



The 19<sup>th</sup> World Congress on  
**CONTROVERSIES IN NEUROLOGY**

**20-22.3.2025** ▶ Prague, Czech Republic



**SLEEP**

**SATURDAY, MARCH 22<sup>nd</sup>, 2025**

		<b>HALL C</b>
<b>09:00-10:40</b>	<b>Sleep</b>	
Chairs:	<b>Natan Bornstein</b> , Israel; <b>Elsa Parreira</b> , Portugal	
<b>09:00-09:50</b>	<b>Sleep enhances brain clearance of amyloid and other neurotoxic substances</b>	
	<p><i><b>Capsule:</b> The hypothesis that sleep facilitates brain clearance of amyloid-<math>\beta</math>, tau, and other neurotoxic waste via the glymphatic system has gained significant traction over the last decade. Several preclinical studies demonstrated that slow-wave sleep may promote cerebrospinal fluid influx, enhancing perivascular clearance of metabolic byproducts; perhaps in keeping, other studies showed and that sleep deprivation may accelerate A<math>\beta</math> deposition. These findings have been taken to support sleep-based interventions as a potential neuroprotective strategy against AD. Nonetheless, direct clinical support for this process is still limited. Recent experimental observations have challenged the initial observations. To-date neither the glymphatic hypothesis nor the earlier classical hypothesis adequately explain how solutes and fluid move into, through and out of the brain parenchyma. We will revisit all the current evidence of mechanisms for extravascular transport into and out of the brain of hydrophilic solutes unable to cross the blood-brain barrier.</i></p>	
09:00-09:10	Moderator: <b>Claudio Bassetti</b> , Switzerland Introduction and Pre-Debate Voting	
09:10-09:25	Yes: <b>Lea Grinberg</b> , Brazil/USA	
09:25-09:40	No: <b>Ivana Rosenzweig</b> , UK	
09:40-09:50	Discussion, Rebuttals and Post-Debate Voting	



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## SLEEP

09:50-10:40	<p><b>Is sleep assessment essential in general neurology practice?</b></p> <p><b>Capsule:</b> Sleep is essential for brain, mental, physical and societal health. Brain integrity is on the other hand essential for a normal sleep-wake-circadian cycle. Although the bidirectional relationship between sleep and neurological health and disorders is undeniable, sleep-wake circadian disturbances are often overlooked in neurology. Emerging evidence suggests that sleep loss/disturbances are not only a consequence but can also be a risk factor as well as a modulator of neurological disorders. Insomnia, sleepiness/hypersomnia, sleep disordered breathing and parasomnias are prevalent in conditions such as stroke, dementia, epilepsy, movement disorders, MS, and headache syndromes, yet sleep history is rarely incorporated into standard neurological practice. As a consequence, integrating sleep-wake-circadian assessments may have a tremendous impact on the overall care of neurological patients, while ignoring can have negative effects such as increasing the risk of seizure or stroke recurrence, cognitive decline, mortality. Integrating sleep-wake circadian assessment in general neurology practice is challenging because tools are not always validated and diagnostic approaches, such as polysomnography, can be resource-intensive and still not readily available in all settings. We challenge the audience to consider whether (and how) sleep-wake circadian assessment could become a standard component of neurological evaluation or remain a specialized field for dedicated sleep medicine experts.</p>
09:50-10:00	Moderator: <b>Diego García-Borreguero</b> , Spain Introduction and Pre-Debate Voting
10:00-10:15	Yes: <b>Claudio Bassetti</b> , Switzerland
10:15-10:30	No: <b>Ivana Rosenzweig</b> , UK