

— THE 2016 —

SLEEP SUMMIT

AGENDA



22nd - 24th NOVEMBER 2016
LONDON, UK

EuroSciCon 

PLEASE NOTE:

This event is taking place in 2016, not on the proposed date in 2015

This international interdisciplinary event is an open forum for discussion of all scientific and clinical aspects of sleep-related issues and disorders. Using a multi-professional and inter-specialty approach this event promises plenty of opportunity for discussion and debate set in an informal atmosphere.

This event has [CPD accreditation](#)

www.SleepSummit2016.com

#Sleep2016

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Agenda

(Invited Talk times include 5 – 10 minutes for questions: Oral presentations include 2-3 minutes for questions)

Day 1: Parasomnias: Research and Practice

09:00 – 09:45	Exhibitions open	Registration and Refreshments
09:45 – 10:25	Introduction by the Chair The Assessment and Treatment of Isolated Sleep Paralysis	<i>Professor Brian Sharpless</i> , Associate Professor, Clinical Psychology Program, American School of Professional Psychology, Argosy University, Washington DC, USA
10:25 – 10:50	Perioperative complications of sleep apnoea patients: current practice, latest evidences and road ahead	<i>Dr Vladimir Macavei</i> , Consultant Physician in Respiratory and Sleep Medicine, Newham University Hospital, Barts Health NHS Trust, London, United Kingdom
10:50 – 11:15	Obstructive Sleep Apnoea in Patients with Diabetes Mellitus: A Novel Risk Factor for Vascular Disease	<i>Dr Abd A Tahrani MD, MRCP, MMedSci, CCT (Endocrinology)</i> , PhD, NIHR Clinician Scientist and Honorary Consultant Physician in Diabetes and Endocrinology, Heart of England NHS Foundation Trust and University of Birmingham
11:15 – 11:45	Group Photo and Session Break	Refreshments, Poster viewing, Sponsors exhibition
11:45 – 12:10	Oral Presentations Variables associated with sleep paralysis: A systematic review of the literature	<i>Dan Denis</i> , Department of Psychology, Western Bank, University of Sheffield, Sheffield, United Kingdom
12:10 – 12:30	The Sleep Paralysis Project: Using Art To Raise Awareness Of The Science Of Sleep Paralysis	<i>Professor Christopher C French</i> , University of London, London, United Kingdom
12:30 – 12:55	The biological significance of reactive sleep slow waves	<i>Dr Péter Halász MD, PhD, DSci- em.</i> professor of Neurology National Institute of Clinical Neuroscience, Budapest, Hungary
12:55 – 13:55	Session Break	Lunch, Poster viewing, Sponsors exhibition
13:55 – 14:15	Oral Presentations Effects of domain-specific physical activities on sleep quality among 0.5 million Chinese adults	<i>Bang Zheng</i> , Peking University School of Public Health, Beijing, China
14:15 – 14:35	Drug Induced Sleep Endoscopy (DISE) Data Fusion System: Clinical Testing	Mr Esuabom Dijemeni, Imperial College London, London, United Kingdom
14:35 – 15:00	Sleep Disruption in the Aftermath of Trauma	<i>Dr Tara E. Galovski</i> , Department of Psychological Sciences, Center for Trauma Recovery, University of Missouri – St. Louis, MO, USA
15:00 – 15:25	Talk title to be confirmed	<i>Dr Annette Sterr</i> , PhD, CPsychol, Dipl. Psych., Head of Brain & Behaviour Research Group, Professor of Cognitive Neuroscience & Neuropsychology, University of Surrey, Guildford, Surrey, UK
15:25 – 16:00	Session Break	Refreshments, Last poster viewing Last Sponsors exhibition
16:00 – 16:25	Drowsy Driving	<i>Dr. Steven M. Brown</i> , MD, The Insomnia Center, Creve Coeur, Missouri, USA
16:25 – 16:50	Exploding Head Syndrome: A Comprehensive Review of the Literature and New Data	<i>Professor Brian Sharpless</i> , Associate Professor, Clinical Psychology Program, American School of Professional Psychology, Argosy University, Washington DC, USA
16:50 – 17:00	Chairman's Summing Up	Close of Session

