

LOCAL ORGANIZERS

Dr. med. SIGRID VON MANITIUS
Senior physician/clinic for neurology
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IN COLLABORATION WITH:



European Sleep Foundation
Fondazione Europea Sonno

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For more information, visit:
www.europeansleepfoundation.ch/event/9th-swiss-narcolepsy-day/



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

PRELIMINARY PROGRAM

24th OCTOBER 2024
St. Gallen, Switzerland

17/01/2024 v5



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.](#)



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
*Kseniia Zub, 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)