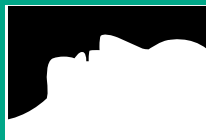


# ISMC 2009



**BRITISH SLEEP SOCIETY**  
[www.sleeping.org.uk](http://www.sleeping.org.uk)



Belgian  
Association  
for  
Sleep research  
and  
Sleep medicine

**B  
A  
S**

Nederlandse vereniging voor  
Slaap - Waak Onderzoek



## International Sleep Medicine Course, Cambridge

27 September - 1 October 2009  
Robinson College, Cambridge

# speakers

Jonathan Bird, Bristol UK  
Andrew Cummin, London UK  
Simone de Lacy, London UK  
A. de Weerd (NL)  
Derk-Jan Dijk, Surrey UK  
Colin Espie, Glasgow UK  
Russell Foster  
Paul Gringras, London UK  
Mellisa Hack, Newport UK  
Nick Hart, London UK  
Sean Higgins, London UK  
Jim Horne, Loughborough, UK  
S Johal, London UK  
G Kerkhof, Amsterdam NL  
M.Kerkhofs, Brussels BE  
C. Kosky London UK  
Bhik Kotecha  
Tom Mackay, Edinburgh, UK  
A Mariman, Ugent BE  
W McNicholas, Dublin IRL  
Simon Merrit  
Mary Morrell, London UK  
Kevin Morgan, Loughborough UK  
John O'Reilly, Liverpool UK  
Jane Orgill, London UK  
S Overeem, Nijmegen NL  
Dirk Pervergnagie, Brussels BE  
R. Poirier, Liege, BE  
Paul Reading, Middlesbrough, UK  
Renata Riha, Edinburgh  
D Rodenstein, Brussels BE  
R-J. Schimsheimer (MCH, NL)  
Dr J Shneerson, Cambridge UK (President BSS)  
Karen Spiegel, Brussels BE  
V I Spoomaker (MPP, DE)  
John Stradling  
Jo Tiete, BE  
E Verbeek, Heeze, NL  
J Verbraeken, Antwerp BE  
Matthew Walker  
Adrian Williams, London UK  
Sue Wilson, Bristol UK  
Zenobia Zaiwalla, Oxford UK

## Monday 28 September Day 1

MODULES	TIME	SESSION	TITLE
	08.45		Welcome
<b>1. General</b>			
	09.00	1	Sleep Culture and History
	09.30	2	Patterns of Sleep, eg, long sleepers, naps, owls and larks, age
	10.00	3	Sleep Disorders - Costs to Society, eg, driving, legal, shift work
	10.30		Break
<b>2. Sleep Physiology</b>			
	11.00	4	Neurochemistry and Anatomy
	11.30	5	Wakefulness and Sleep Physiology
	12.00	6	Circadian Rhythm physiology
	12.30		Lunch
	13.00		
	13.30	7	Cardio-respiratory physiology in sleep
	14.00	8	Endocrine physiology in sleep
	14.30	9	Sleep across the lifespan
	15.30		Break
	15.00	10	Paediatric sleep disorders
<b>3. Sleep Assessment</b>			
	15.30	11	Which sleep study?- Pro's, Cons and Guidelines
	16.00	12	Respiratory Polysomnography
	16.30	13	Polysomnography
	17.00		Close

## Tuesday 29 September Day 2

MODULES	TIME	SESSION	TITLE
	09.00	14	Actigraphy and other assessments
	09.30	15	Assessment of Vigilance
	10.00	16	Clinical Assessment of Sleep disorders
	10.30		Break
	11.00	17	Effects of drugs on Sleep
<b>4. Insomnia and psychiatric disorders</b>			
	11.30	18	Primary Insomnia
	12.00	19	Co-morbid Insomnias
	12.30		Lunch
	13.00		
	13.30	20	Insomnia - Cognitive Behavioural Therapy
	14.00	21	Drug Treatment of Insomnia
	14.30	22	Sleep disorders in Psychiatric Diseases
	15.30		Break
	15.00	23	Fibromyalgia, chronic fatigue syndrome and chronic pain
<b>5. Excessive Daytime Sleepiness</b>			
	16.00	24	Assessment (Causes, consequences and differential diagnosis)
	16.30	25	Narcolepsy - Clinical Presentation and Physiology
	17.00		Close

