21st Congress of the European Sleep Research Society

Paris, France | 4 – 8 September 2012

Preliminary Programme & Call for Abstracts
**Important Addresses**

**Congress Organiser**  
21st Congress of the European Sleep Research Society  
c/o Congrex Switzerland Ltd.  
Peter Merian-Strasse 80  
4002 Basel / Switzerland  
Phone: +41 61 686 7777  
Fax: +41 61 686 7788  
Email: basel@congrex.com  
Website: www.congrex.com

**Hotel Accommodation & Flight Bookings Agency**  
Congrex Travel Ltd.  
Peter Merian-Strasse 80  
4002 Basel / Switzerland  
Phone: +41 61 690 9411  
Fax: +41 61 691 9414  
Email: basel@congrex.com  
Website: www.congrex.com

**ESRS Office**  
c/o Congrex Switzerland Ltd.  
Peter-Merian-Strasse 80  
4002 Basel / Switzerland  
Phone: +41 61 686 7777  
Fax: +41 61 686 7788  
Email: esrs@congrex.com  
Website: www.esrs.eu

**ESRS Membership Administration**  
Maria Wiechmann  
Andreatrasse 4  
D-93059 Regensburg / Germany  
Phone: +49 941 2909 1271  
Fax: +49 941 2908 0975  
Email: maria.wiechmann@esrs.eu  
Website: www.esrs.eu

**Congress Venue**  
CNIT Paris La Défense  
2 Place de la Défense  
92053 Paris / France  
Website: www.viparis.com

**Congress Website**  
www.congrex.ch/esrs2012

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## Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>29 March 2012</td>
<td>Deadline for abstract submission</td>
</tr>
<tr>
<td>26 April 2012</td>
<td>Deadline for early registration fee</td>
</tr>
<tr>
<td>End of May 2012</td>
<td>Notification of abstract authors</td>
</tr>
<tr>
<td>18 June 2012</td>
<td>Deadline for early registration fee for authors with accepted abstracts</td>
</tr>
<tr>
<td>10 July 2012</td>
<td>Deadline for intermediate registration fee</td>
</tr>
<tr>
<td>4 – 8 September 2012</td>
<td>21st ESRS 2012</td>
</tr>
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</table>
Committees

ESRS Board
Claudio Bassetti (Berne, Zurich, CH), President
Debra Skene (Guildford, UK), Basic Vice-President
Patrick Lévy (Grenoble, FR), Clinical Vice-President
Philippe Peigneux (Brussels, BE), Secretary
Lino Nobili (Milan, IT), Assistant Secretary
Dieter Riemann (Freiburg, DE), Treasurer
Zoran Dogas (Split, HR), Member Co-opted from ANSS
Thomas Pollmächer (Ingolstadt, DE), Past-President

Local Organising Committee
Jean-Louis Pépin (Grenoble, FR), Chair
Joelle Adrien (Paris, FR)
Yves Dauvilliers (Montpellier, FR)
Xavier Drouot (Creteil, FR)
Claude Gronfier (Lyon, FR)
Damien Leger (Paris, FR)
Pierre-Hervé Luppi (Lyon, FR)
Marie-Pia d’Ortho (Paris, FR)
Sylvie Royant-Parola (Garches, FR)
Christophe Petiau (Strasbourg, FR)
Pierre Philip (Bordeaux, FR)
Maria-Antonia Quera-Salva (Garches, FR)
Carmen Schröder (Strasbourg, FR)

Scientific Programme Committee
Colin Espie (Glasgow, UK), Chair
Simon Archer (Guildford, UK)
Paul Franken (Lausanne, CH)
Alex Iranzo (Barcelona, ES)
Raffaele Manni (Pavia, IT)
Thomas Penzel (Berlin, DE)
Christelle Peyron (Lyon, FR)
Joan Santamaria (Barcelona, ES)
Sophie Schwartz (Geneva, CH)
Dear colleagues, friends and ESRS participants,

On behalf of the ESRS and the Local Organising Committee, it is our pleasure to invite you to the 21st Congress of the European Sleep Research Society which will be held in Paris, France, from 4 – 8 September 2012.

The European Sleep Research Society is an international scientific non-profit organisation and promotes all aspects of sleep research and sleep medicine. The ESRS 2012 congress celebrates the 40th anniversary of the ESRS and it therefore will be a very special happening. The ESRS has rightly secured its place as one of the premier scientific congress in its field and the ESRS feels honored to celebrate its anniversary together with the French Sleep Research and Medicine Society. The French Sleep Research and Medicine Society (SFRMS) is one of the biggest sleep societies in Europe and rich in tradition and the cooperation for the ESRS 2012 congress will result in a superb scientific programme.

Know as the “City of Lights”, Paris is one of the world’s leading business and cultural centre with an international reputation. Paris is a beautiful, cosmopolitan city and its influence in politics, education, entertainment, fashion, science and the arts all contribute to its status as one of the world’s major global cities. The congress centre is located at Paris La Défense and will guarantee an excellent venue for the ESRS 2012 congress.

According to ESRS tradition, the meeting in 2012 will provide a basis for sharing visions for the future of sleep research and sleep medicine. We hope that the meeting will provide a congenial atmosphere for everyone to learn, exchange ideas and observe the latest developments in sleep research and sleep medicine.

