

VALMONTONE  
ITALY

18-19-20  
OCTOBER

2024



1<sup>^</sup> INTERNATIONAL

SleepTech  
Conference

*Promoting Best Practices in instrumental diagnosis of Sleep Disorders,  
from guidelines to technical scientific research.*

*We advocate for sharing experiences worldwide to enhance the future of Sleep Tech*





## Dearest friends and colleagues

Welcome to SLEEPTECH 2024.

We know that medicine is in continuing advancements, specially in instrumental diagnostic field.

With this congress we want to update you with the continuous diagnostic and therapeutic guidelines in sleep medicine in order to standardize practice not only in Italy but in all the world.

The role of the "Sleep Technologists" in the international context is more or less regulated by training courses that are often extremely different from each other today. Furthermore, skills and career progression are often not recognized by local institutions.

However, thanks to the international guidelines that establish the procedures to be adopted in the instrumental diagnosis of Sleep Disorders, the action in the work context is univocal and unequivocal.

It's necessary to develop a universal training pathway and the acquisition of common skills that allow the emergence in individual States and in relations with healthcare institutions of the interest in regulating in a congruous manner all the aspects deriving from the profession, both in terms of salary and career progression.

In the past years, there have been numerous requests to create same protocols and diagnostic pathways such as to make unambiguous and coherent interpretations of instrumental tests throughout the world. The need to combine the diagnostic with a therapeutic process according to the principle of multidisciplinary is found during national and international conferences of Sleep Medicine. The congresses organized by the World Sleep Society, as well as by the European Sleep Research Society and by local scientific societies, represent these needs. Although organized mainly for physicians, they also dedicate space to Technological Paths given the participation of numerous sleep technologists as well as respiratory physiotherapists and speech therapists.

## Carissimi amici e colleghi

Benvenuti a SLEEPTECH 2024.

Sappiamo che la medicina è in continuo progresso, soprattutto nel campo della diagnostica strumentale.

Con questo congresso vogliamo aggiornarvi sulle linee guida diagnostiche e terapeutiche continue in medicina del sonno per uniformare la pratica non solo in Italia ma in tutto il mondo.

Il ruolo degli "Sleep Technologists" nel contesto internazionale è più o meno regolato da percorsi formativi spesso estremamente diversi tra loro. Inoltre, competenze e progressioni di carriera spesso non sono riconosciute dalle istituzioni locali.

Tuttavia, grazie alle linee guida internazionali che stabiliscono le procedure da adottare nella diagnosi strumentale dei Disturbi del Sonno, l'azione nel contesto lavorativo è univoca e inequivocabile.

È necessario sviluppare un percorso formativo universale e l'acquisizione di competenze comuni che consentano l'emergere nei singoli Stati e nei rapporti con le istituzioni sanitarie dell'interesse a regolamentare in modo congruo tutti gli aspetti derivanti dalla professione, sia in termini di retribuzione che di progressione di carriera.

Nel corso degli ultimi anni sono state numerose le richieste di creare protocolli e percorsi diagnostici identici tali da rendere univoche e coerenti le interpretazioni degli esami strumentali in tutto il mondo. L'esigenza di coniugare il percorso diagnostico con quello terapeutico secondo il principio della multidisciplinarietà si riscontra nei congressi nazionali e internazionali di Medicina del Sonno. I congressi organizzati dalla World Sleep Society, così come dalla European Sleep Research Society e dalle società scientifiche locali, rappresentano queste esigenze. Sebbene organizzati principalmente per i medici, dedicano spazio anche ai Percorsi Tecnologici data la partecipazione di numerosi tecnologi del sonno oltre che di fisioterapisti respiratori e logopedisti



# Scientific COMMETTEE



CARLOS TEIXEIRA, MARGRET VERSPANDOOK, CAROLINE BLANKWOORT, PAOLO MATRIGIANI, IAIN DUNCAN, APOSTOLLIS NIKOLOPOULOS, BATTISTA DI GIOIA, HELENE VITALI, FEDERICA TESTA, ANTONIETTA MARIA PILIERO, LAURA BIANCHI, ANNALISA RUBINO, MANUELA CECILI, FRANCESCO FAMA'

