

FIRST INTERNATIONAL SLEEP DAYS

Of French West Indies & French Guiana

7, 8 & 9 of March 2024 - Guadeloupe

Sleep Diseases & Complications



EDITORIAL

My dear colleagues and friends,

It is with great pride and iMrsnse honor that we extend a warm welcome to you for the **First International Sleep Days in the French West Indies & French Guiana**, taking place on March 7, 8, and 9, 2024, in Le Gosier, Guadeloupe.

Sleep and vigilance disorders represent a major medical, psychological, and social challenge. We are currently experiencing a transition towards a new era of Wakefulness-Sleep-Connection, characterized by an increasingly fast-paced and connected lifestyle that limits our physiological sleep and rest times.

From our archipelago in Guadeloupe, the young Sleep Society of the Antilles and Guyana (SAGS) has become an essential and active player in various fields of "Somnology." Particularly dedicated to prevention, it regularly communicates with the public and healthcare professionals. It is now committed to medical research on sleep disorders and their complications. Particularly dedicated to prevention, it regularly communicates with the public and healthcare professionals. It is now committed to medical research on sleep disorders and their complications. It is now committed to medical research on sleep disorders and their complications.

Through SAGS, we have the opportunity to build a new crossroads with multiple international intersections, between the Atlantic Ocean and the Caribbean Sea, the Antilles and Guyana, as well as the northern and southern continents.

For this first international congress in Guadeloupe, we have the privilege of bringing together prestigious guests, leading global experts from various backgrounds known for their work in sleep and vigilance disorders, and I would like to thank them iMrsnsely for their commitment.

Through a rich scientific program featuring the latest research and innovations, we will be at the intersection of multiple medical specialties, catering to all generations from children to young adults and the elderly.

This congress is made possible thanks to the iMrsnse dedication of SAGS members, including the President of the Scientific Council, the General Secretaries, as well as the Treasurers of SAGS, not to mention our organizational partners and sponsors.

Welcome, everyone! Kontan vwè zòt!



Dr. David Bessey
Président de la SAGS

SPONSORS



GENERAL INFORMATION



7-8-9

March
2024



CREOLE BEACH HOTEL

Pointe de la Verdure
Le Gosier 97190, Guadeloupe
www.creolebeach.com

WITHDRAWAL OF BADGES

BADGES

Grants access to:

**All sessions,
the exhibitor area, and to two workshops of your choice,
the hotel restaurant from 1:00 PM - delegate area
Valid only for Thursday and Friday lunches.**

Thursday, March 7: from 7:30 a.m.

Friday, March 8: from 8:30 a.m.

Saturday, March 9: from 8:15 a.m.

EVENT COORDINATION OFFICE



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Dr. Adriana Roxana Dobрева

Dr. Jean-Médard Zola

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Dr. André Atallah

Dr. Pascal Lestang

Pr. Joël Belmin

Pr. Nadia Sabbah

Dr. David Bessey

Dr. Jean-Médard Zola

Mrs Régine Denesle

SPEAKERS & MODERATORS

Dr. AGOSSOU Moustapha
Martinique

Pr. DUFLO Suzy
Guadeloupe

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Rochester, Minnesota, USA

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Paris, France

Pr. FRANCO Patricia
Lyon, France

Dr. ONDZE Basile
Mont-de-Marsan, France

Dr. ATALLAH André
Guadeloupe

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Angers, France

Dr. ONEN Fannie
Paris, France

Dr. BARBAT Lorena-Raluca (v)
Guadeloupe

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Bordeaux, France

Pr. PEEVER John
Toronto, Canada

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Brou-sur-Chantereine, France

