2021 ANNUAL MEETING
FRIDAY JUNE 25, 2021
COMMITTED TO ADVANCING BASIC & CLINICAL RESEARCH ON RLS
ABOUT IRLSSG
International RLS Study Group (IRLSSG) is a nonprofit organization of professionals committed to advancing basic and clinical research of restless legs syndrome (RLS). IRLSSG works together to provide scientific and medical information to professionals and the public.

MEMBERSHIP
Membership in IRLSSG is open to professionals, students, and paraprofessional staff who work in an area related to RLS research or clinical practice. Benefits of membership include access to digital and in-person learning events, numerous networking opportunities, and the opportunity to participate in IRLSSG programs and committees.

HOW TO ATTEND MEETING?
The 2021 Annual Meeting will occur online on Friday, June 25. The online meeting platform is hosted by World Sleep Society. Members can attend the meeting for free and will retain on-demand access to the presentations through 2021. After registering, the attendee will receive a unique, individual link to access the meeting. Only the registered individual can use the link.

Members can register through the World Sleep Society website here: worldsleepsociety.org/2021-virtual-meeting

IRLSSG SESSION COMMITTEE

Lourdes DelRosso (United States)
Seattle Children’s Hospital and the department of Pediatrics at the University of Washington School of Medicine

Aaro Salminen (Germany)
Institute of Neurogenomics, Helmholtz Zentrum München

Denise Sharon (United States)
Tulane School of Medicine

John Winkelman (United States)
Harvard Medical School and the Sleep Disorders Clinical Research Program in the Department of Psychiatry at Massachusetts General Hospital
LOCAL START TIMES

All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed online at timeanddate.com. Program Start Time by Time Zone and Color-Coded by Date. Upon logging in to the virtual event platform, dates and start times will be posted in your local time zone.

Program Start Time by Time Zone

<table>
<thead>
<tr>
<th>MEETING PROGRAM</th>
<th>UTC (-7)</th>
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<th>UTC (+1)</th>
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<td>SESSION TITLE</td>
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<td>SESSION 20</td>
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<td>London</td>
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<td>TRENDS</td>
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FRIDAY, JUNE 25, 2021
SESSION 20  |  RLS MANAGEMENT AND RESEARCH TRENDS  
12:00PM to 5:15PM UTC

PART ONE:  
KEYNOTE  
12:00pm-12:05pm  
Introduction and year in review  
John Winkelman (United States)

12:05pm-12:30pm  
Richard P. Allen memorial keynote  
Christopher Earley (United States)

PART TWO:  
RLS GENETICS AND ANIMAL MODELS  
Moderator: Aaro Salminen (Germany)

12:30pm to 12:45pm  
Spinal reflexes in an iron-deficient model of RLS: Role of dopamine and adenosine receptors  
Stefan Clemens (United States)

12:45pm to 1:00pm  
New developments in RLS genetics  
Konrad Oexle (Germany)

1:00pm to 1:15pm  
Contrasting painless and painful phenotypes of pediatric RLS: A twin family study  
David Champion (Australia)

PART THREE:  
ASK THE EXPERT: MANAGEMENT OF PEDIATRIC RLS  
Moderator: Lourdes DelRosso (United States)

1:15pm to 1:45pm  
Ask the expert  
Experts: Daniel Picchietti (United States), Rosalia Silvestri (Italy), Arthur Walters (United States)

PART FOUR:  
SOCIO-ECONOMIC AND EPIDEMIOLOGICAL ASPECTS OF RLS  
Moderator: Ambra Stefani (Austria)

1:50pm to 2:05pm  
Socio-economic impact of RLS  
Claudia Trenkwalder (Germany)

2:05pm to 2:20pm  
Treating RLS was associated with low-risk CVD  
Xiang Gao (United States)

PART FIVE:  
ASK THE EXPERT: MANAGEMENT OF RLS IN ADULTS  
Moderator: Joseph Berkowski (United States)

2:20pm to 2:50pm  
Ask the expert  
Experts: Christopher Earley (United States), Diego Garcia-Borreguero (Spain), Birgit Högl (Austria), John Swieca (Australia), Naoko Tachibana (Japan)

Continued next page
WAYNE HENING YOUNG INVESTIGATORS AWARD | 2:50PM to 3:35PM UTC
Moderator: Rochelle Zak (United States)

2:50pm to 2:53pm
Introduction
Rochelle Zak (United States)

2:53pm to 2:56pm
Signs of sympathetic and endothelial cell activation in the skin of patients with restless legs syndrome
Melanie Bergmann (Austria)

