

# 3rd Clinical Update Sleep: International Conference 2018

23 February 2018  
Royal College of Physicians  
London, NW1 4LE

## Speaker Information



**ERS** EUROPEAN  
RESPIRATORY  
SOCIETY

**JTD** JOURNAL OF THORACIC DISEASE  
A PEER-REVIEWED, OPEN ACCESS JOURNAL FOR HIGH-QUALITY RESEARCH IN THORACIC DISEASES



**NHS**  
Guy's and St Thomas'  
NHS Foundation Trust

## JOINING INSTRUCTIONS

### Venue

Royal College of Physicians  
11 St Andrews Place  
Regent's Park  
London  
NW1 4LE

### Overview

Sleep and the social impact of sleep associated symptoms have become more important with a demanding modern lifestyle. Recent years have seen a significant increase in patients reporting symptoms of hypersomnia and insomnia, or circadian rhythm disorders. The world-wide obesity epidemic has also led to a significant rise in the prevalence of sleep-disordered breathing, particularly in obstructive sleep apnoea. New insights into the complex interrelationship between parasomnias and neurodegenerative conditions emphasize the importance of sleep medicine to public health.

However, sleep disorders remain under-recognised by the medical community, which is largely due to the failure to question patients about their sleep quality and related symptoms and the difficulty in having sufficient capacity to assess the patient during sleep.

The 3rd Clinical Update Sleep will guide delegates through the latest developments of sleep medicine, and review the evidence for the diagnosis and treatment of patients with sleep disorders, including obstructive sleep apnoea, hypersomnia, parasomnia and insomnia, as well as circadian rhythm disorders.

The conference is set up in a multi-disciplinary approach to highlight different aspects of the management of patients with sleep disorders. An update on recent clinical trials and hot topics concludes the day. A poster session will provide investigators the chance to present original data and network among their peer group.

The event is held in an open space environment to encourage interaction and exchange, interesting topics will be showcased throughout the day in a parallel programme, allowing to choose and pick the most interesting speakers as you go.

### Catering

Complimentary refreshments and lunch are available for all delegates within the Exhibition area in the Osler Room. Please refer to the programme for details of break times throughout the event. Should you have any dietary requirements you have not informed us of, please do let us know so we can cater to your needs.

### Internet access

Wireless internet access is available in all meeting rooms and public areas.

### Sessions

The conference and workshop sessions will take place in the Wolfson Theatre and Dorchester Library, located on the ground floor and 1<sup>st</sup> floor respectively. Sessions will run concurrently in both rooms, and you are free to move between rooms as you see appropriate. However, to minimise disruption, there will be a live broadcast from the Wolfson Theatre into the Dorchester Library for the welcome talk, the keynote lecture and the take home messages. All Exhibition and catering will take place in the Osler Room on the 2<sup>nd</sup> floor.

Registration will open at **08:15**, with the conference due to commence promptly at 08:55. Upon arrival, please collect your delegates badge from a member of the events team at the registration desk which is located on the ground floor, to the right of the main entrance. Delegate handbooks will also be available at reception, from the Journal of Thoracic Disease.

### Organiser details

A member of the Events Team can be contacted as follows:

Before and after the conference: 020 7188 5376 or 020 7188 1622

During the conference: 07768 711 300

### Security

Guy's and St Thomas' NHS Foundation Trust, nor the Royal College of Physician, are not liable for lost, damaged or stolen personal items. A manned cloakroom is available at the RCP.

### Emergency procedures

We are not expecting a fire drill on the day of the conference, so if you hear the continuous sound of the alarm, you will be directed by a member of our staff to the nearest exit to access the outside assembly point.

