



# I P O K R a T E S

Clinical Seminar



Endorsed by the World Association of Sleep Medicine (WASM)

## Depression, Burn-Out Syndrome and Sleep Disorders

### OBJECTIVES

This postgraduate seminar will provide an UPDATE on depression, burn-out syndrome and sleep disorders for medical doctors mainly working in psychiatry and neurology and also for those medical colleagues in other fields, being confronted with these problems and disorders. These lectures will be based on scientific knowledge and lead from theory to bed-side medicine.

### LECTURERS

Winkelman John	Harvard Med School, Boston, USA
Wetter Thomas C	Psychiatrische Universitätsklinik, University of Zürich, Switzerland
Sievers-Jung Caroline	Max Planck Institute of Psychiatry, Munich, Germany
Lehofer Michael	Landesnervenklinik Sigmund Freud, Graz, Austria
Saletu Zyhlarz Gerda	Medical University Vienna, Austria
Högl Birgit	Innsbruck Medical University, Department of Neurology, Austria

### DATE

May 31 - June 2, 2010; starts at 09:00 a.m.

### PLACE

Innsbruck, Austria; Medizin-Zentrum-Anichstraße

LIMITED NUMBER OF  
PARTICIPANTS: 60

Please note: Only registered participants, NO on site registration !  
Please register via internet: <http://www.ipokrates.info>

PROGRAM DESIGN  
TARGET GROUPS

Högl, B and Simbruner G, Innsbruck  
Doctors, nurses and affiliates of university and non-universitarian hospitals in the field of neurology and psychiatry and related specialities

MAJOR SPONSORS

Dräger, Elsevier, Heinen-Löwenstein, Nestlé Nutrition Institute

LOCAL SPONSORS

LOCAL ORGANIZER

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INFORMATION/REGISTRATION

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internet: <http://www.ipokrates.info>

PARTICIPATION FEES

Single person	before March 31, 2010	€ 300.-
	after April 1, 2010	€ 350.-



# Depression, Burn-Out Syndrome and Sleep Disorders

Innsbruck, Austria  
May 31 - June 2, 2010

## PROGRAM

### MONDAY, MAY 31, 2010

Morning 9:00-12:30

Welcome and introduction

Högl B, Simbruner G

Insomnia: risk factor or early symptom of depression – the chicken or the egg?

Winkelman J

Biomarker in depression: the role of sleep research

Wetter T

*Break*

Aging male: hormonal deficiency and stress

Sievers-Jung C

*Lunch time 12:30-14:00*

Functional imaging of sleep and sleep disorders

Wetter T

Neuropsychiatric aspects in patients with endocrine disease

Sievers-Jung C

### TUESDAY, JUNE 1, 2010

Morning 8:30-12:30

Depression: new diagnostic concepts, differential diagnosis and co-morbidities

Lehofer M

Neuropharmacology of insomnia and depression

Winkelman J

*Break*

Burn-out syndrome and depression: is this a continuum?

Lehofer M

*Lunch time 12:30-14:00*

The key lock principle in treatment of sleep disturbances

Saletu Zyhlarz G

Non-pharmacologic treatment approaches to insomnia

Lehofer M

General discussion

Audience and Faculty

### WEDNESDAY, JUNE 2, 2010

Morning 8:30-12:30

New developments in the treatment of insomnia and depression

Winkelman J

Restless legs syndrome – tightly linked to insomnia, depression and fatigue

Högl B

*Break*

Polysomnography – what can it tell us in the differential diagnosis of insomnias?

Saletu Zyhlarz G

Lifestyle as risk factor for insomnia, burn-out syndrome and depression, and life style changes as treatment?

Lehofer M

General discussion

Audience and Faculty

*End 13:00*