



Call for Abstracts

The Scientific Committee is pleased to invite you to submit abstracts for consideration at the 25th Congress of the European Sleep Research Society to be held in Seville, Spain, 22 – 25 September 2020.

Deadline for submission of abstracts:

Tuesday, 28 April 2020 23:59h CET

The Scientific Committee modified the abstract guidelines in 2020, therefore please **read the preparation guidelines carefully!** The abstract should be prepared according to the below guidelines.

Guidelines for preparation and submission of abstracts

1. Abstracts may only be **submitted online**. Abstracts submitted by fax or email will not be accepted.
2. Abstracts must be submitted and presented in English. Please use UK English spelling and have your abstract proofread for grammar and understanding. Abstracts written on any other language will be automatically removed.
3. The presenting authors of an accepted abstract **must register** and attend the congress.
4. Poster presenters must be present and stand by their poster during their assigned poster session.
5. Provide a short specific title indicating the nature of the investigation. The background and goals of the study should appear clearly to the reader. The methods and results must contain data, and the conclusion should be clearly expressed.

Following structure will be required:

- **Objectives/Introduction**
 - **Methods**
 - **Results** must include primary research results **including sample size and statistical analyses (p value should be defined)**, if the sample size of the dataset is not provided the abstract cannot be accepted (except of case study abstracts)
 - **Conclusions** (avoid evasive statements like "the findings will be discussed")
6. Case studies may be submitted for consideration, however only if it contains new findings/information and extensive evaluation of the case. (Please tick the appropriate box during the submission if you submit a case study)
 7. The title may not exceed 25 words. The abstract text may not be longer than 350 words excluding disclosures.
 8. All abbreviations must be defined the first time they appear in your text (do not define in the title). Example: Ataxia telangiectasia (AT), before being used as an abbreviation only. Do not define or use abbreviations in the title.
 9. Tables, charts or other graphics may not be included and will be deleted by the editors.
 10. Authors should indicate their presentation type preference:
 - Poster presentation only
 - Oral or poster presentation

A selected number of abstracts will be accepted for oral presentation based on their scientific merits. The Scientific programme committee reserves the right to decide on the final allocation and presentation method.

11. Disclosures of potential conflict of interest by all authors and source of funding are mandatory. Each listed author should prepare a one-sentence statement to this effect. (All disclosures should be listed if relevant to the abstract content and all others within the last year.)
12. Please make sure to state your correct e-mail address. After having submitted your abstract, you will receive a confirmation by e-mail with the following information:
 - reference number of your abstract (for correspondence and questions that might arise)
 - personal user code and password.If you do not receive a confirmation by e-mail please contact [ESRS2020\[at\]abstractserver.com](mailto:ESRS2020[at]abstractserver.com).
16. Should you wish to make corrections to an abstract already submitted or if you wish to submit other abstracts later, you may use your personal access codes.

Corrections to abstracts can only be made up to the deadline of Tuesday, 28 April 2020, 23:59h CET.

Abstract topics:

Authors are requested to select a topic under which they wish their abstract to be reviewed.

A. Basic Sleep Science

1. Pharmacology and biochemistry
2. Cell and molecular biology and genetics
3. Ontogeny/aging
4. Neurobiology
5. Physiology
6. Chronobiology
7. Phylogenetic and evolutionary studies
8. Behavior
9. Learning, memory and cognition
10. Dreaming
11. Sleep deprivation
12. Instrumentation and methodology (basic sleep science)
13. Computation / modeling

B. Clinical Sleep Science

14. Sleep Disorders - Breathing
15. Sleep Disorders - Circadian rhythms
16. Sleep Disorders - Insomnia
17. Sleep Disorders - Parasomnias
18. Sleep Disorders - Movement disorders
19. Sleep Disorders - Hypersomnia
20. Neurological Disorders and Sleep

21. Medical Disorders and Sleep
22. Psychiatric and behavioural disorders and sleep
23. Normal Physiology of Sleep and Normal Variants
24. Paediatrics
25. Sleep and aging
26. Sleep and gender
27. Instrumentation and methodology (clinical sleep science)
28. Healthcare services, research and education

Notification

Each abstract will be reviewed by 3 – 4 external experts and final selection will be made by the Scientific Programme Committee. Notification of acceptance or rejection of submitted abstracts will be sent to the presenting/corresponding authors via email in the beginning of July 2020. Full instructions concerning preparation and presentation will be included.

Publication

All accepted abstracts will be published in the Journal of Sleep Research Online as well as on the congress website. Full text of regular abstracts will be published 2 weeks prior to the congress (8 September 2020).

Travel Grants

A limited number of travel grants will support early career researchers and researchers from low-middle income countries with an accepted abstracts. Only the presenting author is eligible for the travel grant. Only those may apply for a travel grant that are not being sponsored or covered by any other sources. The money must be personally collected onsite at the conference and cannot be transferred to other authors. One travel grant will be given per lab (exclusion: young researchers who will present at the “Young Scientists’ Symposium”). Authors from the host country (Spain) are not eligible for travel grants.

1. Early career researchers:

- postdoctoral researchers or clinicians who obtained their PhD or MD less than 5 years ago
- PhD or master student

Please upload an application (consisting of short curriculum vitae with the applicant's age, affiliation, position, publication list and congress participation and certification of enrolment in a PhD or master programme).

2. Researchers from low-middle income countries:

Please upload a proof of home country (copy of passport or ID).

Residents of the listed countries are eligible for the travel grants for “Researchers from low-middle income countries.” Please refer to the list on the website.

Application

Interested scientists should click the appropriate checkbox during the online abstract submission process. You will be required to upload above mentioned documents as proof of eligibility. Prepare this document in one of the following formats: BMP, GIF, JPG or PDF files (size limit 1 MB). Applications without a valid proof or arriving after 28 April 2020 will not be considered.

(If you have difficulties uploading your passport copy, please contact [esrs2020\[at\]abstractserver.com](mailto:esrs2020[at]abstractserver.com)).

The European Sleep Research Society will support young scientists (born on or after **1 January 1985**), who wish to attend the 25th Congress in Seville. Scientists with an excellent abstract accepted for presentation at the meeting will be considered for a travel grant.

Recipients of a Travel Grant will be notified in the end of June 2020, after notification of abstract acceptance.

Young Scientists' Symposium

The European Sleep Research Society will provide a special platform for the presentations of excellent work of young scientists (born on or after **1 January 1985**).

Application

Interested scientists should click the appropriate checkbox during the online abstract submission process. You will be required to upload a proof of age as proof of eligibility.

Prepare this document in one of the following formats: BMP, GIF, JPG or PDF files (size limit 1 MB).

Applications without a valid proof or arriving after 28 April 2020, 23.59h CET will not be considered.

Authors selected for the Young Scientists' Symposium will receive a travel grant, one grant per labour.

Questions?

If you have questions regarding abstracts or need assistance, please contact the abstract team at [abstracts\[at\]congrex.com](mailto:abstracts@congrex.com). Abstract hotline: +41 61 686 77 22 (Monday – Friday during CET business hours). For technical questions please contact [ESRS2020\[at\]abstractserver.com](mailto:ESRS2020@abstractserver.com).

When contacting the abstract team please refer to the name of the congress.