**Professional training event**

***Sleep&Heart***

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**SCIENTIFIC RATIONALE**

Il Sleep is an essential element to the body's physical and psychological wellbeing. Any situations negatively affecting the amount and quality of sleep over time can contribute to the development of neurological, neuropsychiatric or cardio-metabolic conditions.

The aim of this course is to explore the ripple effect of insomnia, breathing disorders and disturbance to the circadian sleep pattern on body function, leading to pathological mechanisms common to several chronic conditions such as hypertension, diabetes and obesity.

In such setting, the Sleep&Heart program aims to increase awareness on these aspects among health professionals, with the ultimate objective of enabling them to identify patients with sleep disorders or related cardio-metabolic conditions in a timely manner. Early diagnosis of sleep disorders gives physicians the opportunity to direct patients towards appropriate therapeutic pathways and, especially, improve their patients' health outcomes.

Accordingly, the aim of the course is to train general practitioners and specialists on: a) identification of associations between sleep disorders, respiratory disorders during sleep, desynchronization of the sleep-wake rhythm and cardio-metabolic health, b) improve the diagnostic and prognostic framework of patients with insomnia affected by cardio-metabolic comorbidity, c) increase the level of therapeutic appropriateness in the management of respiratory disorders during sleep and sleep disturbances with a focus on the chronobiotic approach.

The project consists in two training dates:

- 27-28 March Varignana, Castel San Pietro Terme (BO)

- 17-18 April Naples (NA)

The Sleep&Heart Project is being supported by: AIMS (Associazione Italiana Medicina del Sonno - Italian Association of Sleep Medicine) and SIIA (Società Italiana Ipertensione Arteriosa).

**SCIENTIFIC PROGRAM**

**Friday**

01.30 PM Delegate registration

02.00 PM Introduction to the course

***C. Ferri, G. Parati***

02.15 PM Opening Survey

***C. Ferri, G. Parati***

02.30 PM Physiological role of sleep and its systemic effects

***G. Parati***

03.00 PM Sleep disorders: getting to know them and knowing how to spot them

***C. Lombardi***

03.30 PM Pharmacological treatments for sleep disorders

 ***D. Arnaldi***

04.00 PM Non-pharmacological treatments for sleep disorders

***M. Pengo***

04.30 PM Coffee break

04.45 PM Clinical and diagnostic methods for diagnosing sleep disorders. Theory and practice

***D. Arnaldi, C. Lombardi, M. Pengo***

06.45 PM Closing

**Saturday, 28 March 2020**

08.30 AM Opening

09.00 AM Sleep disorders and blood pressure

***G. Parati***

09.45 AM The heart and nocturnal breathing disorders

***S. Carugo***

10.30 AM Sleep disorders and metabolic health

***C. Ferri***

11.15 AM Sleep disorders and cognitive health

***G. Desideri***

12.00 AM Coffee break

12.15 AM Presentation of clinical cases

***S. Carugo, G. Desideri***

01.15 AM Take home message

***C. Ferri, G. Parati***

01.45 AM CME questionnaires

02.00 AM Closing

Fidia Farmaceutici

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