The Problem
The female gender has a specific complexity due to the corresponding hormonal and life cycles and the associated societal roles, which altogether interfere with Sleep. However, the gender differences concerning females, in humans and animals, are insufficiently known. The present social and cultural challenges faced by women further potentiate the negative impact upon their sleep. This congress represents a further step in the task force on “Sleep and Society” developed by the organizers in the past years.

Objectives
To improve the knowledge concerning female sleep, while discussing and analysing the corresponding problems
To evaluate the influence of biologic, societal, cultural and lifestyles upon women sleep at all ages.
To evaluate and discuss gender differences within the scope of Sleep Medicine and beyond.
To involve clinicians, scientists, citizens, public and private entities in the discussion and solution of the main deleterious issues.

Organizers
CENC – Center of Sleep Medicine
FCH - Faculdade de Ciências Humanas, Universidade Católica Portuguesa
Centro de Estudos de Promoção e Educação para a Saúde/ FMH/Universidade de Lisboa

Organizing Committee
Teresa Paiva, Cátia Reis, Teresa Rebelo Pinto, Dulce Neutel, Carolina Maruta, Sara Madeira, Mariana Chaves, Joana Castro, Ana Santa Clara
Helena Rebelo Pinto, Rita Francisco, Joana Carneiro Pinto, Augusta Gaspar, Ana Rita Goes
Margarida Gaspar de Matos, Emmanuelle Godeau, Tânia Gaspar

Abbreviations
APS – Associação Portuguesa de Sono
CENC – Centro EEG e Neurofisiologia Clínica – Centro Medicina do Sono
CO – Comité Olímpico
CUF – Hospitais Mello Saúde
ECC – European Constitutional Court
ENFA - European Network of Fibromyalgia Associates
F EdP – Fundação EDP
FADEUP - Faculdade de Desporto da Universidade do Porto
FC – Fundação Champalimaud
FCH-UC – Faculdade de Ciências Humanas da Universidade Católica
FCM-UN – Faculdade de Ciências Médicas da Universidade Nova de Lisboa
FD-UL - Faculdade de Direito Universidade de Lisboa
FMH-UL – Faculdade de Motricidade Humana Universidade de Lisboa
FM-UL - Faculdade de Medicina Universidade de Lisboa
FP-UL - Faculdade de Psicologia Universidade de Lisboa
FUPF – Fundação da Universidade Fernando Pessoa
IMM – Instituto de Medicina Molecular
IPATIMUP - Instituto de Patologia e Imunologia Molecular da Universidade do Porto
ISPA – Instituto Superior de Psicologia Aplicada
OF – Ordem dos Farmacêuticos
PP – Parlamento de Portugal
RTP – Radiotelevisão Portuguesa
SIC - Sociedade Independente de Comunicação
TVI – Televisão Independente
**LISBON SLEEP SUMMIT**

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**Preliminary Program**

**16th May**

17h Opening session
17h30 Keynote - **Worldwide women situation** – Sara Prachel (ECC)
Chairperson: Helena Rebelo Pinto (FCH-UC)
18h30 Welcome reception with Fado

**17th May**

9 h – 9h30 Keynote - **Women Sleep across the world** - Tiina Paunio (Finland)
Chairperson: Margarida Gaspar de Matos (FMH-UL)
9h30 – 10h30 – Panel discussion - **Neurobiology of females’ sleep**
Chairperson: Irene Tobler (Switzerland)

- The Brain – FH Lopes da Silva (The Netherlands); Hormones – Monica Andersen (Brazil); Behavior – Susana Lima (FC; Portugal); Psyche and Lifestyles – Castro Caldas (FCH-UC)

Discussion
10h30 – 11h - Coffee break
11 h – 11h30 - Keynote - **Do female and male clocks tick differently?** – Till Roenneberg (Germany)
Chairperson: Castro Caldas (FCH-UC)
11h30 – 12h30 - Panel discussion - **Mothers’ sleep**
Chairperson: Carla Bentes (FM-UL)

- Pregnancy - Rosalia Silvestri (Italy); – Childbirth and Breastfeeding- Maria do Céu Machado
- The mother and the family – Teresa Ribeiro (FP-UL); Motherhood – Catarina Furtado (RTP, Portugal)

12h30 Lunch time and Posters presentation
14h – 14h30 - Keynote - **Sleep disorders in females** – Ferini-Strambi (Italy)
Chairperson: Rosa Peraita Aadrados (Spain)
14h30h– 15h30 - Panel discussion: **The three companions: Pain, Fatigue and dyssomnia**
Chairperson: Maria Elisa Domingues (Portugal)

