<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Room</th>
<th>Session Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>31 March 2011</td>
<td>08:30 – 10:30</td>
<td>Meridian</td>
<td>Opening session from ERS/ESRS leadership “Overview of sleep and breathing”</td>
</tr>
<tr>
<td></td>
<td>10:45 – 12:15</td>
<td>Meridian</td>
<td>Specialised Symposium “Hot topics in sleep research”</td>
</tr>
<tr>
<td></td>
<td>10:45 – 12:15</td>
<td>Taurus</td>
<td>Case Studies in sleep medicine: “Paediatrics”</td>
</tr>
<tr>
<td></td>
<td>10:45 – 12:15</td>
<td>Virgo</td>
<td>Case Studies: “Periodic Limb Movement Disorder (PLMD) and restless legs”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Hands-on practical workshop</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Taurus</td>
<td>Meet the Professor “Use and interpretation of vigilance tests”</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Virgo</td>
<td>Meet the Professors - Pro/Con Debate: “Sleep Disordered Breathing is an important risk factor in stroke?”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Plenary Session “Diagnostic approaches to sleep-disordered breathing”</td>
</tr>
<tr>
<td></td>
<td>15:00 – 17:00</td>
<td>Meridian</td>
<td>Evening Symposium “Interactive Clinical Cases of Complicated Sleep Disordered Breathing” (Philips Respironics)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Evening Symposium “Sleep and Breathing - New Frontiers: Addressing challenges in SDB therapy” (Resmed)</td>
</tr>
<tr>
<td>1 April 2011</td>
<td>08:30 – 10:00</td>
<td>Meridian</td>
<td>Specialised Symposium “Hot topics in non-respiratory sleep medicine”</td>
</tr>
<tr>
<td></td>
<td>08:30 – 10:00</td>
<td>Taurus</td>
<td>Case Studies in sleep medicine “Sleep-related respiratory disorders”</td>
</tr>
<tr>
<td></td>
<td>08:30 – 10:00</td>
<td>Virgo</td>
<td>Case Studies: “Sleep-disordered breathing in chronic respiratory diseases”</td>
</tr>
<tr>
<td></td>
<td>10:15 – 12:15</td>
<td>Meridian</td>
<td>Plenary Session “Management approaches to obstructive sleep apnoea syndrome”</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:40</td>
<td>Tycho, Kepler</td>
<td>Hands-on practical workshop</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Taurus</td>
<td>Meet the Professor “Management of patients with OSA and hypertension: updated guidelines”</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Virgo</td>
<td>Meet the Professor “Genetic studies in sleep disorders: lessons from restless legs syndrome and obstructive sleep apnoea/hypopnoea syndrome”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Poster Presentations - Physiology/Pathophysiology</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>- Clinical aspects</td>
</tr>
<tr>
<td></td>
<td>15:00 – 17:00</td>
<td>Meridian</td>
<td>Plenary Session &quot;Comorbidities in sleep apnoea&quot;</td>
</tr>
<tr>
<td></td>
<td>17:15 – 18:45</td>
<td>Meridian</td>
<td>Specialised Symposium “Sleep in chronic respiratory disorders”</td>
</tr>
<tr>
<td></td>
<td>17:15 – 18:45</td>
<td>Taurus</td>
<td>Case Studies: “Sleep apnoea”</td>
</tr>
<tr>
<td></td>
<td>17:15 – 18:45</td>
<td>Taurus</td>
<td>Case Studies: “Sleep Disordered Breathing (SDB) in heart failure”</td>
</tr>
<tr>
<td>2 April 2011</td>
<td>08:30 – 10:00</td>
<td>Meridian</td>
<td>Specialised Symposium “Management of non sleep apnoea patients”</td>
</tr>
<tr>
<td></td>
<td>08:30 – 10:00</td>
<td>Taurus</td>
<td>Case Studies: “Obesity hypoventilation”</td>
</tr>
<tr>
<td></td>
<td>08:30 – 10:00</td>
<td>Virgo</td>
<td>Case Studies: “Hypersonnias”</td>
</tr>
<tr>
<td></td>
<td>10:15 – 12:15</td>
<td>Meridian</td>
<td>Plenary Session “Hypersomnolence/ Excessive daytime sleepiness”</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:40</td>
<td>Tycho</td>
<td>Hands-on practical workshop</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Taurus</td>
<td>Meet the Professors - Pro/con Debate “Should AHI be the principal criterion in assessment and management of OSAS?”</td>
</tr>
<tr>
<td></td>
<td>12:30 – 13:30</td>
<td>Virgo</td>
<td>Meet the Professor “Sleepiness, fatigue and driving”</td>
</tr>
<tr>
<td></td>
<td>15:00 – 16:30</td>
<td>Meridian</td>
<td>Specialised Symposium “Sleep disordered breathing and psychiatric disturbance”</td>
</tr>
<tr>
<td></td>
<td>15:00 – 16:30</td>
<td>Taurus</td>
<td>Case Studies: “Management of OSAS where CPAP fails”</td>
</tr>
<tr>
<td></td>
<td>15:00 – 16:30</td>
<td>Virgo</td>
<td>Case Studies: “Insomnia and parasomnia in OSAS”</td>
</tr>
</tbody>
</table>
|              | 16:45 – 17:30 | Meridian       | Plenary Session “Sleep and breathing: the future”}
PROGRAMME DETAILS

