

PROGRAM

AUXO sleep

CLINICAL UPDATE SLEEP

FEBRUARY 27TH, 2026



Confcommercio Congress Center, Milan

Auxologico
IRCCS



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

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Prof. Martino PENGO

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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

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Andrea Romigi

Sophia Schiza

Esther Scwhwarz

Joerg Steier

Luigi Ferini Strambi

Nicola Ticozzi



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Ministero della Salute

*Presentations from Maria Rosaria Bonsignore and Andrea Romigi
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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: Carolina Lombardi, 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** *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

CME Provider and Organizing Secretariat
Pragma Congressi srl
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ECM



(for Italians only)

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.

UNDER THE PATRONAGE OF



Società Italiana dell'Ipertensione Arteriosa
Lega Italiana contro l'Ipertensione Arteriosa



UNCONDITIONAL CONTRIBUTIONS

