

Welcome to the 3rd Clinical Update Sleep at the Royal College of Physicians in London

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Dear Delegates and Faculty,

We are excited to present you the 3rd edition of this bi-annual event. We return to the Royal College of Physicians in the heart of London to deliver a packed parallel-stream programme in the Wolfson Lecture Theatre and the Dorchester Library for one-day only.

The aim of the event is to bring together interested parties in sleep medicine, whether junior student or established senior investigator, local or external, national or international, clinical or academic, we would like to see you together to discuss and enjoy the day.

Today's faculty consists of 36 national and international experts in the field of sleep medicine, from eight different countries. We will cover clinical hypersomnias, parasomnias, insomnias and circadian rhythm disorders in separate sessions. Further dedicated sessions will focus on sleep-disordered breathing, sleep and cognition, as well as hot topics and clinical trials. During the lunchtime break, there will be a moderated poster session in the Osler's Room.

It is a pleasure to welcome Professor Meir Kryger, Yale/US as keynote speaker. He will be talking about "The Mystery of Sleep". Professor Kryger was the first to describe obstructive sleep apnoea in North America and he is the Chief Editor of the most widely used textbook in sleep medicine, *The Principles and Practice of Sleep Medicine*.

The conference proceedings, including the programme, are published exclusively in a special issue of the *Journal of Thoracic Disease*, an open access online journal.

We wish you now an exciting day and hope that you enjoy the hospitality at the Royal College. Watch this space, we will



House of Parliament with Big Ben, London

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doi: 10.21037/jtd.2018.01.92

Conflicts of Interest: The author has no conflicts of interest to declare.

View this article at: <http://dx.doi.org/10.21037/jtd.2018.01.92>

Cite this article as: Steier J; on behalf of the organizing committee. Welcome to the 3rd Clinical Update Sleep at the Royal College of Physicians in London. *J Thorac Dis* 2018;10(Suppl 1):I-II. doi: 10.21037/jtd.2018.01.92