

EIN ROME

2026



HOSTED BY: GUGLIELMO MARCONI UNIVERSITY, ROME

DETAILED PROGRAMM

EIN - ROME 2026



DAY 1: WEDNESDAY, MAY 13TH

09:30-12:30 Pre-congress event

14:00-14:30 Welcome coffee and registration

14:30-15:00 Opening and congress presentation

KEYNOTE



Dieter Riemann

University of Freiburg, Germany

15:00-15:45 Opening Keynote 1. Chair: K. Spiegelhalder (Germany)

Keynote of Prof.D. Riemann (Germany): The role of sleep and insomnia for mental health.

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

- Elisabetta Baldi (Italy). Cognitive and emotional correlates of sleep health in the peripartum period: a systematic review
- Kevin Mammeri (Switzerland). Is insomnia a consequence of industrialization and modern anxiety? A cross-cultural study
- Elisabeth Hertenstein (Switzerland). The effect of sleep and sleep deprivation on memory reorganization: an experimental study using the native American story “The war of the ghosts”
- Roxanne Bongers (the Netherlands). Characterizing hyperarousal in insomnia: a multidimensional approach
- Emily Stayner (UK). Sleep interference, misperception, and REM Sleep: unpacking dimensional pathways in insomnia and treatment response
- Iris Haimov (Israel). The impact of war on sleep: exploring connections between trauma and sleep quality
- Joy Perrier (France). Sleep structure and brain changes in grey and white matter integrity in breast cancer patients with insomnia complaints

17:30-19:00 Parallel Symposia

Symposium 1. Where insomnia happens: insights from immediate vs. retrospective perception of sleep. Chairs: K. Fehér (Switzerland), B. Feige (Germany).

- Kristoffer Fehér (Geneva, Switzerland). Sleep depth and its perception.
- Lampros Perogamvros (Geneva, Switzerland). Is our perception of wakefulness a dream?
- Carlotta Schneider (Geneva, Switzerland). Sleep-wake perception in patients with insomnia disorder.
- Kai Spiegelhalder (Freiburg, Germany). How perception of sleep in insomnia relates to psychosocial factors.

DAY 1: WEDNESDAY, MAY 13TH

17:30-19:00 Parallel Symposia - *Continued*

Symposium 2. Inducing and relieving insomnia: interfering or mediating factors? Chairs: E. Altena (France), C. Bastien (Canada).

- Celyne Bastien (Laval, Quebec). Playing online: contribution of tilt and hyperarousal to insomnia.
- Ellemarije Altena (Bordeaux, France). Daytime functioning in insomnia: a focus on coping with vestibular challenges.
- Jason Ellis (Newcastle Upon Tyne, United Kingdom). A novel method to induce acute insomnia (MIMIC).
- Michael Grandner (Arizona, United States). Insomnia with short sleep duration: benefits of systematic sleep time extension (SSTE).

19:00-20:30 Welcome cocktail

DAY 2: THURSDAY, MAY 14TH

09:00-10:30 Parallel Symposia

Symposium 3. Insomnia and depression: a shared construct through the lens of symptomatology and neurobiology. Chairs: K. Spiegelhalder (Germany), M. Tahmasian (Germany).

- Tessa Blanken (Amsterdam, The Netherlands). Investigating insomnia and depression as system of symptoms.
- Andrea Galbiati (Milan, Italy). Mapping sleep architecture in insomnia and depression: beyond and above REM sleep.
- Sarah Schmid (Freiburg, Germany). The impact of sleep health dimensions on the trajectory of depressive symptoms.
- Masoud Tahmasian (Jülich, Germany). From population to clinic: decoding interactions among insomnia, brain, and depression using multivariate and machine learning analyses.

Symposium 4. The predictive brain and insomnia disorder: from fundamentals to possible clinical application. Chairs: P.L. Ratti (UK, Italy), A. Bérubé (Canada).

- Arline Bérubé (Montréal, Canada). Insomnia disorder and the Bayesian (predictive) brain.
- Alessandro Abate (Oxford, UK). A mathematical framework for the (non-)sleeping brain.
- Ritika Mukherji (Oxford, UK). Top-down vs. bottom-up regulation of alertness in animal models.
- Noah Milligan (Newcastle, UK). Bringing the predictive brain approach in clinical practice.

10:30-11:00 Coffee break

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

- 11:00-11:15 Local initiatives: Italian network: summary of the pre-congressual event. S. Cerolini; UK insomnia network. N. Barclay & D. Gavrilloff
- 11:15-11:30 Goals of the EIN in the near future. C. Baglioni
- 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 K. Spiegelhalder (Germany, EUROPE)
- 12:30-12:45 Discussion

12:45-14:00 Lunch break

14:00-14:45 Keynote 2. Chair: V. Lo Martire (Italy).

Keynote of Prof. G. Zoccoli (Italy): Gender and sleep health: inputs from basic research.

KEYNOTE



Giovanna Zoccoli
University of Bologna, Italy

DAY 2: THURSDAY, MAY 14TH

15:00-16:30 Parallel Roundtables

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

- Najwa Basis (Israel) - Sleep as a mediator in the complex behavioral and psychosocial pathways linking religiosity and obesity: a structural equation model in Carmelite Druze adults in Israel.
- Chiara Tosi (Italy) - Virtual reality for mental health assessment: evidence from adolescents at risk for insomnia and eating disorders
- Persefoni Papatheodosiou (Greece) - Nocturnal eating in chronic insomnia: a case report of a sleep-related safety behavior
- Silvia Cerolini (Italy) - From risk to intervention: longitudinal links between insomnia and disordered eating in adolescents
- Ausilia Ferrentino (Italy) - Daytime sleepiness in altered nutritional status: the independent role of binge eating
- Monica D'Amico (Italy) - The relationship between sleep and eating-related symptomatology in a sample of patients from two public health services

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.

