



# Introducing Group 4.2: Sleep and Control of Breathing

It is increasingly recognised that sleep medicine plays a crucial and emerging role in daily pulmonary practice. Due to its specific features it is related to almost any medical specialty. The enthusiasm of physicians and the public awareness for sleep apnoea and its consequences on morbidity and mortality have led to a new public-health issue. Group 4.2 is involved in the field of respiratory sleep medicine and related issues, such as breathing control mechanisms. Group 4.2 forms part of Assembly 4 and was created in the 1990s after the Sleep and Control of Breathing Groups merged.

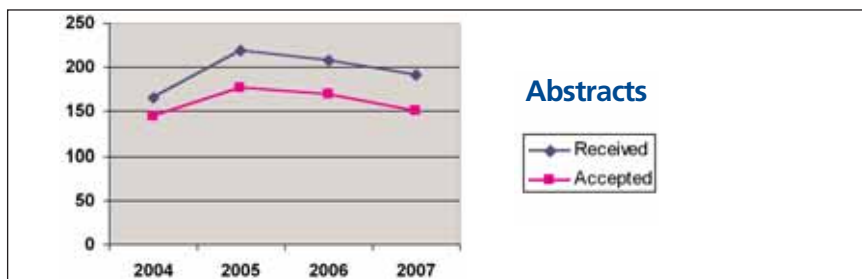


ERS School course on Sleep Medicine, November 10–12, 2005.

## Active involvement at Congress

The presentation of Group 4.2 at the ERS Congress is in direct proportion to the number of abstracts submitted to the Group. Each year we receive around 200 abstracts with an acceptance rate of ~80%, which is close to the overall rate recorded within the other Groups and Assemblies. Group 4.2 accounts for 34% of the total number of abstracts accepted within Assembly 4 and for ~4% of the overall number of abstracts presented at the annual ERS Congress.

The graph shows the trend of abstract submission from Group 4.2 over the past 4 years. During the Group Business Meeting at Congress, the Travel grants on sleep medicine are presented to the three best abstracts. At the 2007 Congress there was the opportunity to organise, for the first time, a practical workshop on CPAP therapy in close collaboration with the CPAP industry. Group 4.2 currently has 281 members from 39 countries, but we have the ambition to increase this number due to the rising importance of sleep in pulmonary practice.



## Promoting sleep medicine in the ERS

In 2006, our group developed a web page on the ERS website, which included a portal page on sleep medicine (sleep-related journals, international and national sleep Societies, patient associations, education, international congresses) and obesity. Other issues, such as international and national sleep guidelines, will be considered in the future. An application has been submitted to start a Task Force Group on sleep medicine, with the aim of developing statement papers and/or guidelines. Together with the European Lung Foundation a fact sheet on sleep apnoea has been produced, which is available in eight languages (English, French, Spanish, Italian, Polish, Russian and Greek).

## Successful School courses

Last, but not least, a very successful ERS School Course on sleep medicine was organised in Antwerp in November 2005, with 74 participants attending from all over the world. The ERS School course was a 3-day programme designed for anyone who wanted to develop a better understanding of a number of important content areas of sleep medicine.

Due to the positive feedback on the high scientific quality of the course lectures and workshops, another School course on sleep medicine is planned to take place in Grenoble (France) in December 2008.

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