The fire alarm:

- Is a continuous alarm bell
- It is tested every Wednesday morning at 10am. The alarm will sound for approximately 10/20 seconds, no action is to be taken

Fire exits:

- Are indicated prominently in all rooms and corridors
- Please familiarise yourself with those exits which are pertinent to the meeting room
- Exits must not be obstructed

The assembly point:

- Is on the cobblestone area outside the Nash Terrace Houses, 1 – 8 St Andrews Place (the precinct)

On hearing the alarm:

- If the alarm continues for more than 20 seconds, start evacuating immediately
- No one should stop to collect personal belongings

First aid facilities:

- The RCP has its own first aiders and first aid facilities. These include a defibrillator and trauma trolley. All requests for first aid must go through reception please

### Sleep Disorders Centre, Guy's and St Thomas'

The Sleep Disorders Centre is a nationally and internationally renowned centre of excellence for the investigation and treatment of disorders of sleep. It is one of only two British Sleep Society accredited sleep centres providing diagnosis and treatment for any sleep condition. In collaboration with the paediatric sleep service we offer the only Lifetime Sleep Service in the UK and working with the Lane Fox Respiratory unit we have access to healthcare for patients on non-invasive ventilation.

Common Sleep Disorders that are relevant to primary care and that are frequently diagnosed include:

- Sleep disordered breathing
- Hypersomnias
- Parasomnias, including unusual behaviours during sleep
- Insomnia

The main sleep unit is located in Nuffield House at Guy's Hospital, where we have access to nine beds with full polysomnography for overnight sleep studies. We offer home-based overnight pulse oximetries, limited respiratory sleep studies, polysomnography, telemetry, multiple sleep latency testing, and maintenance of wakefulness test, as well as Osler tests and actigraphy. We have an active research department currently running several NIHR Portfolio studies, and we are supporting the British Lung Foundation in the sleep apnoea awareness campaign.

Daily outpatient clinics are held at Nuffield House, with some clinics being offered at St Thomas'. In addition, we are reaching out into the community by providing ambulatory screening equipment, predominantly for sleep apnoea, but also for circadian rhythm disorders. We are actively involved in training of respiratory trainees in medicine and AHP. date.

Programme

<b>Clinical Update Sleep 23<sup>rd</sup> February, 2018</b> Royal College of Physicians, London, UK					
<b>Wolfson Lecture Hall</b>	<b>Dorchester Library</b>				
08:15–08:55	<b>Registration</b>				
08:55–09:00	<b>Welcome</b>				
09:00–10:30	<table border="0"> <tr> <td style="text-align: center;"><b>Session I</b></td> <td style="text-align: center;"><b>Session II</b></td> </tr> <tr> <td style="text-align: center;">Sleep apnoea and the cardiovascular system</td> <td style="text-align: center;">Insomnia</td> </tr> </table>	<b>Session I</b>	<b>Session II</b>	Sleep apnoea and the cardiovascular system	Insomnia
<b>Session I</b>	<b>Session II</b>				
Sleep apnoea and the cardiovascular system	Insomnia				
10:30–11:00	<b>Coffee Break</b>				
11:00–12:30	<table border="0"> <tr> <td style="text-align: center;"><b>Session III</b></td> <td style="text-align: center;"><b>Session IV</b></td> </tr> <tr> <td style="text-align: center;">Clinical hypersomnias</td> <td style="text-align: center;">Circadian rhythm disorders</td> </tr> </table>	<b>Session III</b>	<b>Session IV</b>	Clinical hypersomnias	Circadian rhythm disorders
<b>Session III</b>	<b>Session IV</b>				
Clinical hypersomnias	Circadian rhythm disorders				
12:30–14:00	<p style="text-align: center;"><b>Lunch</b></p> <p style="text-align: center;">Poster session (Osler Room 12:30–13:30) Keynote lecture (Wolfson 13:15–14:00)</p>				
14:00–15:30	<table border="0"> <tr> <td style="text-align: center;"><b>Session V</b></td> <td style="text-align: center;"><b>Session VI</b></td> </tr> <tr> <td style="text-align: center;">Treatment of sleep-disordered breathing</td> <td style="text-align: center;">Parasomnia</td> </tr> </table>	<b>Session V</b>	<b>Session VI</b>	Treatment of sleep-disordered breathing	Parasomnia
<b>Session V</b>	<b>Session VI</b>				
Treatment of sleep-disordered breathing	Parasomnia				
15:30–16:00	<b>Coffee Break</b>				
16:00–17:20	<table border="0"> <tr> <td style="text-align: center;"><b>Session VII</b></td> <td style="text-align: center;"><b>Session VIII</b></td> </tr> <tr> <td style="text-align: center;">Hot topics and clinical trials</td> <td style="text-align: center;">Sleep and function</td> </tr> </table>	<b>Session VII</b>	<b>Session VIII</b>	Hot topics and clinical trials	Sleep and function
<b>Session VII</b>	<b>Session VIII</b>				
Hot topics and clinical trials	Sleep and function				
17:20–17:30	<b>Take Home Message/Announcements</b>				

