

## Welcome to Aging and Sleep 2010

Sleep problems are among the most common health-related complaints of older persons, however many physicians are not trained to recognize sleep disorders in this population or they assume that sleep disorders are an inevitable part of aging.

Sleep disorders are frequently associated with cardiac disease, stroke, cognitive impairment, Alzheimer's disease, falls, increased iatrogenesis and impaired quality of life. Quality of sleep is tied to quality of life and, indeed, to the genesis of disease. Sleep may play a salient role in increasing vulnerability to illness and disability. Assessing and managing sleep disorders in aged care must be a priority and deserves more attention.

To educate physicians, health care providers and researchers about the latest advances in geriatric sleep medicine IASRG is pleased to present this innovative, international and interdisciplinary meeting on 25 and 26 June 2010 in Lyon, France. This meeting will focus on diagnostic and therapeutic processes that have, or will have, real clinical use in the elderly. The expert faculty will present how best to implement the main diagnostic tools and therapeutic strategies in your clinical practice.

With developments occurring in geriatrics and sleep medicine every day, it is important that physicians, health care professionals and researchers are given the opportunity to meet, interact and share their experiences. We hope that you will enjoy your experience at Aging and Sleep 2010 and will be able to both renew and initiate relationships with colleagues from around the world who share your interests.

Sincerely

Fannie Onen MD, PhD  
IASRG President (Paris, France)



## Committees

### President of Congress & Chair of Organizing Committee

- Fannie Onen (Paris, France)

### Chair of Scientific Committee

- S. Hakki Onen (Lyon, France)

### International Scientific Committee

- Donald L. Bliwise (Atlanta, GA, USA)
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- Jerry Johnson (Philadelphia, PA, USA)
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- Marie Pia d'Ortho (Paris, France)
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- Susan Higgins (Lyon, France)
- Chantal Langrand (Lyon, France)
- Alain Nicolas (Lyon, France)
- Gilles Albrand (Lyon, France)
- S. Hakki Onen (Lyon, France)

## Scientific support

The organizers would like to thank the following associations who by their wise advice, active involvement of their members and ongoing encouragement constantly improve the scientific quality of this innovative, international and multidisciplinary meeting.

- IASRG: International Association of Sleep Research in Gerontology
- ILC, USA: International Longevity Center, NY, USA.
- BGS : British Geriatrics Society
- SFGG: Société Française de Gériatrie et de Gériatologie
- SFRMS : Société Française de Recherche et de Médecine du Sommeil
- PROSOM : Promotion de l'éducation sanitaire sur le sommeil

