

# INTERNATIONAL SLEEP MEDICINE COURSE

April 27-30, 2020

Blankenberge, Belgium

# ISMIC 2020



*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 2020. This event will take place from Monday 27/04/2020 till Thursday 30/04/2020 at the Floreal Club in Blankenberge.

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) and the British Sleep Society (BSS). The ISMC has grown into a highly acclaimed international post-graduate program for professionals involved in caring for patients with sleep disorders. The scope of the course is to offer a comprehensive and contemporary review of the most relevant aspects of normal sleep and sleep disorders. This educational package should enable the participants to prepare for sleep medicine examinations. The 9th examination of Certification in Sleep Medicine and the 7th Examination of Certification in Sleep Medicine for Sleep Technologists will be conducted in September 2020 in Seville, Spain alongside the 25th ESRS Congress.

The venue in Blankenberge is a fine resort located at the Belgian coast, near the seashore. This casual environment should facilitate lively debate in and out of the lecture rooms, and incite new friendships.

Online registration is available at [www.belsleep.org](http://www.belsleep.org). Registration fees include attendance at all lectures, course material, three lunches and daytime refreshments. Accreditation will be requested for the entire course.

We are looking forward to meeting you in Blankenberge,

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

**ISMIC 2020**  
where you meet the experts



British Sleep Society  
[www.sleepsociety.org.uk](http://www.sleepsociety.org.uk)



[www.nswo.nl](http://www.nswo.nl)



**B**elgian  
**A**ssociation for  
**S**leep research and  
**S**leep medicine  
[www.belsleep.org](http://www.belsleep.org)

## Program

### Monday 27.04.2020

<b>Module 1 SLEEP PHYSIOLOGY</b>	
8:30	Welcome and introduction: Why we sleep?
9:00	1 Neurological basis of sleep
9:45	2 Homeostatic and circadian regulation of sleep
10:30 <i>Break</i>	
11:00	3 Age and gender differences in sleep
11:30	4 Cardio-respiratory physiology in sleep
12:00	5 Sleep and endocrine physiology
12:30 <i>Lunch*</i>	
<b>Module 2 SLEEP ASSESSMENT</b> (WORKSHOP: 5 rotating sessions) 13:30 - 17:00; break @ 15:00	
6	Taking a sleep history in the adult
7	Taking a sleep history in the child
8	Subjective measures of sleep and sleepiness
9	Objective measures of sleep and sleepiness (polysomnography and actigraphy)
10	Scoring rules
18:00 <i>Steering committee ISMC</i>	
19:00 <i>Welcome dinner</i>	

### Wednesday 29.04.2020

<b>Module 5 INSOMNIA &amp; CIRCADIAN RHYTHM DISORDERS</b>	
8:30	23 Insomnia disorder
9:15	24 Insomnia in children
10:00	25 Sleep in CF and CFS, CP and FMS
10:30 <i>Break</i>	
11:00	26 Non-pharmacological treatment of insomnia
11:30	27 Pharmacological treatment of insomnia
12:00	28 Clinical assessment of circadian sleep disorders
12:30 <i>Lunch*</i>	
<b>Module 6 NEUROLOGICAL SLEEP DISORDER</b>	
13:30	29 Narcolepsy and its differential diagnosis
14:00	30 Treatment of narcolepsy and hypersomnia of central origin
14:30	31 Parasomnias REM and non-REM
15:00 <i>Break</i>	
15:30	32 Sleep in neurodegenerative disorders
16:00	33 Epilepsy in sleep
16:30	34 Movement disorders with focus on restless legs syndrome and periodic limb movement disorder
19:00 <i>Dinner</i>	

### Tuesday 28.04.2020

<b>Module 3 SLEEP-DISORDERED BREATHING (SDB)</b>	
8:30	11 Pathophysiology of SDB
9:00	12 Clinical and diagnostic aspects of SDB
9:30	13 SDB in children
10:00	14 Cardiovascular & metabolic comorbidities of SDB
10:30 <i>Break</i>	
11:00	15 Central sleep apnea and hypoventilation
11:30	16 Treatment of SDB - PAP
12:00	17 Treatment of SDB - non-PAP
12:30 <i>Lunch*</i>	
<b>Module 4 DIAGNOSIS AND TREATMENT OF SDB</b> (WORKSHOP: 5 rotating sessions) 13:30 - 17:00; break @ 15:00	
18	Case records in SDB (adults and children)
19	Practical aspects of PAP therapy
20	Stepped care approach to central sleep apnea
21	MRA therapy in daily practice
22	Ambulatory and telemetric sleep medicine
19:00 <i>Dinner</i>	

### Thursday 30.04.2020

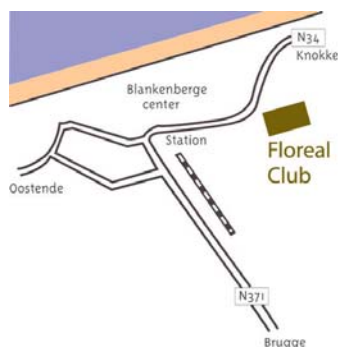
<b>Module 7 PRACTICAL APPROACH TO INSOMNIA AND HYPERSOMNIA</b> (WORKSHOP: 4 rotating sessions) 8:30 - 11:00; break @ 10:00	
35	Case records in adult insomnia / hypersomnia
36	Treatment interventions for children and families
37	Treatment of circadian rhythm disorders
38	Sleep, vigilance and (driving) safety
11:30 <i>Adjourn*</i>	

\* lunches 27-29/04 are included; lunch 30/04 is optional.

### VENUE

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

Koning Albert I Laan 59  
8370 Blankenberge



### REGISTRATION

Registration fee: 1200 €  
After registration you will be contacted about your optional accommodation at the Floreal Hotel (ca. 400 € / 3 nights incl. dinner).  
Online registration at

[www.belsleep.org](http://www.belsleep.org)

### HANDOUTS

Educational material will be made available prior to the course