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Québec, Canada

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Martinique

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Paris, France

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Paris, France

Pr. JANSSENS Jean-Paul
Geneva, Switzerland

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Guadeloupe

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Guadeloupe

Dr. RIHA Renata
Edinburgh, Scotland

Dr. CAPARROS François
Lille, France

Pr. LANNUZEL Annie
Guadeloupe

Pr. SABBAH Nadia
Guyane

Pr. CHAPUT Jean-Philippe
Ottawa, Canada

Dr. LARIFLA Laurent
Guadeloupe

Dr. SABIL AbdelKebir
Paris, France

Dr. DANG-VU Thanh
Montréal, Canada

Dr. LAUNOIS Sandrine
Paris, France

M. SELBONNE Thomas
Guadeloupe

Pr. DAUVILLIERS Yves
Montpellier, France

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Lille, France

Pr. VANDERVEKEN Olivier
Anvers, Belgique

Dr. DE LA GICLAIS Bertrand
Argonay, France

Dr. MARTIN Jennifer L. (v)
Los Angeles, California, USA

Pr. ZEE Phyllis C.
Boston, Massachusetts, USA

Mrs DENESLE Régine
Montréal, Canada

Dr. MESLIER Nicole
Angers, France

Dr. ZOLA Jean-Médard
Guadeloupe

Pr. DIDIER Alain
Toulouse, France

Pr. MONTPLAISIR Jacques
Montréal, Canada

Dr. DOBREVA Adriana Roxana
Guadeloupe

Pr. MORIN Charles
Québec, Canada

(v) : virtual attendance

PROGRAM

Thursday 7 of March 2024

- 7:30** Welcome of guests & participants - Withdrawal of badge
Opening of the stands and exhibitors' space to participants
- 8:00** Congress Opening - Welcome Address by the Presidents and Authorities
Dr. David Bessey, Président de la SAGS
Presentation of the international guests & their topics.
Dr. Marie-Laure Lalanne-Mistrih, President of the SAGS Scientific Council
- 8:30** Plenary conference:
« The New French Recommendations on CSA »
Dr. Sandrine Launois, Paris, France
Moderator : Dr. David Bessey
- 9:15** Plenary conference:
« REM Sleep Behavior Disorder: what's new? »
Pr. Isabelle Arnulf, Paris, France
Moderator : Pr. Jacques Montplaisir
- 10:00** Break, visit of the exhibition hall: Room « Route du Rhum »

10:30 - 11:50 : Parallel Sessions

Room « Fort Royal 1 & 2 » : Sleep & Respiratory Diseases
Room « Fort Royal 3 & 4 » : Narcolepsy



Session 1: Sleep & Respiratory Diseases:

Moderators : Pr. Chantal Raherison/Semjen & Pr. Alain Didier

Parallel Session

Room « Fort Royal 1 & 2 »

- 10:30** OSA & Asthma
Pr. Chantal Raherison/Semjen, Guadeloupe
- 10:50** OSA & Allergy
Pr. Alain Didier, Toulouse, France
- 11:10** OSA & Obesity-Hypoventilation Syndrome: Clinical, Therapeutic, and Evolutionary Aspects in a Martinican Cohort
Dr. Moustapha Agossou, Martinique
- 11:30** OSA & Obesity-Hypoventilation Syndrome: CPAP or NIV ?
Pr. Jean-Paul Janssens, Geneva, Switzerland



Session 2: Narcolepsy:

Moderator : Pr. Patricia Franco

Parallel Session
Room « Fort Royal 3 & 4 »

- 10:30 Narcolepsy in children: Diagnosis & new therapies**
Pr. Patricia Franco, Lyon, France
- 10:50 Narcolepsy in adults: Diagnosis & new therapies**
Dr. Jean-Médard Zola, Guadeloupe & Pr. Yves Dauvilliers, Montpellier, France
- 11:10 Neuroimaging in narcolepsy & other central hypersomnolence**
Dr. Thanh Dang-Vu, Montréal, Canada
- 11:30 Mechanisms of sleepiness in narcolepsy**
Pr. John Peever, Toronto, Canada

12:00 -12:45 : Symposium



Symposium - Room « Fort Royal 1 & 2 » :
Assessment and management of sleepy apneic patients
Dr. Sandrine Launois, Paris, France
Dr. Jean-Pierre Baroin, Brou-sur-Chantereine, France
Moderator : Dr. Kelly Guichard



Symposium - Room « Fort Royal 3 & 4 » :
CPAP treatment: management of non-adherent patients
Dr. AbdelKebir Sabil, Paris, France
Moderator : Dr. Adriana Roxana Dobrev

13:00 Lunch – Exhibitors Space - Hotel restaurant

14:00 - 16:30 : Parallel Sessions

Room « Fort Royal 1 » : Sleep & Metabolic Diseases
Room « Fort Royal 2 » : Sleep & Cardiovascular diseases



Session 3: Sleep & Metabolic Diseases:

Moderators : Dr. Marie-Laure Lalanne-Mistrih & Pr. Nadia Sabbah

Parallel Session
Room « Fort Royal 1 & 2 »

- 14:00 OSA & Insulin resistance; cofactor in the genesis of type 2 diabetes**
Pr. Nadia Sabbah, Guyane
- 14:30 Obesity & Sleep disorders: resistance to weight loss**
Dr. Marie-Laure Lalanne-Mistrih, Guadeloupe

◆ Session 3: Sleep & Metabolic Diseases (continuation):

Moderators : Dr. Marie-Laure Lalanne-Mistrih & Pr. Nadia Sabbah

Parallel Session
Salle « Fort Royal 1 & 2 »

