Congress of the International Pediatric Sleep Association
joint meeting with Pediatric Sleep Medicine Conference
Rome 3-5 December 2010
Sala Capranica – Hotel Nazionale
Piazza Montecitorio – Rome (Italy)
Website: [www.pedsleep.org](http://www.pedsleep.org)

FACULTY MEMBERS
Oliviero Bruni (Italy); Alves R. (Brasil); Chervin R. (USA); Franco P. (France); Kheirandish-Gozal L. (USA); Guilleminault C. (USA); Horne R. (Australia); Huang YS. (Taiwan); Kohyama J. (Japan); Mindell JA. (USA); Ng D. (Hong Kong); Nunes M. (Brasil); Owens JA. (USA); Peirano P. (Chile); Sadeh A. (Israel)

LOCAL SCIENTIFIC COMMITTEE
Oliviero Bruni, Raffaele Ferri, Luana Novelli, Elisabetta Verrillo

SLEEP HEALTH OF OUR CHILDREN: THE SECRET FOR A DREAM LIFE

The recent research on the importance of sleep for well-being, learning and mental development proves that good sleep in infancy and childhood is a matter of preventive health measures aiming at ensuring a healthy life into adulthood. The congress will involve opinion leaders in the field of Pediatric Sleep Medicine and will highlight the recent significant advances in both basic science and clinical sleep medicine during development.

The topics selected will aim at offering evidence-based and state-of-the-art information on research and clinical issues of pediatric sleep disorders. Assembling the two conferences of the IPSA and the Pediatric Sleep Congress will mark the integration of different experienced researchers all over the world and will provide a special opportunity to share knowledge in sleep medicine and research during development.
FRIDAY DECEMBER 3rd

7:00 – 16:00  Registration

8:00 – 16:00  PEDIATRIC SLEEP COURSE

8:00 - 8:30  Introduction (D. Gozal)
8:30 - 9:00  Normative data of sleep during development (A. Sadeh)
9:00 - 9:30  Application of AASM sleep scoring criteria in children (O. Bruni)
9:30 - 10:00 How to study sleep in children: new approaches and instruments (R. Chervin)
10:00 - 10:30 Arousals and SIDS (P. Franco)
10:30 - 10:45  Coffee break
10:45 - 11:15  Sleep respiratory disturbances in children from snoring to OSAS (C. Guilleminault)
11:15 - 11:45  Controversies and consensus in treatment of Pediatric Sleep Disordered Breathing (L. Kheirandish Gozal)
11:45 - 12:15  Insomnia in infants and children (J. Mindell)
12:15 - 12:45  Sleep in adolescence (J. Kohyama)
12:45 - 14:00  Lunch
14:00 - 14:30  From parasomnia to epilepsy (M. Nunes)
14:30 - 15:00  The clinical significance of motor activity during sleep (RLS/PLM) (M. Zucconi)
15:00 - 15:30  Sleepiness and narcolepsy (G. Plazzi)
15:30 - 16:00  A Rational Approach to Pharmacologic Treatment of Sleep Disorders in Children (J. Owens)
16:00 - 16:15  Concluding remarks

16:30 – 17:00  Welcome

17:00 – 18:00  KEY-NOTE LECTURE:

Pediatric sleep disordered breathing: Quo Vadis?
David Gozal.

18:00 – 19:00  ORAL PRESENTATION/POSTER
### ROOM A

#### 8:15 – 9:45. PEDIATRIC RLS: NEW CLUES TO DIAGNOSIS, PHYSIOPATHOLOGY, COMORBIDITY AND TREATMENT

- **Chairpersons:** Rosalia Silvestri, Arthur Walters
  - New concepts on the physiopathology of pediatric RLS *Arthur Walters*
  - Best descriptors and symptoms to identify RLS in children *Al De Weerd*
  - RLS and co-morbid sleep and neuropsychiatric disorders in children *Rosalia Silvestri*
  - New concepts and views on the treatment of pediatric RLS *Stephany Fulda*

### ROOM B

#### 8:15 – 9:45. THE ABCS OF ZZZS: EVIDENCE, EVALUATION AND INNOVATIVE APPROACHES TO SLEEP EDUCATION PROGRAMS FOR CHILDREN AND FAMILIES