Day 2: Sleep and Development

09:00 – 09:45	Exhibitions open	Registration and Refreshments
09:45 – 10:00	Introduction by the Chair	<i>Dr Dagmara Dimitriou</i> , Senior Lecturer, Programme Leader for Master in Psychology of Education & MA in Education (Psychology), Department of Psychology and Human Development, Institute of Education, University of London, London, UK
10:00 – 10:30	How sleep - patterns and duration - influences health and development in early childhood	<i>Professor Yvonne Kelly</i> , ESRC International Centre for Lifecourse Studies, Research Department of Epidemiology and Public Health, University College London, London, UK
10:30 – 11:00	Group Photo and Session Break	Refreshments, Poster viewing, Sponsors exhibition
11:00 – 11:30	Sleep related learning in developmental disorders	<i>Dr Dagmara Dimitriou</i> , Senior Lecturer, Programme Leader for Master in Psychology of Education & MA in Education (Psychology), Department of Psychology and Human Development, Institute of Education, University of London, London, UK
11:30 – 12:00	The Changing Sleep Environment: Devices, Pets and other Phenomenon	<i>Dr Lois E Krahn</i> , Mayo Clinic, AZ, USA
12:00 – 12:30	The relationship between Eating Disorders and Night Eating Syndrome	<i>Professor Yael Latzer</i> , Haifa University, Mount Carmel, Haifa, Israel
12:30 – 12:45	Oral presentations Sleep fragmentation but not duration is associated with later memory performance in infants	<i>Mrs Manuela Pisch</i> , University College London, London, United Kingdom
12:45 – 13:00	Reorganizing Biological Clock By Stimulating Pineal Gland With Light	<i>Sueda Tuncak</i> , Uludag University, Bursa, Turkey
13:00 – 14:15	Session Break	Lunch, Poster viewing Sponsors exhibition
14:15 – 14:30	The relationship between Sleep Related Eating Disorders and Night Eating Syndrome	<i>Professor Orna Tzischinsky</i> , Emek Yezreel Academic College, Emek Yezreel, Israel
14:30 – 15:00	Multi-level Radiosurgery for Snoring and OSA	<i>Dr. Andrei Marinescu</i> , HNO Praxis Winnenden, Union of Panel Doctors (KV) Stuttgart , Germany
15:00 – 15:30	The visceral theory of sleep	<i>Dr Ivan N. Pigarev</i> , Institute for Information Transmission Problems (Kharkevich Institute), Russian Academy of Sciences, Moscow, Russia
15:30 – 16:00	Session Break	Refreshments, Last poster viewing, Last Sponsors exhibition
16:00 – 17:00	Question Time	
17:00	Chairman's Summing Up	Close of Session

Day 3: Sleep and Illness

09:00 – 09:45	Exhibitions open	Registration and Refreshments
09:45 – 10:30	Introduction by the Chair Hot flashes are a possible cause of sleep disturbance in tamoxifen medicated women with breast cancer. Can acupuncture be used as a treatment method to reduce hot flashes, thereby promoting sleep?	<i>Jill Hervik</i> , Vestfold Hospital, Pain Clinic, Dept of Anesthesiology, Tonsberg, Norway
10:30 – 11:00	The Circadian Regulation of Sleep: Implications for Health and Disease	<i>Professor Derk-Jan Dijk</i> , University of Surrey, Surrey, United Kingdom
11:00 – 11:30	Group Photo and Session Break	Refreshments, Poster viewing, Sponsors exhibition
11:30 – 12:00 11:30 – 11:45	Oral Presentations EXPLORING THE NATURE OF SLEEP DISTURBANCE IN SCHIZOPHRENIA SPECTRUM DISORDERS	<i>Sophie Faulkner</i> , Manchester Mental Health and Social Care Trust, University of Manchester, Central West Area CMHT, Kath Locke Centre, Manchester, United Kingdom
12:00 – 12:30	Anti-depressants and sleep	<i>Dr James A. Dosman</i> , OC, SOM., MA., MD, FRCP(C), FRSC, FCAHS., Canadian Centre for Health and Safety in Agriculture (CCHSA), College of Medicine, University of Saskatchewan, Saskatoon, SK, Canada
12:30 – 13:00	Epilepsy, Sleep and Thalamocortical Circuits	<i>Dr Dora A. Lozsadi</i> , Consultant Neurologist, St George's University London, London, United Kingdom
13:00 – 14:00	Session Break	Lunch, Poster viewing, Sponsors exhibition
14:00 – 14:30	Question Time	
14:30 – 15:00	Sleep, Health & Society: the contribution of epidemiology	<i>Dr Francesco P Cappuccio</i> , Cephalon Professor of Cardiovascular Medicine & Epidemiology, University of Warwick, Warwick Medical School, Division of Mental Health & Wellbeing, London, UK
15:00 – 15:30	Defining Snoring for Surgical Outcomes	<i>Vik Veer</i> , University College London, London, United Kingdom
15:30 – 16:00	REM Sleep Behavior Disorder in children. Clinical and Polysomnographic characteristics	<i>Dr Alcibiades J. Rodriguez</i> , MD, FAASM, Medical director, New York Sleep Institute, New York, NY, USA
16:00 – 16:30	Session Break	Refreshments, Last poster viewing, Last Sponsors exhibition
16:30 – 17:00	Efficacy of transvenous phrenic nerve stimulation for central sleep apnea in patients with congestive heart failure	<i>Dr Xilong Zhang</i> , Sleep Center, Department of Respirology, Nanjing Medical University
17:00	Chairman's Summing Up	Close of Session