## Wednesday 30 September Day 3

MODULES	TIME	SESSION	TITLE
	09.00	26	3. Treatment of EDS and Narcolepsy
<b>6. Circadian Rhythm Disorders</b>			
	9.30	27	1. Circadian Rhythm Disorders – Clinical Aspects
	10.00	28	2. Shift Work and Jet Lag
	10.30		Break
<b>7. Parasomnias</b>			
	11.00	29	1. Arousal Disorders
	11.30	30	2. RBD
	12.00	31	3. Restless Legs Syndrome and Periodic Limb Movements
	12.30		Lunch
	13.00		
Parkinsonism	13.30	32	Neurodegenerative Disorders including
	14.00	33	Epilepsy and sleep manifestations
	14.30	34	Dreams and Nightmares
	10.30		Break
<b>8. Sleep Disordered Breathing (SDB)</b>			
	15.30	35	1. Pathophysiology of Sleep disordered breathing (Central and Obstructive Apnoeas)
	16.00	36	2. Sleep and cardio-metabolic syndrome
	16.30	37	3. Overlap syndromes – Obesity hypoventilation, COPD and upper airways resistance
	17.00		Close

Thursday 1 October Day 4

MODULES	TIME	SESSION	TITLE
	9.00	38	SDB - Diagnostic Tests and protocols
	9.30	39	CPAP principles and guidelines
	10.00	40	CPAP practical workshop
	10.30		CPAP practical workshop
			Break
	11.00	41	SDB - ENT Surgical options
	11.30	42	SDB - Dental splints and other treatments
	12.00		Summary and Close
	12.30		Lunch and Depart
	13.00		

## CONFERENCE VENUE

Robinson College, Cambridge will be the venue for the British Sleep Society's 21st Annual Meeting.

The college is set in several acres of attractive wooded gardens, only a few minutes walk from the city centre and the famous 'Backs'.

The historic city of Cambridge has a wealth of museums and galleries covering a wide range of interests, beautiful architecture and lively riverside pubs and taverns.

Robinson College, Grange Road, Cambridge

(Please contact the BSS Office for any matters relating to the BSS2009 Conference)

## ACCOMMODATION

Bed and breakfast, en-suite accommodation is available at Robinson College, with free internet access.

Alternatively delegates can make their own accommodation arrangements by contacting the Cambridge Tourist Information Centre

Tel: 0871 226 8006 Fax: 01223 457549

email: [tourism@cambridge.gov.uk](mailto:tourism@cambridge.gov.uk)

web: <http://www.tourismcambridge.com>



## International Sleep Medicine Course 2009

Robinson College  
Cambridge  
27 September – 1 October 2009

### Registration Form

Please print clearly

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Contact Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email address: \_\_\_\_\_

**REGISTRATION FEES** (includes attendance at all lectures, course programme, examination (date to be confirmed), all morning, lunchtime and afternoon refreshments, evening meals, Sunday welcome reception. *Early registration advisable due to limited number of places*)

	Cost	Total
Course Fees	£600.00	
Accommodation Fees	£600.00	
Attending Welcome Dinner (Resident included in accommodation fee)	No Charge	
(Non Resident)	£20.00	
Gala Dinner	£35.00	
Total		

Details preferred on conference badge:

Name: \_\_\_\_\_ Hospital/Unit/Other: \_\_\_\_\_

Car Parking (parking provided locally) If you require a parking permit please indicate for

Specific dietary requirements \_\_\_\_\_

Please indicate if you require any special needs \_\_\_\_\_

Method of Payment **PAYMENT TO BE RECEIVED PRIOR TO THE MEETING**

Cheque enc  Please make cheques payable to 'British Sleep Society'

BAC payment  Please contact BSS Office [bssoffice@btpenworld.com](mailto:bssoffice@btpenworld.com) for Bank Details

