

VALMONTONE
ITALY

18-19-20
OCTOBER

2024



1[^] INTERNATIONAL

SleepTech
Conference

*Promoting Best Practices in instrumental diagnosis of Sleep Disorders,
from guidelines to technical scientific research.*

We advocate for sharing experiences worldwide to enanche the future of Sleep Tech



Dearest friends and colleagues

Welcome to SLEEPTECH 2024.

We know that medicine is in continuing advancements, specially in instrumental diagnostic field.

With this congress we want to update you with the continuous diagnostic and therapeutic guidelines in sleep medicine in order to standardize practice not only in Italy but in all the world.

The role of the “Sleep Technologists” in the international context is more or less regulated by training courses that are often extremely different from each other today. Furthermore, skills and career progression are often not recognized by local institutions.

However, thanks to the international guidelines that establish the procedures to be adopted in the instrumental diagnosis of Sleep Disorders, the action in the work context is univocal and unequivocal.

It's necessary to develop a universal training pathway and the acquisition of common skills that allow the emergence in individual States and in relations with healthcare institutions of the interest in regulating in a congruous manner all the aspects deriving from the profession, both in terms of salary and career progression.

In the past years, there have been numerous requests to create same protocols and diagnostic pathways such as to make unambiguous and coherent interpretations of instrumental tests throughout the world. The need to combine the diagnostic with a therapeutic process according to the principle of multidisciplinary is found during national and international conferences of Sleep Medicine. The congresses organized by the World Sleep Society, as well as by the European Sleep Research Society and by local scientific societies, represent these needs. Although organized mainly for physicians, they also dedicate space to Technological Paths given the participation of numerous sleep technologists as well as respiratory physiotherapists and speech therapists.



Carissimi amici e colleghi

Benvenuti a SLEEPTECH 2024.

Sappiamo che la medicina è in continuo progresso, soprattutto nel campo della diagnostica strumentale.

Con questo congresso vogliamo aggiornarvi sulle linee guida diagnostiche e terapeutiche continue in medicina del sonno per uniformare la pratica non solo in Italia ma in tutto il mondo.

Il ruolo degli “Sleep Technologists” nel contesto internazionale è più o meno regolato da percorsi formativi spesso estremamente diversi tra loro. Inoltre, competenze e progressioni di carriera spesso non sono riconosciute dalle istituzioni locali.

Tuttavia, grazie alle linee guida internazionali che stabiliscono le procedure da adottare nella diagnosi strumentale dei Disturbi del Sonno, l'azione nel contesto lavorativo è univoca e inequivocabile.

È necessario sviluppare un percorso formativo universale e l'acquisizione di competenze comuni che consentano l'emergere nei singoli Stati e nei rapporti con le istituzioni sanitarie dell'interesse a regolamentare in modo congruo tutti gli aspetti derivanti dalla professione, sia in termini di retribuzione che di progressione di carriera.

Nel corso degli ultimi anni sono state numerose le richieste di creare protocolli e percorsi diagnostici identici tali da rendere univoche e coerenti le interpretazioni degli esami strumentali in tutto il mondo. L'esigenza di coniugare il percorso diagnostico con quello terapeutico secondo il principio della multidisciplinarietà si riscontra nei congressi nazionali e internazionali di Medicina del Sonno. I congressi organizzati dalla World Sleep Society, così come dalla European Sleep Research Society e dalle società scientifiche locali, rappresentano queste esigenze. Sebbene organizzati principalmente per i medici, dedicano spazio anche ai Percorsi Tecnologici data la partecipazione di numerosi tecnologi del sonno oltre che di fisioterapisti respiratori e logopedisti



SCIENTIFIC COMMITTEE



(CARLOS TEIXEIRA, MARGRET VERSPANDONK, CAROLINE BLANKWOORT, PAOLO MATRIGIANI, IAIN DUNCAN, APOSTOLLIS NIKOLOPOULOS, BATTISTA DI GIOIA, HELENE VITALI, FEDERICA TESTA, ANTONIETTA MARIA PILIERO, LAURA BIANCHI, ANNALISA RUBINO, MANUELA CECILI, FRANCESCO FAMA)