This information is valid up to February 25, 2011.
Visit www.sleepandbreathing.org for updates.
PLENARY SESSION: OPENING SESSION FROM ERS/ESRS LEADERSHIP “OVERVIEW OF SLEEP AND BREATHING”

Aims: The aims of this session are:
- a comprehensive overview of basic knowledge regarding sleep and neuroanatomy of upper airway control will be first provided
- how control of breathing applies to the field of sleep disordered breathing (SDB) will be reviewed
- finally, an historical perspective and a prospective regarding SDB will be provided regarding epidemiology, pathophysiology and morbity of SDB.

Target audience: Respiratory and sleep specialists, clinical and research fellows.

Chairs: C. Bassetti (Lugano, Switzerland), W. McNicholas (Dublin, Ireland)

08:30 Overview of sleep
J. Horne (Leicestershire, United Kingdom)

09:00 The influence of the state dependent chemical brain on breathing
R. Horner (Toronto, Canada)

09:30 Control of breathing during sleep
M. Morrell (London, United Kingdom)

10:00 Sleep and breathing disorders: past, present and future
P. Levy (Grenoble, France)

SPECIALISED SYMPOSIUM: HOT TOPICS IN SLEEP RESEARCH

Aims: This session will review the latest cutting edge research in aspects of sleep apnoea that are particularly relevant and topical.

Target audience: Clinicians, clinical researchers, scientists

Chairs: P. Levy (Grenoble, France), J. A. Hedner (Gothenburg, Sweden)

10:45 Mechanisms of cardiovascular disease in OSAS
W. McNicholas (Dublin, Ireland)

11:15 Basic mechanisms of narcolepsy
M. Tafti (Lausanne, Switzerland)

11:45 Basic interactions of obesity with OSA/ intermittent hypoxia
M. Bonsignore (Palermo, Italy)

CASE STUDIES IN SLEEP MEDICINE: “PAEDIATRICS”

O. Bruni (Rome, Italy)

10:45–12:15

10:45–12:15

10:45–12:15

10:45–12:15

10:45–12:15

12:30–13:30

MEET THE PROFESSOR: USE AND INTERPRETATION OF VIGILANCE TESTS

K. Sonka (Prague, Czech Republic)

12:30–13:30

MEET THE PROFESSORS: PRO/CON DEBATE: “SLEEP DISORDERED BREATHING IS AN IMPORTANT RISK FACTOR IN STROKE?”

Pro: “SDB is an important risk factor in stroke?”
C. Bassetti (Lugano, Switzerland)
Con: “SDB is an important risk factor in stroke?”
N. Douglas (Edinburgh, United Kingdom)

Rebuttal
C. Bassetti (Lugano, Switzerland), N. Douglas (Edinburgh, United Kingdom)

POSTER PRESENTATION SESSION
Diagnosis, Co-morbidities, Treatment

ROOM MERIDIAN  SESSION 7  15:00–17:00

PLENARY SESSION: DIAGNOSTIC APPROACHES TO SLEEP DISORDERED BREATHING

Aims: The participants will:
- get an insight in the clinical presentation of sleep disordered breathing
- learn when to perform polysomnography
- learn about the possibilities and limitations of portable monitoring and screening questionnaires
- learn about the assessment of neuropsychiatric aspects of sleep disordered breathing