2:56pm to 2:59pm
Efficacy of a physical activity intervention for managing restless legs syndrome in multiple sclerosis: A pilot randomized controlled trial
Katie LJ Cederberg (United States)

2:59pm to 3:02pm
The seasonal pattern of restless legs syndrome in a sample from the Korean health insurance review and assessment service national database
Seongmin Oh (Republic of Korea)

3:02pm to 3:05pm
Restless legs syndrome and periodic limb movements in 86 patients with multiple sclerosis
Davide Sparasci (Switzerland)

3:05pm to 3:08pm
Characteristics of augmented RLS patients on dopamine agonists at a tertiary referral center
Jonathan Adrian Yeung Laiwah (United States)

3:08pm to 3:35pm
Questions and answers
Rochelle Zak (United States)

SESSION 20 | RLS MANAGEMENT AND RESEARCH TRENDS
12:00PM to 5:15PM UTC

PART SIX:
PATHOPHYSIOLOGY AND TREATMENT OF RLS
Moderator: Garima Shukla (Canada)

3:40pm to 3:55pm
Association of proton pump inhibitor and histamine H2 receptor antagonist with RLS
Eric Earley (United States)

3:55pm to 4:10pm
A potential role in RLS for zinc
Arthur Walters (United States)

4:10pm to 4:25pm
Buprenorphine for RLS
David Rye (United States)

PART SEVEN:
ASK THE EXPERT: MANAGEMENT OF RLS IN ADULTS
Moderator: Brian Koo (United States)

4:25pm to 4:55pm UTC
Ask the expert
Experts: Luigi Ferini-Strambi (Italy), Mauro Manconi (Switzerland), David Rye (United States), Michael Silber (United States), Claudia Trenkwalder (Germany)
All times listed in scientific program are in Coordinated Universal Time (UTC). A detailed UTC map can be viewed on page 3 of this program or online at timeanddate.com

PART EIGHT: DISCUSSION OF IRLSSG ONGOING PROJECTS
4:55pm to 5:15pm UTC
Q&A of IRLSSG ongoing projects
Moderator: Stephany Fulda (Switzerland)

Panelists: Lourdes DelRosso (United States), Raffaele Ferri (Italy), Stephany Fulda (Switzerland), Diego Garcia-Borreguero (Spain), Aaro Salminen (Germany), Arthur Walters (United States)

Project presentations are available on demand starting June 10.

Animal models
Aaro Salminen (Germany)

Scoring of RSD
Raffaele Ferri (Italy)

Leg movement detection
Stephany Fulda (Switzerland)

Spark PLMD
Stephany Fulda (Switzerland)

Pediatric PLMD
Lourdes DelRosso (United States)

Pediatric RLS
Arthur Walters (United States)

Future treatment of RLS
Diego Garcia-Borreguero (Spain)

IRLSSG MEMBER MEETING | 5:15PM TO 5:30PM UTC

NETWORKING | 5:30PM TO 6:00PM UTC

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To become a member visit irlssg.org
Wayne Alfred Hening, MD, PhD was a pioneer of Restless Legs Syndrome research. His lasting legacy is his extensive work on every aspect of RLS, including clinical studies, therapeutic trials, epidemiological, circadian, imaging and genetic studies. Among his major contributions is the development of RLS diagnostic criteria and diagnostic and severity scales.

Dr. Hening was determined to promote the field of RLS research. He organized the first international symposium on RLS in 1994, was one of the founders of the World Association of Sleep Medicine (WASM) and worked and chaired many sections and committees that shaped RLS research. Dr. Hening was instrumental in starting the International Restless Legs Study Group (IRLSSG) and served as its secretary until his death.

In his collaborations with his numerous colleagues, Dr. Hening proved to be a true scientist first and foremost. He published extensively, edited and co-edited several books and was a driving force in founding the international journal Sleep Medicine and serving as its Associate Editor. His seemingly unlimited knowledge, tireless work and brutal, but disarming intellectual honesty gained him a reputation of an ideal partner among his colleagues and mentor for the younger generation of RLS researchers.

Dr. Hening’s creative genius seemed to be nourished by his widely diverse interests. He was fascinated by different cultures and was an indefatigable world explorer. He was a connoisseur of music, wine and food. An avid reader not only of medical science but also of literature, art, philosophy and poetry, Wayne also wrote some fine poetry with one poem published in Sleep Medicine.

Dr. Hening was a giant of a man that combined scientific curiosity and achievements with a gentle considerate soul. He left us with a mandate to continue his legacy and work for a better understanding of RLS. His hope was that more investigators would become interested in RLS research.