Join us in Paris and celebrate the 40th year anniversary of the ESRS!

Yours sincerely

Claudio Bassetti
ESRS President

Jean-Louis Pépin
Chair
Local Organising Committee

Marie-Pia d’Ortho
SFRMS President
Preliminary Scientific Programme Overview

Tuesday, 4 September 2012

08.30 – 10.30
Opening Ceremony
European Sleep Science Award
40 years ESRS: Meeting the Presidents
Young Scientists Symposium

09.00 – 10.00
ESRS Teaching Courses

10.00 – 10.30
Coffee Break

10.30 – 12.00
Video / Case Discussion / Round Table Sessions

12.00 – 14.00
Lunch and Poster Viewing

13.30 – 15.00
Symposia

15.30 – 16.00
Coffee Break

16.00 – 18.00
SFRMS Symposia

18.30 – 20.00
Welcome Reception

Wednesday, 5 September 2012

08.30 – 10.30
Opening Ceremony
European Sleep Science Award
40 years ESRS: Meeting the Presidents
Young Scientists Symposium

10.30 – 11.00
Coffee Break

11.00 – 12.00
Video / Case Discussion / Round Table Sessions

12.00 – 14.00
Lunch and Poster Viewing

12.30 – 13.30
Satellite Symposia

13.30 – 15.30
SFRMS Symposia

16.00 – 16.30
Coffee Break

16.30 – 17.15
Keynote Lecture

17.30 – 19.00
European Network Sessions

18.30 – 20.00
Welcome Reception

20.00
Football match
Preliminary Scientific Programme Overview

Thursday, 6 September 2012

08.00 – 10.00 Oral Sessions
10.00 – 10.30 Coffee Break
10.30 – 12.30 Symposia
12.30 – 14.30 Satellite Symposia
14.30 – 15.30 Video / Case Discussion / Round Table Sessions
15.30 – 16.00 Coffee Break
16.00 – 16.45 Keynote Lecture
17.00 – 19.00 ESRS Business meeting
20.00 Presidents’ Dinner

Friday, 7 September 2012

08.00 – 10.00 Symposia
10.00 – 10.30 Coffee Break
10.30 – 12.30 Oral Sessions
12.30 – 14.30 Satellite Symposia
14.30 – 16.30 Symposia
16.30 – 17.00 Coffee Break
17.00 – 17.45 Keynote Lecture
18.00 – 19.00 ANSS Presidents’ Meeting
19.30 ESRS Banquet

Saturday, 8 September 2012

08.00 – 10.00 Oral Sessions
10.00 – 10.30 Coffee Break
10.30 – 12.30 Symposia
12.30 – 14.00 Lunch and Poster Viewing
14.00 – 14.45 Keynote Lecture
14.30 – 16.00 Closing Ceremony
KEYNOTE SPEAKERS

Charles Morin (Québec, CA)
Ferran Barbé (Lleida, ES)
Chiara Cirelli (Madison, US)
Pierre Maquet (Liège, BE)

SYMPOSIA

Risk of narcolepsy associated with administration of A/H1N1 pandemic influenza vaccine
Organising Chair: J. Montplaisir (Montreal, CA)

Local sleep – its origin and function
Organising Chair: R. Huber (Zurich, CH)

Sleep, Insomnia & Emotion
Organising Chair: C. Baglioni (Freiburg, DE)

Deconstructing the sleep-deprived brain in decision-making
Organising Chair: H. Van Dongen (Washington, US)

Circadian and homeostatic regulation of sleep and wakefulness: an integrative approach
Organising Chair: C. Schmidt (Basel, CH)

New emerging cellular and molecular methods applied to sleep-wake circuits
Organising Chair: P.-H. Luppi (Lyon, FR)

REM Sleep Behavior Disorder: From neurotoxic and transgenic animal models to neurodegeneration and neuroprotection in humans
Organising Chair: A. Iranzo (Barcelona, ES)

Light as an alerting and phase shifting agent: impact of sleep-loss, inter-individual differences and brain mechanisms
Organising Chair: G. Vandewalle (Liège, BE)
SYMPOSIA

Pharmacology of sleep and sleep-like states in man, mice and flies
Organising Chair: R. Winsky-Sommerer (Surrey, UK)

Sleep and Cognition in aging
Organising Chair: G. Ficca (Naples, IT)

Neuroimaging insights into the pathophysiology of sleep disorders
Organising Chair: T. T. Dang-Vu (Liège, BE)

What causes delayed sleep phase disorder?
Organising Chair: L. Lack (Adelaide, AU)

Recording in- and outside of the human brain: what we learn about sleep
Organising Chair: P. Achermann (Zurich, CH)

The metabolic cost of sleep loss: from mechanisms to metabolic disorders
Organising Chair: K. P. Wright (Colorado, US)

Cataplexy: an intriguing symptom
Organising Chair: C. Peyron (Lyon, FR)

Sleep and circadian interactions with thermoregulation and cardiovascular function:
Basic research and clinical implications
Organising Chair: K. Kräuchi (Basel, CH)

Genetics of Obstructive Sleep Apnea—Time for International Collaboration
Organising Chair: T. Gislason (Reykjavik, IC)

