cognitive strategies is enhanced by sleep, but not the motor skills needed to acquire it**
L.B. Ray (Ottawa, ON, CA)
- P092 Dynamic of the hippocampus activity during arousing reaction from sleep: an intracranial EEG study**
P. Ruby (Bron Cedex, FR)



Scientific Programme

- P093** **Influence of hypnotic suggestions on spindles, slow oscillations and memory consolidation during sleep**
J. Beck (Fribourg, CH)
- P094** **Evaluating short and long-term effects of full-night sleep and heart rate variability on procedural memory performance**
F.J. van Schalkwijk (Salzburg, Salzburg, AT)
- P095** **Circadian and sleep/wake modulation of attention processes: a characterisation using ocular motor tasks**
M.J. Collet (Melbourne, VIC, AU)
- P096** **Effectiveness of reappraisal and distraction in regulating emotion across sleep**
S. Dhaka (Odisha, IN)
- P097** **The role of sleep spindle activity in consolidating statistical learning in obstructive sleep apnea patients**
D. Stevens (Daw Park, SA, AU)
- P098** **Remembering emotional information over a week: does sleep play any role?**
N. Cellini (Padova, IT)

Poster Session, Poster, Poster Exhibition

Methodology & computation 1

- P099** **Can insomnia be a predictor of attrition in longitudinal studies?**
C. Latreille (Trois-Rivières, QC, CA)
- P100** **Concomitant actigraphy and polysomnography at home in different sleep disorders**
A. Alakuijala (Helsinki, FI)
- P101** **Results from an on-road driving performance study in non-elderly and elderly healthy subjects with dual orexin receptor antagonist lemborexant**
A. Vermeeren (Maastricht, NL)
- P102** **Custom-built electronic referral system for home oximetry studies**
C. Kemp (Middlesbrough, UK)
- P103** **Sleep prediction algorithm based on machine learning technology**
E. Lee (Seoul, KR)
- P104** **Comparison of automated methods for REM sleep without atonia detection**
M. Cesari (Kgs. Lyngby, DK)
- P105** **Validation of a new data-driven method for identification of muscular activity in REM sleep behaviour disorder**
M. Cesari (Kgs. Lyngby, DK)
- P106** **Sleep disorders in Praxeos medicae universae praecepta by Joseph Frank (1771 - 1842)**
E. Sakalauskaite-Juodeikiene (Vilnius, LT)



Scientific Programme

- P107 Measurement of daily sleep behaviour and symptomatology through self-report anamnesis questionnaire. A validation by means of sleep diaries.**
M.-J. Kater (Goettingen, DE)
- P108 Influence of daytime activity on hormone secretion in saliva after awakening in infants**
M. Ohira (Otsu, Shiga, JP)
- P110 Nodding off but can't disconnect: development and validation of the iNOD index of Nighttime Offline Distress**
H. Scott (Glasgow, UK)
- P111 Gentle rocking stimulation influences the regulation of sleep in poor sleepers**
A.A. Perrault (Geneva, CH)
- P112 Bedside approach in the diagnosis obstructive sleep apnea using postprandial oximetry testing. Comparative study with polysomnography**
E. Saricam (Ankara, TR)
- P113 Simulating sleep homeostasis in mice: effects of time of day and waking experience**
M.C.C. Guillaumin (Oxford, UK)
- P114 Signatures of the sleep and wake drives identified by comparison of electroencephalographic spectra obtained for different sleep and wake states and sub-states**
A. Putilov (Novosibirak, RU)
- P115 EEG connectivity measures wPLI and wSMI identify distinctive differences in brain functional interactions during wakefulness and sleep**
G. Bernardi (Lucca, IT)
- P116 Quantitative modelling of the direct alerting effects of light**
T. Tekieh (Sydney, NSW, AU)
- P117 Relationship between sleep structure of patients after ischemic stroke and daily measures**
Z. Roštáková (Bratislava, SK)

Poster Session, Poster, Poster Exhibition

Breathing disorders 1

- P118 Soft cervical support in obstructive sleep apnea: a pilot study**
P. Bordier (Pessac, Please Select, FR)
- P119 Living obstructive, mixed and central apneas in the same epoch: an interesting OSAS case**
S. Yilmaz (Diyarbakir, TR)
- P120 Retinal vascular tortuosity in patients with obstructive sleep apnea-chronic obstructive pulmonary disease overlap syndrome**
M. Yousif (Shebin Elkom, EG)
- P121 Associational analysis between sleep-related variables and sleep positional difference of Apnea-Hypopnea Index in obstructive sleep apnea syndrome**
D.-H. Park (Seoul, KR)



Scientific Programme

- P122** **The distributions and importance of respiratory events in the patients with severe Obstructive Sleep Apnea (OSA)**
B. Gulbay (Ankara, TR)
- P123** **Polysomnography and clinical characteristics of patients presenting to a single sleep referral clinic: a study on 1248 patients over 6 years**
M.S. Kanwar (New Delhi, Delhi, IN)
- P124** **Supine and non supine obstructive sleep apnoea syndrome (OSAS): comparison between gender, Body Mass Index (BMI), and OSAS severity**
M. Balicaco (Limerick, IE)
- P125** **An indigenous device to detect lung and sleep disorders using labview**
S. Vijayakumar (Coimbatore, IN)
- P126** **Comparing the efficacy of Uvulopalatopharyngoplasty (UPPP) with Modified Radiofrequency Tissue Ablation (MRFTA) in mild to moderate Obstructive Sleep Apnea**
S. Rahavi-Ezabadi (Tehran, IR)
- P127** **Obesity hypoventilation syndrome and neurocognitive function - impact of positive airway pressure therapy**
S. Sivam (Camperdown, NSW, AU)
- P128** **Sleep apnea patients with high and low sleepiness response: clinical and polysomnographical differences**
W. Moraes (São Paulo, SP, BR)
- P129** **Effects of a weight-loss Mediterranean lifestyle intervention on obstructive sleep apnea: preliminary results of a randomized controlled clinical trial**
K. Labrou (Athens, GR)
- P130** **Associations of obstructive sleep apnea (OSA) and hypoxemia with heart rate variability in a population-based sample of men**
S. Appleton (Woodville, SA, AU)
- P131** **Improved CPAP compliance with pillow height change: a case report**
H. Kim (Incheon, KR)
- P132** **The reconstruction of upper airway after velopharyngeal surgery in obstructive sleep apnea patients**
J. Ye (Beijing, CN)
- P133** **Correlations between sleep parameters and inflammatory and oxidative stress biomarkers in patients with obstructive sleep apnoea**
K. Lamprou (Athens, GR)
- P134** **Nicotine dependence in patients with Obstructive Sleep Apnea Syndrome**
A. Pataka (Thessaloniki, GR)
- P135** **High risk and low treatment response in obstructive sleep apnea: a real-world study in office occupational population**
Q. Ou (Guangzhou, CN)



Scientific Programme

- P136** **Derived arterial stiffness in OSAS with persistent sleepiness on CPAP and periodic limb movement**
E. Dongol (Qena, EG)

Poster Session, Poster, Poster Exhibition

Breathing disorders 2

- P137** **Fat mass distribution measured by Viscan as a risk factor for Obstructive Sleep Apnea Syndrome**
A. Pataka (Thessaloniki, GR)
- P138** **Obstructive sleep apnea as a risk factor of insulin resistance in nondiabetic patients**
M. M. Michałek-Zrąbkowska (Wrocław, PL)
- P139** **Adherence in positive airway pressure in naïve obstructive sleep apnea patients: the importance of the first month of treatment and the impact of telemedicine monitoring**
S. Marques (Almada, PT)
- P140** **The impact of a telemedicine monitoring on positive airway pressure in naïve obstructive sleep apnea patients' outcomes: a randomized controlled trial**
S. Marques (Almada, PT)
- P141** **CPAP mask usage time and its effect on air leak**
A. Bachour (Helsinki, FI)
- P142** **Comparing the current classification of obstructive sleep apnea severity with oxygen saturation parameters**
S. Wali (Jeddah, SA)
- P143** **Impacts of time of day and seasonal light variation on cognitive performance in patients with suspected Obstructive Sleep Apnea**
M. Bowen (Saskatoon, SK, CA)
- P144** **Effects of nocturnal ventilatory treatment in cognitive functions in a cohort of patients affected by OHS**
M.M.F. Puligheddu (Monserrato, IT)
- P145** **The impact of arousal on sleep-related deglutition in patients with obstructive sleep apnea hypopnea syndrome**
Q. Yang (Beijing, Beijing, CN)
- P146** **Non-rapid eye movement oscillatory events in middle-aged and older adults with obstructive sleep apnea**
M.-È. Martineau-Dussault (Montreal, QC, CA)
- P147** **The effects of nasal decongestion on obstructive sleep apnea: a detailed analysis**
Y. An (Beijing, CN)
- P148** **Association of restless legs syndrome with depression, anxiety, and insomnia in patients with obstructive sleep apnea syndrome**
K. Bae (Gwangju, KR)



Scientific Programme

- P149** **A composite screening method to maximise pick up rate of obstructive sleep apnoea in train drivers**
L. Ogunyemi (Nottingham, UK)
- P150** **Association between obstructive sleep apnea hypopnea syndrome and neutrophil-to-lymphocyte ratio**
M. Merino Andreu (Madrid, ES)
- P151** **Effect of obesity on upper airway obstruction during drug-induced sleep endoscopy**
H. Kim (Hwaseong, KR)
- P152** **Reliable sleep apnea characterization in adults with suprasternal pressure**
T. Penzel (Berlin, DE)
- P153** **Sleep apnea in Tibetans and Han long-term high altitude residents**
L. Tan (Chengdu, Sichuan Province, CN)
- P154** **Study on endogenous cannabinoid receptors CB1 of bone metabolism in chronic intermittent hypoxia rat model**
W. Bei (Taiyuan, Shanxi, CN)
- P155** **Epworth sleepiness scale and maintenance of wakefulness test in patients with obstructive sleep apnoea**
N. Plos (Ljubljana, SI)

Poster Session, Poster, Poster Exhibition

Insomnia 1

- P156** **Sex-difference in insomnia symptom in a Korean nation-wide population-based sample**
Y. La (Seoul, KP)
- P157** **The compliances of doxepin for the treatment of insomnia in real world**
S.C. Hong (Suwon, KR)
- P158** **Clinical trial, using chronobiological sensors, from a chronoregulator and sleep inducer supplement**
C. Estivill-Domènech (Barcelona, ES)
- P159** **Predictors of effect for brief behavioral therapy for chronic insomnia**
P. Pchelina (Moscow, RU)
- P160** **Risk of common cold in patients with nonapnea sleep disorders: a retrospective cohort study**
C.-L. Lin (Taoyuan, TW)
- P161** **Brain functional MRI (fMRI) study of fragrance inhalation. Any impact on sleep/wake/reward-related brain areas?**
G. Badre (Gothenburg, SE)
- P162** **A pilot study on a possible impact of aromas on sleep quality in subjects with mild to moderate insomnia**
G. Badre (Gothenburg, SE)



Scientific Programme

- P163** **Comparison of lemborexant with zolpidem extended release and placebo: topline results from a phase 3 study in subjects 55 years and older with insomnia**
R. Rosenberg (Atlanta, GA, US)
- P164** **Activity tracker as a self-help device in insomnia – an intervention study**
K.M.H. Tuisku (Helsinki, FI)
- P165** **Altered wake resting-state brain activity in insomnia detected with high-density EEG: frequency- and time-domain approaches**
Y. Wei (Amsterdam, NL)
- P166** **Weekly changes in sleep and insomnia symptoms during acute treatment of persistent insomnia with behavioural or pharmacological therapy**
S. Beaulieu-Bonneau (Québec, QC, CA)
- P168** **Cognitive and behavioural therapies in the treatment of insomnia: a systematic meta-analysis of all the literature**
A. van Straten (Amsterdam, NL)
- P169** **Usage transitions between natural products, over-the-counter and prescription sleep aids: a longitudinal cross-lagged analysis**
J.M. Cheung (Sydney, NSW, AU)
- P170** **Therapist-guided Internet-delivered cognitive behavioral therapy for comorbid insomnia and depression, compared to depression treatment and placebo - a randomized trial**
K. Blom (Stockholm, SE)
- P171** **Evaluation of functional capacity through the 6-minute Walk Test in adults with insomnia assisted in basic health units - observational study**
L.T. Pasqualotto (Divinópolis, Minas Gerais, BR)
- P172** **Mismatch between subjective perception and objective findings on sleep time in insomnia patients**
K. Bae (Gwangju, KR)
- P173** **Associations of heart rate variability with insomnia and the influence of sleep apnea (SA)**
R. Adams (Woodville, SA, AU)

Poster Session, Poster, Poster Exhibition

Insomnia 2

- P174** **The significance of nocturnal blood pressure change in insomnia patients**
J.-W. Choi (Seoul, KR)
- P175** **Differences exist in metabolic rate in insomnia compared to healthy sleepers: evidence of physiological hyperarousal in insomnia**
C. Gordon (Camperdown, AU)
- P176** **Acceptability, tolerability, and potential efficacy of cognitive behavioural therapy for Insomnia Disorder subtypes defined by polysomnography: a retrospective cohort study**
C. Miller (London, UK)



Scientific Programme

- P177** **Feasibility and preliminary efficacy of brief behavioural treatment for insomnia after brain injury: a case series**
M. Gardani (Glasgow, UK)
- P178** **Insomnia symptoms predicts peri-partum psychopathology, stress reactivity and suicidality**
L. Palagini (Pisa, IT)
- P179** **A systematic review and network meta-analysis of complementary and alternative interventions for insomnia**
C. Baglioni (Freiburg, DE)
- P180** **Does preoperative insomnia explain persistent pain after breast cancer treatments?**
P. Salo (Turku, FI)
- P181** **First Georgian digital cognitive behavioral therapy (CBT) version for patients with insomnia. Primary data on medical efficacy and adherence**
N. Okujava (Tbilisi, GE)
- P182** **Sleep disturbance and the risk for cognitive decline: assessment of visual attention components in patients with insomnia**
S. Rupperecht (Jena, DE)
- P184** **Residual symptoms after remission of insomnia: associations with relapse over 4 years**
X.W. Ji (Quebec, QC, CA)
- P186** **Associations between rumination about insomnia and cognitive inhibition**
A. Ballesio (Rome, IT)
- P187** **The effect of cognitive behavioural therapy for insomnia on quality of life outcomes: a meta-analysis of randomised controlled trials**
X. Omlin (Oxford, UK)
- P188** **Insomnia in the Baependi heart cohort study**
S.S. Ahmed (Guildford, UK)
- P189** **Trazodone lowers blood pressure levels in patients with chronic insomnia: a longitudinal, electronic health record study**
A. Vgontzas (Hershey, PA, US)
- P190** **Preventing cardiovascular diseases in insomnia patients through CBT-I?**
A.F. Johann (Freiburg, DE)
- P191** **Social rhythm regularity moderates the relationship between sleep disruption and depressive symptoms in individuals with post-traumatic stress disorder and major depression**
E. Boland (Philadelphia, PA, US)

Poster Session, Poster, Poster Exhibition

Hypersomnia 1

- P192** **Clinical autonomic dysfunctions in narcolepsy type 1: a case-control study**
L. Barateau (Montpellier, FR)



Scientific Programmes

- P193** **The story continues: narcolepsy spectrum occurring several years post AS03-adjuvanted H1N1 vaccination in young Irish siblings**
D. Ferguson (Dublin, IE)
- P194** **Sodium oxybate treatment of narcolepsy in pediatric patients: effects on sleep architecture**
Y. Dauvilliers (Montpellier, FR)
- P195** **Upper airway resistance syndrome with a small mandible is not rare among Japanese female**
Y. Fuse-Nagase (Ibaraki, JP)
- P196** **Detection of microsleep episodes with machine learning tools**
J. Skorucak (Zurich, CH)
- P197** **Solriamfetol (JZP-110) in the treatment of excessive sleepiness in narcolepsy and obstructive sleep apnoea: maintenance of wakefulness test results across the day**
P. Schweitzer (Chesterfield, MO, US)
- P198** **A 5-year post-authorization safety study (PASS) relative to Wakix® (pitolisant) use and its long-term safety in narcolepsy with or without cataplexy in routine medical practice**
G. Plazzi (Bologna, IT)
- P199** **Effects of solriamfetol on primary OSA therapy use in a 12-week phase 3 trial**
G. Mayer (Schwalmstadt-Treysa, DE)
- P200** **Uncontrollable cataplexies: have a look to the cervical spine**
D. Cugy (Bordeaux, FR)
- P201** **Test-retest validity of the Epworth Sleepiness Scale within a substantial short time frame**
B. Faludi (Pécs, HU)
- P202** **Predictors of daytime sleepiness improvement in a population-based 5-year longitudinal study**
I. Jaussent (Montpellier, FR)
- P203** **Quality of life, functional evaluation, and work productivity in patients with narcolepsy: results from a phase 3 study of solriamfetol (JZP-110)**
H. Emsellem (Chevy Chase, MD, US)
- P204** **A long-term study of the safety and maintenance of efficacy of solriamfetol (JZP-110) for treatment of excessive sleepiness associated with narcolepsy or obstructive sleep apnoea**
J.L. Pepin (Grenoble, FR)
- P205** **Sodium oxybate treatment of narcolepsy in pediatric patients: long-term efficacy and safety**
M. Lecendreux (Paris, FR)