- **Chairperson:** Judith Owens, Annie O'Connell
  - Sleep education of parents and carers of children with additional needs: The Sleepwise approach for children and adolescents 2-18 years of age *Annie O'Connell*
  - Sleep education intervention in Australian children and adolescents *Sarah Blunden*
  - Innovative approaches to healthy sleep education for children and adolescents *Judith Owens*
  - Young adolescent Sleep-smart pacesetter program *Amy Wolfson*

9:45 – 10:00 BREAK

### ROOM A

#### 10:00 – 11:30. SLEEP-RELATED HEADACHES, BRUXISM AND BREATHING DISORDERS IN CHILDREN AND ADOLESCENT: A TRIAD?

- **Chairpersons:** Gilles Lavigne, Oliviero Bruni
  - Definition, prevalence, risk factors of headaches in relation to sleep *Oliviero Bruni*
  - Definition, prevalence, risk factors of sleep bruxism *Nelly Huynh*
  - Putative mechanism to understand this triad *Gilles Lavigne*
  - Could orthodontic & surgical treatments be management avenue? *Paola Pirelli*
  - Can oral appliance be of any benefit for the triad? *Maria Clotilde Carra*

### ROOM B

#### 10:00 – 11:30. SLEEP PROBLEMS IN CHILDREN WITH CANCER

- **Chairperson:** Gerald Rosen, Pamela Hinds
Sleep and fatigue in children with acute lymphoblastic leukemia Pamela Hinds
Sleep in children with CNS cancer Gerald Rosen
Use of actigraphy in the evaluation of sleep and fatigue in children with cancer Avi Sadeh
Screening for anxiety and depression in children with cancer Sarah R Brand

11:30 - 12:30 - ORAL PRESENTATIONS/POSTER
12:30 - 14:00 BREAK

ROOM A
14:00 – 15:30. ABNORMAL BEHAVIORS/MOVEMENTS DURING SLEEP AND EPILEPSY
Chairpersons: Magda Lahorgue Nunes, Rosana Alves
RMD in children: diagnosis and treatment Raffaele Manni
REM Parasonmias Rosana C. Alves
Differential diagnosis between parasonmias and epilepsy Lino Nobili
Antiepileptic drugs and sleep Magda Lahorgue Nunes

ROOM B
14:00 – 15:30. ADHD AND SLEEP: NEW FINDINGS AND FUTURE DIRECTIONS FOR RESEARCH
Chairperson: Penny Corkum, Avi Sadeh
Sleep and ADHD in children and adolescents: future research Judith Owens
The role of individual differences in circadian tendency to sleep latency in children with ADHD Reut Gruber
Sleep and ADHD treatments I: effects of long acting MPH (biphentin) on questionnaire, actigraphy and PSG recordings Penny Corkum
Sleep and ADHD treatment II: differential and dose effects of long acting amphetamine, methylphenidate, and atomoxetine Mark A. Stein

ROOM A
15:30 – 17:00. THE ADOLESCENT SLEEP DEPRIVED
Chairpersons: Jun Kohyama, Christian Guilleminault
Scope and impact of sleepiness on a college campus Shelley. Hershner
The adolescent asynchronization Jun Kohyama
Changing sleep patterns in children and adolescents - Is it possible? Developing a winning strategy to overcome youth's sleep deprivation Reut Gruber
Treating circadian rhythm disorders of teen-agers Christian Guilleminault
ROOM B

15:30 – 17:00. AROUSALS AND MECHANISMS OF SIDS

Chairperson: Rosemary Horne, Patricia Franco

- Mechanisms for SIDS Brad Thach
- Sleep and breathing in neonates - influence of thermal environment and maternal smoking. Veronique Bach
- Arousal from sleep and risk factors for SIDS Patricia Franco
- Autonomic control during sleep and risk factors for SIDS Rosemary Horne

17:00 - 17:30 - BREAK

ROOM A

17:30 – 19:00. SOCIAL AND CONTEXTUAL DETERMINANTS OF SLEEP DURATION IN CHILDREN: POTENTIAL IMPLICATIONS

Chairperson: Karen Spruyt, Dean Beede

- Sleep as the window on emotion and family: "Sleep duration and signs or risk of psychopathology" Karen Spruyt
- Sleep as the window on development: “Infant sleep duration and growth” Liat Tikotzky
- Sleep as the window on cognition: “Neurobehavioral effects of chronic sleep restriction in adolescence” Dean Beebe
- Sleep as the window on health: “Sleep duration and obesity risk” Sharad Taheri

