

## Welcome to Aging and Sleep 2012

According to the United Nations, world population ageing is unprecedented, a process without parallel in the history of humanity. This phenomenon affects medical practice and health care systems worldwide.

Sleep is a fundamental but often ignored component of healthy aging. With the increase in the older population, sleep-related problems increase in importance. Quality of sleep is tied to quality of life and, indeed, to the genesis of some diseases. Sleep disorders play a salient role in increasing vulnerability to illness and disability. Assessing and managing sleep disorders in caring for aged must be a priority and deserves more attention.

Aging and Sleep 2012 is the opportunity to:

- Analyze current research in geriatric sleep medicine and understand its clinical implications
- Interpret information on the prevention, diagnosis and treatment of sleep disorders in older adults
- Describe sleep disorders and their relation to normal aging, frailty, disability and multiple morbidity
- Teach geriatric sleep medicine effectively to interdisciplinary health care professionals, students, and trainees
- Identify ethical issues in health care delivery, medical treatment, and decision-making in older patients

I invite you to join physicians, health care providers and researchers from around the world to interact and share experiences on June 28-29 at the Institut Pasteur for Aging and Sleep 2012. I look forward to seeing you in Paris.

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)

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## Organizing Committee

- Philippe Dejardin (Paris, France)
- Thierry Moreau (Paris, France)
- Alain Nicolas (Lyon, France)
- S. Hakki Onen (Lyon, France)

# Scientific support







The organizers would like to thank the following associations and institutions 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
- Université Paris Descartes, Paris, France
- Université Paris Diderot, Paris, France
- University of Pennsylvania, Philadelphia, USA
- University of Lyon-1, Lyon, France
- SFGG: Société Française de Gériatrie et de Gérologie
- SFRMS : Société Française de Recherche et de Médecine du Sommeil

