

European Restless Legs Syndrome Study Group

Annual Meeting, Friday, 12th December 2025
and Symposium, Saturday, 13th December 2025

“Pavillon”, Klinikum Rechts der Isar, Munich, Germany



Agenda

Friday, 12th December 2025

Welcome and Literature Survey

09:05-09:25 RLS publications in the last 12 months
Wolfgang Oertel (EURLSSG President), Germany

Epidemiology and genetics in the clinic

Chairs: Klaus Berger, Germany and Barbara Schormair, Germany

09:25-09:45 Genetic risk factors for RLS in end-stage renal disease
Noah Risse, München, Germany

RLS and the autonomic system

Chairs: Roselyne Rijsman, The Netherlands and Wolfgang Oertel, Germany

09:45-10:05 RLS as surrogate for more generalized dysautonomia
Olli Polo, Finland

10:05-10:25 Significance of central sensitization in the disease process of restless legs syndrome
Yuichi Inoue, Japan

10:25-11:00 - *Coffee break* -

The role of iron and dopamine systems in RLS

Chairs: Stefan Clemens, USA and Claudia Trenkwalder, Germany

11:00-11.25 Intravenous iron treatment in patients with restless legs syndrome and Revisiting ferritin thresholds in restless legs syndrome: a sub-analysis of intravenous ferric carboxymaltose treatment
Celia Garcia Malo, Spain

RLS and comorbidity in neurological and psychiatric disorders

Chairs: Federica Provini, Italy and Lucia Muntean, Germany

- 11:25-11:45 Prevalence and predictive factors of RLS in Thai patients with Parkinson's disease: A preliminary report
Jindapa Srikajon, Thailand
- 11:45-12:05 Description and preliminary data of a large population of RLS inpatients from a specialised center of Movement Disorders (Paracelsus Elena Klinik)
Isabel Karger, Germany
- 12:05-12:20 Depression and anxiety among people with insomnia with and without RLS
Haykuhi Hovakimyan, Armenia
- 12:20-12:35 RLS and PLMS in nocturnal epilepsy vs NREM parasomnia
Elza Balian, Armenia
- 12:35-13:30 - *Lunch* -

Emerging new treatment options, pharmacological and non-pharmacological strategies

Chairs: Yves Dauvilliers, France and Samson Khachatryan, Armenia

- 13:30-13:50 Managing the hyperdopaminergic state of RLS with augmentation: the "bridging" utility of a dopaminergic pathway-stabilizing drug such as aripiprazole
Celia Garcia Malo, Spain
- 13:50-14:10 Daridorexant treatment for chronic insomnia in RLS
Claudio Liguori, Italy
- Industry partner**
- 14:10-14:40 Daridorexant in patients with insomnia disorder and comorbid restless legs syndrome: rationale and design of a non-interventional data collection study
Talitha Bakker, Idorsia Pharmaceuticals Ltd, Switzerland
- 14:40-14:50 ***Discussion: clinical trial concepts and design on augmentation***

RLS, Hormones, Circadian Rhythm, Microbiome

Chairs: Celia Garcia Malo, Spain and Stephany Fulda, Switzerland

- 14:50-15:05 Sex and gonadotropin hormones in the context of RLS
Sofia Kasradze, Georgia
- 15:05-15:25 Analysis of gut microbiota in RLS: searching for metagenomic signature
Angelica Montini, Spain / Italy
- 15:25-15:40 RLS after awakening at night: a separate phenotype yet underrecognized – a case-based concept discussion
Samson Khachatryan, Armenia
- 15:40-16:10 - *Coffee break* -

RLS Guidelines

Chair: Ambra Stefani, Austria and Katharina Glanz, Germany

- 16:10-16:25 An update on treatment guidelines for RLS in Japan
Yukiyoshi Sumi, Austria
- 16:25-16:40 Patient-perspective on guidelines (input sent to EAN RLS-guideline group)
Sören Berg, Sweden
- 16:40-17:00 Comments on the AASM recommendations for the treatment of RLS
Lucia Muntean, Samson Khachatryan - open round discussion

RLS Young Researcher Award

Chair: Joachim Paulus, Germany

- 17:00-17:20 German RLS Society: Ceremony and Lecture
Winner of the Award: Amedeo De Grado, Italy
"Fragments of Central and Peripheral Excitability Changes in Restless
Limbs Syndrome"

EURLSSG e.V. business meeting (*EURLSSG members only*)

- 17:30– 18:30 **General EURLSSG Meeting**

Walk/travel to Hotel and then to / or directly to Dinner Place

- 19:30** **Dinner „Zum Franziskaner“**
Residenzstraße 9, 80333 Munich

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Saturday, 13th December 2025

Welcome and Introduction

08:55-09:00 *Wolfgang Oertel (EURLSSG President), Germany*

Industry Session

Chairs: Cristian Falup-Pecurariu, Romania and Ambra Stefani, Austria

09:00-09:45 TOMAC (Nidra) neurostimulation therapy in patients with refractory RLS; interim results from the THRIVE post-market observational study.
Jonathan Charlesworth, Noctrix Health, Inc., USA

Restlessness, RLS, ADHD and maternal sleep: Compromised iron homeostasis in animal models and its manifestation in the clinic

Chairs: Osman Ipsiroglu, Canada and Stefan Clemens, USA

09:45-10:00 Central Iron Deficiency. Take-home Messages from Animal Studies
Stefan Clemens, USA

10:00-10:15 RLS and PLMS during pregnancy and puerperium: Data from the Life-ON Study
Silvia Riccardi, Switzerland

10:15-10:30 Mother/Child-Cohort studies in the EU. Sleep-related Outcome Measures
Marianna Karachaliou, The Netherlands

10:30-10:45 Iron Deficiency Screening beyond RLS: Take-home Messages from the clinic
Osman Ipsiroglu, Canada / Austria

10:45-11:30 - *Coffee break* -

Common Projects

Chairs: Wolfgang Oertel, Germany, Federica Provini, Italy

- 11:30-12:00 Data Base Augmentation
Federica Provini, Italy
- 12:00-12:20 Website
Wolfgang Oertel and Burkhard Panier, Germany
- 12:20-12:50 International PLMS Task Force Update: 2026 PLMS Rules Revision,
Automated LM Detection Standards, and 10-year Roadmap
Stephany Fulda, Switzerland
- 12:50-14:00 - *Lunch* -
- 14:00** ***End of Meeting***