ABOUT THE SPEAKERS

Dan Denis, Department of Psychology, Western Bank, University of Sheffield, Sheffield, United Kingdom

Dan Denis is a PhD student in the Department of Psychology, University of Sheffield. His sleep research has focused on 'anomalous' sleep experiences, such as sleep paralysis and lucid dreaming.

Esuabom Dijemeni, Imperial College London, London, United Kingdom

Esuabom Dijemeni is currently working on his PhD thesis 'Intra Oral Image Capture System for Sleep and Laryngeal Movement Studies.' He is currently working with Mr Bhik Kotecha on understanding how anatomical collapse correlates with physiological and snoring changes during drug induced sleep endoscopy studies. In addition, he is working with Dr Robert Dickinson, Dr Mike Apps, Dr James Hull and Prof. Mike Polkey on understand how dynamic laryngeal aperture varies with different CPAP setting. Esuabom organises regular Medtech meetings at Medical Innovation Research meetup to inspire the public to engage in front line medical technology innovation.

Christopher C French, University of London, London, United Kingdom

Professor Chris French is Head of the Anomalistic Psychology Research Unit in the Psychology Department at Goldsmiths, University of London. He is a Fellow of the British Psychological Society and of the Committee for Skeptical Inquiry, and a Patron of the British Humanist Association. He is a member of the Scientific and Professional Advisory Board of the British False Memory Society and an Honorary Member of the Centre for Memory and Law at City University. He has published well over 120 articles and chapters covering a wide range of topics within psychology. His main area of research is the psychology of paranormal beliefs and anomalous experiences. He writes for the Guardian and The Skeptic magazine. His most recent books are Anomalistic Psychology, co-authored with Nicola Holt, Christine Simmonds-Moore, and David Luke (2012, Palgrave Macmillan), and Anomalistic Psychology: Exploring Paranormal Belief and Experience, co-authored with Anna Stone (2014, Palgrave Macmillan).

Sophie Faulkner, University of Manchester, Central West Area CMHT, Kath Locke Centre, Manchester, United Kingdom

Sophie Faulkner works as an occupational therapist in mental health with adults of working age. She developed an interest in sleep, based on the impact of sleep problems on her patient's occupational roles and functioning, and the relatively neglected status of sleep within adult psychiatry. Sophie is at an early stage in her research career, but has published qualitative research exploring the role of mental health occupational therapists in relation to sleep problems, and a systematic review on the perspectives of patient's with serious mental illness on sleep and sleep treatment.

Steven M. Brown, MD, The Insomnia Center, Creve Coeur, Missouri, USA

Steven Brown, MD is the Director of The Insomnia Center, a leading United States sleep center with focus on the management of difficulty falling asleep, staying asleep, and non-restorative sleep and its consequences. Dr. Brown is a native of New York City and a graduate of Princeton University and Yale University. He has been in continuous private practice for thirty years. This is Dr. Brown's first journey across The Pond.

