Second Egyptian SLEEP summit

THE EGYPTIAN SLEEP SUMMIT

18-19 September, 2024 | **PRINCESS FATIMA ACADEMY, CAIRO**

In Collaboration with

EGYPTIAN SLEEP SOCIETY ESS

ESF

ESCT



IN COLLABORATION WITH

THE EGYPTIAN SLEEP SOCIETY ESS
EUROPEAN SLEEP FOUNDATION ESF

Honorary Presidents
PROF. MOHAMED AWAD TAGELDIN
PROF. SHAHIRA LOZA

Co-President
PROF. RAMEZ REDA

President
PROF. JAIDAA MEKKY

Program

PURE SPOT EVENTS MANAGEMENT

Welcome Message

Dear Professors and Colleagues

We Are Thrilled to Bring Together the Experts in The Field of Sleep Medicine, Offering A Unique Opportunity to Deepen Our Understanding of the Opportunities Within This Rapidly Evolving Field. Our Congress Will Explore the Many Facets of Sleep Medicine, Featuring The Latest Research Findings, New Medications, Innovative Surgical Techniques, Oral Appliances

And Evidence-Based Therapies. A Diverse Lineup of Distinguished Speakers Will Share Their Expertise, Experience, And Insights Throughout the Sessions and Workshops

We Are Invited All of You to This Unique Summit That Will Held On 18-19 September 2024 At Princess Fatima Academy.

Waiting for all of you,

Conference President

Prof. Jaidaa Mekki





General Information

Location: *Princes Fatima Academy, Cairo*
Official Language: *English*
Meeting Room Name: 18 Sep - Hall 6 for Pre-Conference Workshops
Meeting Room Name: 19 Sep - Theater for the Conference
Exhibition and Registration area: *Lobby*

Honorary Presidents of the Conference

Prof. Mohamed Awad Tageldin
Prof. Shahira Loza

Presidents of the Conference

Prof. Jaidaa Mekky

Co-Presidents

Prof. Ramez Reda

General Secretary

Prof. Osama Elkholy

Head of Conference Board

Prof. Maha Yousif

Conference Board

Prof. Nevin Zaki
Prof. Lamiaa Afifi
Prof. Dina El Salmawy
Prof. Sherine El Mously

Scientific Committee

Prof. Wafeek Bahnasy

Prof. Alia Saleh

Prof. Iman Galal
Prof. Lucy Suliman
Prof. Nesreen El Sayed Morsy

Head of Poster Evaluation Session

Prof. Alia Saleh
Dr. Ahmed Eid

GUEST

In Alphabetical order



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Pre-conference Workshops

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18 September, 2024

PRINCESS FATIMA ACADEMY, CAIRO

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10.00 AM - 12.30 PM

HALL 6



WORKSHOP: NOVEL ADJUNCT THERAPIES TO THE COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

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DR. AHMED EID ELAGHOURY
Consultant Psychiatrist, Abbassia Hospital for Mental Health, Cairo, MOHP



DR. AMINA LOTFY
Consultant Psychiatrist, Abbassia Hospital for Mental Health, Cairo, MOHP



DR. CHRISTINE SAMY, PHD
Clinical Psychologist, Private Practice, Cairo

Do you have patients with chronic insomnia? Has your patient suffered from chronic insomnia with partial response to CBT-I? Does your patient suffer from emotional expression problems with chronic insomnia? If you could relate to any of these questions while solving the puzzle of chronic insomnia, then this workshop might have answers to your inquiries.

The Egyptian Sleep Society (ESS) dedicates this new workshop to highlight the connection and possibly management tracks for chronic insomnia. This workshop is led by a group of expert clinicians: psychiatrists and psychologists to explore the contemporary evidence, data and skills regarding chronic insomnia.

BY THE END OF THIS WORKSHOP, PARTICIPANTS WOULD BE EQUIPPED WITH BASIC KNOWLEDGE ABOUT:

- The new data and evidence of pathogenesis of chronic insomnia
- How to craft and individualize a management plan for chronic insomnia
- Basic clinical skills to identify emotional and physiological problems in patients with chronic insomnia

THE ATTENDANTS WILL PARTICIPATE IN A JOURNEY OF LEARNING LED BY THE FACILITATORS. OUR ROAD MAP WILL BE AS FOLLOWS:

- What is chronic insomnia?
- Three cases from practice:
  - Case 1 diagnostic jigsaw
  - Case 2 the Rubik of cognition and behaviors
  - Case 3 the rabbit hole of memories
- Case that every clinician faces
- Were your questions answered?

