

CV

Mauro Manconi

Current position(s): Head of (e.g. institute, department, center, clinic)

Academic age: 18 year(s)

Education

Degree	Organisation	Duration
PhD / Dr.: PhD in Sleep Medicine	Vita-Salute San Raffaele University, IT Department of Neurology	11.2002 - 01.2006 3 year(s) 3 month(s)
MD: Residency program in Neurology	University of Ferrara, IT Department of Neurology	10.1997 - 10.2002 5 year(s) 1 month(s)
Further Advanced Studies: Qualification in "Expert in sleep medicine"	Italian Sleep Medicine Association, IT AIMS	02.1999 - 02.1999 1 month(s)
Further Advanced Studies: Multiple Sclerosis Post-Graduate Course	Baylor College of Medicine, US School of Medicine	10.1998 - 10.1998 1 month(s)
State examination: Master Degree in Medicine and Surgery	University of Bologna, IT School of Medicine	10.1991 - 10.1997 6 year(s) 1 month(s)

Employment

Role	Organisation	Duration
Head of (e.g. institute, department, center, clinic)	Neurocenter of the Southern Switzerland of Lugano, CH Sleep Medicine Service	10.2010 - Present 13 year(s) 3 month(s)

Role	Organisation	Duration
Physician Scientist	IRCCS Ospedale San Raffaele, IT Department of Neuroscience	01.2006 - 01.2010 4 year(s) 1 month(s)
Visiting Professor	Medical College of Wisconsin, US Division of Critical Care, Department of Pediatrics, Sleep Rodent Laboratory	03.2005 - 11.2005 9 month(s)

Major achievements

Achievement 1

Pioneering clinical and experimental research in the field of sleep related movement disorders, such as restless legs syndrome (RLS) and periodic limb movements (PLM) [1-3], as well as central disorders of hypersomnolence [4-6]. Served for 1 year as Visiting Professor at the Circadian Rodent Lab of the Wisconsin Medical College, Milwaukee (WI, USA) and obtained the “Excellent in Sleep Research Award 2006 for the innovative and leading research activity in developing a pharmacogenetic rodent model for RLS.

Ongoing, new projects concern:

- Study of the impact of RLS and PLM on the cardio-vascular system, and on the cortical EEG activity, with the aim of explain the increasing risk of RLS subjects in developing cardiovascular diseases and daytime neuropsychological dysfunctions.
- Study of the sleep related risk factors for the post partum depression. Research made in collaboration with Dr. Benedetti F. (Division of Neuroscience, HSR). A specific grant for young researchers was applied.
- Study if the role of the iron regulating proteins in the pathogenesis of RLS. This study is in collaboration with Prof. Levi S. (HSR)
- The sleep disperception in primary insomnia.
- Pregnancy and sleep disorders
- Arousal Disorders

[1] book. Manconi, M., & García-Borreguero, D. (2017). Restless Legs Syndrome/Willis Ekbom disease: Long-term consequences and management. *Restless Legs Syndrome/Willis Ekbom Disease: Long-Term Consequences and Management*, 1–287.

[2] journal-article. Manconi, M., Garcia-Borreguero, D., Schormair, B., Videnovic, A., Berger, K., Ferri, R., & Dauvilliers, Y. (2021). Restless legs syndrome. *Nature Reviews Disease Primers*, 7(1).

[3] journal-article. Riccardi, S., Ferri, R., Garbazza, C., Miano, S., & Manconi, M. (2023). Pharmacological responsiveness of periodic limb movements in patients with restless legs syndrome: a systematic review and meta-analysis. *Journal of Clinical Sleep Medicine : JCSM : Official Publication of the American Academy of Sleep Medicine*, 19(4), 811–822.

[4] journal-article. Bassetti, C. L. A., Kallweit, U., Vignatelli, L., Plazzi, G., Lecendreux, M., Baldin, E., Dolenc-Groselj, L., Jennum, P., Khatami, R., Manconi, M., Mayer, G., Partinen, M., Pollmächer, T., Reading, P., Santamaria, J., Sonka, K., Dauvilliers, Y., & Lammers, G.

J. (2021). European guideline and expert statements on the management of narcolepsy in adults and children. *European Journal of Neurology*, 28(9), 2815–2830.

[5] journal-article. Zhang, Z., Mayer, G., Dauvilliers, Y., Plazzi, G., Pizza, F., Fronczek, R., Santamaria, J., Partinen, M., Overeem, S., Peraita-Adrados, R., Da Silva, A. M., Sonka, K., Rio-Villegas, R. D., Heinzer, R., Wierzbicka, A., Young, P., Högl, B., Bassetti, C. L., Manconi, M., ... Khatami, R. (2018). Exploring the clinical features of narcolepsy type 1 versus narcolepsy type 2 from European Narcolepsy Network database with machine learning. *Scientific Reports*, 8(1).

[6] journal-article. Ferri, R., DelRosso, L. M., Aricò, D., Zucconi, M., Ferini-Strambi, L., Picchiatti, D. L., Pizza, F., Plazzi, G., Manconi, M., & Bruni, O. (2018). Leg movement activity during sleep in school-age children and adolescents: a detailed study in normal controls and participants with restless legs syndrome and narcolepsy type 1. *Sleep*, 41(4).

Achievement 2

Several investigations have been conducted by my team on the impact of sleep disorders on specific populations, included the burden of the recent SARS-Covid pandemia [1-2], and that of chronic sleep deprivation [3].

[1] journal-article. Storari, M., Orru, G., Manconi, M., Caruso, L., & Viscuso, D. (2021). Sleep/wake rhythm modifications in the Italian population during SARS-CoV2 pandemic: A web-based cross-sectional survey. *European Review for Medical and Pharmacological Sciences*, 25(15), 5047–5056.

[2] journal-article. Franco, B., Morais, M. A., Holanda, A. S. D. S., Manconi, M., Mello, M. T. D., & Esteves, A. M. (2020). Impact of Covid-19 on the restless legs syndrome. *Sleep Science*, 13(3), 186–190.

[3] journal-article. De Pieri, M., Bueltemann, L., Tedone, F., Riccardi, S., Castelnovo, A., Miano, S., & Manconi, M. (2023). Clinical and instrumental features in 82 patients with insufficient sleep syndrome. *Journal of sleep research*, e14076. Advance online publication. <https://doi.org/10.1111/jsr.14076>. DOI. [Open Access](#).

Achievement 3

Active engagement in teaching, mentoring and leading activities in Neurology and Sleep Medicine, including the following:

- Co-director of the Summer School in Sleep Medicine, of the Post-graduate Master in Sleep Medicine and a member of the board of the Swiss Society of Sleep and Chronobiology.
- Lecturer at Teaching course in Neurology (Master School of Medicine), Bern University (since 2013)
- .- Senior Consultant of the Institute of Communication and Health, Italian Swiss University of Lugano (USI) (since 2012)
- Teacher of sleep medicine at the course of Neurology at the “nursing faculty of sciences” of Professional University School of Italian Switzerland (SUPSI), Lugano (since 2012)
- Teacher of “Motor disorders during sleep” at the Italian Sleep Medicine Course of Bertinoro, Italy (since 2003).

As the Head of the Sleep Medicine Service at the Neurocenter of the Southern Switzerland of Lugano, Civic Hospital (Lugano, Switzerland) Prof. Manconi is responsible of the Sleep and Epilepsy Center,

coordinating a clinical team (7 MDs, 2 psychologists, 8 Technicians), a clinical research team (2 PhD and 3 PostDoc).