Brian Sharpless, Associate Professor, Clinical Psychology Program, American School of Professional Psychology, Argosy University, Washington DC, USA

BRIAN A. SHARPLESS is an assistant professor of psychology and director of the Psychology Clinic at Washington State University. He received his Ph.D. in clinical psychology and M.A. in philosophy from the Pennsylvania State University. After graduation, he finished a post-doctoral clinical fellowship (Pennsylvania Hospital) and post-doctoral research fellowship (Center for Psychotherapy

Research) at the University of Pennsylvania. Prior to his position at WSU, he was on faculty at Pennsylvania State University. He is a co-author of a forthcoming book on sleep paralysis with Karl Doghramji (Oxford University Press). Current research interests include parasomnias, psychodynamic therapy, and anxiety.

Vladimir Macavei, Consultant Physician in Respiratory and Sleep Medicine, [Newham University Hospital](#), Barts Health NHS Trust, London, United Kingdom

Dr Macavei is the current lead for Sleep, COPD and NIV services at Newham University Hospital (NUH) in East London, part of the largest Trust in the UK, Barts Health.

In his role as a Clinical Effectiveness lead at NUH, Dr Macavei is conducting numerous projects on sleep disordered breathing in collaboration with Anaesthetic Department.

Abd A Tahrani, MD, MRCP, MMedSci, CCT (Endocrinology), PhD, NIHR Clinician Scientist and Honorary Consultant Physician in Diabetes and Endocrinology, Heart of England NHS Foundation Trust and University of Birmingham

Dr Tahrani is a NIHR Clinician Scientist at the University of Birmingham and Lead for weight management services at Heart of England NHS Foundation Trust. He has over 75 peer reviewed publications. His main research interests are the metabolic consequences of OSA and sleep-related disorders in patients with obesity/diabetes, the pathogenesis of diabetic microvascular complications and obesity management. He has won several awards including the AASM sleep-related breathing disorders investigator of the year in 2013. He spoke in many international meetings including ADA, Sleep, EASD, Endo, Neurodiab, Diabetes UK amongst others. Dr Tahrani regularly peer review for NIHR and the Hong Kong research council as well as many leading journals such as the Lancet, BMJ, Annals of Internal Medicine, Diabetes care amongst others. He is a section editor for BMC Endocrine Disorders and a MRCP examiner.

Péter Halász, MD, PhD, DScI- em. Professor of Neurology National Institute of Clinical Neuroscience, Budapest, Hungary

Emeritus University Professor in Neurology. MD, PhD, DScI. Adviser in the epilepsy surgery program at the National Institute of Clinical Neuroscience, Budapest. Publications in epilepsy and sleep research (above 200 items). Research interest: sleep regulation, neurophysiology of sleep graphoelements, Interrelations of sleep and epilepsy, epileptic networks. Regular reviewer of several international journals in sleep and epilepsy topics.

Tara E. Galovski, Department of Psychological Sciences, Center for Trauma Recovery, University of Missouri – St. Louis, MO, USA

Dr. Galovski is an Associate Professor and Co-Director of the Center for Trauma Recovery at the University of Missouri- St. Louis. She has currently authored a book and written over fifty chapters and manuscripts. She is a national trainer of the evidence-based therapy, Cognitive Processing Therapy, and a licensed psychologist. Her area of research is primarily trauma recovery with a focus on health-related outcomes, including sleep impairment. She has had the privilege to work with survivors of trauma across multiple populations including veterans, interpersonal violence, motor vehicle accident, natural disaster and survivors of community violence.

Dagmara Dimitriou, Senior Lecturer, Programme Leader for Master in Psychology of Education & MA in Education (Psychology), Department of Psychology and Human Development, Institute of Education, University of London, London, UK

Dr Dagmara Dimitriou is a Senior Lecturer at the Institute of Education, University of London. She completed her PhD at the Centre for Brain & Cognitive Development, Birkbeck, University of London. She then moved to UCL as Research Fellow and then lecturer at the University of Edinburgh and Middlesex in London. Her research spans areas including sleep and cognitive functioning in children

with developmental disorders such as Williams syndrome, Down syndrome, Autism and ADHD, and published widely in these fields.