Social Dinner

DAY 3: FRIDAY, MAY 15TH

09:00-10:30 Parallel Symposia

Symposium 5. Adapting Cognitive Behavioural Therapy for Insomnia in the context of somatic and psychiatric comorbidities – Why, when and how? Chairs: K. Blom (Sweden), J. Stenfalk (Sweden).

- Nicole K.Y. Tang (Warwick, UK). Is it possible to sleep well with pain? Tailoring CBT-I for people with chronic pain using a hybrid approach.
- Bjørn Bjorvatn (Bergen, Norway). Adapting CBT-I for patients with somatic disorders.
- Joel Stenfalk (Stockholm, Sweden). Insomnia in psychiatry – randomised controlled trials of CBT-I adapted to psychiatric comorbidities in regular care.
- Håvard Kallestad (Trondheim, Norway). What should we do for acute psychiatric inpatients when CBT-I is not an option?

Symposium 6. Experiences and issues in the training and dissemination of CBT-I. Chairs: J. Davidson (Canada), D. Gardner (Canada).

- Susanna Jernelöv (Stockholm, Sweden). Experiences and issues in training and implementation of CBT-I in psychiatry.
- Judith Davidson (Ontario, Canada). The Insomnia Interventions program in Canada: experiences of an interdisciplinary team.
- Simon Kyle (Oxford, U.K.) The role of practice nurses in delivering low-intensity behavioural sleep intervention.
- David Gardner (Nova Scotia, Canada). CBT-I awareness raising among public and primary care providers.

10:30-11:00 Coffee break

KEYNOTE



Colin A. Espie

University of Oxford, United Kingdom

11:00-11:45 Keynote 3. Chair: S.D. Kyle (UK).

Keynote of Prof. C.A. Espie (UK): The evolution of cognitive behavioural therapy for insomnia.

DAY 3: FRIDAY, MAY 15TH

12:00-13:15 Parallel Sessions

From pages to pillow: story-based prevention and intervention tools for better sleep in children. Chairs: J. Owens (US), A. Schlarb (Germany).

- Judith Owens (Boston, US). Now I lay down to sleep. The role of cultural diversity for sleep health disparities: the RESTED framework.
- Teresa Paiva (Lissabon, Portugal). Sleep physiology in children's bedtime books.
- Angelika A. Schlarb (Bielefeld, Germany). Artificial intelligence (AI) in creating bedtime stories.
- Chiara Baglioni (Rome, Italy). Sleep psychoeducation and pre-bed routines in school-aged children.

Free presentations. Chairs: N. Barclay (UK), A. Galbiati (Italy).

- Annemieke van Straten (the Netherlands) - The effectiveness of i-Sleep in autistic adults: a randomized controlled trial
- Ali Amidi (Denmark) - The relative efficacy of individual treatment components in digital cognitive behavioral therapy for insomnia: a Multiphase Optimization Strategy Trial (MOST)
- Yuki Furukawa (Germany) - Cognitive and behavioral therapy for insomnia: a living meta-analytic database of randomized controlled trials
- Daniel Vethe (Norway) - Changes in specific dysfunctional beliefs about sleep domains mediate the effect of sleep-restriction on insomnia severity
- Manuel Schabus (Austria) - Fix the sleep, fix the system: digital CBT-I powered by wearables
- Markus Jansson-Fröjmark (Sweden) - Paradoxical intention as a treatment for insomnia disorder: an uncontrolled trial exploring clinical effectiveness and potential mechanisms
- Rachel Sharman (UK) - Sleep improvement for metabolic health: feasibility trial of a digital sleep treatment in people with insomnia who are at high risk of type 2 diabetes.

13:15-14:30 Lunch break

DAY 3: FRIDAY, MAY 15TH

14:30-16:00 Parallel Symposia

Symposium 7. Innovations in multidisciplinary, technology-enabled insomnia care: insights from Australia. Chairs: S. Kyle (UK), A. Reynolds (Australia).

- Robert Adams (Flinders, Australia). Setting the scene: an overview of insomnia and multidisciplinary care from the physician perspective.
- Nicole Lovato (Flinders, Australia). Integrated care pathways: lessons from Australia's sleep revolution.
- Amy Reynolds (Flinders, Australia). Young adults, shift work and sleep disorders: challenges and emerging solutions.
- Hannah Scott (Flinders, Australia). Advancing digital treatments for insomnia: results from the Home-Based Insomnia Treatment (HoBIT) trial.

Symposium 8. Sleep and Mental Health Across the Lifespan: From Non-Clinical Populations to Psychopathology. Chairs: M. Sforza (Italy), D. Meneo (Italy).

- Marco Sforza (Milan, Italy). Distinct patterns of sleep continuity and architecture in psychiatric disorders: a network meta-analysis.
- Andrea Ballesio (Rome, Italy). Sleep, anxiety, and psychotic-like experiences: longitudinal analysis from the C.A.T.C.H. IN. HE.AD. study.
- Valeria Bacaro (Bologna, Italy). Objective sleep patterns and adolescents' adjustment in natural disasters' aftermath: insights from a longitudinal study.
- Debora Meneo (Rome, Italy). Psychophysiological pathways linking sleep health to peripartum mental health.

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

17:00-17:30 Election of the best EIN Logo, election of 5 best posters and closing

LOCAL ORGANIZING COMMITTEE

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Paola De Bartolo
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This event is endorsed by



DIPARTIMENTO DI
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Research Group in STudying Insomnia in the LifeLenght
- Unimarconi sleep Psychology (STILL-UP)



And by

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Book on a Tree



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PEANUTS By Charles M. Schulz

