



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, Department of Neurology
and Psychosomatic Medicine
St.Gallen Cantonal Hospital*

Prof. Dr. Gian Marco De Marchis

*Head of the Department of Neurology
St. Gallen Cantonal Hospital*

CREDITS

Swiss Society for Sleep Research,
Sleep Medicine and Chronobiology (SSSSC)

4 CREDITS

Swiss Neurological Society (SNG)

4 CREDITS

Schweizerische Gesellschaft für Neuropädiatrie (SGNP)

3 CREDITS

MEETING VENUE

Kantonsspital St. Gallen
Hörsaal Haus 21
Rorschacherstrasse 95
9007 St. Gallen



 Official Language is **english**

 Talks in **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, Barmelweid/Bern (CH)

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

15.20 ☕ *Pause*

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),*

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

Moderator: Ramin Khatami, Barmelweid/Bern (CH)

- Knar Gevorgyan
- Annina Helmy
- Ali Seifinejad

17.20 🍷 *Pause*

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

Open for public

18.00 Tagesschläfrigkeit bei Kindern
und Teenager 🇩🇪
Bigna Bölsterli, St. Gallen (CH)

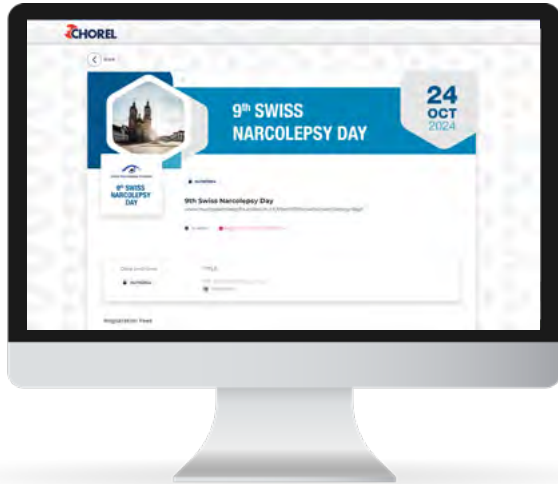
18.25 Gruppentherapie bei Narkolepsie-eine
Möglichkeit zur Verbesserung der Resilienz 🇩🇪
*Cornelius Gehrige, St. Gallen (CH)
Sigrid von Manitius, St. Gallen (CH)*

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

HOW TO REGISTER

Participation to the 9th Swiss Narcolepsy Day is free of charge.

PLEASE NOTE: Online registration is mandatory to join the meeting.



REGISTER NOW!

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



WITH THE UNCONDITIONAL SUPPORT OF:



LOCAL ORGANIZERS

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

IN COLLABORATION WITH:



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For more information, visit:

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