

JUNE 5-6, 2026

Pisa *Sleep* Award

11 Minutes of Sleep

VII SYMPOSIUM

Friday 5 & Saturday 6 June 2026

Aula Magna, Sciences Area Pontecorvo (Building E)
Largo Bruno Pontecorvo 3, Pisa

◆ PISA SLEEP AWARD 2026 · AWARDEE

Prof. *Peter Achermann*

University of Zurich · Keynote Lecture & Award Ceremony June the 5th h 18.00

UNDER THE PATRONAGE OF

SINC – Italian Society of Clinical Neurophysiology

AIMS – Accademia Italiana Medicina del Sonno

University of Pisa · Pisa University Hospital (AOUP)

AITN – Italian Association of Neurophysiology Technicians



Scientific Programme

FRIDAY, JUNE 5, 2026 · AFTERNOON

15:10–15:45

Opening Remarks & Institutional Greetings

- Riccardo Zucchi** – Rector, University of Pisa
- Angelo Gemignani** – President, School of Medicine
- Enrica Bonanni** – Director, Pisa Sleep Center
- Roberto Ceravolo** – Director, Neurology Residency Program
- Katia Belvedere** – Director, Pisa University Hospital
- Lino Nobili** – President, AIMS

15:45–16:45

11 MINUTES OF SLEEP · SESSION I

Sleep and Other Vigilance States

Chair: Monica Puligheddu, Vladyslav Vyazovskiy

- Tom Deboer** – From Process C to Process S and back: insights from animal models
- Monica Puligheddu** – Vigilance and Quiescence: Physiological Bounds of Sleep in Miniature Organisms
- Luca Baldelli** – Agrypnia excitata and intermediate state of being: an update in 2026
- Vladyslav Vyazovskiy** – Vigilance and Arousal During Hypometabolic States: Insights from Torpor and Anesthesia

17:00–17:15

✦ PISA SLEEP AWARD CEREMONY

Award Presentation

17:15–17:45

Official Laudatio for the Awardee

Vladyslav Vyazovskiy

17:45–18:00

✦ AWARD CEREMONY

Official presentation of the Pisa Sleep Award · Acceptance speech · **Peter Achermann**

18:00–19:00

KEYNOTE LECTURE

Peter Achermann

19:00–20:30



Networking Aperitif & Celebration



Organizing Committee

Monica Fabbrini
Ugo Faraguna
Angelo Gemignani
Michelangelo Maestri
Laura Palagini
Vladyslav Vyazovskiy

Pisa Sleep Award Selection Committee

Enrica Bonanni
Vladyslav Vyazovskiy
Riccardo Zucchi
Angelo Gemignani
Lino Nobili
Erna Sif Arnardóttir

08:30–09:30 11 MINUTES OF SLEEP · SESSION II

Local Sleep, Sleepiness and EEG Activity

Chair: *Marcello Massimini, Monica Francesca Puligheddu*

- **Simone Sarasso** – Sleep-like local and global cortical dynamics after brain injury
- **Raffaele Ferri** – Delta activity in wake and sleep in neurodegeneration
- **Giuseppe Plazzi** – Sleepiness in narcolepsy: neurophysiological variables and effects of treatment
- **Carolina Lombardi** – Residual sleepiness in OSAS: a different entity?

09:30–10:30 11 MINUTES OF SLEEP · SESSION III

New Technology and Algorithms for Sleep

Chair: *Giulio Bernardi, Ugo Faraguna*

- **Jelena Skorucak** – New AI-based technologies for sleep monitoring in children with epilepsy
- **Ornella Gnarra** – Actigraphy and neurodegenerative process: a technological prospective
- **Maria Paola Tramonti Fantozzi** – Is automation of polysomnographic analysis possible?
- **Alessandro Silvani** – Toward better evaluation of novel sleep technologies

10:30–11:00



COFFEE BREAK

11:00–12:00 11 MINUTES OF SLEEP · SESSION IV

Insomnia and Sleep Fragmentation

Chair: *Luigi Ferini Strambi, Rosalia Silvestri*

- **Laura Palagini** – Insomnia in pregnancy and puerperium
- **Leila Tarokh** – Adolescent sleep fragmentation and psychiatric comorbidity
- **Carolina Lombardi** – Melatonin, light and insomnia
- **Luigi Ferini Strambi** – New pharmacological approach and guidelines in insomnia

12:00–13:00 11 MINUTES OF SLEEP · SESSION V

Sleep Apnea

Chair: *Maria Rosaria Bonsignore, Carolina Lombardi*

- **Stefania Redolfi** – New technologies and new parameters for diagnosis and stratification
- **Maria Rosaria Bonsignore** – Precision medicine in sleep apnea patients
- **Giulio Bernardi** – Endotype and phenotype in sleep apnea: does one treatment fit all?
- **Michelangelo Maestri Tassoni** – Are GLP-1 agonists the first option in obese patients with OSA?



CME Accreditation

SCIENTIFIC DIRECTOR

Enrica Bonanni

ECM ID · PARTICIPANTS · HOURS · CME CREDITS

136-483533 · 70 participants · 5 training hours · **5 CME credits**

TARGET AUDIENCE

Neurologists, Psychologists, Psychiatrists, Child Neuropsychiatrists, Pediatricians, Neurophysiology Technicians

EDUCATIONAL OBJECTIVE

Clinical documentation. Diagnostic and rehabilitative clinical care pathways, care profiles – treatment profiles (3) · Process Training Objectives Area

WITH THE UNCONDITIONAL CONTRIBUTION OF



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THE AWARD

The Pisa Sleep Award, a joint initiative by Prof. Piero Salzarulo and Prof. Luigi Murri, is a well-established tradition in the field of sleep research, first instituted in 1994 and sponsored every two years by the School of Medicine of the University of Pisa. The Award recognizes a European scientist whose career has been devoted to the study of sleep, including its physiology and disorders, and whose contribution has represented an outstanding advance in sleep medicine. The 7th "11 Minutes of Sleep" Symposium builds on the successful experience of previous editions (2014, 2016, 2018, 2021, 2022, 2024).

