

# INTERNATIONAL SLEEP MEDICINE COURSE

February 05-08, 2024

Blankenberge, Belgium

# ISM C 2024



*Floreal Club, Blankenberge, Belgium*

The Belgian Association for Sleep research and Sleep medicine (BASS) announces the next edition of the **International Sleep Medicine Course (ISMC)**.

The 2024 edition will take place from Monday **05/02/2024** to Thursday **08/02/24** at the Floreal Club in **Blankenberge, Belgium**.

The ISMC is a joint organization of the Belgian Association for Sleep research and Sleep medicine (BASS), the Nederlandse Vereniging voor Slaap-Waak Onderzoek (NSWO), the Slaapgeneeskunde Vereniging Nederland (SVNL) and the British Sleep Society (BSS). The ISMC has become an acclaimed international postgraduate program for professionals involved in the care of patients with sleep disorders. The aim of the course is to provide a comprehensive and contemporary review of the most relevant aspects of normal sleep and sleep disorders. This educational package should enable participants to prepare for sleep medicine examinations.

The venue in Blankenberge is a fine seaside resort on the Belgian coast. This casual environment should facilitate lively debate in and outside the lecture halls and foster new friendships.

Accreditation will be requested for the entire course.

We look forward to meeting you in Blankenberge.

On behalf of the organizing committee,  
Prof. Dr. A. Mariman, local organizer



**ISM C 2024**  
Be sure to meet the experts!



# Program

# ISMC 2024

## Monday 05.02.2024

Module 1 <b>SLEEP PHYSIOLOGY</b>		Chair: A. Mariman
8:30	1	Welcome and introduction: Why we sleep? A. Mariman
9:00	2	Neurological control of sleep S. Durrant
9:45	3	Homeostatic and circadian control of sleep Y. van der Werf
10:30 <i>Break</i>		
11:00	4	Sleep across the life span M. Van Den Bossche
11:30	5	Cardio-respiratory physiology in sleep J. Steier
12:00	6	Sleep and endocrine physiology K. Spiegel
12:30 <i>Lunch</i>		
Module 2 <b>SLEEP ASSESSMENT</b>		Chair: M. Van Den Bossche
(WORKSHOP: 3 rotating sessions) 13:30-16:15; break @ 15:00-15:30		
13:30	7	Sleep assessment in the adults (subj. and obj.) D. Pevernagie / F. Bauters
14:15	8	Sleep assessment in children S. Scaillet / M. Boon
15:30	9	Sleep recording and sleep scoring P. Borzée / M. Neyens
18:00 <i>Steering committee ISMC</i>		
19:00 <i>Welcome dinner</i>		

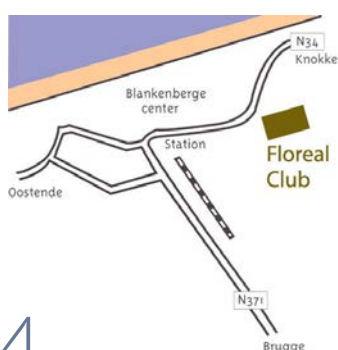
## Tuesday 06.02.2024

Module 3 <b>SLEEP-DISORDERED BREATHING (SDB)</b>		Chair: D. Testelmans
8:30	10	Pathophysiology of SDB M. Bruyneel
9:00	11	Clinical and diagnostic aspects of SDB M. Sastry
9:30	12	Cardiovascular comorbidities in OSA B. Buyse
10:00	13	Metabolic comorbidities in OSA S. Konda
10:30 <i>Break</i>		
11:00	14	Sleep in lung disease J. Verbraecken
11:30	15	Central sleep apnea and hypoventilation D. Testelmans
12:00	16	SDB in children S. Verhulst
12:30 <i>Lunch</i>		
Module 4 <b>TREATMENT OF SDB</b>		Chair: D. Testelmans
(WORKSHOP: 3 rotating sessions) 13:30-16:15; break @ 15:00-15:30		
13:30	17	Treatment of SDB - CPAP M. Bruyneel
14:15	18	Treatment of SDB - non-CPAP J. Verbraecken / M. Dieltjens
15:30	19	Treatment of CSA and hypoventilation D. Testelmans / N. Cardinaels
19:00 <i>Dinner</i>		

### VENUE

Floreal Club  
Blankenberge  
[www.florealclub.be](http://www.florealclub.be)

Koning Albert I Laan 59  
8370 Blankenberge



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## Wednesday 07.02.2024

Module 5 <b>INSOMNIA, PSYCHIATRIC AND NEUROLOGICAL SLEEP DISORDERS, CIRCADIAN RHYTHM DISORDERS</b>		Chair: M. Strauss
8:30	20	Insomnia disorder in adults I. Verbeek
9:15	21	Insomnia disorder in children K. Dhondt
10:00	22	Sleep in psychiatric disorders A. Mariman
10:30 <i>Break</i>		
11:00	23	Circadian sleep disorders I. Declercq
11:30	24	Narcolepsia and other hypersomnias of central origin G.-J. Lammers
12:30 <i>Lunch</i>		
Module 6 <b>NEUROLOGICAL SLEEP DISORDER</b>		Chair: M. Van Den Bossche
13:30	25	Movement disorders (RLS and PLMD) A. Pijpers
14:00	26	REM parasomnia M. Strauss
14:30	27	Sleep in neurodegenerative disorders M. Van Den Bossche
15:00 <i>Break</i>		
(WORKSHOP: 3 rotating sessions) 15:30-17:45		
15:30	28	Treatment of insomnia and circadian rhythm disorders A. Mariman / I. Declercq
16:15	29	Treatment of hypersomnia G.-J. Lammers / I. De Volder
17:00	30	Treatment of movement and behaviour disorders of sleep M. Strauss / A. Pijpers / S. Hödl
19:00 <i>Dinner</i>		

## Thursday 08.02.2024

Module 7 <b>MISCELLANEOUS</b>		Chair: I. De Volder
8:30	31	NREM parasomnia S. Hödl
9:00	32	Sleep in epilepsy I. De Volder
9:30	33	Social, economic, and organizational aspects of sleep medicine O. Mairesse
10:00	34	Technological developments in sleep research: challenges and opportunities S. Overeem
10:30 <i>Break</i>		
11:00	35	Preparing for the ESRS somnologist/somnotechnologist exam D. Pevernagie
11:30	36	Quiz
12:00	37	Concluding remarks A. Mariman

Lunches 05-07/02 are included

### REGISTRATION

Registration fee:  
1400 € (lunch included)  
After registration you will be contacted about your optional accommodation at the Floreal Hotel.  
Online registration at  
[www.belsleep.org](http://www.belsleep.org)

### HANDOUTS

Educational material will be made available prior to the course