Poster Session, Poster, Poster Exhibition

Neurological disorders 1

- P206** **Polysomnographic evaluation of sleep in Chiari type 1 malformation before surgical decision and after surgery**
D. Cugy (Bordeaux, FR)



Scientific Programme

- P207** **Central sleep apnoeas in a female patient with pharmaco-resistant epilepsy and vagus nerve stimulation**
N. Plos (Ljubljana, SI)
- P208** **The association between shift work and migraine, tension-type headache and medication-overuse headache - a cross-sectional study among a large population of nurses**
B. Bjorvatn (Bergen, NO)
- P209** **Nocturnal eye movements in patients with idiopathic rapid eye movement sleep behaviour disorder and patients with Parkinson's disease**
J.A.E. Christensen (Glostrup, DK)
- P210** **Apathy and depression in Parkinson's disease with parasomnias: gender matters**
M. Ntafouli (Bern, CH)
- P211** **Cheyne-Stokes respiration and the outcome of acute stroke**
S.-Y. Lee (Chuncheon-si,, KR)
- P212** **Clinical utility and diagnostic significance of hepcidin as a biomarker of restless leg syndrome**
H.-J. Im (Seoul, KR)
- P213** **Mild motor abnormalities in 'idiopathic' REM sleep behavior disorder: a diagnostic window to early neurodegeneration**
S. Rupperecht (Jena, DE)
- P214** **Sleep disturbances, fatigue, anxiety and depression in multiple sclerosis (MS): results of the German SLEEP-MS Survey**
S. Rupperecht (Jena, DE)
- P215** **Long sleep duration is associated with cognitive decline in patients with multi domain mild cognitive impairment**
M. Basta (VOUTES-HERAKLION, CRETE, GR)
- P216** **Sleep slow waves and spindles in the acute stage of a moderate to severe traumatic brain injury**
S. Van der Maren (Montréal, QC, CA)
- P217** **Beyond actigraphy: towards a better understanding of increased sleep duration following traumatic brain injury**
H. El-Khatib (Montréal, QC, CA)
- P218** **The sleep spindles in the middle cerebral artery acute stroke**
J. Isaac (Beja, PT)
- P219** **Alternations of sleep in patients with severe disorders of consciousness**
I. Nopper (Tübingen, DE)
- P220** **Circadian distribution of behavioural signs of sleep and wakefulness in patients with disorders of consciousness**
Y.G. Pavlov (Tübingen, DE)
- P221** **Long sleep duration is associated with sarcopenia in Korean adults based on data from the 2008 - 2011 KNHANES**
Y.-J. Kwon (Yongin-si, KR)



Scientific Programme

- P222** **Prospective, home-based assessment of subjective sleep quality in Parkinson's disease**
P.L. Ratti (Lugano, CH)

Poster Session, Poster, Poster Exhibition

Psychiatric & behavioural disorders 1

- P223** **Sleep disturbances associated with post traumatic stress disorder: presentation and polysomnographic features in a population of patients admitted to a sleep laboratory**
I. Valero-Sanchez (Papworth Everard, UK)
- P224** **The impact of sleep disturbances and mental health outcomes on burnout in firefighters and the mediating role of sleep during overnight work: a cross-sectional study**
A.P. Wolkow (Clayton, VIC, AU)
- P225** **Sleep quality and its association with dysfunctional beliefs and health outcome in a sample of a Nigerian community**
C. Seun-Fadipe (Ile-Ife, Osun, NG)
- P226** **Fear of sleep as perpetuating factor of trauma-related sleep disturbances**
G. Werner (München, DE)
- P227** **Rapid eye movement sleep abnormalities in female adolescents with borderline personality**
A. Saleh (Cairo, EG)
- P229** **An experience sampling study examining the link between sleep and paranoia in patients with non-affective psychosis**
A. Rehman (Glasgow, UK)
- P230** **Treating insomnia and depression: using network analysis to explore working mechanisms**
T. van der Zweerde (Amsterdam, NL)
- P232** **Sleep problems and daytime sleepiness in adolescents with and without attention-deficit/hyperactivity disorder**
S. Becker (Cincinnati, OH, US)
- P233** **The impact of cytokines on sleep and emotional risk improvement in adolescents with an eveningness chronotype**
M. Dolsen (Berkeley, CA, US)
- P234** **Transdiagnostic sleep and circadian intervention for youth with eveningness: do pubertal hormones have a moderating effect?**
M. Dolsen (Berkeley, CA, US)
- P235** **Proton magnetic resonance spectroscopy of brain in obstructive sleep apnea in Egyptian subjects**
H. Gharraf (Alexandria, EG)
- P236** **Sleep deprivation triggers shared temporal dynamics of time and mood perception in bipolar depression**
T. Yoshiike (Milano, IT)



Scientific Programme

- P237 Athens Insomnia Scale detects depression with moderate accuracy in three Japanese settings**
H. Kadotani (Otsu, Shiga, JP)
- P238 Does sleep moderate the relationship between work-life balance and depression differentially in men and women? Findings from the North West Adelaide Health Study**
A.C. Reynolds (Adelaide, SA, AU)

Poster Session, Poster, Poster Exhibition

Sleep & aging 1

- P239 Sleep loss and circadian phase modulate cortical connectivity but not neuronal complexity in young and older individuals**
G. Gaggioni (Liège, BE)
- P240 Sleep and circadian timing are associated with subjective and objective memory in older adults with subjective memory impairment - evidence for early targeted interventions**
J.E. Manousakis (Melbourne, VIC, AU)
- P242 Postural stability upon being awakened in the middle of the night and in the morning: comparison of lemborexant versus zolpidem extended release**
P. Murphy (Woodcliff Lake, NJ, US)
- P243 Effect of the “humming mask” on sleep perception of healthy elderly**
P.C. Baier (Kiel, DE)
- P244 Younger patients are more obese and have a more severe obstructive sleep apnea syndrome**
S. Mihaicuta (Timisoara, RO)
- P245 Sleep Disorders in an elderly population and their relationship with cognitive symptoms: an epidemiological survey**
M. Maestri (Pisa, IT)
- P246 The effect of retirement on subjective and objective sleep characteristics: the Finnish Retirement and Aging study**
S. Myllyntausta (Turku, FI)
- P247 Associations of sleep and functioning with the premature exit from the labour market: repeated measures latent class analysis among midlife and ageing public sector employees**
T. Lallukka (Helsinki, FI)
- P248 Sleep apnea and hypogonadism in Middle-Aged Men: combined method of treatment**
N. Semenova (Irkutsk, RU)
- P249 The effects of APOE genotypes on the longitudinal sleep behavior changes in non-demented general population: the Korean Genome and Epidemiology Study**
H.J. Kim (Seoul, KR)
- P250 Impact of age and napping on actimetry-derived sleep and 24-h rest-activity indices**
M. Reyt (Liège, BE)



Scientific Programme

- P251** **Sleep, diet and physical activity are associated with inflammation among non-demented community-dwelling elderly**
M. Basta (VOUTES-HERAKLION, CRETE, GR)

Poster Session, Poster, Poster Exhibition

Healthcare services & education

- P252** **Sleep disorders among hospital employees**
F. Alhejaili (Jeddah, SA)
- P253** **Sleep quality and quantity in Japanese daytime workers in association with the duration of the daily rest period**
H. Ikeda (Kawasaki, JP)
- P254** **Effective intervention methods for developing appropriate sleep habits in children**
M. Furutani (Kobe, JP)
- P255** **Effects of work arrangement on sleep regimen in creative R&D employees**
E. Sõõru (TALLINN, EE)
- P256** **Daytime sleepiness: impacts of work organisation**
E. Sõõru (TALLINN, EE)
- P257** **The effect of self-care interventions on sleep quality in post coronary artery bypass graft surgery patients**
H. Ghavami (Urmia, IR)
- P258** **Techniques of developing the diagnostic and treatment skills in sleep apnea in students/interns in Pulmonology Clinic Tirgu Mures, Romania**
G. Jimborean (Tirgu Mures, Mures, RO)
- P259** **Parent-based sleep education as a possible intervention for sleep problem in school aged children with autism spectrum disorder**
F. Sun (Guangzhou, CN)
- P260** **The impact of rotating work schedules on sleep quality among hospital female nurses and midwives**
Y. Nagaura (Nagasaki, JP)
- P261** **Primary care treatment of pain-related insomnia: a feasibility study of a hybrid cognitive behavioural therapy approach**
N. Tang (Coventry, UK)
- P262** **Influence of regular physical exercise on sleep quality and presence of sleep disorders in patients assisted at the Basic Health Units of Divinópolis, Brazil**
L.T. Pasqualotto (Divinópolis, Minas Gerais, BR)
- P264** **Sleep quality and risk for obstructive sleep apnea in a sample of the Portuguese population**
A.M.C.d. Almendra (Braga, PT)
- P265** **Sleep study for suspected sleep apnea - are we overtesting?**
M.A. Galego (Matosinhos, PT)



Scientific Programme

- P266** **A curriculum for a two day PAP, oral appliance and hypoglossal stimulator handling expertise course for nursing staff in geriatric medicine**
N. Netzer (Bad Aibling, DE)
- P267** **What makes doctors ask patients about their sleep even if they do not consult for a sleep complaint? A cross sectional study**
M. Maalej (Sfax, TN)

- Respiratory Track, Round Table, Montreal
- 12:15 - 13:15** **Pulse wave analysis during sleep - a meaningful tool for improved phenotyping in sleep disorders?**
- 12:15 - 12:22** **46** **Pulse wave analysis during sleep - physiology and methodology**
T. Penzel (Berlin, DE)
- 12:22 - 12:29** **Pulse wave analysis during sleep in respiratory disease**
H. Schneider (Baltimore, US)
- 12:29 - 12:36** **Pulse wave analysis during sleep in cardiovascular disease**
D. Zou (Gothenburg, SE)
- 12:36 - 12:43** **47** **Pulse wave analysis during sleep in insomnia**
N. Laharnar (Berlin, DE)
- 12:43 - 13:15** **Discussion**

- Satellite Symposium, Satellite Symposium, Sydney
- 12:15 - 13:15** **Satellite Symposium - Philips - Acoustical enhancement of slow wave sleep**
- 12:15 - 13:15** **Enhancing slow wave sleep**
P.C. Zee (Chicago, US)

Poster Session, Poster, Poster Exhibition

Poster Session 1 - Poster viewing

- Neuropsychiatry Track, Joint Symposium, San Francisco
- 13:30 - 15:30** **Joint Symposium ESRS - EAN - Disorder of Arousals (DOA): an update**
- 13:30 - 13:54** **An animal model of DOA: is it possible?**
P.-H. Luppi (Lyon, FR)



Scientific Programme

13:54 - 14:18	48	Local aspect of sleep and wakefulness: implications for DOA F. Siclari (Lausanne, CH)
14:18 - 14:42		Diagnostic criteria for DOA: a video-polysomnographic assessment R. Lopez (Montpellier, FR)
14:42 - 15:06	49	Clinical and PSG features distinguishing DOA from Sleep Related Hypermotor Epilepsy-SHE P. Proserpio (Milan, IT)
15:06 - 15:30	50	Parasomnia overlap disorders P. Bargiotas (Berne, CH)
Respiratory Track, Symposium, Montreal		
13:30 - 15:30		Asymptomatic sleep disordered breathing: who should be treated?
13:30 - 14:00	51	Predictors and biomarkers of negative outcomes in obstructive sleep apnea R. Heinzer (Lausanne, CH)
14:00 - 14:30	52	Plasma miRNAs as predictor of CPAP response in resistant hypertension M. Sánchez-de-la-Torre (Lleida, ES)
14:30 - 15:00	53	Breath analysis in OSA patients, new biomarkers? M. Kohler (Zurich, CH)
15:00 - 15:30		Health consequences of untreated central sleep apnea W. Randerath (Solingen, DE)
Track Translational, Symposium, Sydney		
13:30 - 15:30		Temporal constraints on sleep and cognition: importance for brain health during ageing
13:30 - 14:00	54	The translational potential of sleep and circadian rhythm disturbances as a biomarker of Alzheimer's disease B. Kent (Vancouver, CA)
14:00 - 14:30	55	Brain molecular, histopathological and structural measures linking sleep, circadian rhythms, and dementia in community-dwelling older adults A. Lim (Toronto, CA)
14:30 - 15:00	56	Age-related changes in circadian sleep-wake regulation: impact on cognitive performance and cerebral correlates C. Schmidt (Liège, BE)
15:00 - 15:30	57	Dynamic LED lighting: Finding the right light at the right time for severely demented residents K. Wulff (Oxford, oxfordshire, UK)



Scientific Programme

		Basic Track, Oral Session, Singapore
13:30 - 14:30		Electrophysiology of sleep
13:30 - 13:42	O058	Sharpening the paradox of REM sleep: cortical oscillations, synchronization and topographical aspects during phasic and tonic REM microstates P. Simor (Budapest, HU)
13:42 - 13:54	O059	Bidirectional interactions between slow waves and synaptic plasticity M.C. Kahn (Oxford, UK)
13:54 - 14:06	O060	Orexin-independent decreases in sleep propensity mark the onset of spontaneous torpor bouts in calorically-restricted mice G. Zoccoli (Bologna, IT)
14:06 - 14:18	O061	Electrophysiological correlates of sleep and wakefulness in <i>Aplysia californica</i> A. Vorster (Tübingen, DE)
14:18 - 14:30	O062	Intranasal leptin treats sleep disordered breathing in obese mice V.Y. Polotsky (Baltimore, MD, US)
		Track Human Sleep, Symposium, Osaka
13:30 - 15:30		Sleep problems in early childhood - perspectives into epidemiology and treatment
13:30 - 14:00	63	Disturbed sleep during early infancy: findings from the CHILD-SLEEP cohort E.J. Paavonen (Helsinki, FI)
14:00 - 14:30	64	Developmental trajectories of sleep problems in toddlers and later emotional and behavioral problems B. Sivertsen (Bergen, NO)
14:30 - 15:00	65	Clinically oriented subtyping of chronic insomnia of childhood O. Bruni (Rome, IT)
15:00 - 15:30	66	What have we learnt in the last 5 years of pharmacological treatments for children with sleep problem? P. Gringras (London, UK)
		Track General, ESST Meeting, Rio
13:30 - 15:30		ESST Meeting - Session 3 - Interactive workshops
13:30 - 14:30		Workshop: Interactive PSG case studies M. van der Mierden (NL) H. Steinebach (NL)
14:30 - 15:30		Workshop



Scientific Programme

		Neuropsychiatry Track, Case Discussion, Singapore
14:30 - 15:30		Case discussion: managing sleep problems in psychiatry and psychotherapy
14:30 - 14:50		Always twitchy and tired: differential diagnosis and treatment L. Frase (Freiburg, DE)
14:50 - 15:10		Rhythm and mood C. Nissen (Berne, CH)
15:10 - 15:30		Still wide awake after cognitive behavioral therapy for insomnia (CBT-I): what next? E. Hertenstein (Berne, CH)
		Track Translational, Keynote Lecture, San Francisco
16:00 - 16:45		Keynote Lecture - Emmanuel Mignot
16:00 - 16:10		Sleep analytics and biomarkers E. Mignot (Palo Alto, US)
		Basic Track, Keynote Lecture, Montreal
16:00 - 16:45		Keynote Lecture - the effect of light on sleep and human wellness
16:00 - 16:45	67	Molecular analysis of biological clocks: beyond circadian rhythms C. Kyriacou (Leicester, UK)
		Respiratory Track, European Network Session, San Francisco
17:00 - 18:30		European Network Session - New insights in the clinical picture of sleep apnea - findings from the European Sleep Apnea Database (ESADA)
17:00 - 17:20		Introduction: The 10th Anniversary of the ESADA database - lessons learned and visions for the future. M. Bonsignore (Palermo, IT)
17:20 - 17:40		Clinical Phenotypes of obstructive sleep apnea - a cluster analysis using 'Big data' S. Bailly (Grenoble, FR)
17:40 - 18:00		Mild sleep apnea - the European perspective I. Bouloukaki (Heraklion, GR)
18:00 - 18:20		Metabolic consequences of sleep apnea and the impact of treatment C. Gunduz (Izmir, TR)



Scientific Programme

17:00 - 18:30		Track General, European Network Session, Montreal European Network Session - EURLSSG - You
17:00 - 17:10		Welcome and opening L. Rijsman (The Hague, NL) B. Högl (Innsbruck, AT)
17:10 - 17:40		PLMS Scoring demystified: a practical guide to the new scoring rules S. Fulda (Lugano, CH)
17:40 - 17:55		Q&A S. Fulda (Lugano, CH)
17:55 - 18:20		Discussion B. Högl (Innsbruck, AT) L. Rijsman (The Hague, NL)
17:00 - 18:30		Track General, European Network Session, Sydney European Insomnia Network Session - What's new?
17:00 - 17:20		An introduction to the European guideline for the diagnosis and treatment of insomnia K. Spiegelhalder (Freiburg, DE)
17:20 - 17:40		The European Academy for CBT-I - an interim report C. Baglioni (Freiburg, DE)
17:40 - 18:00		Ongoing work on insomnia at the SCNI in Oxford S. Kyle (Oxford, UK)
18:00 - 18:10		Ongoing work on insomnia in Amsterdam E. Van Someren (Amsterdam, NL)
18:10 - 18:30		Theoretical considerations on the relationships between epigenetics, early trauma, insomnia and depression L. Palagini (Pisa, IT)
17:00 - 18:30		Basic Track, Oral Session, Singapore Sleep and cognition
17:00 - 17:12	O068	Selective tracking of relevant speech during human sleep T. Andrillon (Melbourne, VIC, AU)
17:12 - 17:24	O069	Maintaining vigilance with limited sleep opportunity: is it better to consolidate or split sleep? M. Chee (Singapore, SG)
17:24 - 17:36	O070	Effect of total sleep deprivation on the recall of active avoidance response in rats T. Oniani (Tbilisi, GE)



Scientific Programme

17:36 - 17:48	O071	The sleeping brain not only monitors the environment, but also detects relevant information M. Wislowska (Salzburg, AT)
17:48 - 18:00	O072	Neural correlates of human cognitive abilities during sleep: an EEG-fMRI study S. Fogel (Ottawa, CA)
18:00 - 18:12	O073	Effect of interictal epileptic spikes on sleep spindles in medial temporal regions during NREM sleep: are there consequences on memory long-term consolidation? A SEEG study I. Lambert (Marseille, FR)
18:12 - 18:24	O074	Bad sleepers' night sleep quality improves after pre-sleep cognitive training F. Conte (Caserta, IT)

Track General, European Network Session, Osaka

17:00 - 18:30

European Network Session - Narcolepsy

17:00 - 17:15

EU-NN Data base: Update

R. Khatami (Barmelweid, CH)

17:15 - 17:30

Etiology of human narcolepsy: what is new?