Target audience: All physicians involved in the assessment of sleep disorders

Chairs: B. Buyse (Leuven, Belgium), M. Eijsvogel (Enschede, Netherlands)

15:00 Clinical assessment - what is the difference between OSAS and OSA?
J. Verbraecken (Antwerp, Belgium)

15:30 Which test for which kind of nocturnal breathing?
T. Penzel (Berlin, Germany)

16:00 Limited sleep screening and questionnaires for OSAS and OSA
R. L. Riha (Edinburgh, United Kingdom)

16:30 Assessing sleepiness and responses to treatment
E. Lindberg (Uppsala, Sweden)

ROOM VIRGO  17:15–18:45

EVENING SYMPOSIUM: INTERACTIVE CLINICAL CASES OF COMPLICATED SLEEP DISORDERED BREATHING

Organised by Philips Respironics

Chair: W. Randerath (Solingen, Germany)

17:15 Introduction
W. Randerath (Solingen, Germany)

17:20 Opioid Induced Sleep Apnea and CompSAS
L. Grote (Gothenburg, Sweden)

17:45 Heart Failure, Central Sleep Apnea and Cheyne Stokes Respiration
W. Randerath (Solingen, Germany)

18:10 A practical approach to managing complicated breathing patterns
F. Abdenbi (Goussainville, France)

18:40 Close
W. Randerath (Solingen, Germany)

ROOM TAURUS  17:15–18:45

EVENING SYMPOSIUM: SLEEP AND BREATHING - NEW FRONTIERS: ADDRESSING CHALLENGES IN SDB THERAPY

Organised by Resmed

Chairs: A. Simonds (London, United Kingdom), P. Levy (Grenoble, France)

17:15 Challenge of non-sleepy OSA patients
F. E. Barbe (Lleida, Spain)

17:35 Questions and Discussion
F. E. Barbe (Lleida, Spain)

17:45 Challenge of non-compliant patients
A. Simonds (London, United Kingdom)

18:05 Questions and Discussion
A. Simonds (London, United Kingdom)

18:15 Challenge of patients with heart failure
P. Levy (Grenoble, France)

18:35 Questions and Discussion
P. Levy (Grenoble, France)
SPECIALISED SYMPOSIUM: HOT TOPICS IN NON-RESPIRATORY SLEEP MEDICINE

Chairs: R. L. Riha (Edinburgh, United Kingdom), K. Sonka (Prague, Czech Republic)

08:30 Sleep and neurology
C. Bassetti (Lugano, Switzerland)

09:00 Sleep and psychiatry
D. Riemann (Freiburg, Germany)

09:30 Sleep and chronobiology
D. Skene (Surrey, United Kingdom)

ROOM Taurus
SESSION 9
08:30–10:00
CASE STUDIES IN SLEEP MEDICINE “SLEEP-RELATED RESPIRATORY DISORDERS”
J. A. Hedner (Gothenburg, Sweden)

ROOM Virgo
SESSION 10
08:30–10:00
CASE STUDIES: “SLEEP DISORDERED BREATHING IN CHRONIC RESPIRATORY DISEASES”
R. Tkacova (Kosice, Slovakia)

ROOM Meridian
SESSION 11
10:15–12:15
PLENARY SESSION: MANAGEMENT APPROACHES TO OBSTRUCTIVE SLEEP APNOEA SYNDROME

Aims: The aim of this Plenary session is to understand why CPAP therapy is the main treatment option in OSA, with oral appliances, surgery and weight reduction as treatment options in specific patient subgroups.

Target audience: Mainly clinicians with an interest in sleep disordered breathing: pneumologists, ENT, dentists

Chairs: S. Andreas (Immenhausen, Germany), N. Douglas (Edinburgh, United Kingdom)

10:15 CPAP is the cornerstone in the management of OSA
D. Pevernagie (Heeze, Netherlands)

10:45 Oral appliances in the management of mild and moderate obstructive sleep apnoea
M. Marklund (Umea, Sweden)

11:15 Upper airway surgery in the treatment of obstructive sleep apnoea
J. T. Maurer (Mannheim, Germany)

11:45 Weight reduction as a causal approach to obstructive sleep apnoea
K. Johansson (Stockholm, Sweden)

