

PROGRAM

AUXO sleep

CLINICAL UPDATE SLEEP

FEBRUARY 27TH, 2026



Confcommercio Congress Center, Milan



SCIENTIFIC RATIONALE

The field of sleep medicine is still given limited attention within academic curricula; however, its significance is progressively growing in the realms of prevention, accurate diagnosis, and treatment appropriateness. Consequently, educational opportunities such as the AUXOS-leep 2026 - Clinical Update Sleep hold paramount importance in facilitating the exchange of diagnostic and therapeutic approaches which play a crucial role in ensuring comprehensive patient care. Furthermore, the present course represents a unique opportunity to contribute significantly to the enhancement of professional competencies and the optimization of healthcare expenditures. Sleep, being a fundamental physiological necessity, plays a pivotal role in preserving the health of the central nervous system, cardiovascular system, and overall well-being of individuals. The primary objective of this course is to provide healthcare professionals with an in-depth understanding and comprehensive knowledge of such complex interactions. Moreover, it aims to offer a multidisciplinary update through insights from national and international experts on prevalent sleep pathologies, available therapies, and potential complications arising from inadequate treatment in individual patients.

CONGRESS CHAIRS

Prof. Carolina LOMBARDI

Istituto Auxologico Italiano IRCCS - Milan

Prof. Martino PENGO

Istituto Auxologico Italiano IRCCS - Milan

FACULTY

Ildebrando Appollonio

Dario Arnaldi

Ferran Barbe

Maria Rosaria Bonsignore

Christian Cajochen

Sogol Javaheri

Federico Leone

Carolina Lombardi

Ludovico Messineo

Nicola Montano

Lino Nobili

Gianfranco Parati

Martino Pengo

Jean Luis Pepin

Elisa Perger

Federica Provini

Andrea Romigi

Fabrizio Salamanca

Sophia Schiza

Esther Scwhwarz

Joerg Steier

Luigi Ferini Strambi

Nicola Ticozzi



PROGRAM

9.00 - 9.10	Introduction - Carolina Lombardi, Martino Pengo	
9.10-9.30	Keynote Lecture: From early physiological studies to real life studies: what is the real role of OSA on prevention strategies? evidence from ESADA to IPNOS	Maria Rosaria Bonsignore
TREATING OSA TO IMPROVE CV PREVENTION: ARE WE THERE YET?		
Chair: Gianfranco Parati, Martino Pengo		
9.30-9.45	The role of OSA on CV prevention	Nicola Montano
9.45-10.00	Effect of OSA treatment on CV outcomes: soft or hard?	Esther Scwhwarz
10.00-10.15	Lessons learnt from RCTs: dos and don'ts	Ferran Barbè
10.15-10.30	How should the optimal RCT be? (if we need one)	Jean Luis Pepin
10.30-10.45	Discussion	
10.45-11.15	Coffee break	
INSIGHTS IN NON RESPIRATORY SLEEP DISORDERS		
Chair: Nicola Ticozzi, Ildebrando Appollonio		
11.15-11.30	Update on narcolepsy treatment: new and old drugs	Andrea Romigi
11.30-11.45	Circadian regulation of cardiometabolic health	Christian Cajochen
11.45-12.00	Understanding the therapeutic opportunities of iron treatment in RLS	Federica Provini
12:00 -12.15	Discussion	
12.15-13.30	Light lunch	
NEW TREATMENT OPTIONS FOR OSA		
Chair: Elisa Perger, Joerg Steier		
13.30-13.45	GLP1 agonists first option in obese patients?	Sophia Schiza
13.45-14.00	New frontiers in positive airway pressure delivery	Ludovico Messineo
14.15-14.30	Upper airway surgery: what is new	Fabrizio Salamanca, Federico Leone
14.30-15.00	Discussion	
15.00-15.30	Coffee break	
TRANSFORMING INSOMNIA CARE: NOVEL INSIGHTS AND APPROACHES FOR TREATMENT		
Chair: Dario Arnaldi, Lino Nobili		
15.30-15.45	Insomnia in Adolescents: Characteristics and Non-Pharmacological Interventions	Lino Nobili
15.45-16.00	Effects of CBT-I for patients with comorbid CVD	Sogol Javaheri
16.00-16.15	Insomnia in the Elderly: when it becomes resistant to treatment	Luigi Ferini Strambi
16.15-16.30	Discussion	
16.30-17.00	Summary and Close - Carolina Lombardi, Martino Pengo	

LOCATION

Confcommercio Congress Center
(Palazzo Castiglioni)
Corso Venezia, 47 - 20123 Milan (MI)
Underground M1 stop: Palestro

REGISTRATION

Please fill out the

online form registration by **February 24th**

Registration is **free**

The official conference language is **English**

 (for Italians only)

ECM

Codice ECM: 470859

Provider ECM: Pragma Congressi srl (ID 918)

Crediti ECM: 5

Partecipanti: 100

Professioni accreditate: biologo; psicologo (psicoterapia; psicologia); medico chirurgo (cardiologia; endocrinologia; malattie metaboliche e diabetologia; malattie dell'apparato respiratorio; medicina interna; neurologia; psichiatria; otorinolaringoiatria; neurofisiopatologia; medicina generale; scienza dell'alimentazione e dietetica; psicoterapia); odontoiatra; fisioterapista; infermiere; dietista; tecnico di neurofisiopatologia.

Obiettivo formativo: Applicazione nella pratica quotidiana dei principi e delle procedure dell'evidence-based practice (EBM - EBN - EBP)

Per conseguire i crediti ECM relativi all'evento è **obbligatorio**: partecipare al 90% delle attività formative, rispondere correttamente ad almeno il 75% dei quesiti del questionario di apprendimento, compilare la scheda di valutazione evento e il questionario qualità.

UNCONDITIONAL CONTRIBUTIONS