Lois E Krahn, Mayo Clinic, AZ, USA

LOIS E KRAHN received her M.D. from Mayo Medical School and then completed her training in psychiatry and sleep medicine at Georgetown University and the Mayo School of Graduate Medical Education. She previously worked at the Mayo Clinic in Rochester MN where she was co-director of a multidisciplinary Center for Sleep Medicine. She is co-author of three reference books on sleep medicine together with Drs Michael Silber and Tim Morgenthaler. She has been an active clinical researcher with interests in the home sleep environment, primary hypersomnia and patient-centered innovations that improve patient outcomes. Dr Krahn lectures frequently to a variety of professional and lay audiences on a wide array of sleep-related topics.

Andrei Marinescu, HNO Praxis Winnenden, Union of Panel Doctors (KV) Stuttgart, Germany

Dr. Andrei Marinescu, MD graduated 1973 generally medicine and 1980 ORL speciality at University of Bucharest. He was early trained in oesophageal surgery under the guidance of Prof. Dan Gavrilu at the academically Carol Davila Hospital. In the year 1976 was admitted to Ph.D, nominated assistant (ORL Chair) at the Faculty of Medicine and in 1980 ENT-lecturer at the Faculty of Postgraduate Education, same University. In parallel he serves as ENT main specialist and researcher at the Center for

Audiology and Cervical-Facial Surgery. He wrote regularly for Rumanians journals and published occasionally original procedure in Ann. Oto-Laryng.(Paris). He established, on political ground the end 1987 Germany where he served first at the ENT Clinic of Barmen Hospital Wuppertal. Actually he is ENT Consultant and office-based surgeon at the Union of Panel Doctors Stuttgart. He develops original RF instruments and published innovative management of Snoring and OSA in various (Laryngo-Rhino-Otologie, J. of Rhinology, Edizioni Minerva Medica, ENTNews) journals. Dr. Marinescu is Consulting faculty by Master on Sleep disorders at Sapienza University (Rome) and in-service training of teachers for education in the ENT-speciality at the North Württemberg physicians Chamber.

Ivan N. Pigarev, Institute for Information Transmission Problems (Kharkevich Institute), Russian Academy of Sciences, Moscow, Russia

Ivan Pigarev, electrophysiologist, graduated from biological department of Moscow State University in 1963. Since that time till the present he is working in the Institute for Information Transmission Problems (Kharkevich Institute) of Russian Academy of Sciences in Moscow, at present as principal investigator. His first studies were concentrated on vision. He collaborated with laboratories in Italy, USA, Germany, Spain and Australia. Since 1991 Pigarev investigates sleep. He proposed and experimentally confirms visceral theory of sleep according to which cortical areas during sleep switch to processing of the visceral information thus supporting animal homeostasis. Pigarev has published more than 80 papers.

Manuela Pisch, University College London, London, United Kingdom

Manuela Pisch studied psychology in Strasbourg, Heidelberg, and Cambridge before enrolling in a Marie Curie PhD programme at Birkbeck College, University of London. Under the supervision of Prof Annette Kamiloff-Smith, she investigated the longitudinal association between infant sleep and cognitive development. Currently, Manuela Pisch is a post-doc at the Institute of Child Health, University College London, where she is involved in an epidemiological trial on infant epilepsies. In particular, she is interested in how sleep disruptions in infants with epilepsies affect neuropsychological development longitudinally.

Alcibiades J. Rodriguez, MD, FAASM, Medical director, New York Sleep Institute, New York, NY, USA
I am the medical director of the NYU Sleep Disorders Center (adult), treating people with epilepsy and sleep disorders using electroencephalography (EEG) and video-EEG monitoring. I am board certified in neurology, clinical neurophysiology, and sleep medicine.

My research focuses on the effect of seizures and epilepsy on sleep. I have written multiple articles and book chapters related to distinguishing seizures that occur while a person is awake from those that occur during sleep. I have also written about differentiating between a sleep disorder and a seizure.

I collaborate with the National Institutes of Health on several projects related to sleep and neurodevelopment. As an assistant professor of neurology at NYU School of Medicine, I have helped train residents and fellows in the use of EEG as well as in epilepsy treatment and evidence-based sleep medicine, so we can meet patients' specific needs.