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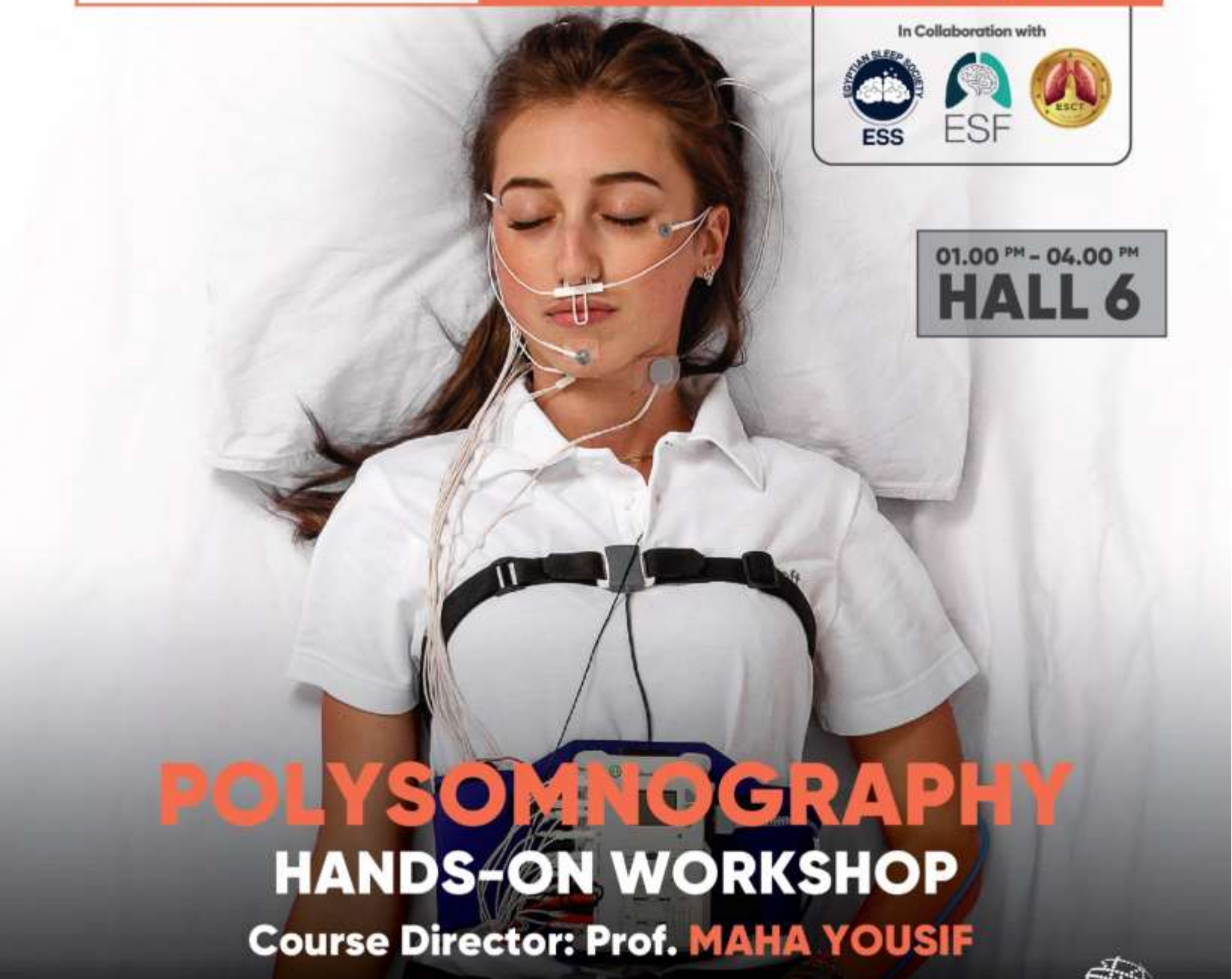
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01.00 PM – 04.00 PM
HALL 6



POLYSOMNOGRAPHY

HANDS-ON WORKSHOP

Course Director: Prof. MAHA YOUSIF

Polysomnography (PSG) is the gold standard tool in various of sleep disorders not only in the diagnosis but in providing the basis of a comprehensive treatment strategy as well. Furthermore, the monitoring of sleep and the interpretation of sleep study findings are complex and require distinct skills especially in the neuro-respiratory aspects. The mastery of this technique is therefore essential for all health professionals who are involved in the management of any patient with a sleep complaint.

