

# New Frontiers in Insomnia Care

**17:50–19:20, Sunday, October 3, 2021**

Auditorium V, Centro de Congressos de Lisboa (CCL), Lisbon, Portugal

Live stream available on the ECNP online platform

Industry Satellite Symposium on the occasion of the 34th ECNP Congress with educational financial support provided by Idorsia

## Dear Colleagues,

On behalf of my fellow faculty, I am delighted to welcome you to this hybrid industry satellite symposium, supported by an educational grant from Idorsia.

Insomnia is a common condition that presents a significant burden for patients. It has a negative effect on many aspects of daily living, impairing daytime functioning, reducing workplace productivity, and increasing risk of injuries and motor vehicle accidents. Insomnia is also associated with serious long-term health conditions, including psychiatric disorders, cardiovascular diseases, and type 2 diabetes. Unfortunately, current treatment options are suboptimal or not widely adopted. The objectives of this symposium are to discuss the burden of insomnia, to consider the importance of daytime functioning to patients, and to review current treatment options and future innovations for the management of this important sleep disorder.

We look forward to welcoming you to this industry satellite symposium!

## Professor Liborio Parrino

Associate Professor of Neurology at the University of Parma, Parma, Italy

## Program

17:50–18:00	<b>Welcome and introduction</b>	Chair: <b>Liborio Parrino</b> (MD, PhD) University of Parma, Italy
18:00–18:20	<b>Redefining 'success' in insomnia care: daytime functioning</b>	<b>Johan Verbraecken</b> (MD, PhD) Antwerp University Hospital, Belgium
18:20–18:40	<b>The orexin system: a causal target for insomnia therapy</b>	<b>Giuseppe Plazzi</b> (MD, PhD) University of Modena and Reggio Emilia, Italy
18:40–19:00	<b>Daridorexant phase 3 data: the next generation dual orexin receptor antagonist</b>	<b>Diego García-Borreguero</b> (MD, PhD) Sleep Research Institute, Madrid, Spain
19:00–19:20	<b>Panel discussion</b>	All faculty led by Chair, <b>Liborio Parrino</b>



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