- 15:00 REM Sleep in health & disease**
Pr. John Peever, Toronto, Canada
- 15:30 Prevalence of OSA among patients consulting at the Specialized Obesity Center of Guadeloupe**
M. Thomas Selbonne, Guadeloupe & Dr. Marie-Laure Lalanne-Mistrih, Guadeloupe
- 16:00 Sleep in children & adolescents: the influence of screens & physical activity**
Pr. Jean-Philippe Chaput, Ottawa, Canada

◆ Session 4: Sommeil & maladies cardiovasculaires:

Moderators : Dr. André Atallah & Dr. Laurent Larifla

Parallel Session
Room « Fort Royal 3 & 4 »

- 14:00 OSA & Stroke**
Pr. Didier Leys (v), Lille, France & Dr. François Caparros, Lille, France
- 14:30 OSA & Myocardial Infarction**
Dr. André Atallah, Guadeloupe
- 15:00 OSA & Cardiac amyloidosis**
Pr. Jocelyn Inamo, Martinique
- 15:30 CPAP adherence & MACE**
Pr. Frédéric Gagnadoux (v), Angers, France
- 16:00 OSA, HBP & Pregnancy**
Dr. Renata Riha, Edimbourg, Scotland
- 16:30 Break & visit of the exhibition hall: Room « Route du Rhum »**
- 17:00 Plenary lecture: « Chronobiological dysregulation & impact on health »**
Pr. Phyllis C. Zee, Boston, Massachusetts, USA
President of the World Sleep Society
Moderators : Dr. David Bessey & M. Allan O'Bryan
- 18:00 SAGS General Assembly open to all (& proposal for registration)**
End of the first day

PROGRAM

Vendredi 8 Mars 2024

8:00 Welcome of participants

8:30 Plenary conference:
2024 World Sleep Day Theme: "Sleep and Physical Activity"
Dr. Bertrand De La Giclais, Argonay, France
Moderator : Dr. David Bessey

9:15 Plenary conference:
« Clinical Profiles in Sleep Disorders: Updating to the Era of « Odd ratio Products »
based on EEG-PSG recordings »
Pr. Célyne H. Bastien, Montréal, Canada
Past president of the Canadian Sleep Society
Moderators : Dr. Thanh Dang-Vu & Pr. Yves Dauvilliers

10:00 Break, visit of the exhibition hall: Room « Route du Rhum »

10:30 - 12:30 : Parallel Sessions

Room « Fort Royal 1 & 2 » : Sleep & ENT

Room « Fort Royal 3 & 4 » : Sleep & Major Neurocognitive Disorders



Session 5: Sleep & ENT:

Moderator : Pr. Suzy Duflo

Parallel Session

Room « Fort Royal 1 & 2 »

10:30 OSA & News in Implanted Hypoglossal Nerve Stimulation
Pr. Olivier Vanderveken, Anvers, Belgique

11:00 News in Drug-Induced Sleep endoscopy
Pr. Olivier Vanderveken, Anvers, Belgique

11:30 Maxillo-facial surgery: for who? What to expect ?
Dr. Boris Petelle, Paris, France

12:00 Snoring & mouth breathing from childhood to adulthood
Dr. Lorena-Raluca Barbat (v), Guadeloupe



Session 6: Sleep & Major Neurocognitive Disorders:

Parallel Session
Room « Fort Royal 3 & 4 »

Moderators : Pr. Isabelle Arnulf & Pr. Joël Belmin
Pr. Annie Lannuzel

10:30 Sleep & Parkinson

Pr. Isabelle Arnulf, Paris, France

11:00 OSA & risk of Alzheimer's disease

Pr. Fannie Onen, Paris, France

11:30 Sleep & Cognitive Health: Mechanisms & Clinical Perspectives

Dr. Thanh Dang-Vu, Montréal, Canada

12:00 OSA & Cognitive Decline in the elderly

Dr. Raphaël Heinzer, Lausanne, Switzerland

12:30 - 13:15 : Symposium



Symposium - Room « Fort Royal 1 & 2 » :

OSA & Pregnant women

Dr. Kelly Guichard, Bordeaux, France



Symposium - Room « Fort Royal 3 & 4 » :

Sleep Disorders and Work: What Impacts on Health?

