

Evolving pharmacological insomnia treatment and the role of dual orexin receptor antagonists (DORAs): A field in transition

Thursday, 22 October, 2026 | 12:45–13:45

Level 0, Room 0.10

Lunch
available



12:45–13:00 ● **Unmet needs and burden of long-term hypnotic use: clinical policy drivers for a change**

Dieter Kunz (Chair)
Germany

13:00–13:15 ● **Targeting the orexin system in patients with insomnia**

Hugh Selsick
United Kingdom

13:15–13:30 ● **The role of DORAs in the management of patients with insomnia**

Giacomo Grassi
Italy

13:30–13:35 ● **Has the treatment landscape changed? Early impact of DORAs**

Dieter Kunz (Chair)
Germany

13:35–13:45 ● **Panel discussion and Q&A**



Join us at booth #A16

This symposium at the 28th congress of the European Sleep Research Society is intended for healthcare professionals only and is supported by Idorsia Pharmaceuticals Ltd.



Evolving pharmacological insomnia treatment and the role of dual orexin receptor antagonists (DORAs): A field in transition



Thursday, 22 October, 2026 | 12:45–13:45

Level 0, Room 0.10

Dear colleagues,

Insomnia disorder is increasingly recognized as an independent condition, associated not only with disrupted sleep but also with impaired daytime functioning, reduced quality of life, and a range of important health consequences. At the same time, concerns about the long-term use of traditional symptomatic hypnotics, including benzodiazepines, Z-drugs, antidepressants and others have driven efforts to identify more targeted treatment approaches.

Join us at this symposium, where we will explore how advances in sleep medicine have transformed our understanding of insomnia disorder, including the role of orexin-targeted therapies and their use in everyday clinical practice.

Together with esteemed colleagues **Hugh Selsick** and **Giacomo Grassi**, we will discuss current concepts in the management of insomnia disorder, the evolving treatment landscape and the role of the orexin pathway in sleep-wake regulation, and clinical evidence supporting the use of dual orexin receptor antagonists (DORAs), including daridorexant. Drawing on clinical trial data, real-world experience and guidelines, we consider how DORAs are being integrated into routine practice, including in patients with insomnia disorder and psychiatric and cognitive comorbidities such as attention deficit hyperactivity disorder (ADHD).

Ten years after the introduction of the first DORA, this symposium will provide an opportunity to reflect on the impact of this therapeutic class and discuss its place in the future management of insomnia disorder.

We look forward to welcoming you to these scientific discussions.

Kind regards,



Dieter Kunz

Sleep & Clinical Chronobiology, Institute Physiology,
Charité and Clinic Sleep & Chronomedicine, St. Hedwig-Hospital,
Berlin, Germany