New approaches to the study of sleep and dreams: tACS and tDCS
Organising Chair: U. Voss (Bonn, DE)

The complex interaction of sleep and brain disorders: Clinical and experimental insights
Organising Chair: C. Baumann (Zurich, CH)

Endocrinological aspects of sleep and sleep disturbances in children
Organising Chair: M. Lecendreux (Paris, FR)

Why Obesity and OSA are such Good Dancing Partners
Organising Chair: P. Lévy (Grenoble, FR)
Preliminary Scientific Programme

JOINT SYMPOSIA

ESRS-SFRMS Symposium

Sleep disordered breathing in chronic heart failure: recent advances and practical conditions
Organising Chairs:
C. Bassetti (Berne/Zurich, CH) and J-L. Pepin (Grenoble, FR)

ESRS-European Biological Rhythms Society (EBRS) Symposium

Circadian Clocks and Sleep
Organising Chairs:
D. Skene (Guildford, UK) and T. Roenneberg (Munich, DE)

ESRS-Japanese Society of Sleep Research Symposium

Organising Chairs:
C. Bassetti (Berne/Zurich, CH) and T. Shimizu (Akita-City, JP)

SYMPOSIA ORGANISED BY SFRMS

Sleep and neuropsychiatric disorders
Organising Chairs:
P. Philip (Bordeaux, FR) and C. Gronfier (Lyon, FR)
EUROPEAN NETWORK SESSIONS

EURLSSG

The European Restless Legs Syndrome Study Group (EURLSSG):
Physiopathogenesis of RLS
Organising Chairs:
B. Hoegl (Innsbruck, AT) and
M. Manconi (Lugano, CH)

Sleep Apnea

European network in sleep apnea research:
ESADA – a large Pan-European sleep apnea cohort
Organising Chairs:
J. Hedner (Gothenburg, SE) and
L. Grote (Gothenburg, SE)

European Insomnia Network

Insomnia research in Europe – where do we go?
Organising Chairs:
D. Riemann (Freiburg, DE) and
C. Espie (Glasgow, UK)

European Narcolepsy Network

2nd Joint symposium of the ESRS & the European Narcolepsy Network
Organising Chairs:
G.J. Lammers (Leiden, NL) and
C. Bassetti (Zurich/Berne, CH)
TEACHING COURSES

Teaching Course 1 (full day): Treatment in Sleep Medicine (advanced)
Chairs: D. Riemann (Freiburg, DE) and D. Pevernagie (Heeze, NL)

- **Insomnia**
  D. Riemann (Freiburg, DE)

- **Sleep Disordered Breathing**
  D. Pevernagie (Heeze, NL)

- **Parasomnias and Epilepsy**
  R. Khatami (Barmelweid, CH)

- **Hypersomnia**
  G. Mayer (Schwalmstadt, DE)

- **Circadian Disorders**
  A. Wirz-Justice (Basel, CH)

- **Sleep related movement disorders**
  M. Manconi (Milan, IT)

Teaching Course 2: Research update 2012 (clinical)
Chairs: I. Arnuf (Paris, FR) and T. Porkka-Heiskanen (Helsinki, FI)

- **Paediatrics**
  P. Gringras (London, UK)

- **Pneumology**
  tbc

- **Neurology**
  I. Arnuf (Paris, FR)

Teaching Course 3: Research update 2012 (basic)
Chairs: I. Arnuf (Paris, FR) and T. Porkka-Heiskanen (Helsinki, FI)

- **Neurophysiology**
  M. Massimini (Milan, IT)

- **Genetics**
  T. Paunio (Espoo, FI)

- **Genetics**
  T. Porkka-Heiskanen (Helsinki, FI)
TEACHING COURSES

Teaching Course 4: Introduction to Sleep and Sleep Medicine I
Chairs: T. Penzel (Berlin, DE) and J. Santamaria (Barcelona, ES)
- Sleep wake mechanism and regulation
  C. Cajochen (Basel, CH)
- Functions of Sleep
  P. Franken (Lausanne, CH)
- Assessments of Sleep and wakefulness
  T. Penzel (Berlin, DE)

Teaching Course 5: Introduction to Sleep and Sleep Medicine II
Chairs: T. Penzel (Berlin, DE) and J. Santamaria (Barcelona, ES)
- Clinical Approach to Sleep wake disorders
  J. Santamaria (Barcelona, ES)
- What test for which patient?
  L. Grote (Gothenburg, SE)
- Principles of treatment
  L. Ferrini-Strambi (Milan, IT)

VIDEO SESSIONS

Paroxysmal episodes in children with sleep disorders
Organising Chair: G. Plazzi (Bologna, IT)

Paroxysmal episodes in adults
Organising Chair: C. Schenck (Minneapolis, US)

Diagnostic challenges: do we get reliable instruments and standard diagnostic criteria for nocturnal sleep paroxysmal episodes?
Organising Chair: R. Manni (Pavia, IT)

CASE DISCUSSION SESSIONS

Sleep apnea
Organising Chair: R. Riha (Edinburgh, UK)

Insomnia
Organising Chair: D. Leger (Paris, FR)