B. Kornum (Copenhagen, DK)

17:30 - 17:45

Treatment of narcolepsy: what is new?

G. Plazzi (Bologna, IT)

17:45 - 18:00

Genetics of familial narcolepsy

M. Tafti (Lausanne, CH)

18:00 - 18:15

Narcolepsy and opiates

R. Fronczek (Leiden, NL)

18:15 - 18:30

EU-NN-EAN-ESRS Narcolepsy guidelines and EU-NN centers of excellence: update

C. Bassetti (Berne, CH)

Track General, ESST Meeting, Rio

17:00 - 17:45

ESST Meeting - Session 4 - The future of sleep technology

17:00 - 17:30

Future of polysomnography: have we reached a tipping point?

C. Teixeira (Porto, PT)

17:30 - 17:45

The future of the ESST & closing remarks

L. Hill (Edinburgh, UK)



Scientific Programme

17:45 - 18:45	Track General, ESST Meeting, Rio ESST Meeting - ESST AGM / National delegates meeting
18:40 - 19:40	Satellite Symposium, Satellite Symposium, Montreal Satellite Symposium - SomnoMed AG
18:40 - 19:40	New evidence for Continuous Open Airway Therapy (COAT) in OSA J. Bijwadia (Minnesota, US)
18:40 - 19:40	Satellite Symposium, Satellite Symposium, Osaka Satellite Symposium - Toshiba - Discussion of circadian rhythm from the viewpoint of light quality
18:40 - 18:52	Effects of light on human sleep, alertness and mental effort C. Cajochen (Basel, CH)
18:52 - 19:04	Spectrum as a factor to describe the quality of light O. Stefani (Basel, CH)
19:04 - 19:16	The potential of circadian lighting in elderly homes M. Münch (Berlin, DE)
19:16 - 19:28	TRI-R LED Spectrum technology designed for circadian rhythm K. Kobayashi (JP)
19:28 - 19:40	Q & A



Scientific Programme

Thursday, 27 September 2018

		Neuropsychiatry Track, Symposium, San Francisco
08:30 - 10:30		REM sleep fragmentation and emotional dysregulation: Evidence for a new mechanism linking sleep and affect?
08:30 - 09:00	75	Restless REM sleep impedes overnight emotional resolution in insomnia R. Wassing (Amsterdam, NL)
09:00 - 09:30	76	Awakening thresholds and (REM) sleep perception in insomnia patients and good sleeper controls B. Feige (Freiburg, Please choose..., DE)
09:30 - 10:00	77	REM sleep fragmentation and depressive symptoms in late adolescence: evidence from a community cohort A.-K. Pesonen (Helsinki, FI)
10:00 - 10:30	78	Does school-aged children´s anxiety reduce after sleep restriction therapy via REM sleep consolidation? M. Gradisar (Adelaide, AU)
		Basic Track, Symposium, Montreal
08:30 - 10:30		Information processing during sleep: recent developments and future perspectives
08:30 - 09:00	79	Associative learning during human sleep: an interplay between behavior, sleep stages and brain activity A. Arzi (Cambridge, UK)
09:00 - 09:30		Neural markers of perceptual processing and learning during sleep S. Kouider (Paris, FR)
09:30 - 10:00	80	The MemoSleep-Hypothesis: how does cognition influence sleep? B. Rasch (Freiburg, CH)
10:00 - 10:30	81	What can be learned during sleep? Neurophysiological evidence for limitations and boundary conditions P. Peigneux (Bruxelles, BE)
		Track Translational, Symposium, Sydney
08:30 - 10:30		Recent advances in Fatigue Risk Management: from fatigue countermeasure strategies to sleep science-based policy making



Scientific Programme

08:30 - 09:00	82	Basic and clinical sleep and circadian science as a foundation for fatigue risk management in occupational settings H. Van Dongen (Spokane, US)
09:00 - 09:30	83	Fatigue risk management for the offshore oil and gas industry V. Riethmeister (Groningen, NL)
09:30 - 10:00	84	Alertness management strategies among long-haul truck drivers and airline pilots M. Sallinen (Helsinki, FI)
10:00 - 10:30	85	Fatigue proofing: the next generation of fatigue risk management D. Dawson (Wayville, AU)

Respiratory Track, Oral Session, Singapore

08:30 - 10:30		Cardiovascular and other consequences and sleep apnea
08:30 - 08:42	O086	Risk factors for increased daytime sleepiness in sleep apnea - results from the National Swedish Sleep Apnea Registry J. Hedner (Gothenburg, SE)
08:42 - 08:54	O087	Differences in arousal probability and duration after apnea and hypopnea events in adult obstructive sleep apnea patients T. Leppänen (Kuopio, FI)
08:54 - 09:06	O088	Analysing morphine-induced respiratory depression in obstructive sleep apnoea patients using new technologies: a randomised double-blind placebo-controlled study D. Wang (Glebe, NSW, AU)
09:06 - 09:18	O089	Long-term mortality depending on severity of sleep apnea in patients after acute myocardial infarction O. Ludka (Brno, CZ)
09:18 - 09:30	O090	Nonfatal and fatal cardiovascular events in continuous positive airway pressure adherent obstructive sleep apnoea syndrome patients - a retrospective observational study M. Myllylä (Turku, FI)
09:30 - 09:42	O091	Arrhythmias and sleep related breathing disorders: data from the European Sleep Apnoea Database (ESADA) C. Lombardi (Milan, IT)
09:42 - 09:54	O092	Associations of heart rate variability and sleep apnea with hypertension R. Adams (Woodville, SA, AU)
09:54 - 10:06	O093	The predictive value of loop gain measurements in determining continuous positive airway pressure efficacy in patients with obstructive sleep apnea Y. Li (Beijing, Beijing, CN)
10:06 - 10:18	O094	Psychological distress and depression preceding sleep apnea P. Salo (Turku, FI)



Scientific Programme

10:18 - 10:30 **O095** **Relationship between risk factors for obstructive sleep apnea and cognitive function in middle-aged and older adults: cross-sectional analysis of the Canadian Longitudinal Study on Aging**
C. Thompson (Montreal, QC, CA)

Track General, Joint Symposium, Osaka

08:30 - 10:30 **Joint ESRS - EBRs Symposium**

08:30 - 09:00 **96** **Gene expression changes associated with chronic sleep/wake disorders: insights from Drosophila**
L. Seugnet (Lyon, FR)

09:00 - 09:30 **Sleep-activity cycles drive global dynamics of protein and phosphorylation in synapses**
C. Robles (Munich, DE)

09:30 - 10:00 **Human sleep and circadian metabolomics studies**
D. Skene (Guildford Surrey, UK)

10:00 - 10:30 **A search for glymphatic like mechanisms in healthy human sleep**
S. Holst (Copenhagen, DK)

Neuropsychiatry Track, Oral Session, San Francisco

11:00 - 12:00 **Restless legs syndrome and dementia**

11:00 - 11:12 **O097** **Non-dipping pattern in restless legs syndrome**
S. Chenini (Montpellier, FR)

11:12 - 11:24 **O098** **Stroke-related restless legs syndrome: an anatomo-clinical entity with clues to pathophysiology**
E. Ruppert (Strasbourg, FR)

11:24 - 11:36 **O099** **Sleep-wake fragmentation is linked to amyloid beta brain deposition in healthy ageing**
J. Narbutas (Liège, BE)

11:36 - 11:48 **O100** **EEG functional connectivity during REM sleep: a marker of cognitive status?**
A. Lafrenière (Montréal, QC, CA)

11:48 - 12:00 **O101** **Serotine melatonin timing secretion in real life conditions in Alzheimer patients of mild to moderate severity**
R. Manni (Pavia, IT)

Track Human Sleep, Case Discussion, Montreal

11:00 - 12:00 **Case discussion - Central hypersomnia-circadian disorders**



Scientific Programme

11:00 - 11:20		Narcolepsy versus idiopathic hypersomnia Y. Dauvilliers (Montpellier, FR)
11:20 - 11:40		Secondary narcolepsy G. Plazzi (Bologna, IT)
11:40 - 12:00		Comorbid narcolepsy - psychiatric implications P. Jennum (Glostrup, DK)
Track Translational, Symposium, Sydney		
11:00 - 13:00		Rhythms of (un)healthy sleep: understanding and modulation of multi-system oscillations
11:00 - 11:30	102	EEG correlates of multi-system oscillations: from visual identification to the analysis of complexity R. Ferri (Troina, IT)
11:30 - 12:00	103	Autonomic background of multi-system oscillations: from humans to model organisms A. Silvani (Bologna, IT)
12:00 - 12:30		The interplay between periodic leg movements, arousals and breathing events M. Manconi (Lugano, CH)
12:30 - 13:00	104	The interplay between sleep bruxism, arousals and breathing or period movement related events G. Lavigne (Montreal, CA)
Basic Track, Other Session, Singapore		
11:00 - 12:30		ANSS Networking Meeting
11:00 - 11:10		The European situation and the main difficulties among the different national sleep societies L. Parrino (Parma, IT)
11:10 - 11:20		A brief story of the ANSS activities in the last 4 years J. Verbraecken (Edegem, Antwerp, BE)
11:20 - 11:30		The Beyond AHI Task Force: an update E. Sif Arnardottir (Reykjavik, IS)
11:30 - 11:40		Open challenges and future perspectives for the ANSS B. Strazisar (Ljubljana, SL)



Scientific Programme

11:40 - 11:50

Panel Discussion

L. Parrino (Parma, IT)
J. Verbraecken (Edegem, Antwerp, BE)
E. Sif Arnardottir (Reykjavik, IS)
B. Strazisar (Ljubljana, SL)
O.C. Deleanu (Bucuresti, RO)
S. Khachatryan (Yerevan, AM)
L. Korostovtseva (St Petersburg, RU)
Y. van der Werf (Amsterdam, NL)

Poster Session, Poster, Poster Exhibition

Poster Session 2 - Poster viewing

12:00 - 13:00

Neuropsychiatry Track, Oral Session, San Francisco

Parasomnias

12:00 - 12:12

O105

Negative stress coping is associated with structural integrity of posterior cingulate cortex in sleep walking

M. Ramm (Münster, DE)

12:12 - 12:24

O106

Topographical spectral power changes associated with NREM parasomnia episodes - a high-density EEG study

J. Cataldi (Lausanne, CH)

12:24 - 12:36

O107

Regional patterns of neuronal activity in REM sleep behavior disorder using high-density EEG

A. Valomon (Madison, WI, US)

12:36 - 12:48

O108

Actigraphic differences in the rapid eye movement sleep behavior disorder patients

D. Kemlink (Praha, CZ)

12:48 - 13:00

O109

Efficacy of prolonged release melatonin for REM sleep behaviour disorder in Parkinson's disease: a double blind, randomised, placebo-controlled trial

N. Marshall (Camperdown, AU)

12:00 - 13:00

Track Human Sleep, Case Discussion, Montreal

Case Discussion

12:00 - 12:20

Central hypersomnias: A pediatric KLS case after 2009 H1N1 vaccine

M. Lecendreux (Paris, FR)

12:20 - 12:40

Gait Disturbance as first sign of early onset narcolepsy

F. Pizza (Bologna, IT)



Scientific Programme

12:40 - 13:00

A case of paroxysmal nocturnal events associated with choking

L. Nobili (Milano, IT)

Poster Session, Poster, Poster Exhibition

Biochemistry & neurobiology 1

- P281** **Dynamic metabolic changes in the waking and sleeping brain - insights from MR spectroscopy**
M. Lehmann (Zurich, CH)
- P282** **Randomized, single dose, double-blind, 4-way crossover study determining the abuse potential of pitolisant compared to phentermine and placebo, in healthy, non-dependent recreational stimulant users**
C. Scart-Grès (Paris, FR)
- P283** **Olanzapine influence on brain activity shown in standardized low resolution brain electromagnetic tomography and heart rate variability during sleep in healthy subjects**
Y. Abshir Ahmed (München, Bayern, DE)
- P284** **Relationship between early and late components of the evoked response to two different auditory stimuli applied during slow wave sleep by means of closed-loop technique**
E. Krugliakova (Zürich, CH)
- P285** **Differential regulation of theta and fast-gamma oscillations in the waking state of mice disrupted in Hypocretin/Orexin Receptor-1, or 2 selectively in noradrenergic, or dopaminergic neurons**
A. Vassalli (Lausanne, CH)
- P286** **Homer1a upregulation in the claustrum, a neuronal super-hub, may influence sleep/wake behavior**
N. Naidoo (Philadelphia, PA, US)
- P287** **Gray matter volume correlates of sleepiness: a voxel-based morphometry study in younger and older adults**
T. Åkerstedt (Stockholm, SE)
- P288** **Effects of habenular stimulation frequencies on obstructive sleep apnea induced by stimulation of insular cortex**
M. Li (Changchun, CN)
- P289** **Scale invariance attenuation and altered sleep parameters following increasing dim-light-at-night duration periods**
T. DeBoer (Leiden, NL)
- P290** **Individual waking alpha EEG power correlates negatively with adenosine receptor density measured with PET**
D. Elmenhorst (Jülich, DE)
- P291** **Ambient temperature warming and the role of the lateral hypothalamus in REM sleep expression**
M. Schmidt (Berne, CH)



Scientific Programme

- P292** **Caring for those with brain injury: investigating sleep disturbances and fatigue**
M. Gardani (Glasgow, UK)
- P293** **Habitual daily caffeine consumption and its cessation changes human grey matter density independent from the effect of cerebral blood flow: a multimodal study**
Y.-S. Lin (Basel, CH)
- Poster Session, Poster, Poster Exhibition
- Sleep physiology 2**
- P294** **Measures of interoception during changes in conscious state from wakefulness to sleep and their potential significance for altered awareness in psychiatric conditions**
J. Lechinger (Kiel, DE)
- P295** **Genetic contribution to slow wave energy in adolescents**
A. Markovic (Bern, CH)
- P296** **Slow-wave enhancement reduces trauma-induced APP overexpression in novel mouse model of traumatic brain injury compatible with EEG/EMG headset**
M.M. Morawska (Zurich, CH)
- P297** **The 0.02 Hz-oscillation in sigma power times spontaneous transitions from non-REM sleep**
R. Cardis (Lausanne, CH)
- P298** **Sleep under cold pressure: rats vs hamsters**
O. Shylo (Kharkiv, UA)
- P299** **Sigma power topography maturation across the first two decades of life**
S. Kurth (Zurich, CH)
- P300** **Cortical perturbations reveal local sleep-like down states in cortical perilesional area**
S. D'Ambrosio (Milan, IT)
- P301** **Peripheral sympathetic activations underlying PWA drops induce significant changes in EEG activity in a sleep-stage-specific manner**
M. Betta (Lucca, Lucca, IT)
- P302** **Sleep orchestrates input-specific plasticity and global stability of neural assemblies in the human cortex**
J.G. Maier (Bern, CH)
- P303** **Bidirectional and context-dependent changes in theta and gamma oscillatory brain activity in noradrenergic cell-specific Hcrtr1 KO mice**
S. Li (Lausanne, CH)
- P304** **Is the sleep structure vulnerable to microbiological indoor air contaminants?**
M. Meira e Cruz (Lisboa, PT)
- P305** **Sleep quality and daytime sleepiness among primary care physicians**
A. Wichniak (Warsaw, PL)



Scientific Programme

- P306** **Night-shift work and work hours among primary care physicians - consequences for sleep quality, body weight and risk of primary sleep disorders**
K. Gustavsson (Warszawa, Mazowieckie, PL)
- P307** **A case study: increased spectral power and correlations of multimodal neuroimaging data during N1 sleep as a link to glymphatic mechanism**
H. Helakari (Oulu, FI)
- P308** **Nonparametric approach for sleep stage classification using cardiorespiratory and movement features**
S. Kumar (Zurich, CH)

