



EUROPEAN NARCOLEPSY NETWORK



# 14<sup>th</sup> European NARCOLEPSY DAYS

NOVEMBER 11<sup>th</sup>-12<sup>th</sup>, 2023

Leiden, The Netherlands

*In collaboration with:*



## EU-NN BOARD

-  **GIUSEPPE PLAZZI**  
*(President)*  
Professor of Neurology,  
Alma Mater Studiorum,  
University of Bologna, Italy
-  **YVES DAUVILLIERS**  
*(Vice President)*  
Director of the Sleep Disorders Centre,  
Department of Neurology,  
Gui de Chauliac Hospital,  
Montpellier, France
-  **EVA FEKETEOVÁ**  
Associate Professor of Neurology,  
University of P. J. Šafárik,  
Medical Faculty in Košice, Slovakia
-  **ANNA HEIDBREDER**  
Department of Neurology,  
University of Innsbruck, Austria
-  **CHRISTELLE PEYRON**  
Director of research, Center for  
Research in Neuroscience (CNRL),  
University of Lyon, France
-  **MARKUS SCHMIDT**  
Department of Neurology,  
Bern University Hospital, Switzerland
-  **RAMIN KHATAMI**  
Associate Professor of Neurology,  
Bern University Hospital, Switzerland

## SCIENTIFIC COMMITTEE

-  **CHRISTELLE PEYRON**  
*(Director)*  
Director of Research, Center  
for Research in Neuroscience (CNRL),  
University of Lyon, France
-  **DARIO ARNALDI**  
Department of Neurosciences,  
University of Genova, Italy
-  **LUCIE BARATEAU**  
Department of Neurology University  
Hospital of Montpellier, France
-  **ROLF FRONCZEK**  
Department of Neurology,  
Leiden University Medical Centre  
(LUMC), Sleep-Wake Centre SEIN  
Heemstede, The Netherlands
-  **JOAN SANTAMARIA**  
Department of Neurology, University  
of Barcelona Medical School, Spain

## FACULTY

-  **DARIO ARNALDI**  
Department of Neurosciences,  
University of Genova, Italy
-  **LUCIE BARATEAU**  
Department of Neurology,  
University Hospital of Montpellier,  
France
-  **YVES DAUVILLIERS**  
Department of Neurology,  
Gui de Chauliac Hospital,  
Montpellier, France
-  **ROLF FRONCZEK**  
Department of Neurology,  
Leiden University Medical Centre  
(LUMC), Sleep-Wake Centre SEIN  
Heemstede, The Netherlands
-  **ANNA HEIDBREDER**  
Department of Neurology,  
University of Innsbruck, Austria
-  **RAMIN KHATAMI**  
Sleep Research and Epileptology,  
Klinik Barmelweid, Switzerland
-  **BIRGITTE RAHBEK  
KORNUM**  
Department of Neuroscience,  
University of Copenhagen,  
Denmark
-  **SILVIA MELZI**  
Sleep team, Center for Research  
in Neuroscience (CRNL),  
University of Lyon, France
-  **CHRISTELLE PEYRON**  
Director of Research, Center  
for Research in Neuroscience (CRNL),  
University of Lyon, France
-  **LOUISE PIILGAARD  
PETERSEN**  
Health and Medical Sciences,  
University of Copenhagen, Novo  
Nordisk Foundation Center for Stem  
Cell Medicine, Copenhagen, Denmark
-  **FABIO PIZZA**  
Department of Biomedical  
and Neuromotor Sciences,  
University of Bologna  
IRCCS Institute of Neurological  
Sciences of Bologna
-  **GIUSEPPE PLAZZI**  
Department of Neurology,  
Alma Mater Studiorum,  
University of Bologna, Italy
-  **JOAN SANTAMARIA**  
Department of Neurology, University of  
Barcelona Medical School, Spain