Hypersomnia
Organising Chair: K. Sonka (Prague, CZ)
ROUND TABLE DISCUSSIONS

Pro / contra sleep genetics
Organising Chair: T. Pollmaecher (Ingolstadt, DE)

Telemedicine
Organising Chair: T. Penzel (Berlin, DE)

Clinicians – researches
Organising Chair: P. Lévy (Grenoble, FR)

Sleep medicine and economics
Organising Chair: J-L. Pépin (Grenoble, FR)

Pro / contra PLMD
Organising Chair: J. Santamaria (Barcelona, ES)

ADDITIONAL SESSIONS

ESRS Forum for European Women in Sleep Research
Organising Chair: R. Winsky-Sommerer (Guildford, UK)

How to measure the quality of a sleep journal and a sleep article – an academic’s and publisher’s perspective
Organising Chair: D-J. Dijk (Guildford, UK)

ESST MEETING

Full day meeting
Organising Chair: S. de Lacy (London, UK)
Call for Abstracts

The ESRS welcomes the submission of abstracts of original contributions to its 21st Congress. Abstracts may only be submitted via internet. Late abstracts will not be considered. In order to standardise the abstract layout we ask you to read the preparation guidelines CAREFULLY! Avoid submission within 48 hours of the deadline for best system performance.

Deadline for submission of abstracts: 29 March 2012

Guidelines for preparation and submission of abstracts

1. Abstracts may only be submitted via internet. Abstracts submitted by fax or email will not be accepted.
2. All abstracts must be submitted and presented in English using the UK English spelling.
3. Abstracts must contain original material neither published nor presented elsewhere prior to 4 September 2012.
4. Please structure your abstract using the following headings:
   • Objectives
   • Methods
   • Results
   • Conclusion.
5. Abstracts may not be longer than 2500 characters including spaces (excluding title and authors)
6. All abbreviations must be defined the first time they appear in your text. Example: Ataxia telangiectasia (AT), before being used as an abbreviation only. Do not define or use abbreviations in the title.
7. Avoid complex mathematical formulae. For the symbols ≤ or ≥, type instead <= or >=. For superscript use caret (^) e.g. 10^6 instead of 10^6. Do not use Greek letters and symbols. Instead of “IFNγ” use for example “IFN-gamma”.
8. Tables, charts or other graphics may not be included and will be deleted by the editors.
9. Authors should indicate their presentation preference:
   • poster only
   • oral or poster presentation.
The Programme Committee reserves the right to decide on the final allocation and presentation method.
10. During the online submission process, authors should indicate whether they wish to be considered for the Young Scientists Symposium.
11. After having submitted your abstract, you will receive a confirmation by email with your personal access codes (please make sure to state your correct email address!). Should you wish to make corrections to an abstract already submitted or if you wish to submit other abstracts later, you may use your personal access codes. Corrections to abstracts can only be made up to the deadline of 29 March 2012. If you do not receive a confirmation by email please contact the abstract hotline.
Call for Abstracts

12. If an abstract is accepted, one author must attend the congress and present it in person. Abstract authors must register for the conference.

13. If your research has been granted any commercial or institutional support, you will be asked to disclose this during the submission process.

If you have difficulties in submitting your abstracts or if you need any further information, please contact the

Abstract hotline: Phone +41 61 686 77 22
(Monday – Friday during CET business hours)

Topics
Please carefully select the topic under which you wish to submit your abstract for review:
A) Basic sleep science
B) Clinical sleep science
After having chosen one of these two main topics, further sub-topics will be available.

Notification
Authors will be notified of acceptance at the end of May 2012 by email.

Publication
Accepted abstracts will be published on a CD-ROM and in an online-supplement to the Journal of Sleep Research.

Posters
Each poster will be allocated to one of 4 poster sessions. During the 120 minute session from Wednesday to Friday and during the 90 minute session on Saturday the presence of the author will be required at the poster. Full instructions concerning the preparation and presentation will be given in the acceptance email to be sent out in May 2012.
Travel Grants

The European Sleep Research Society will support young scientists (born on or after 1 January 1977) who wish to attend the 21st Congress in Paris with a travel grant. Scientists with an excellent abstract accepted for presentation at the meeting will be considered for a travel grant.

Application
Interested scientists should click the appropriate checkbox during the online abstract submission process. You will be required to upload a copy of your passport as proof of eligibility. Prepare this document in one of the following formats: MS Word document, gif, jpg or pdf file (if you have difficulties uploading your passport copy, please contact the Abstract Hotline on +41 61 686 77 22).

Applications without passport copy or arriving after 29 March 2012 will not be considered. Only online application will be accepted!

Young Scientists Symposium

The European Sleep Research Society will provide a special platform for the presentations of excellent work of young scientists (born on or after 1 January 1977).

Application
Interested scientists should click the appropriate checkbox during the online abstract submission process. You will be required to upload a copy of your passport as proof of eligibility. Prepare this document in one of the following formats: MS Word document, gif, jpg or pdf file (if you have difficulties uploading your passport copy, please contact the Abstract Hotline on +41 61 686 77 22).