## Aging and Sleep 2010, Lyon France

<b>Friday – June 25, 2010</b>		<b>Vendredi – 25 Juin 2010</b>
08:00-09:00	<b>Registration</b>	
09:00-09:15	<b>Opening</b>	
09:15-09:45	<b>Toward Interdisciplinary Sleep Centers Including Geriatricians</b> Keynote Lecture / Merieux Amphitheater / Allan Pack (Philadelphia, USA)	
09:45-10:30	<b>Age Related Sleep Changes and Sleep Assessments in the Elderly</b> Symposium / Merieux Amphitheater Chairs: Allan Pack (Philadelphia, USA), Kevin Morgan (Loughborough, UK) <b>-Age related sleep changes. What is normal?</b> Hakki Onen (Lyon, France) <b>-Sleep recordings in the elderly. What is the best choice?</b> Nalaka S. Gooneratne (Philadelphia, USA) <b>-Measurement of subjective sleep quality in older people</b> Kevin Morgan (Loughborough, UK)	
10:30-11:00	<b>Coffee Break</b>	
11:00-12:30	<b>Sleep Apnea Syndrome and Cardiovascular Morbidity in the Elderly</b> Symposium / Merieux Amphitheater Chairs: Yuksel Peker (Skövde, Sweden), Donald L. Bliwise (Atlanta, USA) <b>-Clinical assessment of obstructive sleep apnea in the elderly</b> Fannie Onen (Paris, France) <b>-Pathophysiology of hypertension related to sleep apnea</b> Jean-Jacques Mourad (Paris, France) <b>-Coronary artery disease, stroke and sleep apnea in the elderly</b> Yuksel Peker (Skövde, Sweden) <b>-Cost and quality of life in untreated sleep apnea</b> Donald L. Bliwise (Atlanta, USA)	
12:30-14:00	<b>Lunch Break</b>	
13:00-14:00	<b>Poster Session / Hall</b>	
14:00-15:30	<b>Medical Conditions and Sleep</b> Symposium / Merieux Amphitheater Chairs: Daniel Sereni (Paris, France), Nalaka S. Gooneratne (Philadelphia, USA) <b>-Falls and sleep in the elderly</b> Nalaka S. Gooneratne (Philadelphia, USA) <b>-Alzheimer's disease, sleep and OSAS</b> Donald L. Bliwise (Atlanta, USA) <b>-Sleep loss and accelerated metabolic aging</b> Karine Spiegel (Lyon, France) <b>-Anaesthesia, sleep and OSAS in the elderly</b> Jean Mantz (Paris, France)	<b>Dépression et Sommeil Chez le Sujet Agé</b> Satellite Workshop / Riverside Conference Room Chairs: Pierre-Marie Charazac (Lyon, France), Alain Nicolas (Lyon, France) <b>-Repérer et évaluer la dépression au grand âge</b> Jean Michel Dorey (Lyon, France) <b>-Dépression et rythmes V-S chez le sujet âgé</b> Alain Nicolas (Lyon, France) <b>-Observatoire de l'âge et les actions de prévention de la dépression et des troubles du sommeil</b> Philippe Desjardin (Paris, France) <b>-Prise en charge de la dépression</b> Pierre-Marie Charazac (Lyon, France) 
15:30-16:00	<b>Coffee Break</b>	
16:00-17:00	<b>Sommeil et Soins</b> Satellite Workshop/ Merieux Amphitheater Chairs: Pascal Couturier (Grenoble, France), Bruno Lesourd (Clermont-Ferrand, France) <b>-Syndrome métabolique et sommeil, point de vue du gériatre.</b> Agathe Raynaud (Paris, France) <b>-Chute et sommeil (cas clinique)</b> Sylvain Gaujard (Lyon, France) <b>-Evaluation des Pratiques Professionnelles (EPP) et troubles du sommeil.</b> Yves Wolmark (Paris, France) 	<b>Sleep and Neurological Disorders in the Elderly</b> Symposium / Riverside Conference Room Chairs: Rosalia Silvestri (Messina, Italy), Luigi Ferini-Strambi (Milan, Italy) <b>-Sleep apnea in the elderly: impact on cognition and social adaptation.</b> Rosalia Silvestri (Messina, Italy) <b>-Restless legs syndrome and PLMS in elderly patients.</b> Luigi Ferini-Strambi (Milan, Italy) <b>-Sleep in Parkinson's disease and related neurodegenerative disorders.</b> Isabelle Arnulf (Paris, France)
17:00-18:30	<b>Cognition and Sleep in the Elderly</b> Symposium / Merieux Amphitheater Chairs: Géraldine Rauchs (Caen, France), Pierre Krolak-Salmon (Lyon, France) <b>-Circadian rhythms in aging</b> Carmen Schröder (Strasbourg, France) <b>-Effects of chronic sleep restriction on cognition in older women.</b> Myriam Kerkhofs (Charleroi, Belgium) <b>-Sleep and memory consolidation in aging.</b> Géraldine Rauchs (Caen, France) <b>-Hypnotic medication in older adults: impact on cognition and sleep.</b> Marie-Laure Bocca (Caen, France)	
19:30	<b>Congress Dinner</b>	