ROOM B

17:30 – 19:00. DEFINING NORMAL AND ABNORMAL SLEEP AND BREATHING IN INFANCY

Chairperson: Joanna MacLean, Daniel Ng

- Normal sleep in pre-term infants Christian Poets
- Longitudinal follow-up of sleep and breathing in healthy, term infants Carolyn Daikin
- Responding to stressors: how do healthy infants respond? Rosemary Horne
- Consequences of abnormal sleep and breathing in early life Karen Waters

20:30. SOCIAL DINNER
ROOM A
8:15 – 9:45. ORTHODONTIC ASPECTS IN PEDIATRIC SLEEP-DISORDERED BREATHING (SDB): IMPLICATIONS FOR DIAGNOSIS

Chairperson: Christian. Guilleminault, Christian Poets

- Risk factors for SDB in childhood: the role of cephalometry Michael Urschitz
- Who identifies the individual cause of SDB in a child: the otorhinolaryngologist, orthodontist, or sleep specialist? Christian Poets
- Evidence of orthodontic treatments in paediatric SDB M. Kikuchi
- Prevention of adult SDB in childhood: is it possible? Christian Guilleminault

ROOM B
8:15 – 9:45. ANTHROPOLOGICAL PERSPECTIVES ON CHILDREN'S SLEEP

Chairpersons: Helen Ball, Carol Worthman

- Mores and morals in the night nursery: cultural variation in the organization and evaluation of infant and child sleep Carol Worthman
- Bradford Infant Care Study: sleeping environments and sids-risk among white british and south asian families Helen Ball
- Sleep and cardiometabolic disease: who is at risk? Kristen Knutson
- Parental regulation of child sleep: variation, consequences, and an evolutionary perspective Caroline Jones

9:45 – 10:00 - BREAK

ROOM A
10:00 – 11:30. PHARMACOLOGICAL TREATMENT OF PEDIATRIC SLEEP DISORDERS

Chairpersons: Judith Owens JA, Leila Kheirandish-Gozal

- Pharmacotherapy of insomnia Judith Owens
- Pharmacological treatment of obstructive sleep apnea Leila Kheirandish-Gozal
- Pharmacotherapy of hypersomnias Giuseppe Plazzi
- Pharmacotherapy of parasomnias Oscar Sans Capdevila
ROOM B
10:00 – 11:30. DIFFERENT SLEEP TRAJECTORIES IN CHILDHOOD - FROM TYPICAL DEVELOPMENT TO ADHD, AUTISM AND OBESITY.

Chairperson: Peter Fleming, Paul Gringras
The ontogeny of infant sleep-clock genes, melatonin and mothers Desaline Joseph.
A UK cohort study on sleep patterns, their stability and their influences Pete Blair
Early sleep patterns and trajectories in children with ADHD and Autism Paul Gringras
Obesity and metabolic effects of different Sleep trajectories through childhood Sharad Taheri

11:30 - 12:30. ORAL PRESENTATIONS/POSTER
12:30 - 13:30 - BREAK

ROOM A
14:00 – 15:30. PERINATAL SLEEP DISRUPTION: CONSEQUENCES AND INTERVENTIONS

Chairpersons: Hawley E. Montgomery-Downs, Louise M. O’Brien
Snoring during pregnancy: it’s benign........isn’t it Louise M. O’Brien
Disturbed sleep in pregnancy contributes to preterm birth Michele L. Okun
Normative maternal postpartum sleep and daytime functioning Hawley E. Montgomery-Downs
The TIPS (Tips for Infant and Parent Sleep) trial Robyn L. Stremler

ROOM B
14:00 – 15:30. THE CONTRIBUTION OF SLEEP DISORDERS AND SLEEP STRUCTURE TO THE NEUROBEHAVIORAL PROFILE OF ADHD

Chairpersons: Rosalia Silvestri -Maria-Cecilia Lopes
Interictal discharges, seizures and disorders of arousal in ADHD Rosalia Silvestri
OSAS: interaction with the clinical spectrum of ADHD symptoms, therapeutic management in paediatrics. Marco Zucconi
CAP alteration and microstructural instability of sleep in ADHD children with PLMD and RLS. Maria-Cecilia Lopes
The interaction between sleep instability/discontinuity and cognitive functions in children with ADHD. Silvia Miano

15:30 - 16:30. IPSA GENERAL MEETING
16:30 - 17:00. CLOSING REMARKS

For more information please visit http://www.pedsleep.org

PLEASE NOTE: EXTENDED DEADLINE FOR ABSTRACTS: OCTOBER 31, 2010