# Scientific PROGRAM

FRIDAY  
18 OCT

08:00 AM WELCOME TO CONGRESS AND PARTICIPANTS  
REGISTRATION

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10:00 AM WELCOME AND INTRODUCTION TO SLEEPTECH 2024  
*Paolo Matrigiani*

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10:10 AM THE AIMS OF 1ST INTERNATIONAL CONFERENCE:  
ESST OBJECTIVES  
*Carlos Teixeira*

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10:20 AM THE INSTITUTIONAL RELATIONSHIP BETWEEN AITN  
AND NATIONAL/INTERNATIONAL PARTNERS  
*Maurizio Vergari*

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10:30 AM THE IMPORTANCE OF MULTIDISCIPLINARY AND  
AUTONOMY OF ACTION ARIR'S PROPOSALS  
*Andrea Lanza*

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10:40 AM THE ROLE OF SPEECH THERAPIST SMOF IN SLEEP  
BREATHING DISORDERS  
*Rosanna Di Giulio*

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10:50 AM "SLEEP: PHYSIOLOGY AND FUNCTIONS"  
*Luigi Ferini Strambi*

*Chairs: Raffaele Ferri, Caroline Blankvoort*

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11:30 AM

*Coffee*  
Break 



PLENARY SESSION 7




PLENARY  
MAGISTRAL LECTURE

# Scientific PROGRAM

FRIDAY  
18 OCT


## "DIGITAL CLINICAL TOOLS IN THE SCREENING OR DIAGNOSIS OF OSA"

*Chairs: Daniela Ferreira-Santos, Annalisa Rubino*

 <b>SYMPOSIA</b> <b>PLENARY ROOM</b>	12:00 AM	OVERVIEW OF NOVEL DIGITAL CLINICAL TOOLS IN OSA <i>Daniela Ferreira-Santos</i>
	12:18 AM	OSABAYES: SMARTPHONE APPLICATION FOR OSA SCREENING <i>Pedro Amorim</i>
	12:36 AM	ABOSA: AUTOMATIC BLOOD OXYGEN SATURATION ANALYSIS <i>Tuomas Karhu</i>
	12:54 AM	SELF-APPLIED SOMNOGRAPHY <i>Matias Rusanen</i>

## "THE BIDIRECTIONAL RELATIONSHIP BETWEEN SLEEP AND REHABILITATION: MUTUAL INFLUENCES AND FUTURE PERSPECTIVES PART 1"

*Chairs: Federica Testa, Laura Bianchi*

 <b>SYMPOSIA</b> <b>ARIA CONFERENCE ROOM</b>	12:00 AM	IMPACT OF SLEEP DISORDERS ON COGNITIVE AND PSYCHOLOGICAL FUNCTIONING: ASSESSMENT SCALES AND COGNITIVE-BEHAVIORAL INTERVENTION STRATEGIES <i>Maria Angela dell'Aquila, Sabrina Velardo</i>
	12:15 AM	BEHAVIORAL INTERVENTIONS FOR SLEEP: SLEEP DISORDERS IN THE AUTISM SPECTRUM <i>Teresa Ciccione</i>
	12:30 AM	THE IMPACT OF SLEEP DISORDERS ON CHILDREN: RECOGNIZING THE SIGN AND OPTIMIZING REHABILITATION <i>Federica Cinelli</i>
	12:45 AM	IMPACT OF SLEEP DISTURBANCES IN NEURODEVELOPMENTAL DISORDERS ON EXECUTIVE FUNCTIONS AND NEUROMOTOR ABILITY: IMPLICATIONS FOR REHABILITATION PROFESSIONALS <i>Domenica Fargnoli</i>
	01:00 PM	ARTICULATORY CHARACTERISTICS OF LANGUAGE, ORAL CAVITY MORPHOLOGY, BREATHING, AND PHENOTYPIC TRAITS <i>Antonella Gatta, Benito Michelizza</i>

# Scientific PROGRAM

FRIDAY  
18 OCT



SYMPOSIA  
PRINCIPE CONFERENCE ROOM

12:00 AM- 01:15 PM "ORAL COMMUNICATIONS2"