## Aging and Sleep 2012, Paris France

<b>Thursday – June 28, 2012</b>		<b>Jeudi – 28 Juin 2012</b>	
08:00 - 09:00	<b>Registration</b>		
08:45 - 09:15	<b>Opening</b>		
09:15 - 09:45	<b>Successful Aging and Sleep – Keynote Lecture – CIS Amphitheater</b> John Morley (Saint Louis, USA)		
09:45 - 11:15	<b>Obstructive Sleep Apnea in Older Patients: Clinical Aspects, Management and Research Perspectives – Symposium – CIS Amphitheater</b> <i>Chairs: Ann Tuan Dinh-Xuan (Paris, France), John Morley (St Louis, USA)</i>		
	<ul style="list-style-type: none"> <li>• <b>Late life OSAS.</b> Fannie Onen (Paris, France)</li> <li>• <b>Nocturnal monitoring of non-invasive ventilation.</b> Jean-Paul Janssens (Geneva, Switzerland)</li> <li>• <b>Possible amelioration of obstructive sleep apnea with sensory stimulation.</b> Mak Adam Daulatzai (Melbourne, Australia)</li> <li>• <b>How to optimize methodology of sleep research in nursing homes and long-term cares?</b> Nikolaus Netzer (Bad Aibling, Germany)</li> </ul>		
11:15 - 11:30	<b>Coffee Break</b>		
11:30 - 12:30	<b>Epidemiological Sleep Studies and Beyond – Symposium – CIS Amphitheater – Chairs: Joseph Flaherty (St Louis, USA), Nalaka Gooneratne (Philadelphia, USA)</b> <ul style="list-style-type: none"> <li>• <b>The Epworth Sleepiness Scale and its limits.</b> Hakki Onen (Lyon, France)</li> <li>• <b>Cognition and OSAS (PROOF Study).</b> Frédéric Roche (St Etienne, France)</li> <li>• <b>Older patients in sleep cohort studies.</b> Nalaka Gooronatne (Philadelphia, PA, USA)</li> </ul>	<b>Sleep and Aging: Mechanisms and Role in Neurodegenerative Diseases – Symposium – Monod Amphitheater – Chairs: Joelle Adrien (Paris, France), Nirinjini Naidoo (Philadelphia, USA)</b> <ul style="list-style-type: none"> <li>• <b>The unfolded protein response in sleep-wake behavior and aging.</b> Nirinjini Naidoo (Philadelphia, PA, USA)</li> <li>• <b>Sleep disturbances in Alzheimer's and Parkinson's disease: an in vivo perspective.</b> Sarah Rothman (Baltimore, MD, USA)</li> <li>• <b>Sleep and aging: role in learning and memory.</b> Jerry Yin (Madison, WI, USA)</li> </ul>	
12:30 - 13:30	<b>Lunch Break</b>		
12:30 - 13:30	<b>Poster Session / Hall</b>		
13:30 - 15:00	<b>Anesthesia and Sleep – Symposium – CIS Amphitheater – Chairs: Mak Adam Daulatzai (Melbourne, Australia), Fannie Onen (Paris, France)</b> <ul style="list-style-type: none"> <li>• <b>Geriatric assessment and perioperative management in older patients.</b> John Morley (Saint Louis, MO, USA)</li> <li>• <b>OSAS and Anesthesia risk.</b> Serge Molliex (Saint Etienne, France)</li> <li>• <b>Post-operative cognitive dysfunction and sleep.</b> Jean Mantz (Paris, France)</li> <li>• <b>Opioids and Sleep Apnea.