I am an honorary member of the Spanish Society of Neurology, helping to organize and teach an annual sleep medicine course for general practitioners, residents, and fellows. I have been invited to lecture nationally and internationally, and I am currently the vice chair of the Lifelong Learning Development Committee of the American Academy of Sleep Medicine and member of the Education Committee of the World Sleep Society. I am proud to have served as a major in the U.S. Army Reserve for eight years during my medical career.

Orna Tzischinsky, Emek Yezreel Academic College, Emek Yezreel, Israel

Orna Tzischinsky, DSc, graduated from Technion Medical School, Haifa, Israel. with her BA, MA Degree and Dr. of medical science (DSc).

Between 1993-1995, she held a two years of post doctorate fellowship position in the sleep laboratory in Brown University, RI, USA. She became an expert in children and adolescent sleep and biological rhythms. In, 1995 she began teaching in Emek Yezreel college, and now she is an associate professor and the head of the Behavioral Science faculty.

She has published more than a hundred articles in scientific journals. She has actively participated in many international and national scientific conferences.

Since 1997 she is part of a research project on sleeping and eating disorders in collaboration between the sleeping and eating laboratories in Rambam Medical Center.

Yael Latzer, Haifa University, Mount Carmel, Haifa, Israel

Yael Latzer, DSc. is a professor at the Faculty of Social Welfare and Health Sciences at Haifa University, Israel and is the founder and director of the Eating Disorders Institution, at Rambam Medical Center, Haifa. She has published more than 130 articles in scientific journals and edited 4 books. She was the president of the Israeli Association for EDs and initiated a unique, community-based intervention program for the habilitation of ED. Her main topics of interest include EDs, family, adolescent, eating and sleeping disorders. Prof. Latzer is both nationally and internationally recognized as an expert in the field of ED.

Jill Brook Hervik, Vestfold Hospital, Pain Clinic, Dept of Anesthesiology, Tonsberg, Norway

Originally a physiotherapist, Jill Hervik now works as an acupuncturist and researcher at a hospital in the south of Norway. She is currently finishing a PhD titled Acupuncture for the treatment of hot flashes in breast cancer patients, a randomized, controlled trial. Five articles have been published in international medical journals based on the study.

Francesco P Cappuccio, Cephalon Professor of Cardiovascular Medicine & Epidemiology, University of Warwick, Warwick Medical School, Division of Mental Health & Wellbeing, London, UK

Prof Cappuccio moved to Warwick in July 2005 to take up the newly established Cephalon Chair in Cardiovascular Medicine & Epidemiology. He is a cardiovascular physician, a clinical epidemiologist and a public health expert. After his medical degree in Naples, he moved to Britain where he trained at Charing Cross Hospital, St George's Hospital Medical School and the London School of Hygiene & Tropical Medicine in London. In 2000 he became Professor of Clinical Epidemiology & Primary Care at St George's, University of London.

His main interests are in the prevention, detection and management of hypertension and its complications of the heart, brain, kidneys and the circulation. His research interests are the epidemiology of cardiovascular disease, nutrition and health, metabolic abnormalities and cardiovascular risk, risk in ethnic minorities, both in developed and developing countries.

He heads up a multi-disciplinary research group with a number of research objectives: to develop and establish a programme of national and international cardiovascular epidemiology, to develop and establish a significant national and international programme of research into Sleep, Health and Society, to facilitate clinical research into sleep disorders, to assist the development of undergraduate and postgraduate education into sleep medicine and its impact on health and society.

James A. Dosman, OC, SOM., MA., MD, FRCP(C), FRSC, FCAHS., Canadian Centre for Health and Safety in Agriculture (CCHSA), College of Medicine, University of Saskatchewan, Saskatoon, SK, Canada

As a Fellow of the Royal College of Physicians of Canada, Dr. Dosman's medical specialty is in respiratory medicine. He is a specialist in sleep medicine certified by the American Board of Internal Medicine. A current research interest is in sleepiness in populations.

