

**Living with Sleep and Breathing Disorders -
ELF Patient Conference
Saturday 26 April 2025
13:00 – 15:30 BST**

Welcome

Co-chairs: Luca Roberti (Italy) and Prof. Sophia Schiza (Greece)

13:00 Introduction and housekeeping

Session 1: The impact of sleep and breathing disorders

13:15 Patient experience video

13:20 The hidden consequences of sleep and breathing disorders - Clare Williams, UK

13:30 Sleep and breathing disorders and driving – Dr Athanasia Pataka, Greece

13:40 Panel discussion and Q&A

13:55 Break

Session 2: Current treatment

14:05 Patient experience video

14:10 CPAP treatment - Dr Manuel Sanchez de la Torre, Spain

14:25 Alternatives to CPAP – Prof. Dries Testelmans, Belgium

14:35 Panel discussion and Q&A

14:50 Break

Session 3: Looking to the future

15:00 Future innovations in sleep and breathing – Dr Matteo Siciliano, Italy

15:10 Panel discussion and Q&A

15:25 Take home messages

15:30 End