

WFN ARG SLEEP

Report of activities, 2011

Submitted by
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Chair, ARG Sleep

1. MEMBERS LIST

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Antonio Culebras USA (Chair)

Chokroverty, Sudhansu- USA

Duntley, Stephen- USA

Foldvary, Nancy- USA

Guilleminault, Christian- USA

Mahowald, Mark- USA

Radtke, Rodney- USA

Saper, Clifford- USA

Silber, Michael- USA

Thorpy, Michael- USA

Kotagal, Suresh- USA

Vizcarra, Darwin - Perú

Trenkwalder, Claudia - Germany

King, Philip -Australia

Masmudi, Mohamed -Morocco

El Alaoui, Faris -Morocco

Kotchabhakdi, Naiphinich –Thailand

Canet, Teresa – Spain

Parrino, Liborio – Italy (Chair- elect)

García-Borreguero, Diego – Spain

Högl, Birgit – Austria

Bassetti, Claudio – Switzerland

Katayama, Soichi – Japan

Schenck, Carlos – USA

Rosalía Silvestri – Italy

(Governing body members are listed in bold)

2. Minutes, ARG Sleep meeting

November 15, 2011

To: Members WFN Sleep Research Group

RE: Meeting in Marrakesh

Dear colleague:

The Sleep Research Group of the WFN held its periodic meeting on Tuesday, November 15, 2011, in Marrakesh during the World Congress of Neurology.

Time: 12:30 -13:00

Venue: Hall C, Congress Center.

Present: Antonio Culebras, chair. Liborio Parrino, chair-elect. Carlos Schenck, delegate. Soichi Katayama, delegate. Claudia Trenkwalder, delegate.

Minutes

1. Presentation of Dr. Liborio Parrino (Parma, Italy) as chair-elect. Dr. Parrino will commence his tenure in 2013, at the WFN meeting in Vienna.
2. A variety of proposals were discussed for presentation at the WFN meeting in Vienna, 2013. Dr. Carlos Schenck recommended the creation of a session devoted to case presentations in sleep disorders by renowned specialists.
3. Dr. Claudia Trenkwalder, president of WASM invited all delegates present to attend the World Congress of Sleep Medicine in Valencia, Spain, (Sept. 28-Oct. 2, 2013) immediately following the World Congress of Neurology in Vienna, (Sept. 21-26, 2013).
3. The following delegates, present at the meeting, expressed a wish to become members of the WFN Sleep Research Group:

Kim, Ji Soo - S. Korea

Beom, S. Jeon – S. Korea

Kissani, Najib – Morocco

Hamid, Ouhabi – Morocco

Satte, Amal

Oshman, Yonnes – France

Stancu, Alexandra – France

Ashour, Samia – Egypt

ElNabil, Lobna Mohammad - Egypt

4. Adjourn



Antonio Culebras, MD

Chair, WFN Sleep Research Group

3. Proposed list of lectures and speakers for WCN11 Marrakesh

Original proposal of lectures sent to the WCN-11 Program Planning Committee. It is assumed that only a few speakers will be selected. The long list of topics and speakers should serve as a repository for future conferences.

Main topics for the scientific session:

Topic

SLEEP DEPRIVATION: A social stigma

Speakers

Michael Thorpy, MD

Bronx, New York, USA

Topic

SLEEP IN WOMEN

Speakers:

Rosalia Silvestri, MD

Messina, Italy

Mary IP, MD

Hong Kong, China

Topic

SUDDEN DEATH IN SLEEP

Speakers:

Antonio Culebras, MD

Syracuse NY, USA

Soichi Katayama, MD

Fukushima , Japan

Philip King, MD

Sydney, Australia

Naiphinich Kotchabhakdi, MD

Bangkok, Thailand

Topic

PROMOTION OF SLEEP MEDICINE IN DEVELOPING COUNTRIES

Speakers:

Antonio Culebras, MD

Syracuse NY, USA

Sudhansu Chokroverty, MD

Edison NJ, USA

Topic

PARKINSON AND SLEEP

Speakers:

Cynthia Comella, MD

Chicago ILL, USA

Pasquale Montagna, MD (deceased)

Bologna, Italy

Eduardo Tolosa MD

Barcelona, Spain

EPILEPSY AND SLEEP

Speakers:

Marco Zucconi, MD

Milan, Italy

Bradley Vaughn, MD

Chapel Hill, NC, USA

Liborio Parrino, MD

Parma, Italy

INSOMNIA AND HYPERSOMNIA

Speakers:

Claudio Bassetti, MD

Zurich, Switzerland

Christian Bauman, MD

Zurich Switzerland

MOVEMENT DISORDERS OF SLEEP

Speakers:

Birgit Hogl, MD

Innsbruck, Austria

PARASOMNIAS

Speakers:

Carlos Schenck MD

Minneapolis, MN, USA

Mark Mahowald, MD

Minneapolis, MN, USA

Alex Iranzo, MD

Barcelona, Spain

Topics for the educational program: full day or half day course

Topic

RESTLESS LEGS SYNDROME: DIAGNOSIS AND MANAGEMENT

Speakers:

Antonio Culebras, MD

Syracuse NY, USA

Claudia Trenkwalder, MD

Kassel, Germany

Diego García-Borreguero, MD

Madrid, Spain

Richard Allen, PhD

Baltimore MD, USA

NARCOLEPSY: Diagnosis and management

Speakers:

Antonio Culebras, MD

Syracuse NY, USA

Claudio Bassetti, MD

Zurich, Switzerland

Emmanuel Mignot, MD

Stanford CA, USA

Christian Guilleminault, MD

Stanford CA, USA

Giuseppe Plazzi, MD

Bologna, Italy

SLEEP APNEA: diagnosis and treatment

Speakers:

Do-Un Jeong, MD

Seoul, S. Korea

Mary Ip, MD

Hong Kong, China

Jun Kohyama, MD

Tokyo, Japan

REM SLEEP BEHAVIOR DISORDER

Speakers:

Mark Mahowald, MD

Minneapolis MN USA

Cynthia Comella, MD

Chicago ILL, USA

Carlos Schenck, MD

Minneapolis, MN USA

NEUROLOGY OF INSOMNIA AND THE CIRCADIAN RHYTHM

Speakers:

Alon Avidan, MD

Los Angeles, CA USA

Phylis Zee, MD

Chicago, ILL USA

Topics for morning educational sessions (“hot topics/meet the professors”)

Topic

ACCREDITATION GUIDELINES FOR SLEEP CENTERS

Sharon Keenan, PhD, RPSGT

Palo Alto, CA USA

CERTIFICATION OF SLEEP SPECIALISTS

Michael Silber

Rochester, Minnesota, USA

DRIVING MOTOR VEHICLES AND SLEEP

Michael Thorpy, MD

Bronx, NY, USA

4. ARG SLEEP ENDORSED ACTIVITIES

WORLD SLEEP DAY 2012

March 16, 2012

World Sleep Day (WSD) is an annual event, intended to be a celebration of sleep and a call to action on important issues related to sleep. It is organized by the World Sleep Day Committee of the World Association of Sleep Medicine (WASM) and aims to lessen the burden of sleep problems on society through better prevention and management of sleep disorders. WSD is co-chaired by Antonio Culebras, MD, professor of neurology at SUNY, Upstate Medical University, New York and Liborio Parrino, MD, assistant professor of neurology at Parma University, Italy, with support from WASM's Executive Director Allan O'Bryan.

WSD events take place primarily online at www.worldsleepday.org, featuring educational videos, historical videos, education materials, and public service announcements. WSD offers a platform for sleep societies, enterprises and interested practitioners to raise awareness about sleep and its disturbances at the local level. Professionals in more than 70 countries have taken advantage of this opportunity on an annual basis.

The first WSD was held on March 14th 2008, under the slogan 'Sleep well, live fully awake'. Subsequent years have operated under different slogans indicating the key focus for that particular year, as follows:

- 2009 "Drive alert, arrive safe"
- 2010 "Sleep well, stay healthy"
- 2011 "Sleep well, grow healthy" with emphasis in children's sleep.

In 2012 the slogan is “Breathe easily, sleep well” focusing on sleep-related ventilatory disturbances that are so common in our modern society.

WSD has adopted the following *Declaration of Principles*:

- Whereas, sleepiness and sleeplessness constitute a global epidemic that threatens health and quality of life,
- Whereas, much can be done to prevent and treat sleepiness and sleeplessness,
- Whereas, professional and public awareness are the first steps to action,
- We hereby DECLARE that the disorders of sleep are preventable and treatable medical conditions in every country of the world.

Sleep is a basic human need—a crucial component of survival, much like breathing, eating a healthy diet or getting enough exercise. World Sleep Day is designed to raise awareness of sleep as a human privilege that is often compromised by the habits of modern life. Sleep alterations constitute a global epidemic affecting up to 45% of the world’s population. Insomnia, obstructive sleep apnea, restless legs syndrome, and sleep deprivation significantly impact physical, mental and emotional health, in addition to affecting work performance and personal relationships. In adults lack of quality sleep as a result of sleep apnea and other sleep disturbances can lead to health problems including systemic hypertension while increasing the risk of diabetes, heart disease and stroke. Failure to obtain quality sleep may lead to poor alertness, lack of attention, reduced concentration, decreased work and academic productivity, and increase the risk of motor vehicle accidents.

