

ERS Research Seminar

Targeting the detrimental effects of sleep disturbances and disorders – towards personalized treatment in respiratory diseases

24 – 25 January 2018; Dublin, Ireland

Day 1 – Thursday, 24 January 2019

08:00-08:15 Registration

08.15-08.30 Welcome

Session 1: Sleep in Health and Disease

08:30-09:15 Respiratory mechanics and ventilation during sleep

09:15-10:00 The detrimental effects of abnormal sleep duration on glucose metabolism

10:00-10:30 *Coffee break*

10:30-11:15 The circadian clock and regulation of immunity

11:15-12:00 Pathophysiological responses to Sleep fragmentation

12:00-12:30 *Panel Discussion*

12:30-13:15 *Lunch*

13:15-14:00 *Poster Viewing*

Session 2: New insights into the deleterious effects of Intermittent Hypoxia

14:00-14:45 Cell culture and animal models of intermittent hypoxia – benefits and limitations

14:45-15:30 Human models of IH: what can they add?

15:30-16:00 *Coffee break*

16:00-16:45 Adaptive and maladaptive responses to IH: where is the threshold?

16:45-17:30 New insights into the deleterious effects of IH in OSA

17:30-18:00 *Panel Discussion*

Day 2 – Friday, 25 January 2019

Session 3: Targeting the detrimental effects of sleep disturbances – The Future

08:30-09:15 The role of carbon dioxide in immunity and inflammation-a forgotten dimension

09:15-10:00 Misalignment of the circadian clock and its role in cardiometabolic diseases

10:00-10:30 *Coffee break*

10:30-11:15 How to translate findings from experimental models into clinical studies in OSA

11:15-12:00 Targeting the detrimental effects of sleep disturbances in OSA: CPAP and what else?

12:00-12:30 *Panel Discussion*

12:30-13:00 Summing up and Conclusion

13:00-14:00 *Lunch and Departure*