This workshop will provide opportunities to understand how a PSG study through a patient hookup demonstration as performed as well as sleep stage and respiratory scoring based on latest American Academy of Sleep Medicine (AASM) guidelines through didactic examples to be scored by trainee. Lastly interpretation of a sleep report with hands-on interpretation examples (each trainee will receive his training materials before the beginning of the workshop).

INTENDED AUDIENCE:

Clinicians and post-graduate students in Neurology, Chest, Psychiatry, ENT, Physiology, and Internal Medicine

BY THE END OF THIS WORKSHOP THE AUDIENCE WILL BE ABLE TO:

1- List indications of PSG
2- Describe the appropriate patient hookup technique of various PSG electrodes and sensors
3- Score various sleep stages and respiratory sleep events according to latest AASM rules
4- Understand and Interpret a sleep report

WORKSHOP SCHEDULE
(3-HOUR WORKSHOP)

Polysomnographic technique: an overview

Prof. Lucy Soliman
Prof. of Chest Diseases, Mansoura University



Polysomnography hook up (Live Demo)

Prof. Lucy Soliman
Prof. of Chest Diseases, Mansoura University



Scoring Sleep Stages

Prof. Maha Yousif
Prof. of Chest Diseases, Menoufia University



Scoring respiratory events during polysomnography

Prof. Safy Kaddah
Prof. of Chest Diseases, Cairo University



Polysomnographic scoring: hands on

Prof. Nesreen Elsayed Morsy
Prof. of Chest Diseases, Mansoura University



Sleep report interpretation

Prof. Iman Galal
Prof. of Chest Diseases, Ain Shams University



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04.00 PM – 06.00 PM

HALL 6



PRE CONFERENCE WORKSHOP

"MANAGEMENT OF TRAUMA & STRESS RELATED SLEEP DISORDERS"

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PROF. ALIA ADEL SALEH

M.D. Psychiatry, Professor of Psychiatry, Faculty of Medicine, Cairo University, European Sleep Research Society (ESRS) board certified in Sleep Medicine.



DR. EMAN ABD ALRAHEEM, M.D

M.D. Psychiatry, Lecturer of Psychiatry, Faculty of Medicine, Cairo University, European Sleep Research Society (ESRS) board certified in Sleep Medicine.



NERMIN HANI

M.Sc. Clinical Psychology, University of South Wales, U.K.
Psychologist & Sleep Behavior Therapist, Cairo Center for Sleep Disorders
European Sleep Research Society (ESRS) board certified in Psychological Sleep Medicine.

WORKSHOP SCHEDULE

(2-HOURSWORKSHOP)

THEORETICAL PART (30 MINUTES)

1- Introduction to Trauma related Sleep Disorders

- Trauma Induced Insomnia
- Nightmare Disorder
- Trauma related NREM and REM Parasomnias
- Nocturnal Panic Disorder

2- Evidence Based Pharmacological interventions in Trauma Related Sleep Disorders and Up dated Guidelines.

PRACTICAL PART 1 (45 MINUTES)

1- Clinical Approach to a patient with Trauma Related Sleep Disorder

2- How to perform a detailed clinical sleep history taking and assess signs and symptoms that are commonly encountered in the above mentioned disorders.

- Case Presentation 1 (video & PSG traces & Questions)
- Case Presentation 2 (Video & PSG traces & Questions)

PRACTICAL PART 2 (45 MINUTES)

1-Psychometric assessment tools that are useful in evaluation of Trauma Related Sleep Disorders.

2-Psychotheraputic and behavioral Interventions use in Trauma Related Sleep Disorders (short overview on each)

- Trauma focused CBT
- Eye Movement Desensitization Therapy (EMDR)
- Imagery Rehearsal Therapy

Conference Program



Thursday - September 19th Princes Fatima Academy - Theater Hall

Registration 9.00 - 10.00

Session 1 - Sleep Related Breathing Disorders

10.00 – 11.00 AM

Chairpersons

Prof. Mohamed Awad Tag El Din Ain Shams University
Prof. Iman Galal Ain Shams University
Prof. Nashwa Hassan Alexandria University
Prof. Lucy Soliman Mansoura University

