

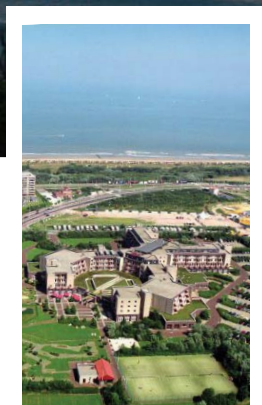
Final announcement

# INTERNATIONAL SLEEP MEDICINE COURSE

October 23-26, 2017

Blankenberge, Belgium

# ISMIC 2017



*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 2017. This event will take place from Monday 23/10/2017 till Thursday 26/10/2017 at the 'Floreal Club' in Blankenberge.

The course has evolved in recent years by cooperation of the BASS, the Nederlandse Vereniging Voor Slaap-Waak Onderzoek (NSWO) and the British Sleep Society (BSS) into a highly acclaimed international postgraduate programme for professionals who are involved in health care of patients with sleep disorders. We are delighted that the Slaapvereniging Nederland (SVNL) is joining the initiative. The scope of the course is to offer a comprehensive and contemporary review of the most relevant aspects of normal sleep, abnormal sleep physiology as well as clinical investigation and treatment of sleep disorders. Conventional lectures have been expanded with up-to-date workshops and interactive case presentations. By tradition, the faculty will consist of expert European speakers to assure a state-of-the-art educational experience.

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 will be available at [www.belsleep.org](http://www.belsleep.org). Registration fees include attendance at all lectures, course material, lunch 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 2017**  
Be sure to meet the experts!



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



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



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



Belgian  
Association for  
Sleep research and  
Sleep medicine

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

## Monday 23.10.2017

Module 1 SLEEP PHYSIOLOGY	
8:30	1 Regulation of the sleep-wake cycle
9:00	2 Circadian rhythm physiology
9:30	3 Age and gender differences in sleep
10:00	4 Functional neuroanatomy of the sleeping brain
10:30 Break	
11:00	5 Neurotransmitters of sleep and waking
11:30	6 Cardio-respiratory physiology in sleep
12:00	7 Sleep and endocrine physiology
12:30 Lunch*	
Module 2 SLEEP ASSESSMENT (WORKSHOP: 5 rotating sessions) 13:30 - 17:00; break @ 15:00	
	8 Taking a sleep history in the adult
	9 Taking a sleep history in the child
	10 Polysomnography recording principles
	11 Other techniques (MSLT, MWT, actigraphy)
	12 Scoring rules
18:00 - 19:00	Special event: Qigong

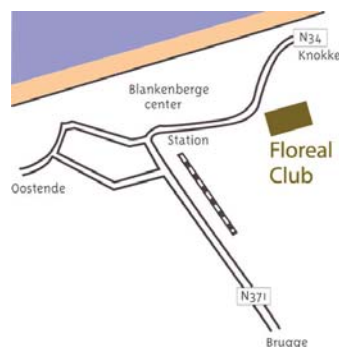
## Tuesday 24.10.2017

Module 3 SLEEP-DISORDERED BREATHING (SDB)	
8:30	13 Pathophysiology of SDB
9:00	14 Clinical and diagnostic aspects of SDB
9:30	15 SDB in children
10:00	16 Cardiovascular & metabolic comorbidities of SDB
10:30 Break	
11:00	17 SDB in obesity, cardiac and respiratory failure
11:30	18 (C)PAP principles and guidelines
12:00	19 Surgical treatment of SDB
12:30 Lunch*	
Module 4 DIAGNOSIS AND TREATMENT OF SDB (WORKSHOP: 5 rotating sessions) 13:30 - 17:00; break @ 15:00	
	20 Case records in SDB (adults and children)
	21 Practical aspects of PAP therapy
	22 Stepped care approach to central sleep apnea
	23 MRA therapy in daily practice
	24 Ambulatory and telemetric sleep medicine

### VENUE

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

Koning Albert I Laan 59  
8370 Blankenberge



**ISMC 2017**  
Be sure to meet the experts!

### HANDOUTS

Educational material will be made available prior to the course

## Wednesday 25.10.2017

Module 5 INSOMNIA & CIRCADIAN RHYTHM DISORDERS	
8:30	25 Insomnia disorder
9:00	26 Comorbid insomnia
9:30	27 Role of sleep in medically unexplained physical symptoms (MUPS)
10:00	28 Insomnia in children
10:30 Break	
11:00	29 Cognitive behavioural therapy of insomnia
11:30	30 Drug treatment of insomnia
12:00	31 Clinical assessment and management of circadian sleep disorders
12:30 Lunch*	
Module 6 NEUROLOGICAL SLEEP DISORDER	
13:30	32 Narcolepsy and its differential diagnosis
14:00	33 Treatment of hypersomnia
14:30	34 Parasomnias
15:00 Break	
15:30	35 Epilepsy in sleep
16:00	36 Movement disorders with focus on Restless Legs Syndrome and periodic limb movement disorder
16:30	37 Sleep in neurodegenerative disorders
20:00 - 21:00	Steering committee ISMC