Applications without passport copy or arriving after 29 March 2012 will not be considered. Only online application will be accepted!
**Europe and USA**

The quality of continuing education will be rated by the CME system of the European Accreditation Council for Continuing Medical Education, Institution of the UEMS. European Accreditation is granted by the EACCME in order to allow participants to validate the credits obtained at the ESRS in their home European country. EACCME credits are recognised by the American Medical Association towards the Physicians’ Recognition (PRA). To convert EACCME credit to AMA PRA category 1 credit, contact AMA (www.ama-assn.org).

The EACCME credit system is based on 1 ECMEC per hour with a maximum of 3 ECMECs for half a day and 6 ECMECs for a full-day event.
Exhibition and Sponsorship

The pharmaceutical and medical technology industries are kindly invited to participate actively in this prestigious event which will act as a shop window for all that is best in the field of sleep medicine and sleep research, and provide a major opportunity to promote the interests of your company. The ESRS congress gives you the best of both worlds – great science and great business.

Exhibition
The industrial exhibition is an integral part of the ESRS 2012 congress with the aim to provide up-to-date information in the field of Sleep Research. The ESRS is a truly international platform not only for the numerous participants expected, but also for the exhibiting companies, for whom it offers an ideal forum for networking and to showcase their latest endeavors to an interested audience. The ESRS exhibition will be placed close to all other activities such as lecture halls, poster exhibition and catering.

Sponsorship
We are delighted to offer you a varied range of sponsorship opportunities and sponsors may compile their individual sponsorship packages (e.g. satellite symposia, printed material, social events, bag inserts). Depending on the total sponsoring amount, you reach a certain sponsor level, which will offer you many attractive benefits.

We are open for all your sponsorship suggestions and ideas to present your company at the ESRS 2012.

If you are interested in becoming an exhibitor and/or sponsor of the ESRS 2012 in Paris, please contact the Organising Secretariat and obtain the detailed Sponsorship and Exhibition Prospectus for further information:

ESRS 2012
C/o Congrex Switzerland Ltd.
Peter Merian-Strasse 80
4002 Basel / Switzerland
Phone: +41 61 686 77 77
Fax: +41 61 686 77 88
Email: basel@congrex.com
Website: www.congrex.com
Registration Information

Registration Fee Scientific Programme

<table>
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<tr>
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<th>Up to 26 April 2012</th>
<th>As from 27 April to 10 July 2012</th>
<th>As from 11 July 2012</th>
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</thead>
<tbody>
<tr>
<td>ESRS Member*</td>
<td>€ 305.–</td>
<td>€ 405.–</td>
<td>€ 455.–</td>
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<tr>
<td>ESST Member</td>
<td>€ 255.–</td>
<td>€ 355.–</td>
<td>€ 405.–</td>
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<tr>
<td>Non-member</td>
<td>€ 415.–</td>
<td>€ 515.–</td>
<td>€ 565.–</td>
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<tr>
<td>Student / Trainee** ESRS Member</td>
<td>€ 160.–</td>
<td>€ 210.–</td>
<td>€ 260.–</td>
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<tr>
<td>Student / Trainee** Non-member</td>
<td>€ 200.–</td>
<td>€ 250.–</td>
<td>€ 300.–</td>
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<tr>
<td>Accompanying person***</td>
<td>€ 25.–</td>
<td>€ 30.–</td>
<td>€ 35.–</td>
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* ESRS member registration is valid for full individual members only. Associate individual members of national sleep societies are not eligible for the reduced fee.

** Students/Trainees will need to provide proof (written certification from employer confirming the trainee status)

*** The fee for accompanying person includes: Welcome Reception on 04 September 2012 and free admission to exhibition.

Registration fees include

- Attendance to all scientific sessions
- Congress documentations
- Welcome Reception
- Coffee breaks

Registration

Participants are given the opportunity to register for the congress, social events and lunch via the website www.congrex.ch/esrs2012. Please follow the instructions on the website carefully. Online registration is only valid with credit card payment (Visa/Mastercard/American Express). Please do not use the online registration for group bookings. If you would like to pay by bank transfer, please do not use the online registration tool, but ask esrs@congrex.com for a pdf registration form with the bank details.

Group Registration

In order to make a group registration, please request the special group registration form from the Organising Secretariat or download the file from the website www.congrex.ch/esrs2012. On this form you can enter all participants’ information together with your postal address and contact details. Please note that we need the complete individual addresses (hospital, department, street name and number, postal code, city) of each participant. For any further assistance, please contact the Organising Secretariat at esrs@congrex.com.

Press Registration

Accredited journalists are welcome to cover the ESRS 2012. Please contact esrs@congrex.com to arrange your press registration.
Registration Information

Registration Fee Teaching Courses

<table>
<thead>
<tr>
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<th>Up to 26 April 2012</th>
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<tbody>
<tr>
<td>half day teaching course</td>
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<tr>
<td>Students</td>
<td>€ 25.–</td>
<td>€ 35.–</td>
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<tr>
<td>Non-students</td>
<td>€ 40.–</td>
<td>€ 50.–</td>
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<tr>
<td>full day teaching course</td>
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<tr>
<td>Students</td>
<td>€ 50.–</td>
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<tr>
<td>Non-students</td>
<td>€ 80.–</td>
<td>€ 100.–</td>
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</table>

Registration is limited and on a “first come – first served” basis.