*Chairs: Iain Duncan, Margret Verpaandonk*



01:15 PM



Buffet  
Lunch

02:40 PM TECHNICAL WORKSHOP



PLENARY  
MAGISTRAL LECTURE

03:20 PM "NEW METRICS ON OSA SEVERITY"

*Carolina Lombardi*

*Chairs: Luigi Ferini Strambi, Battista Di Gioia*

# Scientific PROGRAM

FRIDAY  
18 OCT



PLENARY SESSION 2

04:00 PM AUSTRALIAN REALITY

*Madison Bailey*

04:15 PM EUROPEAN REALITY

*Carlos Teixeira*

04:30 PM AMERICAN REALITY

*Emerson Kerr*

04:45 PM ASIAN REALITY

*Amber Allen*

04:55 PM

*Coffee*  
Break 

"THE ROLE OF OROFACIAL MUSCLE IMBALANCE IN SLEEP DISORDERS"

*Chairs: Rosanna Di Giulio, Federica Testa*

05:25 PM SLEEP DISORDERED BREATHING IN CHILDREN. A  
STUDY ON A SAMPLE OF 254 PRESCHOOL CHILDREN

*Anna Beghetto*

05:45 PM THE IMPORTANCE OF THE MULTIDISCIPLINARY  
APPROACH TO THE SUBJECT WITH OSAS: CASE REPORT

*Eleonora Crocetta*

06:03 PM SLEEP DISORDERS: A NEURO-MUSCULAR  
EXPLANATION

*Antonio Ferrante*

06:22 PM OSAS: WHAT ABOUT DAILY BREATHING HABITS?

*Valeria Virgili*

SYMPOSIUM

PLENARY ROOM



# Scientific PROGRAM

FRIDAY  
18 OCT



## "SLEEP BREATHING DISORDERS IN CHILDREN: DIAGNOSIS, THERAPY AND FOLLOW UP"

*Chairs: Antonietta Maria Piliero, Battista Di Gioia*

- SYMPOSIA  
ARIA CONFERENCE ROOM**
- 
- 05:25 PM**    **OBSTRUCTIVE SLEEP APNEA IN CHILDREN**  
*Elisabetta Verrillo*
- 
- 05:40 PM**    **NON-INVASIVE VENTILATION IN CHILDREN**  
*Martino Pavone*
- 
- 05:55 PM**    **STARTING A NOCTURNAL LONG-TERM VENTILATION:  
PRATICAL LEVEL**  
*Antonietta Maria Piliero*
- 
- 06:10 PM**    **USE OF TELEMEDICINE IN MONITORING PATIENTS ON  
LONG-TERM VENTILATION**  
*Alessandro Onofri*
- 
- 06:25 PM**    **A PEDIATRIC CLINICAL CASE OF "VERY SEVERE" OSAS**  
*Manuela Cecili*



