

Tursday May 18			
Grand Hotel Reykjavik - Háteigur hall			
17:30 - 19:00 Welcome reception			
Friday May 19			
Hall	Gullteigur A	Gullteigur B	Hvammur
08:30 - 9:30	Opening Alma Möller - Director of Health Eva Lindberg - Keynote speaker		
09:30 - 11:00	Insomnia chair: Erla Björnsdóttir The association between sleep health and sex, age, education, circadian preference, and chronic insomnia - Björn Bjorvatn Group-delivered cognitive behavioural therapy versus waiting list in the treatment of insomnia in primary care: Study protocol for a pragmatic, multicentre randomized controlled trial - Maria Hraozanova Can a digital CBT-based self-care intervention improve quality of life in people with RLS? Design and methodological approach of the JU Sleep Well Study - Elzana Odzakovic	Sleep disordered breathing chair: Þórarinn Gíslason CPAP Resumption After a First Termination and Impact on All-Cause Mortality in France - Sébastien Bailly Healthy adherer effect and positive airway pressure therapy of obstructive sleep apnea - Sébastien Bailly Evaluating Sleep Disordered Breathing in Patients with Neuromuscular Disorders - Tina Luize Cupāne Physiological determinants of apnea-hypopnea duration after sulthiame in OSA patients - Ding Zou	
11:00 - 11:30	Coffee break and exhibition		
11:30 - 12:30	Sleep and health chair: Rúna Sif Nighttime smartphone use, self-reported general health and primary health care utilization: results from the SmartSleep study combining objective tracking of smartphone use with health registries - Henning Johannes Drews Use of alarm clock and snoozing behavior among Norwegian adults - Siri Waage	Parasomnias and nocturnal epilepsies /symposia chair: Poul Jennum REM sleep Behavior disorders. Recent advances in diagnosing, managing and association to Parkinsonism - Poul Jennum NREM parasomnias and epilepsies. How to diagnose and manage - Rune Vestergaard Frandsen	Sleep technology Chair: Irina Virtanen Comprehensive arousal scoring agreement analysis within the Sleep Revolution - Henna Pitkänen Validation of a new behavioral in-house manufactured sleep resistance test, JOSLER - Jussi Virkkola
12:30 - 13:30	LUNCH - exhibition		
13:30 - 15:00	Young investigator session chair: Michael Clausen Comparison of novel electrophysiological biomarkers and circulating cardiac biomarkers on cardiovascular modality and all-cause mortality in the Akershus Sleep Apnea (ASAP) epidemiological cohort - Feng Xin Digital cognitive behavioral therapy for insomnia compared with digital patient education about insomnia in individuals referred to secondary mental health services in Norway: Inclusion rate and procedures in a multicenter randomized controlled trial - Simen Saksvik "I'm So Tired, I Can't Sleep!" - Elzana Odzakovic "Blow or bite" - treatment recommendations in mild to moderate Obstructive Sleep Apnea in the European Sleep Apnea Database Cohort - Benedikt Fridriksson Association Between Objectively Assessed Sleep and Depressive Symptoms During Pregnancy and Post-Partum - Tryfonas Pitsillos	Central hypersomnias / symposia chair: Stine Knudsen Heier Narcolepsy. Pathophysiology and management. - Stine Knudsen Heier Narcolepsy and other central hypersomnias. Advantages in diagnose, morbidities and consequences - Poul Jennum	Circadian rhythm, sleep and mental health chair: Vaka Rögnvaldsdóttir Is the treatment worth the effort? Light therapy, melatonin and sleep scheduling for Delayed Sleep-Wake Phase Disorder (DSWPD): A qualitative study - Ingvild West Saxvig Effects of painful nerve injury on sleep architecture and circadian rhythmicity in mice - Vinko Palada Prevalence and associated factors of trauma-associated sleep disorder among women: A nationwide study - Anna Bárá Unnarsdóttir
15:00-15:30	Coffee break and exhibition		
15:30 - 17:00	Teaching an old technique new tricks – advances and future aspects of pulse oximetry and photoplethysmography signal analysis /symposium chairs: Henri Korkalainen & Anna Sigríður Island Overview of potential methods and limitations with pulse oximetry - Sami Nikkonen Nocturnal pulse wave signal analysis from clinical settings to population-based studies - Ding Zou Quantifying hypoxia and the cardiovascular connections - Marika Rissanen Wearable devices in sleep research - Katrín Ýr Friðgeirsdóttir	Too little too late – Understanding Icelandic adolescents sleep / symposia chair: Dóra Guðrún Guðmundsdóttir Sleep duration and timing of Icelandic School Children at ages 11, 13 and 15 years - Vaka Rögnvaldsdóttir Bedtimes and bedtime variability of Icelandic adolescents - Rúna Sif Stefánsdóttir Adolescents' sleep, what has changed in the last decade? - Margrét Líja Guðmundsdóttir Does delayed school start time improve sleep among adolescents? - Erla Björnsdóttir	Sleep disordered breathing chair: Björg Eysteinsdóttir Prevalence of social determinants, self-efficacy measurement of sleep apnea at the time of obstructive sleep apnea diagnosis: the SEMSA study - Sébastien Bailly Demographic differences in sleep apnea endotypes - Eysteinn Finnsson Obstructive sleep apnea-associated desaturation severity is related to increased reaction time in psychomotor vigilance tasks in males but with arousals in females - Purbanka Pahari Characteristics and phenotypes of excessive daytime sleepiness in obstructive sleep apnea - Elin Helga Þórarinsdóttir
19:00 -01:00	Conference dinner - Gamla bíó		