Time	Speaker	Topic
10.00 – 10.30	**Moderator:** **Prof. Lucy Soliman** Mansoura University **Panellists:** **Prof. Nashwa Hassan** Alexandria University **Prof. Safy Kaddah** Cairo University **Prof. Khalid Ali** Ain Shams University	Cardiovascular Benefits of Treatment of OSA
10.30 – 10.45	**Prof. Iman Galal** Ain Shams University	REM-Related OSA: Myth/Truth
10.45 – 11.00	**Prof. Eptehal Mohammed Dongol** Qena Faculty of Medicine, South Valley University	Sleepiness Beyond OSA Case Presentation

Opening Ceremony

11.00 – 11.30 AM

Session 2 - Sleep Disorders in Neurology

11.30 AM – 12.45 PM

Chairpersons

Prof. Ashraf Abdou Alexandria University
Prof. Maha Yousif Menoufia University
Prof. Nesrine Elmorsy Mansoura University
Dr. Ahmed Eid Abbasya Hospital

Time	Speaker	Topic
11.30 – 11.45	**Prof. Hazem Maarouf** Alexandria University	Sleep Disorders in Parkinson's Disease
11.45 – 12.05	**Prof. Jaidaa Mekky** Alexandria University	Restless Leg Syndrome EVA PHARMA
12.05 – 12.20	**Prof. Ramez Reda** Ain Shams University	Spectrum of Narcolepsy
12.20 – 12.35	**Prof. Wafeek Bahnasy** Tanta University	Sleep Related Cardiovascular Dysautonomia
12.35 – 12.40	**Discussion**	

Break 12.40 – 1.00

Session 3 - Hot Topics in Sleep

1.00 – 2.15 PM

Chairpersons

Prof. Shahira Loza Cairo University
Prof. Afaf Hamed Ain Shams University
Prof. Nadia Hafez Alexandria University
Prof. Alia Saleh Cairo University

Time	Speaker	Topic
1.00 – 1.15	**Prof. Mahmoud Al Wasify** Mansoura University	The Good Night of Pregnant and Postpartum Mama
1.15 – 1.30	**Prof. Mohamed Al Wasify** Mansoura University	Improving The Recognition and Management of Insomnia
1.30 – 1.45	**Prof. Sherine Elmously** Fayoum University	Melatonin Therapy for Sleep Disorders in Parkinson's Disease
1.45 – 2.00	**Dr. Nardene Rizk** Alexandria University	Sleep Better Work Smarter
2.00 – 2.05	**Prof. Jaidaa Mekky** Alexandria University	Melatonin Beyond Sleep NERHADOU
2.05 – 2.15	**Discussion**	

Session 4 - Sleep Across the Age Groups

2.15 – 3.30 PM

Chairpersons

Prof. Lamiaa Afifiy Cairo University
Prof. Noha Sabry Cairo University
Prof. Mohamed Nasr Eldin Cairo University
Prof. Seham El Said Al-Azhar University

Time	Speaker	Topic
2.15 – 2.30	**Prof. Nahed Salah** Ain Shams University	Sleep in Dementia Patients
2.30 – 2.45	**Dr. Dina El Salmawy** Kasr El Ainy University	Screening of Non-Restorative Sleep by Quantitative EEG and PSG
2.45 – 3.15	**Prof. Osama Elkholy** Alexandria University	Sleep Disorders in Children
3.15 – 3.30	**Discussion**	

Session 5 - Treatment Modalities of Sleep Apnea

3.30 – 5.20 PM

Chairpersons

Prof. Heba Sleem — Ain Shams University
Prof. Anwar Elganady — Alexandria University
Dr. Mohamed Mekky — Kafr Elsheikh University
Prof. Radwa Elhefny — Fayoum University

Time	Speaker	Topic
3.30 – 3.50	**Compumedics PSG Symposium**	Going Beyond Routine PSG Analysis: Case Study
3.50 – 4.05	**Prof. Nezar Tawfik** Minia University	Tips and Tricks in Sleep Reports
4.05 – 4.20	**Prof. Heba Gharraf** Alexandria University	CPAP THERAPY
4.20 – 4.35	**Dr. Rania Magdy** Ain Shams University	Oral Appliances
4.35 – 4.50	**Prof. Hossam Barghash** Lubeck University	The Evolving Field of Dental Sleep Medicine
4.50- 5.05	**Prof. Ahmed Elsalmawy** Cairo University	Update in Surgical Management of Snoring and OSA
5.05 – 5.20	**Prof. Nezar Tawfik** Minia University	TOTAL CARE
5.20 – 5.30	**Closing and Remarks**	

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PURE SPOT EVENTS MANAGEMENT

www.purespot.org

HEADQUARTER

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20 YEARS OF EXCELLENCE

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