Maintaining adequate sleep hygiene is the first step towards restoring good quality sleep. The *10 Commandments of Sleep Hygiene* adopted by WSD are:

- 1. Fix a bedtime and a time for awakening.
- 2. If you are in the habit of taking naps do not exceed 45 minutes of daytime sleep.
- 3. Avoid excessive alcohol ingestion 2-4 hours before bedtime and do not smoke.
- 4. Avoid caffeine 6-8 hours before bedtime. This includes coffee, tea and many sodas, as well as chocolate.
- 5. Avoid heavy, spicy, or sugary foods 4 hours before bedtime. A light snack before bed is acceptable.
- 6. Exercise regularly, but not immediately before bed.

- 7. Use comfortable bedding.
- 8. Find a comfortable temperature setting for sleeping and keep the room well ventilated.
- 9. Block out all distracting noise and eliminate as much light as possible.
- 10. Reserve the bed for sleep and sex. Don't use the bed as an office, workroom or recreation room.

Translation to various languages may be obtained at www.worldsleepday.org

Violation of the 10 Commandments of Sleep Hygiene causes poor quality of nocturnal sleep, short duration of sleep, fragmentation of sleep and serious sleep deprivation. Obstructive sleep apnea (OSA) affects approximately 4% of adult men and 2% of women. If not properly managed, sleep apnea can have a significant impact on a person's health and well-being.

Sleep disturbances are not limited to adults. Poor sleep affects about 25% of the world's children. Lack of quality sleep in children can lead to:

- Obesity
- Accidental injury
- Moodiness and emotional problems
- Aggressiveness and impulsivity
- Irritability and frustration
- A change in activity levels (appearing "hyper" or "low energy")
- Decreased memory, attention, learning and reasoning, which can impact school function

To help improve children' sleep and overall wellness, WASM has created the

10 Commandments of Healthy Sleep for Children:

1. Make sure your child gets enough sleep by setting an age-appropriate bedtime and wake time.
2. Set consistent bedtime and wake-up times on both weekdays and weekends.
3. Establish a consistent bedtime routine that includes "quiet time."
4. Encourage your child to fall asleep independently.
5. Avoid bright light at bedtime and during the night (including light from television or computer screens) and increase light exposure in the morning.
6. Keep all electronics, including televisions, computers and cell phones, out of the bedroom and limit use of electronics before bedtime.

7. Maintain a regular daily schedule, including consistent mealtimes.
8. Have an age-appropriate nap schedule.
9. Ensure plenty of exercise and time spent outside during the day.
10. Eliminate foods and beverages containing caffeine.

Visit www.worldsleepday.org, for translations in various languages.

Participants in WSD may be sleep organizations, enterprises and interested professionals. All can help raise awareness of sleep disorders by carrying out appropriate activities during WSD that enhance public education on sleep disorders and its treatments. A number of possibilities may be considered, based on local capabilities and available resources

These include:

- Organization of a physical event to create excitement and generate interest in WSD. It may require a significant investment in terms of time and budget, but creates an impact and signifies the importance of public awareness of sleep disorders. Journalists may be invited to the event to obtain immediate access to case studies and take home messages.
- The event should be primarily themed around the impact of the current year's slogan 'Breathe easily, sleep well' However previous years slogans are not excluded. Several examples of physical events have been posted on the website www.worldsleepday.org.
- Distribute patient literature such as booklets, leaflets and newsletters. Patient information and useful links are provided on the WSD website www.worldsleepday.org.
- Set up a driving simulator in a well populated area e.g. near a shopping centre, to raise awareness of the perils of driving under the influence of sleepiness amongst the general public. Use a well known local celebrity to draw attention to the event and provide the media with photo opportunities of the celebrity trying out the driving simulator. Allow the general public to participate in activities as well, and prepare leaflets or simple sleep questionnaires which can be distributed, highlighting WSD and the dangers of falling asleep behind the wheel.

To summarize, more research is needed to completely understand sleep and to understand the causes of sleep disorders. More emphasis should be put on the diagnosis and treatment of sleep disorders. Most sleep problems can be managed by changing behaviors around sleep, with appropriate medical therapy or cognitive behavioral therapy. Patients suffering from sleep complaints, or who suffer from excessive daytime sleepiness should consult with their physician.