## Aging and Sleep 2010, Lyon France

<b>Saturday – June 26, 2010</b>		<b>Samedi – 26 Juin 2010</b>
09:00-09:30	<b>Sleep Research in the Elderly: Past, Present and Future</b> Keynote Lecture / Merieux Amphitheater / Donald L. Bliwise (Atlanta, USA)	
09:30-11:00	 <b>Insuffisance cardiaque et apnées centrales du sommeil chez le sujet âgé</b> Satellite Symposium / Merieux Amphitheater Chairs : Michel Chuzeville (Lyon, France), Jean Claude Meurice (Poitiers, France) <b>-Epidémiologie des apnées du sommeil</b> Jean Claude Meurice (Poitiers, France) <b>-Insuffisance cardiaque du sujet âgé</b> Michel Chuzeville (Lyon, France) <b>-Insuffisance cardiaque et apnées du sommeil centrales chez le sujet âgé</b> Marie-Pia d'Ortho (Paris, France) <b>-La prise en charge des apnées centrales</b> Jean-Yves Bayle (Lyon, France)	<b>Basic Mechanisms and Therapeutic Perspectives in Sleep Medicine</b> Symposium / Riverside Conference Room Chairs : Yuksel Peker (Skövde, Sweden), Claude Gronfier (Lyon, France) <b>-The role of free radicals in the regulation of sleep and wake states</b> Raymond Cespuglio (Lyon, France) <b>-The influence of light on circadian rhythms and sleep in the elderly</b> Claude Gronfier (Lyon, France) <b>-Genetic basis of Obstructive Sleep Apnea Syndrome (OSAS)</b> Allan Pack (Philadelphia, USA) <b>-Impact of antihypertensive drugs in OSAS patients: update 2010</b> Yuksel Peker (Skövde, Sweden)
11:00-11:15	<b>Coffee Break</b>	
11:15-12:45	 <b>Comment prendre en charge le SAOS du sujet âgé ? Quelle place pour la ventilation en PPC ?</b> Satellite Symposium / Merieux Amphitheater Chairs : Elisabeth Frija-Orvoen (Paris, France), Fannie Onen (Paris, France) <b>-Le sommeil des seniors en France, résultats de l'enquête INSV 2010</b> Joël Paquereau (Poitiers, France) <b>-L'évaluation gériatrique multidisciplinaire en 2010</b> Gilles Albrand (Lyon, France) <b>-La place de l'évaluation gériatrique dans la prise en charge du SAS, stratégies thérapeutiques</b> Fannie Onen (Paris, France) <b>-Mise en route et accompagnement d'un traitement par PPC chez le sujet âgé</b> Elisabeth Frija-Orvoen (Paris, France)	<b>Late Life Insomnia</b> Symposium / Riverside Conference Room Chairs : Kevin Morgan (Loughborough, UK), Bruno Claustrat (Lyon, France) <b>-Insomnia concept: Symptom or Syndrome?</b> Kevin Morgan (Loughborough, UK) <b>-Do periodic limb movements disturb sleep in older people?</b> Alain Nicolas (Lyon, France) <b>-Melatonin and sleep</b> Bruno Claustrat (Lyon, France) <b>-Management of insomnia in older people</b> Kevin Morgan (Loughborough, UK)
12:45-14:00	<b>Lunch Break</b>	
13:00-14:00	<b>Poster Session / Hall</b>	
14:00-15:30	<b>Obstructive Sleep Apnea Management in the Elderly</b> Symposium / Merieux Amphitheater Chairs : Nalaka S. Gooneratne (Philadelphia, USA), Donald L. Bliwise (Atlanta, USA) <b>-Obstructive and central sleep apnea: epidemiology and risk factors</b> Jean-Claude Meurice (Poitiers, France) <b>-Treatment options in the elderly with obstructive sleep apnea</b> Jean-Louis Pépin (Grenoble, France) <b>-Central sleep apnea, chronic heart failure and Adaptive Servo Ventilation</b> Marie Pia d'Ortho (Paris, France) <b>-Why and when sleep apnea should be treated in the elderly?</b> Nalaka S. Gooneratne (Philadelphia, USA)	<b>Comment dépister et évaluer les troubles du sommeil du sujet âgé en pratique quotidienne ?</b> Satellite Workshop / Riverside Conference Room Chairs : Gilles Albrand (Lyon, France), Marc Bonnefoy (Lyon, France) <b>-Comment dépister et évaluer les impatiences des jambes en consultation?</b> Pierre Deblois (Gonesse, France) <b>-L'échelle de somnolence d'Epworth entre l'utopie et la réalité.</b> Thierry Montemayor (Toulouse, France) <b>-Outil clinique de dépistage et d'évaluation des apnées du sommeil.</b> Olivier Drunat (Paris, France)
15:30-16:00	<b>Coffee Break</b>	
16:00-17:30	 <b>Conduite automobile et cognition chez les seniors</b> Satellite Symposium / Merieux Amphitheater Chairs : François Piette (Paris, France), Régis Gonthier (St Etienne, France) <b>-Maladie d'Alzheimer et conduite automobile</b> Sylvie Bonin-Guillaume (Marseille, France) <b>-SAS et somnolence pathologique chez les seniors</b> Hakki Onen (Lyon, France) <b>-Médicaments psychotropes et conduite automobile chez les seniors</b> François Piette (Paris, France) <b>-Aspects médicaux légaux de la conduite automobile à l'âge avancé</b> Régis Gonthier (St Etienne, France)	
17:30-17:45	<b>Closing</b>	