ROOMS Kepler & Tycho
12:30–13:40
HANDS-ON PRACTICAL WORKSHOPS

ROOM Taurus
SESSION 12
12:30–13:30
MEET THE PROFESSOR: MANAGEMENT OF PATIENTS WITH OSA AND HYPERTENSION: UPDATED GUIDELINES
G. Parati (Milan, Italy)

ROOM Virgo
SESSION 13
12:30–13:30
MEET THE PROFESSOR: GENETIC STUDIES IN SLEEP DISORDERS: LESSONS FROM RESTLESS LEGS SYNDROME AND OBSTRUCTIVE SLEEP APNOEA/HYPOPNOEA SYNDROME
T. Gislason (Reykjavik, Iceland)
PLENARY SESSION: COMORBIDITIES IN SLEEP APNOEA

Aims: At the end of this session, the audience will take away an understanding of the principal comorbidities relating to sleep apnoea, particularly cardiovascular and metabolic. The session will focus on the independent relationships between OSAS and these co-morbidities, review the mechanisms and manifestations of co-morbidities in the setting of OSAS, in addition to specific aspects of management in this setting.

Target audience: Clinicians, nurses, allied health professionals

Chairs: W. McNicholas (Dublin, Ireland), T. Pollmaecher (Ingolstadt, Germany)

15:00 Cardiovascular disease in obstructive sleep apnoea
J-L. Pepin (Grenoble, France)

15:30 Diabetes Mellitus and sleep apnoea
M. Ip (Hong Kong, China)

16:00 The Metabolic Syndrome and obstructive sleep apnoea
M. Bonsignore (Palermo, Italy)

16:30 Insomnia and depression in OSAS
T. Pollmaecher (Ingolstadt, Germany)

SPECIALISED SYMPOSIUM: SLEEP IN CHRONIC RESPIRATORY DISORDERS

Aims: This specialised symposium will provide with:
- the basic mechanisms of interaction between sleep and breathing
- the overall impact of sleep on several chronic respiratory conditions, either revealing or aggravating the disease or the related respiratory failure
- an overview of all possible treatment options

Target audience: Pneumologists with special interest in sleep disordered breathing, but also for cardiologists, neurologists and general physicians.

Chairs: J. Verbraecken (Antwerp, Belgium), J. A. Hedner (Gothenburg, Sweden)

17:15 Sleep in COPD, asthma and restrictive lung disease
N. Douglas (Edinburgh, United Kingdom)

17:45 Obesity-Hypoventilation
J-L. Pepin (Grenoble, France)

18:15 Treatment options for chronic respiratory failure
A. Simonds (London, United Kingdom)

CASE STUDIES: “ASYMPTOMATIC SLEEP APNOEA”

R. L. Riha (Edinburgh, United Kingdom)

CASE STUDIES: “SLEEP DISORDERED BREATHING (SDB) IN HEART FAILURE”

S. Andreas (Immenhausen, Germany)
SPECIALISED SYMPOSIUM: MANAGEMENT OF NON SLEEP APNOEA PATIENTS

Aims: During this session participants will get an overview of the most common non apnoeic sleep disorders, and how to manage them. This session is intended to open the eyes of the clinician who is mainly focused on sleep disordered breathing problems.

Target audience: All physicians involved in the multidisciplinary approach of patients with sleep complaints

Chairs: P. Levy (Grenoble, France), J. Verbraecken (Antwerp, Belgium)

08:30 Management of primary insomnia
C. A. Espie (Glasgow, United Kingdom)

09:00 Management of restless legs and periodic limb movement disorder
D. Garcia-Borreguero (Madrid, Spain)

09:30 Management of parasomnias
M. Manconi (Milan, Italy)

PLENARY SESSION: HYPERSONOMOENCE/ EXCESSIVE DAYTIME SLEEPINESS

Aims: The participants will:
- get an insight in the clinical presentation of hypersomnia/ excessive daytime sleepiness
- learn when to perform polysomnography
- learn about the possibilities and limitations of portable monitoring and screening questionnaires
- learn about the management and treatment of excessive daytime sleepiness/ hypersomnia

Target audience: All physicians involved in the assessment of excessive daytime sleepiness/ hypersomnia