</b> Jean Louis Pépin (Grenoble, France)</li> </ul>	<b>* 14:00 - 15:00 – Melatonin Receptor Agonists – Symposium – Monod Amphitheater – Chairs: Patrick Lemoine (Lyon, France), Nava Zisapel (Tel-Aviv, Israel)</b> <ul style="list-style-type: none"> <li>• <b>Melatonergic drugs for insomnia in older adults.</b> Alan G. Wade (Glasgow, UK)</li> <li>• <b>Melatonin for comorbid insomnia in older adults with depression.</b> Maria Antonia Quera-Salva (Garches, France)</li> <li>• <b>Safety aspects of melatonergic drugs as an alternative to classical hypnotics at older age.</b> Luc Staner (Rouffac, France)</li> </ul>	
15:00 - 15:30	<b>Coffee Break</b>		
15:30 - 17:00	<b>Sleep and Comorbid Conditions – Symposium – CIS Amphitheater – Chairs: Walter Mc Nicholas (Dublin, Ireland), Joseph Flaherty (St Louis, USA)</b> <ul style="list-style-type: none"> <li>• <b>Sleep in Intensive Care Unit.</b> Xavier Drouot (Paris, France)</li> <li>• <b>OSAS in COPD Patients.</b> Walter McNicholas (Dublin, Ireland)</li> <li>• <b>Cost and Quality of life in Untreated OSAS.</b> Nalaka Gooronatne (Philadelphia, PA, USA)</li> <li>• <b>Insomnia Among Hospitalized Older Patients.</b> Joseph Flaherty (St Louis, MO, USA)</li> </ul>	<b>Pathologies Respiratoires et Sommeil – Symposium – Monod Amphitheater – Chair: Francis Martin (Paris, France)</b> <ul style="list-style-type: none"> <li>• <b>Vieillesse pulmonaire et sommeil.</b> Jorges Boczkowski (Paris, France)</li> <li>• <b>BPCO et sommeil.</b> Elisabeth Frija (Paris, France)</li> <li>• <b>Hypoventilation alvéolaire.</b> Francis Martin (Compiègne, France)</li> <li>• <b>Hypoxie intermittente.</b> Carole Planès (Paris, France)</li> </ul>	
17:00 - 18:00	<b>Cognitive Impairment and Sleep – Symposium – CIS Amphitheater – Chair: Mak Adam Daulatzai</b> <ul style="list-style-type: none"> <li>• <b>Neuroimaging, cognitive impairment and sleep in the elderly.</b> Marie-Cécile Henry-Feugeas (Paris, France)</li> <li>• <b>Impact of Sleep Disorders on Memory Impairment during Alzheimer's Disease.</b> Mak Adam Daulatzai (Melbourne, Australia)</li> <li>• <b>Light therapy in Alzheimer's Disease with Sleep Disorders.</b> Claude Gronfier (Lyon, France)</li> </ul>	<b>Insuffisance Cardiaque et SAS Central – Symposium – Monod Amphitheater – Chairs: Olivier Hanon (Paris, France), Elisabeth Frija (Paris, France),</b> <ul style="list-style-type: none"> <li>• <b>Insuffisance cardiaque chez le sujet âgé.</b> Guillaume Jondeau (Paris, France)</li> <li>• <b>Aspects cliniques du syndrome d'apnées centrales du sommeil chez le sujet âgé.</b> Jean-Claude Meurice (Poitiers, France)</li> <li>• <b>Options thérapeutiques des apnées centrales.</b> Marie Pia d'Ortho (Paris, France)</li> </ul>	