**Clinical Update Sleep, Programme  
(correct as of 05/01/2018)**

**Welcome**  
Joerg Steier

**Wolfson Lecture Hall (AM)**

**Dorchester Library (AM)**

**I) Sleep Apnoea and the Cardiovascular System**

Chair 1 **Ferran Barbe**

Chair 2 **Joerg Steier**

Speaker 1 **Ferran Barbe**

*Update on OSA, CPAP and the Interaction with Blood Pressure*

Speaker 2 **Anita Simonds**

*Lessons of the SERVE-HF trial*

Speaker 3 **Malcolm Kohler**

*Cardiovascular effects of OSA*

**II) Insomnia**

Chair 1 **Dieter Riemann**

Chair 2 **Hugh Selsick**

Speaker 1 **Dieter Riemann**

*Insomnia treatment—current evidence base and clinical guidelines*

Speaker 2 **Simon Kyle**

*Update on new approaches to therapy in insomnia*

Speaker 3 **Kirstie Anderson**

*Cognitive Behavioural Therapy (CBT) for Insomnia—how and why your patients should have it*

**III) Clinical Hypersomnias**

Chair 1 **Sophie West**

Chair 2 **Guy Leschziner**

Speaker 1 **Guy Leschziner**

*Update on Clinical Hypersomnias*

Speaker 2 **Geert Mayer**

*Update on the Narcolepsy/Cataplexy Syndrome*

Speaker 3 **Renata Riha**

*Sleepiness and driving regulations*

**IV) Circadian Rhythm Disorders**

Chair 1 **Derk-Jan Dijk**

