

Forum Talk

Sunday, 28 June | 13:45–14:00

Targeting the orexin pathway to treat insomnia disorder in patients with cognitive decline: a clinical case discussion

Scientific Theatre – Exhibition Hall, Level 2

Join an interactive case-based discussion led by **Claudio Liguori** (Italy) and chaired by **Christina Lang** (Germany)

Satellite Symposium

Monday, 29 June | 12:45–13:45

Managing insomnia disorder to preserve brain health

Budapest Room – Hall 3, Level 0

Lunch
available

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- 12:45–12:55** ● **Brain health, aging and sleep: why neurologists must care**
Ramin Khatami (Chair)
Switzerland
 - 12:55–13:05** ● **Sleep–wake regulation and the orexin system in neurodegeneration**
Mariateresa Buongiorno
Spain
 - 13:05–13:20** ● **Pharmacological evidence targeting the orexin system in insomnia disorder**
Christina Lang
Germany
 - 13:20–13:35** ● **Practical management of insomnia disorder in patients with cognitive impairment and neurodegenerative disease**
Claudio Liguori
Italy
 - 13:35–13:45** ● **Panel discussion and audience Q&A**



The Forum Talk and Satellite Symposium at the 12th Congress of the European Academy of Neurology are intended for healthcare professionals only and are supported by Idorsia Pharmaceuticals Ltd.

Sleep is increasingly recognized as a key contributor to brain health across the lifespan. Insomnia disorder represents a potentially modifiable risk factor for brain vulnerability - yet it remains frequently underdiagnosed and undertreated.

We are pleased to invite you to attend two educational sessions focusing on the clinical management of insomnia disorder and its relevance in the context of brain aging and neurodegenerative conditions.



Forum Talk

Targeting the orexin pathway to treat insomnia disorder in patients with cognitive decline: a clinical case discussion

Chair: Christina Lang

This interactive, case based Forum Talk will explore the role of the orexin pathway in sleep wake regulation and its clinical implications in patients with insomnia disorder, including clinical experience with dual orexin receptor antagonists (DORAs) such as daridorexant. The discussion will be led by **Claudio Liguori** and will encourage audience engagement around real world clinical scenarios.

Satellite Symposium

Managing insomnia disorder to preserve brain health

Chair: Ramin Khatami

Together with **Mariateresa Buongiorno**, **Claudio Liguori**, and **Christina Lang**, this Satellite Symposium will highlight the relationship between sleep wake biology, insomnia disorder, and the implications for preserving brain health. Evidence based perspectives on the identification and management of insomnia disorder will be provided, along with clinical considerations in vulnerable patient populations. The session will include a review of clinical data on daridorexant in patients with insomnia disorder and a discussion on approaches to recognising and managing insomnia disorder in individuals with neurodegenerative diseases.

We believe these sessions will offer clinically relevant insights to support informed decision making and optimize patient care.

We look forward to welcoming you to these scientific discussions.

Kind regards,



Christina Lang
Ulm University,
Ulm, Germany



Ramin Khatami
Center of Sleep Medicine and
Epileptology, Clinic Barmelweid
and Department of Neurology,
Inselspital, University Hospital Bern,
University of Bern, Switzerland