## "CUTTING-EDGE RESEARCH ON THE MACRO AND MICROSTRUCTURE OF SLEEP"

*Chairs: Ludovica Pasca, Helene Vitali*

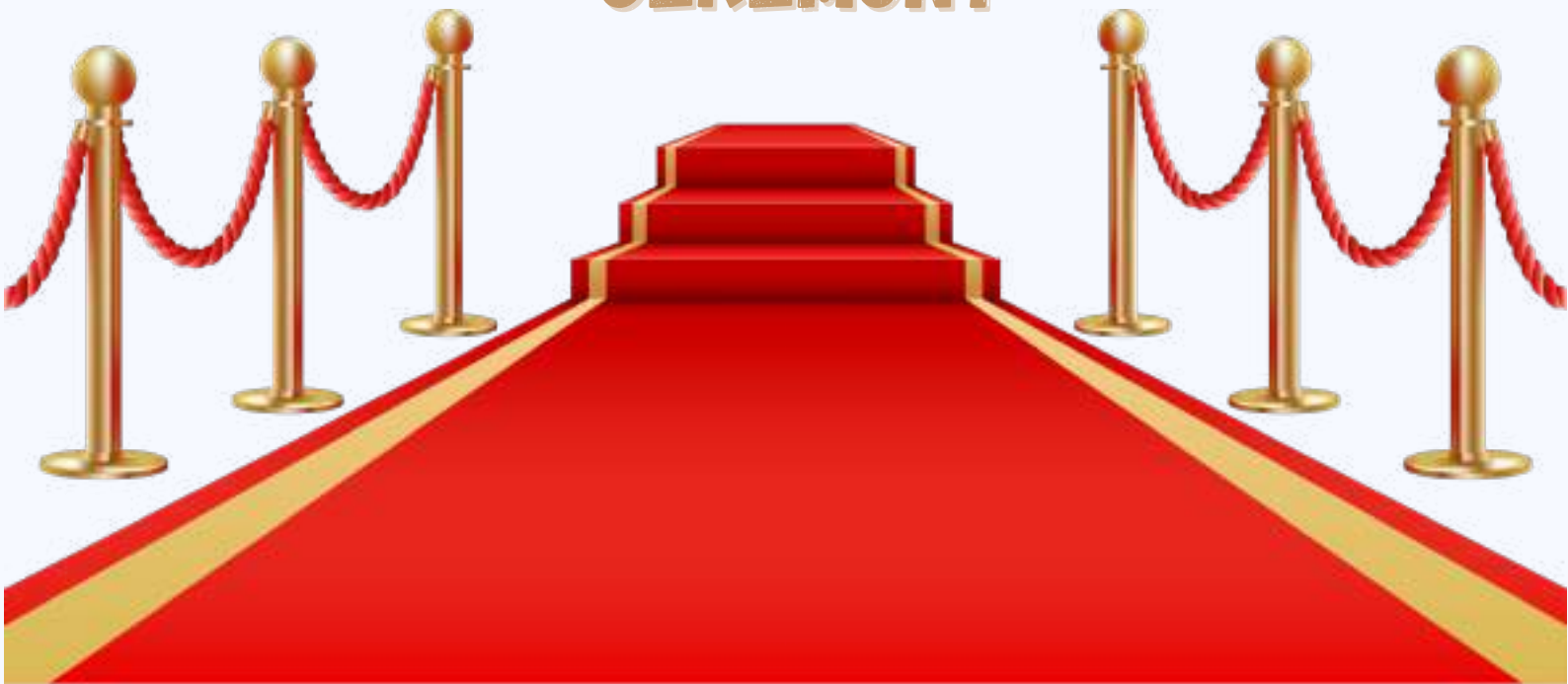
- SYMPOSIA  
PRINCIPE CONFERENCE ROOM**
- 
- 05:25 PM**    **FUNDAMENTAL PRINCIPLES OF SLEEP NEUROPHYSIOLOGY**  
*Chiara Totaro*
- 
- 05:45 PM**    **NEURONAL SYNCHRONIZATION IN EPILEPTOGENIC AND NON-  
EPILEPTOGENIC ZONES DURING SLEEP AND WAKEFULNESS**  
*Maria Giovanna Canu*
- 
- 06:03 PM**    **DEEP DIVE INTO N2 SLEEP: EXPLORING THE ROLE OF SLEEP  
SPINDLES**  
*Helene Vitali*
- 
- 06:22 PM**    **DISTINCTIVE THALAMIC ACTIVATION PATTERNS IN NREM SLEEP  
SLOW WAVES: INSIGHTS FROM EEG-FMRI STUDIES**  
*Damiana Bergamo*



# Scientific PROGRAM

FRIDAY  
18 OCT

# OPENING CEREMONY



## STITUTIONAL GUESTS

Veronica Bernabei - Major of Valmontone City

Pierluigi Sanna- Vice President of Rome Metropolitan City

Eleonora Mattia - Delegate of Regional Council Lazio

Silvia Cavalli - Extraordinary Commissioner of the Local Health Authority of Rome 5

# Scientific PROGRAM

SATURDAY  
19 OCT

09:00 AM WELCOME TO CONGRESS AND PARTICIPANTS  
REGISTRATION

09:00 AM "SLEEP SCORING IN INFANTS AND CHILDREN:  
SPECIFIC FEATURES"