-  **MARKUS SCHMIDT**  
Department of Neurology,  
Bern University Hospital,  
Switzerland
-  **LING SHAN**  
Department of Neurology,  
Leiden University Medical Centre  
(LUMC), Sleep-Wake Centre SEIN  
Heemstede, The Netherlands
-  **MEHDI TAFTI**  
Department of Physiology,  
University of Lausanne, Switzerland
-  **JULIA VERENA  
VAN DER MEER**  
Department of Neurology,  
Inselspital - University Hospital,  
Bern, Switzerland
-  **BIANCA VIBERTI**  
Department for BioMedical  
Research (DBMR), University  
of Bern, Switzerland

## SATURDAY, NOVEMBER 11<sup>th</sup> 2023

08.30 Registration

08.50 Welcome - *Giuseppe Plazzi, Gert Jan Lammers, Rolf Fronczek*

### 09.05 SYMPOSIUM 1 | A YEAR IN REVIEW

 Moderator: *Giuseppe Plazzi*

- In basic science - *Birgitte Rahbek Kornum*
- In clinical science - *Rolf Fronczek*

### 09.50 SYMPOSIUM 2

**TRANSLATIONAL RESEARCH**  
**How similar/different animal models of narcolepsy are to the human disease, what can we learn from each other?**

 Moderators: *Christelle Peyron, Joan Santamaria*

- Delta sleep attacks - *Louise Piilgaard Petersen*
- REM sleep, cataplexy and temperature regulation - *Bianca Viberti*
- Neuropathology - *Ling Shan*
- Neuroinflammation - *Silvia Melzi*

11.20  Coffee break

### 11.40 YOUNG SCIENTISTS SYMPOSIUM and EUNN young scientist awardee talk

 Moderators: *Dario Arnaldi, Anna Heidbreder*

13.10  Lunch & networking

14.00 EU-NN assembly (for EU-NN members)

### 14.30 PATIENTS SESSION

Working groups on different topics

15.30  Poster session and coffee break

### 16.30 SCIENTIFIC COMMUNICATIONS: PERSPECTIVES TO IMPROVE DISEASE MANAGEMENT

 Moderator: *Tbd*

16.30 Orexin agonist biology and drug development - *Sally Black*

16.45 Abstract presentation 1 - *Tbd*

17.00 Abstract presentation 2 - *Tbd*

17.30 Abstract presentation 3 - *Tbd*

18.00  Social Event

## SUNDAY, NOVEMBER 12<sup>th</sup> 2023

### 08.45 SYMPOSIUM 3 | THE EU-NN DATABASE

The children database -  
*Julia Verena Van der Meer*

### 09.05 SYMPOSIUM 4 | NEUROPHYSIOLOGICAL ASPECTS IN NARCOLEPSY

 Moderators: *Yves Dauvilliers, Ramin Khatami*

09.05 Use of the MSLT: historical perspectives and new directions - *Lucie Barateau*

09.25 The use of polysomnography and new directions (AI + long recordings) - *Fabio Pizza*

09.50 Role of wearable technology in the diagnosis of narcolepsy and central disorders of hypersomnolence - *Markus Schmidt*

10.10 Pro-con debate: Use of MSLT/MWT in clinical diagnosis and management -  
*Yves Dauvilliers, Ramin Khatami*

10.45  Coffee break

11.00 A year in review for patients  
*Birgitte Rahbek Kornum, Rolf Fronczek*

11.00 Meet the experts for scientists  
*Anna Heidbreder, Lucie Barateau, Yves Dauvilliers, Giuseppe Plazzi, Mehdi Tafti, Christelle Peyron*

11.30 eNAP Patients: Report on the results from the working groups

### 11.50 NARCOLEPSY RESEARCH AWARD AND KEYNOTE LECTURE

*Prof. Dr. Geert Mayer*

 Moderator: *Giuseppe Plazzi*

Oral presentation and poster awards  
Career research award introduction

12.50 Closing ceremony



## YOUNG SCIENTIST AWARD

The European Narcolepsy Network (EU-NN) aims to facilitate clinical and scientific progress in the field of narcolepsy and other hypersomnia of central origin.