Credit card using PayPal

registration form

**Cancellations after 31 August: Refunds at the discretion of the organisers**





TRAVEL

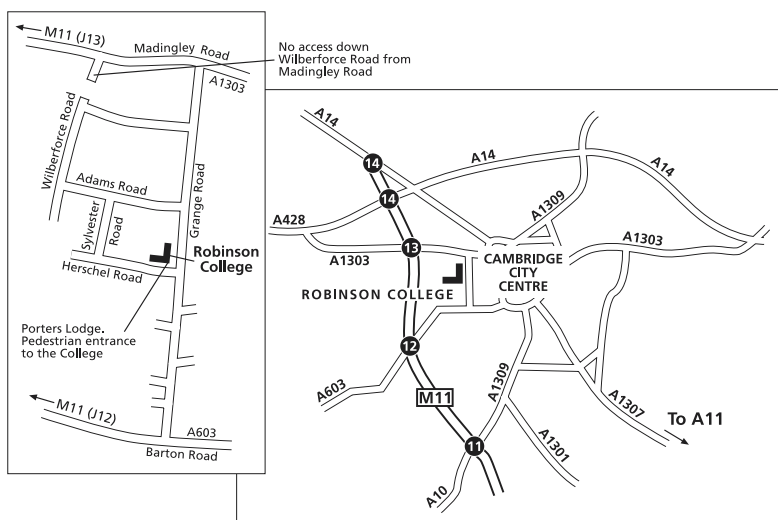
**By Road:** The easiest way to approach Robinson College by road is from Junction 12 of the M11. Leave the M11 at Junction 12 and proceed east towards Cambridge on the A603 (Barton Road). Grange Road is opposite the Hat and Feathers public house, about one and a half miles from the motorway. Robinson College is the new red brick college a quarter of a mile along Grange Road on the left hand side.

**By Train:** A good train service exists from London (King's Cross or Liverpool Street) and the fastest trains take under one hour. Cross country rail services link Cambridge with the Midlands and the North. The College can be reached from Cambridge station by taxi.

**By Air:** Stansted/Luton

**Travel by Coach:** There is a frequent express service between London and Cambridge and a coach service several times a day between Heathrow, Gatwick, Luton and Stansted airports and Cambridge.

**Parking:** Due to the lack of parking spaces at the College it has been arranged for those delegates arriving by car to park their car at a designated car park just a short distance from the college. A shuttle service will be available between arrival and return. Parking permits are required and will be issued to members who require them.



## THINGS TO DO IN CAMBRIDGE

### **Punting**

Punts can be hired from the boatyard at Mill Lane, either to go along to the Backs or up river to Granchester. Boats for the Backs are on hire from Quayside. Tel: 01223 352846 Tel: 01223 359750

### **Visiting the Colleges**

Including King's College Chapel, the best known of all Cambridge buildings. You may even get to hear the world-famous choir.

### **Museums and galleries**

Fitzwilliam Museum - outstanding collection of paintings, antiquities, ceramics, armour and much more - Tel: 01223 332941

Kettles Yard Gallery - Tel: 01223 352124

### **Parks and Gardens**

Cambridge University Botanic Gardens Tel: 01223 336265

The Backs - stunning view of the colleges across the river

### **Churches**

The Round Church - one of only four round churches in England

Great St Mary's - The University Church; panoramic views

### **Pubs, Restaurants and Cafes**

The Anchor, Silver Street - popular riverside pub where you can sit and watch people fail to punt successfully or even fall in!

The Venue, Regent Street - serves modern international cuisine; also features live jazz, classical, blues and contemporary music every Friday and Saturday

The Pickerel, Magdalene Street - busy student pub dating in part from the 16th Century

Lock Fyne, Trumpington Street - relaxed atmosphere, fish and seafood restaurant

Sala Thong, Mill Pond - Thai food in pleasant surroundings

Henrys, Quayside - riverside café-bar

Browns Restaurant and Bar, Trumpington Street