Saturday May 20

Hall	Hvammur	Gallerí	Háteigur
09:00 - 10:30	<p>Scoring - the good, the bad and the ugly /symposia chair: Kristín Anna Ólafsdóttir & Carlos Teixeira</p> <p>Sleep Revolution – from the view of the Sleep Technologist - <u>Sigríður Sigurðardóttir</u></p> <p>AI in sleep staging - <u>Emil Harðarson</u></p> <p>Scoring rules – interpretation and consensus - <u>Kenan Hoelke</u></p> <p>Scoring rules – interpretation and consensus - <u>Heidur Gretarsdóttir</u></p> <p>Scora-Lympics - <u>Tiina Siilak</u></p>	<p>New era of respiratory insufficiency /symposia chair: Tarja Saaresranta</p> <p>Telemonitoring of NIV - <u>Ulla Anttalainen</u></p> <p>Telemonitoring of NIV, the nursing practice - <u>Hei Järvelä</u></p> <p>High Nasal flow therapy in respiratory failure - <u>Eline K. Gantzhorn</u></p> <p>Covid-19 long-term pulmonary effects - <u>Anna Lindahl</u></p>	<p>Novel computational approaches to analyze sleep and obstructive sleep apnea / symposia chairs: Anna Sigríður Islind</p> <p>Unfolding the Relationship between Objective and Subjective Sleep Quality with Unsupervised Learning - <u>Luka Biedeback</u></p> <p>Using Electrodermal Activity for Diagnosing Sleep - <u>Jacopo Piccini</u></p> <p>Night-to-night variability of PSG-derived physiological endotypic traits in patients with moderate to severe Obstructive Sleep Apnea - <u>Christian Strassberger</u></p> <p>Self-Applied Somnography - Technical Feasibility of the SAS Headset in Scoring Sleep - <u>Matias Rusanen</u></p>
10:30 - 10:45	Coffee and exhibition		
10:45 - 12:15	<p>Personalized treatment of sleep apnea in the sleep revolution and the Nordic personalized medicine study / symposia chair: Harald Hrubos-Strøm, co chair: Erna Sif Arnadóttir</p> <p>Shared decision making - <u>Harald Hrubos-Størm</u></p> <p>The Sleep Revolution mobile application - <u>Lisa Schitz</u></p> <p>Oxygen resaturations - <u>Timothy Howarth</u></p> <p>Pulse wave analysis during sleep - <u>Christian Strassberger</u></p>	<p>Non CPAP strategies in OSA / symposium Chair: Ludger Grote</p> <p>Pitfalls with CPAP therapy - <u>Benedikt Fridriksen</u></p> <p>Upper airway muscle training - How an when? - <u>Diana Hansen</u></p> <p>Recent developments in oral appliances - <u>Ludger Grote</u></p> <p>Drug therapy. New opportunities in OSA - <u>Jan Hedner</u></p>	<p>Sleep Diagnostics at a Crossroads – How will technology advancements impact the future of sleep diagnostics? /symposia Chair: Carlos Teixeira</p> <p>Advances in sensor technology - <u>Sveinbjörn Höskuldsson</u></p> <p>Building confidence in AI in sleep - <u>Jón Skirnir Ágústsson</u></p>
12:15 - 13:15	LUNCH - exhibition - poster session		
13:15 - 14:45	<p>Multimorbidity in sleep apnea / symposia chairs: Tarja Saaresranta & Thomas Pentzel</p> <p>Epidemiological studies of multimorbid OSA - <u>Jaana Keto</u></p> <p>Genetical studies of multimorbid - <u>Satu Strausz</u></p> <p>CPAP treatment in multimorbid OSA - <u>Ding Zou</u></p> <p>REM related OSA - <u>Nea Kalleinen</u></p>	<p>Sleep Revolution - The Future of Sleep Diagnostics and Treatment / symposium chairs: Kamilla Rún Johannsdóttir & Elias August</p> <p>The Sleep Revolution - The Concept - <u>Erna Sif Arnadóttir</u></p> <p>Novel Approaches for Sleep Staging and Severity Estimation of OSA - <u>Sami Nikkonen</u></p> <p>Co-Designing, Developing, and Using a Novel Digital Platform to elevate and enhance the Future of Data Collection in Sleep Research - <u>Anna Sigríður Islind</u></p> <p>Prospective Evaluation of Therapeutic Intervention - <u>Ludgar Grote</u></p>	
14:45 - 15:15	Coffee and exhibition		
15:15 - 16:15	<p>Closing ceremony - Award for young investigator - lecture happiness and sleep</p>		
	Optional tours		