For the **14<sup>th</sup> European Narcolepsy Days** to be held in Leiden on November 11<sup>th</sup>-12<sup>th</sup> 2023, the EU-NN will grant a “**Young Scientist Award**”.

If you are an early carrier fellow, MD or PhD (doctorate student, post-doctorate fellow, intern in medicine), member of the EUNN, and have published an article on narcolepsy or hypersomnia of central origin between January 2022 and August 2023, in a key position (first or co-first), you are invited to apply for this award. The award is 3.000€ and an invitation to present the awarded scientific work at the 14<sup>th</sup> Narcolepsy Day in Leiden (includes accommodation and travel expenses).

**The application deadline is September 15<sup>th</sup> 2023.**

Application should be addressed to the scientific committee of the EU-NN represented by Christelle Peyron : [peyron@sommeil.univ-lyon1.fr](mailto:peyron@sommeil.univ-lyon1.fr)

## CALL FOR ABSTRACT

We would like to invite all attendees of the 14<sup>th</sup> European Narcolepsy Days to submit abstracts for the **Poster Session** and **Young Investigator Session**.

According to tradition, there will be awards for:

- **2 Best Posters**  
(*one for basic, one for clinical research*)  
500.00 € prize + 300.00 € (max refund for travel and accommodation)
- **1 Best Oral Presentation**  
500.00 € prize + 300.00 € (max refund for travel and accommodation)

**Deadline for abstract submission is: September 15<sup>th</sup>, 2023.**

Abstracts must be submitted electronically to Christelle Peyron: [peyron@sommeil.univ-lyon1.fr](mailto:peyron@sommeil.univ-lyon1.fr)



Scan the qr code to download the instruction.

Please visit the official website for further information and submission: [www.eu-nn.com/eventi/14th-european-narcolepsy-days/](http://www.eu-nn.com/eventi/14th-european-narcolepsy-days/)

## REGISTRATION FEES

Online registration is mandatory for all interested participants (including abstract and posters submitters).

Full Congress	Before Oct 1 <sup>st</sup> 23	After Oct 1 <sup>st</sup> 23
HCPs (HealthCare Professional)	200,00 €	250,00 €
EU-NN Members	150,00 €	170,00 €
Patients	100,00 €	100,00 €



**REGISTER NOW!**

Click [HERE](#) or scan the QR code for registration.

<https://iscrizioni.doc-congress.com/evento-id-26925.htm>

## MEETING VENUE

LEIDEN UNIVERSITY MEDICAL CENTER  
BURUMA LECTURE HALL  
Albinusdreef 2,  
2333 ZA Leiden,  
The Netherland

## CME CREDITS

An application will be made to EACCME®  
(The European Accreditation Council for CME)

**WITH THE UNCONDITIONAL SUPPORT OF:**



**WITH THE PATRONAGE OF:**



## LOCAL ORGANIZERS

Prof. Dr. GERT JAN LAMMERS  
Professor of Neurology,  
Leiden University Medical  
Centre (LUMC), The Netherland

Dr. ROLF FRONCZEK  
Department of Neurology,  
Leiden University Medical  
Centre (LUMC), The Netherland

## ORGANIZING SECRETARY



European Sleep Foundation  
Via Coremmo 1, 6900 Lugano  
Switzerland

[eu\\_narcolepsyday@europeansleepfoundation.ch](mailto:eu_narcolepsyday@europeansleepfoundation.ch)  
[www.europeansleepfoundation.ch](http://www.europeansleepfoundation.ch)



**For more information, visit:**

[www.eu-nn.com/eventi/14th-european-narcolepsy-days](http://www.eu-nn.com/eventi/14th-european-narcolepsy-days)