*Oliviero Bruni*

*Chairs: Andrea Romigi – Helene Vitali*

SOCIAL EVENT: INFORMATIVE AND MEETING SESSIONS "WHO WE ARE"

*Chairs: Paolo Matrigiani, Francesco Famà*

10:10 AM ESST AITN ARIR SMOF – WHO WE ARE AND THE  
FUTURE OF ASSOCIATIONS-

*Carlos Teixeira- Maurizio Vergari-*

*Andrea Lanza- Rosanna Di Giulio*



AIPAS – RLS ASSOCIATION INFORMATIVE SESSION

10:10 AM AIPAS - RLS ASSOCIATION INFORMATIVE SESSION  
PRIMO RADUNO NAZIONALE DEI PAZIENTI RLS E OSAS

*Mogavero Paola, Marco Rinaldi,*

*Enrico Brunello, Loreta Di Michele*



Associazione Italiana Pazienti con Apnee del Sonno



RLS - ITALIA  
SINDROME DELLE GAMBE  
SENZA RIPOSO - APS  
RESTLESS LEGS SYNDROME



PLENARY  
MAGISTRAL LECTURE



SYMPOSIA  
PLENARY ROOM



SYMPOSIA  
PRINCIPLE CONFERENCE ROOM

# Scientific PROGRAM

SATURDAY  
19 OCT

11:30 AM *Coffee*  
Break 

EXHIBITION POSTER 



PLENARY  
MAGISTRAL LECTURE

12:30 AM "NARCOLEPSY AND THE OTHER CENTRAL  
HYPERSONMIAS"

*Giuseppe Plazzi*

*Chairs: Lino Nobili – Manuela Cecili*

01:10 PM  *Buffet  
Lunch*

02:00 PM TECHNICAL WORKSHOP



PLENARY  
MAGISTRAL LECTURE

12:30 AM "NEW PATHOPHYSIOLOGICAL PERSPECTIVE OF RLS"

*Maria Paola Mogavero*

*Chairs: Carolina Lombardi – Iain Duncan*

# Scientific PROGRAM

SATURDAY  
19 OCT



## "WORKGROUP ESST: NEUROLYMPICS AND RESPIROLIMPICS"

Organizer: Carlos Teixeira

Chairs: Paolo Martigiani, Margret Verpaandonk

03:30 PM



Speakers: Carlos Teixeira, Caroline Blankvoort

SYMPOSIA  
PLENARY ROOM



## "MULTIDISCIPLINARY APPROACH IN THE SLEEP DISORDERS BREATHING"

Organizer: Annalisa Rubino

Chairs: Annalisa Rubino, Francesco Famà

03:30 PM

SLEEP DISORDERS BREATHING: PNEUMOLOGICAL APPROACH

Paolo Pozzi

03:45 PM

SLEEP DISORDERS BREATHING: PEDIATRIC APPROACH

Maria Pia Villa

04:00 PM

FROM DIAGNOSIS TO MONITORING SLEEP DISORDERS BREATHING

Federica Cattaneo, Annalisa Rubino

04:30 PM

DIFFERENT DEVICES FOR DIFFERENT SLEEP DISORDERS BREATHING

Andrea Lanza

04:45 PM

BEYOND SLEEP BREATHING DISORDERS: A PSYCHOLOGICAL  
APPROACH

Annalisa Sgoifo

SYMPOSIA  
ARIA CONFERENCE ROOM

# Scientific PROGRAM

SATURDAY  
19 OCT

"THE BIDIRECTIONAL RELATIONSHIP BETWEEN SLEEP AND REHABILITATION:  
MUTUAL INFLUENCES AND FUTURE PERSPECTIVES PART 2"



Organizer: *Federica Testa*

Chairs: *Ludovica Pasca, Federica Testa*

SYMPOSIA  
PRINCIPE CONFERENCE ROOM

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03:30 PM THE ROLE OF SPEECH THERAPY IN THE ASSESSMENT AND  
TREATMENT OF SLEEP-DISORDERED BREATHING IN PEDIATRICS:  
MYOFUNCTIONAL APPROACH

