

ANNUAL MEETING OF THE EUROPEAN INSOMNIA NETWORK

13th-15th MAY 2026

Università Guglielmo Marconi – Aula Magna Colonna

Via Vittoria Colonna 11, Roma, RM, 00100, Lazio

13/05 Day 1

09:30-12:30 Pre-congress event

14:00-14:30 Welcome coffee and registration

14:30-15:00 Opening and congress presentation

15:00-15:45 Opening Keynote 1: Prof.D. Riemann (Germany): The role of sleep and insomnia for mental health. Chair: K. Spiegelhalter (Germany)

16:00-17:15 Free presentations. Chairs: S. Jernelöv (Sweden), E. Hertenstein (Switzerland)

17:30-19:00 *Symposium 1 / Symposium 2*

Symposium 1.

Where Insomnia Happens: Insights from Immediate vs. Retrospective Perception of Sleep.

Chairs: K. Fehér (Switzerland), B. Feige (Germany).

Symposium 2.

Innovations in Multidisciplinary, Technology-Enabled Insomnia Care: Insights from Australia.

Chairs: S. Kyle (UK), A. Reynolds (Australia).

19:00-20:30 Welcome Cocktail

14/05 Day 2

09:00-10:30 *Symposium 3 / Symposium 4*

Symposium 3

Insomnia and depression: a shared construct through the lens of symptomatology and neurobiology. Chairs: K. Spiegelhalter (Germany), M. Tahmasian (Germany).

Symposium 4

The predictive brain and insomnia disorder: from fundamentals to possible clinical application.

Chairs: P.L. Ratti (UK, Italy), A. Bérubé (Canada).

10:30-11:00 Coffee break

11:00-12:45. The Future of EIN. Chairs: Chairs: A. van Straten (The Netherlands), B. Bjorvatn (Norway).

11:00-11:10 Presentation

11:10-11:30 Goals of the EIN in the near future

11:30-12:45 Let's WIN!: What about a World Insomnia Network?

11:30-11:50 M. Grandner (US, AMERICA)

11:50-12:10 S.X. Li (Hong Kong, ASIA)

12:10-12:30 EUROPE

12:30-12:45: Discussion

12:45-14:00 Lunch (not included in the congress)

14:00-14:45 Keynote 2: Prof. G. Zoccoli (Italy): Gender and sleep health: inputs from basic research.

Chair: V. Lo Martire (Italy).

15:00-16:30 Round Table1/Round Table 2

Round Table 1. Sleep and eating disorders. Chairs: V. Cardi (Italy), C. Lombardo (Italy)

Round Table 2. How pharmacological approaches and psychological interventions can support each other. Chairs: K. Blom (Sweden), L. Palagini (Italy).

16:30-18:00. Posters presentations.

20:00 Social Dinner

15/05 Day 3

09:00-10:30 *Symposium 5 / Symposium 6*

Symposium 5

Adapting Cognitive Behavioural Therapy For Insomnia In The Context Of Somatic And

Psychiatric Comorbidities – Why, When and How?. Chairs: K. Blom (Sweden), N. Tang (UK).

Symposium 6

Sleep and Mental Health Across the Lifespan: From Non-Clinical Populations to Psychopathology. Chairs: M. Sforza (Italy), D. Meneo (Italy).

10:30-11:00 Coffee break

11:00-11:45 Keynote 3: Prof. C.A. Espie (UK): The evolution of cognitive behavioural therapy for insomnia. Chair: S.D. Kyle (UK)

12:00-13:15 A focus on paediatric sleep health/ Free presentations

12:00-13:15. From Pages to Pillow: Story-Based Prevention and Intervention Tools for Better Sleep in Children. Chairs: J. Owens (US), A. Schlarb (Germany)

12:00-13:15 Free presentations. Chairs: N. Barclay (UK), A. Galbiati (Italy)

13:15-14:30 Lunch (not included in the congress)

14:30-16:00 Symposium 7 / Symposium 8

Symposium 7

Inducing and relieving insomnia: Interfering or mediating factors? Chairs: E. Altena (France), C. Bastien (Canada).

Symposium 8

Experiences and issues in the training and dissemination of CBT-I. Chairs: J. Davidson (Canada), D. Gardner (Canada)

16:00-17:00 Nomination of the young investigator prizes. Chairs: E. Altena (France), C. Baglioni (Italy).

17:00-17:30 Closing and election of 5 best posters.

Ore Formative: 14h

Obiettivo Formativo: DOCUMENTAZIONE CLINICA. PERCORSI CLINICO-ASSISTENZIALI/DIAGNOSTICI/RIABILITATIVI, PROFILI DI ASSISTENZA – PROFILI DI CURA

Razionale: Insomnia is a chronic condition that likely affects more than 10% of the European population and is the most common sleep disorder. The European Insomnia Network targets clinicians and researchers across Europe who address the issue of insomnia.

The aims of the European Insomnia Network are to:

Get an overview of how many members of the European Sleep Research Society (ESRS) are actively involved in clinical or research work on insomnia.

Improve the exchange between European insomnia clinicians and researchers.

Establish a structure for an insomnia network as a basis for teaching, clinical and research activities at the EU level.

Organize meetings of European insomnia clinicians and researchers in order to specify and coordinate activities.

Establish insomnia as a research target on the EU level.