SCIENTIFIC PROGRAM

1ST INTERNATIONAL CONFERENCE SLEEPTECH 24 VALMONTONE 18-19-20 OTTOBRE 2024 PALAZZO DORIA PAMPHILJ

FRIDAY 18 OCTOBER

08.00 am *Welcome to congress and participants registration*

PLENARY SESSION I

SLEEPTECH 2024 - 1st international Conference for Sleep workers – Aims and perspective

- 09.00 am Welcome and introduction to SLEEPTECH 2024
Paolo Matrigiani
- 09.10 am The aims of 1st International Conference: ESST objectives
Carlos Teixeira
- 09.20 am The institutional relationship between AITN and national/international partners
Maurizio Vergari
- 09.30 am The importance of multidisciplinary and autonomy of action ArIR's proposals
Andrea Lanza
- 10.40 am The role of speech therapist SOMF in sleep breathing disorders
Rosanna Di Giulio

PLENARY
MAGISTRAL LECTURE 10.50 am

SLEEP: PHYSIOLOGY AND FUNCTIONS
Luigi Ferini Strambi

Chairs: Raffaele Ferri, Caroline Blankvoort

11:30 am *Coffee Break*

SYMPOSIA FIRST SESSION 12.00 am - 01.15 pm

- PLENARY ROOM

DIGITAL CLINICAL TOOLS IN THE SCREENING OR DIAGNOSIS OF OSA

Chairs: Daniela Ferreira-Santos, Annalisa Rubino

- 12.00 am Overview of novel digital clinical tools in OSA
Daniela Ferreira-Santos
- 12.20 am OSABayes: smartphone application for OSA screening
Pedro Amorim
- 12.38 am ABOSA: automatic blood oxygen saturation analysis
Tuomas Karhu
- 13.55 am Self-applied somnography
Matias Rusanen

- ARIA CONFERENCE ROOM – floor 1

**THE BIDIRECTIONAL RELATIONSHIP BETWEEN SLEEP AND REHABILITATION:
MUTUAL INFLUENCES AND FUTURE PERSPECTIVES PART 1**

Chairs: Federica Testa, Laura Bianchi

- 12.00 am Impact of sleep disorders on cognitive and psychological functioning:
assessment scales and cognitive-behavioral intervention strategies
Maria Angela dell'Aquila, Sabrina Velardo
- 12.15 am Behavioral interventions for sleep: sleep disorders in the autism spectrum
Teresa Ciccione
- 12.30 am The impact of Sleep Disorders on Children: Recognizing the sign and optimizing
rehabilitation
Federica Cinelli
- 12.45 am Impact of sleep disturbances in neurodevelopmental disorders on executive functions
and neuromotor ability: implications for rehabilitation professionals
Domenica Fagnoli
- 13.00 am Articulatory characteristics of language, oral cavity morphology, breathing, and
phenotypic traits
Antonella Gatta, Benito Michelazza