- Gender sleep and pain -Helena Bastuji (France); Fatigue in females – Helena Canhão (FCM-UN, Portugal)
- Resisting pain and tiredness - Souzi Makri (ENFA, Cyprus); Fibromyalgia and Rheumatic disorders – Jaime Branco (FCM-UN, Portugal)

Discussion
15h30 - 16h - Coffee break
16h –16h30 - Keynote - **Insomnia in Females** – Eus van Someren (The Netherlands)
Chairperson: Birgit Högl (Austria)
16h30- 17h30 – Panel discussion - **Late in life: Risks, preservation and quality**
Chairperson: Ana Rita Peralta (FM-UL)

- Sleep in elderly women – Marta Gonçalves (CUF, Portugal); Sleep and Excessive Medication – Ema Paulino (OF)
- Sedentarism in the elderly – Fátima Batista (FMH, Portugal); Women Solitude – Filomena Mónica (Portugal)

Discussion
18h – 20h - Oral communications and posters (Chaipersons: Tânia Gaspar, Rita Francisco, Joana Carneiro Pinto, Cátia Reis, Ana Santa Clara, Joana Castro)

**18th May**

9h – 9h30 - Keynote - **Women, work and success** – Rosario Palma Ramalho (FD-UL, Portugal)
Chairperson: Teresa Fragoso (CIG)
9h30 – 10h30 – Panel discussion – **Sleep and Work**
Chairperson: Maria de Belém Roseira (PP-Portugal)

- Multitasking - André J. Szameitat (UK); Shift work – Marco Túlio (Brazil)
- Glass ceiling and career – Christina Spaggiari (Italy); Excessive work and Sleep – Multinational CEO
Discussion
10h30 – 11h - Coffee break
11h – 11h30 - Keynote - Violence, women and sleep - Teresa Paiva (CENC, Portugal)
Chairperson: António Barreto (Portugal)
11h30 – 12h30 - Panel discussion: Sleep in the context of aggression
Chairperson: Margarida Pinto Correia (F EdP)
  Domestic Violence – Conceição Lino (SIC, Portugal); Esthetical imperatives – Fátima Lopes (TVI, Portugal)
  Dreams and survival – Katja Valli (Finland); The burden of guilt – Telmo Baptista (EFPA)
Discussion
12h30 Lunch time and Posters presentation
14h - 14h30 – Keynote - The snoring woman - Walter McNicholas (UK)
Chairperson: Cristina Bárbara (FM-UL)
14h30 – 15h30 - Panel discussion - Breathing, sleep and females
Chairperson: Óscar Dias (FM-UL)
  OSAS comorbidities in females - Erna Arnardóttir (Iceland); CPAP in females - Joaquim Moita (APS, Portugal); Dental
  appliances in females – Marc Braem (Belgium); ENT strategies for females – …
Discussion
15h30 - 16h - Coffee break
16h – 16h30 - Keynote - Women and stress – Luisa Lopes (IMM, Portugal)
Chairperson: Raquel Seruca (IPATIMUP)
16h30 – 17h30 - Panel discussion: The magic triangle: Sleep, Nutrition, Exercise
Chairperson: João Carlos Winck
  Exercise and Sleep – Jorge Mota (FADEUP); Nutrition and Sleep – Mariana Chaves (CENC); Sleep in female athletes:
  Raquel Silva (FUFP, Portugal); Sleep drawbacks in athletes – Susana Costa (CO, Portugal).
Discussion
18h – 20h - Oral communications and posters (Chaipersons: Augusta Gaspar, Gabriela Videira, Dulce Neutel, Carolina Maruta, Ana Rita Goes, Sara Madeira)

19th May

9h – 9h30 - Keynote: Sleep in adolescents: gender matters – Margarida Gaspar de Matos (FMH, Portugal)
Chairperson: José Morgado (ISPA)
9h30 – 10h30 - Panel discussion: Early in life: sleep prevention and education
Chairperson: Helena Rebelo Pinto (FCH -UC):
  Sleep and Development – Oliviero Bruni (Italy); Programs on Sleep Education – Teresa Rebelo Pinto (CENC); Games as
  education tools – Katie Almondes (UFRGS, Brazil); European perspectives - Emmanuelle Godeau (France);
Discussion
10h30 – 11h - Coffee break
11h – 12h - Key note - My Life, My Sleep and I – Public figure
Chairperson: Teresa Paiva (CENC)
12h Closing session
12h30 Lunch time

14h Boat trip in Tagus River