

PISA SLEEP AWARD 2026, XVII edition

11 MINUTES OF SLEEP

Friday, June 5, 2026

Venue: Aula magna di Scienze area Pontecorvo (Building E).

Largo Bruno Pontecorvo 3, Pisa

Afternoon – Focus: Scientific Sessions and the Elevated Pisa Sleep Award Ceremony

Time	Activity
3:00 PM – 3:10 PM	Registration
3:10 PM – 3:45 PM	Opening Remarks & Institutional Greetings Welcome from the Organizing Committee and Local Authorities. Riccardo Zucchi (Rector of the University of Pisa) Angelo Gemignani (Presidente of University of Pisa School of Medicine) Enrica Bonanni (Director of Pisa Sleep Center) Roberto Ceravolo (Director of the Neurology Residency Program) Katia Belvedere (Director Azienda Ospedaliero Universitaria Pisana) Lino Nobili (President of the Italian Academy of Sleep Medicine)
3:45 PM – 4:45 PM	11 Minutes of Sleep Scientific Session I: Sleep and other vigilance state Chair: Monica Puligheddu, Vladyslav Vyazovskiy • From Process C to Process S and back: insights from animal models – Tom Deboer • Vigilance and Quiescence: Exploring the Physiological Bounds of Sleep in Miniature Organisms - Monica Puligheddu • Agrypnia excitata and intermediate state of being: an update in 2026 - Luca Baldelli • Vigilance and Arousal During Hypometabolic States: Insights from Torpor and Anesthesia - Vladyslav Vyazovskiy
4:45 PM – 5:00 PM	Coffee Break

5:00 PM – 7:30 PM	The "Pisa Sleep Award" Ceremony & Keynote Event
5:00 PM – 5:15 PM	Presentation of the Award By Luigi Murri (Founder of the Pisa Sleep Award) and Enrica Bonanni present the historical significance and mission of the award.
5:15 PM – 5:45 PM	Formal Laudatio to the Awardee Vladyslav Vyazovski
5:45 PM – 6:00 PM	Award Presentation & Acceptance Official presentation of the "Pisa Sleep Award" and the recipient's brief acceptance speech – Peter Achermann
6:00 PM – 7:00 PM	Awardee Keynote Lecture – Peter Achermann
7:00 PM – 8:30 PM	Networking Aperitif & Celebration

Saturday, June 6, 2026

Time	Activity
8:30 AM – 9:30 AM	11 Minutes of Sleep Scientific Session II: Local sleep, sleepiness and EEG activity Chair: Marcello Massimini, Monica Francesca Puligheddu • Sleep-like local and global cortical dynamics after brain injury - Simone Sarasso • Delta activity in wake and sleep in neurodegeneration - Raffaele Ferri • Sleepiness in narcolepsy: neurophysiological variables and effects of treatment - Giuseppe Plazzi • Residual sleepiness in OSAS: a different entity? - Carolina Lombardi
9:30 AM – 10:30 AM	Scientific Session III: New technology and algorithms for sleep Chair: Giulio Bernardi, Ugo Faraguna • New AI-based technologies for sleep monitoring in children with epilepsy - Jelena Skorucak • Actigraphy and neurodegenerative process: a technological prospective - Ornella Gnarra • Is automation of polysomnographic analysis possible? – Maria Paola Tramonti Fantozzi • Toward better evaluation of novel sleep technologies - Alessandro Silvani
10:30 AM – 11.00 AM	• Coffee break
11.00 AM- 12.00 PM	Scientific Session IV: Insomnia and sleep fragmentation Chair: Luigi Ferini Strambi, Rosalia Silvestri • Insomnia in pregnancy and puerperium – Laura Palagini • Adolescent sleep fragmentation and psychiatric comorbidity - Leila Tarokh • Melatonin, light and insomnia – Carolina Lombardi • New pharmacological approach and guidelines in insomnia – Luigi Ferini Strambi

12.00 PM-1.00 PM	Scientific Session V: Sleep apnea Chair: Maria Rosaria Bonsignore, Carolina Lombardi • New technologies and new parameters for diagnosis and stratification – Stefania Redolfi • Precision medicine in sleep apnea patients – Maria Rosaria Bonsignore • Endotype and phenotype in sleep apnea: does one treatment fit all? – Giulio Bernardi • Are GLP-1 agonists the first option in obese patients with OSA? – Michelangelo Maestri Tassoni

Accreditamento ECM
Responsabili Scientifici: Enrica Bonanni
Destinatari: Neurologi, Psicologi, Psichiatri, Neuropsichiatri Infantili, Pediatri, Tecnici della Neuro Fisiopatologia
Partecipanti: 70 - **Ore Formative** 5 - **Crediti ECM** 5
Obiettivo Formativo: Documentazione clinica. Percorsi clinico-assistenziali diagnostici e riabilitativi, profili di assistenza - profili di cura (3)
Area Obiettivi Formativi di Processo
SEGRETERIA ORGANIZZATIVA e Provider ECM
Briefing Studio – Provider ECM n. 136
Via Gioberti, 39 – Pisa - Tel. 050 981242
Web: www.briefingstudio.it - info@briefingstudio.it

RAZIONALE:

The Pisa Sleep Award, a joint initiative by Professor Piero Salzarulo e Professor Luigi Murri, is an established and solid tradition in the sleep field, first established in 1994, and sponsored every two years by the School of Medicine, Pisa University.

The purpose of the Pisa Sleep Award is to acknowledge a European scientist whose career has been devoted to the study of sleep, including its physiology and its disorders, and whose contribution has represented an outstanding advance in sleep medicine

The seventh "11 Minutes of Sleep" Symposium builds on the successful experience of the previous four events, organized back in 2014, 2016, 2018 and 2021, 2022 and 2024.

The unique format of "11 MINUTES OF SLEEP" offers the opportunity for a straightforward debate on some of the core topics of sleep research.

All speakers are invited to raise and address provocative and controversial topics in the field, strictly within an 11 minutes slot. Traditionally, each presentation is followed by a 9-min discussion, during which other speakers of the panel are invited to briefly comment on the talk, with the remaining time devoted to the speaker's reply. At the end of the session, there will be time for questions and answers with all the participants and the audience.