Poster Session, Poster, Poster Exhibition

Chronobiology 2

- P310** **Does Light with variation in spectrum and intensity during night shift prevent delay of circadian rhythm and sleepiness?**
S. Higuchi (Fukuoka, JP)
- P311** **Larks, owls, swifts and woodcocks among fruit flies: maladaptive responses of the sleep-wake cycle to hot and/or long summer days are modified by heritable chronotype**
A. Putilov (Novosibirak, RU)
- P312** **Sleep homeostasis during daytime food entrainment in mice**
R.C. Northeast (Oxford, County (optional), UK)
- P313** **Melatonin circadian rhythms in menopausal women with insomnia: ethnic aspect**
N. Semenova (Irkutsk, RU)
- P314** **Evening and bedtime use of electronic devices and its effects on subjective sleep characteristics. Are blue light filters effective?**
M. Šmotek (Klečany, CZ)
- P315** **Effects of lighting with continuously changing color temperature and illuminance on subjective sleepiness and melatonin profiles**
O. Stefani (Basel, CH)
- P316** **The impact of shift-work on human energy intake: a systematic review**
E. Cayanan (Camperdown, NSW, AU)
- P317** **The effects of a split-sleep schedule on vigilance and sleep in nurses working night shifts**
T. Weysen (Eindhoven, NL)
- P318** **Interaction of chronotype subscales and their association with single nucleotide polymorphisms in shift-working drivers**
A. Puchkova (Moscow, Russia, RU)
- P319** **No circadian activity rhythm in single-handed racing sailors**
R.V. Rial (Palma de Mallorca, ES)
- P320** **Effects of short exposure to different light illuminance in regular rest breaks on melatonin suppression and sleepiness during simulated night work**
S.-I. Lee (Sapporo, JP)



Scientific Programme

- P321 Social jetlag in Chinese assessed with wearable devices**
Z. Zhang (Barmelweid, CH)
- P322 Is sleepiness in shift work different according to work schedule?**
S.D.B. Garnier (Quebec, QC, CA)
- P323 The relationship between vitamin D deficiency and daytime sleepiness in workers of a general hospital**
H.J. Lee (Seongnam-si, KR)
- P324 Pilot study to investigate sleep disorders in blind and severe visual impairment**
C. Dirks (Muenster, DE)
- P325 Daytime siesta is associated with increased HbA1c community cross-sectional study**
M. Al-Abri (Muscat, OM)
- P326 Variability of total sleep time in patients with delayed sleep-wake phase disorder**
T. Kitajima (Toyoake, Aichi, JP)
- P327 Sleep coaching in a population-based RCT improves adolescent sleep**
A.-K. Pesonen (Helsinki, FI)
- P328 Tasimelteon for jet lag disorder: results of the JET8 study, a randomized placebo controlled phase 3 trial**
C. Polymeropoulos (Washington, DC, US)

Poster Session, Poster, Poster Exhibition

Behavior 2

- P329 Quantifying the risk of poor sleep outcomes for high and very high adolescent social media users: findings from the nationally representative UK Millennium Cohort Study**
H. Scott (Glasgow, UK)
- P330 Effects of bright light on sleepiness and cognitive performance during simulated night shift work**
J. Mrdalj (Bergen, NO)
- P331 Daytime sleep following bright light exposure during simulated night shifts**
J. Mrdalj (Bergen, NO)
- P332 Social media use and sleep in adults: a vulnerability perspective**
H. Scott (Glasgow, UK)
- P333 Bedtime and behavioral problems in Finnish students**
L. Kortesoja (Helsinki, FI)
- P334 The pleasure of sleeping**
R.V. Rial (Palma de Mallorca, ES)
- P335 No effect by daily coffee consumption on the association between a common gene variant of the melatonin receptor 1B and fasting blood glucose**
X. Tan (Uppsala, SE)



Scientific Programme

- P336 Which characteristics predict the preference for later school start times in Zurich adolescents?**
H. Werner (Zurich, CH)
- P337 Young children´s sleep and maternal sleep-related cognitions: a comparison between three different Arab societies in Israel**
I. Haimov (Nazareth, IL)
- P338 Equality of sleep disturbances in parents is associated with reduced stress**
G. Hardelin (Stockholm, SE)
- P339 Romantic love - another reason to sleep less during adolescence**
L. Kuula (Helsinki, FI)
- P340 To snooze or not to snooze: effects of intermittent morning awakenings 30 minutes before final awakening.**
T. Sundelin (Stockholm, SE)
- P341 Sleep complaints and well-being in shiftworkers of different occupational groups**
I. Hrytsyuk (Kiev, UA)
- P342 Reactivation of hypothalamic inhibitory neurons during REM sleep maintains appetite**
L. Oesch (Bern, CH)
- P343 Benefits of a short afternoon nap: Investigating the parallel effects on physiological arousal and cognitive performance**
T. Ru (Guangzhou, Guangdong, CN)
- P344 Glucose tolerance following a 6-week sleep extension protocol in overweight short sleepers**
I. Hartescu (Loughborough, UK)
- P345 Is it possible to adjust the driving and resting times when operating highly autonomous trucks?**
C. Ahlström (Linköping, SE)
- P346 Excessive daytime sleepiness and traffic accidents among taxi drivers: a cross-sectional survey in Izmit**
Ç. Çaglayan (Kocaeli, TR)

Poster Session, Poster, Poster Exhibition

Learning, memory & cognition 2

- P347 Neural correlates of autobiographical memory and self in patients of stroke and head injury**
P. Taylor (Bangalore, karnataka, IN)
- P348 Sleeping after an emotional event leads to long-term decreases in visceral and subjective emotional responses associated with memory**
E. Bolinger (Tübingen, DE)
- P349 A daytime nap facilitates the consolidation of and modulates the autonomic response to emotional memories**
N. Cellini (Padova, IT)



Scientific Programme

- P350** **Assessing the sequential hypothesis for memory consolidation in narcoleptic patients**
M. Strauss (Gif/Yvette, FR)
- P351** **Lack of frequency-tagged magnetic responses suggests statistical regularities remain undetected during NREM sleep**
P. Peigneux (Bruxelles, BE)
- P352** **Perinatal memory and the influence of prenatal stimulation on newborns sleep**
A. Lang (Salzburg, AT)
- P353** **Brain connectivity during the consolidation of procedural learning in quiet rest versus sleep**
Z. Zavecz (Budapest, HU)
- P354** **Reinstatement of emotional associations during human sleep: an intracranial EEG study**
G. Legendre (Genève, CH)
- P355** **Pre-attentive auditory perception during slow-wave sleep: a study of event-related potentials in response to violation of global and local regularity in the sound sequence**
K. Liukovich (Moscow, RU)
- P356** **The impact of sleep on complex gross-motor adaptation in adolescents**
K. Bothe (Salzburg, Salzburg, AT)
- P357** **Does sleep benefit prospective intention realization: comparing valence and neutral cues**
N. Kashyap (Guwahati, IN)
- P358** **Well done! Effects of post-learning positive reinforcement on motor memory recall performance 12 hours and 1 month after learning**
F. Rångtell (Uppsala, SE)

Poster Session, Poster, Poster Exhibition

Sleep deprivation 1

- P359** **The effect of sleep deprivation on recognition of ambiguous emotional facial expressions in individuals with ADHD**
O. Dan (Shimshit, IL)
- P360** **The sleepiness curve of young men with and without Attention Deficit Hyperactivity Disorder (ADHD)**
A. Cohen (Yezreel Valley, IL)
- P361** **The effect of short sleep on lipid metabolism in Japanese university students**
S. Miyata (Nagoya, JP)
- P362** **Homeostatic response to sleep restriction in adolescents**
J. Skorucak (Zurich, CH)
- P363** **Intrinsic nonlinearity of psychomotor vigilance test metrics as a function of hours awake during sleep deprivation**
S. Riedy (Spokane, WA, US)



Scientific Programme

- P365 Cognitive performance and self-reported sleepiness are modulated by time-of-day during a mountain ultramarathon**
R. Hurdziel (Dunkerque, FR)
- P366 Chronic sleep restriction only reduces performance when it accrues rapidly**
T.L. Signal (Wellington, NZ)
- P367 The alerting effects during the wake maintenance zone vary with prior duration of wakefulness**
J. de Zeeuw (Berlin, DE)
- P368 Effect of a single night of total sleep deprivation and a night of recovery sleep on plasma melatonin and cortisol profiles and the metabolome**
A. Homma (Guildford, UK)
- P369 Sleep deprivation alters affective and neural responses to erotic stimuli in heterosexual males**
L. Riontino (Genève, CH)
- P370 Work organization reduces sleep quality among airline pilots**
C. Moreno (Sao Paulo, BR)
- P371 Decreased inhibitory control after partial sleep deprivation in individuals reporting binge eating**
A. Ballezio (Rome, IT)
- P372 State anxiety over 62 hours of sleep deprivation and recovery**
T.J. Doty (Silver Spring, MD, US)
- P373 Specified brain states determined by dynamic functional connectivity occur with higher frequencies after 52h sleep deprivation compared to recovery**
C. Li (Jülich, DE)

Poster Session, Poster, Poster Exhibition

Methodology & computation 2

- P374 Comparison between the use of APAP and manual titration during split night polysomnography for diagnosis and treatment of OSA**
H. Gharraf (Alexandria, EG)
- P375 OUTCOMES OF TORS AS PART OF MULTILEVEL SURGERY IN SELECT OSA PATIENTS**
K. Nagpal (New Delhi, IN)
- P376 Agreement of mobile app with SleepSense and polysomnography in patients with sleep-disordered breathing**
P. Song (Gyeonggi-do, KR)
- P377 Methods for detecting abnormal ventilation in children with snoring and with different genetic features**
P. Nokelainen (Tampere, FI)
- P378 Evaluation of home polysomnography for making a sleep diagnosis**
L. Rohling (Zwolle, Overijssel, NL)



Scientific Programme

- P379 A novel home-based strategy for obstructive sleep apnoea detection in paediatrics**
C.A. Macleod (Glasgow, Lanarkshire, UK)
- P380 Psychometric properties of the Chinese Epworth Sleepiness Scale among individuals with depressive symptoms: a confirmatory factor analysis**
Y.C. Lam (Hong Kong, HK)
- P381 Impact of weak extremely low frequency pulsed electromagnetic field on subjective assessment of sleep quality**
I. Blokhin (Moscow, RU)
- P382 Inter- and intra-expert variability in sleep scoring: comparison between visual and automatic analysis**
V. Muto (Liège, BE)
- P383 Guidelines for the application of the objective sleepiness scale for drowsiness assessment**
J. Taillard (Bordeaux, FR)
- P384 High-throughput sleep phenotyping establishes heritability and identifies a novel linkage peak in diversity outbred mice**
B. Keenan (Philadelphia, PA, US)
- P385 Pilot assessments of mobile and automated sleep recording and auditory slow-wave stimulation for in-home studies**
C. Lustenberger (Zurich, CH)
- P386 Dissecting local sleep spindles in the thalamocortical system**
M. Bandarabadi (Bern, CH)
- P387 Heart rate variability-based sleep staging in healthy subjects and patients with sleep disorders**
P. Fonseca (Eindhoven, NL)
- P388 Development of predictive models of obstructive sleep apnea by using decision tree**
M. Amini (Mashhad, IR)
- P389 Developing minimum data set for information management systems of obstructive sleep apnea**
M. Amini (Mashhad, IR)
- P390 Extracting association rules from polysomnographic data of obstructive sleep apnea subjects**
M. Amini (Mashhad, IR)

Poster Session, Poster, Poster Exhibition

Breathing disorders 3

- P391 The predictive risk factors of cardiovascular events in patients with obstructive sleep apnoea and hypopnea syndrome**
R. Chen (Suzhou, CN)
- P392 Estimation of obstructive sleep apnea severity using additive Bayesian networks**
A. Bostanci (Antalya, TR)



Scientific Programme

- P393** **The effectiveness of remote monitoring in improving CPAP compliance: a randomised, controlled study**
S. van der Kleij (Breda, NL)
- P394** **Home sleep apnea testing with Polywatch® - comparison with polysomnography**
M. Ferreira (Coimbra, PT)
- P395** **Comparing electrocardiographic differences in patients with complex sleep apnea using four different adaptive servo-ventilation devices**
J. Knitter (Tucson, AZ, US)
- P396** **Effect of gender on obstructive sleep apnea severity change according to age-group**
Y.-Y. Shin (Seoul, KR)
- P397** **Distinct EEG-EMG-coherence patterns associated with sleep-disordered breathing severity grade**
H. Gouveris (Mainz, DE)
- P398** **Imaging of obstructive sleep apnoea anatomic risk factors after bariatric surgery weight loss: a pilot study**
K. Sutherland (Sydney, NSW, AU)
- P399** **Craniofacial photography for assessment of obstructive sleep apnoea risk in an Icelandic general population sample**
K. Sutherland (Sydney, NSW, AU)
- P400** **Sleepiness, fatigue, anxiety and depression in overlap syndrome**
N.-T. Economou (Athens, GR)
- P401** **Investigation of the relationship between neutrophil-to-lymphocyte ratio, platelet-to-lymphocyte ratio and obstructive sleep apnea syndrome**
J.S. Lee (Anyang, KR)
- P402** **Estimating obstructive sleep apnea in cyprus: a randomized stratified epidemiological study using STOP-BANG questionnaire**
F. Frangopoulos (Nicosia, CY)
- P403** **Decreased thickness of peripapillary retinal nerve fibre layer and macular layer in patients with moderate and severe obstructive sleep apnoea syndrome**
P.-W. Lin (Kaohsiung, TW)
- P404** **Improvement of visual sensitivity and retinal thickness after continuous positive airway pressure in patients with obstructive sleep apnoea syndrome**
H.-C. Lin (Kaohsiung, TW)
- P405** **Does CPAP treatment lead to increased light and moderate-vigorous physical activity in OSA patients with cardiac or cerebrovascular events?**
D. Stevens (Daw Park, SA, AU)
- P406** **Prevalence of parasomnias in relation to presence and severity of obstructive sleep apnea. A registry-based cross-sectional study**
R.S. Lundetræ (Bergen, NO)



Scientific Programme

- P407** **Positional dependency in mild obstructive sleep apnoea in the European Sleep Apnoea Database (ESADA) study**
I. Bouloukaki (Heraklion, GR)
- P408** **Clinical judgement in mild OSA - data from the European Sleep Apnoea Database (ESADA) study**
I. Bouloukaki (Heraklion, GR)
- P409** **Effect of oxygen supplementation on sleep and nocturnal breathing in patients with chronic obstructive pulmonary disease travelling to high altitude: randomized cross-over trial**
L. Tan (Chengdu, Sichuan Province, CN)

Poster Session, Poster, Poster Exhibition

Breathing disorders 4

- P410** **Mild cognitive impairment and its risk factors in Chinese patients with obstructive sleep apnea**
R. Chen (Suzhou, CN)
- P411** **Characterization and severity assessment of patients with obstructive sleep apnea**
N. Kyuchukov (Pleven, BG)
- P412** **Comparison of apnea detection using nasal pressure transducer, oronasal thermal airflow sensor, and tracheal sound sensor**
M. Glos (Berlin, DE)
- P413** **Age-related differences in the ability of c-reactive protein to detect cardiometabolic risk in mild-to-moderate obstructive sleep apnoea**
A. Vgontzas (Hershey, PA, US)
- P414** **Is the stop-bang questionnaire a good clinical predictor for sleep-disordered breathing in the general population?**
F. Bauters (Ghent, BE)
- P415** **Severe obstructive sleep apnea: positional patients (PP) vs. non-positional patients (NPP)**
A. Oksenberg (Raanaana, IL)
- P416** **Sleep disturbances and asthma control among Bulgarian asthmatic patients**
Z. Ivanova (Pleven, BG)
- P417** **Cerebral white matter and cognitive decline in middle-aged and older adults with obstructive sleep apnea**
M.-È. Martineau-Dussault (Montreal, QC, CA)
- P418** **Analysis of continuous positive airway pressure adherence in obstructive sleep apnea subjects: a mixed qualitative and quantitative approach**
M. Amini (Mashhad, IR)
- P419** **Patient barriers in acceptance of polysomnography ordered by doctor - a qualitative study**
M. Amini (Mashhad, IR)



Scientific Programme

- P420** **Obstructive sleep apnoea syndrome with cranio facial abnormalities: case report and review of literature**
B. Omarjee (Saint Denis, RE)
- P421** **Psychometric properties of the 9-item Ethos brief among obstructive sleep apnea patients**
M. Ulander (Linköping, Ostergotland, SE)
- P422** **A patient with concomitant catathrenia, snoring and central sleep apnea events. The polysomnographic differences between them**
S. Delis Gómez (Madrid, ES)
- P423** **Obstructive sleep apnea-hypopnea syndrome and comorbidities: a retrospective Moroccan study**
A. Jniene (Rabat, MA)
- P424** **Vitamin D deficiency by obstructive sleep apnea (OSA) severity: the importance of an adequate supplementation.**
R. Silvestri (Messina, IT)
- P425** **Central sleep apnea and cardiovascular burden: sex differences in a retrospective romanian population**
O.C. Deleanu (Bucuresti, RO)
- P426** **Hypertension in obstructive sleep apnea is associated with increased carbonic anhydrase activity**
D. Zou (Gothenburg, SE)
- P427** **Association between sleep disordered breathing symptoms, sleep apnea and socio-economic status: a systematic review of the literature**
O. Guglielmi (Genoa, Italy, IT)
- P428** **Daytime dyspnea is a strong predictor of sleep apnea in an unselected population of COPD patients**
D. Hansson (Gothenburg, SE)