Opening hours Secretariat
All documents will be given out to registered participants during the following opening hours:

Tuesday, 04 September 2012, 8.00 – 19.00
Wednesday, 05 September 2012, 8.00 – 17.30
Thursday, 06 September 2012, 7.45 – 17.00
Friday, 07 September 2012, 7.45 – 18.00
Saturday, 08 September 2012, 7.45 – 15.00

Onsite registration will be accepted but receipt of all congress documents cannot be guaranteed.

Lunch
Vouchers for lunch boxes can be bought when registering for € 7.– per day. Participants who have ordered lunch boxes will receive a voucher for the lunch boxes together with their registration material.
No lunch tickets can be bought onsite. Please note that the conference centre is connected to a shopping mall which provides restaurants and food courts.

Responsibility
The participant acknowledges that he/she has no right to lodge damage claims against the organisers should the holding of the congress be hindered or prevented by unexpected political or economic events or generally by force majeure, or should the nonappearance of speakers or other reasons necessitate programme changes. With registration, the participant accepts this proviso.
By finishing the application, the participant declares that he/she agrees to its personal and company data being processed by Congrex and that this data may be used for information purposes on congresses and events in related fields organised by Congrex. In the opposing case, the participant notifies Congrex at the time of returning the signed application.
**Registration Information**

**Confirmation**
Upon receipt of the full registration fee, each participant will receive a confirmation of registration. Please present this confirmation at the Registration Desk onsite in Paris as proof of your registration.

**Cancellation/Name change**
Refund of fees, less 25% administrative charges, can be applied for in writing up to 31 May 2012. After this date no refund will be possible. Substitutions of attendees can be made at any time. For any change of names, a fee of € 30.– will be charged. Onsite changes of name badges due to incorrect submission of names and/or address data will be charged € 10.–.

**ESST Membership**
There will be a full day meeting for ESST members on Tuesday, 04 September 2012. For more information on becoming an ESST member, please visit www.esst.org.
Hotel Accommodation

Hotel rooms in various price categories near the congress venue have been reserved. Rooms will be offered on a “first come-first served basis”. Deadline for room reservations is 26 April 2012. Room reservations after this date can only be handled upon availability.

Official housing agent:
Congrex Travel Ltd.
Peter Merian-Strasse 80
4002 Basel / Switzerland
Phone: +41 61 690 9410
Fax: +41 61 690 9414
Email: claudio.tondolo@congrex.com

Online bookings
Participants can book their hotel room via Internet at www.congrex.ch/esrs2012. After a successful booking, each participant will receive a written confirmation by e-mail. After 26 April 2012, hotel accommodation is subject to availability. Requests will be accepted thereafter; however, hotel accommodation is subject to availability and cannot be guaranteed. After this deadline, a late reservation fee of € 30.– will be charged.

Group bookings
For group reservations (10 people or more) please contact Congrex Travel directly.

Cancellation and refund policy
If your hotel reservation is cancelled until 26 April 2012, the deposit will be refunded less € 60.– handling fee. If your reservation is cancelled after 26 April 2012 or if you arrive later or leave earlier than indicated on your reservation, the total accommodation amount will be charged and no refunds can be made. Any change of reservation will be subject to a handling fee of € 30.–. Changes or cancellations have to be made in writing. The hotels will not accept direct changes.
The following hotels have been reserved for delegates. All rates listed are per room and night including breakfast, service, taxes and VAT, indicated in €. Hotel accommodation per hotel is subject to availability at the time of reservation.

**CATEGORY A**

**Hilton Défense****

**Standard single room € 290.– / Double room € 305.–**

This top class 4* hotel is well situated and next to the congress center (CNIT). The spacious rooms are comfortable and with a great view. The hotel provides also a French restaurant and a wide bar. There are also parking facilities for guests arriving by car.

*Distance to congress centre: approx. 5 minutes by foot*

**CATEGORY B**

**Mérecure Défense 5****

**Standard single room € 210.– / Double room € 220.–**

This 4* Hotel provides 508 well-appointed rooms with modern furniture and wireless (free of charge). It offers a restaurant and a cafeteria. Other facilities for guests use are a Haman, a fitness studio and private parking spaces.

*Distance to congress center: approx. 10 minutes by foot*

**Novotel La Défense****

**Standard single room € 240.– / Double room € 250.–**

This 4* hotel is in the business district not far from the congress center. They offer 280 elegant and spacious rooms which are all well equipped. Next to the French café they have a wonderful wide bar for meetings with friends.

*Distance to congress center: approx. 5 minutes by car*

**Pullman La Défense****

**Standard single room € 230.– / Double room € 250.–**

This 4* hotel offers a perfect reliability for business- and conference meetings. The 386 rooms are all characterised by their unique and modern atmosphere. The futuristic bar and the restaurant with an open kitchen present are a must for enjoyers and gourmets.

*Distance to congress center: approx. 5 – 10 minutes by foot*
**Hotel Accommodation**

**CATEGORY C**

**Adagio***

**Standard single room € 210.– / Double room € tbc**

This Apartment hotel is located in the heart of la Défense. It offers 108 well equipped studio and apartments. For guests arriving with the car, there is a parking space nearby.