Dr. Adriana Roxana Dobрева, Guadeloupe

Moderator : Dr. David Bessey

13:15 Lunch – Exhibitors Space - Hotel restaurant

14:00 - 16:00 : Parallel Sessions

Room « Fort Royal 1 & 2 » : Insomnia

Room « Fort Royal 3 & 4 » : New PSG biomarkers for CVD risk prediction in OSA



Session 7: Insomnia:

Moderator : Pr. Célyne H. Bastien

Parallel Session

Salle « Fort Royal 1 & 2 »

- 14:00 Sleep Disorders & COVID-19**
Dr. Basile Ondze, Mont-de-Marsan, France
- 14:30 Therapeutic approaches to insomnia: Where are we?**
Pr. Charles Morin, Québec, Canada
- 15:00 Insomnia care today and tomorrow**
Mrs Régine Denesle, Montréal, Canada
- 15:30 Diagnosis & treatment of COMISA**
Pr. Jean-Louis Pépin (v), Grenoble, France



Session 8: New PSG biomarkers for CVD risk prediction in OSA:

Moderators : Pr. Raphaël Heinzer & Dr. André Attalah

Parallel
Session
Room « Fort
Royal 3 & 4 »

- 14:00 Heart rate variability & CVD risk in OSA patients**
Dr. AbdelKebir Sabil, Paris, France
- 14:40 Hypoxic burden & CVD risk in OSA patients**
Dr. Nicole Meslier, Angers, France
- 15:20 Pulse Wave Amplitude Drops & CVD risk in OSA patients**
Pr. Raphaël Heinzer, Lausanne, Switzerland
- 16:00 Break, visit of the exhibition hall: Room « Route du Rhum »**
- 16:30 Round Table: Sleep health around the world**
Pr. Phyllis C. Zee, Boston, Massachusetts, USA
President of the World Sleep Society
Dr. David Bessey, Guadeloupe,
President of the SAG
- 17:15 Plenary session: Post-Traumatic Stress & Insomnia**
Dr. Jennifer L. Martin (v), Los Angeles, California, USA
American Academy Sleep Medicine

PROGRAM

Saturday 9 of March 2024

To better plan the workshops, please register for 2 workshops **by scanning the QR code:**



Registration
for the workshops

7:30 **Participant Registration** - Pre-registered workshops; Each workshop lasts 1.5 hours; Participants may attend a maximum of 2 sessions, subject to availability and unforeseen circumstances.

8:00-9:30 : First Workshop Session:

Workshop 1: Interpretation of a PSG & HSAT: Pitfalls to avoid

Dr. Sandrine Launois, Paris, France & **Dr. Jean-Médard Zola**, Guadeloupe

Workshop 2: Practical aspect of the recommendations on OSA in children

Pr. Patricia Franco, Lyon, France

Workshop 3: Nightmares care

Mrs Régine Denesle, Montréal, Canada & **Dr. David Bessey**, Guadeloupe

Workshop 4: CPAP treatment adherence: prediction & consequences of non-adherence

Dr. AbdelKebir Sabil, Paris, France & **Dr. Renata Riha**, Edimbourg, Scotland

Workshop 5 : OSA & risk of motor vehicle accidents

Dr. Jean-Pierre Baroin, Brou-sur-Chantereine, France

Workshop 6: CSA & Self-assisted Ventilation

Pr. Jean-Paul Janssens, Geneva, Switzerland & **Dr. Moustapha Agossou**, Martinique

9:30 **Break & visit of the exhibition hall: Room « Route du Rhum »**

10:00-11:30 : Second Workshop Session:

Workshop 7: Interpretation of a PSG & HSAT: Pitfalls to avoid

Dr. Sandrine Launois, Paris, France & **Dr. Jean-Médard Zola**, Guadeloupe

Workshop 8: Practical aspect of the recommendations on OSA in children

Pr. Patricia Franco, Lyon, France

Workshop 9: Insomnia care

Pr. Charles Morin, Québec, Canada & **Mrs Régine Denesle**, Montréal, Canada

Workshop 10: CPAP treatment adherence: prediction & consequences of non-adherence

Dr. AbdelKebir Sabil, Paris, France & **Dr. Renata Riha**, Edimbourg, Scotland

Workshop 11: OSA & risk of motor vehicle accidents

Dr. Jean-Pierre Baroin, Brou-sur-Chantereine, France

Workshop 12: CSA & Self Assisted-Ventilation

Pr. Jean-Paul Janssens, Geneva, Switzerland & **Dr. Moustapha Agossou**, Martinique

11:30 Break - Refreshments, cocktail, and Closing Remarks

Dr. David Bessey, President of the SAGS

Dr. Marie-Laure Lalanne-Mistrih, President of the SAGS Scientific Council

M. Franck Perain, President of the Organizing Committee

12:00 Closing of the morning & the Congress



[www.sags-Sommeil .org](http://www.sags-Sommeil.org)

Event Coordination Office :



www.mc-com-medical.fr