Poster Session, Poster, Poster Exhibition

Insomnia 3

- P429** **Time estimation following a nap condition in good sleepers**
M. Salanitro (Swansea, UK)
- P430** **Modelling sleep state misperception at sleep onset**
L. Hermans (Eindhoven, NL)
- P431** **Sleep quality related with exercise duration and timing in community dwelling adults**
J. Lee (Chunchon, KR)
- P432** **Patient's perception of comorbid anxiety and insomnia: a qualitative approach**
S.-E. Nadeau (Québec, QC, CA)
- P433** **The efficacy of cognitive and behavior therapies for insomnia on daytime symptoms: a systematic review and network meta-analysis**
F. Benz (Freiburg, DE)



Scientific Programme

- P434** **Neural correlates of cognitive control functioning in individuals with insomnia disorder**
C. Muscarella (Brussels, BE)
- P435** **Tracking nightly changes in pre-sleep cognitive arousal during sleep restriction therapy**
L.F. Maurer (Oxford, Oxfordshire, UK)
- P436** **Internet-based CBT for insomnia in the general population - a description of design, measurements and interventions in recent RCT studies**
S. Siebmanns (Jönköping, SE)
- P437** **“You can´t always get what you want” - methodological challenges with an internet-based CBT intervention for insomnia among patients with cardiovascular disease**
S. Siebmanns (Jönköping, SE)
- P438** **The association between insomnia, stress reactivity and hyperarousal in women in menopausal transition**
O. Ballot (Quebec, QC, CA)
- P439** **Racing thoughts in insomnia are associated with insomnia severity and mood instability: towards a better characterisation of a key clinical symptom**
L. Weiner (Strasbourg, FR)
- P440** **Evaluation of Insomnia among workers of a cast iron factory**
M. Saraei (Tehran, IR)
- P441** **Searching for paradoxical insomnia**
D. Neutel (Lisbon, PT)
- P442** **Sleep quality in shift workers of offshore petroleum industry**
A. Zahabi (Tehran, IR)
- P443** **Insomnia and cognitive function in older adults: a cross-sectional analysis of the Canadian Longitudinal Study on Aging**
N. Cross (Montreal, QC, CA)
- P444** **Chronic insomnia in morning and evening persons, and short and long-term effects of unguided internet-based cognitive behavior therapy for insomnia**
Ø. Vedaa (Trondheim, NO)
- P445** **Smartphones may serve as efficient sleep therapists**
A. Baharav (Petach Tiqva, IL)
- P446** **The genetic liability for insomnia is associated with the number of awakenings during sleep in young and healthy individuals**
P. Ghaemmaghami (Liege, BE)

Poster Session, Poster, Poster Exhibition

Hypersomnia 2

- P447** **Serum of narcolepsy type 1 patients does not decrease hypocretin receptor 2 function**
M. Schinkelshoek (Leiden, NL)



Scientific Programme

- P448 Sleep-state and dream perception in sleep disorders**
M. Schinkelshoek (Leiden, NL)
- P449 Personality traits in subjective perception of hypersomnolence**
E. Miletinova (Klecaný, CZ)
- P450 Disturbed nighttime sleep in patients with central disorders of hypersomnolence**
R. Wix Ramos (Madrid, ES)
- P451 The role of emotion regulation in narcolepsy with cataplexy**
U. Kallweit (Hagen, DE)
- P452 Anterior hippocampus volume loss in narcolepsy with cataplexy**
V. Nemcova (Praha, CZ)
- P453 Relationship between efficacy endpoints and measures of functional status and health-related quality of life (HRQoL) in narcolepsy patients treated for excessive sleepiness**
T.E. Weaver (Chicago, IL, US)
- P454 Delayed diagnosis and burden of excessive sleepiness associated with obstructive sleep apnea**
L. Tesler Waldman (Mill Valley, CA, US)
- P455 Impact of narcolepsy on educational skills in young Polish patients**
A. Wierzbicka (Warsaw, PL)
- P456 Relationship between efficacy endpoints and measures of functional status and health-related quality of life (HRQoL) in obstructive sleep apnea patients treated for excessive sleepiness**
S.D. Mathias (Winter Park, FL, FL, US)
- P457 Motor vehicle accidents in patients with excessive daytime sleepiness**
K. Sadeghniaat-Haghighi (Tehran, IR)
- P458 Suboptimal adherence to treatment is common in patients with narcolepsy**
L. Pérez-Carbonell (London, UK)
- P459 Kleine-Levin syndrome or migraine with brainstem aura?**
C. Gutierrez Muñoz (Santander, ES)
- P460 Polysomnographic features related to REM sleep of patients with narcolepsy**
T. Yagi (Kawasaki, Kanagawa, JP)

Poster Session, Poster, Poster Exhibition

Neurological disorders 2

- P461 Sleep disorders in patients with Leber hereditary optic neuropathy**
I. Příhodová (Praha, CZ)
- P462 Does the excessive daytime sleepiness in advanced Parkinson`s disease depend on the quality of night time sleep?**
K. Shevtsova (Moscow, RU)



Scientific Programme

- P463** **Insomnia, nightmares and daytime sleepiness in university students with ADHD**
A. Schlarb (Bielefeld, DE)
- P464** **Alteration of cyclic alternating pattern correlates with impairment of heart rate variability in patients affected by amyotrophic lateral sclerosis**
M.M.F. Puligheddu (Monserrato, IT)
- P465** **Sleep fit: a new app to assess sleep symptoms in Parkinson's disease**
A. Mascheroni (Manno, CH)
- P466** **Nocturnal stridor treated with continuous positive airway pressure in a patient with multiple system atrophy: a case study**
P. Peřinová (Prague, CZ)
- P467** **A young man with multiple system atrophy - how does polysomnography help?**
I. Luzeiro (Coimbra, PT)
- P468** **Brain white matter damage and its association with neuronal synchrony during sleep**
E. Sanchez (Montreal, QC, CA)
- P469** **Visual dysfunction and neurodegeneration in Rem sleep behavior disorder and Parkinson's disease: a visual evoked potentials study**
R. Cremascoli (porto Valtravaglia, VA, IT)
- P470** **Total sleep deprivation unmasks subjective daytime sleepiness and impairments in alertness unique to mild traumatic brain injury**
A. McKeon (Silver Spring, MD, US)
- P471** **Daytime sleepiness in patients with chronic fatigue syndrome**
I. Bileviciute-Ljungar (Stockholm, SE)
- P472** **Positional difference between patients with obstructive sleep apnea with and without Parkinsonism**
D.L. Koo (Seoul, KR)
- P473** **Effects of ischemic stroke on sleep architecture: a retrospective study**
L. Pichler (Vienna, AT)
- P474** **Regular exercise program impacts positively on sleep disturbances, depression and fatigue in female patients with multiple sclerosis**
D. Sadeghi Bahmani (Basel, CH)
- P475** **Among patients with multiple sclerosis (MS) both objective and subjective sleep, depression, fatigue and paresthesia improved after three weeks of intense rehabilitation**
D. Sadeghi Bahmani (Basel, CH)
- P476** **SLOW WAVE ACTIVITY (SWA) UNDER CONDITIONS OF MICROGRAVITY: THE EFFECTS OF 7 DAYS OF WHOLE BODY UNLOADING USING A HYPERBUOYANCY FLOATATION (HBF) BED**
V. Gnoni (London, UK)
- P477** **Which patients have abnormal spindles and K complexes on routine PSGs?**
S. Parreira (Lisboa, PT)



Scientific Programme

Poster Session, Poster, Poster Exhibition

Medical disorders 1

- P478** **Poor sleep quality in patients with type 2 diabetes in association with melatonin and other factors.**
N. Limba (Riga, LV)
- P480** **The comparison of dexmedetomidine and midazolam for sleep in critically ill patients**
S.J. Kim (Ras Al Khaimah, UAE, AE)
- P482** **Hypopharyngeal surgery for OSAS - side effects**
A. Katbeh (Tel Aviv, IL)
- P483** **Sleep in ATR-X**
P. van Mierlo (Heeze, NL)
- P484** **Non-apnoea sleep disorder increases the risk of incident heart failure-a nationwide population-based cohort study**
I.-D. Wang (Taipei, -- no selection --, TW)
- P485** **Opioid use in adults referred for sleep disorder assessment and associated long-term consequences: a population-based study**
T. Kendzerska (Ottawa, ON, CA)
- P486** **Analysis of tissue metalloproteinase inhibitor-1 gene polymorphism (C536T) in non-valvular atrial fibrillation patients with concomitant obstructive sleep apnea-hypopnea syndrome**
T. Balabanovich (Grodno, BY)
- P487** **Effects of sleep extension on glucose metabolism in chronically sleep-deprived individuals**
A. So-ngern (Khon Kaen, TH)
- P488** **Respiratory events, heart rate and oxygen parameters in obstructive sleep apnea - chronic obstructive pulmonary disease patients**
S. Mihaicuta (Timisoara, RO)
- P489** **Anthropometric and comorbidity differences in patient with obstructive sleep apnea and chronic obstructive pulmonary disease**
S. Mihaicuta (Timisoara, RO)
- P490** **Sleep bruxism, low back pain and quality of life**
I. Luzeiro (Coimbra, PT)
- P492** **The role of chronotype and sleep hygiene in the treatment of obesity**
E. Fárková (Klečany, Česká republika, CZ)
- P493** **Are subjective measurements of insomnia sufficient in chronic pain?**
K. Abeler (Tromsø, NO)

Poster Session, Poster, Poster Exhibition

Psychiatric & behavioural disorders 2



Scientific Programme

- P494** **Insomnia disorder as a predictor of mental disorders and pain: a systematic review and meta analysis**
E. Hertenstein (Berne, CH)
- P495** **Sleep in individuals at risk of bipolar disorder**
P. Jawinski (Berlin, DE)
- P496** **Family irregularity disturbs the development of sleep in children**
M.E. Koopman-Verhoeff (Rotterdam, NL)
- P497** **Sleep quality during pregnancy and at postpartum is associated with delusional ideation**
E. Solomonova (Montreal, QC, CA)
- P498** **Bi-directional relationship between sleep and psychiatry illness**
J. Isaac (Beja, PT)
- P499** **Which daytime impairments are specific to insomnia and which overlap with depression: a case-control study**
X.W. Ji (Quebec, QC, CA)
- P500** **Impact of sleep restriction on mood and emotion regulation in adolescents with attention-deficit/hyperactivity disorder**
S. Becker (Cincinnati, OH, US)
- P501** **Therapeutic auditory stimulation during sleep in depression: preliminary findings**
K.V. Danilenko (Novosibirsk, RU)
- P502** **The effect of sleep deprivation, daily life stress and happiness on academic performance in Korean adolescent students**
G. Ju (Cheongju-si, KR)
- P503** **Digital media use before bedtime and sleep quality among Finnish adolescents**
N. Sandman (Turku, FI)
- P504** **Daylight exposure, depression and sleep in adolescents**
C. Moreno (Sao Paulo, BR)
- P505** **Auditory closed-loop stimulation of the sleep slow oscillations in patients with schizophrenia**
R. Göder (Kiel, DE)
- P506** **High risk of OSA increases affect dysregulation among patients with schizophrenia spectrum disorder: an effect mitigated by the presence of a concurrent substance use disorder**
J. De Koninck (Ottawa, ON, CA)
- P507** **Severity of paranoid thoughts in a non-clinical sample moderates the relationship between previous night sleep and next-day paranoia: a prospective study using experience sampling methodology**
J. Barton (Manchester, UK)
- P508** **Daily activity levels, sleep quality and chronotypes in the early phase of psychosis**
J.-M. Petit (Lausanne, CH)



Scientific Programme

- P509** **Sleep as a moderator of the relationship between child maltreatment and romantic relationship patterns**
A. Schlarb (Bielefeld, DE)

Poster Session, Poster, Poster Exhibition

Paediatrics 1

- P512** **Association between REM sleep EEG connectivity and daytime core symptoms in children with Autism Spectrum Disorder**
R. Godbout (Montreal, QC, CA)
- P513** **The relationship between sleep and temperament in early childhood**
I. Morales Muñoz (Helsinki, Finland, FI)
- P514** **A full sleep assessment in children with attention deficit hyperactivity disorders (ADHD)**
S. Miano (Lugano, CH)
- P515** **Clinical and patient global impression in a study of sodium oxybate in children and adolescents with narcolepsy with cataplexy**
G. Plazzi (Bologna, IT)
- P516** **The impact of experimental sleep restriction on adolescent mood**
M. Short (Adelaide, SA, AU)
- P517** **The predictive value of polysomnography combined with quality of life for treatment decision of children with habitual snoring related to adenotonsillar hypertrophy**
G. Zhao (Beijing, Beijing, CN)
- P518** **Adenotonsillectomy improved quality of life better versus nonsurgical management for children with controversial diagnoses of obstructive sleep apnea: a prospective cohort study**
G. Zhao (Beijing, Beijing, CN)
- P519** **Sleep onset latency and psychologic problems in Siberian adolescents: the school-based study**
S. Tereshchenko (Krasnoyarsk, RU)
- P520** **Sleep spindles features in obesity obstructive sleep apnea adolescents**
N. Semenova (Irkutsk, RU)
- P521** **The relationship between sleep habits and positive and negative emotions in infants and toddlers: a preliminary study**
V. Bacaro (Rome, IT)
- P522** **Polysomnographic study in primary-school children with Attention Deficit Hyperactivity Disorder**
R. Carcangiu (Rouffach, FR)
- P523** **Night-to-night sleep variability and objective short sleep duration are associated with impaired sympathetic-parasympathetic balance in adolescents**
J. Fernandez-Mendoza (Hershey, PA, US)



Scientific Programme

- P524 Self-assessed sleep quality and it influencing factors in Latvian adolescents**
M. Celmina (Riga, LV)
- P525 Infants´ sleep development during the 1 year after birth under nocturnal co-sleep conditions**
H. Eto (Nagasaki, Nagasaki, JP)
- P526 The association of sleep disturbances and gastroesophageal reflux in adolescents**
S. Tereshchenko (Krasnoyarsk, RU)

Poster Session, Poster, Poster Exhibition

Sleep & aging 2

- P268 Morning physiological changes after a dawn simulation light**
V. Gabel (Palo Alto, CA, US)
- P269 Sleep in Alzheimer's disease spectrum disorders measured by WatchPAT, a home-based polysomnography**
S. Park (Seoul, KR)
- P270 Sleep disorders, age-related estrogen deficiency and melatonin in therapy**
N. Semenova (Irkutsk, RU)
- P271 Sleep quality of older adults living in different housing arrangements**
A. Koscec Bjelajac (Zagreb, HR)
- P272 From RBD to AD or mixed neurodegeneration? A case report**
A. Galbiati (Milan, IT)
- P273 Links between circadian rhythm fragmentation, regular physical activity and amyloid burden in healthy older adults**
S. Rehel (Caen, FR)
- P274 Sleep quality, excessive daytime somnolence and quality of life of elderlies.**
G.S. Brandão (Senhor do Bonfim, BA, Brazil., BR)
- P275 Sleep-wake patterns in older adults with mild cognitive impairment**
P. Peirano (Santiago, Region Metropolitana, CL)
- P276 Subjective sleepiness and executive functions over a 14-hour wake period in elderly subjects**
B. Albinni (Caserta, IT)
- P277 Home exercise improves the quality of sleep and daytime sleepiness of elderlies**
L.V.F. Oliveira (Anapolis (GO), BR)
- P278 Age related sleep stage trends as measured using remote sleep sensing hardware**
B. Quinlivan (Dublin, IE)
- P279 Sleep disorders and cognitive impairment: a longitudinal study**
C.A.M. Lo Iacono (Rome, Rome, IT)



Scientific Programme

P280 **Nightly Hypoxemia in the elderly inpatient population and its link to dementia**
S. Wimmer (Bad Aibling, DE)

Poster Session, Poster, Poster Exhibition

Poster Session 2 - Poster viewing

13:05 - 13:50 Track General, ESRS Women's Forum, Montreal
ESRS Women's Forum

13:05 - 14:05 Satellite Symposium, Satellite Symposium, Sydney
Satellite Symposium - Nox Medical: Beyond the AHI

13:05 - 13:25 **Title to be announced**

13:25 - 13:45 **Title to be announced**

13:45 - 14:05 **Title to be announced**

13:05 - 14:05 Satellite Symposium, Satellite Symposium, Singapore
Satellite Symposium - Jazz Pharmaceuticals: A potential new treatment for the management of excessive sleepiness in narcolepsy and obstructive sleep apnea

13:05 - 13:20 **A potential new wake-promoting agent: what do we know?**
M. Tafti (Lausanne, CH)

13:20 - 13:35 **Efficacy of solriamfetol on excessive sleepiness in narcolepsy and in obstructive sleep apnoea**
Y. Dauvilliers (Montpellier, FR)

13:35 - 13:50 **Maintenance of efficacy and safety of solriamfetol on excessive sleepiness in narcolepsy and in obstructive sleep apnoea**
G. Mayer (Schwalmstadt-Treysa, DE)

13:50 - 14:00 **Conclusion**
G.J. Lammers (Heemstede, NL)

14:15 - 16:15 Respiratory Track, Joint Symposium, San Francisco
Joint Symposium ESRS - ERS Interaction between sleep and obstructive airway disease: a cocktail party