*Distance to congress centre: approx. 10 – 15 minutes by foot*

**Concorde La Fayette****

**Standard single room € 195.– / Double room € 205.–**

The 4* Hotel lies in the center of Paris, near the La Défense business center and the Champs Elysees. The 950 rooms are modern and luxurious. Besides an international restaurant there are two bars at the hotel, with an exclusive view of the Eiffel tower.

*Distance to congress centre: approx 5 – 10 minutes by car*

**Ibis La Défense Parc***

**Standard single room € 170.– / Double room € 185.–**

This 2* Hotel offers 286 comfortable rooms with ACC and wireless free of charge. The good location of this hotel provides a fast connection to the CNIT congress center. The restaurant and the wide terrace offer our guests a wonderful international kitchen. Parking spaces are available but not free of charge.

*Distance to congress centre: approx 5 minutes by car*

**Mercure Défense Parc***

**Standard single room € 200.– / Double room € 215.–**

This 4* Hotel is well located near the CNIT congress center. The 160 rooms were currently renovated and are all cozy and modern. Besides a wonderful traditional restaurant there is an international restaurant and a bar for an evening cocktail. The hotel has an own underground parking for their clients.

*Distance to congress center: approx. 10 minutes by car*
The ESRS has designated event-travel specialist Congrex Travel to serve as the Official Agent for travel. Congrex Travel offers reduced airfares for participants attending the 21st Congress of the European Sleep Research Society. These special fares are available for flights to Paris and back between 28th August and 15th September 2012. Savings of up to 20% are possible, depending on the route and availability.

Book discounted flight tickets to Paris on [www.congrex.ch/esrs2012](http://www.congrex.ch/esrs2012) or contact Congrex Travel:
Congrex Travel Ltd.
P.O. Box
4002 Basel / Switzerland
Phone: +41 61 560 7560
Fax: +41 61 690 9214
Email: businesstravel@congrex.com
Opening hours: Monday – Friday during CET business hours
It's easy to save money on your flights if you fly the Star Alliance™ network. Simply quote the event code TP05S10 when you make your booking with any Star Alliance member airline and you'll automatically get a discount of up to 20%.

The Star Alliance network has 25 member airlines with over 17,000 flights a day so we can offer you a lot more choice when planning your travel. For more information about our member airlines and contact details, please visit our website at www.staralliance.com/conventionsplus
Social Events

Welcome Reception  
Tuesday, 4 September 2012  18.30

The Welcome Reception will take place at the CNIT, the venue of the 21st ESRS, which is located next to Paris La Défense – Europe’s largest business district.

Culinary specialties of the French Cuisine and traditional French entertainment will make the Welcome Reception memorable to all its participants.

All participants, exhibitors and registered accompanying persons are invited to the reception. Costs are included in registration fee. Please wear your badge.

ESRS Banquet  
Friday, 7 September 2012  20.00

The ESRS banquet will be held at the “Le Théâtre du Merveilleux” located in a historic wine storage facility in Paris.

The Théâtre du Merveilleux takes its inspiration from a form of entertainment that emerged in the late 19th century which used the latest scientific inventions, such as the magic lantern, in order to impress and astonish the audience.

This event venue has been created in the spirit of the famous European “Cabinets of Curiosities” which originated in the late 16th century. The visitor who meanders inside discovers an extraordinary decor that has been liberally inspired from fairy tales and myths from around the world.

Price per person: € 85.–

Tickets for all social events must be ordered via online registration at www.congrex.ch/esrs2012
**Climate**
September in Paris – everything comes out of summer vacation mode and a surge of energy falls over the city. The weather will still be lovely for the most part. Even so you could be hit by a random shower or two. Thus, carrying a small umbrella is not a bad idea. Average temperatures: 13 – 21°C (55 – 70°F). Light clothing is suitable with somewhat warmer clothing for possible colder days.

**Currency**
The official currency of France is the Euro (€). Major credit cards are accepted in most hotels, shops and restaurants. Money can be changed at the main train stations, international airports, major banks, exchange bureaux, most large hotels and the post office. Automatic changing and cash dispensing machines linked to international networks are also widely available.

**Electricity**
French type 2 round pin sockets with 220 volts AC at 50 cycles are used, requiring the use of mechanical plug adapters for other appliances.

**Final Programme**
The Final Programme booklet will be distributed onsite at the meeting in Paris. Please visit the ESRS 2012 website offering continuously updated information: www.congrex.ch/esrs2012

**Insurance**
The meeting organiser cannot accept liability for personal injuries sustained, or for loss or damage of property belonging to meeting participants or their accompanying persons, either during, or as a result of the meeting. Please check the validity of your own insurance.

**Language**
The official congress language is English. No simultaneous translation will be provided. The national language of France is French. English is the most popular foreign language spoken and understood in Paris.

**Invitation Letter**
Individuals requiring an official letter of invitation may write to the Organising Secretariat (esrs@congrex.com). This procedure is designed to assist participants to obtain a visa or permission to attend the meeting and does not apply to registration fees or other expenses. Please note that invitation letters can only be sent if the registration and payment has been received by the Organising Secretariat.
General Information

Paris
Paris is the capital and largest city in France, situated on the river Seine, in northern France. Today it is one of the world’s leading business and cultural centers, and its influences in politics, education, entertainment, media, fashion, science and the arts all contribute to its status as one of the world’s major global cities. Paris has many nicknames, but its most famous is “La Ville-Lumière” (“The City of Light”), a name it owes first to its fame as a centre of education and ideas during the Age of Enlightenment, and later to its early adoption of street lighting.

