



The Swiss Narcolepsy Network (SNaNe)
The Swiss Narcolepsy Society (SNaG)
Kantonsspital St.Gallen (KSSG)
Are happy to invite you to the:

9th SWISS NARCOLEPSY DAY

24th OCTOBER 2024
St. Gallen, Switzerland



Dear Colleagues

Asleep during the day! A growing number of people within the normal population suffers severely from daytime sleepiness. In some cases, this is caused by narcolepsy - a rare and compromising, still underdiagnosed and not well understood disorder.

The **9th Swiss Narcolepsy Day** offers opportunities to address clinical aspects of narcolepsy and the narcoleptic borderland and to report on clinical and scientific progress in disease management.

Together with the Swiss Narcolepsy Network (www.snane.ch) our goal is to find innovative new strategies that support the improvement of the patient's medical care.

Warm Regards,

Prof. Dr. Claudio Bassetti

Head of the department of neurology,
Inselspital Bern, President Swiss
Narcolepsy Network

Dr. med. Sigrid von Manitius

Senior physician/clinic for neurology
St. Gallen Cantonal Hospital

Prof. Dr. Gian Marco De Marchis

Head of the department of Neurology
St. Gallen Cantonal Hospital

HOW TO ATTEND

The meeting will be held in Hybrid format. Upon online registration process, all attendees will have the chance to select *Virtual* or *In person* participation.

Participation to the 9th Swiss Narcolepsy Day is free of charge. [Further information and online registration will follow soon.](#)

🇬🇧 Official Language is **English** except for a speech (German). Simultaneous translation will not be provided.



PROGRAM | 24th OCTOBER 2024

14.00 Welcome
*Gian Marco De Marchis, St. Gallen (CH),
Sigrid von Manitius, St. Gallen (CH)*

14.05 SNaNe: Update 2024
Claudio Bassetti, Bern (CH)

PART I: Narcolepsy - Orexin - damage and/or therapeutic hope? Moderator: Esther Werth, Zurich (CH)

14.20 Orexin loss - mechanisms of cataplexy
and REM sleep propensity
Markus Schmidt, Bern (CH)

14.40 Orexin Agonists - a new chance
in treating narcolepsy?
Ramin Khatami, Bern (CH)

15.00 Treatment of Narcolepsy and Narcoleptic
Borderland in children
Silvia Miano, Lugano (CH)

15.20 ☕ Coffee break

PART II: Narcolepsy biomarkers and comorbidities Moderator: Silvia Miano (CH)

15.50 SPHYNCS progress, update and database
*Elena Wenz, Bern (CH),
Jan Warncke, Bern (CH),*

🇩🇪 Talks in german (slides in english).

16.10 Disturbed night sleep, RLS and PLMS
and narcolepsy
José Haba-Rubio, Lausanne (CH)

16.30 Psychiatric comorbidities in narcolepsy
and narcoleptic borderland- the importance
of treatment and resilience
Sigrid von Manitius, St. Gallen (CH)

16.50 Young investigator session -
New Swiss Research Data
New markers to distinguish narcolepsy type-2
from narcoleptic borderland

17.20 ☕ Coffee break

18.00 Talks in collaboration with the Swiss Society of Narcolepsy (SNaG) 🇩🇪

18.00 Sleepiness in children and teens 🇩🇪
Bigna Bölsterli, St. Gallen (CH)

18.25 Group therapy in narcolepsy-
a way to strengthen resilience? 🇩🇪
*Cornelius Gehrig, St. Gallen (CH)
Sigrid von Manitius, St. Gallen (CH)*

18.55 Closing remarks
Sigrid von Manitius, St. Gallen (CH)

CALL FOR ABSTRACTS

We would like to invite attendees of the 9th Swiss Narcolepsy Day (St. Gallen, 24th October 2024) to submit abstracts for the **Young Investigator Oral Session**.

Abstracts should be sent by e-mail to sigrid.vonmanitius@kssg.ch before the deadline of 30th June 2024

According to tradition, there will be awards for:

- **No. 1 Best Oral Presentation**

CHF 250.00 prize + 150.00 max refund for travel and accommodation

2-3 abstracts will be selected for the Short Oral Presentation in the Young Investigator Session. To be eligible for the Short Oral Presentation the presenting author should be a student, post doc, or similar levels. The job position of the presenting author should be clearly stated in the submission form.

INSTRUCTION FOR ABSTRACT SUBMISSION

- Abstracts must be submitted electronically by e-mail
- Deadline for abstract submission is: **June 30th 2024**
- One single abstract per presenting author can be submitted; however, submitters can be co-authors on several abstracts.
- **Final selection:** Abstracts will be evaluated by the Scientific Committee and notification of their acceptance as oral presentation will be sent to the presenting author.

It is mandatory including, after the abstract body:

- Name of the presenting author
- Current status of the presenting author (undergraduate student, graduate student, PhD student, Postdoctoral fellow, Assistant/Associate/ Full professor)
- E-mail and phone number of the presenting author

PLEASE NOTE: abstracts which do not follow instructions will be rejected.

The board of the SNaNe

YOUNG INVESTIGATOR AWARD

The Swiss Narcolepsy Network (SNaNe) aims to promote clinical and scientific progress in the field of narcolepsy and other hypersomnias of central origin.

For the **9th European Narcolepsy Day** to be held in St. Gallen, on October, 24th 2024 the SNaNe will grant a **“Young Investigator Award”**.

If you are an early carrier fellow (see definition below) and have published a basic or clinical research article on narcolepsy or hypersomnolence of central origin between January 2023 and February 2024, in a key position (first or co-first author), you are invited to apply for this award. Note that the young investigator prize can be obtained only once.

The award is a prize as well as an invitation to present the awarded scientific work at the 9th Swiss Narcolepsy Day in St. Gallen (it includes travel expenses for up to 250.00 CHF).

Young Investigators are defined as persons who are working in the field, who have been either awarded a doctoral degree (PhD or MD) within the past 5 years or are doing research and have less than 9 years research experience following master's degree or equivalent. Young Investigators should not hold an appointment as faculty, academic staff or group leader in a university/research institute or in industry. Young investigators are required to have their advisor/

supervisor send a letter as proof of the bona fide status of young investigator and mentioning in details the implication of the candidate in the publication.

Evaluation will be performed by the scientific committee with the help of external experts if needed to avoid conflict of interests.

Application should be addressed by e-mail to Sigrid Von Manitius sigrid.vonmanitius@kssg.ch before the deadline of 30th June 2024



**WITH THE UNCONDITIONAL
SUPPORT OF:**



LOCAL ORGANIZERS

Dr. med. SIGRID VON MANITIUS
Senior physician/clinic for neurology
St.Gallen Cantonal Hospital

MEETING VENUE

Kantonsspital St.Gallen
Rorschacherstrasse 95
CH-9007 St. Gallen



For more information, visit:

www.europeansleepfoundation.ch/event/9th-swiss-narcolepsy-day/

IN COLLABORATION WITH:



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