Scientific Programme

- | | | |
|---|-------------|---|
| 14:15 - 14:45 | 110 | Sleep disorders in COPD: etiology and consequences
W. McNicholas (Dublin, IE) |
| 14:45 - 15:15 | | Asthma control and disturbed sleep
O. Marrone (Palermo, IT) |
| 15:15 - 15:45 | | Management of sleep disorders in COPD and asthma
L. Grote (Gothenburg, SE) |
| 15:45 - 16:15 | | NIV in patients with (hypercapnic) COPD
P. Wijkstra (Groningen, NL) |
| Neuropsychiatry Track, Symposium, Montreal | | |
| 14:15 - 16:15 | | The different enigmatic faces of REM sleep behavior disorder |
| 14:15 - 14:45 | 111 | Does isolated REM sleep behavior disorder exist? Lesson learned from the longstanding non-convertors
A. Stefani (Innsbruck, AT) |
| 14:45 - 15:15 | 112 | How to design a neuroprotective trial for idiopathic rem sleep behavior disorder
J. Santamaria (Barcelona, ES) |
| 15:15 - 15:45 | 113 | Why do not all patients with Parkinson disease have RBD?
F. Provini (Bologna, IT) |
| 15:45 - 16:15 | 114 | The universal presence of RBD in autoimmune/neurodegenerative disorders: the anti-IgLON5 disease
A. Heidbreder (Münster, DE) |
| Neuropsychiatry Track, Oral Session, Sydney | | |
| 14:15 - 15:15 | | Insomnia disorder |
| 14:15 - 14:27 | O115 | Feeling awake while asleep: a high-density EEG assessment of sleep perception
S. Lecci (Lausanne, CH) |
| 14:27 - 14:39 | O116 | Insomnia with objective short sleep duration is associated with cardiometabolic, cardiovascular and cerebrovascular disease risk
J. Fernandez-Mendoza (Hershey, PA, US) |
| 14:39 - 14:51 | O117 | Bedtime social media use and insomnia in adults
S. Hyvämäki (Turku, FI) |
| 14:51 - 15:03 | O118 | Treatment response of insomnia disorder phenotypes and subtypes to standardised digital cognitive behavioural therapy
C. Gordon (Camperdown, AU) |



Scientific Programmes

15:03 - 15:15 **O119** **How best to sequence cognitive behavioural therapy and medication when treating chronic insomnia with and without psychiatric comorbidity?**
C.M. Morin (Quebec, QC, CA)

Basic Track, Symposium, Singapore

14:15 - 16:15 **Local Network Sleep in vivo and in vitro**

14:15 - 14:45 **120** **The slow oscillation in vitro: a model for sleep regulation**
M. Tafti (Lausanne, CH)

14:45 - 15:15 **121** **Neuronal network dynamics of sleep and wakefulness in *C. elegans***
M. Zimmer (Vienna, AT)

15:15 - 15:45 **122** **Local origin of slow EEG waves during sleep**
I. Timofeev (Quebec, CA)

15:45 - 16:15 **123** **Gene-dependent state oscillations in vivo and in vitro**
J. Krueger (Spokane, WA, US)

Track Translational, Round Table, Osaka

14:15 - 15:15 **Should we bank our sleep and clocks? How and why creating large multimodal databases**

14:15 - 14:22 **124** **Regulations and ethics in biobanking**
G. Vandewalle (Liege, BE)

14:22 - 14:29 **125** **The Canadian Sleep Research Biobank**
S. Warby (Montreal, CA)

14:29 - 14:36 **Knowledgebased, data integration and analysis : from diabetes to sleep**
I. Xenarios (Lausanne, CH)

14:36 - 14:43 **126** **Web diffusion of neuroimaging datasets**
S. Jodogne (Liège, BE)

14:43 - 15:15 **Discussion**

Basic Track, Oral Session, Sydney

15:15 - 16:15 **Chronobiology**

15:15 - 15:27 **O127** **Objective sleepiness is reduced by daytime polychromatic white light exposures depending on melanopic lux**
J. de Zeeuw (Berlin, DE)



Scientific Programme

- 15:27 - 15:39 O128 **Influence of habitual caffeine intake and its withdrawal on circadian phase and nap sleep in the evening****
J. Weibel (Basel, CH)
- 15:39 - 15:51 O129 **Entrainment of circadian system and sleep to extremely long photoperiods in modern life and nature****
J.R. Guzzetti (Stockholm, SE)
- 15:51 - 16:03 O130 **Greater sleep inertia in young adults in early biological morning****
K.-M. Zitting (Boston, MA, US)
- 16:03 - 16:15 O131 **Subjective sleepiness and waketime are related to light perception****
R. Lasauskaite (Basel, CH)

Neuropsychiatry Track, Oral Session, Osaka

15:15 - 16:15

Sleep in real life

- 15:15 - 15:27 O132 **Sleep, fatigue and cognitive performance on different types of fishing vessels****
A. á Høvdanum (Tórshavn, FO)
- 15:27 - 15:39 O133 **Do rats avoid a radiofrequency exposed environment to sleep?****
A. Pelletier (AMIENS, FR)
- 15:39 - 15:51 O134 **Exercise effects on the circadian rhythm of adolescents with extreme evening-type circadian preference: a novel treatment to improve sleep health****
C. Lang (Basel, CH)
- 15:51 - 16:03 O135 **Chronotype, social jetlag and work performance in a sample of Japanese workers****
Y. Komada (Tokyo, JP)
- 16:03 - 16:15 O136 **Dreaming of Mars: inter-individual differences in sleep, sleepiness and performance during a year-long stay in Antarctica****
O. Mairesse (Brussels, BE)

Respiratory Track, Keynote Lecture, San Francisco

16:45 - 17:30

Keynote Lecture - Susan Redline

- 16:45 - 17:30 137 **Sex and gender differences in sleep apnea: a window into understanding disease susceptibility****
S. Redline (Boston, US)

Basic Track, Keynote Lecture, Montreal

16:45 - 17:30

Keynote Lecture - Wenbiao Gan



Scientific Programme

16:45 - 16:55 **138** **Learning and sleep-dependent dendritic spine plasticity and maintenance**
W. Gan (New York, NY, US)

17:45 - 19:45 Track General, ESRS Business Meeting, Montreal
ESRS Business Meeting



Scientific Programme

Friday, 28 September 2018

		Neuropsychiatry Track, Symposium, San Francisco
08:30 - 10:30		Headache and sleep
08:30 - 09:00	139	Headache and sleep P. Jennum (Glostrup, DK)
09:00 - 09:30	140	Cluster headache & the clock R. Fronczek (Leiden, NL)
09:30 - 10:00	141	Hypnic headache - the undesired alarmer C. Schankin (Berne, CH)
10:00 - 10:30	142	Hypothalamic pathways in headache & sleep P. Holland (London, UK)
		Basic Track, Symposium, Montreal
08:30 - 10:30		Biomarkers for sleep disruption and sleep disorders
08:30 - 09:00	143	Computational approaches to identify and validate blood transcriptome biomarkers for sleep and circadian health E. Laing (Guildford, UK)
09:00 - 09:30	144	Systems genetics of sleep loss in the mouse M. Jan (Lausanne, CH)
09:30 - 10:00		Transcriptomic biomarkers of sleep disturbances and other symptoms induced by chronic stress in mice M. Nollet (London, UK)
10:00 - 10:30	145	DNA methylation in blood leukocytes as putative biomarkers for insufficient sleep A. Lahtinen (Helsinki, FI)
		Respiratory Track, Symposium, Sydney
08:30 - 10:30		Pharmacological therapy of obstructive sleep apnea. Novel tools and principles.
08:30 - 09:00	146	The challenge of designing trials in OSA J. Verbraecken (Edegem, Antwerp, BE)
09:00 - 09:30	147	Pathophysiological phenotyping as a rationale for drug development D.J. Eckert (Sydney, AU)
09:30 - 10:00	148	Cannabinoid receptor modulation in sleep apnea D. Carley (Chicago, US)



Scientific Programme

10:00 - 10:30 **149** **Carbonic anhydrase activity modulation in sleep apnea**
E. Hoff (Göteborg, SE)

Neuropsychiatry Track, Oral Session, Singapore

08:30 - 09:30 **Hypersomnia**

08:30 - 08:42 **O150** **Kleine-Levin syndrome is associated with LMOD3 variants**
A. BaHammam (Riyadh, Riyadh, SA)

08:42 - 08:54 **O151** **ADHD symptoms in H1N1-vaccinated youths with narcolepsy type 1**
S. Knudsen (Oslo, NO)

08:54 - 09:06 **O152** **Repeated measures of hypocretin-1 level in individuals with narcolepsy type 1 and clinical controls**
E.W. Torstensen (Glostrup, DK)

09:06 - 09:18 **O153** **Sustained attention to response task (SART) shows impaired vigilance versatility in narcolepsy type 1: a simultaneous EEG-fMRI study**
J.K. Gool (Amsterdam, NL)

09:18 - 09:30 **O154** **Alternative MSLT cutoffs for diagnosis of pediatric narcolepsy type 1**
F. Pizza (Bologna, IT)

Track Translational, Round Table, Osaka

08:30 - 09:30 **Acute or chronic caffeine consumption: what keeps you awake?**

08:30 - 08:37 **155** **Mechanisms of caffeine's effect on sleep**
T. Porkka-Heiskanen (Helsinki, FI)

08:37 - 08:44 **156** **Deeper sleep during chronic caffeine consumption in mice**
T. DeBoer (Leiden, NL)

08:44 - 08:51 **157** **Acute and chronic caffeine intake and human sleep**
H.-P. Landolt (Zurich, CH)

08:51 - 08:58 **158** **Effects of chronic caffeine consumption and caffeine withdrawal on human waking performance, sleep and brain structure**
C.F. Reichert (Basel, CH)

08:58 - 09:30 **Discussion**

Neuropsychiatry Track, Oral Session, Singapore

09:30 - 10:30 **Sleep in psychiatric disorders**



Scientific Programme

09:30 - 09:42	O159	The role of sleep spindles in procedural memory consolidation in depression A. Steiger (Munich, DE)
09:42 - 09:54	O160	Poor sleep and its relation to impulsivity in forensic psychiatric patients with antisocial or borderline personality disorders M. Van Veen (Assen, NL)
09:54 - 10:06	O161	The influence of genetic variants on sleep and health improvement in adolescents with an eveningness chronotype M. Dolsen (Berkeley, CA, US)
10:06 - 10:18	O162	Synaptic mechanisms of therapeutic sleep deprivation in major depression C. Nissen (Berne, CH)
10:18 - 10:30	O163	Let there be (blue-depleted) light in psychiatry D. Vethe (Trondheim, NO)

Track General, Oral Session, Osaka

09:30 - 10:30

Epidemiology of sleep

09:30 - 09:42	O164	Sleep duration and mortality-does weekend sleep matter? T. Åkerstedt (Stockholm, SE)
09:42 - 09:54	O165	Sleep fragmentation in sleep disordered breathing based on a large database (ESADA) T. Penzel (Berlin, DE)
09:54 - 10:06	O166	Sleep disturbances associated with increased risk of mortality: UK Biobank Study M. von Schantz (Guildford, Surrey, UK)
10:06 - 10:18	O167	Sleep in major psychiatric disorders: results from nationwide SUPER Finland study E. Cederlöf (Helsinki, FI)
10:18 - 10:30	O168	Seasonal differences in obstructive sleep apnea severity. Results from the European Sleep Apnea Database (ESADA) R. Staats (Lisbon, PT)

Neuropsychiatry Track, Symposium, San Francisco

11:00 - 13:00

RLS

11:00 - 11:30	169	Brain iron metabolism and its effects on brain neurocircuitry in RLS R.P. Allen (Baltimore, US)
11:30 - 12:00	170	Balance-shift of spinal dopamine receptors during long-term treatment. A possible mechanism for augmentation S. Clemens (Greenville, NC, US)



Scientific Programmes

12:00 - 12:30	171	<p>Hypoadenosinergic state as a driving force leading to hyperdopaminergic and hyperglutamatergic states in RLS S. Ferre (Baltimore, MD, US)</p>
12:30 - 13:00	172	<p>The search for new therapeutic targets D. Garcia-Borreguero (Madrid, ES)</p>
Respiratory Track, Round Table, Montreal		
11:00 - 12:00		<p>Transcutaneous carbon dioxide during sleep in sleep-disordered breathing: the reverse side of the coin</p>
11:00 - 11:07		<p>Principles and practice of transcutaneous pCO₂ measurement during sleep O. Polo (Tampere, FI)</p>
11:07 - 11:14		<p>Transcutaneous pCO₂ for titration and follow-up of non invasive ventilation J.L. Pepin (Grenoble, FR)</p>
11:14 - 11:21	173	<p>Transcutaneous carbon dioxide during sleep-disordered breathing V. Rimpilä (Tampere, FI)</p>
11:21 - 12:00		<p>Discussion</p>
Basic Track, Round Table, Sydney		
11:00 - 12:00		<p>ESRS-WSS Education and accreditations procedures for Sleep Medicine: meeting the needs</p>
11:00 - 11:15		<p>Accreditation of sleep centres in Europe - current status D. Pevernagie (Gent, BE)</p>
11:15 - 11:30		<p>ESRS Examination in Sleep medicine: the scope, content and vision T. Paunio (Helsinki, Finland, FI)</p>
11:30 - 11:45		<p>Sleep medicine examination by WSS worldwide T. Penzel (Berlin, DE)</p>
11:45 - 12:00		<p>Sleep medicine examination: past present and future M. Schmidt (Berne, CH)</p>
Track Translational, Symposium, Singapore		
11:00 - 13:00		<p>The relationship between brain oscillations during sleep, neuroplasticity and stroke</p>
11:00 - 11:30		<p>Sleep and neuroplasticity during stroke recovery C. Bassetti (Berne, CH)</p>



Scientific Programme

- 11:30 - 12:00** **A role for sleep-like bistability in stroke perilesional cortex?**
M. Massimini (Milan, IT)
- 12:00 - 12:30** **What can we learn from sleep EEG changes during development for stroke recovery processes**
R. Huber (Zurich, CH)
- 12:30 - 13:00** **174** **Perilesional induction of sleep slow waves improves motor recovery after ischemic stroke**
L. Facchin (Bern, CH)

Poster Session, Poster, Poster Exhibition

Poster Session 3 - Poster viewing

- 12:00 - 13:00** Respiratory Track, Case Discussion, Sydney
Case Discussion: SDB
- 12:00 - 12:20** **Obese, but only mild OSA ?**
J. Verbraecken (Edegem, Antwerp, BE)
- 12:20 - 12:40** **Sleep disordered breathing in kyphoscoliosis**
D. Pevernagie (Gent, BE)
- 12:40 - 13:00** **Young, slim....and yet sleepy!**
W. Randerath (Solingen, DE)

Poster Session, Poster, Poster Exhibition

Biochemistry & neurobiology 2

- P590** **The possible role of P2X7 receptors of ATP in the induction of recovery sleep following sleep deprivation**
Z. Lelkes (Szeged, HU)
- P591** **Elevated glutamate levels in the anterior cingulate cortex after a sleep-inducing dose of gamma-hydroxybutyrate in humans: a magnetic resonance spectroscopy study**
D.A. Dornbierer (Zurich, CH)
- P592** **Preclinical evaluation of the potential use of Pitolisant as new intervention for sleep abnormalities in Prader-Willi syndrome**
M. Pace (Genova, IT)
- P593** **Optogenetic control of sleep slow waves to improve recovery after ischemic stroke**
L. Facchin (Bern, CH)
- P595** **Acoustic modulation of slow-wave sleep in rats: effect of boosting or inhibiting delta activity in SWS on motor learning**
C. Gonçalves Moreira (Zurich, Zurich, CH)



Scientific Programme

- P596** **Extended photoperiod alters sleep, circadian rhythmicity and expression of synaptic plasticity-associated genes. The impact of blue-enriched light**
J. Grønli (Bergen, NO)
- P597** **Variability in habitual nighttime sleep predicts white matter integrity of neural impulsivity network**
P. Peirano (Santiago, Region Metropolitana, CL)
- P598** **Local non-REM sleep enabled through heterogeneous thalamic burst propensity**
L.M. Fernandez (Lausanne, CH)
- P599** **Thalamic dual-control of sleep and wakefulness**
T. Gent (Bern, CH)
- P600** **Volume of subcortical brain areas is associated with sleep macrostructure in healthy young individuals**
P. Ghaemmaghami (Liege, BE)
- P601** **IL-1 β , IL-6 and TNF- α , induced by upper airway resistive breathing, downregulates respiratory controller response to hypercapnic stimuli**
F. Perlikos (Athens, GR)
- P602** **Carotid Body Deafferentation in mice with upper airway resistive breathing downregulates respiratory controller response to hypoxic stimuli**
F. Perlikos (Athens, GR)
- P603** **Diurnal changes in Glutamate levels from childhood to adulthood assessed by Magnetic Resonance Spectroscopy**
C. Volk (Zurich, CH)

Poster Session, Poster, Poster Exhibition

Chronobiology & circadian rhythms 3

- P604** **Heart rate variability and its circadian variation in patients with disorders of consciousness: a diagnostic tool?**
M. Angerer (Salzburg, AT)
- P605** **Sleep, chronotype and social jet lag in a sample of Portuguese college students**
M. Gonçalves (Porto, PT)
- P606** **Daytime sleepiness, salivary cortisol and melatonin levels during four-week blue light blockade. Do we adapt?**
H. Oginska (Krakow, PL)
- P607** **Two dimensions of chronotype - some personality, mood, and behavioural correlates of subjective circadian phase and amplitude**
H. Ogińska (Kraków, PL)
- P608** **Human iPSC-derived fibroblasts as a model to investigate genetic and epigenetic contributions to regulation of circadian rhythms**
N.-H. Du (Zurich, CH)