Chairs: R. Cluydts (Brussels, Belgium), T. Penzel (Berlin, Germany)

10:15 Spectrum of clinical presentations - hypersomnia/ excessive daytime sleepiness
D. Riemann (Freiburg, Germany)

10:45 Diagnostic approaches and differential diagnosis
C. Bassetti (Lugano, Switzerland)

11:15 Management of hypersomnia/ excessive daytime sleepiness
L. Grote (Gothenburg, Sweden)

11:45 Driving and obstructive sleep apnoea/ hypopnea syndrome
D. Rodenstein (Brussels, Belgium)

MEET THE PROFESSORS: PRO/CON DEBATE “SHOULD APOE/AHPOE INDEX (AHI) BE THE PRINCIPAL CRITERION IN ASSESSMENT AND MANAGEMENT OF OSAS?”

47 PRO: “Should AHI be the principal criterion in assessment and management of OSAS?”
D. Pevernagie (Heeze, Netherlands)

48 CON: “Should AHI be the principal criterion in assessment and management of OSAS?”
W. McNicholas (Dublin, Ireland)

49 Rebuttal
D. Pevernagie (Heeze, Netherlands), W. McNicholas (Dublin, Ireland)
**MEET THE PROFESSOR: SLEEPINESS, FATIGUE AND DRIVING**

50  J. Horne (Leicestershire, United Kingdom)

---

**SPECIALISED SYMPOSIUM: SLEEP DISORDERED BREATHING AND PSYCHIATRIC DISTURBANCE**

- Aims: - News on the neuropsychiatric consequences of SDB
- Knowledge on the prevalence and treatment of SDB in psychiatric patients
- Knowledge on the interactions between insomnia and SDB

**Target audience:** Physicians (clinicians) working in the field of sleep disordered breathing and faced with psychiatric comorbidities

**Chairs:** M. Wiegand (Munich, Germany), D. Riemann (Freiburg, Germany)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>15:00</td>
<td>Neurocognitive function in OSAS</td>
</tr>
<tr>
<td></td>
<td>S. Fulda (Munich, Germany)</td>
</tr>
<tr>
<td>15:30</td>
<td>Depression in OSAS, prevalence and treatment response</td>
</tr>
<tr>
<td></td>
<td>K. Richter (Nuremberg, Germany)</td>
</tr>
<tr>
<td>16:00</td>
<td>Prevalence and particularities of OSAS in psychiatric patients</td>
</tr>
<tr>
<td></td>
<td>T. Pollmaecher (Ingolstadt, Germany)</td>
</tr>
</tbody>
</table>

---

**CASE STUDIES: “MANAGEMENT OF OSAS WHERE CPAP FAILS”**

- P. Escourrou (Clamart, France)

---

**CASE STUDIES: “INSOMNIA AND PARASOMNIA IN OSAS”**

- D. Pevernagie (Heeze, Netherlands)

---

**PLENARY SESSION: SLEEP AND BREATHING: THE FUTURE**

- Aims: This session will wrap up the conference and provide a vision for the future. The session will also provide an overview of the ERS HERMES sleep project, which is intended to provide a core educational curriculum for clinicians who seek advanced knowledge in sleep and breathing disorders. The Conference co-Chairs will make a farewell address and outline plans for future meetings.

**Target audience:** This session will bring the meeting to a close and should be of interest to all delegates, particularly those in clinical practice.

**Chairs:** C. Bassetti (Lugano, Switzerland), W. McNicholas (Dublin, Ireland)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>16:45</td>
<td>Future trends in the management of patients with sleep and breathing disorders</td>
</tr>
<tr>
<td></td>
<td>P. Levy (Grenoble, France)</td>
</tr>
<tr>
<td>17:05</td>
<td>The role of the respiratory specialist in managing patients with sleep disorders/ ERS HERMES</td>
</tr>
<tr>
<td></td>
<td>W. De Backer (Antwerp, Belgium)</td>
</tr>
<tr>
<td>17:25</td>
<td>Farewell</td>
</tr>
<tr>
<td></td>
<td>C. Bassetti (Lugano, Switzerland), W. McNicholas (Dublin, Ireland)</td>
</tr>
</tbody>
</table>
Poster Presentations

Posters will be manned by their authors.

