

Targeting the Night to Improve the Day: Management of Insomnia in Neurodevelopmental Disorders

Friday, August 21, 2026, from 1:00 PM to 2:00 PM

WELCOME AND INTRODUCTION

Symposium Chairwoman:
Prof. Susanne Walitza

TARGETING THE NIGHT TO IMPROVE THE DAY: MANAGEMENT OF INSOMNIA IN NEURODEVELOPMENTAL DISORDERS

Speaker: Prof. Paul Gringras

SUMMARY AND CLOSING REMARKS

Insomnia represents a prevalent driver of morbidity in children and adolescents with neurodevelopmental disorders (NDDs) such as autism spectrum disorder (ASD) and attention-deficit/hyperactivity disorder (ADHD). Sleep problems may significantly affect daytime behaviour, exacerbating core challenges such as hyperactivity, inattention, stereotypic behaviour, and irritability.

This symposium will present emerging, developmentally informed strategies designed to enhance neurodevelopmental and functional outcomes in children with NDDs by targeting sleep as a modifiable biological and behavioural process.

By highlighting shared pathophysiological pathways and their implications for personalised, sleep-focused interventions, participants will explore how treating the night may effectively reduce challenging behaviour and improve the day for children with ASD and ADHD.



The symposium is financially supported
by Neurim Pharmaceuticals AG.

MEET THE FACULTY

CHAIRWOMAN

Prof. Susanne Walitza

is a pioneering child and adolescent psychiatrist and psychologist. Since 2008, she serves as the Clinic Director of the Department of Child and Adolescent Psychiatry and Psychotherapy at the Psychiatric University Hospital Zurich. Her extensive global and national leadership portfolio includes serving as the founding president of the Association of Swiss Chief Physicians for Child and Adolescent Psychiatry, Vice Dean for Teaching in Zurich, Vice President of the World Association of Stress and Anxiety Related Disorders and Vice President of the World Federation of ADHD, and ongoing Co-Chair of the International College of OCD. Alongside her clinical responsibilities, Professor Walitza is deeply dedicated to advancing the next generation of researchers by guiding numerous award-winning interdisciplinary theses each year. She is actively engaged in translational research for mental health and represents this field at the Swiss Academy of Medical Sciences.



INTERNATIONAL SPEAKER

Prof. Paul Gringras

is a Professor of Sleep Medicine, at King's College London and Consultant in Paediatric Neurodisability and Sleep Medicine, at the Evelina London Children's Hospital, Guy's and St Thomas' NHS Foundation Trust. He established Evelina London's Children's Sleep Disorder Department, which has developed into one of Europe's largest paediatric sleep centres. His clinical expertise encompasses neurodisability and neurodevelopmental clinics, offering specialist services for children with a diverse range of sleep disorders. He is past President of the International Pediatric Sleep Association (IPSA). His academic research extensively explores childhood sleep issues, including the epidemiology of sleep, its impact on learning, treatments for children with Autism or ADHD, and the application of artificial intelligence in diagnostics. He has written over 100 peer-reviewed papers.

