

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



Preliminary 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, Barbara Schormair, Germany

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

RLS and the autonomic system

Chairs: Wolfgang Oertel, Germany, Konrad Oexle, 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, 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, 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, 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 leg syndrome: rationale and design of a non-interventional data collection study
Orestis Briasoulis, Idorsia Pharmaceuticals Ltd, Switzerland
- 14:40-14:50 ***Discussion: clinical trial concepts and design on augmentation***

RLS, Hormones, Circadian Rhythm, Microbiome

Chairs: Juliane Winkelmann, Germany, Maria Paola Mogavero

- 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, EARLS President?

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

RLS Young Researcher Award

Chair: Joachim Paulus, Germany

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| 17:00-17:20 | German RLS Society: Ceremony and Lecture
<i>Speaker TBD</i> |
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EURLSSG e.V. business meeting (*EURLSSG members only*)

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| 17:30– 18:30 | General EURLSSG Meeting |
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Walk/travel to Hotel and then to / or directly to Dinner Place

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| 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: TBD

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, 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
 Speaker TBD

12:00-12:20 Website
 Speaker TBD

12:20-12:50 Others

12:50-14:00 - *Lunch* -

14:00 ***End of Meeting***