**Thursday 31 March 13:45 – 14:45**

**Topic: DIAGNOSIS**
Coordinators: M. Bonsignore (Palermo, Italy), M. Morrell (London, United Kingdom)
Posters: P1, P3, P27, P33, P34, P35, P39, P41, P48, P51, P64, P71, P84, P85, P87, P89, P91, P92, P93

**Topic: CO-MORBIDITIES**
Coordinators: M. Ip (Hong Kong, China), D. Rodenstein (Brussels, Belgium)
Posters: P4, P9, P10, P12, P15, P19, P23, P32, P40, P44, P74, P75, P80, P81, P82, P86, P88, P90

**Topic: TREATMENT**
Coordinators: A. Simonds (London, United Kingdom), L. Grote (Gothenburg, Sweden)
Posters: P6, P13, P14, P16, P18, P22, P28, P36, P55, P62, P63, P66, P72, P73, P79

**Friday 1 April 13:45 – 14:45**

**Topic: PHYSIOLOGY/PATHOPHYSIOLOGY**
Coordinators: R. Horner (Toronto, Canada), W. De Backer (Antwerp, Belgium)
Posters: P2, P5, P7, P8, P11, P20, P25, P26, P30, P31, P43, P46, P49, P53, P67, P76

**Topic: CLINICAL ASPECTS**
Coordinators: E. Lindberg (Uppsala, Sweden), P. Escourrou (Clamart, France)
Posters: P17, P21, P24, P37, P38, P42, P45, P47, P50, P52, P56, P57, P58, P59, P60, P65, P68, P77, P78, P83
ROOM TYCHO
HANDS-ON PRACTICAL WORKSHOP “MONITORING OF OBSTRUCTIVE SLEEP APNOEA”
Practical demonstrations: Compumedics Ltd.
Aims: The aim of this session is to provide basic knowledge about the major indications and contraindications for polysomnography and optimisation of continuous positive airway pressure (CPAP) therapy. This includes a short description of the spectrum of sleep-disordered breathing and of the parameters used to perform sleep studies. Moreover, the physiological basis, main principles of treatment and also the major acute and chronic side-effects of CPAP treatment will be discussed. Finally, solutions to optimise CPAP use will be presented. In the final part of the session, live demonstrations will take place.
Target audience: Anyone who has an interest in sleep studies and delivery of CPAP, e.g. respiratory function technologists/scientists, respiratory (OSAS) nurses, respiratory physician assistants, physicians, OSAS consultants and others.
Chairs: R. L. Riha (Edinburgh, United Kingdom), W. Randerath (Solingen, Germany)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30</td>
<td>Introduction</td>
</tr>
<tr>
<td></td>
<td>R. L. Riha (Edinburgh, United Kingdom)</td>
</tr>
<tr>
<td>12:34</td>
<td>When should you use polysomnography/polygraphy?</td>
</tr>
<tr>
<td></td>
<td>J. Verbraecken (Antwerp, Belgium)</td>
</tr>
<tr>
<td>12:47</td>
<td>How to get optimal CPAP use?</td>
</tr>
<tr>
<td></td>
<td>W. Randerath (Solingen, Germany)</td>
</tr>
<tr>
<td>13:00</td>
<td>Practical demonstrations</td>
</tr>
<tr>
<td></td>
<td>Compumedics Ltd.</td>
</tr>
</tbody>
</table>

ROOM KEPLER
HANDS-ON PRACTICAL WORKSHOP “TREATMENT OF NON-SLEEPY OSA PATIENTS”
Practical demonstrations: ResMed, Weinmann
Aims: The aim of the session is to inform about the risk related to OSA in patients without daytime sleepiness and the importance of treatment of this condition as well as to provide basic knowledge about alternative and innovative treatment options with a focus on mandibular advancement devices (MADs). Finally, a product demonstration and hands-on workshop will take place.
Target audience: Anyone who has an interest in SDB and treatment options as CPAP and MADs, e.g. physicians, nurses, sleep and respiratory technicians.
Chairs: J. A. Hedner (Gothenburg, Sweden), F. Barbe Illa (Lleida, Spain)