- PRINCIPE CONFERENCE ROOM – floor 1

ORAL COMMUNICATIONS 12.00 am - 1.15 pm

Chairs: Iain Duncan, Margret Verpaandonk

1:15 pm Buffet Lunch

2:40 pm TECHNICAL WORKSHOP

PLENARY

MAGISTRAL LECTURE 3.20 pm

NEW METRICS ON OSA SEVERITY

Carolina Lombardi

Chairs: Luigi Ferini Strambi, Battista di Gioia

PLENARY

SESSION II

SOCIAL EVENT FROM LOCAL TO GLOBAL: EDUCATIONAL AND CAREER PATHWAY

Chairs: Paolo Matrigiani, Francesco Famà

4.05 pm Australian reality
Madison Bailey

4.15 European reality
Carlos Teixeira

4.30 American reality
Emerson Kerr

4.45 Asian reality
Amber Allen

4.55 pm Coffee Break

SYMPOSIA SECOND SESSION 05.25 pm – 06.40 pm

- PLENARY ROOM

THE ROLE OF OROFACIAL MUSCLE IMBALANCE IN SLEEP DISORDERS

Chairs: Rosanna Di Giulio, Federica Testa

- 5.25 pm Sleep disordered breathing in children. A study on a sample of 254 preschool children
Anna Beghetto
- 5.45 pm The importance of the multidisciplinary approach to the subject with Osas: case report
Eleonora Crocetta
- 6.03 pm Sleep disorders: a neuro-muscular explanation
Antonio Ferrante
- 6.22 pm OSAS: what about daily breathing habits?
Valeria Virgili

- ARIA CONFERENCE ROOM – floor 1

SLEEP BREATHING DISORDERS IN CHILDREN: DIAGNOSIS, THERAPY AND FOLLOW UP

Chairs: Antonietta Maria Piliero, Battista di Gioia

- 5.25 pm Obstructive sleep apnea in children
Elisabetta Verrillo
- 5.40 pm Non-invasive ventilation in children
Martino Pavone
- 5.55 pm Starting a nocturnal long-term ventilation: practical level
Antonietta Maria Piliero
- 6.10 pm Use of telemedicine in monitoring patients on long-term ventilation
Alessandro Onofri
- 6.25 pm A Pediatric clinical case of "very severe" OSAS
Manuela Cecili

- PRINCIPE CONFERENCE ROOM – floor 1

CUTTING-EDGE RESEARCH ON THE MACRO AND MICROSTRUCTURE OF SLEEP

Chairs: Ludovica Pasca, Helene Vitali

- 5.25 pm Fundamental Principles of Sleep Neurophysiology
Chiara Totaro
- 5.45 pm Neuronal synchronization in epileptogenic and non-epileptogenic zones during sleep and wakefulness
Maria Giovanna Canu
- 6.03 pm Deep dive into N2 sleep: exploring the role of sleep spindles
Helene Vitali
- 6.22 pm Distinctive thalamic activation patterns in NREM sleep slow waves: insights from EEG-fMRI studies
Damiana Bergamo

6:50 pm **OPENING CEREMONY**

INSTITUTIONAL GUESTS

Veronica Bernabei – Major of Valmontone City
Pierluigi Sanna- Vice President of Rome Metropolitan City
Eleonora Mattia – Delegate of Regional Council Lazio
Silvia Cavalli - Extraordinary Commissioner of the Local Health Authority of Rome 5

SATURDAY 19 OCTOBER

09.00 am *Welcome to congress and registration participants*

PLENARY
MAGISTRAL LECTURE 09.00 am

SLEEP SCORING IN INFANTS AND CHILDREN: SPECIFIC FEATURES
Oliviero Bruni

Chairs: Andrea Romigi – Helene Vitali

SYMPOSIA THIRD SESSION 10.10 am – 11.20 am

- PLENARY ROOM

SOCIAL EVENT: INFORMATIVE AND MEETING SESSIONS “WHO WE ARE”

Chairs: Paolo Matrigiani, Francesco Famà

10.10 -11.20am ESST AITN ARIR SMOF – Who we are and the future of Associations-
Carlos Teixeira- Maurizio vergari- Andrea Lanza- Rosanna Di Giulio

- PRINCIPE CONFERENCE ROOM – floor 1

AIPAS - RLS ASSOCIATION INFORMATIVE SESSION

Primo raduno nazionale dei pazienti RLS e OSAS

Dott.ssa Mogavero Paola- Marco Rolandi - Enrico Brunello- Dott.ssa Loreta Di Michele

