

Belgian
Association for
Sleep research and
Sleep medicine

www.belsleep.org



BASS Spring Meeting 2026

Friday June 5

Domaine d'Arondeau

The future is now



Venue

Domaine d'Arondeau
Rue d'Arondeau 29, 7601 Péruwelz
www.domainedarondeau.com

Registration

www.belsleep.org

Fee

BASS members: free (100€ after 29/05/2026)
Non-members: 80 € (100€ after 29/05/2026)

How to reach

E42 Mons - Tournai
Sortie 29 Bon Secours/Péruwelz

Accreditation

has been requested





Program

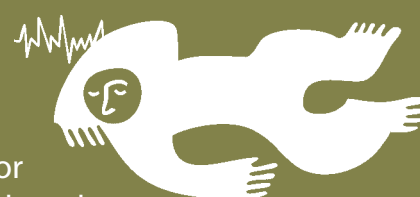
Arrival and registration with coffee		08:30 - 09:00
Welcome and introduction <i>Dries Testelmans, president of the BASS & Marie-Odile Bleuzé, local organizer</i>		09:00 - 09:15
Morning Session		
Chairs: An Mariman – Marie-Odile Bleuzé		
Hidden behaviours of sleep: sexsomnia and nighttime eating <i>Isabelle Arnulf, Paris, France</i>		09:15 – 10:00
Understanding and improving sleep health in Belgian adolescents <i>An Vandendriessche, Gent</i>		10:00 – 10:30
Research in brief 1: Orexin-agonists <i>Mélanie Strauss, Brussels</i>		10:30 – 10:45
Coffee/tea break		10:45 – 11:15
Chair: Dries Testelmans – Nigitha Van Doorn		
From polysomnography to wearables: the evolution of sleep monitoring <i>Lucas Demey, Brussels</i>		11:15 – 12:00
Research in brief 2: AI as predictor of health issues <i>Mélanie Strauss, Brussels</i>		12:00 – 12:15
Walking lunch		12:15 – 13:30
Afternoon Session		
Chairs: Marie Bruyneel – Nicolas Duhamel		
Psychiatric (co)morbidity in OSA: a hidden problem <i>An Mariman, Gent</i>		13:30 – 14:00
Therapeutic potential of GLP-1 receptor agonists in OSA <i>Eveline Dirinck, Antwerp</i>	Parallel Session Psychologists	14:00 – 14:30
Accreditation of Belgian sleep centers <i>Dries Testelmans, Leuven</i>		14:30 – 14:45
Coffee/tea break		14:45 – 15:15
Chairs: Bertien Buyse – Sonia Scaillet		
Research in brief 3: KPAP <i>Dries Testelmans, Leuven</i>		15:15 – 15:30
Hypoglossal nerve stimulation: current evidence <i>Olivier Vanderveken, Antwerp</i>		15:30 – 16:00
Residual sleepiness in OSA: insights from the pitolisant MNP <i>Johan Verbraecken, Antwerp</i>		16:00 – 16:30
Closing remarks		16:30 – 16:35



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