## Thursday 26.10.2017

Module 7 PRACTICAL APPROACH TO INSOMNIA AND HYPERSOMNIA (WORKSHOP: 4 rotating sessions) 8:30 - 12:30; break @ 10:00	
	38 Case records in adult insomnia / hypersomnia
	39 Case records in pediatric insomnia / hypersomnia
	40 Chronotherapy, light and melatonin treatment in practice
	41 Sleep, vigilance and (driving) safety
12:30 Lunch*	
14:00 Adjourm	

\* lunches 23-26/10 are included

### 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)



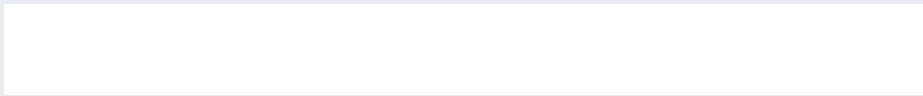
Stef Boudoin, UZ Gent (4)  
Marc Braem, UZ Antwerpen (4)  
Marie Bruyneel, CHU Saint Pierre Brussels (4)  
Bertien Buyse, UZ Leuven (3)  
Aisha Cortoos, UZ Brussel (7)  
Elke De Valck, Corporate Prev. Serv. Brussels (5, 7)  
Ilse De Volder, UZ Antwerpen (2, 6)  
Al De Weerd, SEIN Zwolle (6)  
Julien Fanielle, CHU Liège (6)  
Marijke Gordijn, RU Groningen (5, 7)  
Katrien Hertegonne, UZ Gent (4)  
Lizzie Hill, RI Edinburgh (2)  
Hennie Janssen, Kempenhaeghe Heeze (4)  
Myriam Kerkhofs, CHU Charleroi (1)  
Gert Jan Lammers, U Leiden (6)  
An Mariman, UZ Gent (1, 5)  
Mary Morrell, Brompton H London (1)  
Daniel Neu, Brugmann UH Brussels (5)  
Sebastiaan Overeem, Kempenhaeghe Heeze (6)  
Dirk Pevernagie, Kempenhaeghe Heeze (3, 4)  
Robert Poirrier, A. Renard Clinic, Herstal (1)  
Laury Quaedackers, Kempenhaeghe Heeze (7)  
Paul Reading, James Cook UH Middlesbrough (6)  
Renata Riha, RI Edinburgh (2)  
Sonia Scaillet, H.U.D.E.R.F. Brussels (2, 4, 6)  
Hugh Selsick, U London (1)  
Karine Spiegel, U Lyon (1)  
Dries Testelmans, UZ Leuven (3)  
Mike van der Mierden, Kempenhaeghe Heeze (2)  
Ysbrand Van der Werf, UMC Amsterdam (1)  
Ann Van Gastel, UZ Antwerpen (5)  
Nele Vandenbussche, Kempenhaeghe Heeze (7)  
Olivier Vanderveken, UZ Antwerpen (3)  
Ingrid Verbeek, Kempenhaeghe Heeze (5)  
Johan Verbraecken, UZ Antwerpen (2, 3)  
Stijn Verhulst, UZ Antwerpen (3)  
Dirk Vogelaers, UZ Gent (3)  
Alain Volckaert, CH Jolimont La Louvière (4)  
Marc Willemen, UZ Antwerpen (2)



# INTERNATIONAL SLEEP MEDICINE COURSE ISMC 2017

Blankenberge, October 23-26, 2017

*This is to certify that*



*has attended all teaching sessions of the International Sleep Medicine Course, including sleep physiology, sleep assessment, sleep-disordered breathing, diagnosis and treatment of sleep-disordered breathing, insomnia and circadian rhythm disorders, neurological sleep disorders, and practical approach to insomnia and hypersomnia, endorsed with 21.5 CME credits by the European Accreditation Committee.*

*The BASS board,*

*Prof. Johan Verbraecken*

*Prof. Bertien Buyse*

*Dr. Sonia Scaillet*

*Dr. Ilse De Volder*

*Dr. Alain Volckaert*

*Prof. Elke De Valck*

*Prof. An Mariman*

*Dr. Marie Bruyneel*

*Prof. Dries Testelmans*

*Dr. Julien Fanielle*