Scientific Programme

- P609** **Validation of the French version of Children's Chronotype Questionnaire in school-aged children: a study in Luxembourgish population**
S. Figueiredo (Lisbon, PT)
- P610** **Not all circadian disruption protocols are created equal**
A. Fisk (Oxford, UK)
- P611** **Chronotypes differ influence in the weekday/weekend variability of pain in patients with fibromyalgia**
S.-C. Fang (Taipei, TW)
- P612** **Chronotypes differ influence in the weekday/weekend variability of pain in patients with fibromyalgia**
S.-C. Fang (Taipei, TW)
- P614** **Investigation of sleep structure with polysomnography in the patients with first episode psychosis**
E. Kizilay (Ankara, TR)
- P615** **Phase advance jet lag disorder: results of the JET study**
C. Polymeropoulos (Washington, DC, US)
- P616** **A proposal of circadian markers and indexes for the study of chronodisruption in sleep and circadian pathologies**
C. Estivill-Domènech (Barcelona, ES)
- P617** **Sleep structure and awakening threshold in delayed sleep-wake phase disorder (DSWPD)**
T. Sand (Trondheim, NO)
- P618** **Comparisons of subjective and actigraphic measurements of sleep between shift-working and daytime psychiatric nurses**
B.-H. Yoon (Naju, Jeonnam, KR)
- P619** **A new monitoring tool for detecting human circadian rhythms: a mathematical approach using a thoracic temperature sensor**
A. Chkeir (Troyes, FR)
- P620** **A new monitoring tool to detect an irregular Sleep-Wake circadian rhythm based on the automatic dichotomy index computation**
R. Soubra (Troyes, FR)

Poster Session, Poster, Poster Exhibition

Learning, memory and cognition 3

- P621** **The relationship of stimulus emotionality to sleep-dependent memory consolidation: Testing contrasting theories using memory for negative, neutral and positive emotionally-toned photographs and stories**
M. Blagrove (Swansea, UK)
- P622** **The impact of memory strength for sleep-dependent memory consolidation**
D.P.J. Heib (Salzburg, Salzburg, AT)



Scientific Programme

- P623 Academic performance, sleep duration and chronotype in Korean adolescents**
J.H. Kim (Cheonan, SEOUL, KR)
- P624 Are prenatally learned nursery rhymes recognized at birth? A high-density EEG study**
M. Schabus (Salzburg, AT)
- P625 Gross motor adaptation benefits from NREM2 sleep and fast spindle activity during nocturnal sleep after training**
K. Hoedlmoser (Salzburg, AT)
- P626 Subjectively defined optimal/non-optimal time of day modulates controlled but not automatic retrieval processes in verbal memory**
P. Peigneux (Bruxelles, BE)
- P627 Obstructive sleep apnea and non-invasive ventilation treatment-related effects on semantic memory integration in a false memory generation paradigm**
P. Peigneux (Bruxelles, BE)
- P628 Clustered and temporally organised occurrence of NREM-stage2 sleep spindles mediates motor memory consolidation**
A. Boutin (Montreal, QC, CA)
- P629 Split sleep is superior to consolidated nocturnal sleep for memory retention in sleep restricted adolescents**
E. van Rijn (Singapore, SG)
- P630 Phase amplitude coupling facilitates pre-post-sleep consolidation of declarative and but not of procedural memories**
C. Mikutta (Bern, Bern, CH)
- P631 Sleep and memory consolidation of reward-motivated encoding**
E. van Rijn (Singapore, SG)
- P632 The effect of sex hormones on sleep and cognitive performance**
K. Hoedlmoser (Salzburg, AT)

Poster Session, Poster, Poster Exhibition

Sleep deprivation 2

- P633 Poor housing quality is associated with short sleep duration in New Zealand**
T.L. Signal (Wellington, NZ)
- P634 Sleep-wake dependent changes in molecular markers of synaptic plasticity in humans: a PET/MRS study**
S. Weigend (Zürich, CH)
- P635 On the high levels of delta power after prolonged wakefulness: reflection of a continuous process or a discrete NREM sleep sub-state?**
J. Hubbard (Lausanne, CH)
- P636 Working memory performance is better maintained in older compared with young adults after sleep deprivation**
A. Gerhardsson (Stockholm, SE)



Scientific Programme

- P637** **Mood impairment is less strong in older than in young adults after sleep deprivation**
A. Gerhardsson (Stockholm, SE)
- P638** **Oculomotoric evidence for a speed-accuracy trade-off in selective attention tasks during sleep deprivation**
C. Mühl (Cologne, DE)
- P639** **Exploring the effect of 24-h sleep deprivation on social decision-making**
C. Li (Hong Kong, HK)
- P640** **Theta and alpha oscillatory activity changes during visual and auditory cognitive tasks after sleep deprivation**
S. Montamat (Geneva, CH)
- P641** **Sleep deprivation impairs social memory**
T. Sundelin (Stockholm, SE)
- P642** **Investigation of the possible effects of the BDNF Val66Met polymorphism on the sleep EEG in a large, homogenous sample**
D.M. Baur (Zürich, CH)
- P643** **Excessive daytime sleepiness and occupational accidents among resident doctors in Kocaeli city**
U. Urgan (Kocaeli, TR)
- P644** **Sleep loss in shift-working long-haul truck drivers**
J. Onninen (Jyväskylä, FI)
- P645** **A questionnaire study on sleep-wake pattern and sleep quality in TMJ & orofacial pain clinic**
S. Kim (Seoul, KR)
- P646** **Neural network recognition of drowsiness using EEG**
O. Tkachenko (Moscow, RU)
- P647** **Sleep quality of first year vs. sixth year medical students from the State University of Medicine and Pharmacy of the Republic of Moldova**
A. Lupușor (Chisinau, MD)
- P648** **Selective slow-wave sleep suppression affects glucose tolerance and melatonin secretion**
A. Polishchuk (Moscow, RU)

Poster Session, Poster, Poster Exhibition

Methodology & computation 3

- P649** **Validation of the sleep assessment algorithm in the medical application Nightly and comparing it to polysomnography in 30 healthy individuals**
A. Wichniak (Warsaw, PL)
- P650** **Gender differences in PSQI according to the main sleep disorders groups**
C. Reis (Lisbon, PT)



Scientific Programme

- P651 Comparison between polysomnography scoring of auto-analyzing software with trained technician**
R. Heidari (Tehran, IR)
- P652 Improved actigraphy-based sleep monitoring through optimal parameter tuning**
F. Ryser (Zurich, CH)
- P653 A smartphone based machine learning method for the fine characterization of snoring**
D. Colas (Lyon, FR)
- P654 If you´re sleepy and you know it, ...**
B. Delwiche (Brussels, BE)
- P655 Cardiac activity and wrist movements: SomnoArt a new technology to assess sleep architecture in healthy, depressed and insomniac patients**
A. Viola (Colmar, FR)
- P656 Correlation between the score of “STOP BANG” questionnaire and the severity of the OSA**
S. Arbutina (Skopje, MK)
- P657 Can smartphone sleep applications reliably assess sleep-wake cycle? Preliminary findings from a PSG study**
E. Fino (Bologna, IT)
- P658 Does mattress zoning affect the biomechanics of sleep?**
H. Shore (Preston, UK)
- P659 Automatic human sleep stage scoring using Deep Neural Networks**
A. Malafeev (Zurich, CH)
- P660 Finding the ideal sleep solution: are you sleeping comfortably?**
H. Shore (Preston, UK)
- P661 Validation of Russian version of the dysfunctional beliefs about children´s sleep scale**
D. Kudryashov (Moscow, RU)
- P662 Classification of obstructive sleep apnea with and without REM sleep behavior disorder based on convolutional neural network using cardiopulmonary coupling spectrogram**
J.-U. Park (Wonju, KR)
- P663 Activity monitor setup with two sensors**
J. Virkkala (Helsinki, FI)
- P664 The influence of between shift recovery duration and time of day on sleep: an analysis of 14 field actigraphy studies**
R. Matthews (Stockholm, SE)
- P665 A new tool for automatic detection of microsleeps during sleep restriction: validation in healthy volunteers**
S. Takillah (Brétigny-sur-Orge, FR)
- P666 Level of consciousness during anesthesia and sleep is indexed by the spectral scaling exponent of resting EEG**
M. Colombo (Milan, IT)



Scientific Programme

- P667 Representation of polysomnography recordings as low dimensional trajectories in latent space**
G. Solelhac (Paris, FR)

Poster Session, Poster, Poster Exhibition

Breathing disorders 5

- P668 Prevalence of reported excessive daytime sleepiness among Moroccan patients diagnosed with Obstructive sleep apnea-hypopnea syndrome and it's correlation with Epworth sleepiness scale**
A. Jniene (Rabat, MA)
- P669 Hypertension control in OSA - data from the European Sleep Apnea Database**
S. Svedmyr (Gothenburg, SE)
- P670 Napping in patients with OSAHS is associated to diurnal fatigue**
A. Jniene (Rabat, MA)
- P671 Discrimination of hypopnea in everyday practice: is it worthwhile?**
S. Correia (Porto, PT)
- P672 Contactless monitoring of breathing rate improves measurement robustness**
M. Rullan (Basel, CH)
- P673 Catestatin serum levels in male patients with obstructive sleep apnea**
J. Bozic (Split, HR)
- P674 Depression associated to cardiovascular and/or metabolic comorbidities in Patients with obstructive sleep apnea-hypopnea syndrome**
A. Jniene (Rabat, MA)
- P675 Prevalence of sleep apnea syndrome in a cohort of acromegalic patients**
S. Correia (Porto, PT)
- P676 The best formula for predicting cpap pressure? We have any?**
D. Rocha (Vila Real, PT)
- P677 Sleep apnea: before and after heart transplant**
E. Matos (Vila Real, PT)
- P678 Association of respiratory mechanic instability and respiratory parameters in adults with obstructive sleep apnea**
J.H. Choi (Bucheon, KR)
- P679 Investigation of KL-6, ET-1 and S100A9 levels in idiopathic pulmonary fibrosis (IPF) patients with Obstructive sleep apnea (OSA)**
I. Bouloukaki (Heraklion, GR)
- P680 Hypoglossal nerve stimulation for obstructive sleep apnea**
S. Gradanska (Varna, BG)



Scientific Programme

- P681** **Comparison between auto-trilevel and bilevel positive airway pressure ventilation for treatment of obesity hypoventilation syndrome patients**
X. Zhang (Nanjing, CN)
- P682** **Snoring causes OSA: sensory nervous lesions in the palate worsen over time in untreated snorers but not in CPAP-treated patients**
E. Svanborg (Linköping, SE)
- P683** **First successful mechanical splint for OSA with an orally administrable pharyngeal stenting device**
D. Neu (Brussels, BE)
- P684** **Is speech frequency hearing loss associated with STOP-BANG score in commercial drivers?**
A. Najafi (Tehran, IR)
- P685** **Using prediction formulas for continuous positive airway pressure in obstructive sleep apnea syndrome**
A. Rahimi-Golkhandan (Tehran, IR)

Poster Session, Poster, Poster Exhibition

Breathing disorders 6

- P686** **Characterization of patients with OSAS and nocturnal desaturation**
D. Ferreira (Vila Nova de Gaia, PT)
- P687** **Rapid Eye Movement-related obstructive sleep apnea: comparison between two definitions**
D. Ferreira (Vila Nova de Gaia, PT)
- P688** **Outcomes in home sleep testing in patients with high pre-test probability for obstructive sleep apnoea**
K. Ziherl (Golnik, SI)
- P689** **SPECT study in different subgroups of sleep related breathing disorders**
Z. Szakacs (Budapest, HU)
- P690** **Prevalence of sleep apnea syndrome in patients with stroke history**
P. Caseiro (Coimbra, PT)
- P691** **Obstructive sleep apnea syndrome and type II diabetes: effects of non-invasive ventilation in Hemoglobin A1c values**
P. Caseiro (Coimbra, PT)
- P692** **Comparison of sleep instability indices in normal individuals and patients with severe obstructive sleep apnea**
P. Petrov (Sofia, BG)
- P693** **Persistence of periodic breathing/Cheyne-Stokes respiration after tilt table test during short term respiratory monitoring in patients with systolic heart failure**
C. Borrelli (Pisa, PI, IT)
- P694** **Prevalence of signs and symptoms of sleep apnea in Portuguese adult population**
P. Caseiro (Coimbra, PT)



Scientific Programme

- P695** **Prevalence of sleep apnea syndrome (SAS) in patients with implantable cardiac electronic devices**
M.J. Guimarães (Guimarães, PT)
- P696** **Comparison of performance of four adaptive servo ventilation devices in patients with complex sleep apnea**
J. Knitter (Tucson, AZ, US)
- P698** **Gender differences in obstructive sleep apnea patients**
D. Ferreira (Vila Nova de Gaia, PT)
- P699** **Montreal cognitive assessment versus mini-mental state examination scales for cognitive impairments in obstructive sleep apnea-hypopnea syndrome patients with and without morning headache**
A. Lupuşor (Chisinau, MD)
- P700** **Sleep apnea syndrome screening and and diagnosis among public transport (bus) drivers in Hungary**
A. Terray-Horváth (Budapest, HU)
- P701** **Obstructive sleep apnoea as a risk factor for incident metabolic syndrome: a multicentric prospective epidemiological study**
C. Hirotsu (Lausanne, CH)

Poster Session, Poster, Poster Exhibition

Insomnia 4

- P702** **A clinical portrait of patients treated at the Université Laval Sleep Clinic**
A. Vallières (Québec, QC, CA)
- P703** **Polysomnographical effects of on-line cognitive behavioral therapy for insomnia**
P. D'Onofrio (Stockholm, SE)
- P704** **Cognitive behavior therapy for insomnia - is sleep compression an equally effective and less difficult alternative compared to sleep restriction?**
A. Rosén (Stockholm, SE)
- P705** **One and ten-year follow-up of insomnia severity after a randomized trial of behavioral self-help treatment for insomnia with or without therapist guidance**
S. Jernelöv (Solna, SE)
- P706** **Chronotype and psychiatric comorbidity in patients with insomnia referred to sleep disorders center**
E. Poradowska (Warsaw, PL)
- P707** **Mediating effects of somatic symptoms in the association between sleep disturbance and mental health following Qigong exercise in a RCT**
J.S. Chan (Hong Kong, CN)
- P708** **Do really chronic sleeping pills users develop tolerance to the drugs?**
A. Green (Tel Aviv, IL)



Scientific Programme

- P709** **The relationship between anxiety, chronotype, melatonin onset and sleep on depression symptoms in insomnia**
C. Gordon (Camperdown, AU)
- P710** **Insomnia in primary care: a survey conducted on the Italian population older than 50 years. Results from the “Sonno e Salute” study**
P. Proserpio (Milan, IT)
- P711** **Risk of herpes simplex virus infection among patients with insomnia: a retrospective cohort study**
H.-C. Wu (Taoyuan, TW)
- P712** **A phase 1/2 double-blind, placebo-controlled study of SAGE-217 in an insomnia model**
A. Bullock (Cambridge, MA, US)
- P713** **Physical activity and insomnia: an international perspective**
I. Hartescu (Loughborough, UK)
- P714** **Can flavour influence sleep disturbance? An experimental research with hop**
S. Becker-Klunder (Bocholt, DE)
- P715** **The comparison research of effects of neurofeedback and cognitive behavior treatment for insomnia patients**
C. Sungwon (Seoul, KR)
- P716** **The effects of neurofeedback in fibromyalgia: a randomized controlled study**
Y.L. Wu (Taipei, TW)
- P717** **Comparison of sleep related factors in clinic clients with and without sleep difficulty complaints**
W.-C. Liao (Taichung, TW)
- P718** **Association of chronotype with sleep and alertness in nurses under fixed shift**
C.-P. Kuo (Taichung, TW)
- P719** **The paradoxes of sleep state misperception and of paradoxical insomnia: a search for an evidence-based definition**
A. Castelnovo (Lugano, CH)

Poster Session, Poster, Poster Exhibition

Parasomnias

- P720** **Screening for idiopathic REM sleep behavior disorder: usefulness of actigraphy**
A. Stefani (Innsbruck, AT)
- P721** **Altered heartbeat-evoked potential amplitude in nightmare disorder**
L. Perogamvros (Chêne-Bourg, CH)
- P722** **Imagery rescripting and imaginal exposure for nightmares: efficacy and mechanisms of change**
J. Lancee (Amsterdam, NL)



