

# Breaking the silence: Insomnia disorder during menopausal transition

Wednesday, 4 March | 15:45–17:15

Level -1, ISGE 3



- 15:45–16:00** ● **Setting the stage: Understanding insomnia disorder during menopause transition**  
Tommaso Simoncini & Zoe Schaedel  
Italy & United Kingdom
- 16:00–16:20** ● **The hidden burden: Unmasking the impact of insomnia disorder during menopausal transition**  
Petra Stute  
Switzerland
- 16:20–16:40** ● **Bridging the gap: Navigating treatment challenges and patient needs during menopausal transition**  
Rosalia Silvestri  
Italy
- 16:40–17:00** ● **Targeted solutions: Daridorexant insights in insomnia disorder during menopausal transition**  
Zoe Schaedel  
United Kingdom
- 17:00–17:15** ● **Panel discussion and Q&A**



This symposium at the 40<sup>th</sup> ISGE Anniversary Congress is intended for healthcare professionals only and is supported by Idorsia Pharmaceuticals Ltd.



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Dear Colleagues,

We invite you to join us at an important scientific satellite symposium, **Breaking the silence: Insomnia disorder during menopausal transition**.

Insomnia disorder is common during menopausal transition, yet it remains underdiagnosed and undertreated. Its impact on quality of life and long-term health outcomes is profound, making it essential for clinicians to understand the burden and explore effective solutions.

Together with our esteemed colleagues **Petra Stute** and **Rosalia Silvestri**, we will provide you with insights into the epidemiology and consequences of insomnia disorder during menopause. The symposium will include practical guidance on current treatment options and the latest research findings and clinical implications of daridorexant.

We believe this discussion will provide you with actionable strategies to improve patient outcomes and enhance your clinical practice.

We look forward to welcoming you and engaging in a meaningful exchange of ideas.

Best regards,



**Zoe Schaedel**  
Brighton and Hove  
Federation Menopause  
Clinic and Myla Health,  
Brighton, United Kingdom



**Tommaso Simoncini**  
University of Pisa,  
Pisa, Italy



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