

Unravelling the Complexities of Chronic Insomnia with Comorbid Depression or Anxiety: A Practical Guide to Management

Lunch available

Monday 7 April, 2025 | 13:15–14:45 CEST

Paris Hall (1st floor), IFEMA Palacio Municipal, Madrid, Spain



- 13:15–13:30** ● **The burden of chronic insomnia in the psychiatric patient**
Eduard Vieta (Chair)
Spain
- 13:30–13:35** ● Patient case part 1
- 13:35–13:50** ● **Diagnostic challenges and clinical guidelines**
Hugh Selsick
United Kingdom
- 13:50–13:55** ● Patient case part 2
- 13:55–14:10** ● **Emerging real-world data on daridorexant for the treatment of chronic insomnia with psychiatric comorbidities**
Laura Palagini
Italy
- 14:10–14:25** ● **Depression and anxiety with chronic insomnia: A holistic approach to treatment**
Pierre-Alexis Geoffroy
France
- 14:25–14:30** ● Patient case part 3
- 14:30–14:45** ● Q&A and panel discussion



Satellite Symposium at the 33rd European Congress of Psychiatry.
Supported by Idorsia Pharmaceuticals Ltd.

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Dear Colleagues,

I am delighted to invite you to join us at a scientific satellite symposium during the 33rd European Congress of Psychiatry. Chronic insomnia is a complex condition that significantly impacts patients' quality of life and mental health, and we will therefore be addressing the **latest developments in the management of chronic insomnia with comorbid depression or anxiety.**

In this symposium, together with esteemed colleagues **Pierre-Alexis Geoffroy, Laura Palagini, and Hugh Selsick**, we will explore the latest standards of care for patients with chronic insomnia and psychiatric comorbidities. We will start by discussing the burden of chronic insomnia in psychiatric patients, including its prevalence, impact on mental health, and economic burden. Following this, we will delve into diagnostic challenges and clinical guidelines for managing insomnia in the context of depression and anxiety.

For a most up-to-date clinical picture on the topic, we will shed light on the emerging real-world data on daridorexant for the treatment of chronic insomnia with psychiatric comorbidities. We will explore its mechanism of action, efficacy, safety, and potential benefits for improving sleep quality, daytime functioning, and mood. Additionally, we will discuss a holistic approach to treating depression and anxiety in patients with chronic insomnia, including both non-pharmacological and pharmacological interventions.

We will wrap up with a Q&A session and panel discussion, providing attendees and experts the opportunity for dialogue and exchange.

We look forward to a lively and stimulating discussion.

Best regards,



Eduard Vieta

University of Barcelona, Barcelona, Spain