Scientific Programme

- P723** **Validation of the Dutch translation of the Paris Arousal Disorder Severity Scale in a one-year and one-month version**
P. van Mierlo (Heeze, NL)
- P724** **Idiopathic REM sleep behavior disorder - symptoms of prodromal synucleinopathy and their relation to the degeneration of nigrostriatal pathway**
K. Šonka (Prague, CZ)
- P725** **Influence of NREM parasomnia on daytime functioning, sleep quality, psychological health and quality of life in patients and bed partners**
M. Docksey (London, UK)
- P726** **Impaired visuo-spatial abilities in REM sleep behaviour disorder are detected by the qualitative scoring of the Mini-Mental State Examination Pentagon Test**
G. Carli (Milan, IT)
- P727** **A visual search task reveals an impaired visual processing in RBD patients**
A. Galbiati (Milan, IT)
- P728** **Disease duration rather than aging is a key predicting factor for covert progress of neurodegeneration in patients with rapid eye movement sleep behavior disorder**
Y. Sumi (Otsu, Shiga, JP)
- P729** **The utility of polysomnography in NREM parasomnias: a large cohort retrospective study**
V. Gnoni (London, UK)
- P730** **Treatment approach in patients with NREM parasomnias: a large cohort retrospective study of 512 patients**
P. Drakatos (London, UK)
- P731** **The "RBD Rating Scale" (RBD-RS): description and validation of a new instrument to measure manifestation and change of RBD symptoms over time**
S. Wisniewski (Berlin, Berlin, DE)
- P732** **Somnambulism and environmental factors**
W. Jernajczyk (Warsaw, PL)
- P733** **Effects of melatonin in idiopathic REM-sleep behavior disorder develop over time and are outlasting**
D. Kunz (Berlin, DE)
- P734** **A simplified efficient scoring method to quantify REM sleep without atonia**
F.W. Bes (Berlin, DE)
- P735** **Sleep stage and time of occurrence of minor and major motor episodes differentiate disorders of arousal from Sleep-Related Hypermotor Epilepsy**
P. Proserpio (Milan, IT)
- P736** **REM sleep behavior disorder and other sleep disturbances in dementia with Lewy bodies**
J. Santamaria (Barcelona, ES)
- P737** **Nightmares and stress: a longitudinal study**
M. Schredl (Mannheim, DE)



Scientific Programme

- P738 Do patients affected by isolated REM sleep behavior disorder present a specific brain [18F]FDG PET pattern?**
C. Liguori (Rome, IT)

Poster Session, Poster, Poster Exhibition

Movement disorders

- P739 REM sleep-related neck myoclonus, physiological phenomenon or parasomnia?**
R. Lopez (Montpellier, FR)
- P740 The Grand Total EEG score changes with the course of idiopathic REM sleep behavior disorder.**
K. Tanioka (Kyoto, JP)
- P741 Periodic limb movements during sleep in stroke/transient ischemic attack: prevalence, course and cardiovascular burden**
M. Manconi (Lugano, CH)
- P742 Restless legs syndrome is associated with arterial stiffness and clinical outcomes in acute stroke patients**
S.-H. Han (Seoul, KR)
- P743 Correlations of use of antidepressants, hypnotics and anti-histaminics with occurrence of clinically significant periodic limb movement in polysomnographically assessed abnormal fatigue and insomnia**
A. Mariman (Gent, BE)
- P744 3D detection of leg movements associated with arousals**
M. Gall (Vienna, AT)
- P745 Soluble transferrin receptor blood test as a measure of iron status in the study of restless legs syndrome in blood donors**
L. Lillo Triguero (Madrid, Madrid, ES)
- P746 Comparing objective and subjective measurements of excessive daytime sleepiness in patients with significant periodic limb movements of sleep (PLMS)**
S. Delis Gómez (Madrid, ES)
- P747 The role of vitamin D supplementation in Willis/Ekbom, Restless Leg Syndrome (WES/RLS). A new therapeutic option to improve symptoms and augmentation**
R. Silvestri (Messina, IT)
- P748 Autonomic nervous system dysfunction during the suggested immobilization test in restless legs syndrome**
A. Rasse (Montpellier, FR)
- P749 Frequent association of central nervous system disorders in patients with periodic limb movements during rapid eye movement sleep**
A. Barros (Lisboa, PT)
- P750 Restless leg syndrome effect on heart rate variability, is it real?**
E. Dongol (Qena, EG)



Scientific Programmes

- P751** **On the restless legs syndrome and insomnia symptoms in Georgian pregnant women - preliminary findings**
L. Maisuradze (Tbilisi, GE)
- P752** **Head jerk during REM sleep: healthy motor event or movement disorder?**
M. Kohsaka (Sapporo, JP)
- P753** **Rocking bed therapy for sleep related rhythmic movement disorder: movement preference and acceptability in six children**
R.M. van Sluijs (Zürich, CH)
- P754** **Multisensor data fusion algorithm for sleep quality estimation using multiple measurements**
T. Guettari (Troyes, FR)
- P755** **A randomized controlled trial of botulinum toxin for treating sleep bruxism: a polysomnographic evaluation**
K.J. Park (Seoul, KR)
- P756** **Prevalence of restless legs syndrome (RLS) in the general population**
T. Sand (Trondheim, NO)
- P757** **Asymmetry of periodic leg movements in sleep (PLMS) in Parkinson's disease**
W. Hermann (Dresden, DE)

Poster Session, Poster, Poster Exhibition

Medical disorders 2

- P527** **A simple measurement of cardiac output using blood circulating time can faithfully reflect changes in cardiac condition in patients with sleep apnea and cardiac diseases**
T. Tobushi (Chikushino, JP)
- P528** **Assessment of sleep quality in patients with Idiopathic pulmonary fibrosis**
E. Nena (Alexandroupolis, GR)
- P529** **Nearly 1 in 5 patients with stroke could have undiagnosed OSA that could impact their recovery**
S. Sultan Khawaja (Nottingham, UK)
- P530** **Sleep during naturally occurring acute respiratory infections (ARIs)**
J. Axelsson (Stockholm, SE)
- P531** **Obstructive sleep apnea (OSA) and rhinitis: literature review and personal experience**
A. Bucci (Senigallia (AN), IT)
- P532** **Agreement study of general sleep quality within infertile couples**
A. Najafi (Tehran, IR)
- P534** **Self-reported insomnia and subclinical carotid atherosclerosis: is there a relation?**
L. Korostovtseva (St Petersburg, RU)



Scientific Programme

- P535** **Sleep/wake cycle patterns in adolescence relate to alterations in cardiovascular and metabolic health in early adulthood**
C. Algarin (Santiago, Region Metropolitana, CL)
- P536** **Examining the relationship between sleep disturbance and daytime variables in psoriasis using actigraphy and experience sampling methodology**
A. Henry (Manchester, UK)
- P537** **Cardiorespiratory effects of indoor air quality during sleep**
M. Meira e Cruz (Lisboa, PT)
- P538** **Increased risk of sleep disorder in burn patients: a nationwide, population-based cohort study**
C.-Y. Liang (Taipei, TW)
- P539** **Self-reported and actigraphic sleep quality in female patients with fibromyalgia and healthy controls**
C. Violani (Rome, IT)
- P540** **Independent association between severe obstructive sleep apnea and liver stiffness**
W. Trzepizur (Angers, FR)
- P541** **The impact of obesity on morning headaches in OSAS patients**
A. Lupușor (Chisinau, MD)
- P542** **The antihypertensive effect of continuous positive airway pressure therapy for patients with obstructive sleep apnea and resistant hypertension: telephone survey**
G. Vaitukaitienė (Kaunas, LT)

Poster Session, Poster, Poster Exhibition

Psychiatric & behavioral disorders 3

- P543** **The influence of anticipatory stress on sleep - preliminary results from an experience sampling method study**
V. Firsching (Basel, CH)
- P544** **Misperception of sleep patterns and memory experience gap among patients with major depressive disorders, and social anxiety, and healthy controls**
T. Mikoteit (Solothurn, CH)
- P545** **Poor sleep quality and depressive symptoms in young adults**
M. Gonçalves (Porto, PT)
- P546** **Sleep-related heart rate changes in people with depression: potential for a novel multi-systemic biomarker**
M. Saad (Ottawa, ON, CA)
- P547** **Sleep architecture in adolescents hospitalized during a suicidal crisis**
R. Robillard (Ottawa, ON, CA)
- P548** **Effect of continuous positive airway pressure on neuropsychiatric characteristics of adherent and non-adherent OSA patients**
V. Dostálová (Praha, CZ)



Scientific Programme

- P549 Investigation of sleep structure with polysomnography in the patients with first episode psychosis**
E. Kızılay (Ankara, TR)
- P550 Traumatic experiences influence later sleep and stress perception in vulnerable individuals**
Y. Azza (Zurich, CH)
- P551 Sleep spindles and depressive symptoms in post-traumatic stress disorder**
R. Robillard (Ottawa, ON, CA)
- P552 Social rhythms and the sleep-wake cycle in young people with depression**
A. Nixon (Ottawa, ON, CA)
- P553 Temperament, character and personality in patients with panic disorder and sleep disorder: personality and sleep**
C. Cimmino (Piedimonte Matese, Caserta, IT)
- P554 Quality of sleep, anxiety and depression among medical students during exams period: a cross sectional study**
M. Maalej (Sfax, TN)
- P555 The influence of depressive symptoms and physical illness on sleep disturbance in elderly people**
B. Nam (Chungju, KR)
- P556 The relationship between obstructive sleep apnea and depression**
M. Li (Changchun, CN)
- P557 Social responsiveness in pediatric narcolepsy patients**
L. Quaedackers (Heeze, NL)
- P558 A novel home video behaviour analysis algorithm to diagnose childhood chronic insomnia**
L. Galbraith (Southampton, UK)

Poster Session, Poster, Poster Exhibition

Paediatrics 2

- P559 Sleep and daytime functioning in children with autism**
A. Geranmayeh (Stockholm, SE)
- P560 Weekday-weekend sleep variations in young children and the associated family factors**
L. Xiu (Stockholm, SE)
- P561 Sleep duration and socio-economic status in pediatric population: a systematic review of the literature**
O. Guglielmi (Genoa, Italy, IT)
- P562 Treatment of symptoms of depression with light goggles in adolescents**
A. Lowden (Stockholm, SE)
- P563 When the children don't sleep: the impact on paternal mental health**
M. Gardani (Glasgow, UK)



Scientific Programme

- P564 Moderate impact of prone positioning in Robin infants: a polysomnography study**
L. Coutier (Lyon, FR)
- P565 Sleep habits in a western Mediterranean population from 0 to 30 months: a cohort study**
A. Gamundí (Palma de Mallorca, Illes Balears, ES)
- P566 Reported sleep in carer-child dyads: effects of sleep loss on physical health, emotional wellbeing and daily functioning**
J. Groeger (Nottingham, UK)
- P567 The role of polysomnography in respiratory management of obstructive sleep apnea in infants with Pierre Robin sequence: essential or not?**
P. Biermé (Bron, FR)
- P568 Psychological factors of sleep disorders in school-age children: the role of parent´s subjective sleep problems and dysfunctional beliefs about their child´s sleep**
D. Kudryashov (Moscow, RU)
- P569 Cataplexy and sleep disorders in Niemann-Pick type C disease - a case study**
B. Gnidovec Strazisar (Celje, SI)
- P570 Effect of parental group sleep education in young children with Down syndrome: The REST-Ed study**
E.A. Hill (Edinburgh, UK)
- P571 Temperament and sleep in children: investigation of the direction of the association**
L. Bastien (Montréal, QC, CA)
- P573 Relationship between sleep and health-related factor in adolescents**
K.J. Hwang (Seoul, KR)
- P574 Our experience in treatment sleep apnea in children**
P. Petrov (Sofia, BG)

Poster Session, Poster, Poster Exhibition

Sleep and gender

- P575 Effect of gender, obesity and neck circumference on the severity of obstructive sleep apnea in Egyptian patients**
A. Gharib (Cairo, EG)
- P576 A study of physical activity, sleep and mood in Finnish adolescents**
M. Heath (Adelaide, SA, AU)
- P577 Sleep related symptoms and gender in France: an analysis of the Réseau Morphee database**
S. Royant-Parola (Garches, FR)
- P578 Gender differences in aging process of sleep behavior: the Korean Genome and Epidemiology Study**
H.J. Kim (Seoul, KR)



Scientific Programme

- P579 Subjective sleep quality, fatigue and depressive symptoms during and after pregnancy**
L. Moons (Gent, BE)
- P580 Breastfeeding, prolactin release and sleep**
J. Isaac (Beja, PT)
- P581 Relation between menstrual cycle, sleep and daytime sleepiness**
J. Miura (Sapporo, JP)
- P582 Gender differences of cardiovascular risk in population with sleep disturbance in Russia / Siberia: WHO program MONICA-psychosocial**
D. Panov (Novosibirsk, RU)
- P583 Is use of systemic hormone therapy associated with better sleep? A large, registry-based study of pre-, peri- and post-menopausal women in Norway**
R. Andenæs (Oslo, NO)
- P584 „What about us?“ Men in the face of childbirth - their sleep and experiences of stress around the time of birth**
B.G. Cattarius (Bielefeld, Nordrhein-Westfalen, DE)
- P585 Gender differences in the subjective effectiveness of three off the shelf anti-snoring devices, a crossover pilot study**
N. Papas (Monroeville, PA, US)
- P586 Subjective sleep varies systematically across the menstrual cycle**
J. Groeger (Nottingham, UK)
- P587 A big data approach to objective measurement of sex differences in sleep schedules**
K. Martinmäki (Kempele, FI)
- P588 Sex differences in the circadian and sleep dependent regulation of sleep spindles in humans**
A. Lazar (Norwich, Norfolk, UK)
- P589 What are the characteristics associated with increased slow wave sleep?**
A.R. Peralta (Lisboa, PT)

Poster Session, Poster, Poster Exhibition

Poster Session 3 - Poster viewing

- 13:30 - 15:30** Neuropsychiatry Track, Symposium, San Francisco
Narcolepsy
- 13:30 - 14:00** 175 **Is cataplexy a dissociated state of paradoxical (REM) sleep? Role of glutamatergic neurons of the sublaterodorsal nucleus in a mouse model of narcolepsy type 1**
C. Peyron (Lyon, FR)
- 14:00 - 14:30** **Narcolepsy and H1N1 influenza and vaccinations. Fakes and News.**
E. Mignot (Palo Alto, US)



Scientific Programme

14:42 - 14:54	O186	During day and night: childhood psychotic-like experiences and nightmares M.E. Koopman-Verhoeff (Rotterdam, NL)
14:54 - 15:06	O187	Slow wave activity topography predicts development of brain myelin in children S. Kurth (Zurich, CH)
15:06 - 15:18	O188	Beneficial effects of a lifestyle intervention program on C-reactive protein: impact of cardiorespiratory fitness in obese adolescents with sleep-related disorders J. Roche (Besançon, FR)
15:18 - 15:30	O188a	The impact of a teacher-led, classroom-based, sleep education programme on adolescent sleep in UK schools: the Teensleep study R. Sharman (Oxford, UK)
Track Human Sleep, Oral Session, Singapore		
13:30 - 15:30		Sleep in aging and dementia
13:30 - 13:42	O189	Association of circadian sleep-wake regulation and brain structure in older adults: a multi-modal approach M. Deantoni (Liège, BE)
13:42 - 13:54	O190	Impact of intraocular cataract lens replacement on circadian rhythms and sleep in older adults S. Chellappa (Boston, US)
13:54 - 14:06	O191	Pain, depression, dementia and their association with sleep in nursing home patients - a cross-sectional study K.M. Blytt (Bergen, NO)
14:06 - 14:18	O192	Sleep, orexin and β-amyloid metabolism in obstructive sleep apnea syndrome and Alzheimer's disease C. Liguori (Rome, IT)
14:18 - 14:30	O193	Arousals during sleep are associated with brain tau and amyloid-β burden in healthy older adults D. Chylinski (Liège, BE)
14:30 - 14:42	O194	Sleep efficiency and electroencephalographic patterns in midlife are associated with cognitive change over the adult life course M. Waser (Kgs. Lyngby, DK)
14:42 - 14:54	O195	A polysomnographic sleep and resting state fMRI connectivity study in the general population T.S. Lysen (Rotterdam, NL)
14:54 - 15:06	O196	Changes in slow waves density: a matter of aging and sex or an inaccurate detection? T. Rosinvil (Montréal, QC, CA)



Scientific Programme

15:06 - 15:18	O197	Change in sleep duration at retirement: a longitudinal study using objective assessments S. Gershagen (Stockholm, SE)
15:18 - 15:30	O198	Objectively measured sleep disturbances are associated with reduced microstructural integrity of white matter. A prospective cohort study in middle-aged and older persons D. Kocavska (Rotterdam, Please Select, NL)
13:30 - 15:30		Track General, Joint Symposium, Osaka Joint Symposium ESRS - SSSC
13:30 - 14:00		Neuroimaging of sleep regulation circuits K. Spiegelhalder (Freiburg, DE)
14:00 - 14:30	199	Dreaming and consciousness F. Siclari (Lausanne, CH)
14:30 - 15:00		Towards a neuroscience of insomnia E. Van Someren (Amsterdam, NL)
15:00 - 15:30	200	Sleep biomarkers in insomnia and depression T. Mikoteit (Solothurn, CH)
15:45 - 17:15		Track General, Opening/Closing Session, San Francisco Hot Topic Symposium & Closing Session Hot Topic Symposium
15:45 - 16:05		Sleep duration and mortality - Does weekend sleep matter? T. Åkerstedt (Stockholm, SE)
16:05 - 16:25		Quantitative phosphoproteomic analysis of the molecular substrates of sleep need Q. Liu (Dallas, US)
16:25 - 16:45		ER lipid defects in neuropeptidergic neurons impair sleep patterns in Parkinson's Disease J.S. Valadas (Leuven, BE)
16:45 - 16:55		Best poster award