Italian Agency
For the Italian pharmaceutical companies that must require specific authorisation from the Italian Health Ministry are advised to contact:

AIM EDUCATION – AIM Group
Ms Cristina Ghidoli
Via Giuseppe Ripamonti, 129
20141 Milan, Italy
Phone: +39 02 566 011
Fax: +39 02 70048585
Email: c.ghidoli@aimgroup.eu
Website: www.aimgroup.eu

Restaurants
Paris offers you plenty of fine restaurants serving those traditional dishes that guarantee the reputation of French cuisine throughout the world.

Shopping
The shopping opportunities in Paris are endless. It is always possible to find something unique and affordable. Shops are generally open from 10.00 to 19.00 from Monday to Saturday, with specialist boutiques closing for an hour at lunch.

Tax/Tipping
Tipping is optional, but usually 10% is customary in taxis, restaurants and bars.

Time Zone
Paris is in the Central European Time Zone (CET). CET is 1 hour ahead of Greenwich Mean Time (GMT+1).

Transport in Paris
Travelling around in Paris and getting from A to B is quick and convenient. Whether you take the metro, bus or RER suburban trains, the whole city has a well-developed public transportation network.
General Information

Venue
The 21st Congress of the European Sleep Research Society will take place at the CNIT Paris La Défense, located in the largest European business district. The CNIT has been recently remodelled to become the most modern and innovative conference centre in Paris. Its spectacular vault is a recognised architectural achievement and an international emblem of La Défense.

CNIT
2 Place de la Défense
92053 Paris La Défense, France
www.viparis.com

Visa Requirements
A valid passport (or identity card for European Community nationals) is required. Visas are not necessary for citizens of EU countries. Please contact your local French Embassy, Consulate or your Travel Agency for further information. Participants who need a visa to travel to France are strongly advised to make their application in their home country at least three months before the intended date of travel. Further information: www.theschengenoffice.com

Website
Please visit the ESRS website www.congrex.ch/esrs2012 for regularly updated news and information. Abstract submission, registration, compilation of your personal congress programme as well as reservation of accommodation and tours can be made via this link.
Arriving by train
The City of Paris is well accessible by train. Paris has six major train stations serving domestic and international destinations. From all stations to the conference venue and hotels there are the following choices: metro, RER and taxi. The nearest metro stop to the congress center is “La Défense” (RER A and Line 1).

Arriving to the CNIT by car
From the Paris ring road:
• Exit at Porte Maillot for La Défense
• Take the Avenue de Charles de Gaulle towards Neuilly and cross the Pont de Neuilly, then take the Boulevard Circulaire
• Exit at La Défense 6 and follow the signposts for Parking Visiteurs or Exposants CNIT.

Public Transportation in Paris
Travelling around in Paris and getting from A to B is quick and convenient. Whether you take the metro, bus or RER suburban trains, the whole city has a well-developed public transportation network.
You can purchase individual tickets, or a Paris Visite Metro Pass, available for 2, 3, or 5 consecutive days and designed expressly for visitors and offering unlimited travel. For more information on underground routes and time tables refer to www.ratp.fr

Taxis
Taxi Bleu: +33 (0) 891 70 10 10
G7 Taxi: +33 (0) 147 39 47 39
The airports’ specialist is: +33 (0) 608 57 75 83 available 24 hours and 7/7 days (major credit cards accepted).
The aim of the European Sleep Research Society (ESRS) is to promote sleep research in Europe, to improve care in patients with sleep disorders, and to disseminate information regarding sleep research and sleep medicine.

Since its foundation in 1972, the number of members has steadily increased. Members come from European countries as well as from countries outside of Europe. The Congress of the ESRS is the major scientific event of the Society. This 5-day congress which is held every two years consists of symposia, workshops, lectures, free communication sessions and teaching sessions. The ESRS Business Meeting is also held during the meetings. The congress abstracts are published as a supplement of the Journal of Sleep Research (JSR). The ESRS owns and manages JSR (published by Blackwell Science Ltd., Editor D.-J. Dijk). The quarterly ESRS Newsletter informs on the activities of the Society, meetings and other topics of interest. The ESRS is also a founding member of the World Federation of Sleep Research Societies.

Any scientist, European and non-European, who is engaged in sleep research, can apply for membership. The application must be sponsored by one ESRS member. New members are admitted by tacit approval, after publication of their names in the ESRS Newsletter. The annual membership fee is currently Euro 82.00; for students the fee is Euro 30.00.

Membership includes the following benefits:
- subscription to the ESRS Newsletter
- subscription to the Journal of Sleep Research including the supplement with the congress abstracts
- reduced registration fee at European Congresses on Sleep Research

Applications for membership must be accompanied by payment of the membership fee of the current year (see www.esrs.eu/membership-services/join-now). We welcome applications from qualified scientists to become members of the Society and to contribute thereby to the promotion of sleep research and sleep medicine in Europe.

For more information on ESRS see: www.esrs.eu