

SLEEP**Saturday, March 28, 2020****14:15-15:45 OBSTRUCTIVE SLEEP APNEA (OSA)**

Chairs:

14:15-15:00 Obstructive sleep apnea (OSA) diagnosis: small home systems (such as WP) is enough.

Capsule: OSA is a common disorder, especially in the group of 35-65 years of age. In this group the frequency can be large: 10-45%. The diagnosis and treatment should not be delayed. What is the best type and which is the fastest type for the right diagnosis?

14:15-14:25 Host: **Adrian Williams**, UK14:25-14:40 Yes: **Hans Hamburger**, The Netherlands14:40-14:55 No: **Arthur Kurvers**, The Netherlands

14:55-15:00 Discussion and rebuttals

15:00-15:45 OSA treatment should always be treated by CPAP.

Capsule: What are the OSA types of diagnosis? Should all types of OSA be treated the same way? In some areas all OSA patients are treated with CPAP, in other areas the treatment depends on the type of OSA and the severity. So what is the best treatment?

15:00-15:10 Host: **Johannes Verbraecken**, Belgium15:10-15:25 Yes: **Simon Merritt**, UK15:25-15:40 No: **Monique Vlak**, The Netherlands

15:40-15:45 Discussion and rebuttals

15:45-16:00 Coffee Break**16:00-19:00 INSOMNIA**

Chairs:

16:00-16:50 Insomnia is always hereditary and rarely behavioral.

Capsule: Insomnia is one of the most frequent complaints of sleep problems. Are all insomnia diagnoses the same, or are there different types? Are all diagnoses hereditary, or is part behavioral? If there are differences, how many types are there and which is the most important group?

16:00-16:10 Host:

16:10-16:25 Yes: **Ysbrand van der Werf**, The Netherlands16:25-16:40 No: **Peter Venn**, UK

16:40-16:50 Discussion and rebuttals

16:50-17:40 Substance use and light (computers and telephones) play the most important role in causing sleep loss.

Capsule: What are the cause of lack of sleep? Is it the use of substances (i.e. alcohol, coffee, dark chocolate, green tea) and light, or is insomnia caused by hereditary factors.

16:50-17:00 Host:

17:00-17:15 Yes: **Adrian Williams**, UK17:15-17:30 No: **Laurien Teunissen**, The Netherlands

17:30-17:40 Discussion and rebuttals

17:40-18:30 RLS diagnosis can be made by history alone, polysomnography (PSG) is NOT mandatory.

Capsule: Restless Legs Syndrome is a serious sleep disorder which can be diagnosed only using the right questions, or the right diagnose of RLS depends on specific sleep measurement examination.

18:40-17:50 Host: **Lynn Rijsman**, The Netherlands17:50-18:05 Yes: **Guy Leschziner**, UK18:05-18:20 PSG is mandatory: **Cristian Falup-Pecurariu**, Romania

18:20-18:30 Discussion and rebuttals