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30</td>
<td>Introduction</td>
</tr>
<tr>
<td></td>
<td>F. Barbe Illa (Lleida, Spain)</td>
</tr>
<tr>
<td>12:34</td>
<td>Treatment of non-sleepy OSA patients: why is it important?</td>
</tr>
<tr>
<td></td>
<td>J. A. Hedner (Gothenburg, Sweden)</td>
</tr>
<tr>
<td>12:47</td>
<td>Treatment of non-sleepy OSA patients: what are the alternatives?</td>
</tr>
<tr>
<td></td>
<td>M. Marklund (Umea, Sweden)</td>
</tr>
<tr>
<td>13:00</td>
<td>Practical demonstrations</td>
</tr>
<tr>
<td></td>
<td>ResMed, Weinmann</td>
</tr>
</tbody>
</table>
ROOM TYCHO
HANS-ON PRACTICAL WORKSHOP “CONTINUOUS POSITIVE AIRWAY PRESSURE: BASIC PRINCIPLES”
Practical demonstrations: ResMed

Aims: The aim of this session is to provide basic knowledge about CPAP treatment. This includes a short description of the physiological basis, main principles of treatment and also the major acute and chronic impact of CPAP treatment. The main differences between bi-level positive airway pressure and CPAP will be presented as well as the major indications, contra-indications and results for specific indications. Finally, auto-adjusted CPAP will be presented. In the final part of the session, practical CPAP demonstrations will take place.

Target audience: Anyone who has an interest in delivery of CPAP, e.g. respiratory function technologists/scientists, respiratory (OSAS) nurses, respiratory physician assistants, physicians, OSAS consultants and others.

Chairs: L. Grote (Gothenburg, Sweden), M. Eijsvogel (Enschede, Netherlands)

12:30 Introduction
L. Grote (Gothenburg, Sweden)

12:34 Standard CPAP
P. Levy (Grenoble, France)

12:47 Bi-level CPAP
M. Eijsvogel (Enschede, Netherlands)

13:00 Auto-CPAP
J. Verbraecken (Antwerp, Belgium)

13:10 Practical demonstrations
ResMed

ROOM KEPLER
HANS-ON PRACTICAL WORKSHOP “COMPLIANCE TO NASAL CPAP: WHAT MAKES THE DIFFERENCE?”
Practical demonstrations: Compumedics Ltd., Fisher & Paykel Healthcare

Aims: This session will provide basic knowledge on CPAP treatment with regard to compliance, side effects and current alternatives that aim to improve comfort and adherence to treatment. The workshop will include an update on the determinants of compliance, a review of the principles of CPAP alternatives and presentation of the evidence regarding improvements in compliance in the overall OSAS population or targeted sub-groups.

Target audience: Anyone who has an interest in delivery of CPAP, e.g. respiratory function technologists/scientists, respiratory (OSAS) nurses, respiratory physician assistants, physicians, OSAS consultants and others.

Chairs: R. Tkacova (Kosice, Slovakia), M. Bonsignore (Palermo, Italy)

12:30 Introduction
M. Bonsignore (Palermo, Italy)

12:34 Compliance, side effects, medical and technical follow-up: what is the evidence?
J-L. Pepin (Grenoble, France)

12:47 Fixed CPAP vs. other positive pressure modes: theory, facts and perspectives
D. Pevernagie (Heeze, Netherlands)

13:00 Practical demonstrations
Compumedics Ltd., Fisher & Paykel Healthcare

SATURDAY 2 APRIL 2011
12:30 - 13:40

ROOM TYCHO
HANS-ON PRACTICAL WORKSHOP “CONTROVERSIAL ISSUES IN SDB”
Practical demonstrations: ResMed, Weinmann

Aims: This session will discuss some controversial issues in Sleep-Disordered Breathing (SDB) and will deal with possible treatment modalities in these patient categories, with their advantages and limitations.

Target audience: Anybody who has an interest in delivery of CPAP, e.g. respiratory function technologists/scientists, respiratory (OSAS) nurses, respiratory physician assistants, physicians, OSAS consultants and others.

Chairs: M. Morrell (London, United Kingdom), J. Verbraecken (Antwerp, Belgium)

12:30 Introduction
M. Morrell (London, United Kingdom)

12:34 Upper airway resistance syndrome: how to treat?
J. T. Maurer (Mannheim, Germany)

12:47 Complex sleep apnea syndrome: should we treat?
L. Grote (Gothenburg, Sweden)

13:00 Practical demonstrations
ResMed, Weinmann