11.30 am *Coffee Break*

EXHIBITION POSTER

PLENARY
MAGISTRAL LECTURE 12.30 pm

NARCOLEPSY AND THE OTHER CENTRAL HYPERSOMNIAS

Giuseppe Plazzi

Chairs: Lino Nobili – Manuela Cecili

1.10 pm *Lunch*

2.00 pm TECHNICAL WORKSHOP

PLENARY
MAGISTRAL LECTURE 02.40 pm

NEW PATHOPHYSIOLOGICAL PERSPECTIVE OF RLS

Maria Paola Mogavero

Chairs: C. Lombardi – Iain Duncan

SYMPOSIA FOURTH SESSION 03.30 pm – 04.45 pm

- PLENARY ROOM

WORKGROUP ESST: NEUROLYMPICS AND RESPIROLIMPICS

Organizer: Carlos Teixeira

Chairs: Paolo Martigiani, Margret Verpaandonk

“Gaming zone” Inteactive

Speakers: **Carlos Teixeira, Caroline Blankvoort**

- ARIA CONFERENCE ROOM – floor 1

MULTIDISCIPLINARY APPROACH IN THE SLEEP DISORDERS BREATHING

Organizer: Annalisa Rubino

Chairs: Annalisa Rubino, Francesco Famà

3.30 pm Sleep disorders breathing: pneumological approach
Paolo Pozzi

3.45 pm Sleep disorders breathing: pediatric approach
Maria Pia Villa

4.00 pm From diagnosis to monitoring sleep disorders breathing

Federica Cattaneo, Annalisa Rubino

4.30pm Different devices for different sleep disorders breathing
Andrea Lanza

4.45pm Beyond sleep breathing disorders: a psychological approach
Annalisa Sgoifo

- PRINCIPE CONFERENCE ROOM – floor 1

THE BIDIRECTIONAL RELATIONSHIP BETWEEN SLEEP AND REHABILITATION:
MUTUAL INFLUENCES AND FUTURE PERSPECTIVES PART 2

Organizer: Federica Testa

Chairs: Ludovica Pasca, Federica Testa

3:30pm The Role of Speech Therapy in the Assessment and Treatment of Sleep-
Disordered Breathing in Pediatrics: Myofunctional Approach
Marina Balzano

3:50 pm Impact of Postural and Respiratory Physiotherapy on Sleep Quality: An Overview
Fabio Iavarone

4:08 pm The Role of the Pediatric Dentist and Orthodontist in Pediatric Sleep Disorders
Valentina Virgili

4:25 pm Use of MAD and Its Variants in Sleep Apnea and Effects on Behavior
Antonio Pisaniello

04.45 *Coffee Break*

EXHIBITION POSTER

PLENARY
MAGISTRAL LECTURE 05.20 pm

SCORING LEG MOVEMENTS ACTIVITY DURING SLEEP: AASM VS WASM PLMS
SCORING CRITERIA

Raffaele Ferri

Chairs: Maria Paola Mogavero, Laura Bianchi

6:00 pm *Closure*

08.00 p.m.
GALA DINNER

SUNDAY 20 OCTOBER

8:00 *Welcome to congress and registration participants*

MEET THE COMPANY

PLENARY

MAGISTRAL LECTURE 09.00 am

OBSTRUCTIVE SLEEP APNEA: FROM "ONE SIZE FITS ALL" TO PRECISION MEDICINE
Stefania Redolfi

Chairs: Giuseppe Plazzi – Francesco Famà

SYMPOSIA FOURTH SESSION 09.50 am – 11.05 am

- PLENARY ROOM

TELEMEDICINE: NEW FRONTIERS IN THE APPROACH TO PATIENTS WITH SLEEP
BREATHING DISORDERS

Organizer: Andrea Lanza

Chairs: Andrea Lanza, Paolo Martigiani

9:50 am Importance of patient monitoring in sleep disorders
Matteo Siciliano

10:10am Technologies for monitoring and telemonitoring
Beatrice Tani

10:28 am Telemonitoring programs for ventilated patients: a state of art
Filippo Cuccarini

10:45am Clinical applications in sleep medicine
Eleonora Furnaro

- ARIA CONFERENCE ROOM – floor 1

SLEEP-RELATED BREATHING DISORDER IN NEWBORN AND 1-TO12 MONTHS OLD
CHILDREN: A MULTIDISCIPLINARY APPROACH TO DIAGNOSES, TREATMENT AND
MANAGEMENT