Dora A. Lozsadi, Consultant Neurologist, St George's University London, London, United Kingdom

Dr Lozsadi studied medicine and was awarded a D. Phil. degree at the University of Oxford. During her neurology training she gained experience and developed an interest in epilepsy at the Walton Centre (Liverpool) and the National Hospital for Neurology and Neurosurgery (UCL, London). She has been employed as an NHS consultant neurologist, epileptologist for ten years, previously attached to King's College Hospital, and presently employed by St George's Hospital (London).

Research interests include myoclonus and cardiac changes associated with seizures / epilepsy.

Derk-Jan Dijk, University of Surrey, Surrey, United Kingdom

Professor Dijk is Director of the Surrey Sleep Research Centre and Director of Sleep Wake Research of the Surrey Clinical Research Centre.

He has more than 30 years of experience in clinical sleep research. His current research interests include the pharmacological manipulation of sleep and cognition; the role of circadian rhythmicity in sleep regulation; identification of novel-biomarkers for susceptibility to the negative effects of sleep loss; understanding age and sex related differences in sleep physiology and sleep disorders.

Sueda Tuncak, Uludag University, Bursa, Turkey

Vik Veer, University College London, London, United Kingdom.

Mr Vik Veer is a surgeon working at the award winning sleep unit at the Royal National Throat Nose & Ear Hospital London.

Bang Zheng, Peking University School of Public Health, Beijing, China

Mr Bang Zheng is a master candidate of Peking University School of Public Health, Department of Epidemiology and Biostatistics. He has strong research interest in various aspects of Epidemiology, including sleep medicine and cardiovascular disease.

ABOUT THIS EVENT

Discussion Sessions

The discussion sessions are an opportunity for informal questions and answers. This is an ideal opportunity to get advice and opinion from experts in this area. This session is not for questions about specific talks, which can be asked after the speakers session, but for discussing either general topics or specific issues.

There are three ways you can ask questions:

1. Before the session you can *submit your question to Euroscicon staff* at the registration desk,
2. Before and during the session you can *submit a question or comments, by email*, which will be provided on the day of the event
3. During the session you can *put your hand up* and join in

Session breaks

All breaks and registrations will take place in the exhibition area where there will be lunch and refreshments.

Please try to visit all the exhibition stands during this event. Not only do our sponsors enable Euroscicon to keep the registration fees competitive, but they are also here specifically to talk to you

Lunch

We have a number of dishes that are gluten free

We have a range of vegetarian dishes which are separated from the meat and fish dishes

We have a number of dishes that are dairy free

Please note that all food has been prepared in an environment where nuts may be present.

Missing Speakers

It is unfortunate that occasionally a speaker cannot attend, most usually due to not getting visas granted, unforeseen personal events or illness. Whilst we do everything possible to ensure that our speakers are present at the event we apologise in advance if you were at a session where a speaker could not attend. We always try to keep our agendas as up to date as possible, however if a speaker cancels the night before an event or on the day, there is little we can do to rectify this.

FREQUENTLY ASKED QUESTIONS ABOUT OUR EVENTS

Is the delegate list available?

Yes this is available to everyone who attends the event and our sponsors.

It is available in real time. To access the list please just log into your registration details or use the QR code on right of the agenda card which is provided on the day of the event.

You will not be included in this list if you have opted out and you can do this by logging into your registration details. This list will not be sold or ever give out to third parties.

Can I have the speakers slides?

We cannot give out the slides from our speaker's presentations as they are deleted immediately after each event. If you require a particular set of slides please approach the speaker. We will however have a meeting report and you will be emailed when this report is published.

Can I have a notepad?

Notepads and pens are provided in the delegate bags and at the registration desk

How can I keep up to date with Euroscicon Events?

To keep updated on our events and other Life Science News, please sign up for our newsletter at www.eurosciconnews.com

I don't want my photograph on any Euroscicon promotional material

Please let our tech person know

Is there WIFI?

Yes, please ask registration for log in details

Can I have a CPD/ CME certificate?

CPD certificates will be available in the exhibition hall after lunch.

Please remember that EuroSciCon is a small independent company with no subsidies from society memberships or academic rates for venues. We try to be as reasonably priced as possible and our delegate rates are substantially lower than comparable commercial meeting organisations

Personal belongings

Please take care of all your personal belonging as Euroscicon cannot be held responsible if an item goes missing from the lecture theatre or the exhibition hall.

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