

Neurology Track - Year in Review

Dr. Stefani will cover the most relevant recent findings in neurological sleep medicine. In particular, novel aspects in the pathogenesis, genetics, neurophysiological and neuroimaging findings, biomarker characterization (including biofluids and tissue biomarkers), as well as screening, diagnosis, sex-related aspects, clinical implications (including risk of neurodegeneration and of cardiovascular disease), management, and ethics aspects of REM sleep behaviour disorder and its prodromal phases, NREM parasomnias, central disorders of hypersomnolence and restless legs syndrome will be addressed. Moreover, recently published works assessing the interrelationship between sleep and brain health, including those investigating the glymphatic's system function, will be presented.