Chair 2 **Alexander Nesbitt**

Speaker 1 **Derk-Jan Dijk**

*Timing of the Sleep-Wake cycle*

Speaker 2 **Alexander Nesbitt**

*Disorders of Sleep-Wake timing*

Speaker 3 **Victoria Revell**

*Manipulating Sleep-Wake timing*

**Lunchtime**

**Poster Session (Osler Room)**

Facilitator 1 **Rexford Muza**

Facilitator 2 **Georgios Kaltsakas**

**Keynote Lecture (Wolfson Lecture Hall)**

Introduction **Joerg Steier**

Speaker **Meir Kryger** *The Mystery of Sleep*

**Wolfson Lecture Hall (PM)**

**Dorchester Library (PM)**

**V) Treatment of Sleep-Disordered Breathing**

Chair 1 **Bhik Kotecha**

Chair 2 **Michelle Ramsay**

Speaker 1 **Esther Schwarz**

*Consequences of OSA upon CPAP withdrawal*

Speaker 2 **Andrea de Vito**

*The ENT approach: Treatment of Sleep-Disordered Breathing*

Speaker 3 **Tim Quinnell**

*Update on Mandibular Advancement Devices for OSA*

**VI) Parasomnia**

Chair 1 **Matthew Walker**

Chair 2 **Brian Kent**

Speaker 1 **Matthew Walker**

*Update on Non-REM parasomnias*

Speaker 2 **Wolfgang Oertel**

*Update on REM-sleep behaviour disorder*

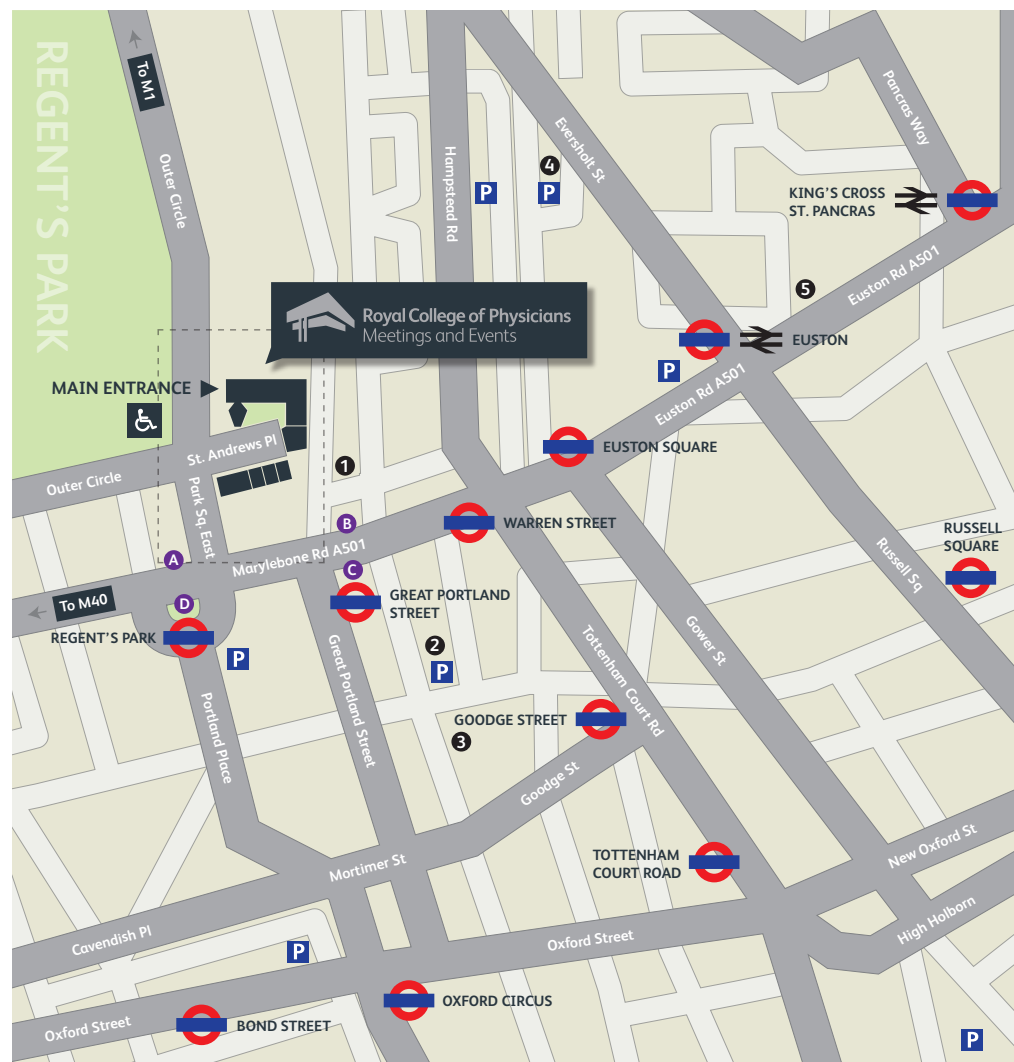
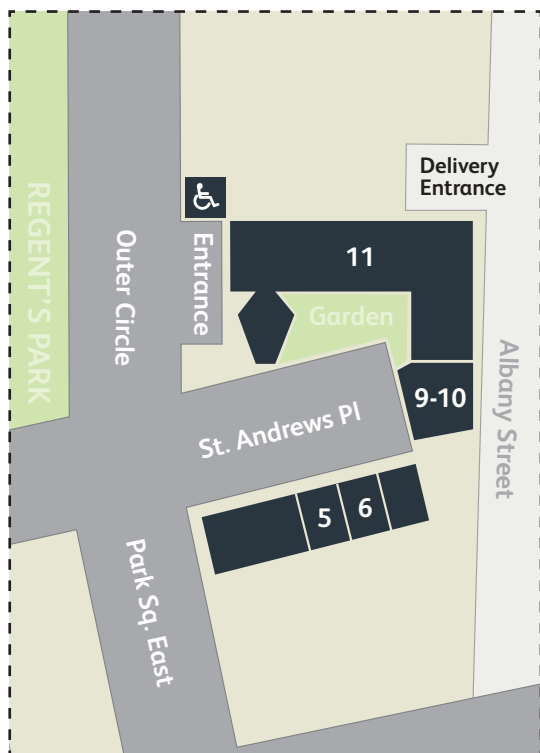
Speaker 3 **Panagis Drakatos**