Organizer: Francesco Colangelo

Chairs: Francesco Colangelo, Battista di Gioia

9:50 am Overview of common sleep breathing disorders in newborns and 1-to-12-
month-old children: clinical aspects, diagnostic indications, treatment paths and
follow up.
Luana Nosetti

- 10:10am Diagnostic in 1-to-12-month-old children: home monitoring and PSG for a correct evaluation of sleep-related breathing disorder.
Silvia Rotondo
- 10:28 am Typical physiological vs pathological patterns in the PSG of the newborns and 1-to-12-month-old children
Francesco Colangelo
- 10:45am The role of respiratory physiotherapist in the treatment and follow up of the newborn and the 1-to-12-month-old child with sleep-related breathing disorders
Alessia Savoca Corona

- PRINCIPE CONFERENCE ROOM – floor 1

ALL THE WAYS TO BE A SLEEP EXPERT

Organizer: Annalisa Rubino

Chairs: Michele Terzaghi, Annalisa Rubino

- 9:50am All the ways to record movement disorders in sleep
Francesco Mignani
- 10:05 am All the ways to test hypersomnolence
Giulia Neccia
- 10:20 am All the ways to record narcolepsy
Gaia Corosello
- 10:35 am All the ways to record NREM parasomnias
Elena Capriglia
- 10:50 am All the ways to record REM parasomnial
Gaetano Malomo

11.05 Coffee Break

PLENARY
MAGISTRAL LECTURE 11.40 am

PAROXYSMAL MANIFESTATIONS DURING SLEEP
Lino Nobili

Chairs: Oliviero Bruni, Margret Verpaandonk

ARIA CONFERENCE ROOM – floor 1

ITALIAN SPIN-OFF 12.30 pm

CBT-I AND PSYCHOLOGICAL ASPECTS OF SLEEP DISORDERS

Michela Corrias, Federica Farina

Chairs: Helene Vitali, Laura Bianchi

1.00 pm *Lunch*

2.30 pm TECHNICAL WORKSHOP

PLENARY
MAGISTRAL LECTURE 03.10 pm

MUTUAL INTERACTION BETWEEN SLEEP AND EPILEPSY

Andrea Romigi

Chairs: Stefania Redolfi – Federica Testa

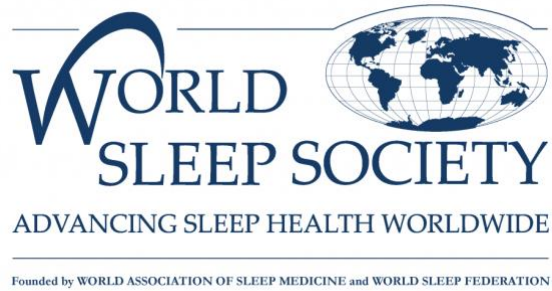
PLENARY
SOCIAL EVENT: ROUND TABLE & CLOSING CEREMONY 04.00 pm

Round Table between the parties involved in the implementation of the SLEEPTECH Project Association & health institutions

- ✚ The future of the profession– Amber Allen – C. Teixeira – Paolo Matrigiani
- ✚ Health professionals and universities: Italy and Europe – Francesco Della Gatta
- ✚ Legal protections: Italy Vs Europe – Mario Antonucci
- ✚ CME: Training credits according to Italian and EU rules –Anna Giulia De Cagno

Closing remarks with acceptance of applications for subsequent SLEEPTECH events

ENDORSEMENTS



AIMS *Associazione Italiana
di Medicina del Sonno*



Ordine
dei tecnici sanitari di radiologia medica
e delle professioni sanitarie tecniche,
della riabilitazione e della prevenzione
Roma e Provincia



1[^] INTERNATIONAL

SleepTech Conference

*We know that medicine is in continuing advancements,
specially in instrumental diagnostic field*

CONGRESS VENUE

Doria Pamphilj Palace
Umberto Pilozzi Square
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Rome

CONGRESS WEBSITE

<https://myeventsrl.wixsite.com/sleep-tech-2024>

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