*Martina Balzano*

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03:50 PM IMPACT OF POSTURAL AND RESPIRATORY PHYSIOTHERAPY ON  
SLEEP QUALITY: AN OVERVIEW

*Fabio Iavarone*

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04:08 PM THE ROLE OF THE PEDIATRIC DENTIST AND ORTHODONTIST IN  
PEDIATRIC SLEEP DISORDERS

*Valentina Virgili*

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04:25 PM USE OF MAD AND ITS VARIANTS IN SLEEP APNEA AND EFFECTS ON  
BEHAVIOR

*Antonio Pisaniello*

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04:45 PM *Coffee*  
Break 

EXHIBITION POSTER



PLENARY  
MAGISTRAL LECTURE

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12:30 AM SCORING LEG MOVEMENTS ACTIVITY DURING SLEEP:  
AASM VS WASM PLMS SCORING CRITERIA

*Raffaele Ferri*

Chairs: *Maria Paola Mogavero, Laura Bianchi*

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06:00 PM CLOSURE

08:00 PM

GALA  
DINNER



# Scientific PROGRAM

SUNDAY  
20 OCT



PLENARY  
MAGISTRAL LECTURE

08:00 AM WELCOME TO CONGRESS AND PARTICIPANTS  
REGISTRATION

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09:00 AM "OBSTRUCTIVE SLEEP APNEA: FROM "ONE SIZE FITS  
ALL" TO PRECISION MEDICINE"

*Stefania Redolfi*

*Chairs: Giuseppe Plazzi – Francesco Famà*

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"TELEMEDICINE: NEW FRONTIERS IN THE APPROACH TO PATIENTS WITH  
SLEEP BREATHING DISORDERS"

*Organizer: Andrea Lanza*

*Chairs: Andrea Lanza, Paolo Martigiani*

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09:50 AM IMPORTANCE OF PATIENT MONITORING IN SLEEP  
DISORDERS

*Matteo Siciliano*

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10:10 AM TECHNOLOGIES FOR MONITORING AND  
TELEMONITORING

*Beatrice Tani*

---

10:28 AM TELEMONITORING PROGRAMS FOR VENTILATED  
PATIENTS: A STATE OF ART

*Filippo Cuccarini*

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10:45 AM CLINICAL APPLICATIONS IN SLEEP MEDICINE

*Eleonora Furnaro*

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SYMPOSIUM  
PLENARY ROOM

# Scientific PROGRAM

SUNDAY 20 OCT

"SLEEP-RELATED BREATHING DISORDER IN NEWBORN AND 1-TO-12 MONTHS OLD CHILDREN: A MULTIDISCIPLINARY APPROACH TO DIAGNOSES, TREATMENT AND MANAGEMENT"

Organizer: *Francesco Colangelo*

Chairs: *Francesco Colangelo, Battista Di Gioia*



SYMPOSIA  
ARIA CONFERENCE ROOM

09:50 AM	OVERVIEW OF COMMON SLEEP BREATHING DISORDERS IN NEWBORNS AND 1-TO-12-MONTH-OLD CHILDREN: CLINICAL ASPECTS, DIAGNOSTIC INDICATIONS, TREATMENT PATHS AND FOLLOW UP.	<i>Luana Nosetti</i>
10:10 AM	DIAGNOSTIC IN 1-TO-12-MONTH-OLD CHILDREN: HOME MONITORING AND PSG FOR A CORRECT EVALUATION OF SLEEP-RELATED BREATHING DISORDER.	<i>Silvia Rotondo</i>
10:28 AM	TYPICAL PHYSIOLOGICAL VS PATHOLOGICAL PATTERNS IN THE PSG OF THE NEWBORNS AND 1-TO-12-MONTH-OLD CHILDREN	<i>Francesco Colangelo</i>
10:45 AM	THE ROLE OF RESPIRATORY PHYSIOTHERAPIST IN THE TREATMENT AND FOLLOW UP OF THE NEWBORN AND THE 1-TO-12-MONTH-OLD CHILD WITH SLEEP-RELATED BREATHING DISORDERS	<i>Alessia Savoca Corona</i>