*Clinical approach towards parasomnias*

VII) Clinical trials and hot topics	VIII) Sleep and function
Chair 1 <b>Nicholas Hart</b>	Chair 1 <b>Mary Morrell</b>
Chair 2 <b>Martino Pengo</b>	Chair 2 <b>Ivana Rosenzweig</b>
Speaker 1 <b>Patrick Murphy</b> <i>Home NIV following acute hypercapnic exacerbation of COPD: Results from HOT-HMV UK</i>	Speaker 1 <b>Juliane Winkelmann</b> <i>Update on Restless-Legs-Syndrome</i>
Speaker 2 <b>Christopher Turnbull</b> <i>Obstructive Sleep Apnoea, intermittent hypoxia and blood pressure</i>	Speaker 2 <b>Nadia Gildeh</b> <i>Cognitive function in OSA</i>
Speaker 3 <b>Sophie West</b> <i>Update on the ROSA trial</i>	Speaker 3 <b>Michael Farquhar</b> <i>Rounded with a sleep: Why We Need To Talk About Staff Fatigue</i>
Speaker 4 <b>Martino Pengo</b> <i>Electrical stimulation in OSA</i>	
<b>Take Home Message/Announcements</b> Joerg Steier	

Registration— please plan your trip ahead of the day to avoid late arrival ([www.rcplondon.ac.uk/visit-us](http://www.rcplondon.ac.uk/visit-us)).

The content of this programme was correct at printing (January 2018). We apologise if due to unforeseen circumstances or late amendments the arrangements on the day will slightly differ from the printed version.



- House 5** The Jerwood Medical Education Centre
- House 6** Fleming and Chain Rooms
- House 9** Baillie Room
- Houses 9-10** William Harvey House
- House 11** Royal College of Physicians

#### By Train

- Euston Station (15 minutes walk)
- King's Cross and St Pancras Stations – National & International rail services (5 minutes by taxi)
- Marylebone Station (5 minutes by taxi)

#### By Underground

- Regent's Park Station on the Bakerloo line (5 minutes walk)
- Great Portland Street Station on the Circle, Metropolitan, Hammersmith and City lines (5 minutes walk)
- Warren Street Station on the Victoria and Northern lines (10 minutes walk)

#### By Bus

- A Routes:** 18, 27, 30, 205, 453
- B Routes:** C2
- C Routes:** 18, 27, 30, 205
- D Routes:** 18, 27, 30, 205, 453

#### By Car

- Easy access via M40 and M1
- Car Parking: The College offers free parking to disabled guests by prior arrangement and is situated outside the congestion charge zone. The nearest public car park is a few minutes walk away (refer to the map)

#### Hotels

- 1** Sol Melia White House Hotel
- 2** Holiday Inn Regent's Park
- 3** Grange Fitzrovia Hotel
- 4** Thistle Euston Hotel
- 5** Novotel Euston