## Aging and Sleep 2012, Paris France

<b>Friday – June 29, 2012</b>		<b>Vendredi – 29 Juin 2012</b>	
09:00 - 09:30	<b>Polypharmacy, Sleep and Delirium – Keynote Lecture – CIS Amphitheater</b> Joseph Flaherty (St Louis, USA)		
09:30 - 11:00	<b>Sleep Apnea and Cardiovascular Impairment in Older Adults – Symposium – CIS Amphitheater – Chairs: Walter Mc Nichlas (Dublin, Ireland), Yuksel Peker (Skövde, Sweden)</b> <ul style="list-style-type: none"> <li>• <b>Frailty and intermittent hypoxemia in a sample of older subjects.</b> Nikolaus Netzer (Bad Aibling, Germany)</li> <li>• <b>Hypertension and OSAS.</b> Jacques Blacher (Hôtel Dieu, Paris, France)</li> <li>• <b>Coronary artery disease and OSAS: Effects of CPAP- RICCADSA trial.</b> Yuksel Peker (Skövde, Sweden)</li> <li>• <b>Cardiac Rhythm Disturbances in the Obstructive Sleep Apnea Syndrome.</b> Walter Mc Nicholas (Dublin, Ireland)</li> </ul>	<b>Sommeil et Soins : Aspects Pratiques – Symposium – Monod Amphitheater – Chairs: Laurent Teiller (Paris, France), Pierre Deblois (Paris, France)</b> <ul style="list-style-type: none"> <li>• <b>Les bases élémentaires de la réussite d'un traitement par PPC chez le sujet âgé.</b> Armine Izadifar (Paris, France)</li> <li>• <b>Somnolence diurne chez le sujet âgé</b> Thierry Montemayor (Toulouse, France)</li> <li>• <b>ONSI et ODSI : nouveaux outils d'évaluation du sommeil au quotidien.</b> Chantal Langrand (Lyon, France)</li> <li>• <b>Voyage, PPC et oxygénothérapie</b> Jean-Marie Bedicam (Paris, France)</li> </ul>	
11:00 - 11:30	<b>Coffee Break</b>		
11:30 - 12:30 *	 <b>Comment Améliorer la Prise en Charge et le Suivi des Patients sous PPC – Symposium / Philips-Respironics* – CIS Amphitheater – Chair: Jean Claude Meurice (Poitiers, France)</b> <ul style="list-style-type: none"> <li>• <b>La physiopathologie et la clinique du SAOS chez le sujet âgé.</b> Jean Claude Meurice (Poitiers, France)</li> <li>• <b>La mise en route et le suivi d'un traitement par PPC.</b> Jean Louis Pépin (Grenoble, France)</li> <li>• <b>Observance chez le sujet âgé traité par PPC (cas clinique).</b> S. Hakki Onen (Lyon, France)</li> </ul>	<b>Changes in Sleep in Aged Subjects : Links with Cognitive Functions – Symposium – Monod Amphitheater – Chairs: Jian-Sheng Lin (Lyon, France), Marie-Laure Bocca (Caen, France)</b> <ul style="list-style-type: none"> <li>• <b>Effects of sleep deprivation on memory.</b> Géraldine Rauchs (Caen, France)</li> <li>• <b>Z-drugs effects on sleep architecture and EEG power spectra.</b> Marie-Laure Bocca (Caen, France)</li> <li>• <b>Caffeine and sleep with age.</b> Julie Carrier (Montréal, Canada)</li> </ul>	
12:30 - 13:30	<b>Lunch Break</b>		
12:30 - 13:30	<b>Poster Session / Hall</b>		
13:30 - 15:00	<b>Metabolism, Immunity and Sleep Disturbances – Symposium – CIS Amphitheater – Chairs: John Morley (St Louis, USA), Nalaka Goorontane (Philadelphia, PA, USA)</b> <ul style="list-style-type: none"> <li>• <b>Glucose Metabolism and Insulin Resistance in Patients with OSAS.</b> Etienne Larger (Paris, France)</li> <li>• <b>Mechanisms of Cardiovascular Consequences in OSAS.</b> Yuksel Peker, Skövde, Sweden)</li> <li>• <b>Immune consequences of sleep loss.</b> Véronique Viot-Blanc (Paris France)</li> <li>• <b>Weight Loss in Obese Older Adults: Metabolic and Clinical Correlates.</b> Bruno Lesourd (Clermont-Ferrand, France)</li> </ul>	<b>Troubles du Sommeil et de la Vigilance vus en Gériatrie – Symposium – Monod-Amphitheater – Chairs: Sylvie Royant Parola (Paris, France), Jean Roche (Lille, France)</b> <ul style="list-style-type: none"> <li>• <b>Sevrage des hypnotiques chez le patient âgé.</b> Jean Roche (Lille, France)</li> <li>• <b>Modifications circadiennes liées à l'âge et à l'institution.</b> Alain Nicolas (Lyon, France)</li> <li>• <b>Sommeil et chutes des relations complexes.</b> Francois Puisieux (Lille, France)</li> <li>• <b>Sommeil et épilepsies du sujet âgé.</b> Anny Rouvel-Taltec (Paris, France)</li> </ul>	
15:00 - 15:30	<b>Coffee Break</b>		
15:30 - 17:00 *	 <b>Epilepsy and Sleep in Older Patients – Symposium – CIS Amphitheater – Chair: Karel Schreuder (Zwolle, The Netherlands)</b> <ul style="list-style-type: none"> <li>• <b>Epilepsy, syncope and sleep, in the elderly, diagnostic aspects.</b> Karel E. Schreuder (Zwolle, The Netherlands)</li> <li>• <b>Epilepsy and sleep, clinical and therapeutic aspects.</b> Al W. de Weerd (Zwolle, The Netherlands)</li> <li>• <b>Epilepsy and the role of anti-epileptic drugs in the elderly.</b> P.J. Simons (Heeze, The Netherlands)</li> </ul>	<b>15:30 - 16:30 – Prise en Charge des Apnées Obstructives du Sommeil chez le Sujet Agé – Symposium / Orkyn* – Monod Amphitheater – Chair: Fannie Onen (Paris, France)</b> <ul style="list-style-type: none"> <li>• <b>Rappel des particularités gériatriques.</b> Fannie Onen (Paris, France)</li> <li>• <b>Place de l'évaluation gériatrique dans la prise en charge du SAS.</b> Régis Gonthier (St Etienne, France)</li> <li>• <b>Intérêt du traitement par PPC dans les troubles de la vigilance et les troubles cognitifs induits par SAS.</b> Frédéric Roche (St Etienne, France)</li> <li>• <b>CPAP / BiPAP: indications, modes d'instauration et suivi chez le patient âgé.</b> Jean-Paul Janssens (Geneva, Switzerland)</li> </ul>	
17:00-17:30	<b>Closing</b>		