SYMPOSIA  
PRINCIPE CONFERENCE ROOM

"ALL THE WAYS TO BE A SLEEP EXPERT"

Organizer: *Annalisa Rubino*

Chairs: *Michele Terzaghi, Annalisa Rubino*

09:50 AM	ALL THE WAYS TO RECORD MOVEMENT DISORDERS IN SLEEP	<i>Francesco Mignani</i>
10:05 AM	ALL THE WAYS TO TEST HYPERSOMNOLENCE	<i>Giulia Neccia</i>
10:20 AM	ALL THE WAYS TO RECORD NARCOLEPSY	<i>Gaia Corosello</i>
10:35 AM	ALL THE WAYS TO RECORD NREM PARASOMNIAS	<i>Elena Capriglia</i>
10:50 AM	ALL THE WAYS TO RECORD REM PARASOMNIAL	<i>Gaetano Malomo</i>

# Scientific PROGRAM

SUNDAY  
20 OCT



PLENARY  
MAGISTRAL LECTURE

11:30 AM



12:30 AM

"PAROXYSMAL MANIFESTATIONS DURING SLEEP"

*Lino Nobili*

*Chairs: Oliviero Bruni, Margret Verpaandonk*



SYMPOSIA  
ARIA CONFERENCE ROOM

ITALIAN SPIN-OFF

*Chairs: Helene Vitali, Laura Bianchi*

01:10 PM CBT-I AND PSYCHOLOGICAL ASPECTS OF SLEEP  
DISORDERS

*Michela Corrias, Federica Farina*

01:10 PM



02:30 PM TECHNICAL WORKSHOP



PLENARY  
MAGISTRAL LECTURE

03:10 PM "MUTUAL INTERACTION BETWEEN SLEEP AND EPILEPSY"

*Andrea Romigi*

*Chairs: Stefania Redolfi - Federica Testa*



# Scientific PROGRAM

SUNDAY  
20 OCT



04:00 PM

**SOCIAL EVENT:**

**ROUND TABLE & CLOSING CEREMONY**

*Round Table between the parties involved in the implementation of the SLEEPTECH Project Association & health institutions*

**THE FUTURE OF THE PROFESSION**

*Amber Allen – C. Teixeira – Paolo Matrigiani*

**HEALTH PROFESSIONALS AND UNIVERSITIES:  
ITALY AND EUROPE**

*Francesco Della Gatta*

**LEGAL PROTECTIONS: ITALY VS EUROPE**

*Mario Antonucci*

**CME: TRAINING CREDITS ACCORDING TO ITALIAN AND  
EU RULES**

*Anna Giulia De Cagno*

*Closing remarks with acceptance of applications for subsequent  
SLEEPTECH events*

*Good bye*

# Endorsement



**AIMS** *Associazione Italiana  
di Medicina del Sonno*



**Ordine**

dei tecnici sanitari di radiologia medica  
e delle professioni sanitarie tecniche,  
della riabilitazione e della prevenzione  
**Roma e Provincia**

# Informations

## CONFERENCE



### WHERE?

VALMONTONE, ROME - ITALY  
PALAZZO DORIA PAMPILJ  
PIAZZA UMBERTO PILOZZI, 00038

### REGISTRATION AND PAYMENT

50 €+ VAT 22% - MD/HEALTHCARE PROFESSIONALS  
25 € + VAT 22% - STUDENTS



for payments received within july 2024

100 €+ VAT 22% - MD/HEALTHCARE PROFESSIONALS  
50 € + VAT 22% - STUDENTS

for payments received from 1 to 31 august 2024

180 €+ VAT 22% - MD/HEALTHCARE PROFESSIONALS  
80€ + VAT 22% - STUDENTS

for payments received from 1 september 2024

# 1<sup>^</sup> INTERNATIONAL

## SleepTech Conference

*We know that medicine is in continuing advancements,  
specially in instrumental diagnostic field*

### CONGRESS VENUE

Doria Pamphilj Palace  
Umberto Pilozzi Square  
00038 Valmontone  
Rome

### CONGRESS WEBSITE

<https://myeventsrl.wixsite.com/sleep-tech-2024>

### ORGANIZING SECRETARIAT

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